



# THE VULCAN RUNNER

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ISSUE 2

## Danny & Micki Haralson visit Jerusalem to **COMBINE PASSIONS** OF RUNNING, HISTORY, RELIGION, AND CULTURE

— By Danny Haralson

Jerusalem, according to Wikipedia, is the capital and largest city in Israel in both population and area, with over 700,000 residents and is one of the oldest cities in the world. It is a Holy City to each of 3 of the world's major religions and a political hotbed. It is also one of the most unique cities and areas on earth and Micki and I were fortunate enough to spend a month there earlier this year.

It's one of the few trips we've made in the last 10 years where running was not the primary focus, yet, as always some of our most memorable experiences would come on the road.

The city of Jerusalem is located in the Judean Mountains between Mount Scopus and the Mount of Olives and it consists of the 'Old City' (the biblical city we're familiar with) with modern day Jerusalem cropping up all around.

The 'Old City' is surrounded by walls thousands of years old designed to protect the city from enemies who've besieged Jerusalem throughout its history and a morning run around these walls quickly became one of our favorites.

One thing we quickly learned about Israel is that there is nothing flat there, nothing. We were either running up hill or down

hill, oy! Our second morning of running we found ourselves on the eastern end of the city at one of those perfectly magical moments when the sun was just beginning to peek over the Mount of Olives. It was indeed a spectacular and spiritual sunrise; one of those you simply had to stop and breathe in the beauty and glory of the moment.

During our time there we actually went to a beerfest (imagine that, we found a beerfest) in a village outside of Jerusalem in the area loosely referred to as Palestine in the village of Taybeh. To our surprise the beer was incredibly delicious; to our dismay we could only enjoy it in Israel because the Pal-

**ISRAEL** <continued on Page 2>



Danny Haralson, overlooking Jerusalem during a recent trip with his wife, Micki. The golden domed building is one of the holiest sites in Islam and Judaism dating back to the Second Temple of Solomon commonly known in our world as 'The Temple Mount' though today it is controlled by Muslims and Jews are not allowed access.



1



3



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4

**1.** Micki at Masada, a mountaintop fortress built by Herod the Great. **2.** Danny, after his Red Sea run. **3.** Sun setting over the Red Sea (from the Exodus to a vacation resort) **4.** Danny & Micki at the Sea of Galilee **5.** Danny & Micki in the Sinai Desert. Danny is wearing a native headress called a Kefir.

#### ISRAEL <cont. from Page 1>

estinians aren't allowed to export.

The very first morning I ran, the first person I saw was a truck driver making his rounds. He smiled broadly and performed an exaggerated running motion imitating me (sort of...do I look like that?). I remember thinking to myself, "Cool, they like runners here." Boy was I wrong!

There are cultures and tradition here dating back thousands of years from Jews, to Orthodox Jews, Ultra-Orthodox Jews, to Christians, Muslims, and Palestinians and they all meet and manage to survive the cross currents.

Women here cover their legs and arms at almost all times; if you see a woman in shorts you're pretty sure she's a tourist. Muslim women of course cover their heads (a hijab) and most everyone dressed very conservatively. We were (sort of) prepared for this yet as we ran in our shorts we were frequently met with glares, stares and the occasional derogatory remark. I didn't understand Arabic and I was hoping they didn't understand English so well when I replied referring to their Mother. Micki did wear sleeves (and it was hot) in deference to local 'custom' yet she was still an object of curiosity.

**ISRAEL** <continued on Page 4>



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# Come out and join us for the annual **SPRING POTLUCK SOCIAL**



## WHEN:

**Wed., April 2nd**  
**at 6 p.m.** (following  
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**Race Results** Find the latest and most complete local race results at the following:  
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## 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*  
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**'Vulcan Runner' is available MONTHLY in color!!**

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**<http://www.birminghamtrackclub.com/vulcan-runner-newsletter>**

**ISRAEL <cont. from Page 2>**

The purpose of our trip was a course entitled 'The Palestine of Jesus' so our journey and our runs were not limited to Jerusalem. We traveled, ran, and hiked throughout Israel and Egypt.

We spent a few days in Capernaum located on the Sea of Galilee running on the very Roman roads that Jesus and his Disciples traveled. This is also the area where the Sermon on the Mount was delivered, the paralytic was lowered through the roof and the Centurions' servant was healed. Here too He walked on water and fed the multitudes from fish and bread.

It is a remarkably beautiful area and we ran alongside the road that curves around parts of the Sea of Galilee which is really a giant lake fed by the River Jordan. The sun would rise over the Golan Heights and the reflection off of the water was like a million diamonds sparkling, reflecting the sun's brilliance. There were times we would stop and marvel, attempting to absorb the history and feeling of traveling roads that Jesus, Peter, James, John and the others walked on as they traveled to and from Jerusalem.

Another day we found ourselves at the Dead Sea which contains so much salt that you literally 'bob' in it like a cork. Nothing lives in the Dead Sea, nothing can live in the Dead Sea though it is a vacation destination. It is said that the Sea of Galilee is vibrant because it receives waters from the River Jordan and, like a conduit sends the waters on, giving of itself. The Sea of Galilee takes and gives while the Dead Sea only takes. The Dead Sea is the end of the road for the River Jordan. The lesson is that we can all receive, but to live, prosper and grow we must also give. The land is ripe with metaphors.

This was also the day Micki and I climbed up to and in the caves of Qumran. While this is not technically running, it certainly qualifies as cross training! Qumran is an area of caves on a mountain side that overlooks the Dead Sea where the Dead Sea Scrolls were discovered by a shepherd simply looking for a lost sheep.

Another day was spent climbing (lots of climbing) the Snake Trail to Masada, the mountain fortress built by Herod the Great – talk about 'hill training'!

Cable cars carry the majority of tourists to the top of Masada in air conditioned comfort. Micki and I opted for the ancient Snake Trail that winds along the mountain side to the very top. Masada was also the site of the last stand of a group of 900 or so Jewish rebels who rather than surrender to the Romans and submit to slavery committed mass suicide. It has had such a profound effect that for years Israeli soldiers took their oath of duty at Masada. As you stand inside the fortress you can see the Roman encampments over a thousand feet below and the massive earthen road they built as they lay siege to Masada and its rebel inhabitants. One can only marvel at these feats of engineering, both the city



Micki, after her Red Sea run.

on the mountain top and the Roman siege machine.

Our last week was spent in Egypt camping in the Sinai Desert and climbing Mount Sinai. This is where Moses received the "Fifteen, oyl!" Ten Commandments (Mel Brooks reference) and once again the cross training aspect of mountain climbing came into play. Well, if you consider riding a camel 2/3 of the way up then climbing the last 1/3, cross training – which I do (stupid camel). Just a hint, if anyone ever gives you a choice between riding a camel for say over 50 yards or climbing a mountain...go ahead and climb. By the way, Egyptian beer is NASTY and in the words of Forrest Gump, "that's all I have to say about that."

There's no way to capture what we saw and felt during our month long experience, but many memorable mental snapshots remain. Among these are: churches built by the Byzantines in the 4th Century and churches built by the Crusaders hundreds of years later at or near most all Holy Sites. We traveled to Nazareth, Bethlehem, and Jericho. We placed our hands on the traditional site of the birth of Jesus, knelt and prayed in the traditional site of his tomb. We touched the rock at Golgotha, and the stone where His body was prepared for burial. We traveled the Via de la Rosa and performed the Way of the Cross. We talked with Palestinians and heard their view point and met with Israelis and heard their side and yes, the Christians in the region told us their side.

I walked, sat, prayed, and meditated in the

Garden of Gethsemane and to me this was the most spiritual and beautiful part of my trip. It is simply a grove of olive trees, but I (and we all are different) could feel the Spirit and reverence in that simple garden.

The running was interesting as it always is, but not as spectacular as other places I've run. The sun rises were truly breathtaking! It wasn't the kind of trip to me that 'changes' you or that you have a holy experience; though we saw some Brazilians having some kind of experience. Its just so different from what we're used to, not better or worse, just different. Okay, a little worse. For example, our last night there we went to a local restaurant that had a pizza buffet and a DJ. Yep, you haven't lived until you've had fried egg chicken pizza.

We got to combine our passion (running) with history, religion, and culture and as always we got to explore Jerusalem and surrounding areas in a way no one else in our group did.

I haven't scratched the surface of our trip. Other memories include the many churches we traveled to, having a service of Holy Eucharist as the sun rose over Mt. Sinai, Jericho, Hezekiah's Tunnel, Bethsaida, Banias, St Catherine's Monastery (and the Codex Sinaiticus – go ahead, Google it), Herod's Temple, The Western Wall, Emmaus, the Mount of Transfiguration, Roman roads, Palestinian merchants, The Damascus Gate, afternoon cocktails overlooking the city, hummus for breakfast, The Armenian Quarter, Taybeh Beer, Renewal of our Baptism in the River Jordan, historical sites dating back thousands of years all still fresh in my mind's eye and much of it in my heart and soul.

To me, the trip was like many of the runs that I do; it's not always the run as much as it is what I get from the run. It's not a pretty country (though parts were beautiful), it's hot, rocky, desolate, and sandy; but what I brought home from Israel will be with me forever and changed me in ways large and small that I am still discovering; not unlike many of my long runs. My experience reminds me to be like the Sea of Galilee; to give what I receive so that I may grow and prosper in life and love. That way I won't end up like the Dead Sea that only takes and never gives and is forever, dead. •

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Micki and Danny on the Sea of Galilee

# 2008 BTC Executive Meetings

**BTC Executive meetings are open to the membership and we encourage attendance.** "Town Hall" formatted meetings will give time to members to make their voices heard and bring up discussion topics, with food & drinks provided by the BTC.

**\*BTC Merchandise will also be available at 'Town Hall' formatted meetings, including the featured item of the month.**

**February 4th (Town Hall format)**  
Monday, OutTakes Deli, 6:30 p.m.

**March 2nd**  
Sunday, Cosmo's Pizza, 2:30 p.m.

**April 6th**  
Sunday, Jackson's Bistro (upper floor), 2:30 p.m.

**May 12th (Town Hall format\*)**  
Monday, OutTakes Deli, 6:30 p.m.

**June 1st**  
Sunday, Cosmo's Pizza, 2:30 p.m.

**July 13th**  
Sunday, Jackson's Bistro (upper floor), 2:30 p.m.

**August 4th (Town Hall format\*)**  
Monday, OutTakes Deli, 6:30 p.m.

**September 7th**  
Sunday, Cosmo's Pizza, 2:30 p.m.

**October 5th**  
Sunday, Jackson's Bistro (upper floor), 2:30 p.m.

**November 3rd (Town Hall format\*)**  
Monday, OutTakes Deli, 6:30 p.m.

**December 7th**  
Sunday, Cosmo's Pizza, 2:30 p.m.

*All dates/times/locations are tentative and those planning on attending should check future issues of 'The Vulcan Runner', watch their email or check the BTC website calendar for possible updates:*

**[www.birminghamtrackclub.com/cal](http://www.birminghamtrackclub.com/cal)**

[president@birminghamtrackclub.com](mailto:president@birminghamtrackclub.com)

## Op-Ed – Danny Haralson, BTC Past-President

It seems every so often the BTC goes through a time when we have to beg for volunteers to work our races and a couple of years ago we went through just such a time. The great news is that now though we could always use more volunteers, a large number of our club have stepped up and on more than one occasion we've actually had a surplus of volunteers. If you ran the Mercedes Half then you got a snapshot as your turned onto 20th Street. If you came by our booth at the Expo, you got another snapshot. It was great, new friends being made and a spirit of cooperation.

Unfortunately you always have members who just don't have that sense of duty, they see things differently, and that's just the way the world turns.

Every 5 years or so we also have another issue that raises its head and many become victims of misinformation or (worse) an extremely myopic view point.

The BTC is a club and 'club' is defined as "a group of people combined for a common purpose" and our purpose is, of course, running. We have meetings and promote races, group runs, and educate new runners – well, most of us do.

We travel to races in other cities and the ones that always seem the most popular are the Pensacola and New Orleans races because of the flat courses and the post race parties. I can say that without fear of contradiction because I always see the other BTC'ers at the post race party.

So the BTC adopts (steals?) the idea of

making our races and runs more fun by including pub runs, music and occasionally treating the participants to an adult beverage, soda (okay – coke), or water. It's a great way to socialize after the run, talk about future runs, races, and events we can participate in. The club is for the members and the members through participation in Town Halls and group runs have enjoyed the social aspect. You do have the right to choose to participate or not.

However when the 'talk' (rumor, misinformation, outright lie) is that the BTC does nothing for 'running' choosing to focus on the 'social' I have to say that's just plain wrong.

Let's not even discuss the 'Couch to 10K' that has introduced a large number of people to running, the BTC and each other in the way of friendships and running buddies – but each year we have also offered Speed Work for Beginners, and Intro to Speed Work. We also had Lars Porter and Mark Everett from Birmingham Southern conduct a session of speed work and drills for running; Scott Strand and Christy Opara were brought in for a 'Runner's Boot Camp'. We had fewer than 20 participants at each of those, it was offered but why didn't you come? Are you already too fast, so you already know all there is to know, or...

The BTC also offers opportunities for trail runs at Oak Mountain and will welcome (please!) anyone's offer to host a trail run at another trail around town – in fact we do it each Spring several times

and Al DiMicco always does a 'Trial by Trail' trial run one or 2 weeks before the Trial by Trail. The opportunities are there

We now offer group runs every Monday and Tuesday instead of the once a week only Red Eye Run, the pub runs offer another opportunity for group runs in different areas of town. You don't have to 'drink' to participate; every place we run from offers cokes and water and the opportunity to go grab a bite with some friends. Some people don't drink coffee, but I still run with them.

My suggestion is let's be fair, you don't like to drink, that's great, don't drink, but don't criticize others. I've seen many of those criticizing the BTC for having 'parties' at post race parties from Pensacola to New Orleans.

Most importantly, get your facts straight – we began having 'Town Hall' Sessions 4 years ago and every member has the opportunity to have his or her voice heard. Got an idea for a running program? Bring it! The only thing we ask is that if you have 'criticism' you want to voice, have a positive solution! It's not a 'complaint' session - Helen Waite handles the complaints – got a complaint? Go to Helen Waite. Got a criticism and positive solution? Present it and let's go to work on it! We won't all agree, never have, never will, but all opinions with potential solutions are valued.

We do offer a large number of programs for 'running purposes only' and just like pub runs, it's your option to participate – but the BTC does offer these opportunities and just like any opportunity for running or socializing, you're all invited. •

[danny@rununiversity.com](mailto:danny@rununiversity.com)



## BTC First Fridays

Come mingle with your fellow BTC members on the 1st Friday of each month from 4:30 to 7:30 p.m. Stop by after work or on your way out for the evening. **No run.** Locations & times are tentative\*

**April 4th**

**City Federal Building (20th Floor)**

21st St. North & 2nd Ave. North

Time: 4:30 - 7:30 p.m.

*Free soda/beer and appetizers*

**May 2nd** - Zydeco (Five Pts. South)

**June 6th** - Salsarita's (Homewood)

**August 1st** - Billy's (English Village)

**September 5th** - Jackson's (Homewood)

**October 3rd** - Rare Martini (Lakeview)

**November 7th** - Fox & Hound (U.S. 280)

**December 5th** - Icon (Tutwiler Hotel)

**New  
for  
2008!**

## BTC Thirsty Third Thursday Runs

Join us for Pub/Java Runs, held on the 3rd Thursday of each month at 6 p.m. **Bring cash & I.D. for optional Pub/Java stops.** Locations/times TBA\*

**April 17th**

**The J. Clyde**

6:00 p.m. meetup (1312 Cobb Lane, B'ham 35205)

Bring dry clothes for after run. [www.jclyde.com](http://www.jclyde.com)

**May 5th (Monday) - Cinco de Mayo Run**  
at Zona Rosa in Liberty Park

**May 15th** - Golden Rule (Lakeview)

**June 19th** - Jackson's (Homewood)

**July 17th** - Cosmo's Pizza (Five Pts. South)

**August 21st** - B'ham Baron's B.B. Game

**Sept. 18th** - Dave's Pub (Five Pts. South)

**October 3rd** - BA

**November 7th** - TBA

**December** - **Annual X-Mas Lights Run**

\*All dates are tentative. Please read the monthly 'The Vulcan Runner', watch your BTC email and also check [www.birminghamtrackclub.com/cal](http://www.birminghamtrackclub.com/cal) closer to the scheduled event date for confirmed times/locations.



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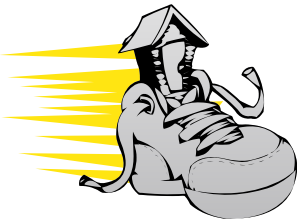
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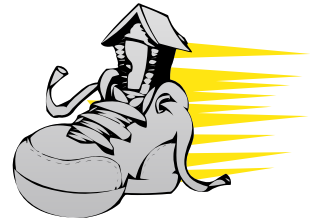
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## February/March Coach's Corner

— By Danny Haralson

Hopefully there are 2 kinds of people reading this column, the first being those that successfully completed whatever portion of Mercedes they chose and the second, those saying, "next year I'm doing it!"

Both groups 'this year' and 'next year' have a basic understanding of a key ingredient to running success, goal setting. They had to set a goal of running the 'half' or they just set a goal of doing the half marathon.

I'm frequently approached by someone telling me they want to run faster. I ask them what they mean and they look at me like I have two heads and they say, "You know, faster." Yeah, I know faster but faster what? 5K? Marathon? You want to outpace Granny next year at the Vulcan Run? I'm searching for a tangible goal. If someone has a specific target it is much easier to measure progress which allows and encourages them to stay on track. If someone starts running 'for fitness' then the chances they'll quit are higher than 'Da Bears' over Shades Valley High School. Whereas the person who starts running with a specific and realistic race as a target has an immediacy of action that allows them to get excited (or panicked) as the event draws near, depending on their consistency of training.

If you want to run faster times then use your most recent race as your starting point, pick a race of like distance in the foreseeable future and train for that target. Now you have a goal and a time table. Next, break it down into weeks and days, number of runs each week, type of runs, speed work/interval training goals then go to work. Keep a running log

and measure your progress day to day and week to week.

Goals keep you involved and achieving the small goals increases the level of excitement as well as self confidence. They also help you measure your progress and that too keeps the excitement level high.

It doesn't have to be about speed; if you're training for a half or full marathon, then you know how the increases in mileage go week to week. You should know that each week's 'runs' have their own goals. It's no different for a 5K or 10K, the distance can seem daunting, but you see each week as a stair step; then you look back, wow! Your goal is within reach.

Running is best viewed with a rear view mirror; whether it's a marathon (26.2 miles) or 5K (3.1 miles) the distance can be intimidating looking towards it. But after several weeks of running you can look back at where you began and see measurable progress.

In my Fall 'Couch' groups they start out walking and running 1 mile total, yet many go on to run the Mercedes Half Marathon some 20 weeks later. Ask them in September how they feel about running 13.1 miles and after they stop laughing they'll tell you straight up that you're crazy. Ask one in December, and the answer is delivered with conviction and excitement, "I'll be there!"

Goals, short term and long term, make them realistic, measurable, and flexible. By flexible I mean if you don't meet a goal one week you shouldn't have to give it up, modify and seek out the goal again – this also falls under 'realistic'. Keep it real, make it doable. If you far exceed your goal then you can have a more ambitious goal next time.

Short term goals are stair steps to the long term 'main' goal. Log them, follow them, believe in them (and yourself) and reward yourself as you achieve those goals. Once you see all the small goals being met, you'll have the large goal within your reach. "What the mind of man can conceive and believe, it can achieve." •

*Danny is an RRCA Certified Coach and can be reached at: danny@rununiversity.com*



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07/08

# The View from the ~~BACK~~ OF THE PACK side

– By Michele Parr

What hurts this week? If you've been running long, in either distance or years, chances are something does.

I've got a lengthy list of running-related injuries and ailments. I've battled sciatica and plantar fasciitis. I've sprained both ankles, fortunately not at the same time. I've strained a calf muscle. I've fallen three times, bruising my ego, breaking my nose, skinning knees and hands, and doing assorted other damage. I've become so injury prone especially at this time of year that a pair of my running buddies decided, while doing a long run without me because I was injured, that I was not allowed to train for Mercedes ever again. I could run it. I could train for other races. I just couldn't train for Mercedes.

This would have been my

fourth consecutive Mercedes half. (As you may recall, I'm still holding out for NYC for my first full marathon.) I'm on a quest to run it well, but this isn't going to be the year. I'd set three goals for the 2008 race. Goal number one was "get there healthy." After limping through it last year because I was too hardheaded to bag it, I knew I didn't want to do that again. A bad bout of plantar fasciitis in December forced me to the sidelines for a couple of weeks and made meeting goal number one impossible. I chose to work toward a different race.

Friends have applauded my good judgment. Well, it's taken me four years to develop some. I often quote Danny Haralson's words of wisdom: Good judgment comes from experience; experience comes from bad judgment. I guess I've finally had enough bad judgment to get some sense.

Some bad timing with the injury means I get the chance to see Mercedes from a totally new perspective, as a runner who isn't running the race. One potential

positive comes immediately to mind. I can hang out at the BTC booth at the expo for as long as I want on Saturday and make as many visits to the beer tent as I want without having to worry about my performance on Sunday. It doesn't matter that the floors are concrete and I'll be standing for hours. For once I get to enjoy the expo all I want.

I'm also going to spend some time helping out at the BTC aid station. After years at mile 5, we're moving to mile 25. It makes sense. Who would you rather have to help you keep going at that point in the race? This year there will be veteran runners at the aid station as well as manning the hasher coolers.

It's going to be an exercise in sportsmanship for me as well. It was hard last year when my two training partners both ran a better race than I ever have while I struggled to complete the course at all thanks to a fall in January. Though I was truly happy for their achievements, I couldn't help but be sad for my loss. This year, after three years of being part of the crowd in a corral at the back, I'll be on the sidelines. I'm pretty sure I like the back of the pack better. ●



treasurer@birminghamtrackclub.com

# BTC Executive Meeting Minutes

– Submitted by Amy Hix, Secretary



**Feb. 4, 2008**

## Executive Member's Attending:

- Mark Baggett, President
- Johnaca Kelley, V-President
- Michele Parr, Treasurer
- Amy Hix, Secretary
- Danny Haralson, Past President
- Meredith Farrell, New Runners Society
- Katie Hannigan, Social
- Phil Min, Parliamentarian
- Judy Loo, Membership

## Items discussed:

- The meeting was called to order at 6:35 p.m. by Mark Baggett, President.
- Johnaca provided a merchandise report.
  - There are 3 new long sleeve tech shirt options (including 2 new styles) available for \$10 through the end of February. New toboggans are available.
  - Slim fit vests and socks will be available at Mercedes expo and possibly new BTC Polo shirts.
  - There are still sport bags available for the current membership drive (new members and renewals)
- Michele provided the Treasurer's report.
- We incurred costs for both the annual party and our RRCA membership renewal which are annual costs. This month usually has expenses exceeding income.
- Amy Hix was introduced as the new Secretary.
- Judy Loo provided a membership report:
  - There are 699 active members.
  - Judy is looking for active membership who have not renewed. Tamie and Judy will begin an email drive for membership to contact these individuals and solicit renewal.
  - Judy requested help for the membership committee to attend board meetings and help recruit members.
- Mark circulated a volunteer sign in sheet for upcoming events and areas where the BTC needs help.
- Frank Newland, race director for Adam's Heart Run reminded everyone that the 30th running will be held at Oak Mountain 2/23. There are 5K, 10K and 10 mile out and back distances that may be chosen day of the race. The 10K will be the goal race for Danny's couchers. This is a BTC race. 6 volunteers are needed (1@10K turnaround 2@5K turnaround, 2 @ finish line and 1 @ cleanup) Go to [www.btcclassic](http://www.btcclassic) for more info.
- Meredith Farrell stated that there is a pasta fundraiser to be held 2/9 at First Presbyterian church downtown. Tickets are \$12 and available in advance. Set number of 200 available. Mark asked for a motion to make this event a BTC event so it would be covered by BTC insurance. The motion passed.
- Steve Demedecis and Johnny Montgomery stated that Samford University is talking to the City of Homewood about building a new track on Samford owned land next to Homewood High off Lakeshore. This new track could be beneficial to the BTC as an easily accessible track for our mini-meet. Lakeshore Foundation would also be a beneficiary. The 400 meter track would cost about \$15million. Steve and Johnny asked that BTC members solicit the City of Homewood Mayor and Council to donate \$2-3 million for the building of this track and to ensure it is open to the public after school. A petition was circulated.
- Frank Newland stated the date for the BTC Classic is not yet confirmed. The BTC Classic is a master track & field event that Frank directs. It is USATF sanctioned. Watch [www.birminghamtrackclub.com](http://www.birminghamtrackclub.com) and 'The Vulcan Runner' for a confirmed date.
- Danny stated the "Build A Better Club" program has fallen by the wayside. This program is designed to encourage participation and volunteerism in BTC events. In the past you would get points for different tasks and those points could be "cashed in" for rewards. The open questions are "is it worth reviving?" and "can we do this where its fu for someone to keep up with the points?" The previous head has resigned.
- Danny is soliciting volunteers for the following:
  - Working at the BTC information booth at the Mercedes Expo. There are 3 hour shifts available from 1-7 on Frida and 9-6 on Saturday.
  - Volunteering at the BTC water stop at mile 12 & 25 with the Bell Center. 7AM setup until the last runner finishes. Contact Danny to sign up for either.
- Mark stated that a request has been approved to purchase a new camera for the BTC to be used by BTC photographer, Ann Mitchell.
- Danny updated the BTC on the following upcoming events:
  - BTC has a 10% discount for opening night of Broadway Across America's Spamalot, April 1. Special thanks to a BTC member for this arrangement. See Danny for more info. **Website:** [www.eventusher.com](http://www.eventusher.com) **Password:** bhamrunner
  - Beginners speedwork is set to begin again after Mercedes. Date / time and location to be confirmed.
  - Trail runs at Oak mountain will be scheduled starting in the late Spring.
- Katie Hannigan is BTC's new social chair. She updated us on:
  - First Fridays – the first one was held Friday 2/1 at Bottletree with around 20 members present. This is a social with no run – just come out and meet other BTC members. Katie is working on the location for the next social. Katie solicited ideas from the membership.
  - Thirsty Third Thursdays are being scheduled beginning 2/21. These are pub runs followed by social time. Check your email / website or "The Vulcan Runner" for locations to be announced.
- Rick Melanson, Road Race chair, requested volunteers for upcoming races. He stated there are 16 weekends in a row where volunteers are needed.
- Johnaca Kelley requested help on the merchandise committee – namely someone to help with transporting merchandise bins.
- The meeting concluded and was followed by the Town Hall forum.

## Advertise in THE VULCAN RUNNER

**Do you own a business you'd like to advertise in The Vulcan Runner?** Do you have a race or business you want the rest of the BTC community to know about? If so, below are our monthly rates\* for placing ads, along with approx. sizes available:

**1/5 page** (1.5 in. x 10 in.) – **\$15**    **1/2 page** (7.5 in. x 5 in.) – **\$50**    **Full page** (7.5 in. x 10 in.) – **\$100**  
**1/4 page** (3.7 in. x 5 in.) – **\$25**    **1/2 page** (3.7 in. x 10 in.) – **\$50**

\*Advertisers who pay for an entire year in advance will get 12 months for the price of 10 months (ex. a Full page for 12 months would cost \$1,000, instead of \$1,200).  
**Deadlines are the 1st of each month for the following month.**

**To place an Ad or for more info:**  
[newsletter@birminghamtrackclub.com](mailto:newsletter@birminghamtrackclub.com)

(L to R) Phil Min, Sara Hacker, Tonya Beck, and Josh Beck before the start of the **First Light Marathon** in Mobile.

PHOTOS COURTESY OF PHIL MIN

## Mobile's **FIRST LIGHT MARATHON**

— By Phil Min

Last Sunday I was able to run in the First Light Marathon in Mobile. This marathon is the second jewel in the “Alabama Triple Crown”, which is all 3 of the full marathons in this state. The temperature was very nice at the start, about 46 degrees with very light winds. I had the pleasure of running with Sara Hacker and we were able to keep a good steady pace throughout the race. I saw many other BTC folks, including Geoff Gottlieb, Christy Eller, Johnny Goode, Andrew Edwards, Josh and Tonya Beck, and several others. There were also many Marathon Maniacs, including Boon-Son Hartman, who was running her 168th lifetime marathon!

Of the three marathons in the state, I think Mobile has the prettiest course. Even the few ratty neighborhoods they take you through have a certain sense of style that is lacking in Birmingham's ratty neighborhoods. The first 10 miles or so of the course are VERY flat and shaded with beautiful live oak trees over the roads. Once you cross over I-65 into west Mobile, the terrain changes pretty dramatically with 3 semi major hill and many smaller “rollers” over the next 10 miles. This part of the course takes you by three golf courses, through the University of South Alabama and Spring Hill College campuses, and by the Mobile Museum of Art and Laugaun Park. We breezed through the half way in about 2:07 and began to feel the increased effort required by the hills. The course was very well manned with 17 official aid stations located about every 1.5 miles and several unofficial aid stations at other points. It also seemed that there were more people out in the yards cheering on the runners than

there had been in Huntsville last month. The police did a great job of controlling traffic, and I am embarrassed to say the the motorists there were much more cordial than what we have for Marathon Day in Birmingham! Anyway, the biggest hill came around mile 18 in the course and although it felt like we were moving the same, we had let the pace slow down a little by that time. Both Sara and I slowly got the momentum going again and by mile 20 were a minute ahead of a 4:20 pace. After a rapid downhill descent onto Spring Hill Avenue and the return to downhill Mobile, the lingering fatigue in my legs from the 50K on New Year's Eve started to get the best of me. It was also beginning to warm up, and although the last 10K

of this course is pretty flat, it was starting to feel like a marathon! Miles 21-24 are the least scenic area of the route, although they are still prettier than Green Springs. Most memorable to me is that you pass at least 3 places fixing very greasy fried chicken for the after-church crowd. According to the condition of your stomach at this point in the race, the aroma will either be tempting or nauseating. Anyway, we made steady progress toward the finish, passing handsome churches, well-kept hospitals, and the Alabama School of Math and Science. We made the final turn toward the finish line in Bienville Square and Sara cut loose. Sara finished in 4:23:01 (good for 8th place in her age group!) and I crossed in 4:23:57. The finish is very special in that this race raises funds for The L'Arche Foundation, a charity that provides a long term home for mentally challenged adults. The residents make the medals for the finishers and then hang them on your neck at the finish line. There are not the fanciest medals, but they are among the most meaningful in my collection. The post race party is very festive with plenty of good food, beverage and live entertainment. I think the race is a good value since you also get a free pre race pasta dinner and a nice shirt, all for \$50.00. I think they have not gone to a tech shirt yet since they try to reproduce the official painting for the race on the shirts and it has so many colors that it will not print well on a tech shirt. Regardless of that fact, you get a good value for your money, a great time in the Port City, and a fine training run for Mercedes! I hope you will consider this one for next year. ●



Andrew Edwards (with the crazy multi-colored hat) and Phil Min proudly display their finisher's medals.

pemin@mac.com



# I always hear that it's better to **BE SAFE...**

– Submitted by Natalie Lockhart

No need to finish the cliché. It's probably heard more than it's practiced – at least in my world.

We've all made mistakes on the road, like running along a main thoroughfare at rush hour; going out alone; wearing all black at night; taking off without telling anyone; and ignoring basic safety precautions.

I know I have returned home one or two nights during my adventures and wondered how I avoid ending up on the evening news – like that night I went for a run while the tornado sirens were going off to take advantage of cooler temperatures after weeks of stifling hot weather. Somehow, we manage to escape our indiscretions unscathed.

On my way to a run in late January, I was on the phone with a friend. "you're running this afternoon?"

Yes.

"Alone?"

Sort-of.

"Where's your mace?"

Uh...

I laughed at him. "It's in my backpack somewhere, I think. You know I don't carry things when I run. It slows me down."

"Maybe you should give me a call when you get done."

"Are you serious? I'm meeting someone here, I'll be fine."

I hung up the phone and set out on Lake-shore Trail at dusk knowing my companion would arrive a few minutes behind me and catch up, eventually.

I had just enough daylight to squeeze in four miles. I was going for five.

About a mile and a half into my run I came across a man wearing a hunting cap with long

greasy matted hair peeking out the bottom. Normally, I wouldn't stare at anyone, but he obviously didn't belong. He had thick glasses with small frames, a brown short-sleeve t-shirt, a blue vest and cut-off denim shorts - shorter than my running shorts.

He started to talk to me. I didn't pay attention and I didn't stop. He kept talking. I kept running, but not before I got to see why he was really out there.

He was a flasher, proudly displaying his most prized possession in the 40-degree chill to anyone who unknowingly granted him an audience.

I ran past and attached myself to the next runner I saw to get company back to my car. I told him the story and gave him a good description of the guy. He said he would call the police when he got back to his car.

When I saw my companion, I told him what happened and we set out to finish the run. He was curious and wanted to see the guy. We hunted him down as he walked toward his car on the Greensprings end of the trail. We ran past, got to the parking lot and easily identified his beat-up, unkempt vehicle among the family vans and sedans. We got the tag number on the off chance we guessed right on the car.

Two hours later, at 6:30, I finished the five miles that I started at 4:30. During that time, the flasher had emerged from the trail just as the first officer pulled up. The second, third and fourth officers pulled up in succession just minutes after one another.

I saw frisking, handcuffs, a reading of rights, and finally gentle assistance into the back seat of the cop car. They asked me a few questions. They asked the flasher a few questions and then inspected his car.

Not only was he a flasher, but he was also on drugs and had an extensive record, according to one of the officers.

It was a wake-up call.

They told me that although this didn't happen all of the time, it is common for his "type" to target the trail. Parts of it are secluded from the main road by thick trees. These people know it's a great place to find young women alone. They get sexual gratification from what they do and the reactions they receive.

I certainly wasn't physically harmed. I probably wasn't even at risk for being physically harmed. After a few hours of disgust, I decided the emotional repercussions were minimal too. I couldn't help but laugh.

I got home, e-mailed a quick warning to some fellow-runners and called my worrisome friend. He picked up the phone. "Hey, I'm back home – all safe."

"Well good, thanks for letting me know."

But you're never going to believe what happened to me!

## Natalie's Safety Suggestions:

- Use Road ID ([www.RoadID.com](http://www.RoadID.com))
- Ipad's are a bad idea. You become oblivious to what is going on around you.
- Carry a Cell Phone and/or Pepper Spray.
- If you're not running with someone, make sure someone knows you're running.
- Avoid unlit areas.
- Don't react to flashers, people who like to harass, or cars that intimidate.
- Run facing traffic, or on outside of tight turn.
- Be aware of who is around you.
- Never make a pattern of running the same route.
- Wear reflective clothing.
- Run where there are sidewalks – especially at busy commuter times.
- Don't assume you have the right of way as a pedestrian.
- Take your key with you, don't tuck it away on a tire or in the gas tank. ●

**Submit  
a story  
or photos  
for future  
issues of  
'THE VULCAN  
RUNNER'**

[newsletter@birminghamtrackclub.com](mailto:newsletter@birminghamtrackclub.com)



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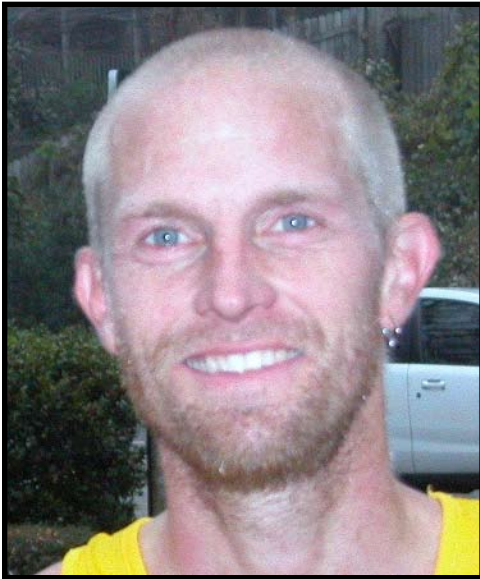


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# December Race Notes

– Submitted by Rick Melanson

RICK MELANSON PHOTOS



VILLAGE TO VILLAGE 8K winner Scott Strand.

The **VILLAGE TO VILLAGE 8K RUN** was held on December 7th starting and ending at English Village like the last 2 years. The race series was originally set up to run starting and ending in one of 3 different locations. The 1st year's run started and ended in Crestline Village and the 2nd and 3rd years run started and ended in English Village. The Mt. Brook version of the race has not been run yet because the organizers like the English Village version better. This years race had 254 finishers on a nice day with little wind and not too hot. The winner was Scott Strand in 31:53, 2nd was Owen Bradley in 28:50 and 3rd was Aaron Ainsworth in 30:26. The 1st Female was Johanna Siemon in 31:53 followed by Anna-Katherine Bowman in 36:20 and Tricia Holbrook in 37:27. the 1st Master was Matt Curtner Smith finishing 4th overall in 30:34 and the 1st Female Master was Tricia Holbrook. There was 254 finishers in all.

Owen Bradley, 2nd male in **VILLAGE TO VILLAGE 8K**.

The **MEADOWBROOK 5K RUN** was held in Meadowbrook on December 15th with some really fast runners! Scott Strand was 1st in 15:27, Tim Lunchinske was 2nd in 15:55 and Phillip Johnson was 3rd in 15:57. The 1st Female was Lori Goldweber in 19:58, 2nd was Ami Stewart in 20:20 and 3rd was Kelly Harrington in 20:30. The 1st Master was David Guss in 17:31 and 1st Master Female was Lori Goldweber. I was not at the race but I understand that the normal HUGE supply of food and drinks were there for all. 378 finished the run. •

## BTC NEWEST MEMBERS

Those who've joined us since **January 2008**:

Cecile Franklin  
Jim Hill  
Brian Dodd  
Mercedes Tarasovic-Clark  
Amy Ellis  
Jeff Lancaster  
John Sauer  
Brandon Hood  
David Black  
Dom Sutton  
Robert Hanson  
Evelyn Lu  
Jason Murray  
Earl Virgin  
Robert Rosenberg  
Lori & Adam Goldweber  
Ronnie Yancey  
Gina Burton  
Joe Ann Askew  
Sherri Burgess  
David Cochran  
Gina Osbourn  
Vicki Sain  
Adam Guthrie  
Brian Weisser  
George Williams  
Lia Bunch  
Sandra Klabunde  
Hamid Mashayekh  
Greg Butler  
Brett Elmore  
Edgar Finn  
Brooke Chamblee

Michael Goswich  
Neil Polen  
Julie Bullock  
Audrey McClinton  
Catherine Thompson  
Vicki Barclay  
Brian Calhoun  
Kathy Revis  
Lydia Futch  
Michael Thurston  
Beth Severson  
Stacy Cahill  
Geoff Gottlieb  
Terry Rayburn  
Brantley Padgett  
Sid Miller  
Matt Horn  
Charles McCalley  
Gregg Graham  
Adam Guthrie  
Robert & Lain Littleton  
Britney McKim  
Tracy Poole  
Vicki Sain  
George & Kathy Williams  
David Cochran  
Kimberly Kuhn  
Alan Hargrave  
Keith Rutherford  
Rex Sorrow  
Becky Greenway  
Lori Snodgrass  
Carmen Hadgraft

Prince Whatley  
Christy McDonald  
Kelsey Grizzle  
Kathryn Kostopoulas  
Jennifer Hearn  
Kate Weaver  
Jennifer Hornor  
Vicki & Scott Holden  
Joey Lemaster  
Carroll Andrews  
Deborah Rudden  
Sophia Lal  
Amanda Bonner  
Kelly Renshaw  
Belinda Bryant  
Eric Clements  
Eric Rogers  
Roger Wehner  
Lauren Horton  
Thomas Aust  
Ann Constantine  
Hannah Raymond  
Scott Jones  
Tom Moseley  
Chris & Scott Stone  
Ashley Wilks  
Edwin Kezar  
Elizabeth Terrell  
Kathy Adams  
Jean Faber  
Christopher South  
Kathryn Myrick  
Michael Schulte

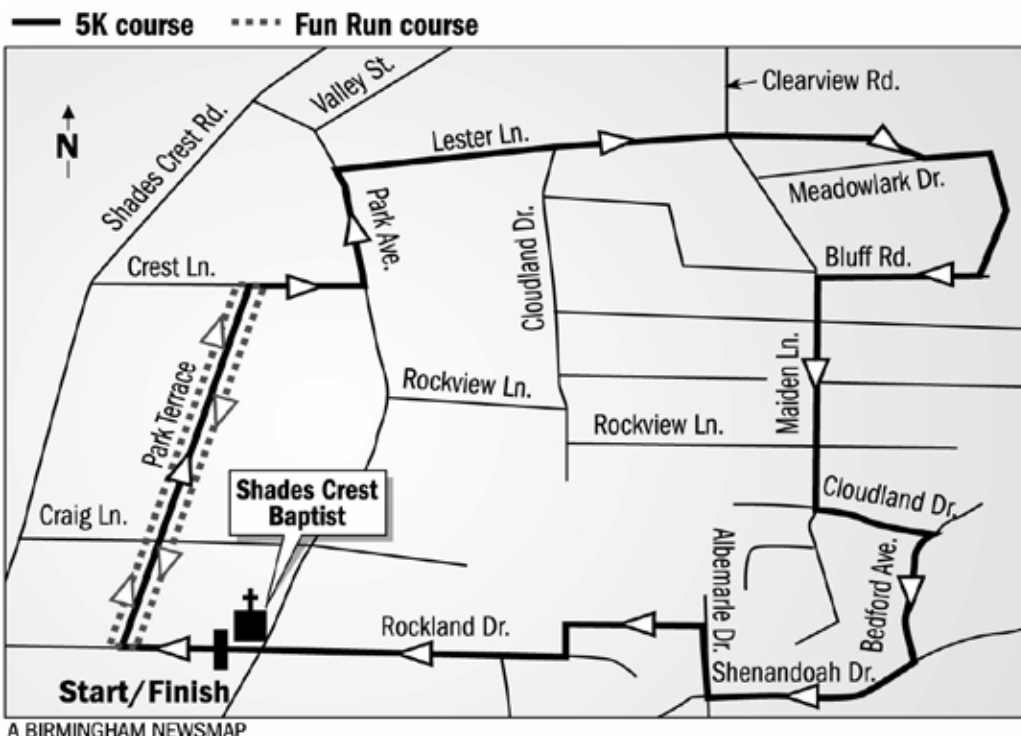
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Ira Jones  
Benjamin Wages  
Anne Dodd  
Traci & Daniel Walter  
Mitzi Duer  
Sarah Price  
Jennifer Hale  
Kristin & Brandon Haushalter  
Tim Thompson  
Stacy & Wayne Gwaltney  
Carl Edwards  
Deanna Robbins  
Noah & Elizabeth Fitzpatrick  
Malissa & Dan Bowman  
Teron Tidwell  
Vander Thursby  
Evan Harless  
Amy Englezos  
Diane Watkins  
Suzann Walker  
Mitch Hughes  
Andi Marquez  
Haller Smith  
John Michael Finney  
Maureen McGovern  
Jenny Smith  
Jennifer Kuklinski  
Catharine McBrayer  
Charles Yeager

# Seventh Annual High Country 5K

**Saturday,  
April 12, 2008  
8:00 a.m.**

**Shades Crest  
Baptist Church  
452 Park Ave  
Hoover, AL  
(822-1750)  
www.shadescrest.org**

**Register Online  
at active.com**



**To Enter High Country 5K Run, please fill in the information below and mail as indicated. Please use a separate form for each entrant.**

5K Run: **\$13.00** (pre race day) **\$20.00** (day of race)

Registration is not required for the free 1 Mile Fun Run. Race t-shirts will be available for \$10 each.

Family max (must reside at same address) **\$30.00** (pre race day) **\$50.00** (day of race)

☐ Male ☐ Female Age as of 4/14/07 \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_ BTC member yes \_\_ no \_\_

Do you plan to attend the **FREE PASTA DINNER** for you and your family on Friday, April 13 at 6:00 PM?

If yes, how many will attend \_\_\_\_\_

Do you plan to attend the **FREE PANCAKE BREAKFAST** after the run? If yes, how many will attend \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Work \_\_\_\_\_ Home \_\_\_\_\_

Circle T-Shirt size (All sizes are adult sizes) Small Medium Large X-Large XX-Large

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless Shades Crest Baptist Church, the city of Hoover, the Birmingham Track Club or any other sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video tape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Entrant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature if entrant is under 18 \_\_\_\_\_ Date \_\_\_\_\_

**Make checks payable to Shades Crest Baptist Church.  
Mail to: High Country 5K, 452 Park Avenue, Hoover, AL 35226.  
Mail-in registration forms must be postmarked no later than April 6,**





18<sup>th</sup> Annual

# ELLIS PORCH STATUE TO STATUE 15K

BTC Managed, RRCA Sanctioned, USATF 15K Certified Course

Saturday, April 19, 2008 at 8:00 am

## Transportation

Transportation will be provided from the River Village parking lot (by Miss Liberty) to Vulcan Park for the start of the race. Please be there early (FIRST BUS LEAVES LIBERTY PARK AT 6:30 am. LAST BUS LEAVES AT 7:30 am.) Baggage transportation is provided to the finish area.

**NOTE: THERE WILL NOT BE ANY TRANSPORTATION BACK TO VULCAN PARK AFTER THE RACE.**

## Registration

For entries received by 4/15/08 - \$20.00

All entries day of race and those received after 4/15/08 - \$25.00

On-line Registration: Active.com

(There will be no refunds)

Registration will be at the River Village parking lot starting at 6:15 a.m.

## Post-Race Party/ Awards

Refreshments/Tunes/Food! Awards will be presented at approximately 10:30 a.m. in the parking lot of the River Village. Awards and shirts will NOT be mailed.

### Sponsors by:

Red Mountain Law Firm  
BTC / Trak Shak

For more information: call Judy Loo at 205-970-5835

Also, check the web site for more information

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



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### Statue to Statue 15K RUN ENTRY FORM

Make check payable to: BTC Statue to Statue Run

Mail Entry to: Statue to Statue 15K Run, 1235 Parliament Lane, Birmingham, AL 35216 or drop off entry form at the Trak Shak (Homewood store)

Print Last Name: \_\_\_\_\_ Print First Name: \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Sex: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age: \_\_\_\_\_ T-Shirt: \_\_\_\_\_ Phone: \_\_\_\_\_

### RELEASE

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless the Birmingham Track Club or any sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Race Calendar

## Late March thru May 2008

– Compiled by Rick Melanson

**Note:** Race information is taken from several different sources and is subject to change and or writer's mistakes. Call Race Director or contact person, especially if you are traveling out of town. ( = BTC race/run/event )

### MARCH 22

#### Run To The Cross 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.  
Christ Church United Methodist Church on Caldwell Mill Rd.

**Info:** Susan Miller (991-5065)

**Email:** smiller@christchurchunitedmethodist.org

#### McKay Hollow Madness Half Marathon Trail Run

– Brownsboro, AL, 7:00 a.m.

**Info:** Tom Possert, 237 Rodgers Dr., Brownsboro, AL 35741

### MARCH 29

#### Azalea Trail Run 10K & 2K

– Mobile, AL, 8:00 a.m.

**Info:** Margaret Olive (251-473-7223)

### APRIL 5

#### Casey's Cause 5K

– Trussville, AL, 8:00 AM

Trussville Chamber of Commerce next to Trussville Middle School. USATF CERTIFIED COURSE (MAPLE LEAF RUN course).

Register online at active.com.

**Info:** Kari Self (966-6635)

**Email:** raceinfo@caseyscause.org

#### Regions 5K Run & Fun Run

– Brookside, AL, 8:00 AM

Brookside Greenway Festival.

**Info:** Dennis Love (631-7392 or 427-3366) or Francesca Gross (264-8464)

#### Scholarship 8K Race & Fun Run

– Huntsville, AL, 9:00 AM.

**Info:** Tab Barnett (256-883-5124)

#### 5-A-Day 5K Trail Run

– Dothan, AL, 8:00 AM

Westgate Park.

**Info:** Beth Battle (334-794-5000 x-7393)

#### Sunset 5K Run

– Panama City, FL, 5:00 PM

Oaks by the Bay Park, St. Andrews.

**Info:** (850-522-6666)

### APRIL 6

#### BTC Executive Meeting

– Jackson's Bistro, Homewood, 2:30 p.m.

All members are welcomed to attend. Jackson's is located in SOHO Square.

**Info:** president@birminghamtrackclub.com

### APRIL 12

#### BIRMINGHAM TRACK CLUB RACE

#### High Country 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 AM

Shades Crest Baptist Church at 452 Park Ave. USATF CERTIFIED COURSE. Free pasta dinner for runners and their family on Friday night at 6:00PM. Free pancake breakfast after the awards ceremony.

**Info:** Jack Karn (870-4504) or Family Life Center (822-1750)

#### Run/Walk by Faith 5K

– Birmingham, AL, 8:30 AM.

**Info:** Joel Simmons (601-0954)

**Email:** joel.simmons@triadhospitals.com

#### 4th Annual Run for Ronald 5K Run/Walk

– Florence, AL, 8:15 AM

University of North Alabama's Flowers Hall on Pine Street. USATF CERTIFIED COURSE.

**Info:** Alpha Delta Pi, UNA Box 5354, Florence AL 35632

#### Minuteman 5K Trail Run

– Dothan, AL, 9:00 AM

**Email:** minuteman5k@hotmail.com

### APRIL 13

#### BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.

Samford University Track. All ages, children and adults. Awards for the children.

**Info:** trackmeets@birminghamtrackclub.com

**Web:** birminghamtrackclub.com/btc-track-meets

### APRIL 19

#### BIRMINGHAM TRACK CLUB RACE

#### Ellis Porch Statue To Statue 15K Run

– Birmingham, AL, 8:00 AM

Starting on 18th St. (Montgomery Hwy) just below Vulcan Statue and ending at "River Village" off Overton Rd. just below "Miss Liberty." Park at finish and ride bus to start (or make your own arrangements). 1st bus leaves @ 6:30 and last bus leaves @ 7:30. USTAF CERTIFIED COURSE.

**Info:** Judy Loo (612-4335)

#### Re-Creation 5K Run

– Huntsville, AL, 8:00 AM.

**Info:** Kim Foss (256-232-5659)

### APRIL 25

#### Dollars for Scholars 5K/10K, 1 Mile Fun Run

– Birmingham, AL, 6:00 PM

Starts and ends at "Pepper Place" on 2nd Ave. S. and 28th St. USATF CERTIFIED COURSES.

**Info:** Ali Louis (934-3555)

**Web:** www.alumni.uab.edu

### APRIL 26

#### The Mayor's Cup Race

– Tuscaloosa, AL, 8:00 AM

City Hall

**Info:** Sedell Bullard (205-248-5230)

**Web:** http://tuscaloosa.com

#### Physicians Who Care 5K Run/Walk

– Gadsden, AL, 9:00 AM

**Info:** Carroll Crane (256-547-3124)

### MAY 3

#### FBC 5K

– Hueytown, AL, 8:00 AM

Chandler Family Life Center at the 1st Baptist Church in Pleasant Grove.

**Info:** Staci Owen (744-0100)

#### We Love Homewood 5K Run

– Birmingham, AL (Info. to follow)

### MAY 10

#### Birmingham Zoo 5K Run

– Birmingham, AL (Info. to follow)

### MAY 11

#### BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.

Samford University Track. All ages, children and adults. Awards for the children.

**Info:** trackmeets@birminghamtrackclub.com

**Web:** birminghamtrackclub.com/btc-track-meets

### MAY 12

#### BTC Town Hall Meeting

– OutTakes Deli, Homewood, 6:30 p.m.

All members are welcomed to share their opinions and see what the BTC is up to. Food & beverages provided, 2901 18th St. So. in Homewood. BTC Merchandise will also be available.

**Info:** president@birminghamtrackclub.com

### MAY 17

#### E2 5K Run and Fun Run

– Trussville, AL, 8:00 AM

NorthPark Baptist Church in Trussville. USATF CERTIFIED COURSE.

**Info:** Rhona Clark (332-9243)

**Email:** clayclarks@bellsouth.net

#### 8th Annual Vision Run 5K, 1 Mile Fun Run

– Alabaster, AL 8:30 AM

Thompson Intermediate School on Hwy 119 going toward Montevallo, 1.5 miles from Hwy. 31. USATF CERTIFIED COURSE.

**Info:** Steve Crainich (915-6237)

### MAY 23

#### Spring Scramble 5K

– Birmingham, AL (Info. to follow)

### MAY 26

#### Mercedes Benz Cotton Row Run 10K

– Huntsville, AL

10K at 7:00 AM, 5K at 9:00 AM, & 1 Mile Fun/Walk at 10:00 AM.

**Info:** Dink & Suzanne Taylor, 2722 Carl T. Jones Dr., Suite 2B, Huntsville, AL 35802 (256-650-7063).

**Email:** suzanne@fleetfeethuntsville.com

### MAY 31

#### Vestavia Fireman's 5K for MDA

– Birmingham, AL 8:00 AM

Liberty Park at Vestavia Hills Elementary Liberty Park, 17051 Liberty Pkwy. (LIBERTY PARK RUN course).

**Info:** Scott Phillips (529-5240)

**Email:** spfire@alltel.net

### TUESDAYS (weekly)

#### BTC Sunrise or Hill Group Run

– Birmingham, AL, 5:30 a.m.

Mountain Brook YMCA, meet in lobby area. Free showers and lockers available.

### WEDNESDAYS (weekly)

#### Trak Shak Group Runs

– Homewood, AL, 5:30 p.m.

Trak Shak store in downtown Homewood.

**Web:** www.trakshak.com

### SATURDAYS (weekly)

#### Red-Eye-Run – 6.2 miles

– Birmingham, AL – 7:00 a.m.

Mountain Brook Village in front of Western Super Market. Varied pace to suit anyone.

### FUTURE 2008 EVENTS (local only)

06-07 – BTC Track & Field Classic

06-07 – Big Brothers' Big Sister's 5K

06-21 – Stampede 5K Run

07-04 – Peavine Falls Run – 8.3 mi

09-06 – Fat Danny's Trial by Trail 5 mi

09-13 – Run For Sobriety 5K

09-20 – ERA Oxford Realty 8K

09-27 – Are UABE 5K

10-04 – Hueytown 5K/10K

11-01 – Vulcan Run 10K

11-08 – North Jefferson Charity Run 8K

11-22 – Iron Bowl Run 5K

# Auburn Half Marathon Report

## “To sum it up, miserable barely does it justice”

– By Brantley Padgett

January 19th, the day of the **Auburn Half Marathon**, started with sleet. I thought I was going to wake up to snow on the ground here in Birmingham, but luckily no, it seemed nice out, though very cold. As I met up with Dave and Keith to make the trip down Saturday morning it started raining. Too bad the rain didn't last. It turned to sleet within minutes. The whole ride down was sleet with rain with more sleet mixed in, but we were all happy as we met in the fitness center, looking around taking inventory of who was brave (spelled s-t-u-p-i-d). There was no gun to go off, I think it was frozen, so they just yelled GO! And it went down from there. There was a lot of joking about how crazy we were; that it was cold and sleeting and this wasn't going to be a fun run.

I settled into a nice pace with Shannon, Josh(s) and Beth, and some people up from Dothan and together we started counting off miles. Somewhere around mile 8 I realized I hadn't put on my chip, “Beth, this may be a little late to wonder, but were there chips for this?”

Mile 12 was the worst for me though, had it not been for Zoo Beth keeping my spirits up, or the random guy in the yellow rain coat behind me, I would have gotten into Meredith's car as she drove by to cheer us on. If my face hadn't been too frozen to talk I might have yelled for her to come back and get me.

Finally. We could almost see the mile 13 marker in the distance, oh, and a lovely downhill to follow!! That was what finally saved me, that downhill giving me a few seconds to recover some energy. Thank

the heavens too, as the stupid hill up to the finish line just sat there laughing at us in the sleet (and now mixed snow). I mean really now, was that uphill necessary??

To sum it up. MISERABLE barely does it justice. Cold, wet, miserable was just how I was feeling physically. I can only assume it was the cold that spurred me on to my fastest time yet. Does your second half marathon qualify for a PR? Either way, with Beth and Mr. Rain Coat man spurring m on, I managed to shave about 8 minutes off my first half in December.

We were joking on the way down how this was going to shape up to be one of those things you laugh about afterwards. I'm still not laughing, but it does make for a pretty funny story. •

*brantleyp1@yahoo.com*

(L to R) **Front row:** Phil Min, Deana Goodwine, Meredith Farrell, Carrie Cotney; **Middle row:** Pamela Miller, Beth Severson, Sidney Shackelford, Bentley Sloan, Amy Hix, Rachel Walker, Tonya Beck; **Back row:** Sara Hacker, Stephanie Wilhite, Brantley Padgett, Dave Johnson, Keith Rutherford, Shannon Eliuk, and Allen Goodwine.





# Somewhere, over the...finish line!



BTC's own **Janis Posey** dressed as Dorothy (from the Wizard of Oz) was recently spotted in "Runner's World." The photo was taken at the start of the **Harpeth Hills Flying Monkey Marathon** last November and was seen in the race report section.

RUNNER'S WORLD PHOTO

## Feb-April Merchandise Item Of The Month

Available  
at May 12th  
Town Hall  
Meeting

## SHORT-SLEEVE POLO SHIRT

# \$15 each\*

(Regularly \$25) Offer good till 4/30/08

More BTC Merchandise available at:  
[www.birminghamtrackclub.com/merchandise](http://www.birminghamtrackclub.com/merchandise)

### Item Details:

- Women's cut available in S, M, L, XL
- Men's cut available in S, M, L, XL
- Embroidered BTC logo on front
- 100% cotton
- Royal Blue (color)



FREE BTC  
window  
decal with  
order!

Offer good till 4/30/08

Name (ship to) \_\_\_\_\_

Address (Street or P.O.) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email Address (print clearly) \_\_\_\_\_

Quantity	Item Description	Size

Send orders/payments, made payable  
to **Birmingham Track Club**, to:

Johnaca E. Kelley, BTC Vice President  
c/o EBSCO Creative Concepts  
825 5th Avenue South  
Birmingham, AL 35233

\*Please add \$6 per polo for UPS ground shipping

[merchandise@birminghamtrackclub.com](mailto:merchandise@birminghamtrackclub.com)

# Birmingham Track Club

# MEMBERSHIP APPLICATION

www.birminghamtrackclub.com  
www.myspace.com/birminghamtrackclub



We would like to take this opportunity to invite you to be a member of the Birmingham Track Club or to renew your existing membership. The Club sponsors or sanctions many local races and keeps members informed of upcoming races, training runs, results, socials, etc. through our monthly newsletter 'THE VULCAN RUNNER'. Additionally, BTC Members receive merchandise discounts at local merchants. It's a great way to meet other runners and stay informed of running events in the area. Again, thanks for your participation and we hope that you will join us as we promote individual and community fitness through running.

PLEASE check one:

☐ **New Member application**      ☐ **Renewal**      ☐ **Change of Address**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address (Street or P.O.) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address (print clearly) \_\_\_\_\_ ☐ Male ☐ Female

Sponsored by (BTC member name) \_\_\_\_\_

Other family members to be included in membership:

\_\_\_\_\_ ☐ Male ☐ Female  
Last Name                      First Name                      M.I.                      Birth Date

**WAIVER:** I know that running and volunteering to work in club races are potentially hazardous activities, and as a member I assume all risks involved. Therefore I hereby, for myself and anyone entitled to act on my behalf, do waive and release the Birmingham Track Club, Road runners Club of America, USA Track and Field, all sponsors and any others involved from any claims or liabilities arising out of my participation in these activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of such events for any legitimate purpose.

\_\_\_\_\_  
Signature (Parent's signature if under 18 years of age)

\_\_\_\_\_  
Date

**YEARLY MEMBERSHIP** (please circle one):    **\$25** (single)    **\$35** (family)

Send this signed application and check made payable to the BTC to the following address:

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

(205) 879-LEGG    membership@birminghamtrackclub.com

You can also join online at  
**WWW.ACTIVE.COM**  
(Event I.D. # 1397208)

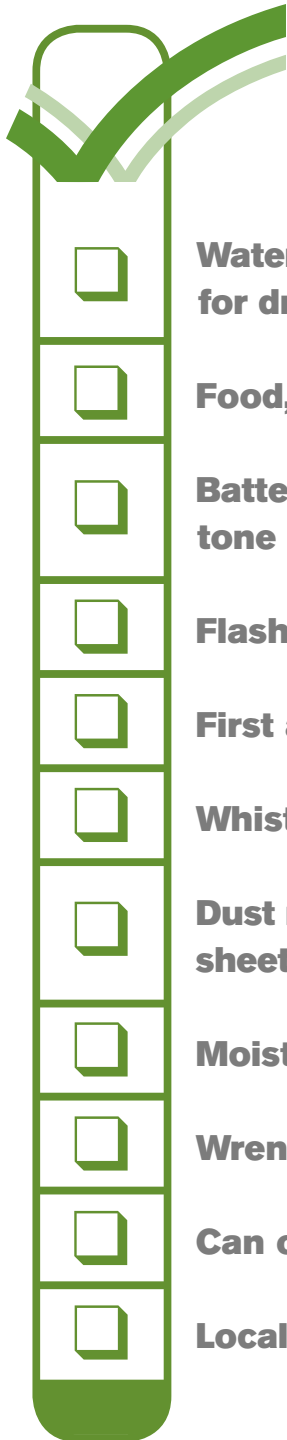
# PREPARE. PLAN. STAY INFORMED.

Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: **1)** Get an emergency supply kit **2)** Make a family emergency plan **3)** Be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

## Recommended Items to Include in a Basic Emergency Supply Kit:



- ☐ **Water, one gallon of water per person per day for at least three days, for drinking and sanitation**
- ☐ **Food, at least a three-day supply of non-perishable food**
- ☐ **Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**
- ☐ **Flashlight and extra batteries**
- ☐ **First aid kit**
- ☐ **Whistle to signal for help**
- ☐ **Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- ☐ **Moist towelettes, garbage bags and plastic ties for personal sanitation**
- ☐ **Wrench or pliers to turn off utilities**
- ☐ **Can opener for food (if kit contains canned food)**
- ☐ **Local maps**

[www.READY.gov](http://www.READY.gov)



# HIGH COUNTRY 5K

APRIL 12TH, 8 A.M.

Shades Crest Baptist Church at 452 Park Ave. USATF CERTIFIED COURSE. Free pasta dinner for runners and their family on Friday night at 6:00PM. Free pancake breakfast after the awards ceremony. **BTC RACE!**

**Info:** Jack Karn, Race Director (870-4504) or Family Life Center (822-1750)

**(Race Application available on Page 14)**

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# THE ELLIS PORCH STATUE TO STATUE 15K

APRIL 19TH, 8 A.M.

Starting on 18th St. (Montgomery Hwy) just below Vulcan Statue and ending at "River Village" off Overton Rd. just below "Miss Liberty." Runners should park at finish and ride bus to start (or make your own arrangements). USTAF CERTIFIED COURSE. 1st bus leaves at 6:30 a.m. and last bus leaves @ 7:30 a.m. **BTC RACE!**

**Info:** Judy Loo, Race Director (612-4335)

**(Race Application available on Page 15)**



## **Birmingham Track Club**

P.O. Box 530363

Birmingham, Ala. 35253

(205) 879-LEGG

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

[www.myspace.com/birminghamtrackclub](http://www.myspace.com/birminghamtrackclub)

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