

# BTC

# THE VULCAN RUNNER



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ISSUE 6

## Running down the first hill, headed toward Ashland, Kate turned to me and smiled, “Hey Natalie, we’re running Boston!”

– By Natalie Lockhart, BTC member

For the uninitiated, an hour drive outside the city, can be intimidating if you know you will be hoofing it back to town.

Take anyone from Birmingham, relieve them of their personal belongings, drop them in Argo, and tell them you'll see them at the Trak Shak by supertime and they might not hold together too well. People don't drive that far – which is why there are three Wal Marts between here and there – so they don't have to.

When I arrived in Boston, my family told me that they didn't drive that far either. “So, uh, do we have to drive you to the start line on Monday?”

“Not unless you want to. There are busses from the Common at 7:00.”

“Oh, well good [relief]. I mean we could drive you there, but we're not exactly sure where Hopkinton is, but we know it's kind-of-.”

She stopped.

I smiled.

She cringed.

“No big deal. I understand.”

On the weekend of April 18, 2008, more than 20,000 other people in Boston couldn't wait to get to Hopkinton. We waited for months, and some of us, years, for the opportunity to see the famous little New England town that, at the last census, topped out at 13,346.

On race morning, I rode into the city with my Uncle, passing busses that were lined up for at least a half mile and thousands of people on their way to load those busses.

On the drive in, I explained the process to him. They would drive us out of town, drop us off, take our things, move them

back to the finish line while we ran back and not only were we willing participants in this, we paid them to participate. I also gave him a few last-minute spectator tips.

He was excited for me, but only because I had been talking about it for the past three years. It was clear he still didn't quite get it. Having spent the last two decades living in this city, he has never ventured downtown on Patriot's day. He has never had interest in seeing the Marathon and until now didn't know anyone running it.

I got out of the car.

He wished me luck and said he'd see me at 2:30 at the finish. He went back to bed.

Natalie and Kate proudly show off their medals after finishing their first Boston Maraton.

I looked down the sidewalk and as far as I could see. Lines of runners extended all the way down to the other end of the Common, toting red drawstring Adidas sacs and waiting to load the school busses. In the well executed exodus, Twenty buses would pull in, runners filed on and they pulled out to make way for 20 more.

Everyone around was just like me. They had been training for months. There were nerves, smiles and everyone talked about where they qualified, how long they took to qualify and what their qualifying time was.

Our lives had revolved around this day for, at least, the last three months:

- I couldn't play Frisbee because of Boston.
- I didn't drink [a lot] because of Boston.
- I went to bed early because of Boston.
- I skipped the Oak Mountain 50K because of Boston.

**BOSTON**

◀ continued on Page 2 ▶





**BOSTON <cont. from Page 1>**

- I wore flat shoes because of Boston.
- I missed Stephanie Farrington's party because of Boston.

Not that I was bitter about it, but sometimes, I felt like it would never get here.

I got on a bus. I sat in the back, on the right, over the wheel hump. I moved to the inside for Megan, a blonde from Texas. She had big curly hair, big blue eyes, freckles, a nervous smile, a luna bar, and a prayer journal.

She had qualified for Boston too, in her first marathon, with a 3:29. That's 7 minutes faster than me – and she made it on her first try. I missed it by 11 seconds on my first try – then waited three years to try again. I don't know if anyone else did this, but I started to compare myself to other people.

The doctor behind me had qualified for Boston – so did the nurse that he happened to be sitting next to. He qualified in San Antonio, She Qualified in San Diego. They were fast too.

Thirty minutes into the drive, and still not in Hopkinton, I was sitting quietly after listening to the people around me when the obvious hit me: we were all there for the same reason, and suddenly, my accomplishment was no bigger than their accomplishment. I was sitting amongst 20,000+ other Boston Qualifiers, the fastest non-elite runners in the country, and it was intimidating.

Thankfully, I wasn't running against them, because with Tracy Poole's words of wisdom, "It's dessert," I decided not to race against a clock, other runners or shoot for a PR.

Kate and I met up in Runner's Village in Hopkinton. We, once again, reassured each other that we were there to have fun, go slow, and take everything in. It would be both of our first times in Boston and we wanted fond memories. We wanted popsicles, orange slices and high-fives. We wanted pictures. Most of all, we wanted to smile, not grimace when we passed the Wellsley girls, climbed Heartbreak Hill, passed our families, ran into the city and crossed the finish line. Anything above qualifying time (3:40) would be acceptable for the goal that we set for the day – we were shooting for about 4 to 4:30.

Monday morning started out chilly. It was overcast and slightly damp with a few sprinkles. We sat in the athletic fields outside of Hopkinton's middle school amongst the others who were relaxing on trash bags and cardboard boxes in their throw-away clothes.

Wave 2, with a 10:30 a.m. start, was the last group called. At 9:45, we dropped off our bags on the busses, took the ¾ mile walk down Grove Street to the center of Hopkinton and got in line at the front of Wave 2 on Main Street heading east. For the wheel chair division, elite women, elite men, and wave 1 qualifiers, the race had already begun.

As the clock counted down to 10:30, the noise from the crowd grew louder. There was no gun, no ready set go, and no bull-horn – just a roar that grew to a cheer and then an anxious push forward.



Boston Marathon bag check-in, located in Runner's Village.

Running down the first hill, headed toward Ashland, Kate turned to me and smiled, "Hey Natalie, we're running Boston!"

In the first six miles, excitement and the downhill slope got the best of us and we forgot the plan to go slow. At each mile marker, Kate checked the splits on her watch and reminded me that we were moving too fast. It's hard not to get caught up in it all. Between the spectators and the runners around you, feels like there is little control in the first six miles. We got caught up in everything and had trouble keeping a steady pace.

It wasn't too long after the start before the sky opened up to a cloudless sunny day that would be 70 degrees for most of our final 20 miles.

After a surprisingly quick first 6 miles, we slowed down and started stopping whenever we saw something of interest. We stopped for potty breaks, sunscreen breaks, wet paper towels, photo ops, water stops and to visit with friends.

The first twenty miles of the rolling course had a great mix of quaint New England towns with long stretches of countryside in between. Every step of the way, there were people, sometimes 6 deep, sometimes scattered 50 feet apart, but they were there and they were excited that we were there.

**BOSTON <continued on Page 3>**



(Above) Runner's Village, where Natalie met up with Kate before the start of their Boston Marathon adventure. (Right) Natalie's transportation for the day.



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

Somewhere between Miles 4 and 6, we passed a pub. It looked to be the northern equivalent of a honkey tonk, with a big sign hanging off the deck, "Marathon Day Party;" behind the sign, revelers hung off the deck and more spilled out onto the gravel parking lot and the street. They were screaming and cheering, and toasting to our run. For a minute, I wondered if they were having more fun than us!

At Mile 13, we passed through the screaming tunnel of girls at Wellsley. The Adidas poster hung about ½ mile before we got there, warning, "brace your ears." We heard them long before we saw them.

By Mile 21, we were greeted by just as much noise when the Boston College co-eds welcomed us to the city screaming and holding suspicious red plastic cups. They were in good spirits by the time we passed at 1:30, as were many others on our way into the city.

From then on, as we were running into the city, people would lean over the gates arms outstretched onto the course, demanding high-five's from runners. If you didn't high-five them, and were close enough, they slapped you anyway.

Every town we passed through – Ashland, Framingham, Natick, Wellesley, Newton, Brookline and into the city, seemed to celebrate block-party style. Residents pulled grills around to their front yards, set up canopies, lawn chairs, tables and kegs. Along the road, they put out water, oranges, cookies, popsicles, beer and cake for the runners.

In one of the neighborhoods approaching Newton, a 20-something with cargo shorts and a white t-shirt stood along the side of the road holding an aqua-blue sheet cake in his right arm. He had a pile of plastic forks sitting on the tray. He dug into the cake, holding fork-full's of cake to runners as they passed. That was when I decided that this was a full-service marathon. If you needed something, someone close by had it available.

By Mile 18, we found Kate's friends. We stopped, visited for a few minutes, handed over our camera, clothes and other unnecessary baggage, then went on to finish the run.

And the infamous Heartbreak Hill? It's like Montclair, at Mile 23 of Mercedes, except with enough people on it to populate a small town. It's the last hill in a series of steady ascents from Miles 16 to 20. It's not the size, but just like Mercedes, the strategic placement at Mile 20 that serves as a reminder that it would be the perfect place to crack if you ever wanted to.

About halfway up, we saw a man lying on a stretcher shaded by the crowd around him and getting fanned by emergency workers. He was conscious, but it was clear that the previous 20 miles had aged him.

After the hill, we started to descend into the city of Boston passing Boston College on Chesnut Hill Avenue and then Commonwealth Avenue where the final 10K begins before turning onto Beacon Street.

At this point, we still felt great and the number of people on the streets continued to grow. It's well after lunchtime, and the

sidewalks are lined along with full restaurant patios, overpasses, and apartment steps. It was a crowd worthy of a Mardi Gras parade.

We crossed the finish line in just over 4 hours, then proceeded down the 4-block runway that was separated from the crowd. Still smiling, we stopped at stations set up along the way. First, water. Then, Gatorade. Then we went to pick up our super-hero capes [heatsheets]; chip removal; medals - MEDALS! and finally food before stopping at the busses with our personal belongings and finding our families.

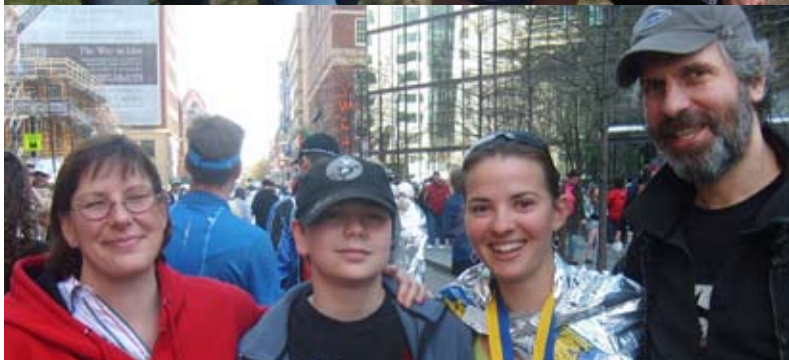
In every other race I've run, I get to mile 20 and have that all-too familiar conversation – with myself. Only a 10K left. You can do this, you've done it before. Then, I start singing a rap song, or something with a good beat, to keep my feet in step. Without fail, it always ends up being the longest and hardest 10K of my life because my body is arguing with my brain and I slow to a crawl while the dispute is being settled. This is affectionately referred to as 'the wall.'

In Boston, it was different. I got to mile 20 and felt like the whole thing went by too fast.

Then, Mile 23. Only a 5K left!? Is this it?

I wondered how to make the final three miles last a little bit longer because I hadn't had enough. The best I could come up with was to wait another 365 days and do it again – just a little faster next time. •

*nataliezl@hotmail.com*



(Upper left) At Mile 18, Kate and Natalie stopped briefly to visit with some of Kate's friends and handed off some items. (Left) Natalie's family congratulating her at the Boston finish line. (Above) Natalie visited with her two good friends Nita and Thenie after her first Boston.

## ATTENTION BTC MEMBERS!

**'Vulcan Runner' is available MONTHLY in color!!**

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo, Membership Chair, at [btcmembership@gmail.com](mailto:btcmembership@gmail.com) so that you can receive (via email) the monthly password in order to download the newsletter (.pdf format) from the below webpage link (including past issues which require NO password):

[www.birminghamtrackclub.com/vulcan-runner-newsletter](http://www.birminghamtrackclub.com/vulcan-runner-newsletter)

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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*  
P.O. Box 530363, Birmingham, AL 35253  
(205) 879-LEGG

## 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 (see page 16).**

**June 8th (Sunday)**

Cosmo's Pizza, 2:30 p.m.

**July 13th (Sunday)**

Jackson's Bistro  
(upper floor), 2:30 p.m.

**August 4th (Monday)**  
**(Town Hall format\*)**

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 (Monday)**  
**(Town Hall format\*)**

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:*

**[birminghamtrackclub.com/cal](http://birminghamtrackclub.com/cal)**  
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Submit a  
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**'THE VULCAN  
RUNNER'**

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# June BTC President's Message

— Mark Baggett

Well, here we are, half-way through 2008. **How have you been doing with your running goals?** Are you sticking with your New Year's Resolution as far as being active and keeping your running up?

This year the BTC saw the start of the **1,200 Mile Club**, to encourage runners to have a goal of 1,200 miles by the end of 2008. So far we have had a great response for this being the program's first year. A big thanks to **Geoff Gottlieb** for heading this up and keeping track of everyone's mileage. According to Geoff, within the first four months of 2008, those participating burned **4,820,530 calories** and logged in over **43,800 miles!** Congratulations to everyone who has been striving to reach that goal. Current mileage is listed in this issue on **Pages 17 & 18**. If you have questions about your mileage or want to know how to become involved, email 1200@birminghamtrackclub.com and Geoff will assist you.

As of last month, the BTC had over **950 active members** which I personally think is great and speaks loudly of how beneficial this club truly is to the Birmingham community. However, with such a large number comes the challenge of keeping everyone informed of what the club is up to. The newsletter you are reading now is the lifeblood of the club and all members should make every effort to read it MONTHLY.

Hopefully everyone is aware but if not.... the printed 'Vulcan Runner' is only sent out quarterly, an example will be what you have in your hand (if you are reading the printed copy). **However, a new 'Vulcan Runner' is available EVERY month of the year via download from the BTC website.** Every month we have updates on upcoming races, group runs, club social outings, feature sto-

ries written by fellow club members, as well as upcoming running trips. If you are only reading this newsletter quarterly, then you really are missing out. An email is emailed out to members around the 1st of the month that is needed in order to download the newsletter, since it's for members only. If you need the link to access current (and past) issues of 'The Vulcan Runner', please see the top of **Page 2** for more info.

We also send out weekly emails about upcoming club happenings. If you aren't getting these, please go to the BTC homepage ([www.birminghamtrackclub.com](http://www.birminghamtrackclub.com)) and click on the "newsletters" link at the top of the page for the weekly email.

I'm very excited about the upcoming BTC trip to the **Las Vegas Full/Half Marathon** in December. We are expecting a really large representation from the BTC and we hope that those who are up for running a full (or half...possibly the first for some), want to visit Vegas or just want to take a running trip consider going with us. More info. on this year-end trip is on **Page 8**, under Danny's "Coach's Corner".

We will be starting free group training runs on Saturdays mornings in mid/late July and anyone who can run 6 miles by then is welcome to run with us. However, you **MUST** email Meredith and let her know you want to train with us. Those training help provide the water-stops and she needs to know how many runners to expect so please contact her and get on her email distribution list.

Right now, most seem to be saying at the **Luxor** ([www.luxor.com](http://www.luxor.com)), right next door to Mandalay Bay, where the start of the marathon will be. Look for more details in the July issue, we'll keep everyone informed of how the trip is shaping up. Everyone is responsible

for their own travel/air arrangements. We'll have some fun BTC gatherings once in Las Vegas too for those who make the trek.

I challenge ALL of you to come run in the **BTC 1-Mile Challenge**, taking place at the BTC Classic, at Hoover High School, Saturday, June 7th, with the Challenge at 11:25 a.m. (see promo below for more info.) BTC member and event Executive Director **Frank Newland** has lowered the registration fee for this one event down to \$15 (additional events are \$8).

For those of you who don't know what the **BTC Classic** is, it's a USATF sanctioned meet with all of what you'd expect at a real track & field meet and has been around for decades. There is a write-up on **Page 6** about the BTC Classic, all ages are invited to participate.

The **Perserverance 5K** has been rescheduled for June 7th, due to an ice storm in March. For more info., contact Chris Hunsburger at 879-1758 or visit the BTC Calendar on **Page 11** for more details.

The very popular **Peavine Falls Run** is July 4th at Oak Mountain State Park. **Rick Melanson**, the BTC Road Race Chairman, is the race director for this one so it's sure to be a well-organized event. If you are in town for the holiday, make sure you come have some fun with us! Race application is available on **Page 13**.

BTC **'First Fridays'** and **'Thirsty Third Thursday'** Pub Runs are listed on **Page 20**, come out and meet your fellow runners! •

**If you don't run, you'll rust!**

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



## 1-Mile Challenge Run



Many of us long distance runners cover many long miles each week, to either reach a goal for training or for running maintenance and enjoyment. Maybe a 1-Miler probably doesn't sound that difficult. For many of you a 1-Miler might just be a warm up. Maybe, years ago, you competed on your high-school track team in the 1-Mile distance? Or maybe you have a running buddy who has been talking smack about being faster at a mile than you.

Or maybe you just want to come out and support the BTC while it hosts it's annual BTC Track & Field Classic.

**Saturday, June 7th, at Hoover High School** you'll have your chance. The meet starts at 7 a.m., however the 1-Mile Challenge (actually, it's 1,500 Meters, 100 meters under a Mile) won't take place until 11:25 a.m. We recommend getting there early to get registered and not be rushed. Registration for this 1-Mile Challenge is \$15. \$8 for each additional event.

So, clear your schedule, and get psyched up to run 4 laps **Saturday, June 7th** or at least consider coming and cheering on everyone else. This track & field meet is open to ALL ages and you DO NOT have to be a member of a team or be a member of the BTC to participate. *This is a USATF sanctioned event.*

The BTC Classic is a master's track meet (30+ yrs. of age) that is held in conjunction with a youth meet (anyone under 30 yrs.). All of your traditional track & field events are held and anyone can compete. **More info. on this annual BTC event on Page 6, race entry on Page 12.**

# BTC Classic offers glory for ages 30-up

– The Birmingham News, 5/28/08

Have you been longing for the chance to relive your track and field glory, but have pretty much given up on being in the spotlight again?

Do you miss the roar of the crowd as you take the last turn and race to the finish line? Do you enjoy being surrounded by the sights and sounds of a real track meet but don't know where to find one, other than visiting a local high school meet? Have you ever wanted to compete against others in your age range in a sanctioned USATF (United States Track and Field) meet?

Well, your chance will happen June 7 at Hoover High School when the annual Birmingham Track Club Track & Field Classic begins at 7 a.m.

According to Executive Director Frank Newland, athletes come from all parts of the United States to participate in the event.

"The BTC Classic is a draw for many Alabamians, although distance is no barrier," said Newland, who has been executive director for the past five years. "I have contestants from Missouri, Tennessee and Mississippi. Last year, a gentleman from Minnesota came to the Classic."

When Newland moved to



Birmingham in 1997, he wanted to contribute to the growth of masters track and field and has since taken charge of this event.

"The BTC Classic has been part of the Birmingham athletic community for decades," according to Newland.

The BTC Classic is a track and field meet for masters-aged athletes (30 years and older) held in conjunction with a youth meet, headed by event director Mary Birdwell.

This is about as close to a real track meet as you'll find in the Birmingham area.

"There are avid masters track and field participants throughout the United States," Newland said. "Many major metropolitan cities host a track and field meet at least once a year. The purpose of the classic is to provide a venue for track

and field enthusiasts to compete in quality sanctioned masters track and field meets."

The classic was previously held at Samford University before moving to Hoover High in recent years.

Participants do not have to be a member of an organized team, nor do they have to be a member of the Birmingham Track Club.

Track events include 50, 100, 200, and 400 meter dashes, along with the 800, 1,500, 3,000 and 5,000 meter runs. Six different distances on hurdles will be run, along with traditional relay distances.

Field events include the hammer and discus throws, the shot put, as well as the long, triple, and high jumps. The Pole vault and javelin throw will round out the events.

"Throwing events are by far the most popular events," said Newland. The hammer throw and the shot put attract the most participants.

The entry fee for a first event is \$17.00 and each additional event costs \$8.00.

Newland encourages participants to bring their own food. "Of course, there are many commercial vendors in the vicinity too," he said. For your convenience, there is a race application on Page 12 of this issue. •

**For more information on the BTC Track & Field Classic on June 7 visit [www.btcclassic.com](http://www.btcclassic.com) online or contact Newland at [newlafr@yahoo.com](mailto:newlafr@yahoo.com) or call 205-621-9912.**



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A USATF sanctioned meet

**25+ Track & Field events for all ages**

**June 7th, Hoover H.S.**

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# RUNNING TIDBITS

– Compiled by Tim O'Brien

## Running Quotes

*"Run like hell and get the agony over with."*  
– **Clarence DeMar**

*"If you run 100 miles a week, you can eat anything you want – Why? Because..."*

(a) you'll burn all the calories you consume,

(b) you deserve it, and

(c) you'll be injured soon and back on a restricted diet anyway." – **Don Kardong**

*"Running is real and relatively simple... but it ain't easy."* – **Mark Will-Weber**

*"We can't all be heroes because someone has to sit on the curb and clap as they go by."* – **Will Rogers**

## Did you know??

### Oldest ongoing Marathon in the World

...Boston Marathon. First run in 1897. Held on Patriots Day which is the third Monday of April.

### First Marathon Ever...

Legend has it that the Greek Soldier Phidippides ran 24.8 miles from the town of Marathon to Athens to announce the victory of the Greeks over the Persians. The legend goes on to say he announced "Rejoice, we conquered!" then collapsed and died. 1896 Olympics in Greece was first 'official.'

### 24.8? Why do we run 26.2?

Blame the English. 1908 Olympic Games in London, King Edward the VII and Queen Alexandria wanted the race to start at Windsor Palace outside the city so they could watch. This added over a mile to the original start line, and to finish up at the stadium with almost a full lap on the track made the run 26 miles 365 yards. That is the distance we use today.

Source: [firstmarathononchinagreatwall.com](http://firstmarathononchinagreatwall.com)

What's the **BIG** idea? – By Sally Young

## The Zen of endurance

In the 1960's, it was called getting your "second wind." Today, it's known as "runner's high," a pop culture term that describes being in a zone of boundless energy and effortless running over a long distance.

At the extreme of this altered mental state is a loss of contact with reality, a form of secondary psychosis that is marked by out-of-body experiences and hallucinations. This is brought on – as many ultra-marathoners can testify – by sleep deprivation, physical exhaustion, hypoglycemia, and electrolyte imbalances.

But scientific inquiry into the "high" has been confounded due to its ephemeral nature. It doesn't occur in all runners, nor does it occur consistently in runners who have experienced it previously. The discovery of opiate-like endorphins in 1975 led to the naming of any exhilarating feeling in response to stress as an "endorphin rush," and the application to runners became popularized. However, the endorphin-exercise connection remains equivocal.

An emerging field of research finds that exercise causes the rapid formation of endocannabinoids. These are biologically active lipids that react with receptors in peripheral sites as well as in the brain. Endocannabinoids have been shown to increase tolerance to pain, induce sedation, and reduce anxiety in experimental animals. •

Sally Young is a published freelance writer (*Running Times*, *Footnotes*, *Fitness Runner*) and is also an Artist. Email her at [yo-sal@cox.net](mailto:yo-sal@cox.net)



## 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)



## June Coach's Corner

– By Danny Haralson

We've talked about running fast(er), goals, and consistency. Now we come to one of the most important and most overlooked aspects of running/training necessary for successful results, *rest*.

Most all of the runners I know have this misguided thought that 'if some (running) is good, then more is better'; and I'm not talking about the casual runner who has no goals (not that that's a *bad* thing). I'm talking about those who have firm goals of performance in mind, regardless of what they are.

Here's the direct poop (not that kind of 'poop'), in order to improve, grow stronger and faster *you must rest! You must take days off!*

There are a few things you cannot force the body to do or not do; for example you cannot *not* breathe and you cannot *not* sleep. Oh you can stay awake beyond your normal boundaries, but you won't think straight, you'll be sluggish etc. etc. But you will eventually fall asleep. That's your body's way of telling you that you must rest!

So what are some signs of overtraining? A washed out feeling, drained of energy, mild leg soreness, aches and pains, a drop in performance, moodiness and irritability (unless you're female, then it's a sign that you're female \*chuckle\* *just kidding*), reduced immunity to colds, sore throats and the like, you actually don't sleep as well and you have an accelerated resting heart rate. Some of us like to check our resting heart rate just to brag on it. However if you keep up with it on a regular basis you'll actually see it *increase* when you're doing too much. How to check your resting heart rate (practically – meaning without wearing a Heart Rate Monitor to bed (Mr. Harkless)): have your watch (you need a second hand) at your bedside and when you first awaken in the morning, find your pulse and count it for 1 minute, bingo – your RHR. Now if your sleeping partner al-

ready thinks you're nuts you may want to slip out of bed, go in a different room sit back down *then* take it; but bottom line, do it very first thing in the day.

Knowing your RHR can be a valuable tool, even if you don't subscribe to heart rate training, but that's another column.

Here are the craziest questions I get... "How do I rest?" and a few variations – "Can I go to Spin, can I swim, can I get on the elliptical? Etc. etc. Short answer, 'No!' Rest, deadgummit! Take a day off and by off I mean *off!* Yes cross training is valuable, but we're not talking about that right now, we're talking about letting your body rest, recover, and strengthen so that you can continue to improve as a runner and athlete. Not sure how to break this to a lot of you, but you're not in high school or college anymore meaning that 'age' is winning the battle. Oh, you *look* better and you're much smarter more experienced but sometimes we don't listen to common sense. I've heard it said once that 'wisdom comes from experience and experience comes from bad judgment' and frequently injuries are a direct result of bad judgment, i.e. not resting.

Everybody is an experiment of one, so there's no set rule for how much *you* should rest. I've found that 1 or 2 days a week off works very well for me and (unfortunately) 'life' gets in the way enough that at least once a month I get a bonus day off – whether I want it or not.

Make a rest day *part* of your training; use that mindset so that you are more positive about it. It *will* help prevent injury; you will sleep better and most importantly, *perform better!*

Much better than 6 weeks on the side line because you can't run due to injury. Again with the anonymous quote but, "If you're overtrained you *might* not make it to the Finish Line, but if you're overtrained you *might* not make it to the START!"

Keep it smart, take days off, enjoy them, make rest days a part of your schedule and use that to make your runs and your life better than ever before.

*"Rest when you are weary. Refresh and renew yourself, your mind, your body, and your spirit; then get back to work."*

Danny is an RRCA Certified Coach and can be reached at: [danny@rununiversity.com](mailto:danny@rununiversity.com)



ONLINE: [www.lvmarathon.com](http://www.lvmarathon.com)

## The BTC invites you to join us as we run the **LAS VEGAS** FULL/HALF MARATHON

Pick from either the half or full marathon. We'll have weekly training runs on Saturday mornings for those who want to train with us, however, you **MUST** contact Meredith if you want to train with us (this is a must!). ALL are welcomed!

**Training to start mid/late July, starting at 6 miles**

**RACE DATE: Sunday, December 7th, 2008**

**TO SIGN UP: [tmmeredith@bellsouth.net](mailto:tmmeredith@bellsouth.net)**







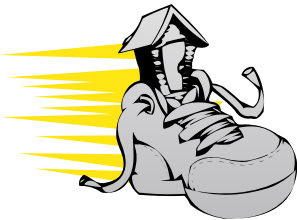
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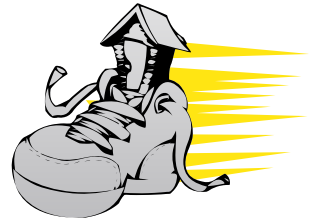
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*The correct shoe or insole can help*  
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# **The Trak Shak**

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Brookwood Medical Plaza  
513 Brookwood Blvd. Suite 402  
Birmingham, AL 35209  
(205) 503-4060

MedPlex Medical Building  
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Birmingham, AL 35242  
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**Join the BTC as we  
make our annual trek to  
Pensacola, Florida for the  
BUSHWACKER 5K**

**Saturday, August 2nd, 2008  
Pensacola, Florida**

*Suggestions on where to stay, room shares,  
what to expect and to post questions:*  
**[birminghamtrackclub.com/phpBB2/](http://birminghamtrackclub.com/phpBB2/)**

**Website: <http://www.captfun.net>**



# Race Calendar (June thru July 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 )

## JUNE 7

### Perseverance 5K Run & 1 Mile Fun Run

– Birmingham, AL, 8:00 AM  
RESCHEDULED FROM March 8th race that was cancelled due to an ice storm. Dawson Memorial Baptist Church on Oxmoor Rd. USATF CERTIFIED COURSE.

**Info:** Chris Hunsburger (879-1758)

**Email:** recreation@dawsonchurch.org

### BTC Track & Field Classic

– Hoover High School, Hoover, AL, 7:00 a.m.  
All ages, a USATF sanctioned meet. Race application on page ??.

**Info:** Frank Newland (205-621-9912)

**Email:** newlafr@yahoo.com

**Web:** www.btcclassic.com

### Eurocross 5K & 8K

– Huntsville, AL, 8:00 a.m.  
UAH Campus

**Info:** Keith or Tracy Roberts (256-880-1862)

## JUNE 8

### BTC Executive Meeting

– Cosmo's Pizza, Five Pts. South, 2:30 p.m.  
All members are welcomed to attend. Cosmo's is located across from Five Pts. Fountain at 2012 Magnolia Ave., 35205.

**Email:** president@birminghamtrackclub.com

### 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

## JUNE 9-14

### Extreme Coast to Coast Run – 120 Mile

– Cumbria, England, 10:00AM  
Crossing bob, Marsh, hill and plain as you perform this extreme trail journey across England from East to West. Fee: \$765. Medals, prizes.

**Info:** Liz Fulford +44 127 322 0906

**Email:** liz@extremesrunning.org

**Web:** http://www.extremesrunning.org

## JUNE 14

### 2008 Night Run and Fun

– Birmingham, AL, 6:00 p.m.  
4 Mile and 1 Mile Fun Run at Regions Park, 100 Ben Chapman Dr., Hoover. After party featuring food, drinks, kids games and music by "4 On The Floor". \$25 in advance and \$35 day-of. After-Party admission is \$5.

**Info:** Emily Peterson (939-5590 Ext 61)

**Web:** www.bbbsbhm.org

### Alabama A&M 10K Road Race

– Harvest, AL, 7:30 a.m.

**Info:** Mike Green (256-859-4369)

### Do It For Dad 5K Run/Walk

– Mobile, AL, 8AM

**Info:** Port City Pacers (251)473-7223.

## JUNE 21

### Stampede 5K Run & 1 Mile Kid's Run

– Fultondale, AL, 8:00 a.m.

Walker Chapel Baptist Church on 1525 Briscoe St. USATF CERTIFIED COURSE. Sammy and Mike Renda of the KNIGHTS OF COLUMBUS RUN are still in competition to see who can give away the most door prizes. Stick around – you will not leave empty handed!

**Info:** Sammy Morris (585-6066 or 849-5740)

### Harry Williams All-Comers Track Meet

– Huntsville, AL, 5:00 p.m.

**Info:** Marty Clarke (256-852-5723)

**Email:** mclarkeruns@comcast.net

### Alligator Trot 5K

– Florala, AL, 8:00 a.m.

**Info:** Karen Johnson (850-834-2032)

## JUNE 28

### Race To The Courthouse 5K

– Birmingham, AL 8:00 a.m.

Downtown YMCA and ending on 20th St. close to Lynn Park. USATF CERTIFIED COURSE.

**Info:** Jamie Creamer (324-4563)

## JULY 4

### 27th Annual Peavine Falls Run (8.3 miles)

– Birmingham, AL, 7:00AM

Oak Mtn. State Park at the upper picnic area (Terrace Dr.) Steep climb up to Peavine Falls parking lot and back down with last 1.2 miles on single track mountain bike trails. Register on active.com, at TRAK SHAK Homewood store or download form from BTC website. Good alternative to little "jog fest" they have in Atlanta on the same day.

**Race entry on Page 13.**

**Info:** Rick Melanson (835-0030) after 6 p.m.

## JULY 13

### BTC Executive Meeting

– Jackson's Bistro, Homewood, 2:30 p.m.  
All members are welcomed to attend. Jackson's is located in SOHO behind Trak Shak.

**Email:** president@birminghamtrackclub.com

### 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

## JULY 19

### HTC Twilight 5K, 5K Women & 5K Men

– Huntsville, AL, 6:30PM

**Info:** David & Ashley Cain (256)533-9977

## JULY 26

### Twilight Five Retro Run 5K

– Homewood, AL, 6:00PM

TRAK SHAK in Homewood. USATF CERTIFIED COURSE. Great post race festivities with music, "Jim N Nicks" food and adult beverages.

**Info:** TRAK SHAK (870-5644)

**Web:** www.trakshak.com

### MONDAYS – BTC Lakeshore Group Run

– Birmingham, AL, 6:00 p.m.

Brookwood end of Lakeshore Trail – any pace, any distance.

**Email:** newrunners@birminghamtrackclub.com

### TUESDAYS – 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 – Trak Shak Group Runs

– Homewood, AL, 5:30 p.m.

Trak Shak store in downtown Homewood. All paces. Largest weekly group run in B'ham area!

**Web:** www.trakshak.com

### SATURDAYS – 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)

08-02 – **Shake & Bake 5K**

08-02 – **Bushwacker 5K** – Pensacola, FL (BTC Road Trip)

08-16 – **Greystone 5K**

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

09-20 – **ERA Oxford Realty 8K**

09-27 – **Are U Able 5K**

10-04 – **Hueytown 5K/10K**

10-11 – **Race For The Cure 5K**

10-25 – **Cross Point 5K**

11-01 – **Vulcan Run 10K**

11-08 – **North Jefferson Charity Run 8K**

11-15 – **Gopher Run 8K**

11-22 – **Iron Bowl Run 5K**

12-07 – **Las Vegas Full/Half Marathon**  
Las Vegas, NV (BTC Trip)

12-13 – **Village to Village 8K**

	<p><b>The Birmingham Track Club presents</b>  <b>The Birmingham Track Club</b>  <b>2008 Track and Field Classic</b>  <b>Saturday, June 7, 2008</b>  <b>Hoover High School</b>  <b>Hoover, Alabama</b></p>	
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<p><b>Entry Fees:</b> \$17.00 first event, \$8.00 each additional, \$20.00 relay. Pre-Register by: June 3, 2008. Late fee: \$15.00</p> <p><b>Age Divisions:</b> Open and Masters (Age 30+), MAF  <b>On-Line Registration:</b> <a href="http://www.active.com">www.active.com</a></p> <p><b>Contact:</b> Frank Newland - 205-421-8811  <a href="mailto:newland@yaho.com">newland@yaho.com</a>, <a href="http://www.btcclassic.com">www.btcclassic.com</a></p> <p><b>USATF Membership required.</b> Membership forms will be available day of race. You may obtain membership application at <a href="http://www.usatf.org">www.usatf.org</a>.</p> <p><b>Track Events:</b> 50m, 100m, 200m, 400m, 800m, 1600m, 5K, 800m, 1000m, 1100m, 2000m, 4000m, 4x400m relay</p> <p><b>Field Events:</b> HJ, LJ, TJ, PV, Shot, Discus, Javelin, Hammer</p>	<p><b>Directions:</b> I-85, Take I-458 South to Tuscaloosa. Take AL-160 (exit 10-Hoover Met Station), Turn Left off Exit Ramp/Right on Blackum Trace Pkwy, Left on Learning Lane, Left on Buccaneer Dr.</p> <p><b>Awards:</b> Medals to top 3 finishers in each age group.          \$100-1<sup>st</sup> Place: KGC 100m (Top 8 best 100m may compete in Age-Box Handicapped 100m)          \$100-1<sup>st</sup> Place: Phil Mulvey Mile-decalathlon (Enter as many decathlon events as you want. We will score and age-grade your top five performances.)          Team Competition: Winner based on top 3 age graded performances: 6, 3, 1 points. Winning Team will receive Bill McClure Award.</p> <p><b>Schedule of Running Events (To Be Determined)</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </table> <p><b>Schedule of Field Events (approximate):</b>          Implementation Certification: Both opens at 7:00am Central.          Triple Jump: 8:00-11:00am, report to venue when ready to compete.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Time</th> <th>HJ</th> <th>PV</th> <th>LJ</th> <th>Shot</th> <th>Discus</th> <th>Javelin</th> <th>Hammer</th> </tr> <tr> <td>8:00</td> <td>Open- m45</td> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td>8:30</td> <td>W,M70+</td> <td>W,M70+</td> <td>M60-80</td> <td>M60-85</td> <td>Open- M45</td> <td> </td> <td>All ages M80W</td> </tr> <tr> <td>10:30</td> <td>M60-85</td> <td>M60-85</td> <td>Open- M45</td> <td>W,M70+</td> <td>Women- M70+</td> <td> </td> <td> </td> </tr> <tr> <td>11:00</td> <td> </td> <td>Open- M45</td> <td>W,M70+</td> <td>Open- M45</td> <td>M60-85</td> <td>Open- M45</td> <td> </td> </tr> <tr> <td>1:00</td> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> <td>W,M70+</td> <td> </td> </tr> </table>													Time	HJ	PV	LJ	Shot	Discus	Javelin	Hammer	8:00	Open- m45							8:30	W,M70+	W,M70+	M60-80	M60-85	Open- M45		All ages M80W	10:30	M60-85	M60-85	Open- M45	W,M70+	Women- M70+			11:00		Open- M45	W,M70+	Open- M45	M60-85	Open- M45		1:00						W,M70+	
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Send Completed form and entry fee to: BTC Classic, Frank Newland, 234 King Arthur Pl, Alabaster AL 35007

**Name:** \_\_\_\_\_ **DOB:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Age:** \_\_\_\_ **Sex:** \_\_\_\_ **USATF#** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **St:** \_\_\_\_ **ZIP:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_ **Shirt Size:** S M L XL

	Events	Entry Fees:	Cost:
1		First Event: \$16.00	\$
2		2 <sup>nd</sup> Events x \$ 8.00	\$
3		Relays x \$20.00	\$
4			\$
5		Late Fee \$16.00	\$
6		T-Shirts x \$15.00	\$
		<b>Total Due:</b>	\$
	Make Check Payable to: BTC Classic		
	Receipt completed application to: BTC Classic Frank Newland 234 King Arthur Pl Alabaster, AL 35007		

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2008 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executors, administrators and assigns, hereby release and discharge any and all claims against the BTC, Hoover High School, USATF, and the Knights of Columbus, agents or representatives arising from my participation in the 2008 BTC Track and Field Classic.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



# 27th Annual "Birmingham Track Club"

# PEAVINE FALLS RUN

## July 4th, 2008, 7:00 a.m.

Oak Mountain State Park Picnic Area, Pelham, Alabama

**Race Entry Fee: \$5.00 (Park Fee \$2.00)**



8.2 mile course consisting of 6.9 miles of rolling asphalt road and 1.3 miles of single track mountain bike trail all in beautiful wooded State Park. The run climbs approx. 3 1/2 miles to Peavine Falls parking lot and then back down to the mountain bike trail and finishing at the Picnic area. The bike trail has poor footing so care must be taken when running on this section as there "IS NOT" any Medical Aid in the woods! The trail is also open to cyclists so you will need to be alert of possible bike traffic. Water will be provided half way up the mountain, at the top turn-around and at the Start/Finish area. Normal refreshments will be provided at the Finish. Most of the course is shaded so heat is usually not a factor. Medical Aid will be at the Finish. For Park camping call 205-620-2527.

Awards will be given to the top 10 finishers, Male and Female. T-shirts to all who pre-register (for guaranteed shirt please pick-up before the race). T-shirts for "day of race entries" are on a first-come, first-serve basis. You may register by mail, at any of the TRAK SHAK stores, at Park on race day or register online at *Active.com*. Early packet pick-up will be at the Homewood TRAK SHAK on Thursday, July 3rd from 11:30 a.m.-close. For more information call Rick Melanson, Race Director, at 205-835-0030 after 6:00 p.m., email at [rick@indusco.net](mailto:rick@indusco.net) or visit [www.BirminghamTrackClub.com](http://www.BirminghamTrackClub.com).

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

ZIP: \_\_\_\_\_ T-SHIRT SIZE: \_\_\_\_\_ PHONE: \_\_\_\_\_ SEX: \_\_\_\_\_ D.O.B. \_\_\_\_\_ AGE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

**MAKE CHECKS OUT TO BTC & MAIL TO:**

**Rick Melanson  
1235 Parliament Ln.  
Birmingham, AL 35216**

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and entitled to act on my behalf, waive and release the Birmingham Track Club, Oak Mountain State Park, the City of Pelham, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

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

**Parent (if under 18 yrs. Old)**

# The View from the BACK OF THE PACK

– By Michele Parr

I saw God today. No, I'm not quoting George Strait lyrics. I didn't have a near-death experience involving running shoes and a dump truck. I noticed a sign someone has attached to a tree near the stepping stones on the Jemison Trail and remembered that running is about more than breathing in and out and picking them up and putting them down.

What happens when you remember that? Well, for me, it means I start noticing things I've overlooked as I log those miles that get harder to run as the temperature and humidity both rise. I start seeing things I miss when all I can think about is where that next breath is going to come from.

We've already established that my typical view on any run that involves other people is likely to be someone else's back. That's only part of my running myopia. You see, I'm Michele and I'm a fall-aholic. It's been 485 days since my last fall. Because I have a tendency to fall, what I'm usually looking at when I run is the ten feet of pavement directly ahead of me. Races in exotic locations? Not much point for me since asphalt looks pretty much the same the world over. Trail running? Are you out of your mind?

But a little sign on a tree has given me the courage to raise my gaze and take a look around.

What I discovered is a spectacular Alabama springtime. It would have been a shame to overlook the progression of blooms from pansies to daffodils to

dogwoods to azaleas to magnolias. Lately I've even been catching a whiff of honeysuckle on some of my routes, a scent that takes me back a few decades to my south Alabama childhood.

I've spotted some other things as well. First it was some shapely quadriceps on oncoming runners, then the rippling abs of those shirtless boys on Wednesday nights. The gummy bear on the side of the trail made me grin, but the discarded Gatorade bottle in somebody's front yard didn't. It's not all pretty when you look around.

Fortunately for me, every time running starts to become drudgework something happens to remind me how lucky I am to be out there every week.

I'm lucky to be able to propel myself forward on my own two feet no matter what the pace is. I'm lucky to be surrounded by a community of runners who join in celebrating my victories even when my personal records are twice what theirs are. I'm lucky to have running buddies who don't let me slack off too badly. I'm lucky to be part of a club that's constantly looking for ways they can share the wealth, even if that wealth is just a can of food, a pair of gently used shoes, or a word of encouragement to another runner.

"But I don't look near as often as I should. His fingerprints are everywhere. I just slowed down to stop and stare, opened my eyes and

man I swear, I saw God today." OK, maybe I am quoting George Strait lyrics.

My guess is that opening my eyes was exactly what the person who put up that sign had in mind. •

treasurer@birminghamtrackclub.com



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# Double Trouble

The month's participants in 'Double Trouble' are **Meredith Farrell** and **Stephanie Farrington**, two of Danny Haralson's own "Couch to 5K" graduates, who have since gone on to run numerous Marathons.

Please contact me via email if you would like to participate in future versions of this column.

– Compiled by Tim Roberts (tim.roberts@arbitron.com)

## Meredith Farrell

Age: 31

Status: Married

Hometown:  
Albertville, Alabama



### 1. Last movie you liked so much, you watched it twice?

"Titanic" – I watched it twice this weekend. I don't know if it's because I like the movie, or because I really had nothing to do this weekend!

2. **Name one guilty pleasure?** TV show "Big Brother." I know its garbage, but I'm addicted. Also, Americone Dream ice cream!

3. **Favorite place on earth?** My favorite vacation has been hiking the Incan Trail to Machu Picchu, so I guess I'll go with that.

4. **Worst place on earth?** I can't think of too many places that I've just hated.

5. **One item you'd want with you on a desert island?**

If you asked me right now, I would say potato salad, but that might be the pregnancy talking. I don't know....maybe a satellite phone?

6. **Most interesting person you've ever met?**

I think there's something interesting in everyone.

7. **Coolest trophy or prize you ever won?** Seeing how I haven't won many trophies based on running abilities....I would have to say the 2006 BTC "Randy Johnson Service Award" last.

8. **Favorite TV show?** Anything reality....very sad, I know!

9. **Favorite fast-food joint?** Chick-Fil-A.

10. **Who would play you in a movie?** I don't have a clue about this one but I went to my good running buddy Sid Miller for an answer. He says Ana Ortiz but I think he's just trying to make me feel better about being huge and pregnant....I'll take it though! I'm thinking more like Kathy Bates right now!

11. **Something unique about the town you grew up in?**

It's the fire hydrant capital of the world. Check any fire hydrant and it will say Albertville, Alabama on it!

12. **If you could play an instrument, what would it be?**

Drums. I'm pretty good at it on my steering wheel.

13. **Scariest thing that ever happened to you?**

I've never really had anything scary happen to me. I did think that a tornado had taken the roof off my house once. I was hiding in a closet with my dog and I could feel cold air and hear rain hitting the floor. Turns out that the wind just blew the doors in.

14. **Favorite book?** I really like historical fiction.

15. **Favorite meal?** Anything Italian or my cheesy chicken casserole....mmmm....so good!

16. **Why do you run?** My husband says that if don't get a run in, I'm a huge pain. I like the physical and mental benefits of it. I also like the social side of it. I get to catch up on all the good gossip. But the best part is being able to eat a huge hamburger after a long run.

17. **When did you start?** March '05, in Danny's Couch to 5K program.

18. **What's your biggest running accomplishment?**

I'm pretty proud that I finished the Oak Mtn 50k but probably my biggest accomplishment was getting my mom to do a half marathon with me. I never thought I would see that happen.

19. **Favorite BTC story?** One Saturday we met at the Trak Shak for a long run and there were cops up there. We couldn't figure out what was going on....until we saw the naked couple. They had passed out in the middle of the parking lot, with their car still running, completely naked! They didn't even give them their clothes back, just put them straight into the jump suits. Ha! I can't imagine how bad that hangover was! No matter how bad I felt during that run, I just kept thinking that it was definitely worse for those two.

20. **Words to live by or favorite running mantra?**

"Running is the greatest metaphor for life, because you get out of it what you put into it." – Oprah Winfrey



## Stephanie Farrington

Age: 37

Status: Married

Hometown:  
Hattiesburg, Mississippi

### 1. Last movie you liked so much, you watched it twice?

I really don't watch a lot of movies. I do NetFlix and have no idea why. I have had the same movies on my table for two months. I am, however, a huge Audrey Hepburn fan.

2. **Name one guilty pleasure?** HOT Apple pie with vanilla ice cream.

3. **Favorite place on earth?** Drop me anywhere in Italy or the California wine country and I'll be just fine.

4. **Worst place on earth?** A 'dry' county.

5. **One item you'd want with you on a desert island?**

I'd want my hubby with me. He's super funny and super smart. He'd get us off the island in no time

6. **Most interesting person you've ever met?**

The BTC's own Phil Min! How does someone run 56 marathons a year and stay so healthy? He's my very own running therapist.

7. **Coolest trophy or prize you ever won?**

The only trophy I've ever won, EVER in my life, was at the Pleasant Grove 5K. I came in 2nd overall female and actually got a nice TROPHY (disregard the fact there were only 6 women in the race...shhhhh).

8. **Favorite TV show?** The most recent show I watched was "The Biggest Loser."

9. **Favorite fast-food joint?** Chick-Fil-A.

10. **Who would play you in a movie?** Amy Poehler.

11. **Something unique about the town you grew up in?**

Many have driven through Hattiesburg on their way to the Gulf Coast Casino's or New Orleans. Hattiesburg is also home to the University of Southern Mississippi and Camp Shelby (the largest National Guard training base east of the Mississippi).

12. **If you could play an instrument, what would it be?**

The piano.

13. **Scariest thing that ever happened to you?**

Mardi Gras in New Orleans about 12 years ago. I was attacked and beat-up by a group of completely random guys. Very scary. Luckily someone pulled a weapon on them and they took off or I think it could have been much worse. Haven't been to Mardi Gras since.

14. **Favorite book?** "Are You There God? It's Me, Margaret"

15. **Favorite meal?** An orange thing and simple grilled fish from Bottega.

16. **Why do you run?** I can't get enough. It's my quiet time, my social hour, my therapy, and my chance to push myself farther and faster. I think I took it for granted for a long time, but since I've been nursing a few nagging injuries, I really miss giving it all I have. I'm so sad when I have to miss a group run. I LOVE IT!!!

17. **When did you start?** I started running with the Spring '06 Couch to 5K group. Thanks Danny and Jerry, you guys rock!

18. **What's your biggest running accomplishment?**

My first marathon – Marine Corp Marathon, October 28th, 2007. I finished! I'll run my 4th (hopefully) December 7, 2008 in VEGAS BABY!

19. **Favorite BTC story?** I love my running buddies! It's so hard to pick just one story, but my personal all time favorite, was all of us partying like ROCK STARS after the Marine Corp Marathon in D.C. We were in the lobby of the Marriott Courtyard re-telling our individual war stories. It was a first marathon for many of us. We were all on Cloud 9. We must have toasted each other a hundred times and BBQ chips never tasted so good. Looking forward to Vegas in December!

20. **Words to live by or favorite running mantra?**

"Finish time doesn't matter.....at the end of the marathon, all our medals look just alike."

# JUNE Club Merchandise **Item Of The Month** **RUNNING TANKS**

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- All are Zorrel athlete series with Dri-Balance wicking material.



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- S, M, L, XL
- Red and Yellow tanks have Navy print.
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- Tanks have BTC city scape logo on BACK (centered) & BTC circular logo on FRONT.
- All are Zorrel athlete series with Dri-Balance wicking material.



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Offer good till 6/30/08



# 1,200 Mile Club burns 4,820,530 calories so far!

So far, the new BTC members-only "1,200 Mile Club" has been a huge success! Here's the mileage for those who have been participating by sending in their monthly mileage (Jan. thru April only). We have one person already on the doorstep of 1,000 miles, and an amazing 51 people on pace for 1,200 miles through April, with others not far behind at all - that's **43,823 miles** reported so far!

**To join the 1,200 Mile Club or for more info: [1200@birminghamtrackclub.com](mailto:1200@birminghamtrackclub.com)**

BTC member	January mileage	February mileage	March mileage	April mileage	Jan.-Apr. TOTAL
Adrienne Macoy	274	235	249	241	999
Brad Clay	232	247	286	136	901
Geoff Gottlieb	171.5	170	208.46	117.5	667
Ekkehard Bonatz	193	141	143.2	182	659
Tim Roberts	214.8	152	201.1	90.6	659
Sara Hacker	173.1	155.2	193	137	658
Ann Constantine	173.6	143.1	200.5	108.5	626
Oscar Cook	202	105	147.7	156	611
Julie Elmer	164.6	118.2	157	142	582
Spencer Haugh	192	110	141	137	580
Sarah Russ	129.05	114	190	146.6	580
Charles McCalley	177.5	165	155.2	78.27	576
Lisa Combs	150.1	118.5	176.2	123.8	569
Alan Hargrave	142	116	161	140	559
Jack Ganus	131	130	144.5	151	557
Martin Beasley	149.3	113	149	140.6	552
David Stearns	162	109	133	139	543
Jerry P. Smith	167	106	147	118	538
Natalie Lockhart	134.2	145	139.7	115.5	534
Hamid Mashayekh	159	105	143	118	525
Jimmy Kuhn	88.15	135.65	198.4	102	524
Jul McLeod	103	123	161	129	516
Danny Haralson	135	132	139	106	512
Al Bradshaw-Whittemore	124.4	100	138.1	139.1	502
Tom Love	127.9	117.5	123.3	129	498
Anna Ruth Byrd	169.4	59.2	111.7	156	496
Stephanie Farrington	122	98	141.5	127.3	489
Rick Stockton	115.8	123.3	131.9	116.5	488
Bob Evans	162	92	116	111	481
Greg Sankey	95.39	147.71	176	59.1	478
Leslie Klasing	142	85.2	134.5	112	474
Randi Landy	142	102.5	108.3	113.2	466
Cara Turano	103.5	115.1	130.6	116.5	466
Jim Ottinger	143	74.6	116	130.6	464
Brantley Padgett	78	128	151	99	456
Christopher South	83.57	87.1	143	142	456
David Cochran	96.22	90.81	140	120.37	447
Marie McCay	108.5	98.2	138.2	101.12	446
Thomas Moseley	137	77.5	122.5	101.2	438
John Goolsby	144.81	108	121	61	435
David Henry	129.9	83.5	101.4	119.8	435
Micki Haralson	105.5	72	143	112	433
Lance Weeks	132	74	112	112	430
Wayne Benson	133	81	103	109	426
Jim Richey	113	106	92	114	425
Trey Witt	109.63	107.68	102.71	102.07	422
Jason Ferguson	102.75	112.55	112	88.3	416
Travis Self	136	115	117.9	45.5	414
Lynn Joyce	95	97	107	112	411
Todd Whitecotton	106	65	138	96	405
Keith Rutherford	108.33	102.27	91.54	99.7	402
Sheri Spencer	124.2	125.1	148		397
Guy Dewees	118.64	75.51	86.53	114.62	395
Joe Ford	94	86	110	101.5	392
Winston Frederick	102	94	97	91	384
John Engels	121.8	121.3	90.9	47.4	381
Victor Zirkelbach	36	152	192		380

**1,200 MILEAGE** <cont. from Page ?>

<b>BTC member</b>	<b>January mileage</b>	<b>February mileage</b>	<b>March mileage</b>	<b>April mileage</b>	<b>Jan.-Apr. TOTAL</b>
Mari Harrison	98	88	95	94	375
Susan Hales	86	101	105	77	369
Tim Lupinacci	30	76	123	136	365
Lia Bunch	70	76	107	111.5	365
Mary Adamy	104.6	108.8	80.5	61.1	355
Tommy Triplett	93	66	84	111	354
Amy Kiernan	103.1	95.2	75.6	78.2	352
Tommy Armstrong	100	47	102	101.3	350
Sidney Shackelford	112	78	116	44	350
Brian Weisser	130	132.3	85.3		348
Jenny Craton	68.3	99	133	44	344
David Thorpe	96	107	137		340
David Neaves	196.5		75	65.55	337
Catherine Colburn	72	79	86	90.6	328
Connie Parten	113	109	97		319
Cherie Dortch	57.5	65.6	83	109	315
Harry Coleman	117.96	121.5		69.7	309
Thomas St. John	41.4	114.4	98	54.1	308
Tim O'Brien	132.75	71.2	100.2		304
Carmen Hadgraft	100	67	64	66	297
Bill Bowman	52	60	102	80	294
Lisa Yancey	74.7	65.5	80.5	72.5	293
Alison Beazley	75.7	73	76	63	288
Chris Knott-Craig	102	101	84		287
Meredith Farrell	60	67	86.3	69.5	283
Toni Leo	44	80	64	82	270
Mike McCarthy	87	50	125		262
Stacey Gordon	89	65.7	53	54	262
Arthenia Ferkany	45.2	78.3	70	68	262
Doug Ostrom	31.25	67.05	66	79.1	243
Lorraine Maddox	76	96.6	70		243
Burt Chandler	83	98	61		242
Greg Stein	96.5			137	234
Chris Glaub	90	40	45	50	225
Milton Davis	92.4	73.7	56.2		222
John Potts	54	87	76		217
Brooke Smith Weaver	71	146			217
Hillary Brennan	81.26	48.5	77		207
Sandy Morrison	84	52	41	22	199
Ben Pugh	113	29	56		198
Cheryl Mattrella	31.5	60	97		189
Greg Pence	56	29	41	61	187
Chris Morrison	110	77			187
James Bramlett Jr.	61	51.8		70.2	183
Gary Barnes	134.9	48			183
Kathleen Lawrence	109.51	72.2			182
Amy Hix	38	50	54	28	170
Jeff Lancaster	77	49.3	12.8	27.6	167
Charles Dixon	72	92			164
Gonzalez Tomas	83.4	38.5	22.5		144
Casey Fannin	136.3				136
Carol Openshaw	14.8	24.1	20.06	60.64	120
James Erwin	105				105
Ira Jones	103				103
Laura Morrison	38	63			101
Bill Taylor	99				99
Julie Parker	37	28.1	27		92
David Livingston			91		91
Jake Jordan	90				90
Scott Sweat	87				87
Mercedes Tarasovich-Clark	82.1				82
Kathy Stein	63				63
Melanie Nero	55				55
Jessica Sexton	15	24.5			40
Bentley Sloan	37.5				38
Heather McCalley	34				34
Rhonda Taylor	10				10



# 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 \_\_\_\_\_

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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)

# 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\*

**June 6th**

**Salsarita's Cantina** (Homewood)

Located in SOHO Square, behind the Homewood Trak Shak.

**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)

# 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 are tentative\*

**June 19th**

**Jackson's Bistro** (Homewood)

Located in SOHO Square, behind the Homewood Trak Shak.

*Bring dry clothes for after the run.*

**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 - TBA**

**November 7th - TBA**

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

\*All dates are tentative. Please read 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 confirmation of times/locations.



**Birmingham Track Club**

P.O. Box 530363  
Birmingham, Ala. 35253  
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