



★ BIRMINGHAM TRACK CLUB ★  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER



[www.BirminghamTrackClub.com](http://www.BirminghamTrackClub.com)

September 2015 Issue 9

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@RunBTC

# BIRMINGHAM SUB-3 MARATHON

*-By Eric Langley, Kirk Mueller and Erica Speegle*

Birmingham has a very large and diverse running community that shows no partiality to talent or speed. We all try to help each other depending on the workout on the schedule. Runners tend to gravitate towards those of a talent level comparable to their own, but it is especially encouraging when two different talent levels meet in the middle of one's hard day and another's easy day. There is always someone to run with here because so many are willing to help a fellow runner.

With that in mind, Birmingham Sub-3 Marathon (BS3M) was established to assist post-collegiate, Birmingham connected runners who may otherwise give up their competitive dreams due to a lack of a support team. BS3M seeks to identify and work with our home grown talent and also those who are brought to town for graduate studies at any of the local universities.

**Cont. on page 2**



Courtesy of 205 Photography

Mark Pepin, Erica Speegle, Eric Langley, and Kirk Mueller

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Birmingham Sub-3 Marathon is a 501(c)3 charitable organization founded by three local runners (Eric Langley, Kirk Mueller and Erica Speegle), each of different backgrounds, professions, ages, skill-levels and accomplishments. But these three runners, and friends, share a deep passion for running. We share a common belief that opportunity, alone, often is the difference between runners with the talent and desire to succeed on the highest level, and those who

### More about the Olympic Trials

The 2016 US Olympic Trials Marathon Qualifying Standards for Men are 2:18:00 for the marathon and 1:05:00 for the half marathon. The 2016 US Olympic Trials Marathon Qualifying Standards for Women are 2:43 for the marathon and 1:15:00 for the half marathon.

As of early July, there are 138 men and 171 women qualified for the 2016 Trials to be held in Los Angeles, CA on February 13, 2016. Source: [www.usatf.org](http://www.usatf.org)

actually realize their potential. Our goal is to provide funding and a network to support the training and racing of post collegiate athletes whom we identify as having the talent and drive to meet the Olympic Trials Standards.

BS3M provides the following to selected athletes: coaching, meals, travel and lodging support for competitions,

and shoes among other resource, including access to Birmingham's medical team of physicians, physical therapists and licensed massage therapists that are needed to train at a high, consistent level. As most of you know, expenses to travel to top races are very costly. BS3M bridges the gap between complimentary expenses and what it takes to train and travel comfortably to some of the best and fastest races in the country. We are currently working with two young athletes who can often be found running in town:



Samuel's Personal Bests:	
5,000m	14:21
8,000m (XC)	24:09
10,000m	29:49
10 miles	50:36
½ Marathon	1:06:19



**Samuel Mueller** is a veterinary student and a former distance star at Auburn University. Samuel grew up in

Birmingham, attending Oak Mountain High School and working summers at The Trak Shak. Samuel recently raced at the 2015 US Half Marathon Championships in Houston and the Gary Bjourkland Half Marathon in Duluth, MN, where he ran 1:06:19 and 1:06:53, respectively. Samuel's next attempt at qualifying for the Olympic Marathon Trials will be the Indianapolis Monumental Half on November 7, 2015.

Samuel currently is training under the direction of AU Coach Mark Carroll at over 100 miles/week. His current emphasis is to qualify by running a sub 1:05 half. A marathon is on the horizon at some point in his future.



Mark's Personal Bests:	
½ Marathon	1:09:28
Marathon	2:26:48

**Mark Pepin** is a former Clemson University distance star who is working on double PhD/MD degrees

at UAB. **Mark en route to a 2:26 at Mercedes** Mark finished 6th at the 2015 Mercedes Marathon with a new PR of 2:26:48, the day after his wife gave birth to their second daughter. Mark is trying to qualify for the 2020 Olympic Marathon trials by running a sub 2:18 marathon.

Mark underwent meniscus repair surgery in the spring and currently is building a base towards 100 miles/week. He will begin a true marathon cycle in December and make his Boston Marathon debut in April of 2016.

BS3M is completely funded by charitable contributions. If you would like to help support BS3M, or if you would simply like to learn more about us, please contact us at [bs3m@att.net](mailto:bs3m@att.net). You can also follow Samuel and Mark's journey on Facebook, Twitter (@BSub3M) and Instagram. Or you can always just catch up with us on the roads. Thanks for your interest, and thanks for your support.

*Eric Langley is a Partner at Balch & Bingham LLP and 2:47 marathoner (Mercedes 2014). He can often be found on the Lakeshore Trail working out with his son Arthur.*

*Kirk Mueller is a Project Engineer at Kinder Morgan. He recently began coaching local athletes via Cadence Run Coaching. He can often be found running on the Lakeshore Trail in pursuit of another [sub-3 marathon](#)*

*Erica Speegle is the CFO of SouthernBiotech. You'll see her chasing Kirk & Eric through the streets of Homewood and Mountain Brook in preparation for the 2016 U.S. Olympic Marathon Trials.*

# PRESIDENT'S ADDRESS

— Alex Morrow



## Hello, fellow BTC Members

I have some exciting news to share, but I'm saving it for the end of this address. Bear with me, however, because the delay will make sense by the time you get to the announcement. I am often asked by prospective BTC members, "Why should I join? What benefit is there to being a Track Club member?" It is the same question I asked many years ago before I joined, and I believe it is a legitimate one to ask. Yes, \$24 -- the cost of a single one-year membership -- is incredibly low, but even so, what is the return on that investment?

There are, of course, the numerous intangibles to which a cost cannot be ascribed. Whether it is running with the huge group of moderate and long run BTC members every Saturday, attending functions such as the BTC Year End party, or attending the numerous run socials we host throughout the year, those events are tough to value in terms of dollars. We all enjoy and receive those benefits in the form of camaraderie, motivation, and simply having fun!

But there are many BTC programs that do provide a hard-cost savings for our membership. Let us start with our BTC Member Benefits Program. Kemper Sarrett, our Member Benefits Program Chair, actively searches for local retailers the BTC can partner with to offer incentives. By doing so, you receive discounts at those establishments, simply for being a BTC member. To see a full list of our retail partners, please visit the Member Benefits page on the [BTC website](#). And if you know of a retail partner that would be a great fit for the BTC, [let Kemper know](#) about it!

For this example, let's use Dog Days of Birmingham. They are a fantastic organization that provides dog daycare and boarding. Just by being a BTC member, you receive 10% off any one night of boarding.

$\$38 \times 10\% = \$3.80$  savings

Next let's talk about the **BTC Race Series**. Our four popular races include Adam's Heart Runs (\$35), the Statue 2 Statue 15k (\$35), The Peavine Falls Run (\$20), and the Vulcan Run 10k (\$35). Those prices are all early registration prices, by the way. Running all four races will cost you \$125.

But, as a BTC member, you can participate in the BTC Race Series for \$65. For one low price, you receive entry into all four races and a great-looking, limited edition race series shirt.

$\$125 - \$65 = \$60$  savings

In these two examples, you have already paid for your membership nearly three times over! I can keep offering examples, but rather

than turn this into a 17 page list of savings, I want to close by mentioning one other area I have been actively working on during my tenure as President. As BTC members, we all love to train, but we also love to race! The only downside to racing is the rising cost of those races. That is why I have made it a priority to reach out to local races, both small and large, to procure registration discounts for our members.

On the half and full marathon fronts, this year BTC members have access to a **15%** off code for the Whistlestop Half Marathon in Irondale, a **15%** discount code for the 4 Bridges Half and 7 Bridges Full Marathon in Chattanooga, and a **10%** discount code for the Magic City Half Marathon right here in Birmingham. Those discounts alone would more than pay for your membership, but I am very excited to announce another partnership the BTC has formed with a brand new race.

The inaugural **Destin Half and Full Marathon** will be held next year on April 17, 2016, and we are pleased to partner with this unique race. A race trip combined with the beach? Yes please! Now the really good part -- as a BTC Member you will be afforded the opportunity to register at a **20%** discount for early registrations and a **15%** discount for later registrations. This is a **huge** savings, and I hope many of you will be joining us on the coast for a great time. Keep an eye on your email inbox for a message with these discount codes. Discount codes are only available to BTC members.

As you can see, there are numerous reasons to be a BTC member, and one of the biggest is the enormous cost savings you receive from retailers, partners, and races. Membership has its privileges!

Kindest Regards,

Alex Morrow

BTC President

# RUNNING TOGETHER SEPARATELY

-By Carrie & Joey Longoria

## The Aging Runner

Carrie and I typically tag team this column, documenting our adventures – or more accurately, misadventures – in running, fitness and nutrition. This month we're going to spin it a bit as we discuss the impact of aging on running. For this, we have consulted with the most amazing runner I know: my mother, Dolores Longoria, who at age 67 is still running strong. Most of my running friends know and have run with my mom from time to time when she is town for a training run or for a race, and we knew she wouldn't mind sharing what she's learned over the years.

So, off we went to ask for her insights into something all runners will face: Getting older. We also hope her insight will give you a greater appreciation of how much help we have these days when it comes to training plans, apparel, nutrition and run groups. Personally, I learned a few things I did not know about my mom, and I enjoyed looking through old photos and race memorabilia. I also confirmed that she is the best sports role model I have ever known.

First of all, as we approach this subject, it is well documented that running well into Grand Masters (50s) and Great Grand Masters (60s) age categories and beyond brings far more benefits to the body than risks, particularly when the reality of degeneration is inevitable. Running can delay and reduce many of the impacts of aging in exponential measure. This has been corroborated by a Stanford University study of over 500 runners over the course of twenty years. The study demonstrated that compared to non-runners, seniors who run can greatly delay the onset of ailments such as heart disease, diabetes, high blood pressure, some cancers, and neurological ailments – by as many as 16 years. As a group, the runners experienced better mobility, coordination, weight control, bone density, muscle strength, and an overall sense of well-being. Erin Digitale, 'Running slows the Aging Clock, Stanford Researchers Find,' located at: <http://med.stanford.edu/news/all-news/2008/08/running-slows-the-aging-clock-stanford-researchers-find.html>

One thing you have to understand about my mom is that she is absolutely the sweetest and kindest person...until you get into any sort of competition with her. And, then, don't ever challenge her to do something or make a bet that she can't do something. You will lose. After being an all-state triple jumper in Texas while in high school, mom started back to running in 1979, at age 31. Her running inspired me to start running in 1980, at the age of six. Together, we did countless races, mostly 1 mile, 5K and 10K runs.

In 1986, she completed her first of five Houston Marathons (back then called the Houston Tenneco Marathon) on a bet, while drinking beer with some runner friends. They said she couldn't do it, and they lost. She ran a 4:02 marathon well into her 40's, and as she was approaching 50, she was the #1 ranked duathlete (10k run / 30k bike / 10k run) in her age group in the Houston area, and she was invited to compete at Nationals. At age 65, she ran a 2:11 half marathon, and even now, she pretty much owns her age group anywhere she goes, even placing

3rd at the Jacksonville Marathon in 2013 in what she considered a "bad race". So, what does she have to say about getting older and running? Here we go!

I first asked mom about the differences between running in the late 70s/early 80s and today.

**Shoes:** "My first pair of 'running shoes' were from Kmart. Shoes have improved greatly: they last longer, wear better, don't come apart like they used to, especially at the toes where you would have to glue the toe together, and lots more stability. My first pair weighed about one pound - each. There were not many choices back then."

**Watches:** "Good question. I think I just ran with a wrist watch. I'm thinking it was about 1981 when I bought my first watch. Back then a stop watch just kept time – no splits, pace, calorie counter, GPS, etc. The only way you knew how far you ran was to mark it off with your car. Watches also have improved a great deal."

**Training:** "Training was on your own, especially since there weren't many runners. Mostly, I learned from watching others at races. There was no published training information that was readily available. There were no running trails or courses to run on – you just ran on the street. Along the way I learned to run against traffic! I didn't train for a specific race. I just ran, until it came to my first marathon."

**Clothing:** "Most of us ran in cotton shorts and tee shirts. My first running socks were "tube socks" from Kmart. Mostly, they caused blisters after a long run. We didn't have short socks until much later. No rain gear, no Dri Fit gear, compression socks, etc. I ran my second marathon wearing tights. Now I carry water bottles on my belt. I don't think they even were available back then."

**Races:** "My first long race was in Hobbs, NM in 1981 – an 8.6 mile race. Most races were hand timed and most were just for places. Results were put up on a peg board and took a considerable amount of time. Results usually didn't make the paper. Not many runners attended - 100 was a huge turnout for a race."

### Tips for Masters Runners

**Save yourself for your harder days.** Be as disciplined about your recovery as you are on the track or the roads.

**Maximize the gains of pure speed training.** Get the most out of as little stress as possible to retain or reclaim basic speed. Doing six to ten strides of about 20 seconds long is a great way to maintain speed.

**Go heavy on the grass, lighter on the hard stuff.** Consider splitting your mileage evenly between roads and trails -- the advantages of each combat the drawbacks of the other.

**Choose your races judiciously.** Realize that you may perform best running fewer races, or choosing shorter distances.

Compiled from:  
[http://running.competitor.com/2014/02/training/dos-and-donts-for-masters-runners\\_45682/3](http://running.competitor.com/2014/02/training/dos-and-donts-for-masters-runners_45682/3)

**What people think about runners:** “People thought runners were crazy. The ‘lose weight, get fit craze’ had not really hit big yet in 1979, at least not in Hobbs, New Mexico.”

**Nutrition:** “For me, at least, there just wasn’t any. I didn’t know what to eat or drink while training. Information just wasn’t there. You tried to lose weight. I didn’t know about supplements.”

I also asked mom about what she does now in order to maintain a healthy lifestyle and continue running as she gets older. She responded with a detailed list:

- These days, I have more disciplined training and run schedules.
- I eat healthier than I used to eat, and I eat the types of foods that help fuel my runs and training. Good nutrition and weight control are important.
- I train differently for different races. My running schedule for a 10k is different than a half marathon schedule. I don’t just ‘go out and run’ unless I’m in between getting ready for particular races.
- I do more recovery runs, which I didn’t do back when.
- There are so many different types of drinks and hydration supplements to use now. Back in the day, we just had water.
- Accepting that I’m getting slower as I age hurts, but is a reality. It takes longer (much) longer to recover.
- I have to deal with aches and pains that last longer. But as long as I enjoy it, I’ll continue to do it.
- I think runners are the only athletes that are glad to get older to get into another age group. So embrace the next age group!
- I do some cross training, including weights and riding a stationary bike.
- Train properly - the internet, which we didn’t have when I started running, is a life saver.
- I pray a lot to have strength and faith to continue.

I think it’s also important that mom sets goals she wants to accomplish as she continues to run. Not only does she want to continue running as long as she is healthy and able to do so, but she also wants to run one more marathon. The Boston Marathon is the one race she’s never run but would like to run someday.



Me (age 7) and mom, 1981



My daughter (age 7) and mom, Vulcan 10K 2014

Like many of us, mom enjoys rewarding herself after a race. She runs for the feeling of accomplishment it brings her, but she thinks pork ribs or fried gizzards and few beers make a great reward also! I couldn’t agree more, mom!

I don’t know about you guys, but I’m ready to go out and run! I hope you also have been inspired by the woman who taught me to love this sport! Runners certainly are a special breed, and if we’re smart, we can continue to do this thing we all love as we age. Keep on running, and if some old lady passes you during your next half marathon, don’t worry – it’s probably just mom winning another bet!

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*Joey and Carrie met through a very calculated ten mile run “meet up” one Friday morning in 2013. Both are avid runners, and although they have different goals, different paces, and different workouts, they share a common goal of staying injury free and eating healthy (most of the time). Their “Running Together Separately” column will share their sometimes similar, often different, viewpoints as they navigate life, love and running in the Magic City. They recently tied the knot in the Big Easy.*



*STAY TUNED* for details  
on the  
**BTC October Vulcan  
Preview Run Social**

*October 3, 2015 (tentative)*

# Membership News

The Birmingham Track Club currently has 1,289 members and 1,080 memberships.

\*\*\*To help explain those numbers, the total number of memberships includes individual and family memberships. Therefore, one membership may represent 2+ members.

Please welcome the following new members to the Birmingham Track Club:

Carlos Orihuela  
Joy Gonzalez  
Donna Huggins  
Lori Michell  
Julianna Hunter  
Mary and Dan Balkovetz  
Danner Kline  
Alyssa Clay  
Cassandra Mickens  
Angie Smith  
Sam Eisa  
Joyce Lanning

Amy Mullican  
Thomas Kendrick  
Jennifer League  
Kendall Johnson  
Bryan Forman  
Miranda O'Neal  
Susannah and Will Baker  
Rayna Dyck  
Larry Tyson

Additionally, we would like to acknowledge **Fred Blackmon** for becoming a lifetime member of the Birmingham Track Club. Fred, we appreciate your commitment to your health, our sport, and our club.

It's so exciting to see our club growing. Welcome new members! We are happy to have you running with us! Cheers to many miles and even more smiles!

Lauren Weber  
Membership Chair

## COMMUNITY CORNER

— *By Jennifer Andress, BTC Past President*

I hope this finds you running happy and strong! I am excited to pass on updates in regards to a few of the issues we have discussed over the summer.

I have been in contact with a couple of over-the-mountain city officials about safety and community improvements in each of their areas.

I emailed Mountain Brook City Manager Sam Gaston about flashing lights at the Starbucks crosswalk in Mountain Brook Village, as well as the dangerous passageway from Brookwood Mall/Shades Creek Greenway to the Jemison Trail. Regarding the crosswalk, he responded that flashing pedestrian crossing signals so near traffic signals are not recommended.

He had excellent news on the other issue: "we are very hopeful that ALDOT will approve our plans to construct a sidewalk along the north side of Lakeshore from Cahaba Road to the red light in front of Macy's, where pedestrians can cross to the sidewalk in front of the mall. We anticipate this project will be completed in 2016."

I will check back in with Mr. Gaston in January to see how the project is progressing.

I also emailed Homewood City Ward 5 Councilman Peter Wright about the pedestrian bridge at Hollywood Boulevard over Highway 280 and the Lakeshore Trail.

Regarding the pedestrian bridge Councilman Wright said: "I won't let it die. There are some favorable staff changes at ALDOT that may help bring this to back to life. There are still government programs available to fund this. We need a grassroots movement grounded in safety to put pressure on the two jurisdictions [Homewood and Mountain Brook] and Birmingham to push this through. This should happen!"

Councilman Wright and I plan to meet with former State Representative Paul DeMarco and State Representative David Faulkner during the next two weeks to work on this, and I will be excited to report back to BTC!

As for the proposed improvements to the Lakeshore Trail (trash cans, porta-potties, safety phones), Councilman Wright believes those are very reasonable requests. I have emailed Berkley Squires at Homewood Parks and Recreation and JJ Bischoff in the Mayor's office, and I am awaiting responses. Councilman Wright asked that I stay in touch with him if I do not receive timely responses, so he can add these topics to the City Council's agenda. I will keep you posted on any developments with these requests.

If you or any member of your running group has suggestions for improving our running area and routes, please send them my way, and we will begin contacting the appropriate city or elected official. My email address is [pastpresident@birminghamtrackclub.com](mailto:pastpresident@birminghamtrackclub.com).

# 2015 Officers



## President

Alex Morrow  
president@birminghamtrackclub.com



## Treasurer

Leslie Bailey  
treasurer@birminghamtrackclub.com



## Vice-President

Darnell Allen  
vp@birminghamtrackclub.com



## Secretary

Kelly McNair  
secretary@birminghamtrackclub.com



## Past-President

Jennifer Andress  
pastpresident@birminghamtrackclub.com



## BTC Committees

General Counsel/Parliamentarian  
Long Run Coordinator  
Moderate Group Coordinator  
Medical Director  
Social Chair  
Marketing/Social Media  
Membership  
Membership Benefits  
Merchandise  
"The Vulcan Runner" Editor  
Japan Exchange Program  
1200 Mile Club  
Volunteer Coordinator  
Historian  
Finish Line Crew

Lauren Weber lweber614@gmail.com  
Monica Henley mhenley1113@gmail.com  
Mark Criswell deltayw@gmail.com  
Dr. Cherie Miner  
Katherine Dease katherineinedease@gmail.com  
Lauren Floyd elle.floyd@gmail.com  
Lauren Weber lweber614@gmail.com  
Kemper Sarrett ksarr3@gmail.com  
Hannah Foust hannah.m.foust@gmail.com  
Andrew Nuckols zeronuckols@gmail.com  
Johnaca Kelley btcpres09@gmail.com  
Alison Hoover 1200@birminghamtrackclub.com  
Kim Benner kwbenner@samford.edu  
Trish Portuese vulcanrun@bellsouth.net  
Tanya Sylvan tsylvan@gmail.com  
Darrell Gibson dagibson531@gmail.com  
Scott Page slpage1033@charter.net  
Dean Thornton dean718@gmail.com  
Trish Portuese Trish@championship-racing.com  
Alan Hargrave alan.hargrave@gmail.com

### BTC Race Directors

Adam's Heart Run  
Statue 2 Statue  
Peavine Falls  
Vulcan Run

Lisa Booher lisaboohier@hotmail.com  
Judy Loo judy.loo@healthsouth.com  
Alex Morrow coachalax@resoluterunning.com  
Allison Stone astone128@rocketmail.com



## BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health, and recreation.

### Contact BTC at:

Birmingham Track Club  
P.O. Box 530363  
Birmingham, AL 35253  
info@BirminghamTrackClub.com

### Race Results

Find the latest and most complete local race results at the following:

[birminghamtrackclub.com](http://birminghamtrackclub.com)  
[championship-racing.com](http://championship-racing.com)



# MEMBER BENEFITS PROGRAM

BTC Members,

As one of the Benefits of Membership, the BTC has negotiated discounts or promotions with a number of businesses in our area who have chosen to be Benefits Partners. These businesses and their special discount offers to BTC members are listed on the [BTC website](#).

Reviewing and confirming these benefits with each Partner business is an ongoing process. Unfortunately, sometimes employees of those businesses are not familiar with the discount offers and may not honor them. If this should occur, please **let us know** so we can address the issue with our Partners to make sure their employees are aware of the discount offers. We also welcome your input on the current Benefits Partner businesses you frequent – let us know if they are an asset to the program, so we can work to keep them involved.

With over 1,200 members, we depend on YOU, our BTC members, to suggest new Benefits Partners. Let us know of new businesses in the area, or existing runner-friendly

retailers and service providers who are not current Partners. Becoming a Benefits Partner gives area businesses media exposure to a targeted audience that truly appreciates the discounts and “perks” they provide to us. It is a “Win/Win” relationship, but we need YOUR help to help us continue to grow and develop our program!

As important as it is to the BTC to hear from you about the Benefits Partners, it is even more important that we all support these Benefits Partners and let them know that we appreciate their support of the BTC! So when you take advantage of discount offers, please take a minute to add a “thank you for support of the BTC!” during your purchase. This will go a long way towards helping us continue to maintain and build strong partnerships with our club, our members, and our Benefits Partners.

Thank you for your support of the BTC!

Kemper Sarrett  
BTC Member Benefits Coordinator



## Need to Print Your BTC Membership Card?

**It's easy!**

- 1) Login to RunSignUp ([runsignup.com](http://runsignup.com)).
- 2) Click on “Profile”. On a desktop browser, you’ll find this among the links at the top of the page. On a mobile browser, you may have to click the icon to expand the menu to see the Profile link.
- 3) Click “My Club Memberships” under Account Links. You’ll see your BTC membership listed.
- 4) Click on “Membership Card”. The page displayed is a PDF file that you can either print or save to your computer or smart phone. If you have a family membership, cards for the entire family will be displayed on one page.

2015

# MAGIC CITY

## HALF MARATHON & 5K AND 1 MILE FUN RUN

START AND FINISH AT REGIONS FIELD IN DOWNTOWN BIRMINGHAM, AL  
BENEFITS THE RUBEN STUDDARD FOUNDATION  
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[WWW.MAGICCITYRUN.COM](http://WWW.MAGICCITYRUN.COM)



# BTC GEAR IS NOW AVAILABLE ONLINE!



You may now order BTC merchandise online. Online payment is not yet available, but you may place orders and arrange for local pick up (or delivery by mail, to our not-so-local members). From the [BTC website](#) homepage, click on the "Store" tab to see all available merchandise, register for upcoming BTC races, or renew your BTC membership.

## TRAINING HAS BEGUN!

### 4 Bridges Half Marathon & 7 Bridges Marathon Chattanooga, TN - October 18, 2015

Are you ready to start your training? The Birmingham Track Club has picked the 4 Bridges Half Marathon and the 7 Bridges Marathon as our fall race. Not only will you be able to train with the BTC every weekend, you will receive a 15% discount off the registration into either race, the BTC will be at the race expo to welcome you into town, and we will have the BTC tent set up at the finish line to collect all of you as you finish and to celebrate together!



**When does training start?** Marathon long runs begin on June 13  
Half Marathon long runs begin on June 27

**Expectations:** Marathoners should be able to run 10 miles by June 13  
Half Marathoners should be able to run 4 miles by June 27

**How To Register:** <http://sevenbridgesmarathon.com/>

**15% Off Discount Code:** 15% off Discount Code for BTC Members will be included in the weekly BTC email blast.

**Want a Free Entry Into the Race?  
Become a BTC training pacer!**

The BTC will once again provide pacers for our training groups as everyone prepares for the 4 Bridges Half Marathon and the 7 Bridges Marathon on October 18, 2015. If you are interested in serving as a pacer, not only will you receive a tech-fit pacing shirt, yours to keep, but you will receive a free entry into the race.  
NOTE: This is a pacer for training runs only, not the race.

**What Paces?** We are searching for 8, 9, 10, 11, and 12 minute pacers.

**Responsibilities:** Familiarize yourself with the routes each week, maintain even-pacing for your group, offer encouragement and create a welcoming environment for all runners.

**To Apply:** Send an email to Alex Morrow at: [president@birminghamtrackclub.com](mailto:president@birminghamtrackclub.com)





**TRIPLE CROWN  
HALF-MARATHON  
CHALLENGE**

# BTC Triple Crown 2015

The BTC Triple Crown Half Marathon Challenge is back for another year!

We have included two different races in our schedule this year. Our first stop is a brand new race right here in Birmingham, the Whistlestop Half on September 26th. We then travel to Chattanooga for the 4 Bridges Half Marathon on October 18th (in conjunction with the 7 Bridges Marathon). Finally, we come back to town for our now traditional final race, the Magic City Half on November 23rd.

Sign up for the Triple Crown to receive an awesome shirt and medal. Last year we had 74 BTC members successfully complete the challenge. Let's top that this year!

**Reminders:** (1) You must be a BTC member to participate. Join now! (2) You must still register for each race on your own, but once you register for the challenge, you'll receive discount codes for each race.

- Whistlestop Half Marathon -- [www.team-magic.com/events/56](http://www.team-magic.com/events/56) in Irondale, AL, on September 26th (15% off registration until June 30th, 10% off from then until race day for BTC Members).
- 4 Bridges Half Marathon -- [www.sevenbridgesmarathon.com](http://www.sevenbridgesmarathon.com) in Chattanooga, TN, on October 18th (15% discount to BTC Members)
- Magic City Half Marathon -- [www.magiccityrun.com](http://www.magiccityrun.com) in Birmingham, AL on November 23rd (10% discount to BTC Members)

To sign up for the Triple Crown challenge, click [HERE](#).





— By Dean Thornton, MD

*Inside the Runner* will use medical imaging to offer readers a chance to see what is going on inside their bodies when something breaks down. From fractures to tendinitis to muscle injuries, this series will explore the imaging studies used to help doctors and other medical professionals treat running injuries.

#### Case 5 - "My Achilles Heel"

A 30-something female runner begins to notice a twinge on the back of her ankle and heel during some of her runs. She ignores the feeling for a while until it becomes more incessant. Ice and rest help a little, but the twinge turns into a pain -- enough to send her to a physician.



The physical exam reveals tenderness and swelling along the posterior aspect of the heel extending up into the ankle and lower leg. The physician orders an MRI to confirm the diagnosis and to assess the severity of the problem.

The first MR image is from a sagittal (from the side) series showing the ankle. The Achilles tendon is the dark structure running vertically up and down (yellow oval). The tendon is slightly thickened in the middle. In addition, bright areas around the tendon indicate inflammation and edema (excess fluid). The second MR image from an axial (cross-section) series shows the thickening and inflammation at the back of the heel (yellow oval).

In contrast, the normal appearance of the Achilles tendon can be seen in these images from a different patient. Note the smooth, thin, and regular appearance of the Achilles tendon (white ovals).

DIAGNOSIS: [Achilles tendinitis](#).

The Achilles tendon is the largest tendon in the body. Its large size corresponds to the significant forces it transmits when walking, running, or jumping. It is formed by the combination of three different calf muscles joining to form one common tendon. This tendon attaches to the back of the calcaneus (heel bone). The Achilles tendon helps to plantarflex the foot (point the toes down) and helps to serve as a shock absorber. The Achilles tendon receives only a limited blood supply making it prone to degeneration with overuse and age.

Most cases of Achilles tendinitis (inflammation) or tendinosis (degeneration) can be treated conservatively without surgery. The old standby remedies of rest, ice, compression, and elevation are good for the acute, inflammatory stage. Anti-inflammatory medications and compression calf sleeves may also help symptoms. Stretching and strengthening exercises may be both curative and preventative. Of course, adjusting the number and intensity of training miles is important as well. Surgery is usually only required in severe or refractory cases of tendinitis or when partial or complete tendon rupture occurs.

Dean Thornton, MD

*Dean is a Musculoskeletal Radiologist with Radiology Associates of Birmingham and a Clinical Associate Professor of Radiology at UAB. He works with many local orthopedists and sports medicine physicians. He also likes to run.*

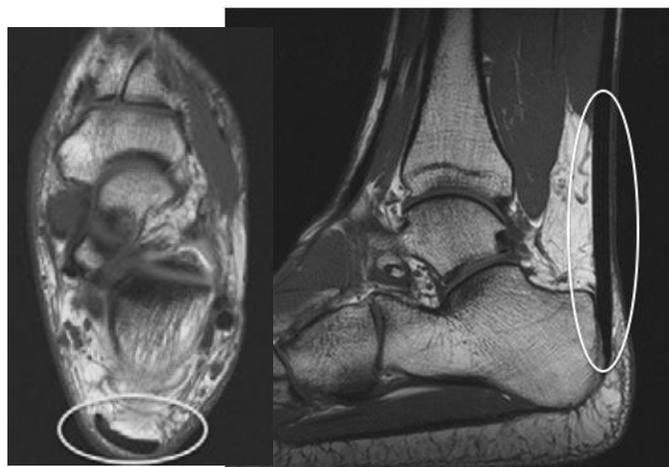


**Vulcan 10K Registration  
is now open!**

**[REGISTER TODAY](#)**

**BTC Members get \$5 off online  
registration.**

**For more details visit the [BTC Website](#)**



# RRCA NEWS



## RRCA Update

The BTC is pleased to announce that our own **Alex Morrow**, BTC President, has been appointed the Alabama State Representative for the Road Runners Club of America (RRCA), the national organization that supports over 2,400 member clubs, representing over 250,000 running club members. As RRCA State Representative, Alex will serve as a volunteer ambassador to promote RRCA programs and services throughout Alabama. Congratulations, Alex!

The BTC has been an RRCA-sanctioned running club for many years. The RRCA provides a variety of services, including race certification, insurance, event planning assistance, and educational programs we will be featuring in future issues of The Vulcan Runner. As a member of the BTC, you are entitled to many benefits offered by the RRCA, including a hard copy subscription to the RRCA magazine, Club Running. If you are not receiving Club Running, please let us [know](#), and we will make verify your membership. Past issues of the magazine, as well as other running-related resources, are available on the [RRCA website](#).



## RUN@WORK and RUN@School Day

On September 18th, the RRCA presents its 10th Annual RUN@WORK Day and the 4th Annual RUN@School Day. The goal of these fitness initiatives is to encourage both adults and children to get at least 30 minutes of exercise each day. RUN@WORK Day also encourages businesses to help employees schedule time for physical activity. As most runners know, incorporating daily physical activity brings a host of benefits to physical and mental health, as well as productivity.

Intrigued? Want to plan a fun event for your workplace or school? Visit the [RRCA website](#) programs page for more information and a comprehensive planning guide (including posters and wellness information) that will help you plan a successful run or walk.

Let the BTC know how your workplace or school celebrated RUN@WORK or RUN@School day -- send photos via [Twitter](#), [Instagram](#), [Facebook](#), or good old fashioned [email](#)! You can also share your event with other RRCA members on the RUN@Work and RUN@School [Facebook page](#).

# VULCAN RUN



★ BIRMINGHAM, AL ★

NOVEMBER 7TH, 2015

41ST ANNIVERSARY VULCAN RUN 10K  
ALABAMA STATE 10KM CHAMPIONSHIP



CHAMPIONSHIP RACE

# IN MEMORIAM

## Sterling Edwards



Sterling Edwards was a regular at The Trak Shak's Wednesday evening runs, or rather, a fixture, if you were to ask his friends. An avid fan of Alabama football and a dedicated member of the Birmingham Quarterback Club, he also enjoyed hunting, fishing, and running with his friends. Sterling's untimely passing hit his friends in the BTC especially hard. Several of them wanted to share their memories. . .

I could always count on Sterling to be at the Shak on Wednesday nights, no matter how late I showed up or hung around. Sterling had a special gift of being able to make connections with people. This is evidenced by his many long lasting friendships and genuine ability to show he always cared while simultaneously cracking a joke. Sterling's love for running, the outdoors, and his family will be an enduring memory to all who know him. He will be truly missed in the local running community! -- **Owen A. Bradley**

Sterling was one of those rare people who, when they talked to you, they really cared about what you had to say. He remembered what you said

last time, and he wanted to know what was going on now. Sterling Edwards, I wish I could have told you good-bye. Just one last chat at The Trak Shak. I wish I could have told you "thanks" for being so nice. You touched many lives, and we will never forget you. Rest in peace. -- **Julia Dettling**

I saw Sterling (shortly before he passed away) at the Shak. I now wish I would have given him a sweaty hug and just told him thanks for always being so nice and thoughtful. Such a great heart! -- **Cathy Sharp**

Sterling was the real deal. What you saw is what you got! I always said (or at least thought) he was one of the kindest people I've ever known. I've heard that countless time since he's been gone. I so hope he knew how many lives he touched by his simple acts of kindness. He was happy when he ran. In the heat of the summer or in the winter when we could barely move our lips, he would say, "It makes me feel alive. I can't believe everybody doesn't do it." I concur. Long may you run, Sterling Edwards! -- **Stacy Hall Kadle**

## Herc Levine - BTC Founding Member



The BTC lost one of its founding members with the recent passing of Herc Levine. Herc was a charter member of the BTC, along with others such as Dr. Arthur Black, Gordon Seifert, Versal Spaulding, Les Longshore, Dr. Adam Robertson, and Wallace McRoy.

Earlier this year, many lifetime members of the BTC attended the 100th birthday of Wallace McRoy. I had the pleasure of sitting with Herc during lunch, and he told me about when he met Dr. Black, and when they first formed what would become the Birmingham Track Club. He was such a sweet man, and a delight to talk with that afternoon. I commented that he looked terrific as I took his picture for the BTC Facebook page and newsletter. He asked me if I would email his picture to his son -- I loved that he asked me to do that! He told me his son had set up an email account for him but he didn't use it much. When I read Herc's obituary, I smiled upon seeing the mention of his "son and best friend, Maury." He also had been married for forty-six years to his wife, Mary Rosalee Levine.

Herc spent a lifetime in health care and also volunteered his time to a variety of causes. He retired as the Director of Wellness and

Health Promotions at Medical Center East. His community service contributions were abundant; besides the BTC, he was President of the Vestavia Hills Parks and Recreation Board twice, a nominee for Vestavia Hills Citizen of the Year Award twice, inducted into the Alabama Senior Citizens Hall of Fame, President of Temple Emaun-El Brotherhood, a 1996 Olympic Torch Runner for his volunteer work, representative to Jewish Children's Regional Service, founding member of the Mid Alabama Republican Club, recipient of the Tekum Olam award, Vice President of the Vestavia Hills Chamber of Commerce, and a board member of the Jefferson County American Cancer Society.

It is important that we remember those that came before us, those that had the foresight and dedication to health through running long before it was a common activity, nationally or in this area. We are so lucky to have such a robust running community in Birmingham, and we stand on the shoulders of men like Herc Levine. Our thoughts are with Herc's family, and we mourn his passing with them.

Jennifer Andress  
BTC Past President

# “FEETS” OF STRENGTH

Set a new PR? Complete your first marathon or endurance race? Let the BTC know about it! This new feature of *The Vulcan Runner* is intended to acknowledge the accomplishments of the people who make our club so awesome - you, our members. So please congratulate the following members on their Feets of Strength.

**Vicky Brakhage**, from Chelsea, completed her 10th half marathon in the St. Jude Half Marathon in Minden, LA. She also set a new personal record by four minutes! Congratulations, Vicky!

Despite a 30 minute weather delay, **Robert Harris** of Leeds recently set a new personal record at the Rocketman Olympic Triathlon held in Huntsville on August 23. His overall time of 2:45:30 was good for 11/18 in his age group and 117/202 overall. Congratulations, Robert!

**Aaron Langston**, from Pleasant Grove, set a new half marathon personal record by 23 minutes in the Kentucky Derby Mini Marathon. He also beat his dad, fellow BTC member **Richard Langston**, for the first time ever! In related news, several BTC members have noted a sharp spike in Richard's training since the trip to Kentucky.

**Dean Thornton**, from Homewood, finished Third Place Overall in this year's Rock N Run 5K. This is Dean's first time on the podium for placing overall! Way to go, Dean!

It's the dedication and enthusiasm of members like you who make our club outstanding. Way to go everyone! Please submit your own running related accomplishments for next month's Feets of Strength through the [BTC website](#).



**Dean Thornton**

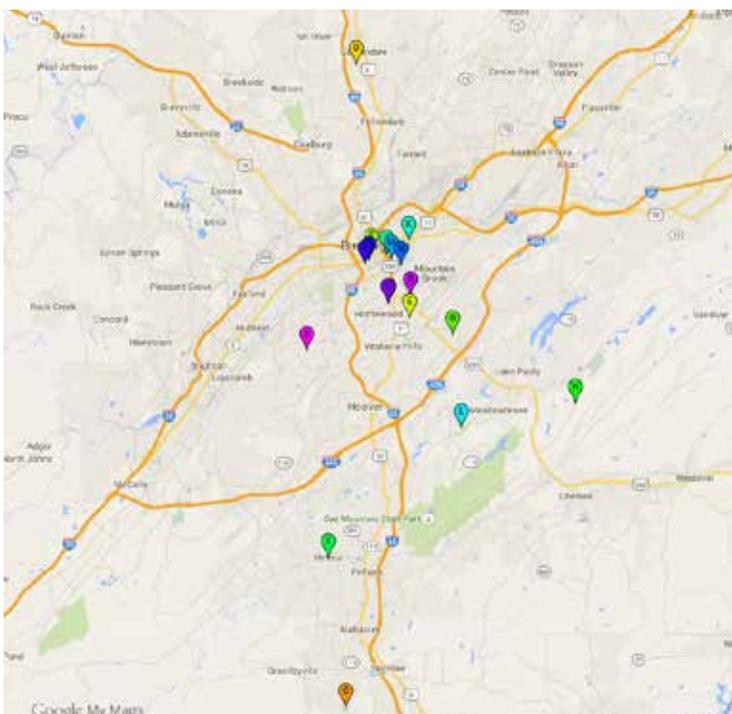


**Robert Harris**



**Aaron and Richard Langston**

## GROUP RUNS AROUND THE 'HAM



Last month, *The Vulcan Runner* profiled our popular Saturday morning long and moderate distance runs. But there are a variety of groups running around our fair city and surrounding areas nearly every day, including these recent additions:

### Alabaster Running Club

The Alabaster Running Club meets at Veteran's Park in Alabaster on Monday and Thursday evenings at 6:15 p.m. to run between 3-7 miles. All paces are welcome.

To learn more about the group, visit its [Facebook page](#)

### Monday Morning Run at Veteran's Park

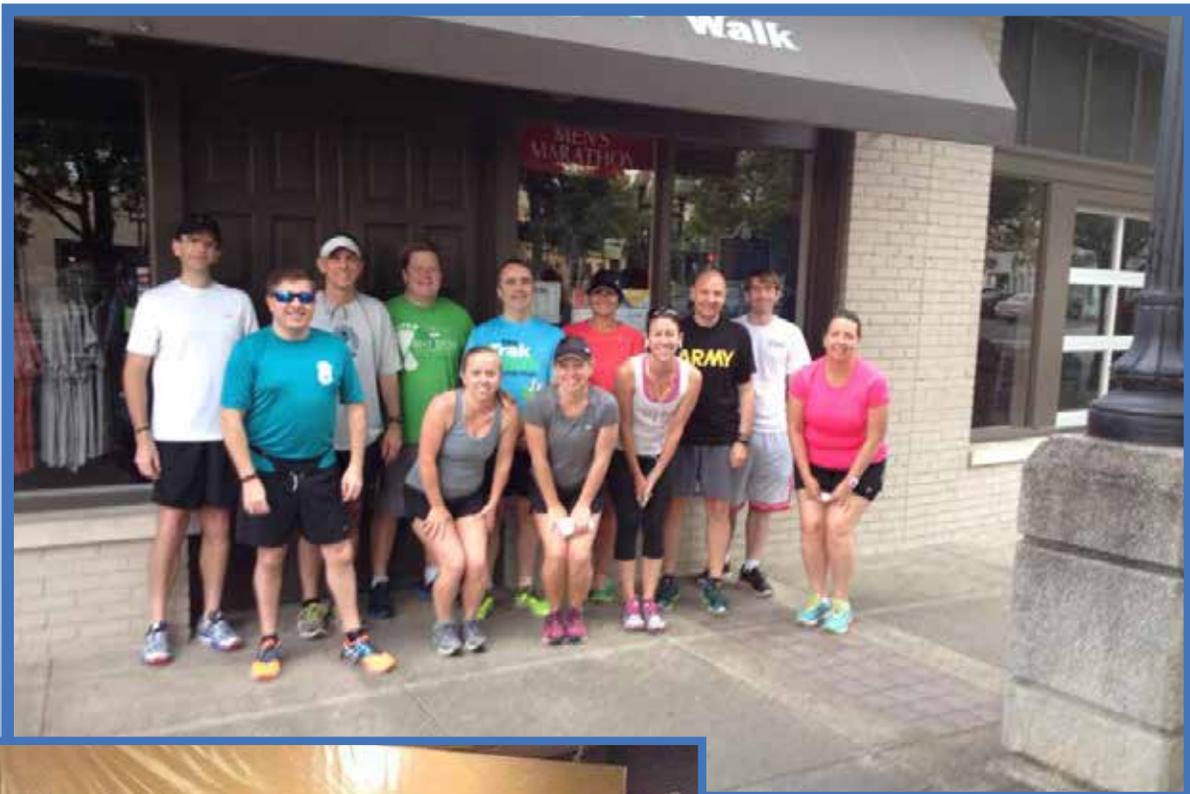
Interested in running the roads around Spain Park, Berry Middle School, and the trail around the lake? Meet on Mondays at 5:30 a.m. for an hour-long run. Paces range from 7:30 to 9:15. Check out the group's [Facebook group](#) for more info.

You can find an up-to-date list of other running groups on the Group Runs Page on the [BTC website](#).

# Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell  
at [mcriswell@american-usa.com](mailto:mcriswell@american-usa.com)  
for more information

## JOIN US!



SCHAEFFER EYE CENTER  
**WAREHOUSE 31**  
HAUNTED HOUSE - BIRMINGHAM/PELHAM, ALABAMA

&



American  
Cancer  
Society®

P R E S E N T S

# ZOMBIE RUN 5K

BENEFITING



Saturday  
September 19, 2015

Race Starts  
at 10am



For Tickets & More Info Visit  
[warehouse31.com](http://warehouse31.com)

# 1200 MILE CLUB

Cumulative miles submitted through August 20, 2015 are listed below.  
For a complete listing of monthly totals, [click here](#).

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Adams, Ciell	2	777	Cason, Daniel	R	754	Edge, John	R	669
Affuso, Olivia	3	593	Caviedes, Octavio	1	271	Edmonds, Maggie	R	144
Alexander, S Rheagan	R	675	Chadha, Jennifer	R	217	Elrod, Stacey	R	707
Armstrong, Thomas	3	142	Chambers, Ron	R	1,032	Ensminger, Stephanie	R	0
Bailey, Leslie	1	616	Chandler, Teresa	5	909	Estes, Jeff	R	707
Bailey, Tut	R	295	Chiesa, Marco	R	264	Etchison, Nikki	R	0
Baker, Mark	1	311	Christenberry, Kim	R	0	Evans, Debbie	1	891
Baker, Ryan	R	146	Clay, Brad	8	1,750	Fell, Amy	2	1,004
Ballard, William	4	742	Clayton, Yocunda	R	713	Feller, Beth	1	885
Barnes, Conan	R	132	Cliett, Stephanie	R	1,010	Ferlitto, Cindy	R	6
Barnes, Jimmie	R	748	Clowers, Addison	R	1,062	Fincher, Valerie	R	346
Barry, Jenny	R	699	Coker, Leslie	R	643	Fonteneau, Kira	R	107
Bartee, Samm	R	525	Colmenares, Clinton	R	652	Foust, Hannah	R	407
Bartlett, Kari	1	616	Colpack, Chris	R	873	Franklin, Shane	3	855
Beasley, Cathy	R	608	Connell, Daniel	R	0	Frederick, Winston	7	1,224
Beggs, Mark	R	276	Cooper, David	R	160	Fuller, Lisa	R	887
Belcher, Michelle	2	560	Cornelius, Jeff	R	101	Gann, Michael	3	686
Benner, Kim	2	745	Corrin, LaRonda	R	544	Gant, Kelli	1	151
Benson, Wayne	4	638	Corrin, Roger	1	693	Ganus, Jack	7	680
Berg, Courtney	R	50	Cox, Damon	1	706	Gash, John	2	791
Berg, Dustin	R	251	Craig, Mary	R	702	Gaylor, Marcie	1	729
Berthold, Jean-Philippe	R	317	Cramer, Robyn	R	499	Gibson, Darrell	1	630
Beury, Bridget	R	232	Cramer, Steve	R	202	Gilbert, John	R	803
Bissell, Kim	R	687	Crawford, Drew	R	135	Goode, Johnny	5	992
Black, Dylan	R	783	Creed, Brad	4	592	Goolsby, John	3	484
Blankenship, Barry	2	352	Creel, Mary	R	730	Gordon, Brittany	R	467
Bonatz, Ekkehard	7	1,878	Crumpton, Dan	2	836	Greene, Michael	1	191
Booher, Lisa	3	604	Davis, Kevin	R	82	Greenwald, William	R	486
Bowman, Brian	R	0	Davis, LaJuana	R	259	Grice, Jenny	R	995
Bowman, Leisha	R	0	Davis, Sarina	R	0	Grossmann, Christopher	4	682
Brakhage, Victoria	R	893	Dawson, Ashley	2	1,365	Gullapalli, Satya	1	830
Brown, Charlie	3	856	Dease, Katherine	1	656	Haley, Jay	R	538
Brown, Michael	1	535	DeBardeleben, Anne	R	626	Halperin, Dave	2	1,335
Brown, Sean	1	639	Dell'Italia, Louie	R	634	Haralson, Danny	6	756
Bryant, David	1	840	Dell'Italia, Pat	R	748	Haralson, Micki	7	833
Bunch, Bryan	R	214	Denton, Matt	2	883	Hargrave, Alan	7	751
Bunch, Catherine	R	408	Dill, Greg	1	430	Harrelson, Heather	1	739
Busby, Madeline	1	693	DiMicco, Al	3	604	Harris Bowser, Javacia	R	139
Byrd, David	R	50	Dodson, Brooke	3	154	Harris, Robert	R	375
Callahan, Rachel	R	740	Dortch, Cherie	6	127	Harrison, Lisa	3	776
Carey, Christopher	1	657	Douglas, Nelle	R	893	Harvey, Gary	R	662
Carlton, Bob	R	926	Dunn, Wade	7	1,398	Harvey, Gordon	R	1,162
Carroll, Chad	R	105	Easterling, Natalie	R	677	Hathorne, Chad	R	600
Carter, Adrienne	R	270	Easterling, Tim	R	83	Havicus, Cari	R	757
Casey, Barry	1	747	Echols, Robert	R	30	Hayes, Debbie	1	1,019

www.BirminghamTrackClub.com  
September 2015

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Hayes, Mikal	R	656	Losole, Liz	5	106	Pearce, Julie	4	720
Heaton, Bryan	1	669	Love, Thomas	1	554	Pearson, Blake	2	1,255
Heineken, Stephanie	R	519	Lyle, Randy	7	1,358	Pearson, Mary Scott	R	594
Henley, Monica	1	707	Lyles, Chris	R	684	Perry, Jeff	4	794
Henninger, Alison	R	827	Lyles, Kimberley	R	0	Peters, Scott	R	1,006
Hickerson, Patrick	3	708	Malec, Tim	R	722	Peterson, Stacy	1	733
Hill, Quinn	R	970	Malick, David	1	821	Pezeshkmehr, Megan	R	764
Hill, Susan	1	645	Martz, Adam	1	632	Pezzillo, Kate	1	48
Hill, Tucker	R	704	Mason, Erin	R	511	Pigford, Wells	R	301
Hodges, Max	R	477	Maughan, Kevin	R	701	Plante, David	2	970
Hollett, Brett	R	357	McConnell, Kim	1	575	Poole, Greg	1	0
Honea, Todd	3	696	McCoy, Jabe	1	1,401	Porter, Michael	R	0
Hoover, Alison	3	835	McKenna, Don	1	334	Portwood, Paul	R	1,100
Hoover, Jim	R	638	McKenna, Regan	R	428	Powell, Tim	R	586
House, Beth	2	575	McMahon, Mary Lee	1	0	Prestridge, John	R	702
Housler, Philip	1	541	McNair, Kelly	1	984	Ralph, Meghan	R	711
Hughes, David	R	520	McTune, Mark	2	1,080	Ramsey, Jamey	R	387
Hulcher, Alison	R	0	McVey, Simon	R	684	Randall, Lisa	5	344
Hunt, Leslie	R	830	McWilliams, Matthew	R	508	Ratliff, Garnet	R	51
Hyatt, Micheal	1	480	Meadows, Bryan	2	304	Richards, Amy	R	505
Ingle, Brandon	R	205	Merry, Vicki Sue	3	1,527	Richardson, William	R	933
Izard, Georgia	R	907	Miller, Tracy	R	644	Riner, Clint	R	772
Izard, Melody	R	961	Millican, Randy	2	699	Roberie, Josh	R	341
Jackson, Kelly	R	17	Millsap, Lanier	1	124	Roberson, Kevin	1	1,178
Jenkins, Kaki	1	844	Mixon, Joshua	R	95	Roberts, Fletcher	R	756
Johnson, Christy	R	155	Mooney, Sylvia	R	48	Roberts, Stephen	R	948
Johnston, Latta	R	754	Moore, Robert	1	895	Robinson, Rod	R	255
Jones, Delpha	1	315	Morgan, Danielle	3	720	Rocha, Roger	1	822
Jones, Ira	2	656	Morgan, Phillip	5	858	Rodriguez, Angie	1	650
Jones, Marcus	1	1,301	Morris, Dewayne	1	784	Rodriguez, Rick	R	54
Kane, Dawn	1	631	Morris, Justin	1	695	Roper, Lynn	R	0
Kane, Michael	1	690	Morris, Matt	R	758	Rose, Billy	R	919
Kaplan, Justin	R	0	Morrow, Abigail	R	0	Rosetta, Keith	R	0
Kelley, Robin	1	1,179	Morrow, Alex	4	1,016	Routman, Cynthia	R	579
Kemper, Tricia	R	766	Mothershed, Janie	1	624	Rutherford, Keith	7	795
Kin, Nicholas	R	627	Murchison, Reginald	2	1,316	Rutledge, Lisa	R	880
Knight, Diane	R	636	Murphy, Mandy	R	0	Sadler, Jason	R	519
Knight, Kristen	R	678	Murray, Jason	1	586	Sarrett, Kemper	R	710
Krause, Casey	R	529	Norris, Beth	1	738	Schaefer, Todd	R	871
Kuhn, Jimmy	7	811	Northern, Kristie	5	785	Secor, Debi	R	1,040
Laird, Audrey	R	774	Oehrlein, Kimberly	R	263	Self, Travis	R	642
Langston, Aaron	R	761	Oliver, Greg	1	929	Shaffield, Danny	1	1,135
Langston, Richard	3	802	Oliver, John	R	714	Shaffield, Mitzi	R	84
Leopard, Don	R	627	Opsomer, Liliane	R	244	Shaw, John	R	234
Lester, Treva	R	672	Osborne, Kristen	R	134	Sheppard, Gretchen	R	636
Lichlyter, Lee	R	607	Parks, Charlie	2	1,588	Shinn, Ronald	4	620
Lockett, Janet	R	576	Patlolla, Sandeep	R	425	Shirley, Scott	1	745
Longoria, Joseph	2	916	Patterson, Carrie	1	745	Sides, Dean	R	774
Lopez, Eric	R	0	Peagler, Shana	3	601	Silwal, Suman	4	674

TOTAL	YEARS	TOTAL
Simmons, Kelly	R	0
Simpson, Kevin	1	982
Sims, Robert	1	709
Sloane, Mike	R	742
Slocum, Brandon	R	692
Smith, Jason	R	889
Smith, Jerry	7	687
Spurlock, Nivada	1	804
Stearns, David	7	446
Stearns, Robert	R	476
Steely, Sonia	1	630
Stephenson, Amber	R	10
Stewart, Stephanie	R	526
Stockton, Rick	7	826
Talley, Beau	2	881
Talley, Shellie	R	297
Taylor, Trey	1	35
Thomas, Eric	3	1,262
Thomas, Jamie	R	734
Thornton, Dean	3	887
Tichnell, Josh	R	469
Tillery, Shaun	R	1,020
Traylor, Loren	R	1,137
Varnes, Vickie	1	972
Vinson, Hope	R	483
Wales, Kevin	R	446
Walker-Journey, Jennifer	R	700
Walker, Caroline	R	235

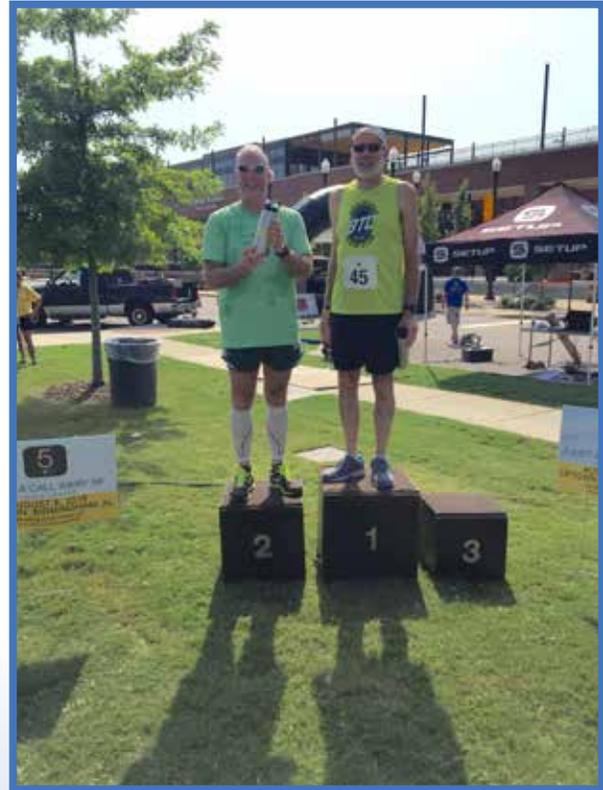
TOTAL	YEARS	TOTAL
Wall, Ron	2	775
Walters, Lara	1	0
Warren, Tom	R	771
Watkins, Janet	R	155
Watters, Robert	R	906
Weber, Amy	R	533
Weber, Lauren	R	418
Weeks, Max	R	14
Weisberg, Scott	4	0
Wells, Whitney	R	297
Wende, Adam	R	1,068
Whatley, Prince	7	1,163
Whidden, Lisa	1	813
Whitt, Trey	2	559
Williams, Christopher	R	382
Williamson, Chad	2	720
Wilson, Teresa	1	561
Windle, Dale	R	851
Wiseman, Steve	R	773
Woody, Bill	6	1,084
Wright, Sean	1	739
Wu, Xing	5	804
Yates, Durand	R	0
York, Gary	2	1,223
Young, Alyse	R	476
Zehnder, Justin	5	507
Zimlich, Kimberly	R	646



# SHOW US YOUR BTC GEAR!



**BTC Run Coordinator Monica Henly, Lisa Harrison and Volunteer Coordinator Kim Benner man the BTC water stop during the Retro Run**



**BTC IT Chair Alan Hargrave won his age group at the inaugural Just a Call Away 5k on August 15.**



**BTC Social Chair Katherine Dease hams it up for the camera during the Retro Run**



**Rachel and Chris Callahan represented the BTC in Starkville, MS**



*Katie Criswell is back on track – literally!*



*Suman Silwal and the M-Runs crew ran a unique O'Henry's route, stopping at three OTM locations*



*Stephanie Cliett met up with Katherine and Joseph Dease at the Area 13.1 Half Marathon on Roswell, Georgia*



*Samm Bartee completed the Area 13.1 half marathon in Roswell, Georgia*

Show us where the BTC has taken you!

Email photos to:  
[JPearce@ggh-law.com](mailto:JPearce@ggh-law.com)

# THE VULCAN RUN SOCIAL



# BTC MINUTES

## August 10, 2015

**Attendance:** Lauren Floyd, Kim Benner, Katherine Dease, Alan Hargrave, Allison Stone, Trish Portuese, Kemper Sarrett, Charles Thompson, Lauren Weber, Monica Henley, Alex Morrow, Kelly McNair, Julie Pearce, Darnell Allen, Dean Thornton

### 1. July minutes approved

### 2. Financials (Alex for Leslie)

- a. July financials
  - i. Year to date income / expense (refer to handout)
  - ii. Runs income / expense comparison year over year (refer to handout)

### 3. Membership (Lauren and Alan)

- a. 1304 members, 1033 memberships, 1 lifetime membership, 1 5-year membership

### 4. Newsletter Update (Julie, Dean, Alan)

- a. 614 unique visits to the newsletter page each month
- b. 662 unique visits once opened to public
- c. 399 unique visits in August to date; started blog view
- d. Mostly exclusive in the U.S.
- e. Mobile Stats
  - i. Iphone – 31%
  - ii. Android – 11%
- f. Most clicks are from Facebook
- g. August Newsletter was distributed via email: 33.6% opened the email; of those that opened the email, 23% clicked on a link.
- i. Alan provided a detailed distribution of those clicks
- h. Julie showed examples of newsletter from award-winning newsletters through RRCA
  - i. Quarterly newsletter could be more comprehensive, with or without advertisements.
- j. Suggested additions to the newsletter: profile races, new members, race/award winners, profile a new member, add a 'why I run' column.
- k. Pro of an e-newsletter - innovation
- l. Ideas to welcome new members: acknowledge on FB, website and newsletter – names and city/state; highlight runners with upcoming races; include a footnote that ask members to send us their upcoming races; Julie and Lauren W will work together on this; Alan will assist
- m. Deadline for September newsletter is August 19

### 5. Vulcan Social Recap / Retro - sponsored water stop (Katherine and Kim)

- a. \$250.00 under budget (\$300 off of park fee; V's fee was waived; did not have a food truck)
- b. A question that was raised: why do we host this at Vulcan? Some members did not know it was in promotion of Vulcan Run 10K. Did we do a good enough job with advertising the intent of this particular social?
- c. Complaints about ending the run up the hill
- d. We held off on the door prizes until the 12 minute pacers returned but we missed the 10 minute group so the 12 minute group passed the 10 minute group at some point. There were no runners with the 12 minute group so the leader ran a different pace.
- e. Next event: a small social on September 19, potentially (evening or Saturday morning?) Ideas for social location: Grill 29 (old McCormick and Schmidt building) or Hickory Tavern at Brookwood for an evening social
- f. October 3 – Vulcan trial/course run; waiting to hear back from Edgars downtown; looking for a site that will give us a discount on food; if Edgars falls through, will pursue other options
- g. October 31 – small costume social – Alex recommended reaching out to Jeff at the TS to make sure there's not a conflict of dates. Ask TS if they are interested in sponsoring social.

- h. BTC had a water stop at the Retro Run that was organized by Kim and Kemper
  - i. needed more tables (only 1 was delivered);
  - ii. volunteer incentive: they were offered meal tickets
  - iii. Next BTC sponsored water stop will be on the Vulcan 10K course

### 6. Member Benefits (Kemper)

- a. New partner: Mountain High Outfitter; benefit: new pair of socks or a discount with the purchase of a pair of shoes
- b. They rent shoes for \$1 to demo
- c. Update who's on the website and verify their commitment

### 7. Ambassador Program (Darnell)

- a. Black Girls Run – cancelled social due to the weather; request to postpone until the fall
- b. Greg Stein – evening social: solidifying a date and time
  - i. Is it at Good People or the Big Benefit Run?
  - ii. We're targeting the Thursday night run group
- c. Eric Thomas – very interested in hosting a social
- d. Could we combine the September social with the ambassador social?
  - i. different purposes

### 8. Membership (Alan)

- a. Sold a life membership and a 5 year membership (Covington, LA member)
- b. Google: are we ready to make the switch? Corporate decision to move forward
- c. Birminghamtrackclub.com redirects to Google addresses that we manage. We will not have to check with a 3rd party; Alan will manage it all.
- d. Deadline: 30 days to activate new email addresses and make the switch.
- e. Everything will be posted on Google docs for the next board meeting (financials, agenda, etc.)
- f. All documents need to be stored/saved on Google documents

### 9. Triple Crown Challenge (Alex)

- a. 53 registrants / 86 last year
- b. Is there a course for Whistlestop? Alex is following up on this.
- c. We have 6 comp entries for Whistlestop – Lauren Floyd will figure out a way to distribute these

### 10. Vulcan Run (Allison Stone)

- a. 2015 Vulcan Budget Proposal: Approved for \$61,300.00
- b. Refer to handout
- c. In the back end of the storage unit is a bunch of old Vulcan stuff that Alex did not want to throw away without approval of others.
- d. BellRunner program – entries: comped or not? Can we negotiate a trade with The Bell Center? Perhaps, they sponsor a water stop on the course.

### 11. Other

- a. Alex is the RRCA state rep.
- b. Restructuring of the committees
  - i. refer to the BTC Officer Flow Chart handout
- c. Katherine has asked for permission to use the BTC logo to print on a shirt for Marine Corps Marathon
  - i. suggestion: create a patriotic BTC apparel that can be available for all to purchase. This can be an option for Peavine, as well as Marine Corps.
  - ii. Any interest is printing a BTC shirt for 4 and 7 Bridges?
  - iii. Suggestion: creating a BTC running kit to sale that could include a shirt, hat, etc.
  - iv. Katherine Dease is looking into this option.

Next meeting – 2nd Monday of each month in the Treehouse Room, Vestavia Hills Library, September 14th



# BTC Membership application

Single:  Family:  Renewal:  Gender:

First Name: 

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Last Name: 

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Street: 

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City: 

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State: 

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 Zip: 

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 Birthdate: 

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Cell: 

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e-mail: 

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Family member	e-mail:	Phone:	Born	Gender:
2. _____/	_____/	_____/	_____/	M F
3. _____/	_____/	_____/	_____/	M F
4. _____/	_____/	_____/	_____/	M F

**Waiver:** I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial: 

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Mail this signed application and a signed check to:

**Birmingham Track Club, P.O.Box 530363, Birmingham, AL 35253**

# UPCOMING EVENTS

EVENT	DATE	TIME
<b>BTC Saturday Long &amp; Moderate Run Groups</b>	9/5/2015	6:00 AM
<b>Ridge 2 Ridge Trail Race 10.5 mi &amp; 21 mi</b>	9/5/2015	8:00 AM
<b>Chick-fil-A Race Series: 10K/5K/1-Mile Fun Run</b>	9/5/2015	8:00 AM
<b>Ross Bridge 8K</b>	9/5/2015	8:00 AM
<b>R3 Labor Day 8K and 2-Mile Run (Montgomery)</b>	9/7/2015	7:30 AM
<b>BTC Saturday Long &amp; Moderate Run Groups</b>	9/12/2015	6:00 AM
<b>Head Over Teal 5K/10K, 1 Mile Fun Run</b>	9/12/2015	8:00 AM
<b>UAB ASDA Miles for Smiles 5K and 1 mile fun-run</b>	9/12/2015	8:00 AM
<b>Harper's Heart Run 5K &amp; 1 mi Fun Run</b>	9/12/2015	8:00 AM
<b>XTERRA Red Mountain Park Trail Run</b>	9/12/2015	8:30 AM
<b>Hartselle Zombie Chase</b>	9/12/2015	7:00 PM
<b>BTC Board Meeting</b>	9/14/2015	6:00 PM
<b>RUN@WORK DAY : RUN@SCHOOL DAY</b>	9/18/2015	6:00 AM
<b>BTC Saturday Long &amp; Moderate Run Groups</b>	9/19/2015	6:00 AM
<b>Canine Classic 5K (Northport)</b>	9/19/2015	8:00 AM
<b>Monkey C Monkey Run 5k</b>	9/19/2015	8:00 AM
<b>Zombie Run 5K</b>	9/19/2015	10:00 AM
<b>Autumn Equinox Ultra -- 32 &amp; 16 mi</b>	9/20/2015	6:30 AM
<b>Birmingham Stage Race</b>	9/25/2015	9:00 AM
<b>Boulevard Blast 5k</b>	9/26/2015	8:00 AM
<b>Give Kids the World 5k</b>	9/26/2015	8:00 AM
<b>Whistlestop Half Marathon, 5K and 1 Mile Fun Run [BTC TRIPLE CROWN #1]</b>	9/26/2015	8:00 AM
<b>5K Munchkin Run (Rainbow City)</b>	9/26/2015	8:00 AM
<b>Magic City AIDS Walk &amp; 5K Run</b>	9/27/2015	5:30 PM

*Submit races and other running-related events to [Webmaster Dean Thornton](#) to be included on the BTC Events page in The Vulcan Runner and online.*