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BTC

THE VULCAN RUNNER



VOL. 35

★ JULY/AUGUST 2011 ★

ISSUE 6

BALANCING BABY AND RUNNING



— Johnaca Kelley

I am now 7 months into being a new Mommy who wants to run. I have seen countless parents running with their child in a jogging stroller. I have even been one of the, "I am NOT letting that jogging stroller pass me!" runners at a race. But I never knew how much of a challenge running with a jogging stroller holds for the parent, until now.

As soon as I felt back to normal physically, about 7 weeks after Mirrol was born, I wanted to start running again. However, I had a dilemma: Mirrol was not old enough to be in a jogging stroller that did not allow for a car seat to be locked into it. The stroller system that was given to me from my baby registry was not for jogging. I did not realize when I created the registry that now you can actually get a stroller system that works for everyday use as well as

jogging. These systems are not cheap and I did not want to give up my FREE one. I mentioned my dilemma to Danny Haralson and he said that it was not a bad thing to take some time off from running, i.e. do not rush it newbie. So I started a combination of walking my baby in a harness while in areas where an average stroller would not work and using my FREE stroller system to power walk at the Galleria or Brookwood Mall. I even went on Lakeshore Trail a few times with that stroller, but I did not attempt to run.

Most babies can go for a run with you at 6 to 8 weeks, if you have a jogging stroller that accepts the baby's car seat. Since I wanted to use a jogging stroller without the car seat, I was advised to wait until Mirrol became 6 months old. Online I also read where an "assisted sitter" who was big enough to remain in a 5 point har-

ness easily could safely sit in a jogging stroller before 6 months. Mirrol is growing very fast, so we started running with a jogger about 2 weeks before she turned 5 months old. But we started very gradually in run/walk style like the couch to 10K program instructs.

If you know me, then you probably know how much I like a bargain and how I will not make a major purchase without a reasonable amount of research. I went back and forth on jogging strollers for a good month. I went to stores. I looked online. I talked to parents already using jogging strollers. I read many reviews. Ultimately, I decided that I should buy a second hand jogging stroller from a seller on craigslist. If I did not like the stroller, I would feel better by not spending over \$100. I could resell it and move to a nicer stroller. But so far I

BABY RUNNING <continued on Page 2>

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BABY RUNNING <continued from Page 1>

like my bargain stroller and it is fine for the type of running that I enjoy. I am including some helpful information to consider when purchasing a jogging stroller at the end of this article. My bargain stroller is an InStep with a fixed front wheel that would retail new for about \$130. My husband had to perform some maintenance on the hand brake. But that brake is really only needed if the stroller starts going faster than you. It is also a good safety precaution for when you run on a roadway. The weight of the stroller and not being able to use both my arms to balance myself and better control my running speed is quite frankly, weird. Pumping one arm and keeping the other on the stroller does help, but it is still a weird motion. So again I am glad I only spent \$50. But I do appreciate that my stroller has a clear view window in the large sun canopy. This allows me to look in on Mirrol and see if she is comfortable while I am running.

Bonnie, Brad Clay's wife, told me that for the race in Hueytown on October 2nd of 2010, they planned for Brad to run with their son in the jogging stroller. (They use a Baby Trend.) But when they arrived at the race, they realized that Brad had a good chance of winning the race. Thus, Bonnie ran with their son, Becket, in the jogging stroller and Brad ran to win. Brad did win overall for the 10k and was awarded a \$100 gift card to Flemming's Steak House. Bonnie made a new friend during the race, another mommy who was pushing her own little boy in a stroller as she ran. And later Brad and Bonnie got to enjoy a really good steak dinner. In Bonnie's words, "The key to maintaining your fitness when you have a little one and a mommy and daddy that BOTH love to run is flexibility and taking turns."

Brad has run with Becket many times, but 6 miles has been the longest distance. He averages 3 to 4 miles, especially when Becket has other people around to see during the run. Becket is now 15.5 months old. But the stroller does slow Brad's time by about 1.5 minutes per mile. So he typically schedules his runs for very early AM and his wife, Bonnie, goes to the gym over lunch or at 5-5:30pm.

Meredith Farrell still runs with her daughter, but also has to schedule treadmill running. She recalls, "She was good for about 5 miles until she turned two and then she was over it. Now if I'm going to do a run with her in the jogging stroller, I time it where I can run about two miles and then we stop around a creek and let her play. She likes to count alligators (logs) and then run from them. We do that for about 10 minutes and then I run back. I always take a sucker for each leg too, because it takes her about 20 minutes to eat a sucker and it's a big treat for her. When she was first born (and I was for some stupid reason insistent on running a marathon four months after giving birth!), the hardest thing

BABY RUNNING <continued on Page 4>



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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.

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BABY RUNNING <continued from Page 2>

for me was being up so much at night and still making myself get up at 5 or 5:30 for the long runs. And, it does make you feel like a horrible parent when the baby is screaming and you're sprinting to get back to the car. People just look at you like you're a horrible parent and you're ignoring your child, when really you're about to pass out to hurry and hold them!"

Tim O'Brien told me a screaming baby story, involving his son, Finn. "The first time I ran with Finn in his jogging stroller it was early on a Sunday morning. He had a little musical toy he was holding, and his pacifier. The first mile and a half were just fine. Then he decided he did not like the situation. He started a slow building up of little whines. I stopped and took him out and held him for a bit. He seemed good. When I tried to put him in the stroller again, he started screaming and fighting. I was stumped as to how to make this better. I finally got him in the seat, but the cries just kept getting louder. So, I sprinted my butt off to get back home. If anybody was even remotely awake in our neighborhood, I am sure his cries were heard. As soon as we got back and out of the stroller, he was fine as could be. Finn was good for about 2 miles in the stroller from that point on."

Many times Mirrol has been an angel for me in the jogging stroller. And typically she falls asleep. But sometimes she is just not interested and I can totally relate to the little whines that turn into full throttle ear shakers. When that happens, I am so happy to see that other runners have headphones on and probably do not hear Mirrol well. One day that she resisted the run, she did ultimately fall asleep. I could tell she was just fighting with going to sleep more than being upset about the stroller. After she fell asleep, a runner not wearing headphones that had passed us earlier during the crying, offered me the thumbs up. This made me feel better. Other runners do realize that you are just doing your best balancing act as a parent. But Mirrol appears to have allergies like her mommy. We both got a sinus infection shortly after that run. So to keep her outside exposure to a minimum during high pollen count and high heat days, I have started running on a treadmill at a gym at lunch. I hate treadmill running as a rule, but at least I do not have to push a stroller, deal with temper tantrums or most importantly, facilitate an increase in harmful allergens for my baby. The gym is fast becoming an oasis of all-about-me time too. The rest of my day is all about work or family. So I really enjoy my one-hour oasis run.

In summary, be flexible when it comes to balancing your baby and your running. And know that you are not alone in your struggle to do your best. Not all babies will enjoy the jogging stroller, so you may need to get creative with your schedule and use a gym or buy a treadmill. Jogging strollers can cost from \$50 used to \$700 new, so do your homework on them. I hope the following from JoggerMom.com will help if you plan to buy a jogging stroller.

Baby Jogger is the original baby jogger. They were the first on the running scene for parents who like to run over 20 years ago.

1. Swivel Wheel vs. Fixed Wheel? Swivel wheels are easy to maneuver through most any crowd or street. They are great for walking, exercise or light running. Fixed wheels on the other hand are great if you want to go straight or have lots of hills. Pulling back on the handlebar to get up and over curbs can get a little tiring. If you are a serious runner (3 or more

miles) you will want to get a fixed wheel. For swivel wheels, you may like a 2011 BOB Revolution SE, Baby Jogger Summit XC, Phil & Teds Sport or Mountain Buggy Jungle. For fixed wheels, you may like Baby Jogger Performance (for long distance runners), Baby Jogger FIT or 2011 BOB Ironman.



Johnaca's daughter Mirrol, ready for a run.

2.) Which Infant Seat can I use with my stroller? This is a very important decision. What often happens is that parents will fall in love with an infant seat and cannot find an adapter to make their stroller into a "travel system". Almost all stroller manufactures make adapters to fit Peg Perego and Graco as they are the top sellers. In the last couple of years Maxi Cosi and Chicco have become very popular infant seats. If you have a Maxi Cosi or a Chicco you now have more options in strollers the Bumbleride Indie (adapter included for free) or the Mountain Buggy Jungle. For more information please refer to our Travel Systems page.

3.) When can an infant go in a stroller? If your stroller has a car seat adapter you can bring your new baby out immediately. Most stroller manufacturers recommend that you wait until your infant is 6 to 8 weeks old for any kind of walking exercise, and wait 6 months for running. Please always check with your pediatrician first. You may like a Valco Baby Tri Mode, Bumbleride Indie or a Baby Jogger City Elite.

4.) Large Sun Hood: With the sun's harmful rays you want to make sure your little one is protected from the sun. Even on cloudy days he can get sunburned. A large sun hood is recommended. Most stroller companies offer a separate sun shield to help block the UVA rays. You may like a Baby Jogger City Mini or New for 2011 BOB Revolution SE.

5.) Adjustable Handlebar: This is for our parents of varying heights. If your husband is tall and you are not, you will want an adjustable handle bar. It is very hard on your back pushing a stroller that does not fit you. You may like a Mountain Buggy Urban, Bumbleride Indie, Baby Jogger City Elite or Valco Tri Mode.

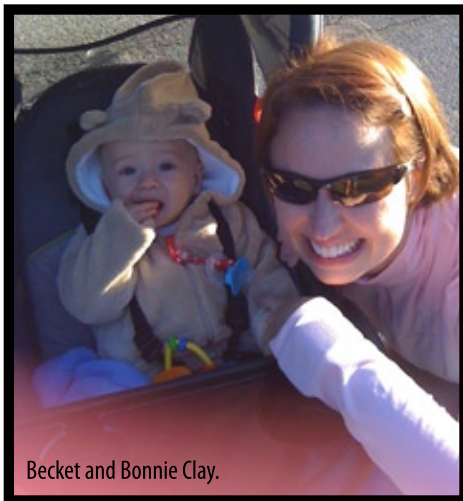
6.) Easy Fold: Look for a stroller that is easy to fold and store in your trunk. Getting it open should be easy as well. You do not want a stroller that you have to take apart every time you go somewhere. You will find it stays set up in the garage for local walks or you end up buying a new one. You may like a Baby Jogger (1 step fold), Mountain Buggy (very flat fold) or New 2011 BOB stroller (2 point fold).

7.) 5-point harness: These days most strollers have a 5-point harness. Use the harness; it will protect your little guy from falling out of the stroller. Children get to an age where they start undoing them by themselves. Do your best to keep them on. I have seen too many accidents from a quick stop or a front wheel falling off and the baby tumbles. Safety first always. All of our

strollers offer harnesses.

8.) Why is there such a difference in price on strollers? When you purchase a more expensive stroller you can expect it to last longer quite simply. When you purchase a higher end stroller you get fabrics that will not fade or tear, wheels that will move more smoothly, extra pockets, bigger baskets, easier to maneuver, generally they weigh less than your less expensive strollers, adjustable handlebars and easy fold systems.

9.) What is with the different tire sizes and treads? Most all of our strollers have air filled tires (just like a bike tire). This makes it easier to push and more comfortable for your baby over many different ter-



Becket and Bonnie Clay.



July/August BTC President's Message

— Brad Clay

MYTHS OF THE BTC

I'm often confronted with questions on the nature, purpose, focus, or make-up of the club. Some questions and comments can be humorous; some sadden me that they are raised. I will address some of these, which I'll call "Myths of the BTC."

1. The BTC is for "real, fast runners." Without question, some awfully fast runners belong to the club. Some ran in high school, some are former collegiate athletes, and some found running in the more "seasoned" years of their lives. Their speed can be astonishing; however, it's all relative. There will always be others faster and slower than you, always are good days and bad days out on the road, track, and trails. If you move your feet to the point that both are off the ground, you're a "real runner," have no doubt.

2. The BTC is for beginners. The flip side of the argument is that if you have been running for some time, then you have no need of the club. No one would suggest you need the club to develop a training plan or that you must always run with a group, but I believe most long-term members would say they enjoy the opportunities to meet other runners, the various activities and races, and the chance to support and promote their sport in this community (and this community could use it).

3. The BTC is cliquish. Alas, this is an all too common statement. In our human nature, I believe we do cling to our friends and look forward to time with those whom we may only see on a run. The group runs have been established for some time with runners developing deep camaraderie, but they are never intended to be exclusive. Two solutions: one is for our leaders to be attentive to new folks, and two, if there is a group run you want to try, simply let someone know you're a first-timer, and I would be shocked if you're not paired with those who will be running your pace. On a related note, 54% of the club does live in Homewood, Mt. Brook, Vestavia, Hoover, Cahaba Heights, and North Shelby, so we do have room to expand.

4. The BTC is for {insert age here}. A.K.A. the BTC is for single people, the BTC is for retired people, etc. While the membership application does ask for a birth date, in the current database, it's not recorded, so I can't answer the question directly, but my sense in looking at the composition of the largest runs and races, ages are all over the board. Perhaps this is happenstance when someone shows up at an event in which s/he is outside the average demographic for that particular time.

5. The BTC is made up of party people. While Runner's World cover-girl Jennifer Andress describes the long-run group she belongs to as "a party at 5:30 Saturday morning," my sense is this statement comes from the fact that alcohol is usually available at some social runs and club parties. Suffice it to say, no fraternity hazing will occur, and other beverages are always available. Several members and officers don't drink, and I think a good number won't be caught "partying," because they have runs the next morning.

6. The BTC is comprised of long-term insiders. The club is fortunate to possess the long-term commitment of a handful of dedicated volunteers, but like most social clubs, community organizations, churches, etc. the same 10% of people do 90% of the work. We have been fortunate this year to have a handful of newer members with no official "position" participate in executive council meetings and offer advice and suggestions for the club to consider. I say it often, the club is a volunteer organization, managed by those trying to balance their professional and family lives, and it needs all the help it can get. If you see a need or an area in which you're interested in helping, please reach out to me or someone else on the EC.

7. The BTC is too focused on road racing. Perhaps, but of the 13 races the BTC sponsors, two are trail runs, and one is a track meet. At the time of this writing, the BTC is in negotiations to secure a track home for its monthly meets and for once-weekly work-outs for those interested in speed-work on a track. Also, a slow but steady conversation with Ruffner Mountain has been progressing for months on how best to partner which opens more trails for those interested.

8. The BTC offers no value for membership. It depends on one's definition of value. If it's financial value, it's simple to make a case that the dues are easily recaptured through the partnership with local merchants, discounted race entries, etc. Hopefully, the club's value can be seen beyond that in terms of the opportunities for friendship and encouragement in meeting fitness goals, and the lofty goal of trying to promote fitness through running in Birmingham.

9. The BTC is too defensive. Is not! Seriously, when a group grows beyond ~150, some institutionalization occurs. I am confident that I speak for the rest of the executive council that we are open to suggestions and improvements that can and should be made for the club. The club will be what its membership makes of it. •

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BABY RUNNING <continued from Page 4>

rains. The larger 20 inch wheels are great for running. Like what is found on a Kool-Stop, Baby Jogger Performance or New 2011 BOB Ironman (because of the shocks the slick 16" tires perform like a 20" on the Ironman.) If you are looking for something to work out behind on many different terrains the Baby Jogger Summit XC, BOB Revolution, Bumbleride Indie, Mountain Buggy Jungle or the Baby Jogger FIT all would be great choices with 16" wheels. For strolling or very short jogs we recommend the Baby Jogger City Elite (new forever air tires), Phil & Teds Sport or Vibe, City Elite Sport and the Valco Baby Tri Mode. For travel or quick trips to the Dr.'s office we like the 8" wheeled Baby Jogger City Mini or the new Valco Baby

Ion (due to the size of the tire it is not air filled). For outings on rough terrain like dirt trails or streets filled with pot holes we recommend the New 2011 BOB SUS as it has 16" tires to actually grab the surface you are pushing it on.

10.) Which stroller can I use two infant seats with? I am sorry to report that there is not a double side x side that will accommodate two infant seats. The reason being you cannot fit a side by side thru a standard doorway with Infant Seats attached. All of our double strollers fit comfortably thru a standard doorway with one infant seat and a toddler. So, here is the good news: we offer two in-line strollers that would work for you. The Phil & Teds Sport or Vibe will accommodate two babies in-line. Infant seats

cannot be used on the Phil & Teds when the doubles kit is in use. I would recommend the JJCole Body Support to use with this stroller. I have been building you up to the grand finale . . . the NEW 16 position Baby Jogger City Select. All I can say is "I am in LOVE". Baby Jogger has answered so many parents' problems. You cannot run behind this stroller, but you can definitely stroll behind it. You can have 2 bassinets, 2 infant seats or an infant seat and a regular seat. The babies can look at you, each other or forward. What can I say that is not positive? New parents of twins just think . . . you no longer need 2 or 3 strollers when one will do it for you from birth til age 4 or 5. You now have more money to spend on diapers and formula. •

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RUNNING IN MY DAD'S FOOTSTEPS

– By Tim O'Brien

I started running through osmosis. I grew up with a father who ran everyday. My dad was out the door before any of us woke up and would often be back, showered, mileage logged and sitting in his den listening to the Lime Lighters, Bob Dylan or Beethoven before anyone else made a stir. On Saturdays I would get up before my mom or sister, get dressed, and my dad would have placed glasses of orange juice and milk in the fridge with a bowl of cereal at the table for me to pour the milk into. I would eat breakfast and watch cartoons awaiting his return. Once he got back from his run and got ready... Saturday mornings were our time together. Haircuts, going to parks, baseball games, playing catch....great way to start the weekend. There were weekends when he was training for marathons that he would come back home a little later than usual, but never seemed to skip a beat when it came time to cleaning up and heading out with me our the whole family.

Soon I was going to the local road races with him. Back then (During a day and age of trust that doesn't exist today), my dad would give me a piece of paper to hold while he ran that said "I am not lost. My dad is running the race." I would walk around and just randomly show it to people. Then after his race there was a fun run that I would take part in. That was my first taste of running. I saw my dad liked it and it was something that I could do, too.

We would take family trips for his marathons. Chicago, Davenport IA, Alerton IL....Talk about never getting a real 'routine the night before a marathon.' Geesh, a cheap hotel room, 2 young children full of energy and a wife who was planning out the next day's activities for us during his run....not a lot of consistency except that there wasn't any. These days I get a little whiny if I can't find a place that has Pad Thai the night before a marathon!

One of my dad's favorite stories about one of his later Chicago Marathons was that it was a hot day and he was having a terrible run- terrible to him- and he just wanted to get the race over. Meanwhile my sister and mom and I had been all around Chicago, Clark Street, the zoo, the park....it was hot and we had walked our feet off and were now waiting near the finish line. I was young...and tired. My dad finally appears and as he tells it: "I saw my family and was feeling so relieved that I had made it and they were there to comfort me. And then I hear Tim yell out 'Do you know how long this is taking you?'" My father always laughs when he tells that story.

He could have had payback. He came down to TN for my first marathon and was at waiting at the finish. He had run the 10 mile race already, at age 65. My marathon was a tough one...not the pace I was hoping to keep. I was thinking when I saw him at the finish line "Is he going to say it?" I sure had it coming...but he didn't. It would have been funny, but my dad just isn't like that. Never jokes to hurt. That was a great moment for me, completing the marathon. Able to do something that my dad had done... common ground. It reinforced a lot of the attributes my father has instilled in my sister and me. "Do the things that need to be done to get you where you want to be." "Train smart." "Don't cheat, it will only hurt you." A marathon needs all of those, as does life...at least my life.

My Dad started running around age 30. I was born 3 years later so he had already been heavy into daily runs by the time I came along. In fact he has that in a running log. He logs every mile and more. He has stacks of cheap spiral bound notebooks with the day, time, temp, mileage, shoe mileage and any important event that took place that day. Like "Tim born," "Nora's Wedding." Our lives are in those pages. I would sometimes look through those when I was little. (Side note....remember Shoe Gu? The mornings I was in his den with him he would slather that stuff all over the soles of his shoes. I inadvertently inhaled more of that than air during those days). Several years ago I asked him how many miles



Tim with his running mentor and father.

he's run. At that time it was over one and a half times around the world. 36,000 miles. Whoa...that is a lot of miles. He runs in Washington Park in Springfield Illinois. Along with several good friends, they do a 2 ½ mile route for as long as anyone wants to tag along. On Sunday they meet up for bagels and coffee after their runs. Even if my dad doesn't run that morning he will still go there. It is his social life, now, and he looks forward to every minute of it. When Finn, our son, was born his running group sent my wife and me flowers at the hospital. Good guys.

I ran cross country and track in high school, but really let it go once I went away to college. My dad just kept going. He never pushed running on me, ever. Maybe that made it easier to embrace than soccer which I was forced to play for 3 years! I came back home one summer and ran the Abe's Amble 10K with him and his friends at their pace. The last mile it was just the two of us and he said "you can run ahead if you want." I didn't. I enjoyed the time with my pop. I really got back into my running in 2006 and my dad has always been an eager ear to my stories and races ever since. Over the last few years when my dad comes down here we have been able to go on a run or two. One of my favorite memories is running the Trak Shak 5 mile loop with him one early morning. A route I have run so many times and I was now able to share with him. He ran the Vulcan 10k two years ago when he was down here.

My dad is 71 years old now and still in pretty good shape. He has had some foot problems that have made his running and walking pretty irregular lately. I know it is bugging him, but he is recovering correctly so that he can run again. "Train Smart."

Oh yeah, remember the story my dad tells about me saying "Do you know how long this is taking you?" Well, I have now run 13 marathons. Even at my peak of running fitness, my best time was still slower than the Chicago Marathon he had such a bad race in. So, poetic justice that makes me smile. I will never beat his best time, either. He's got me on that one for sure.

My son, Finn, when he gets older, will learn a lot about his grandfather. It will come from time spent with him and from my stories about growing up. I want Finn to know what is passed on to me. Finn will soon wake up to a glass of milk and one of OJ in the fridge with cereal on the table while I am out running. Finn doesn't have to run, but I want him to know why I do.

So, why do I run? I run because my dad ran before me. He has taught me a lot about life through running, and let me slowly get there myself. I am proud to make small impressions in his much bigger (and faster) footsteps. •

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"I'm no Kara Goucher, but she had just given birth after running through her pregnancy, so why couldn't I?"

— Submitted by Natalie Lockhart

It was the best 10K of my life, a new PR. I also boasted a victory over my (nothing if not friendly) running nemesis, Dave Johnson. It was a perfect day for running - except for a little lightheadedness, a few butterflies, and that final mile down 20th Street when catching my breath was a way more difficult than it should have been. After finishing, I spent the rest of the weekend with a migraine and an insatiable appetite. I told my husband, 'I think I need a little more salt in my diet, I've been feeling a little off after running lately.'

Three days later, I passed the test.

It was one of those pass/fail tests; the one with the pink lines.

Then began the mourning period: What would running be like for the next year? What if I lose my running partners, my body, and my speed after a year of PR's. And what about the Huntsville Half Marathon in two days? And Atlanta on Thanksgiving Day? And Kentucky Bourbon Trail relay? What about ME?

Wait. This wasn't supposed to be about me anymore.

I called the doctor that Friday and casually mentioned a half marathon the next day. She suggested walking. I argued and she conceded to a little run-walking. Then she asked how long this half marathon would be. She said not to run.

I'm no Kara Goucher, but she had just given birth after running through her pregnancy, so why couldn't I?

After crossing the finish line the next day, I met a runner who was pregnant with her fourth and another runner who had just given birth to her first. They offered plenty of first hand advice on running while pregnant and were very reassuring that it was perfectly safe. They also warned about increasing discomfort in the latter months, especially if those final months were summertime. With a perfectly healthy pregnancy, running through most of it should be fine.

I found a doctor that fit better with my needs and continued running with Meredith's Marathoners and the Gnomies on Saturday mornings. Running during the first trimester was tough and nausea was the biggest problem. During the long runs,

I carried Cap'n Crunch in my pocket; only the peanut butter variety would do. After Saturday morning runs, there was no time to stick around for friendly chatter because

TEST PASSED <continued on Page 8>



Natalie and Jason's family will soon be growing by one.

TEST PASSED <continued from Page 7>

a big breakfast - usually gatorade, cereal, eggs, turkey bacon, biscuits, and strawberries - kept me from being sick the rest of the day. Waves of nausea hit before, during and after runs, but I managed to hide it well. I was happy to still be running.

I went on to run the Thanksgiving Day Half in Atlanta before the end of 2010, and planned on Mercedes Half and maybe Talladega Half - all with the blessing of my OB, whose only suggestion was to give up intense work-outs like speedwork. With each month, I grew little bigger and slowed down a little more.

In January, it was time to tell the Gnomies about my little passenger.

My goal was to make it to Mercedes Half Marathon (4 months pregnant) and then cut back on mileage. It felt okay, so I went on a few more long runs.

Fatigue and muscle cramping were the two worst symptoms of running in the fourth and fifth months.

Between Mercedes and Talladega, I also started to feel some movement in my hips and intermittent pain in my low back. Four days a week running turned into three days a week run-walking-with-frequent-rest-breaks to allow for more recovery time.

I also got a careless in my "training," stopping to walk, play, or call my husband to bring the dog out so they could walk with me. There was that one day where I set out to run 5 miles, but only ran 1, stopping at O'Henry's with Cary Morgan and waiting for everyone else to get done running.

It was probably that fifth month when I stopped setting goals for my body and learned to "let go." Some days I'd finish an 8-miler and think I was done running for the rest of the pregnancy. The next week, I'd have a wonderful 10-miler and energy the rest of the day. Later in the week, a 5-miler would wipe me out. There was no system and no predictability. I kept trying when I felt like trying, and sleeping in when I felt like sleeping in.

Cecile Franklin, who ran a half marathon at 7 months pregnant (a few years ago) talked me into Talladega in April and offered to run it with me. I was at six months, the beginning of my third trimester and she was very encouraging. My goal was to run half of it, and we did; then we kept going, finishing in under two hours.

At six months pregnant, it was a comfortable race, but not what I was used to. Two or three days after Talladega I would have told you it wasn't worth it. A few tight muscles during the race gave way to three post-race days of total body stiffness, tightness in my low back, groin and abdomen and some pretty pitiful groaning when moving from one position to another. But one week post race, I was fine and I'm glad I did it. I should have scheduled an extra day off work afterwards.

After Talladega, I cut my long runs to six miles with two other short runs during the week. Between Months 6 and 7, I had the greatest physical loss in running ability.

By month 7 1/2, I was barely getting through 6 miles, so I cut back again. Now, in my 8th month, I am down to one 3-miler on Saturday mornings and I walk 2 miles a day the rest of the week. I have no idea what's in store for the 9th month, but I might finally be ready to put my feet up. There's not much more to cut from 3 miles a week. I keep my doctor updated and his answer is always, 'your body will tell you what to do.'

With a changing body and a slower pace, I can't say running during pregnancy gives me the same euphoric feeling that it did before I was pregnant. It's different. A few bad runs made me want to hang my Brooks in the closet until the end, but that craving to get out and try again hasn't gone away yet. After one or two bad runs, there was always a good run around the corner.

I have been adjusted five times by a physical therapist for low back and hip pain and it helped me keep going. I carry a cell phone for curb-side service if I don't feel like finishing my run, if I can't make it back to my car, or if I decide to stop because the smell of breakfast wafting from a coffee shop lures me in. It's the no-pressure training plan and it's refreshing.

Running during pregnancy, especially in the third trimester has taught me a few things about being competitive with myself. I've learned to care a little bit less about racing the clock every time I lace my shoes up. I've learned to have fun and notice the world around me. I've seen houses, gardens, buildings and restaurants that I never knew existed despite passing them hundreds of times on the same familiar routes. It's made me appreciate a good sports bra (two at a time) and the elastic waistbands in running shorts. And at the advice of my very wise doctor (whom I adore and respect), I've learned to listen to my body.

Most importantly, after four years of chasing, my husband finally boasted a victory over his (nothing if not friendly) running nemesis - me. He passed me in a 3-miler last weekend - and finished first. •

nataliezl@hotmail.com

2011 BTC GRAND PRIX STANDINGS (7/6/2011)

Female 11 - 15

Marisa Gray 10

Female 30 - 34

Heather Milam 20

Mitzi Duer-Savelis 15

Female 35 - 39

Cherie Dortch 20

Female 40 - 44

Jennifer Skjellum 78

Jennifer Address 10

Caroline Walker 30

Female 45 - 49

Susan Hales 125

Female 50 - 54

Judy Loo 60

Female 55-59

Michele Parr 105

Female 60 - 64

Teresa Chandler 125

Male 30 - 34

Owen Bradley 45

Male 35 - 39

Tim Roberts 45

David Neaves 14

Brad Clay 130

Wade Dunn 46

David Joyner 25

Male 40 - 44

Jeff Estes 25

Randy Lyle 105

Male 45 - 49

Bill Greenwald 5

Lester Gable 55

Jim Hill 30

Male 50 - 54

Xing Wu 80

Male 55 - 59

Alan Hargrave 131

Unknown Age Group

Tom Scales 40

Amy Aker 40

Gary Brown 40

2011 Birmingham Track Club GRAND PRIX

HOW IT WORKS:

- You must be a BTC member in good standing on race day.
- Overall winners are given 5 points, and then put into their age group.
- The five year age groups consist of 0-4 through 100-104.
- You must finish the race.
- Awards go to the top 3 Males and Females in each age group and presented at the Annual Meeting and Party.
- Tie breakers are determined by the number of 1st place finishes.

POINT ALLOCATION:

- Top 10% in each age group get 20, Next 10% get 15, Next 10% get 10, The rest get 5

Example 1: If an age group has 10 or fewer, the 1st gets 20, 2nd gets 15, 3rd gets 10 and the rest 5.

Example 2: If an age group has 11-20 then 1st and 2nd get 20, 3rd and 4th get 15, and 5th and 6th get 10 and the rest 5.

- Half-points will be awarded for non-BTC races, i.e., 10 for top 10%, 7 for next 10%, 5 for next 10%, and 3 for remaining participants.

- Volunteers at BTC races and selected events will receive 40 points.

- It will be the participant's responsibility to report his/her involvement from the previous month to the BTC in the first 10 days of the new calendar month; e.g., report activity for February by March 10th.

THE SCHEDULE:

February 12 – KBR 5k

February 13 – Mercedes Marathon (double points)

February 13 – Mercedes Half Marathon

February 26 – Adam's Heart Runs**

March 5 – Knights of Columbus Run**

March 12 – Perseverance Run**

March 19 – Oak Mountain 50k (triple points)

March 26 – Rumpshaker 5k

April 9 – High Country 5k**

April 16 – Ellis Porch Statue to Statue (double points)**

May 14 – Zoo Run 5k**

May 21 – Run for Wishes 5k**

May 28 – Vision Run your Butt Off 5k**

June – BTC Classic Track Meet**

June 18 – Fultondale Stampede 5k

July 4 – Peavine Falls Run**

July 23 – Retro Run 5K

August 27 – Fat Danny's Trial by Trail**

October – Hueytown 5k/10k**

October – Maple Leaf Run

November – Vulcan Run**

November – JCC Montclair Run

** denotes BTC event

NOTE: Schedule will be subject to change without notice.

Race/Event Calendar (July thru August '11)

— Compiled by Rick Melanson

Email: rrc@birminghamtrackclub.com

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)

JULY 4

Peavine Falls Run (8.2 miles)

– Birmingham, AL, 7:00 a.m.

Oak Mtn. State Park upper Picnic area. 6.9 mi. of shaded gravel road (400' climb) and 1.3 miles of mountain bike trail (rough). T-shirt guaranteed to pre-registered, rest are first come first serve.

Register on line at raceit.com. at any TRAK SHAK Store, or mail in to Rick Melanson, 5365 Creekside Loop, Birmingham AL, 35244.

Info: 835-0030 (after 6:00 p.m.)

Email: rickmelansonbtc@gmail.com

JULY 9

Family Connection "Run For Shelter" 5K Run & 1 Mi Fun Run

– Alabaster, AL, 7:30 a.m.

Westwood Baptist Church behind the "Colonial Promenade". USATF CERTIFIED COURSE. Register on line @ Active.com.

Info: Susan Johnston (663-6301)

Email: susan@familyconnection-inc.org

JULY 10

BTC MINI TRACK MEET

– Birmingham, AL, 2:00 p.m.

Contact Gene Tomlin for location.

Info: (531-8381)

JULY 23

Retro Run 5K & 1 Mile Fun Run

– Birmingham, AL, 6:00 p.m.

Downtown Homewood - flat, fast course followed by food, music and adult beverages.

Info: TRAK SHAK (870-6444)

Web: www.trakshak.com

JULY 30

Move Your Feet, Move the World 5K & 1 Mile Fun Run

– Bessemer, AL, 8:00 a.m.

Flint Hill Baptist Church 1630 Powder Plant Rd.

Email: moveyourfeet5k@gmail.com

AUGUST 6

Shake & Bake 5K

– Birmingham, AL, 8:00 a.m.

Mount Laurel off Hwy 41, 3 miles east of Hwy 280. USATF Certified course.

Info: Bill Kreis (281-1946)

AUGUST 13

Greystone 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.

Founders Clubhouse Aquatics in Greystone on 4100 Greystone Dr.

Info: Christy Johnson (986-5139)

Email: cjohnson@greystonecc.com

AUGUST 14

BTC MINI TRACK MEET

– Birmingham, AL, 2:00 p.m.

Contact Gene Tomlin for location.

Info: (531-8381)

AUGUST 27

Fat Danny's Trail Run

– Pelham, AL, 8:00 a.m.

Oak Mountain State Park's upper picnic area. Trail Run

Info: rununiversity@gmail.com

ArUABLE 5K and 1 Mile Run

– Birmingham, AL, 7:30 a.m.

Homewood High School. USATF course.

Info: Jennifer Cristi (276-4132)

Web: www.areuable.com

FUTURE (local only)

09-03 **Butter Bean Festival 5K**

09-10 **Paw's For the Cause 5K**

09-25 **Great Prostate Cancer**

Challenge 5K

10-01 **Hueytown 5K/10K**

10-01 **Pony Express 5K**

10-15 **Run away from Domestic Violence 8K**

10-29 **Eagle 5K Run**

11-05 **Vulcan Run 10K**

11-24 **JCC 10K Run**

12-05 **Jingle Bell 5K Run**

12-17 **Meadowbrook 5K**

June BTC Executive Meeting Minutes

— Submitted by Mitzi Duer-Savelis, Secretary

▶ Meeting began 5:30 p.m., June 28th, 2011

OFFICER & COMMITTEE REPORTS

▶ PRESIDENT - Brad Clay

• **Ruben Studdard Celebration Weekend:** Sponsorship approved. Discussed putting membership forms in packets.

• **Vulcan Run:** Early registration for members. Discussed doing a Couch to 10K program to line up with Vulcan. Also discussed the need for volunteers. Discussed a direct link in the email to make registration easier.

• **Samford Track:** Will need to 20-25 volunteers for the events. Discussed a coupon for volunteers for a future race. Will need to certify willing members as officials. Proposed schedule given out at meeting. Micki Haralson volunteered to spearhead organizing a class around Sept/Oct. Usage of the track is proposed to be speed training session once a week and the monthly BTC Track Meet. Proposed all groups (Johnny, Micki, etc) to do their sessions on the same night on different parts of the track.

• **Zeekee Website:** Cost - \$2500, \$750 due at beginning of the project. \$75/month for maintenance. Discussed having a BTC officer trained on how to update the website for more efficiency. Current website software is not compatible with their software so they will have to start from scratch.

▶ VANESSA STROUD – Race Director Of Ruffner Mountain

• Discussed a 15k Ruffner Mountain is planning for 11/12/11. They want to put in outdoor showers and lockers to secure items. Discussed the idea of a night trail run. They would like to use running as a way to promote



the park. In exchange, Ruffner would promote Track Club events.

▶ SOCIAL CHAIR – Micki Haralson

• **1200 Mile Club:** Discussed doing a contest for a new logo.

• **Socials:** BTC will help promote the Retro Run as our summer social (7/23/11).

• **Vulcan Tri Club:** Has approached BTC about a joint social. Discussed also including the bike club. Potential locations: Skates 280.

▶ ALEX MORROW

• **Membership Growth:** Discussed ideas such as a student discount in college freshman packets or a water stop at the end of Lakeshore on Saturday mornings.

▶ CHARLES AMOS THOMPSON

• **Junior Olympics, Track and Field Championship:** To be held on 7/7 - 7/10/11 at Samford University. Need volunteers for Sat. the 9th.

▶ MERCHANDISE – Tom Scales

• Had great success at selling refreshments at the SoCon championship.
• Suggested that we have stickers made to put on cans of soft drinks.

Advertise in THE VULCAN RUNNER

Do you own a business, are a Race Director and would 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 ad sizes available:

1/5 page – \$15 1/2 page – \$50 1/4 page – \$25 Full page – \$100

*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: btcpresident07@gmail.com

NEW RUNNER'S SOCIETY GROUP RUNS

THURSDAY EVENINGS: 5:45 P.M. (moved to IPC on Highland Ave.)

Meet in front of **Independent Presbyterian Church** (IPC) on Highland Ave., near Highland Golf Course. IPC is located at 3100 Highland Ave., 35205. Thursday evening group run will meet here for duration of **Fall/Winter**.

TUESDAY MORNINGS: 5:30 A.M.

Several routes available from **Mountain Brook YMCA**.

QUESTIONS: newrunners@birminghamtrackclub.com

RUNNING TIDBITS

— Compiled by Randy Lyle

RUNNING QUOTES

"That's what I'm trying to do with the marathon; I don't think about the miles that are coming down the road, I don't think about the mile I'm on right now, I don't think about the miles I've already covered. I think about what I'm doing right now, just being lost in the moment."

— **Ryan Hall on running a marathon**

"Saying you don't have enough time is a bad reason to not run. There's always time for a run."

— **Kathleen Sebelius, Health and Human Services Secretary**

"There's no magic to running far or climbing Everest. Endurance is mental strength. It's all about heart."

— **Bear Grylls, Host of Man vs. Wild**

"When it comes time to go after a goal, starting the belief system early will create the mental road map the body can follow leading up to the event."

— **Terrence Mahon, coach of Olympians Deena Kastor and Anna Pierce**

"What I learned from the miles of uphill my coach put before me was the simplest bit of math: The faster you run it, the sooner you're over it."

— **Sara Corbett, Runner's World Writer at Large**

"I threw everything out there that I had. The crowd carried me the last few miles. Everyone on the course was screaming and chanting 'USA! USA!' I really wanted it."

— **Desiree Davila on her 2nd place finish at the 2011 Boston Marathon**

INTERESTING RUNNING TIDBITS

New Balance Top 10 Reasons to Run a Marathon:

1. A marathon isn't a race. It's 24,000 races.
2. There's no logical reason on earth to run a marathon. Cool, huh?
3. Self confidence, available in a handy 26.2 mile dose.
4. The road to salvation is exactly 26.2 miles long.
5. The marathon. How an average runner becomes more than average.
6. Marathonizing, or how to single-handedly remove the word "can't" from your vocabulary.
7. Wanna find out who you really are? Try a marathon.
8. Another marathon, another chance to be your own hero.
9. Trophies rust. Self-esteem doesn't.
10. Marathonizing, the triumph of desire over reason.

SOURCE: DvB's Fitness & Food Adventures (<http://runwithdvb.blogspot.com/2011/04/new-balance-top-10-reasons-to-run.html>)

\$10 discount for
Birmingham Track Club members

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This ancient art of healing uses elements of Mother Nature to bring relief to tense muscles, sore joints, stressed emotions and weary spirits. Integrating traditional massage with the placement of smooth, heated basalt and cool marble stones, this therapy uplifts and restores the mind and body.

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Miles reported through July 15th, 2011**1,200 Mile Club**

BTC MEMBER NAME	TOTAL	JUNE '11	MAY '11	BTC MEMBER NAME	TOTAL	JUNE '11	MAY '11
Allen, Darnell	470.25	96.5	104	Lee, Laura	371.75		93.53
Allen, Darnell	470.25		96.5	Longshore, Les	251	30	54
Andress, Jennifer	821	152.5	141.5	Loo, Judy	487.8		99.1
Armstrong, Tommy	338.1	101	100	Losole, Liz	618.2	82	117
Atkins, Brian	638	126	97	Lupinacci, Tim	594.6	106.7	112.5
Ballard, Bill	559	111	105.2	Lyle, Randy	935.1	174	142.2
Barry, David	636.1	95	97.8	Martin, Cary	320.8	61.7	42.4
Baskerville, Jennifer	709.4	157.5	143.3	McCalley, Charles	602.85	81.3	113.55
Benson, Wayne	411	96	66	McKenna, Don	516.42	88.4	98.77
Bonatz, Ekkehard	1371.1	197	309	Meadows, Bryan	445		105
Bowman, Bill	469	68	80	Milam, Heather	729.36	161.65	129.7
Bradley, John	558	92.5	85.5	Morgan, Cary	1285	220	268
Bradshaw-Whittemore, Al	492.5	151	144.7	Morgan, Phil	501	85	86
Brown, Sean	227		2	Morrow, Alex	688.34	116.36	125.18
Bullock, Sharon	657.9	79	86.5	Muck, Randall	409.1	105.1	72
Burnette, Allison	635.55	105	80.5	Murray, Jason	495	84	70
Burnette, Jack	499	60	54	Nealon, Tonya	459.08		86.72
Caldwell, Greg	711.5	144.6	115.4	Neaves, David	285.6		
Chandler, Teresa	624	96	100	Northern, Kristie	769.1	49.5	163.5
Chapman, Chris	191.25	10.25	25	Northern, Will	724.3	102	105.5
Clay, Brad	1430	255	187	Oehrlein, Kimberly	312	48.2	36.2
Cook, Oscar	241	0	0	Parr, Michele	505	84	80.5
Creed, Brad	640.4	88.9	137.7	Pasqualini, Ellie	796.5	129.5	105
Davis, Milton	220.7			Pasqualini, Greg	330		
Dortch, Cherie	269.92		35.87	Peagler, Shana	464.04		86.71
Dunham, Kelly	579.7	107.3	117.4	Peagler, Zach	277.2	30.8	50.2
Dunn, Wade	1293.7	262.6	238	Pearce, Julie	569.7	95.9	82.96
Engels, John	605.7	84.4	120.1	Randall, Lisa	773.25	41.65	125
Estes, Jeff	492	62	115	Richey, Jim	383.5	63.9	37.5
Evans, Bob	425		86	Roberts, Tim	1043.4	194.6	136.9
Farrell, Meredith	500.8	55.3	72	Rodriguez, Graciela	475.33	92.51	66.2
Ford, Joe	659.5	81	104	Rodriguez, Jose	660.09	92.4	96.5
Franklin, Cecile	929	149	151	Rollins, Stephanie	155.18		50.39
Frederick, Winston	622	101	105	Rutherford, Keith	852	152	154
Fuqua, Adria	1230	201	198	Sample, Holly	866	166	156
Ganus, Jack	345		148	Shinn, Ron	481.9		123.83
Gillis, Sam	588.8	120	137	Silwal, Suman	674	99	99
Glaub, Chris	575	110	97	Skelton, Tim	95		
Goode, Johnny	540	159	62	Skjellum, Jennifer	909.32	140	161.12
Goolsby, John	625	117	86	Smith, Jerry	604	113	113
Gray, Marisa	430.8		73	Smith, Reid	265		
Greenwald, Bill	492	151	84	South, Christopher	838.54		244.64
Grossmann, Christopher	598.37	94.6	109.68	Stearns, David	618.1	103	84.4
Guenster, Dirk	545.5		0	Stockton, Rick	764	124.9	126.9
Hallmark, Daryl	666	101	126	Stroud, Vanessa	356.05	118.5	123.45
Haralson, Danny	594		90	Thrift, Erin	377.1	104	102
Haralson, Micki	782.5	114	111.5	Thursby, Vann	533.65	101.85	93.81
Hales, Susan	640	102	108	Vaughan, Keith	349.9	54	47.1
Hargrave, Alan	679	126	101	Weeks, Lance	279.95	0	11.2
Harris, Kendall	1149	154	120	Weisberg, Scott	679		151
Hathorne, Chad	231.08		3	Whatley, Prince	1309.4	200.2	264.3
Hayden, Brittany	590.76	50.45	102	Whitt, Trey	259		
Henry, David	625.2	94	60	Winborn, Charles	440		64
Hickerson, Patrick	478	35	119	Woody, Bill	714	118	108
Hill, Jim	640	117	87	Wu, Xing	1050.21	177.6	191.2
Jenkins, Mike	495		85	Yancey, Lisa	353.2		65
Jones, Delpha	411.48	57.3	42.6	Young, Charlene	554	83	92
Jones, Ira	572.3	116.5	111.8	Zarzaaur, Jason	387.86	62.58	53.48
Joyner, David	575.3		153.4	Zehnder, Justin	1048	185.5	176
Kuhn, Jimmy	603	21	0				

Email monthly mileage, errors, omissions or questions to: 1200@BirminghamTrackClub.com

The View from the BACK OF THE PACK

— By Michele Parr

Running has given me lots of gifts. There's the resting heart rate that sometimes makes nurses listen more than once and appear perplexed before asking me if I exercise. There are the dozens of friends I see at races and on the roads. There are legs that are the envy of the non-runners in my age group. But one of the best gifts running gives me again and again is the chance to explore places on foot.

My tour of all five New York City boroughs is well-documented. It's that route that provided the bait for my venture into marathoning and reeled me right in. What I've learned since then is that I don't have to marathon or even race to get some pretty good tours.

This year I took a trip to my hometown of Fairhope to celebrate moving into another new age group, and running took me places I could never have gone by car.

That I would run on this trip was never a question. I've been packing my running duds when I travel ever since I started this journey seven years ago. The trick (other than preventing the used clothes from contaminating the unused clothes) is squeezing in that run during trips with a non-runner. Sleep or run, sleep or run? Usually running wins out.

We drove around town when we got there on Saturday afternoon, but Sunday morning I laced up the trainers and hit the road, or rather the sidewalk, for a better view. My little town of Fairhope is one of the most pedestrian-friendly places I've been. Everywhere I wanted to go I could get to without having to run in the street.

My first destination was a recreational park that touted its running track in the pamphlet I'd picked up in the motel lobby. I trotted one lap on it around the tennis courts and soccer fields before deciding Fairhope offered far nicer places for a run. The next stop was the first school I attended, grades 1 – 6 in those days. Most recently it's served as the K-1 facility, but once I discovered the sole unlocked gate and wandered in, I found the classrooms packed up in preparation for moving. It appears my old school is being phased out. It all seemed smaller than I remembered anyway. I ran down along Mobile Bay and then back toward the motel by way of the house where I grew up and the church where I was baptized. I got to see everything up close and personal, surprising myself by covering 7 miles, a couple more than I'd intended.

Monday morning I laced those shoes up one more time and headed out again to check out my old high school, now the elementary school. It turns out the place has been rebuilt, the old school torn down and a new one built around the existing gym and library. Despite a sense of loss, I found myself chuckling as I headed back from the tour. You see, the school sits atop a hill, but you have to go down a hill from town before ascending that hill. That means that traveling to school was, actually, uphill both ways.

I accomplished several things on those morning runs. I got in some needed miles, of course, but I also got to see parts of my hometown not visible through the windshield, enjoying my reminiscences alone. I'd call that a win-win. •

micheleparr@mindspring.com

Get involved in the BTC!

Looking for a way to be more involved and give back to the BTC without making an enormous commitment of time? While volunteering to help at a week-end road race of one's choice is extremely valuable to the race director, another option to consider is joining one of the Birmingham Track Club's committees. The following are recruiting new members:

NEW RUNNER'S SOCIETY

Chair: Danny Haralson

newrunners@birminghamtrackclub.com

The New Runner's Society welcomes new runners into the track club, attends regular runs, introduces them to other runners in their pace, and shows them regular running routes. Several individuals that normally attend the different runs every week are needed to be "run captains" so that the committee is represented at every single run.

SOCIAL

Chair: Micki Haralson

mickiharalson@gmail.com

The social committee is designed to bring more fun into our running community by scheduling events that bring the members together for fellowship and camaraderie. We plan monthly group runs with activities afterwards every month of the year. Approximately once a quarter, this committee also plans a non-running event and the tentative events scheduled for this year are the Spring Potluck Social at the Trak Shak, a bus trip to see a Braves game this summer, bowling in the fall, then the annual party next January.

MERCHANDISE

Chairs: Tom Scales

tomscale@gmail.com

Loading and unloading, setting up booth or tent, selling, creative design ideas or art for printing... all of these abilities are welcomed on the merchandise committee. Merchandise will be present at one weekend race and one week-day social monthly, minimum, through the running season and most of the year 2009. Having a full committee makes these things happen, 1-3 people cannot do it all. So please join us.

MEMBERSHIP

Chair: Judy Loo

BTCmembership@gmail.com

The membership committee maintains the BTC's membership list and actively recruits new members at races, other running events, and social events. Charismatic personalities, bubbly-friendly nature and/or computer database skills nice to have for this service.



RUN FOR LUPUS NOW SEEKS TEAM MEMBERS FOR MERCEDES MARATHON

— By Rebecca Smith

The Lupus Foundation of America, Mid-South Chapter invites you to join us as we Run for Lupus Now in the 2012 Mercedes Marathon! Join our inaugural Run for Lupus Now Team to help raise awareness and funds to support lupus patients, education programs, and research efforts in Birmingham, throughout Alabama, and across the Mid-South. With each step you take, you will bring us one step closer to finding the cure.

By joining our team, you'll help over 27,000 Alabamans and nearly 2 million Americans living with lupus. These numbers reveal that lupus affects more individuals than MS, cystic fibrosis, cerebral palsy, and leukemia combined. This auto-immune disease can cause inflammation and tissue damage to virtually any organ system in the body and has life-altering to life-ending outcomes in patients. The LFA, Mid-South Chapter appreciates your willingness to support our programs with your awareness and fundraising efforts. Together we will "educate and support those affected by lupus and find the cure."



If you are interested in becoming involved with our team and would like to receive more information, please contact Rebecca Smith at rebecca.smith@lupusmidsouth.org or visit the Run for Lupus Now website: <http://RunForLupusNow.kintera.org>

1200 CLUB MILE LOGO CONTEST

The BTC wants to create some apparel items for the 1200 Club so we need a logo. All of you creative types get busy and create what you'd like to see on a t-shirt, cap or sweatshirt to represent those members who have run more than 1200 miles a year. We will post all designs received by September 15th in the VULCAN RUNNER newsletter and on the website for a vote from the club membership. The winning design will be featured in the October newsletter, at the Vulcan 10K and on specialty merchandise to be produced for the BTC.

Send your completed design to micki@rununiversity.com

MONTHLY 'BEER RUN SOCIAL' ANNOUNCED

As the dog days of summer come to an end, we want to bid them farewell and welcome the cooler days of fall with a monthly Beer Run social. This beer run will be held once a month in August, September and October, each held at a different location. On August 25th we will gather at Tilted Kilt on Hwy 280 at 6pm for a 3 mile run followed by special prices of food drink on the patio. Make your plans now to join us on August 25th. September and October locations will be announced soon. And if you don't like beer, Tilted Kilt has plenty of iced tea, sodas, water as well as other adult beverages sure to quench any thirst. All are welcome!

Advertise in THE VULCAN RUNNER

Do you own a business, are a Race Director and would 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 ad sizes available:

1/5 page – \$15 1/2 page – \$50 1/4 page – \$25 Full page – \$100

*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: btcpresident07@gmail.com

Birmingham Track Club

MEMBERSHIP APPLICATION



www.BirminghamTrackClub.com
www.Facebook.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

btcmembership@gmail.com

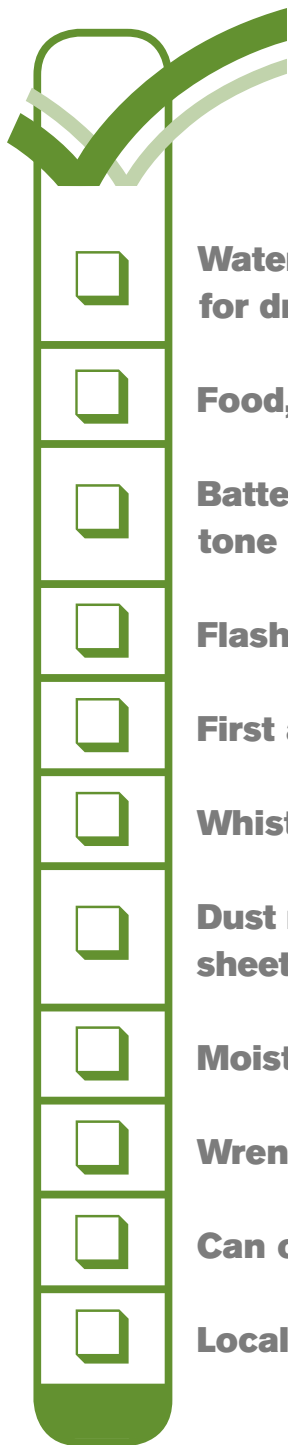
PREPARE. PLAN. STAY INFORMED.

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



BTC MILEAGE LOG



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MONTH GOAL	MONTH TOTAL
Jan.																																	
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