



BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

February 2017 ②

HIDDEN TREASURES: Uncovering Red Mountain Park

By: Julie Pearce



Photo courtesy of
Red Mountain Park

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HIDDEN TREASURES:

Uncovering Red Mountain Park

By: Julie Pearce

Most runners in the Birmingham area know about Red Mountain Park, with many considering it a hidden treasure – a jewel of serene forested trails mere miles from downtown. But did you know that the park actually is home to all kinds of hidden treasures? Local runner and trail enthusiast Frank Weber discovered that when he accompanied his wife, Amy, during the park's recent Resolution Run on December 31.



Venturing a little off course or just being extra observant (depending on whether you ask Frank or Amy), Frank came upon an intact, partially buried soda bottle along one of the park's many trails. It was clear that the Coca Cola bottle was many years old, which intrigued Frank and Amy to investigate further. They spoke with personnel at Red Mountain Park, who were quick to offer more information.

The Park's resident archeologist noted that the bottle's patent, which was engraved on the bottle, was in effect from 1930 to 1951. She noted that a few minor changes were made to the Coke bottles in 1927 because the original bottle patent was registered under another company, and Coca Cola wanted to own the rights to its bottle.

Dating these finds is like putting together a puzzle – piecing together evidence from different sources can often help pinpoint a date range of when the item was in use. For example, this particular bottle was a machine made bottle manufactured by a "blow and blow" machine. These machines were automatic and glass, was fed into the machine and forced into a mold to harden. Sometimes these molds would stick, creating "ghost seams," which this particular bottle definitely has. It is unclear where the bottle itself was manufactured because Coca Cola had quite a few glass companies making its bottles through the years.

Park employees also explained that a manufacture date was sometimes discernable based on other markings, such as a series of numbers or other symbol. With this particular bottle, a series of numbers reading "15L40" was imprinted with the maker's mark. The number 15 likely corresponds to the mold number, the "L" was used to designate the factory, and the final number may be the date -- 1940. This falls right



in line with the date for the patent and all of the bottle's markings and morphology.

Based on the likely manufacture date, Frank's bottle of "The Real Thing" probably was enjoyed by one of the area's resident iron ore miners or a member of his family when they lived, worked and played on Red Mountain.

But why is Red Mountain Park considered such a rich source of post-modern archeological artifacts? With the advent of the steel industry, demand for iron ore grew at a rapid pace, and the City of Birmingham grew right along with it. The mines located in what is now Red Mountain Park supplied a wealth of iron ore throughout the late nineteenth and early twentieth centuries, but the Great Depression and changes in manufacturing practices took their toll. Although the industry and local economy rebounded with the advent of World War II and the increased need for iron and steel (earning Birmingham its "Magic City" moniker), the last remaining mine closed in 1962. The area remained largely untouched for almost 50 years, and as a result, Red Mountain Park houses a treasure trove of remnants and artifacts that tell the story of this remarkable area.

We've learned many things from these visions of the past. In the mines, they give us a history of how miners physically worked and how they dealt with the harsh conditions and safety issues encountered in the mining process. They also give us a record of the advancements made in the tools, methods and technology that were required to operate a safe and profitable mine.

No one knows this fascinating history better than Jeff Newman, a Red Mountain Park employee, history buff and long-time resident of the area. Newman, who grew up just two miles east of the Park's property and has been hiking the mountain since 1969, is a wealth of knowledge about the Park and the area's history. He explains that the mining activity took place two major areas: the actual iron ore mine sites and the residential mining camps where the miners lived.

HIDDEN TREASURES:

Uncovering Red Mountain Park



Photo courtesy of
Red Mountain Park



Photo courtesy of
Red Mountain Park

During the 100 years of mining operations on the mountain, artifacts of industrial interest as well as artifacts of a personal nature were deposited throughout the area. Many of these artifacts, over time, have been covered by years of construction activity and by nature as leaves fall and plants die and decay. These buried artifact sites are meticulously plotted, mapped and then carefully uncovered by an archaeologist in the Park. Many artifacts are found lying on the surface of the ground. These may represent artifacts from a more recent time in the mountain's history or they may have been uncovered by erosion or new construction activity. The collecting and recording of these surface artifacts is done in the same manner as the dig site artifacts.

Read more about the fascinating history of Red Mountain and the iron industry [here](#). A walking history tour can be arranged by contacting the Park office or by making a reservation [online](#). Red Mountain Park and its operations are funded entirely through private donations. Learn more about supporting the Park [here](#).

Numerous kinds of artifacts have been found, including: miner's identification tags, pieces of old shovels and tools, mine cart wheels, pry bars, pieces of old phones and old miners' carbide mining lamps, bath house buckets, pieces of old tramway and railroad rails, electric insulators, mule shoes, jewelry, watch parts and household items. Newman's favorite find to date has been an old miner's bath house bucket. The miners did not have lockers in which to keep their belongings and clothes in the bath houses. Rather, they used shallow buckets to hold their possessions. On the bottom of the buckets were hooks to hang their clothing. These buckets were attached to chains on pulleys to allow the miners to hoist the buckets up to the ceiling to protect their belongings.

Collecting, cataloging and storing of artifacts follows a strict protocol to ensure that the found items are accurately identified. The actual location where an item is found paints a picture of what happened at that site. If an item is moved, the relation of each item to other items changes, which can create a false image and story of exactly what took place there.

If you do find an unusual item, leave it exactly where you find it, without touching it. If possible, make notes with a description of the item or take a photograph of it, noting its location. Provide this information to a Park staff member, who will attempt to locate, document and retrieve the artifact.

Artifacts found in the mine housing communities are equally fascinating, giving a snapshot of daily life for the miners and their families. The types of plates, cups, pottery and personal effects for each of the different home sites give us an idea of the economic and social level of the family or individual living in a particular home. Because the mining companies operated these housing developments along the mountain, miners and their families often worked and lived in close proximity.

Although Red Mountain Park does not currently have a museum area to publicly display its collection of artifacts, these items are used in coordination with the Park's education outreach programs to teach children and adults about the history of Red Mountain. This rich history resulted in the founding of numerous local towns in the area and contributed greatly to the development and growth of one of the South's most important industrial cities, our own "Magic City."

PRESIDENT'S ADDRESS

By: Monica Henley



Hello, fellow BTC Members

Thank you for electing me as your 2017 club president. I am honored to serve, and I look forward to the opportunity to serve the BTC in this capacity. Along with the New Year comes a new set of BTC officers. I am serving with a talented group of officers this year, and I am excited about the continued direction of our club. Your 2017 BTC officers are: Scott Wood, Vice President, Julie Pearce, Secretary, and Trey Whit, Treasurer. We have a wonderful mix of experienced and new team players. I want to note that in my new role as President, I am filling some rather large shoes. Past President Alex Morrow's two-year term was one of dedication and enthusiasm. His energy and devotion to the club will be difficult to match. I aim to meet the high standards set by him. Alex's leadership will be missed, but thankfully, he will still work closely with the BTC Executive Committee in his role as Past President as we strive to make 2017 another great year.

We started off the year with a little celebrating at the BTC Annual Party at Todd English P.U.B. on January 28. We toasted to a successful year and also celebrated some of our most important contributors. We gave out 1200 Mile Club jackets to those new members and 2016 patches to those members who achieved the challenge for another year. See the list of members completing the challenge, and read more about our award recipients later in this issue.

On Saturday, February 4, the BTC held its first race in our BTC Race Series. Race Director Lisa Booher put on a great event as we returned to Oak Mountain for Adam's Heart Runs, a 5km, 10km and 10-miler. (By the way, it's not too late to [sign up for the Race Series](#) – it's the best deal around!)

Following Adam's Heart Run, the BTC is once again is pleased to be heavily involved with the Mercedes-Benz Marathon weekend. The fun begins on February 10 at the St. Vincent's

Health Systems Health and Fitness Expo and Packet Pickup. The BTC will have a booth at the expo all weekend long. We hope you will come by to say hello, renew your membership, purchase the latest BTC apparel, or pick up your 1200 Mile Club Jacket, 2016 Race Series Shirts or Triple Crown Medals if you have not already done so.

The BTC also will be manning the most rockin' water stop on the course! We will once again be by Regions Park. Make sure to represent in your BTC gear, and we will make sure to show you some extra love to keep you moving! If you cannot run the event, consider volunteering to work at the BTC booth or water stop. We would love to have you join us! You can email BTC Volunteer Coordinator [Kim Benner](#) for more information. Volunteering is a great way to give back to the club and meet other members as well.

Registration is already [open](#) for this year's Statue 2 Statue 15k, widely known as "The South's Toughest 15K." Race Director Judy Loo is on the ball and making preparations for 2017. On April 1, we will leave Vulcan to run through the hills of Mountain Brook on our way to Lady Liberty. After completing this race, you'll want to wear this shirt as a badge of honor all year long!

Things appear to be shaping up nicely for 2017! I look forward to serving you.

Monica Henley
BTC President



BIRMINGHAM TRACK CLUB

SOCIAL UPDATE

SAVE
THE
DATE!

Add these dates to your calendar, and join your fellow runners for great conversation and post-run entertainment!

April 8

Homewood Park: BTC Group run at 6:00, with social immediately following.

May 6

Oak Mountain Social with the Tri Club. Run, bike and/or swim and meet new friends immediately following. 8:00 run, bike or swim start.

June 3

Meet the BTC at the Ballpark. Party starts at 5:30, and then stay to watch the Barons play!

July 4

Peavine Falls Run and Social. Details to follow.



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7

BIRMINGHAM

WINE 10K

MARCH 11

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Treasurer

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Vice-President

Scott Wood

vicepresident@birminghamtrackclub.com



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Julie Pearce

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Past-President

Alex Morrow

pastpresident@birminghamtrackclub.com



BTC Committees

General Counsel/Parliamentarian

Long Run Coordinator

Moderate Group Coordinator

Medical Director

Social Chair

Marketing/Social Media

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"The Vulcan Runner" Newsletter

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Statue 2 Statue

Judy Loo

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Peavine Falls

Alex Morrow

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Vulcan Run

Allison Stone

vulcan@birminghamtrackclub.com

BTC Mission Statement

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

Contact BTC at:

Birmingham Track Club

P.O. Box 530363

Birmingham, AL 35253

info@BirminghamTrackClub.com

Race Results

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

birminghamtrackclub.com

championship-racing.com



Find us on

Facebook



BTC ANNUAL PARTY



BTC members came out in full force to celebrate another great year on January 28. Todd English P.U.B. was packed with BTC members who enjoyed delicious food, camaraderie and terrific music from The Dirty 7 Band. Many thanks to Social Chair Loren T aylor for planning a fantastic party!

We also took care of a little BTC business during the festivities. Congratulations to the new members of the BTC Executive Board:



Immediate Past President, Alex Morrow; Secretary, Julie Pearce;
President, Monica Henley and Vice-President, Scott Wood
(not pictured: Trey Whitt, Treasurer)

In keeping with tradition, Outgoing BTC President Alex Morrow presented the Club's annual service awards for outstanding contributions to the BTC.

The recipient of the **Dr. Arthur Black/Rick Melanson Annual Service Award** was **Kim Benner, BTC Volunteer Coordinator**. The BTC's oldest award, the Dr. Arthur Black/Rick Melanson Annual Service Award is given annually to the most outstanding club member over the past year for his or her continued outstanding leadership and service to the BTC. Kim has done an outstanding job recruiting, coordinating and motivating volunteers for a multitude of BTC races and events, which is no easy task! The BTC is most appreciative of Kim's enthusiasm, dedication and leadership.



The **Randy Johnson/Danny Haralson Annual Service Award** was created to honor the "newer" BTC member who has demonstrated outstanding leadership and given freely of his or her time in a voluntary capacity in ways that help further the mission of the BTC.

This year's recipient of the Randy Johnson/Danny Haralson Annual Service Award was **Darrell Gibson, BTC Finish Line Coordinator**. Often working tirelessly behind the scenes (and quite often, well before sunrise), Darrell and his crew are responsible for putting up and breaking down the finish lines at BTC races, as well as keeping an inventory of BTC all supplies and equipment. Darrell's dedication to detail keeps our races running smoothly and professionally – thank you, Darrell!



Congratulations also to all BTC members who achieved 1200 Mile Club status in 2016! We would like to extend special congratulations to our first time recipients:

Kerri Anderson
Andrea Austin
Samm Barte
Andy Bass
Larry Boackle
Tomie Ann Boackle
Murray Bromstad
Joseph Caruana
Helen Collins
David Corrie
Caroline Crackel
Allen Crawford
Kimberly Crawford
Bill Crowson
Nathaniel Darville
Stan Doran
Cindy Duke
Roberta Dunnaway
Austin Farmer
Brandon German
Shirley Gibbs

Izzy Gould
Philip Hake
Jay Haley
Matthew Hall
Brookie Harbison
Jerri Haslem
Meghan Henley
Angie Hogeland
Tracy B. Jefferson
Heather Joe
Gerald Johnson
Christy Kearley
Herb Keffer
Loren Kulp
Michele Maha
Craig Matthews
Liza Matthews
Cassandra Mickens
Nathan Miyasaki
Darrell Mote
Lisa Nagy

David Olsen
Carlos Orihuela
Michele Paradiso
Lisa-Marie Pate
Tommy Payson
Steve Penley
Deanna Renn
Tammy Rogers
Meaghan Ryan
Bracken Sallin
Mike Schor
Kellan Selle
Sherri Snow
Helen Tankersley
Caroline Walker
Bradley Wells
Thomas Wilhite
Avis Williams
Julie Wilson
Scott Wood
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BTC ANNUAL PARTY



BTC ANNUAL PARTY



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BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Bryant Adams	Noah Callahan	Jaclyn Gardner	Frank Lankford	Kate Oatman	Jeremy Sherer
Deanna Adams	Rachel Callahan	Matthew Hall	Joseph Lawhorn	Charles Oehrlein	Ryland Sherer
Naudia Adams	Michael Campbell	Thomas Hall	Sarah LeCroy	Kimberly Oehrlein	Mac Sikes
Thomas Armstrong	Adrienne Carter	Charlotte Harley	Heather Lee	Mary Oehrlein	Robert Sims
David Barry	Hernando Carter	Keith Harris	Carlos Luzuriaga	Richard Oehrlein	Mike Sloane
Steve Bearce	Barry Casey	Robert Harris	Ron Macksoud	Amber Ortiz	Kari Spears
Kip Benson	Hannah Casey	Jimmy Harrison	Sabrina Macksoud	Christy Parsons	Adam Stoves
Gail Bevier	Meghan Caudill	Lisa Harrison	James Madison	Joey Pocreva	Eric Thomas
Anna Marie Bittle	Robert Centor	Mary Elizabeth	Cary Martin	Meghan Ralph	Richard Vandrell
Dylan Black	Michael Connors	Harrison	Pamela Miller	William Richardson	Tom Warren
Tony Blakeney	Jane Cooper	April Harry	David Morris	Roger Rocha	Lauren Weber
Lisa Booher	Brent Cotton	Jerri Haslem	Gordon Morris	Christy Ross	Robin White
Hunter Bridwell	Bill Crowson	Jeffrey Herle	Heather Morris	Tammy Ruff	Hal Whitsitt
Murray Bromstad	Emmagene Crunk	Beth House	Justin Morris	Keith Rutherford	Thomas Wilhite
Charlie Brown	Hannah Cutshall	Mike House	Darrell Mote	Mark Ryan	Avis Williams
Elizabeth Bryant	Alex Dinges	Stephanie Hubbard	Sara Moulton	Meaghan Ryan	Amy Wright
Jason L. Bryant	April Dowling	Bob Huie	Tom Moulton	Michael Schor	
April Butler	Natalie Easterling	Jerry Keith	Kirk Mueller	Mike Schor	
Ben Butler	Andrea Eckelman	Shelby Kile	Jorge Munoz Moya	Debi Secor	
Ali Callahan	Jennifer Ellison	Nathan Klenke	Jessica Nichols	Christy Sharp	
Chris Callahan	Jonathan Ford	Laura Kostelny	Griffin Oaks	Finn Sherer	

If you are a prospective member, welcome! We hope you will decide to join the BTC – the benefits are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. Visit the [BTC website](#) for more information.

Amy Wright
Membership Chair

[JOIN OR RENEW YOUR MEMBERSHIP ONLINE TODAY!](#)

Long Run Training Group

The BTC Long Run Group meets each Saturday at 6:00 a.m. in front of the Trak Shak in Homewood. Come join your fellow BTC members as we get ready for various upcoming races. Each week's mileage, routes and water stops can be found at <http://birminghamtrackclub.com/member-events.php> or on our Facebook page, BTC Saturday Morning Long Run.

For those of you who are not accustomed to training with a group (or those who haven't trained with our group, specifically), give us a try! Visit the [Group Runs Page](#) on the BTC website, or join the BTC Saturday Morning Long Runs Facebook page for updates and routes.

Happy running, y'all!
See you on the roads!

MEDICATION AND MILES

A Runner's Guide to "Blood Thinners"

By: Megan McCarter and Dima Huneidi, 2017 PharmD Candidates, and Kim Benner, PharmD

Anticoagulants, also known as "blood thinners," are medications a person may be prescribed when a blood clot or certain other medical conditions arise. Experts believe that patients, especially athletes, may be predisposed to blood clots because of risk factors that can include travel, trauma, immobilization, hemoconcentration (decrease in plasma volume) and polycythemia (a condition in which the proportion of blood volume that is occupied by red blood cells increases). Common medications that are considered anticoagulants are listed in Table 1. These medications interfere with the clotting cascade, the body's natural clotting process, to prevent blood clots.

Table 1. List of currently available anticoagulant medications

BRAND NAME	GENERIC NAME
Coumadin, Jantoven	Warfarin
Xarelto	Rivaroxaban
Pradaxa	Dabigatran
Eliquis	Apixaban
Savaysa	Edoxaban

Table 2. List of currently available antiplatelet medications

BRAND NAME	GENERIC NAME
Rite Aid Aspirin, CVS Aspirin, Walgreens Aspirin	Aspirin
	Clopidogrel
Plavix	Cilostazol
Pletal	Aspirin and Dipyridamole
Aggrenox	

Patients may be on anticoagulants for multiple reasons such as prevention of myocardial infarction (heart attack), cerebrovascular accident (stroke), deep vein thrombosis (also known as DVT), and atrial fibrillation management. Sometimes a medication known as an "antiplatelet" medication can be used instead of (or in rare circumstances, with) an anticoagulant. These agents also affect blood clotting but do not thin the blood per se. A common antiplatelet medication many patients may also be taking is aspirin. Aspirin works

by preventing platelets from aggregating (joining) together when an injury, such as a cut or scrape, occurs. Other antiplatelet medications are listed in table 2.

Taking an anticoagulants or antiplatelet medication does not necessarily mean a runner must alter his endurance activities or training, but athletes do need to be aware of the risks of these medications. The American College of Cardiology provides guidance on when athletes may consider returning to training after experiencing a clot such as pulmonary embolism (PE), DVT, or venous thromboembolism (VTE). If an athlete participates in non-contact sports, some physicians may clear a patient to return to activities as soon as three weeks after one of these events. However, for more serious or repeat cases, more time for recovery until resuming exercise may be recommended and a slow, gradual return to activities should always be recommended.

Anticoagulants can cause abnormal bleeding if the dose is too high, and a clot could form if the dose is too low. A test called the International Normalized Ratio (INR) is a measure used to determine blood clotting time. If the anticoagulant dose is too high, the clotting time will be reduced and vice-versa for a dose that is too low. Oftentimes, these medications are adjusted based on INR results. It is important for patients taking anticoagulants to check in with physicians on a routine basis to ensure they are taking the correct dosage of medication to prevent both clots and bleeds. Of note, lab tests are not routinely required for patients taking antiplatelet medications.

Patients on both types of medications also should be alert to any new bruises that may appear, or if an existing bruise is not healing. If a patient falls or is otherwise injured in a similar manner, it may be important to visit a physician to ensure she is not having any internal bleeding. Other signs that could be a sign of bleeding are dark stools, bleeding in the gums, or unusual or extreme fatigue.

Patients should be aware that the use of non-steroidal anti-inflammatory drugs (NSAIDs) should be avoided while taking anticoagulants or antiplatelets. NSAIDs also thin the blood and could thin the blood too much if used in combination with these medications. Common NSAIDs are ibuprofen and naproxen. Health care professionals should be made aware if you taking any of these medications. Some medications, such as certain antibiotics and "over-the-counter" (nonprescription) medications, interact with anticoagulants and could affect the thickness of the blood, therefore leading to a clot or serious bleed. It is important to inform trainers, coaches and even running buddies if you are on an anticoagulant in case an injury happens and a bleed occurs. Medical ID bracelets or Road ID products are excellent ways to make sure this information is readily available to others if needed.

A patient's diet should also be consistent while on these medications. Leafy greens (spinach, kale, collard greens, etc) can affect the efficacy of these medications and could cause the blood to be too thick or too

MEDICATION AND MILES

A Runner's Guide to "Blood Thinners"

"BLOOD-THINNER" BULLET POINTS

- Anticoagulants and antiplatelet agents typically do not affect training or endurance activities.
- Do be aware of any new bruises or unusual bleeding.
- Regular check-ups with a physician are important for monitoring for safety and efficacy of these medications.
- Diets need to be consistent while on anticoagulants, particularly the intake of green leafy vegetables.
- Alert all health care practitioners, coaches, trainers and running partners if you are on one of these medications.



thin depending on the amount of greens consumed. These variations can be decreased or eliminated if a patient is consistent with the amount of leafy greens she eats. For example, if she normally eats leafy greens twice a week, she should do so consistently rather than increasing or decreasing the amount or frequency of what she eats.

Overall, patients should have a good understanding about anticoagulants and what to watch for while on these medications. It also is important to note which other medications might interact with this class of medications and who should be notified about the patient's use of these medications. Anticoagulants are vital medications for certain medical conditions, but taking them does not mean a patient must stop running and other similar activities. Rather, extra precautions and diligence should be taken to ensure smart running and good health.

Megan McCarter, and Dima Huneidi are students at Samford University. Kim Benner is a distance runner and current Volunteer Coordinator for the BTC. When she's not running the streets of Birmingham, Kim is a clinical pharmacist at Children's of Alabama, a Professor of Pharmacy Practice at Samford University and a mother of two non-running (but soccer and lacrosse playing) boys.

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BTC RACE SERIES

Back again for 2017 is the ever popular BTC Race Series.

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Adam's Heart Runs
February 4, 2017

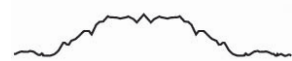


Statute to Statute 15K
April 1, 2017



Peavine Falls Run
July 4, 2017

PEAVINE FALLS RUN



Birmingham, Alabama

Vulcan 10K
November 4, 2017



This is a savings of at least \$40 off of the best early registration prices you would pay to register for each race individually! You must be a BTC member to register for the BTC Race Series, but this discount alone is well worth the membership, if you are not currently a member. Sign up for a BTC membership [today!](#)

In addition to your entries into each of these popular races, you will receive a BTC Race Series tech shirt with your entry fee. Read more about the BTC Race Series, the individual races, and sign up to participate on the [BTC website](#).

The Lake Martin 100

100 & 50 Mile Endurance Run

27 Mile Fun Run

March 18th & 19th, Russell Crossroads, Alabama

**The race is entirely on the private lands of the Russell Forest Trail System
3 Miles north of Kowaliga Bridge on Beautiful Lake Martin**



Use the BTC discount code "BTC-LM17" and save 10%

Volunteer Vibes

Thank you to ALL of the volunteers who helped us make 2016 a very successful race year!

We are working to gather the new volunteer rewards to honor those who worked so tirelessly last year so stay tuned! In the meantime, you can start earning your 2017 rewards by helping the BTC during the Mercedes-Benz Marathon Weekend. We will need plenty of volunteers to work the BTC booth at the race expo Friday and Saturday, as well as or BTC water stop (aka, the most fun water stop ever!) at Regions Park on race day, Sunday, February 12. Please sign up to [volunteer](#). Thank you, and I hope to see you there! Please reach out to [Kim Benner, BTC volunteer coordinator](#), to let us know how YOU want to be involved! #weheartourvolunteers



BTC Member Benefits Spotlight

Remember, as a member of the BTC, you are entitled to a whole host of benefits from area retailers – see a complete list on the BTC website. Remember to show your BTC membership card, which you can download to your phone for your convenience, and thank our wonderful partners for supporting the BTC. Membership has its privileges!



Missed out this time?

[Join the BTC or renew your membership today!](#)

BTC Merchandise

As the weather turns cooler, it's time to restock your shelves with the latest in BTC tech gear! Represent your club at home and especially when you travel to out of town races. BTC Merchandise Chair Karen West will keep us outfitted in style! [Email us to purchase](#), or look for the BTC table at the Vulcan Run and all upcoming social runs.

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It's easy!

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



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RRCA UPDATE

Registration is now open for the 59th Annual RRCA National Convention

The RRCA will host its 59th annual National Convention in Detroit on March 9-12, 2017. All RRCA clubs and members are invited to attend. The National Convention provides a chance for RRCA running clubs, events and coaches from across the country (including the BTC) to send representatives to not only meet other representatives, but to attend a variety of educational seminars.

The Convention will host over eighteen different education session opportunities for club leaders, event directors, and coaches to learn about best practices and critical issues facing the running community. Keynote speakers will inspire and motivate participants during luncheons and dinners scheduled throughout the Convention. The Convention culminates with the National Running Awards Reception and Banquet on Saturday evening and the RRCA National 5K Championship, the Corktown Races 5K.

Any member with an interest in attending the Convention may do so. For more information, or to register, see the RRCA [website](#).



Moderate Distance Run Group

Looking for a fun group run opportunity with a few less miles than the BTC Long Run routes? The Moderate Distance Run Group is for you! The group meets at 6:30 a.m. each Saturday and typically runs routes ranging from 5-7 miles. These routes often are similar to the Long Run routes.

Interested in fun volunteer position with the BTC? Moderate Distance Run Coordinator Mark Criswell could use a partner to assist him with coordinating the group, which would entail coordinating water stops and selecting routes as appropriate. Please contact [Mark](#), to volunteer. Help us keep this group running strong!



1200 MILE CLUB

Attention all BTC Members!

Registration is now open for the 1200 Mile Club for 2017. Registration will remain open until March. Do not miss out on this opportunity to be rewarded for your hard earned miles! First-time finishers are entitled to purchase a coveted 1200 Mile Club jacket for a nominal fee. Recurring finishers receive patches to display for the years they complete the challenge. The rules are the same as last year: any miles that you would put on your training log can be counted towards your goal of 1200 Miles (elliptical, rowing machine and biking miles do not count). If you think you have what it takes to complete the challenge, or maybe you aren't sure but want to give it a try, [sign up today](#). Registration is free to all active BTC Members. Are you not a member? Or, has your membership lapsed? Go [sign up now](#) and register for the 1200 Mile Club!



Cumulative miles submitted through January 31, 2017 are listed below. For a complete listing of monthly totals, [click here](#).

Please remember to submit your miles early in the month so that they are reported correctly in *The Vulcan Runner*. Reporting miles is easy: simply click on the link provided in the email you will receive at the end of each month, select your name from the drop down menu, and hit "submit" – done!

PARTICIPANT	YEARS	TOTAL	JAN
Abernathy, Darrin	R	0	
Anderson, Adrianna	R	46	46
Anderson, Kerri	1	127	127
Armstrong, Ashley	R	0	
Arnold, Brad	R	115	115
Barnes, Jimmie	2	0	
Bass, Andy	1	117	117
Beasley, Cathy	R	0	
Belcher, Michelle	4	178	178
Benner, Kim	4	112	112
Bittle, Anna Marie	R	95	95
Black, Dylan	1	0	
Boackle, Larry	1	0	
Boackle, Tomie Ann	1	0	
Boger, Joe T	R	100	100
Bonatz, Ekkehard	8	0	
Booher, Lisa	5	64	64
Bowman, Brian	R	0	
Bowman, Leisha	R	21	21
Brakhage, Victoria	1	43	43
Bridwell, Hunter	R	0	
Bromstad, Murray	1	0	

PARTICIPANT	YEARS	TOTAL	JAN
Broome, Mary	R	54	54
Brown, Charlie	5	124	124
Brown, Michael	3	46	46
Brown, Sean	3	54	54
Bryant, David	3	0	
Callahan, Chris	R	101	101
Callahan, Rachel	2	107	107
Carey, Christopher	3	0	
Carter, Adrienne	R	102	102
Chadha, Jennifer	R	0	
Chandler, Teresa	7	0	
Clay, Brad	9	0	
Clayton, Yocunda	2	103	103
Clemons, Sam	1	0	
Cleveland, Jeff	R	100	100
Cliett, Stephanie	2	164	164
Clowers, Addison	2	210	210
Collins, Nathan	R	0	
Connors, Michael	R	80	80
Corrie, David	1	0	
Corrin, LaRonda	R	50	50
Cramer, Robyn	R	135	135

PARTICIPANT	YEARS	TOTAL	JAN
Cramer, Steve	R	28	28
Crawford, Allen	1	137	137
Crawford, Kimberly	1	132	132
Crowson, Bill	1	143	143
Crumpton, Dan	3	175	175
Crumpton, Melinda	R	32	32
Cutshall, Hannah	R	0	
Davidson, Dow	R	34	34
Deering, Anna Katherine	R	0	
Deering, Chris	R	0	
Dell'Italia, Pat	1	120	120
Denton, Matt	4	121	121
Deuel, Jan	R	125	125
Dowling, April	R	106	106
Duke, Cindy	1	107	107
Dunnaway, Roberta	1	125	125
Easterling, Natalie	1	0	
Ellison, Jennifer	R	0	
Estes, Jeff	1	60	60
Evans, Debbie	3	106	106
Fontenot, Misty	R	123	123
Franklin, Shane	5	0	

1200 MILE CLUB

PARTICIPANT	YEARS	TOTAL	JAN		PARTICIPANT	YEARS	TOTAL	JAN		PARTICIPANT	YEARS	TOTAL	JAN	
Freeman, Sheila	R	130	130		Long, Kristin	R	0			Secor, Debi	1	182	182	
George, Meredith	R	31	31		Lyles, Chris	1	0			Seeley, Mimi	R	75	75	
German, Brandon	1	0			Madison, James	R	140	140		Shaffield, Danny	3	179	179	
Gibson, Darrell	2	0			McNair, Kelly	3	0			Shaffield, Mitzi	1	98	98	
Goode, Johnny	7	0			McTune, Mark	4	75	75		Sherer, Jeremy	R	116	116	
Graham, Jonathan	R	0			McVey, Simon	2	103	103		Shinn, Ronald	6	80	80	
Grammas, Marianthe	R	129	129		Merry, Vicki Sue	4	204	204		Shirley, Scott	3	255	255	
Grossmann, Christopher	5	83	83		Mickens, Cassandra	1	87	87		Sides, Dean	2	129	129	
Gullapalli, Satya	3	109	109		Millsap, Lanier	2	0			Simpson, Kevin	3	258	258	
Haley, Jay	1	116	116		Miyasaki, Nathan	1	0			Sims, Robert	3	188	188	
Hall, Thomas	R	94	94		Morgan, Cary	6	262	262		stark, patrick	R	5	5	
Haralson, Danny	8	108	108		Morris, Gordon	R	110	110		Stevens, Johnathon	R	225	225	
Haralson, Micki	9	0			Morris, Justin	3	163	163		Stockton, Rick	9	107	107	
Hargrave, Alan	9	103	103		Morris, Phil	R	93	93		Stokes, Beth	R	0		
Harrelson, Heather	3	126	126		Morrow, Alex	6	217	217		Stoves, Adam	R	89	89	
Harris, Ashley	R	26	26		Mote, Darrell	1	0			Swiney, Elana	R	104	104	
Harris, Vickie	1	104	104		murchison, reginald	3	164	164		Talley, Beau	4	134	134	
Harrison, Lisa	5	116	116		Nagy, Lisa	1	115	115		Talley, Shellie	R	87	87	
Harry, April	R	116	116		Nichols, Jessica	R	65	65		Talley, Sydney	R	0		
Havicus, Cari	1	0			Oehrlein, Kimberly	R	102	102		Thornton, Dean	5	34	34	
Hayden, Brittany	R	0			Oliver, Greg	3	176	176		Trimble, Jamie	2	106	106	
Heaton, Bryan	2	0			Oliver, John	2	128	128		Tyler, Kim	R	56	56	
Henley, Monica	3	149	149		Orihuela, Carlos	1	114	114		Varnes, Vickie	3	210	210	
Henninger, Alison	2	113	113		Ortiz, Amber	R	100	100		Walker-Journey, Jennifer	2	104	104	104
Hightower, Rylie	R	6	6		Padgitt, Scott	R	140	140		Walker, Caroline	1	88	88	
Hill, Susan	3	0			Payson, Tabitha	R	79	79		Watkins, Janet	1	99	99	
Holmes, Chris	R	121	121		Payson, Tommy	1	97	97		Watson, Thomas	R	123	123	
House, Beth	4	0			Peagler, Shana	5	0		Watters, Robert	2	128	128		
Hubbard, Stephanie	R	0			Pearce, Julie	5	154	154		Wayman, Meghan	R	244	244	
Huff, Anne	R	96	96		Pearson, Blake	3	0		Weber, Amy	1	134	134		
Ingram, Joseph	4	85	85		Pearson, Mary Scott	2	0		Weber, Lauren	R	0			
Izard, Georgia	1	0			Pelkey, Lauren	R	149	149		Weeks, Lance	2	100	100	
Izard, Melody	2	0			Plante, David	4	0		Wells, Bradley	1	0			
Jefferson, Tracy B.	1	107	107		Portwood, Paul	2	104	104		Wende, Adam	2	106	106	
Jenkins, Kaki	3	141	141		Ralph, Meghan	2	114	114		Whillock, Amber	R	0		
Johnson, Christy	R	0			Renn, Deanna	1	156	156		White, Dennis	R	48	48	
Johnston, Latta	1	0			Richards, Amy	R	0		White, Robin	R	0			
Joseph, Jeremy	R	0			Richardson, William	2	121	121		Whitt, Trey	3	163	163	
Kearley, Christy	1	68	68		Roberson, Kevin	2	127	127		Windle, Dale	2	103	103	
Kearley, Stephen	1	115	115		Roberts, Fletcher	2	0		Wiseman, Steve	2	109	109		
Keefer, Herb	1	0			Robinson, Niki	R	52	52		Wood, Scott	1	165	165	
Kemper, Tricia	2	141	141		Robinson, Rod	R	49	49		Woody, Bill	8	152	152	
Kendrick, Tom	R	29	29		Rocha, Roger	3	123	123		Wright, Amy	1	0		
Knight, Diane	2	72	72		Rodgers, Jessica	R	100	100		Wu, Xing 7	128	128		
Kulp, Loren	1	100	100		Roper, Lynn	R	0		York, Gary	3	123	123		
Lahti, Tyler	R	120	120		Rose, Billy	2	175	175		Young, Dorothy	R	0		
Laird, Audrey	2	129	129		Rosser, Joey	R	90	90		Young, Eric	R	0		
Langston, Aaron	2	125	125		Rutherford, Keith	9	134	134		Zeanah, Cary	R	43	43	
Langston, Richard	4	106	106		Rutledge, Lisa	2	0		Zehnder, Justin	6	112	112		
Lauderdale, Beth	R	118	118		Ryan, Meaghan	1	144	144						
LeCroy, Sarah	R	135	135		Schor, Mike	1	197	197						
Lee, Koren	R	0			Schor, Mike	1	197	197						

SIXTH ANNUAL RESOLUTION RUN

at Red Mountain Park, December 31, 2016



SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Email photos to: Newsletter@BirminghamTrackClub.com



Dean Thornton on a training run in Antigua



David Plante with Sascha and Robert Plante in Kaprun Austria



Satya Gullapalli and Kellan Selle



Kellan Selle and Monica Henley – Mercedes Preview Run



More Mercedes Preview Fun

FEETS OF STRENGTH



Despite the crazy weather, lots of BTC members have been running great races, achieving some PR times and amassing some impressive accomplishments. Running may be an individual sport, but it's the encouragement and support of our fellow runners that makes it fun! Let us [know](#) about your accomplishments so we can celebrate YOU!



BTC member **Kerri Anderson** is a good case study for coming back stronger after injury – shortly after running a new 5K PR of 24:39, Kerri spent a month and a half in a boot recovering from an injury. After a smart recovery and persevering with her training, she ran her first full marathon in November (Rock 'n Roll Savannah) and two weeks later, she ran her 10th half marathon (Magic City), achieving a new PR of 1:59! Way to go Kerri!

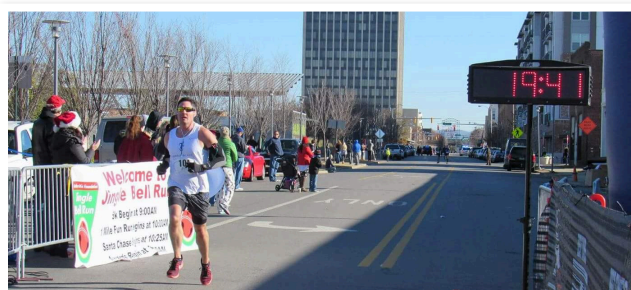
BTC Volunteer Coordinator **Kim Benner** completed three marathons in 90 days: the Chicago Marathon in October (her second fastest marathon), the Rocket City Marathon nine weeks later (where she set a three minute PR), and her fifth-in-a-row Disney Marathon four weeks later, where she ran a course PR. Kudos, Kim!



Also running the Rocket City Marathon -- and achieving an incredible 21 (!) minute PR with his time of 3:25:50 -- was **Christopher Carey**. Christopher credits his great training plan and a strong training cycle for getting him to the start feeling better and stronger than he'd ever felt before. Way to go, Christopher!

BTC member **Hannah Cutshall** (daughter of BTC member Debi Secor) was just named President of the Vanderbilt Running Club. A Junior at Vanderbilt, Hannah is a Dean's list scholar and a student manager of an on-campus restaurant who still manages to log an average of 40 miles per week. Look for Hannah back in Birmingham as she returns to run the Mercedes Half Marathon in February in preparation for the Music City Marathon in April.

Helen Pritchard was a rookie initiate into the 1200 Mile Club with an impressive 150 miles in December, shortly after giving birth to her first child. Go Helen!



Runners are nothing if not determined, and that certainly holds true for **Billy Rose**. Billy spent two years working towards his goal to break the 20:00 mark in the 5K – he achieved (shattered!) that goal at the Jingle Bell Run 5K in December, running an impressive 19:40. Way to go, Billy!

Big congratulations to **Kevin Simpson**, who achieved a shiny new PR and his first BQ time at the Rocket City Marathon. Great job, Kevin!



Congratulations to **Amy Wright**, who challenged herself to complete 2016 miles in 2016 – she accomplished this lofty goal at the Resolution Run at Red Mountain Park on December 31. Way to go, Amy! Pictured with Amy are Teri Chandler, Brian Wright, and Leigh Colpack, all of whom helped Amy achieve this feat of strength!

Keep running strong, BTC!

BTC EXECUTIVE BOARD MEETING

January 10, 2017

Attendance: Alex Morrow, Monica Henley, Darnell Allen, Darrell Gibson, Kim Benner, Karen West, Vicky Brakhage, Alan Hargrave, and Julie Pearce

The meeting was called to order at 6:00 PM in the Treehouse Room, Vestavia Hills Library.

The minutes of the December meeting were approved unanimously.

FINANCIAL REPORT: Monica Henley provided a financial update. All BTC races made a profit this year. The Club is in great shape financially. Taxes and dues have been paid up for the year, and 1099's have been filed. Checks have been issued for BTC donations to the Vulcan Park Foundation, Girls on the Run and the RRCA. Set Up Timing has presented a bid to handle all BTC races (\$14,000 - same amount as 2016). Monica made a motion to allocate \$14,000 for timing services for the 4 BTC races; Julie Pearce seconded, and the motion was approved without further discussion or opposition. Alan asked about the logistics of the timing company entering all registration data (rather than just timing data) and extracting data just before the race, which would decrease manual input after races. Alex will discuss this with Set Up Timing.

NEWSLETTER REPORT: Julie Pearce gave a report on *The Vulcan Runner*. Submissions for the February newsletter are due by Monday, January 23, 2017. A list of deadlines for the remainder of 2017 were distributed:

February issue	Monday, January 23, 2017
March issue	Monday, February 20, 2017
April issue	Monday, March 20, 2017
May issue	Monday, April 17, 2017
June issue	Monday, May 22, 2017
July issue	Monday, June 19, 2017
August issue	Monday, July 25, 2017
September issue	Monday, August 21, 2017
October issue	Monday, September 18, 2017
November issue	Monday, October 23, 2017
December issue	Monday, November 20, 2017

Nominations have been submitted to RRCA for the RRCA National Running Awards. *The Vulcan Runner* has been nominated for "Outstanding Club Newsletter" and five newsletter writers have been nominated for the "Excellence in Running Journalism" award.

BTC member Ryan Boswell is now handling graphic design for *The Vulcan Runner*, which is a paid position. Alan Hargrave noted that this is permissible under BTC Bylaws because Ryan is providing a specialized service to the BTC.

RESOLUTION RUN: Alex Morrow reported that the Resolution Run on December 31 had a huge turnout and was very successful.

ANNUAL PARTY: Alex Morrow reported on the Annual Party, which is January 28. Award nominations have been provided to Jennifer Andress. Please email your votes to her. Jennifer chairs the Nominating Committee, which will propose a slate of officers for next year's Executive Board. Nominations will also be taken from the floor, in accordance with BTC Bylaws. We will not have a board meeting prior to the party.

1200 MILE CLUB: Alex Morrow reported on the status of 1200 Mile Club for Addison Clowers. Jackets and patches have been selected. Alex made a motion to approve up to \$3,000 on jackets and patches, with the understanding that the BTC will be reimbursed by members for a portion of the cost of the jackets. The motion was seconded by Darnell Allen and approved without further discussion or opposition.

ADAM'S HEART RUNS: Adam's Heart runs will be held on February 4, 2017 at Oak Mountain. Thus far, 23 participants have signed up for the BTC Race Series.

MERCEDES MARATHON WEEKEND: Kim Benner reported that the BTC will host a waterstop during Mercedes. She will need volunteers for the waterstop, as well as the BTC booth at the expo. Alex Morrow made a motion to approve \$1,000 to cover the Club's costs for waterstop and both materials. The motion was seconded by Alan Hargrave and approved without opposition. Kim and Darrell Gibson will coordinate the waterstop. Registration for Statute to Statute will be \$5 off at the BTC booth during Mercedes.

Monica Henley reported that the first of two Mercedes Course preview runs is scheduled for Sunday, January 16. The Mercedes Marathon is sponsoring this run at no cost to the BTC.

JAPAN EXCHANGE: Mary Lee McMahon is coordinating the Japan Exchange. Participants must be selected soon.

MERCHANDISE: Karen West reported that many ¼ zips and hoodies were sold at the Resolution Run. The costs of these items has mostly been covered by sales to date.

MEMBER BENEFITS: Alex Morrow reported that Brian Atkins has agreed to serve as Membership Benefits Coordinator. He will also serve as Assistant Race Director for Peavine Falls. Welcome, Brian!

STATUTE TO STATUTE: Statute to Statute is now open for registration.

RRCA: The annual convention is in March. Alex Morrow made a motion to approve the cost of sending the BTC President to the RRCA Convention in Detroit (est. \$1,300). Darnell Allen seconded the motion, and it was approved without further discussion or opposition.

There being no further business, the meeting was adjourned. The next meeting is Monday, February 13, 2017.



BTC Membership application

Single: ☐ Family: ☐ Renewal: ☐ Gender: ☐

First Name:

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Last Name:

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State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F

3. _____/_____/_____/_____/ M F

4. _____/_____/_____/_____/ M F

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	February 11, 2017	6:00 a.m.
Regions Superhero 5K	February 11, 2017	8:00 a.m.
Mercedes Marathon, Half Marathon and Marathon Relay	February 12, 2017	7:00 a.m.
Half Marathon Rivalry Series	February 12, 2017	7:00 a.m.
BTC Board Meeting	February 12, 2017	
BTC Saturday Long and Moderate Run Groups	February 18, 2017	6:00 a.m.
UAB Annual 5K and 1 mile Fun Run	February 18, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 25, 2017	6:00 a.m.
Carnival Frolic 13.2 (Decatur)	February 25, 2017	7:00 a.m.
Mount Cheaha 50K (Delta)	February 25, 2017	7:30 a.m.
Russell Forest Run 10K and 5K (Russell Crossroads)	February 25, 2017	7:45 a.m.
Rock the Comet Marathon and Half Marathon (Rockmart, GA)	February 25, 2017	8:00 a.m.
Ladiga Marathon and Half Marathon (Piedmont)	February 26, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 4, 2017	6:00 a.m.
Tuscaloosa Half Marathon and 5K	March 4, 2017	7:00 a.m.
Race to Remember 10K and 5k (Albertville)	March 4, 2017	8:00 a.m.
Erlanger Chattanooga Marathon and Half Marathon	March 5, 2017	8:00 a.m.

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