



BIRMINGHAM TRACK CLUB
★ WHERE RUNNERS ARE FORGED ★

THE VULCAN RUNNER

September 2017 **9**



COMING TOGETHER IN UNITY

By Eric Thomas

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COMING TOGETHER IN UNITY

By Eric Thomas

70

Seven-Zero. It's a pretty significant number. Seventy miles per hour. Seventy home runs. Seventy years. Seventy just seems like a lot. When you think about grouping stuff together, it is a big number. Let me see if I can try it: The BTC, BPRBS, BRATS, F2FS, BUTS, Run University, Resolute Running, Cadence, BGR, Running Lane..... Down to 60.....Mruns, Cahaba Distance Project, Village Runners, BMR, HERG, NYRR, ATC, HTC, Alabama Striders, NRC.....50. Christian, Jewish, Islamic, Catholic, Baptist, Southern Baptist, Methodist, Buddhist, Atheist, Agnostic.....40. Protestant, Mormon, Republican, Democrat, Independent, Single, Married, young, not-so-young, tall, short.....30. Let's see if I can keep going; student, teacher, doctor, lawyer, accountant, coach, business owner, janitor, writer, artist.....20. Trainer, waiter, photographer, philanthropist, chef, fireman, professor, policeman, gay, straight.....10. The NRA, NAACP, Alabama, Auburn, UAB, Native American, Indian, Black, White, Hispanic....0. Whew!

Seventy labels, associations, categories, affiliations, beliefs. . . . Call it what you will but call it a lot. Why did I go to the trouble to list all of them? Well I just wanted to point out the fact that 70 of anything is a lot, and that is what we had at our Unity Run on a recent Sunday morning in downtown Birmingham at Railroad Park. Yes seventy souls -- seventy red-blooded boys, girls, men and women, plus a few four legged friends for good measure. Shortly before 6 a.m., we all gathered together for one reason, well maybe two, but those reasons had nothing to do with the various labels, affiliations or categories with which we may identify sometimes. Seventy people, who just wanted to put our soles to the pavement in unison for at least 70 minutes, to show solidarity for other human beings who had become victims for no earthly good reason the week before, more than seven hundred miles away in Charlottesville.

And it didn't take a vote, a march, an act of Congress or any other major consensus to make it happen. It all started when Michael Gann reached out to Jerri Haslem and me through Facebook (yes something positive can actually happen through Facebook -- who knew?) and asked what we thought about doing a unity run with the BRATS group and our group, BPRBS. As soon as I saw



the message, I thought, "we've got to make this happen." So I responded to him, and a run came together just like that. Different groups and different people, but all with a desire to come together in unity with each other.

Some people might say, well what's the big deal about a group of runners coming together for a unity run when the rest of the world doesn't know anything about it? It's not like a run in Birmingham, Alabama made the victims in Charlottesville, Virginia feel any safer. Our run didn't inspire President Trump to sit down with Kim Jong Un and promise to make peace not war. It's definitely not going to make AT&T and Verizon quit claiming who has the largest and best network. (Sprint and T-Mobile are probably mad that I didn't compare them, but you know what? Truth is they all are probably good, and they all probably suck just a little too, so it's just a matter of which one you have at the moment).

The big deal about the unity run is that it happened here, in downtown Birmingham, on a Sunday morning before church. See, if you are from here and even if you are not, you know we've come a mighty long way. From the turbulent, violent, and segregated 60's where our city was "ground zero" for the Civil Rights movement, through the '70's (there goes that number again, lol) when we began the healing process, up through the 80's, 90's, and continuing through today, we have come so far.

CONTINUED ON NEXT PAGE

COMING TOGETHER IN UNITY



Birmingham is no longer a place where we hide the racial scars of our past that once marred this beautiful Southern city. Now we embrace the legacy and diversity that was “birthed” to truly make this city progressive when it comes to social acceptance. No, we are not perfect, and we are not trying to be perfect. But we do know all too well what can happen when bad ideas and evil intentions come together. So for that very reason, we knew that no matter how small or insignificant one unity run may seem to the masses, we also know that tiny acorns produce giant oak trees. This city that I love abounds with the history of men and women who displayed incredible courage in the face of astounding hate. You need look no further than the name of our city’s airport for evidence of such men.

So there we were on a very early Sunday morning where the only label that mattered was “runner” (don’t dare call us joggers). Where just about every group that I mentioned above was present, and most if not all of us fell into several categories or groups or demographics. The morning wasn’t about designation or separation. The Catholics weren’t mad at the Baptists for having them up early on a Sunday morning. The Resolute Runners weren’t mad at the BRATS for making them run downtown. The Republicans weren’t mad at the Democrats; Blacks weren’t mad at Whites. The only thing that mattered at that moment was enjoying another day on our feet on God’s green earth – something that is way too easy to take for granted these days. Like my friend Michael Gann said after I finished with a group prayer, “I think everyone in the world would get along much better if they got up early every day and ran six miles together!” Amen brother. Amen.

SAVE THE DATE!
ADAM'S HEART RUNS ARE ON THE MOVE!
SAME TIME, SAME PLACE, NEW DATE!
SATURDAY, JANUARY 20, 2017

PRESIDENT'S ADDRESS

By Monica Henley



Hello, BTC!

We are closing out the summer (not sure the heat and humidity got that message though. . .) and setting our sights on the Vulcan Run 10km on November 4! Once again, the BTC's premier race will be the RRCA State 10km Championship. If you have not yet signed up for the race, you can do so [here](#). For \$40 bucks you get a great race with an awesome after party. And we should – fingers crossed -- have much cooler temps by then. Price increase is September 30, so don't delay!

Social Chair Loren Traylor is hard at work planning our next social, which will be held on October 7. Our Long and Moderate Saturday runs will preview the Vulcan Run course. The social will be sponsored by our friends at Eskridge and White. Both groups will start from Eskridge and White's Lakeview Office, which is two blocks from the Vulcan Run Course. Come and join us for coffee, food, and door prizes!

Speaking of socials how did you guys like the Surprise Social we had last Saturday? Huge shout out to the folks at Lululemon for putting on an awesome event. Now that is how to start off a Saturday! A nice run, food, drink, music, and fabulous door prizes. . .and to top it off, spending time with over a hundred of your fellow BTC runners. I just love surprises!!

The Summer Sizzling 5k Challenge sponsored by Therapy South is three quarters of the way complete. The third race, Just A Call Away

5k, showcased a fast course, had a great after party and presented cool awards. Lisa Booher does a fantastic job with this race. Despite the heat and humidity, I've heard of several folks who ran PRs at this race – congratulations! We will be wrapping up the series on September 23 at Railroad Park with the St. Judes 5k. I hope everyone has a great last race. I will not be able to make this race because of a small event across "the pond" on Sunday the 24, but the rest of the BTC gang will be there to cheer you on!

And finally, ask and you shall receive! We have had many requests for the Arthur Black BTC Logo shirts. We are having more printed, and they will be available at the social on October 7 along with other BTC Merchandise. These shirts are very popular and will sell out fast.



It has been a great summer, and we are looking forward to more fun times this fall!

See you on the roads!

Monica Henley
BTC President

NOVEMBER 19 • 2017 THE MAGIC CITY HALF MARATHON & 5K AT BEAUTIFUL REGIONS FIELD

START AND FINISH AT REGIONS FIELD IN DOWNTOWN BIRMINGHAM, AL
BENEFITS THE RUBEN STUDDARD FOUNDATION
FOR THE ADVANCEMENT OF CHILDREN IN THE MUSICAL ARTS



REGISTRATION IS NOW OPEN!



WWW.MAGICCITYRUN.COM



BIRMINGHAM TRACK CLUB SOCIAL UPDATE



Thank you to Lululemon for an awesome surprise run social on August 26.

It can't get much better than a great run with a huge BTC crowd, post-run yoga, O'Henry's coffee, Steel City Pops, City Bowls treats and some great Lululemon surprises.



2017 Officers



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Monica Henley
president@birminghamtrackclub.com



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vicepresident@birminghamtrackclub.com



Secretary

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secretary@birminghamtrackclub.com



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pastpresident@birminghamtrackclub.com



BTC Committees



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BTC Race Directors

Adam's Heart Run Lisa Booher adamsheart@birminghamtrackclub.com
Statue 2 Statue Judy Loo statue2statue@birminghamtrackclub.com
Peavine Falls Alex Morrow peavinefalls@birminghamtrackclub.com
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

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Carlos Agea	Katie Criswell	O'Neal Holmes	Skip Mathews	Colin Soniat
Soubhi Azzouz	Mark Criswell	Joshua Jacks	Mike McCutchin	Seth Tibbs
Kristina Bacon	Tina Criswell	Whitney Jacks	Simon McVey	Jermaine Wall
Susannah Baker	Jessica Duckett	Joe Kendrick	Julie Miller	Malissa Wall
Will Baker	Rayna Dyck	Tom Kendrick	Lauren Mitchell	Ryan Walley
Roger Baldwin	Tim Easterling	Danner Kline	Darrell Murphy	Ana Watters
Lola Braithwaite	Amy Edgerton	Hanna Lahr	Carlos Orihuela	Heather Watters
Klancy Brewer	Henry Edgerton	Joseph Lahr	Lauren Pelkey	Larkin Watters
Melissa Carden	Ian Edgerton	Amy Lamoreaux	Paul Portwood	Robert Watters
Laura Chaath	Kate Edgerton	Eric Lopez	Myrna Rodriguez	Russell Williams
Alyssa Clay	Chris Farrington	Andrew Love	Catherine Ronson	Chad Williamson
Leigh Coan	Stephanie Farrington	Anna Kate Love	Lynn Roper	Lori Williamson
Erica Cochran	Elizabeth Gallagher	John Love	Jamie Routman	Mark Wilson
Renato Corbetta	David Gottlieb	Julianne Love	Joseph Sargent	Mason Wingard
Dale Cordel	Remarcus Gray	William Love	Chris Sheppard	Dante Wormley
Jeffrey Criswell	Karyn Hetherington	Jeannie Mak	Gretchen Sheppard	Shannon Wormley

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.

Vicky Brakhage
Membership Chair

JOIN OR RENEW YOUR MEMBERSHIP ONLINE TODAY!

TWO GREAT RACES!



OVER THE MOUNTAIN 10K CHALLENGE

Birmingham Wine 10K
March 3, 2018
wine10k.com



Village 2 Village 10K
March 10, 2018
village2village10k.com

ONE AMAZING CHALLENGE!

VULCAN RUN



NOVEMBER 4TH, 2017
43RD ANNIVERSARY VULCAN RUN 10K
ALABAMA STATE 10KM CHAMPIONSHIP



CHAMPIONSHIP RACE

WWW.VULCANRUN.COM

REGISTER TODAY!

#WHYIRUN

By Danner Kline



I run to silence the voice of doubt in my head.

The summer before I started fifth grade, we moved from our home in Marietta, Georgia to Waco, Texas. At my elementary school in Marietta, we played soccer during recess. In Waco, they played football. I knew nothing about football and was too embarrassed to ask.

All the kids in Waco had been going to school together since kindergarten, so they all knew each other. I was the new kid -- overweight, with no athletic ability in a world where football was life itself. I was always picked last for teams during P.E. Kids made fun of me.

An extreme introvert, I wasn't good at making friends. The self-doubt I internalized from the ridicule of my weight and my athletic ineptitude made everything worse.

That self-doubt which first crept into my mind in fifth grade has followed me throughout my life. It's a voice that whispered in my ear I couldn't do the things others could do.

We moved back to Marietta before I began sixth grade and I reconnected with old friends, but the damage was done. The voice of self-doubt was always somewhere in my mind, lurking.

I gained a little confidence when I lost weight during puberty. Later, I began to get comfortable in my own skin in college. I went to Samford University, where it felt like I was getting a fresh start. I made wonderful friends. It was there I met and fell in love with the woman who would become my wife. After graduation I quickly found a good job.

But a couch potato lifestyle took its toll. I settled into married life and the weight started creeping back up. I went on a low carb diet.

Lost the weight. It came back. I meticulously counted calories and lost the weight again. It came back. I ran regularly for a few months and watched what I ate, lost the weight again, then lost interest in running. The weight came back.

In the spring of 2013, weighing around 200 pounds at five feet, ten inches, I realized I was putting my life at risk. I have a family history of heart disease and I knew if I didn't permanently alter my lifestyle, I was on a fast track to a heart attack.

So I started running. For real this time. And after a few months, I discovered something.

I was good at it. Me, the fat kid, terrible at all sports, picked on, always battling that voice of self-doubt. I made great progress with my running.

I started with run/walking short distances. Then cut out the walking. Then increased the distance. Then increased my pace.

Within six months of dedicating myself to running, I started eyeing the Vulcan Run 10K. I skipped right over the 5K step because I was regularly running 5 - 6 miles and a 5K already seemed too short.

I finished that first 10K in 53:05, an 8:32 pace. I couldn't believe it. In a little over six months I went from being dangerously overweight to running a 10K in 53 minutes. With no training plan and no help or advice from anyone.

I caught the racing bug and proceeded to run four more 10Ks with a PR of 41:19, six half marathons with a PR of 1:34, four marathons

with a PR of 3:17, and along the way tossed in a couple 5Ks with a PR of 18:54. Those aren't elite times, but they are unbelievable times for the fat kid with no athletic ability.



#WHYIRUN



As it turns out, I simply didn't find the right sport until I was 34 years old.

But I got burned out on the pursuit of ever faster marathon times. Speedwork is murder, and I dealt with a couple back-to-back injuries.

Now, I've added a different kind of running to my life: running for Congress in Alabama's 6th district. The mental discipline I'd been engaging for running workouts is needed elsewhere.

Of course, I found a way to integrate my love of actual running with my run for office. I'd been mulling over making the jump to an ultramarathon for at least a year. It occurred to me I could run a 12 hour ultra as a campaign fundraiser.

That's the next step in silencing the voice of self-doubt. Running nonstop for 12 hours sounds insane to anyone outside the small world of ultra runners. As I write this I cannot imagine completing the entire race. How is it possible to run that long?

But I will put in the miles to train properly and prove that voice of self-doubt is wrong.

It has always been wrong.



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

Diabetes on the Run (Part I)

By Stephanie Brennan, 2018 PharmD Candidate and Kim Benner, PharmD

Hypoglycemia, or low blood sugar, is a condition that most commonly occurs in people with diabetes and is more common when taking too much blood glucose lowering medication, skipping meals, or exercising more than usual. Blood sugar, or glucose, is an energy source for the body that primarily comes from carbohydrates. It is absorbed from the bloodstream into the cells of the body with the help of a hormone called insulin, which is produced by the pancreas.

When your body cannot get enough glucose from blood, you can develop symptoms of hypoglycemia, which can include blurry vision, sweating, shaking, dizziness, confusion, fatigue, passing out, and in rare cases, seizure or coma. These effects are more significant the lower your blood sugar gets and can sometimes be a medical emergency. Milder symptoms such as blurry vision, sweating, and dizziness can be treated with easily digestible carbohydrates, such as juice or regular non-diet soda, crackers, hard candy or glucose tablets, but more severe symptoms may require notification of emergency health personnel. In cases where a person who may be hypoglycemic is unconscious, they should never be given anything by mouth, as they could choke.¹

Not only can diabetics suffer from hypoglycemia, but endurance athletes can as well. When running long distances, the body will first burn stored carbohydrates, then will burn body fat to maintain the energy needed to complete the run. This can cause blood sugar to drop to levels that can cause symptoms of hypoglycemia, though there are strategies to help prevent this.

One strategy to prevent hypoglycemia is a carbohydrate rich diet, which increases stored carbohydrates to sustain blood glucose levels throughout the day. A carbohydrate-loading diet is intended to increase the amount of carbohydrate stores in muscle to prevent blood sugar from dropping too low. One way to facilitate this is to begin decreasing your carbohydrate consumption by about 50% approximately one week prior to your event to deplete your carbohydrate stores. Then about 3-4 days before the event, increase carbohydrate intake to 70% of daily calories and cut back on high fat foods. At this time, it is best to decrease activity to encourage storage of carbohydrates rather than using them for energy.²

There may be concern that runners have a tendency to focus on their goal of finishing at the expense of what their body is telling them, and as such may miss early symptoms of hypoglycemia until they become more severe. Furthermore, sweating, which is one of the major symptoms of hypoglycemia that presents early on, would be very easy to attribute to the level of activity required to complete distance running and thus could be missed.

In people who have either type 1 or type 2 diabetes who also are runners, concerns for hypoglycemia are even more pronounced. A 1988 study in the Diabetes Care journal examined blood glucose levels between diabetic and nondiabetic runners over the course of a three hour run

and found that diabetics had significantly lower blood glucose levels over the course of the activity than nondiabetics, and that diabetics also had a significantly higher level of ketones after the run.³ Both of these metabolic changes can predispose diabetics to adverse health effects and can lead to hospitalization if untreated. Therefore, it is imperative to monitor blood glucose closely during strenuous and prolonged activity.

Some tips for diabetics while on a run are included in the table. Diabetic runners should always carry identification (i.e. a medic alert bracelet), a glucose meter, and some glucose tablets. In addition, it is best to try to match calories in and calories burned with the amount of insulin taken.⁴ Dehydration from sweating, which can be worse during the summer months, has to be taken into account as well. Having high blood sugar to begin with can increase the risk of dehydration.

Tips for Diabetic Runners
Wear diabetic identification (i.e. medic alert bracelet)
Carry glucose tablets or juice when you run
Have a buddy system
Be sure to listen to your body

Diabetics who control their diabetes through diet and exercise are not at an increased risk for hypoglycemia, but for those who are on medication to control their diabetes, some medications can predispose patients to hypoglycemia. It is important to be aware of which medications can cause hypoglycemia. Stay tuned for Part II of "Diabetes on the Run," in which where we will discuss different diabetes medications and their impact on low blood sugar and running.

RESOURCES

1. Pletcher, Peggy. "Low Blood Sugar (Hypoglycemia)." Healthline. <http://www.healthline.com/health/hypoglycemia>. Accessed August 8, 2017.
2. Brent, Michael. Long Distance Running & Low Blood Sugar. Livestrong. <http://www.livestrong.com/article/548307-long-distance-running-low-blood-sugar/>. Updated August 17, 2017. Accessed August 20, 2017.
3. Meinders AE, Wilekens FL, Heere LP. Metabolic and hormonal changes in IDDM during long-distance run. Diabetes Care. 1988 Jan;11(1):1-7.
4. Subbiah, Rebecca. Running with Diabetes: Tips to Stay Healthy on the Road. Active. <http://www.active.com/running/articles/running-with-diabetes-tips-to-stay-healthy-on-the-road>. Accessed August 8, 2017.

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

By popular demand, the BTC will have a new supply of the **Arthur Black BTC logo shirts** available at the October Social Run sponsored by EW Motion Therapy – these shirts will sell FAST, so make sure you snag yours soon!

We will be placing orders for fall BTC merchandise soon. How would YOU like to sport your BTC pride? Long sleeved tech shirts? Hoodies or sweatshirts? Maybe a new logo magnet for your car? Whether you have a favorite color, brand or item, we welcome your input! Please [email your ideas to Monica Henley](#) for consideration.



Need to Print Your BTC Membership Card?

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.

BTC Race Discounts

BTC Members receive many discounts throughout the year on races in and outside of Birmingham.

[Visit the Members Only page for details and discount codes:](#)

Conditions:

1. Must be an active BTC member ([Click here](#) to join or renew).
2. Must use email address on file with the BTC to access Members Only page on RunSignUp.

Your \$24 yearly BTC membership could more than pay for itself over the course of the year.

Current Discounts:

- 2017 ZERO Prostate Cancer Run/Walk - Birmingham (9/9/17) = \$5.00
- 30A Half Marathon & 5K (10/15/17) = 10% = \$7.65
- Magic City Half Marathon (11/19/17) = 10% = \$8.00
- SE Trail Runs Birmingham Stage Race (9/22/17-9/24/17) = 10% = \$11.50
- SE Trail Runs Blood Rock 50K & 25K (12/2/17) = 10% = \$9.00
- SE Trail Runs Blood Rock 100mi & 50 mi (12/9/17) = 10% = \$22.00
- BTC Vulcan Run 10k (11/4/17) = \$5.00
- Wine 10K Birmingham (3/3/18) = 10% = \$4.00
- BHM 26.2 Marathon and Half Marathon (4/15/18) = 10% = \$7.00

TOTAL POTENTIAL DISCOUNTS = \$79.15!

[Join the BTC today](#) – [additional benefits](#) are listed on the BTC website.

Volunteer Vibes

Want a job that's fun, doesn't take up a great deal of time, and allows you to run with your friends as often as you'd like?

Aside from the whole lack of a paycheck part, being a BTC volunteer is the best job around! We currently have openings for the following volunteer positions:

- Moderate Run Coordinator
- General Counsel/Parliamentarian
- BTC Marketing Coordinator
- Writers and advertising coordinators for *The Vulcan Runner* newsletter
- BTC Social Committee members
- Host families for Vulcan Run elite athletes
- Interested? Or just want to learn more? Please get in touch with [Monica Henley](#) for all the details.

Our next big event will be the Vulcan Run on November 4th. This race will need many volunteers prior to, and on race day so [click here](#) to sign up to help. Or reach out to BTC Volunteer Coordinator [Kim Benner](#) to let us know how YOU want to get involved! #weheartourvolunteers



Moderate Distance Run Group

The BTC sends a hearty **THANK YOU** to **Moderate Run Coordinator Mark Criswell**, who has been a wonderful coordinator for quite some time. Through his efforts, Mark has successfully grown the Moderate Run Group during his time as Coordinator. We are very sad to lose Mark in this role, but we won't let him get too far away! Thank you also to **LaRonda Corrin** who has worked closely with Mark to plan routes and coordinate the group -- you guys have been a great team!

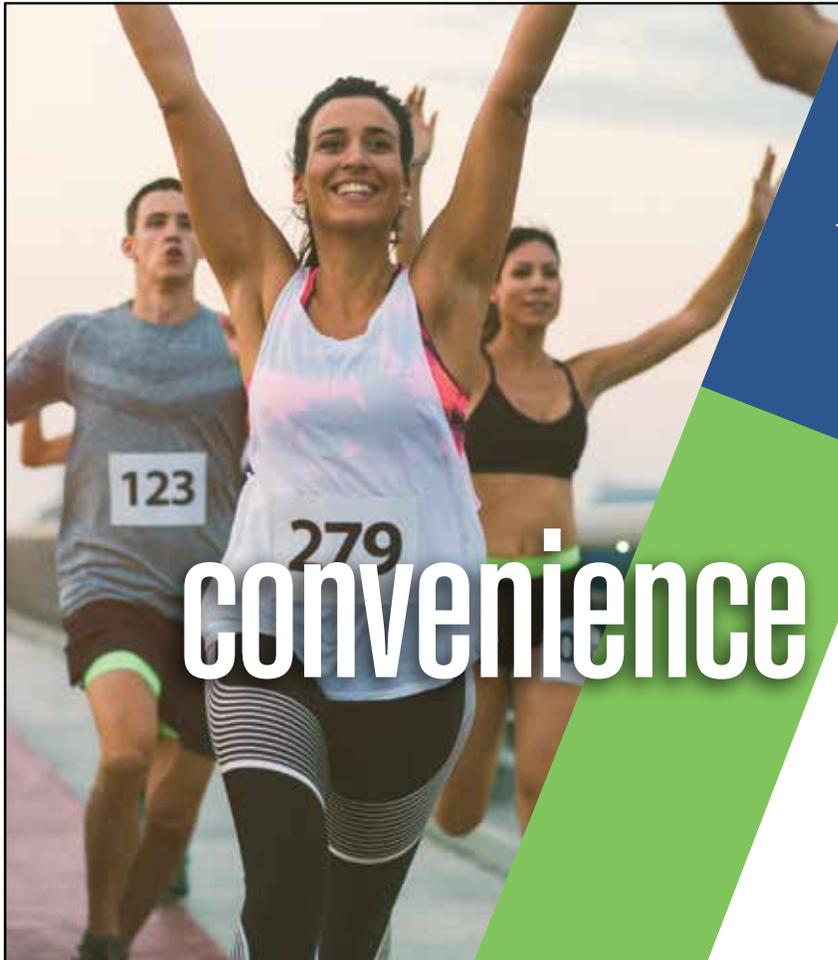
If you have an interest in serving as the BTC's new Moderate Run Coordinator, please **email [Monica Henley](#)**. Duties include coordinating 5-7 mile routes on Saturday mornings and coordinating water stops, which often overlap the Long Run Training Groups stops. Two people could share this role easily, so grab a friend and volunteer, if you'd like!



Mark Criswell



LaRonda Corrin



convenience

“ I am so grateful for the way TherapySouth helped me after my injury. The best part was their flexible hours and a location close to our house, so I could fit appointments into my busy schedule. They have 25 locations—one near my son’s school—so I know where he can go the next time he needs physical therapy! ”

TherapySouth is an outpatient physical therapy practice specializing in personalized, hands on care. Our experienced physical therapists provide comprehensive, individualized treatment allowing our patients to attain their maximum physical capacity. Give us a call today!

#whyilove
therapysouth

TherapySOUTH 

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and work!

BIRMINGHAM TRACK CLUB

SOCIAL UPDATE

Please join the BTC for our next social run sponsored by EW Motion Therapy.

We will start from EW Motion Therapy's Lakeview office for a preview of the Vulcan Run 10K course, followed by coffee, snacks and giveaways. And of course, the opportunity to run lots of miles with your BTC friends basically guarantees the perfect start to your Saturday morning!

Vulcan Run 10K Preview Run Saturday, October 7 6:00 a.m.

EW Motion Therapy
2808 7th Avenue South
Suite 111
Birmingham, Alabama 35233



MOTION THERAPY



BTC SUMMER SIZZLING 5K CHALLENGE

READY FOR SOME 5K FUN AND A CHANCE TO WIN SOME AWARDS?

CLICK HERE

The graphic features a woman in athletic wear on the left, with the BTC logo (a blue circle with 'BTC' and 'EST. 1978') overlaid. The text is in bold, red and white fonts against a yellow and orange background.

BTC Sizzling Summer 5K Challenge Update

The participants in our first Sizzling Summer 5K Challenge are closing in on the last race of the Challenge – the St. Jude Walk/Run to End Childhood Cancer at Railroad Park on September 23. Still need to register for the race? It's not too late – just [click here](#).

How are you faring in the Challenge thus far? [Check your standing here](#). Final standings will be featured in the October issue of The Vulcan Runner.

Thank you again to our fabulous Challenge sponsor,



JUST A CALL AWAY 5K



The third race in the BTC Summer Sizzling 5K Challenge series did not disappoint! Despite heat and humidity, rumor has it the fast course led to some great new PR times!



SHOW US YOUR BTC GEAR



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

Wow! Our BTC gear has really traveled far this summer!

We asked you to show us where your BTC gear took you this summer, and wow, did you go places! Traveling north was by far the most popular direction of travel, with multiple submissions from Canada or its territories. After a highly technical vetting process completed by *The Vulcan Runner's* staff, **Kaki Jenkins** is our winner! Kaki and her trusty BTC shirt traveled over 4,000 miles to Inverness, Scotland, where they shared some quality runs and good times in the Sottish Highlands. Kaki is the winner of an O'Henry's gift card, which we predict will come in handy after an upcoming run.

Congratulations, Kaki!

(And here's your shout out, **Bennett Pearce**, for a solid second place finish following your father/son trip to the Yukon Territory this summer. But mostly, Mom's just impressed you and Dad remembered to take a photo! xoxo)



Being a BTC member has its perks!



Joe Boger in Portland



Mark Criswell viewing the eclipse

Attendance: Kim Benner, Lisa Booher, Vicky Brakhage, Monica Henley, Julie Pearce, Charles Thompson, Loren Traylor, Trey Whitt

The meeting was called to order at 6:00 PM by President Monica Henley.

The minutes of the July meeting were approved unanimously, on Trey's motion, as seconded by Vicky, with one change: Charles Thompson's vote regarding to accept the proposal for the BTC to be a title sponsor for the expo and a partner for the BHM262 race at no cost was an abstention vote rather than a "no" vote; minutes will be corrected to reflect.

SOCIAL (LOREN TRAYLOR):

The next social run will be on October 7 at Eskridge and White in Lakeview. It will be a Vulcan Preview Run. December social may be held in conjunction with the Trak Shak's Tacky Christmas Sweater Run. Loren is looking for locations for the End of the Year Party – please send suggestions to her.

FINANCIAL REPORT (TREY WHITT)

Currently, we are up \$1,100 in receipts for Peavine Falls from last year's figures. Expenses are down as well. Thus far, Vulcan Run gross income is over twice where it was last year due to increased registration numbers.

NEWSLETTER (JULIE PEARCE)

August 21 is the deadline for the September issue. Because Labor Day falls on the first Monday of the month, the issue will be published on Tuesday, September 5 rather than Monday, September 4.

VULCAN RUN (MONICA HENLEY FOR SCOTT WOOD)

Registration numbers are up from last year, as mentioned.

MEMBERSHIP REPORT (VICKY BRAKHAGE)

Membership numbers are rising. Current number of members: 1,035; Current number of memberships: 804

NEW BUSINESS

Lisa Booher (Race Director of Adam's Heart Runs) announced that the race will have a new date this year – January 27, 2018. Lisa asked about timing of other races (Resolution Run, etc.) – it does not appear the new date will conflict with any BTC-sponsored races or promoting other BTC races; however, the Red Shoe Run has now been scheduled for January 27 as well. Lisa will consider moving the date to January 20. Addendum: The new race date for Adam's Hear Runs will be January 20.

OTHER UPCOMING EVENTS:

October 7 – Vulcan Run preview Social
November 4 -- Vulcan Run

The meeting was adjourned at 6:45 pm. Our next board meeting is on September 11, 2017.

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Have you enjoyed this issue of *The Vulcan Runner*? If you are not currently receiving issues in your email inbox, you can subscribe today -- The BTC website page now has a link on the homepage – click on the "Sign up for Email" icon in the menu on the left side of the page, or [click here](#).

And while you do not need to be a BTC member to stay in the know with *The Vulcan Runner*, why miss out on all of the fabulous perks of BTC membership? Read more on page 12 of this issue, or [click here to join!](#)



1200 MILE CLUB

Cumulative miles submitted through September 1, 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
Abernathy, Darrin	R	93
Anderson, Adrianna	R	106
Anderson, Kerri	1	746
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	R	780
Baggett, Christopher	R	127
Barnes, Jimmie	2	843
Bartee, Samm	1	856
Bass, Andy	1	638
Beasley, Cathy	R	750
Belcher, Michelle	4	1,070
Benner, Kim	4	836
Benson, Kip	R	0
Bittle, Anna Marie	R	649
Black, Dylan	1	418
Boackle, Larry	1	0
Boackle, Tomie Ann	1	341
Boger, Joe T	R	746
Bonatz, Ekkehard	8	1,015
Booher, Lisa	5	809
Boswell, Ryan	R	763
Bowman, Brian	R	0
Bowman, Leisha	R	78
Bradley, Lee	R	0
Brakhage, Victoria	1	441
Bridwell, Hunter	R	0
Bromstad, Murray	1	700
Broome, Mary	R	532
Brown, Charlie	5	820
Brown, Dana	R	0
Brown, Michael	3	445
Brown, Sean	3	679

Participant	Years	Total
Bryant, David	3	950
Burks, Ross	R	852
Caine, Lawrence	R	749
Callahan, Chris	R	761
Callahan, Rachel	2	905
Carey, Christopher	3	827
Carlton, Bob	2	854
Carter, Adrienne	R	753
Casey, Barry	2	459
Chadha, Jennifer	R	761
Chambers, Gay	R	790
Chandler, Teresa	7	788
Cirilli, Katerina	R	357
Clarkson, Roy	R	604
Clay, Brad	10	1,264
Clayton, Yocunda	2	688
Clemons, Sam	1	0
Cleveland, Jeff	R	797
Cliett, Stephanie	2	1,053
Clowers, Addison	3	1,347
Collins, Helen	1	367
Collins, Nathan	R	0
Connors, Michael	R	210
Constant-Jones, Michelle	R	0
Cornelius, Jeff	R	446
Corrie, David	1	810
Corrin, LaRonda	R	472
Corrin, Roger	1	693
Crain, Teresa	1	423
Cramer, Robyn	R	317
Cramer, Steve	R	121
Crawford, Allen	1	871
Crawford, Kimberly	1	581

Participant	Years	Total
Crowson, Bill	1	953
Crumpton, Dan	3	954
Crumpton, Melinda	R	474
Cuthbert, Misty	R	706
Cutshall, Hannah	R	902
Darville, Nathaniel	2	1,362
Davidson, Dow	R	245
Dease, Joseph	1	1,065
Dease, Katherine	2	858
Deering, Anna Katherine	R	0
Deering, Chris	R	120
Dell'Italia, Pat	1	776
Denton, Matt	4	1,071
Deuel, Jan	R	750
Dortch, Cherie	6	332
Dowling, April	R	756
Duke, Cindy	1	774
Dunnaway, Roberta	1	657
Easterling, Natalie	1	620
Edge, John	1	611
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	3	750
Fontenot, Misty	R	758
Franklin, Shane	5	804
Frederick, Winston	9	1,220
Freeman, Sheila	R	689
Gann, Michael	6	1,269
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	103
Goode, Johnny	7	879
Graham, Jonathan	R	18

1200 MILE CLUB

Participant	Years	Total
Grammas, Marianthe	1	1,219
Graves, Brady	R	54
Grossmann, Christopher	5	742
Gullapalli, Satya	3	532
Haley, Jay	1	613
Hall, Thomas	R	662
Halperin, Dave	3	0
Haralson, Danny	8	649
Haralson, Micki	9	746
Harbison, Brookie	1	547
Hargrave, Alan	9	618
Harley, Charlotte	R	375
Harrelson, Heather	3	886
Harris, Ashley	R	512
Harris, Robert	R	550
Harris, Vickie	1	791
Harrison, Lisa	5	945
Harry, April	R	724
Hathorne, Chad	R	146
Havicus, Cari	1	458
Hayden, Brittany	R	820
Heaton, Bryan	3	1,297
Henley, Monica	3	973
Henninger, Alison	2	707
Hightower, Rylie	R	6
Hill, Susan	3	588
Hill, Tucker	2	0
Hogeland, Angie	1	374
Hogue, Kari	R	276
Holmes, Chris	R	452
Hoover, Alison	5	0
House, Beth	4	714
Hubbard, Stephanie	R	340
Huff, Anne	R	1,141
Hunter, Bob	R	516
Ingle, Brandon	R	296

Participant	Years	Total
Ingram, Joseph	4	291
Izard, Georgia	1	800
Izard, Melody	2	888
Jefferson, Tracy B.	1	647
Jenkins, Kaki	3	1,000
Johnson, Christy	R	0
Johnston, Latta	1	660
Joseph, Jeremy	R	0
Kearley, Christy	1	352
Kearley, David	R	559
Kearley, Stephen	1	654
Keefer, Herb	1	835
Kelley, Robin	3	0
Kemper, Tricia	2	981
Kendrick, Tom	R	29
Kile, Shelby	R	492
Kirchmer, Shannon	R	752
Knight, Diane	2	474
Kuhn, Jimmy	10	1,334
Kulp, Loren	1	1,118
Lahti, Tyler	R	871
Laird, Audrey	2	939
Langston, Aaron	2	455
Langston, Richard	4	737
Lauderdale, Beth	R	718
LeCroy, Sarah	R	1,075
Lee, Koren	R	739
Leopard, Don	1	0
Lockett, Janet	R	577
Long, Kristin	R	0
Lyle, Randy	8	528
Lyles, Chris	1	0
Madison, James	R	767
Malick, David	3	840
Mandy, Madeline	R	744
Massey, Christopher	R	731

Participant	Years	Total
McCombs, Chris	R	317
McNair, Kelly	3	986
McTune, Mark	4	318
McVey, Simon	2	788
Melvin, Robby	R	0
Merry, Vicki Sue	5	1,653
Mickens, Cassandra	1	739
Millsap, Lanier	2	545
Misch, Julie	R	0
Miyasaki, Nathan	1	905
Morgan, Cary	7	1,945
Morgan, Danielle	5	431
Morgan, Phillip	7	560
Morris, Gordon	R	784
Morris, Heather	R	724
Morris, Justin	3	1,122
Morris, Phil	R	282
Morrow, Alex	6	1,163
Mote, Darrell	1	543
Mount, Brian	R	788
Murchison, Reginald	4	1,347
Murphy, Amy	R	121
Nagy, Lisa	1	373
Nichols, Jessica	R	574
Northern, Kristie	7	892
O'Brien, Ebony	R	0
Oehrlein, Kimberly	R	448
Oliver, Greg	4	1,290
Oliver, John	2	843
Orihuela, Carlos	1	603
Ortiz, Amber	R	480
Padgitt, Scott	R	819
Paradiso, Michelle	1	702
Parks, Charlie	4	1,390
Parks, Melinda	R	230
Pate, Lisa-Marie	1	0

1200 MILE CLUB

Participant	Years	Total
Pavey, Cecil	R	0
Payson, Tabitha	R	409
Payson, Tommy	1	656
Peagler, Shana	5	515
Pearce, Julie	5	283
Pearson, Blake	3	404
Pearson, Mary Scott	2	622
Pelkey, Lauren	R	553
Penley, Steve	1	292
Peters, Scott	1	613
Plante, David	4	600
Poole, Greg	1	563
Portwood, Paul	2	564
Ralph, Meghan	2	984
Randall, Lisa	5	689
Renn, Deanna	1	784
Richards, Amy	R	245
Richardson, William	2	790
Roberson, Kevin	2	848
Roberts, Fletcher	2	746
Robinson, Niki	R	52
Robinson, Rod	R	587
Rocha, Roger	3	846
Rodgers, Jessica	R	271
Rogers, Tammy	1	366
Roper, Lynn	R	747
Rose, Billy	2	1,157
Rosser, Joey	R	874
Routman, Cynthia	1	581
Rutherford, Keith	9	976
Rutledge, Lisa	2	180
Ryan, Meaghan	1	611
Sanchez, Melissa	R	609
Schaefer, Todd	2	949
Schonhoff, Aubrey	R	455
Schor, Mike	1	1,150

Participant	Years	Total
Secor, Debi	1	1,114
Seeley, Mimi	R	75
Shaffield, Danny	3	1,170
Shaffield, Mitzi	1	481
Sheppard, Gretchen	2	691
Sherer, Jeremy	R	747
Shinn, Ronald	6	414
Shirley, Scott	4	1,285
Sides, Dean	2	778
Silwal, Suman	6	0
Simpson, Kevin	4	1,924
Sims, Cecelia	R	739
Sims, Robert	3	1,060
Sloane, Mike	2	640
Smith, Jerry P.	9	700
Smith, Justin	R	335
Snow, Sheri	1	870
Spears, Kari	R	291
Stark, Patrick	R	631
Stevens, Johnathon	1	1,282
Stockton, Rick	9	749
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	336
Talley, Beau	4	1,162
Talley, Shellie	R	795
Talley, Sydney	R	736
Thomas, Eric	4	369
Thornton, Dean	5	566
Trimble, Jamie	2	916
Tyler, Kim	R	593
Varnes, Vickie	3	1,117
Walker-Journey, Jennifer	2	682
Walker, Caroline	1	553
Wall, Ron	3	372
Watkins, Janet	1	771

Participant	Years	Total
Watson, Thomas	R	802
Watters, Robert	2	520
Wayman, Meghan	1	1,619
Weber, Amy	1	581
Weber, Lauren	R	629
Weeks, Lance	R	797
Wells, Bradley	1	870
Wende, Adam	2	966
Whillock, Amber	R	220
White, Dennis	R	301
White, Robin	R	0
Whitt, Trey	3	931
Wilhite, Thomas	1	766
Williams, Avis	1	0
Williamson, Chad	2	1,000
Windle, Dale	2	764
Wiseman, Steve	2	848
Wood, Scott	1	990
Woody, Bill	8	948
Wright, Amy	1	388
Wu, Xing	7	1,002
York, Gary	4	1,309
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	509
Zehnder, Justin	6	870

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	September 9, 2017	6:00 a.m.
Race to the Courthouse 5K	September 9, 2017	8:00 a.m.
ZERO Prostate Cancer Run/Walk -- BTC Member Discount Offered	September 9, 2017	8:00 a.m.
DayGlo Run 5K	September 9, 2017	8:00 p.m.
BTC Saturday Long and Moderate Run Groups	September 16, 2017	6:00 a.m.
Monkey C Monkey Run 5K	September 16, 2017	8:00 a.m.
Backpack Buddy Run 5K	September 16, 2017	8:00 a.m.
Birmingham Stage Race – Day 1 – BTC Member Discount Offered	September 22, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 23, 2017	6:00 a.m.
Birmingham Stage Race – Day 2 – BTC Member Discount Offered	September 23, 2017	8:00 a.m.
St. Jude Walk/Run to End Childhood Cancer -- BTC Race Series Race	September 23, 2017	8:00 a.m.
Head Over Teal 5K/10K	September 23, 2017	8:00 a.m.
JOHO Missions 5K and Fun Race	September 23, 2017	8:00 a.m.
Birmingham Stage Race – Day 3 – BTC Member Discount Offered	September 24, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 30, 2017	6:00 a.m.
UAB Blazer 5K	September 30, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups (Vulcan Run Preview Social, sponsored by Eskridge & White)	October 7, 2017	6:00 a.m.
Little River Canyon Half Marathon (Fort Payne)	October 7, 2017	8:00 a.m.
Susan G. Komen Race for the Cure 5K and 1 Mile Walk	October 7, 2017	9:00 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.