



BIRMINGHAM TRACK CLUB
★ WHERE RUNNERS ARE FORGED ★

THE VULCAN RUNNER

October 2017 **10**



VULCAN RUN 10K SET FOR THE 43RD RUNNING ON NOVEMBER 4

By Allison Stone, Race Consultant, Cadence 180 Consulting

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VULCAN RUN 10K SET FOR THE 43RD RUNNING ON NOVEMBER 4

This month we look forward to the 43rd Anniversary of the Vulcan Run 10k. Held on November 4th in downtown Birmingham, the Vulcan Run has long been considered Alabama's most prestigious 10k, as well as one of the South's premier running events. In addition, the Vulcan Run is the longest running road race in the Birmingham area, and remains the RRCA Alabama State 10k Championship event.



THE HISTORY

In order to truly appreciate the Vulcan Run of today, it is important to understand and reflect upon her rich history. The Birmingham Track Club's inaugural 10k race was held on November 27, 1975. Originally named the U.S. Bicentennial 10,000 Meter Run, it was a small event by today's standards, with 104 participants. The following year, in 1976, the event was renamed the Vulcan Run and included a 10k as well as a 2 Mile option.

In 1979, the Vulcan Run Weekend was born with the addition of a marathon on Sunday, while the 10k and 2 Mile events remained on Saturday. In 1996, the 2 Mile event was discontinued and replaced with a 1 Mile, 5k, and marathon relay.

A half-marathon was added to the Sunday line-up in 1999, but it was short-lived as the marathon bid farewell the following year to join the Freeze Your Half Off Half Marathon in February. This partnership would ultimately become the Mercedes-Benz Marathon Weekend.

THE COURSE

The Vulcan Run 10k course has remained virtually the same, with a few minor modifications throughout the years. The start and finish lines have shifted a time or two, and in years one and two the race was run in the opposite direction from today. Currently, the race begins in the heart of downtown Birmingham and guides runners through Highland Park and Five Points South before finishing by Linn Park.

The Vulcan Run remains in early November, which often yields ideal running conditions in Birmingham as well as breathtaking scenery along the course. In the weeks leading up to the event, runners are tempted by the possibility of cool temperatures, and are often treated to a vibrant, colorful display during the peak of fall's changing leaves.

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THE ATHLETES

Throughout the years, the Vulcan Run has seen such famous names as Bill Rogers, Ed Leddy, Marty Liquori, Stephen Bolt, and hometown hero Scott Strand. In recent years, 2012 U.S. Olympian Janet Cherobon-Bawcom has claimed headlines as a four-time female champion in the 10k.

This year, Elite Athlete Coordinator Kile Putman has recruited top runners from across the nation to compete against our local standouts. The event's reputation, paired with a cash prize purse provided by the Trak Shak, continues to draw a tremendous amount of talent to Birmingham in early November.

Early entrants into the women's elite field includes several former collegiate All Americans - one of whom is a 2004 Olympian while another is moving up in distance and making her 10k debut. Notable contenders to win the men's title are all familiar with the course as each have raced the Vulcan Run 10K multiple times. Several of these top competitors are highlighted here.



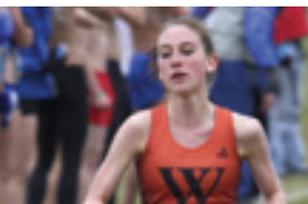
JENNIFER DUNN (Decatur, AL) was one of the most decorated female high-school runners in Alabama history before becoming an All American in the 3,000-meter steeplechase while competing for Florida State University.



CARMEN DOUMA-HUSSAR (Homewood, AL) is the 2011 and 2012 winner of the Vulcan Run 10K. Collegiately she raced at Villanova where she was a nine-time All-American in middle distance events before competing at the 2004 Olympic Games.



JUSTYNA MUDY-MADER (Huntsville, AL) is a native of Poland and a multi-time NAIA All-American while competing at Shorter College. She has three top-10 finishes at the Vulcan Run 10K. She was a 5-time National Champion in Poland and achieved All-American status in the NAIA.



ALANA ENABNIT (San Diego, CA) first gained All-American status with a top 10 finish at the NCAA DIII Cross-Country national championships while racing for Wartburg College. She will be making her second 10k road start.



MORGAN SCHUETZ (Baton Rouge, LA) is a recent LSU graduate who will be running her first competitive road race at the Vulcan Run 10K. She is a 2016 outdoor All-American placing seventh in the 800-meters at the NCAA DI Outdoor Track & Field Championships.



AUSTIN DUCKWORTH (Austin, TX) will be making his third Vulcan Run 10K start. As a local resident of Vestavia Hills, he has logged many miles training and racing over the Vulcan course.



CALEB HOOVER (Greenville, SC) will be returning this year after finishing third in 2016. A native of Joplin, Missouri, he competed post-collegiately with Asics-Furman Elite.



ELKANAH KIBET (Colorado Springs, CO) returns to improve upon his 2016 runner up finish and his 2012 sixth-place Vulcan Run 10K finish. He became an American citizen in 2013 and serves in the United States Army.



RICHARD KIMANI (Homewood, AL) may be the top contender for first local finisher. From Eldoret, Kenya, Richard is looking forward to improving his top 10 finish of 2016.



JAY STEVENSON (Rome, GA) is the male runner in the 2017 elite field with the most experience on the Vulcan Run 10K course. Making his fourth start over five years, he has 3 top ten finishes.

Not an elite athlete? Not to worry, the Vulcan Run truly has something for everyone. For the past 43 years, Vulcan has graciously hosted athletes of all ages and paces.

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THE HALLMARKS

In 2015, the Vulcan Run re-introduced a team competition to the event. Participants have the option to register and compete as part of a five-person (minimum) team. The team category offerings are All Male, All Female, and Co-Ed. Each team must have a minimum of five members, and the Co-Ed team must include at least two males and two females. Finish times of the top five team members are averaged, and awards are given to the 1st place team in each category. The largest overall team is awarded as well!

We are excited to again provide participants with a buttery soft, short-sleeved crew neck tee by Next Level! This top-of-the-line shirt is a proven favorite among runners, and our updated design is sure to please. Important note: You must register by noon on Tuesday, October 24th to be guaranteed a race shirt!

Back by popular demand, the Trak Shak is again offering "Top 200" shirts to the first 200 runners to cross the finish line!

Participants, family and friends are sure to enjoy the instant-results texting service we are offering again year. Simply text the bib number to the phone number provided, and you will receive instant results as soon as you or your loved one crosses the finish line!



Most notably, the Vulcan Run again boasts a stellar post-race celebration that is second to none. Held inside Historic Boutwell Auditorium, the after-party is where runners, family and friends gather and are treated to a selection of cold craft brews from various local breweries, a variety of Coca-Cola products, breakfast offerings provided by Waffle House, and a wide selection of post-run snacks.

On November 4th, we anticipate 1500 runners will hit the streets of downtown Birmingham to participate in the 43rd running of the Vulcan Run 10k. Are you ready to join them? [Click here](#) to register. Remember, you can register as an individual or as part of a team. As in recent years, proceeds of the Vulcan Run will benefit both Vulcan Park and Museum and the Birmingham Chapter of Girls on the Run.

Not quite ready to run, but don't want to miss the fun? [Click here](#) to sign up to volunteer for the event. The Vulcan Run is heavily dependent upon volunteers, so every set of hands is greatly appreciated!

Best wishes for happy and healthy fall training, and I look forward to seeing each of you cross the finish line on November 4th!



VICE PRESIDENT'S ADDRESS

By Scott Wood



Hey, do you guys feel that? See those leaves falling? Autumn is here! Well, it may not feel like fall just yet, but it's coming. I don't know about you, but I've had my fill of 90+ degree days with 95% humidity - so long Summer; we will catch you next May! In saying goodbye to the Summer of 2017, we also say goodbye to our BTC Sizzling Summer 5K Challenge sponsored by TherapySouth. We had a wonderful time at the St. Jude 5K on September 23rd and in the process helped raise over \$107,000! Thank you, Birmingham and everyone who ran the St. Jude 5K in our wonderful city!

Thank you to everyone who participated in the 5K series. We hope you enjoyed the challenge a little friendly competition can bring. Final results are now posted on the BTC website, and award winners are featured on page 18 of this issue of *The Vulcan Runner*. We will be handing out a few more door prizes along with awards for those who placed overall and in the age group competition soon, so stay tuned!

Speaking of races, congratulations to everyone who has been training so hard for fall races. I have seen many of you at the BTC Long Runs over the last few months. If you're like me, you're tired of training, and just ready to go race, cross that finish line, and collect your hardware - it's crazy what we will do for a banana and a medal, isn't it? Some you have already completed your big fall race. Over the weekend of September 23 and 24, the BTC was well represented in races, even halfway around the world. Congratulations to Kim Tyler, and our very own BTC President Monica Henley who ran the Berlin Marathon -- what an awesome accomplishment! Nice job by these two ladies, and we're glad you remembered your BTC shirts for the journey!

So what's next for you and the BTC? We have some exciting races coming up in our area, none more so than the BTC's very own Vulcan Run 10K! The BTC's premier race will once again be host to the RRCA State 10K Championship. If a fast 10K is your thing, you do not want to miss this race course -- IT. IS. FAST!!! And, it features one of the best after parties in Birmingham!

Just a couple of weeks after the Vulcan Run, join us for the Magic City Half Marathon. This local favorite takes you through some of the historic parts of our wonderful city and ends with the chance to run onto Regions Field, home to our Birmingham Barons. And finally, many of you have started training for the Mercedes Marathon and Half Marathon. Many of us have many close friends who run with The Bell Center every year to help raise funds through their BellRunner program. If you have any interest in finding out more about The Bell Center or the BellRunner program, [please contact Kelly Peoples](#) at The Bell Center.

Finally, although I will be in Chicago on October 7 eating too much deep dish pizza, don't forget about the next BTC Social at EW Motion Therapy in Lakeview Office. Thank you, EW Motion Therapy, for sponsoring the social -- we look forward to the run and the coffee, food, and door prizes to follow. The popular Arthur Black BTC Logo Shirts will be available for purchase at the social, so get 'em while you can. (Any way I can get one of these before I head off to Chicago?! #SelfieTime!)

Good luck with your runs, and stay safe!

Scott Wood

Host a Vulcan Elite!

BTC members are needed to be host the elite runners traveling to Birmingham to compete in the Vulcan Run 10K. Read more about this unique and fun opportunity in the August issue of [The Vulcan Runner](#).

[Contact Kile Putman](#) for more details -- we can promise you a unique, fun experience you won't soon forget!

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



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6, 12, 24, or 48 Hour Solo or Relay
October 20th - 22nd, Veteran's Park, Alabaster

1.003 Mile USATF Certified Course - Paved, Flat and Fast
Your chance to set a State, American or Worlds age group record.

Register - Ultrasignup.com

BTC Discount code "BTC-17STR"

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BTC Mission Statement

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

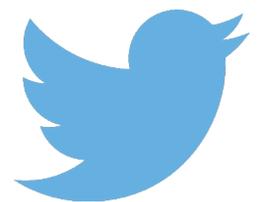
Contact BTC at:

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

Paul Anderton
Christopher Baggett
Angela Bagley
Jaysen Baker
Alex Beringer
Scott Beshany
Laura Boltz
Hank Brown
John Charles
Jennifer Clayton
Jonathan Dixon
Evan Dorman

Jennifer Dunn
Sydney Elkins
Stacey Elrod
Cindy Geer
Misty Griffin
Susan Hill
James Jackson
Allen Jones
Misty Jones
Andrew Laird
Audrey Laird
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Gail Lee
Mathews
Lindsey Meadows
Bill Miller
Jason Morris
Brian Mount
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Holleyanna Nolen
Jackson Nolen
Jennifer Nolen
Mykah Nolen
Scott Nolen

Jitesh Parmar
Zoe Penko
Greg Poole
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Lori Beth Richey
Cathy Roche
Mike Roche
Taylor Rowell
Jennifer Salvant
Lesley Searcy
Ronald Shinn
Ivan Skripnik

Ben Stewart
Missy Stewart
Beau Talley
Shellie Talley
Jamie Thomas
Nick Toth
Janelle Townes
Ewan Tytler
Bill Uhrig
Charley White

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!

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



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VULCAN RUN



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



CHAMPIONSHIP RACE

WWW.VULCANRUN.COM

REGISTER TODAY!

#WHYRUN

Jennifer Andress, BTC President 2012-2014



Jennifer Andress with fellow breast cancer survivor Heather Lee

I am honored to share my story during the month of October, Breast Cancer Awareness Month.

I am a thirteen-year survivor of the disease, a disease that my mother and my aunt also battled. I do not have the truly remarkable survival story that Terri Vu shared, or the inspirational story of an adult silencing his inner doubtful child that Danner Kline shared, but if one person is motivated to ask her physician about a mammogram, or begins monthly self-exams from this, then it will be worth it!

I have been a lifelong runner, starting at the age of eleven when my parents caught the jogging bug in the late 1970's. I ran high school cross-country in Dallas, Texas, and our girls team won its division championship for the first time in school history in 1985. I ran off and on in college, and ran hard as a young adult in Atlanta and then Baltimore.

And then I moved to Birmingham in 1995 and, as any BTC member knows, it was SO HILLY. This was before the Lakeshore Trail, which is right below where I live now. I had no friends who ran, and had never heard of the BTC. I quit running for a couple of years (and did step aerobics!) until I met Keith, the man who would become my husband, and he made me run with him. Even then, I was only running casually.

We married in 2002, and began having babies right away. It was during my second pregnancy in 2004 that I found a lump in my left breast. I assumed it was a swollen milk duct and did nothing for a few months. I finally had it biopsied in June 2004, and was told it was

Ductal Carcinoma In Situ. I was 24 weeks pregnant, six weeks after our one-year-old son, John, had been diagnosed with moderate-to-severe hearing loss from a genetic mutation that also had the potential to inflict the baby I was carrying.

I had surgery three days later, a single mastectomy. The DCIS was in every slice of the breast, and because I was younger (under 40), pregnant, and had an extensive family history, there would be no attempt to save the breast. After I delivered our second son Will, who was diagnosed at birth with profound hearing loss, I began five weeks of daily radiation. Once the skin healed from that, in 2005 I had a second mastectomy and extensive surgical reconstruction. Will followed my surgery a few months later with his first for a cochlear implant, and had his second surgical implant in 2006. In 2008 I had a significant surgery for a hernia repair from my reconstruction site (discovered immediately after but not caused by the Cahaba River Ramble trail race!), and in 2009, John received his cochlear implants via a six-hour surgery. (I would be remiss if I did not mention my husband's emergency appendectomy somewhere in those years - it is a blur, but Keith had his time under the knife as well!)

So here I am, just recently turned 49, looking back at this history and remembering the fits and starts it took to get from that time in our lives to now. I am now an RRCA and VdotO2 certified run coach training new and returning 5k and 10k runners. As I write this, I am two weeks out from my seventh marathon, waiting to hear if my time from last year's Chicago Marathon is enough to get me in to the 2018 Boston Marathon; John runs cross-country for Homewood High School, Will runs cross-country for Homewood Middle School, and Keith plans his fitness calendar around the Vulcan Run 10k, the Atlanta Thanksgiving Day Half Marathon and the Mercedes Half Marathon.

I distinctly remember in June of 2005 calling it a victory when I walked down the block behind our house for the first time after my reconstruction. Not around the block, just down and back. I attended the Susan G. Komen Race for the Cure as a survivor for many years -- sometimes walking, sometimes jogging. I wouldn't start running seriously again until 2007. I ran that Cahaba River Ramble I mentioned above in 2008, and I had a set back when I discovered the next day that my reconstruction had torn, and I had to have an extensive surgery to repair it. But I was able to start running again, and I ran Fat Danny's Trail Race at the end of the summer; there I joined the BTC for the very first time. It changed my life!

I became a BellRunner in 2007 for the first time, raising money for The Bell Center's Early Intervention Programs, where my kids went for a time after they were first diagnosed as hearing-impaired. I was



The Andress Family

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#WHYIRUN

terrified because I had to run the final leg of a Mercedes relay team: almost eight miles. In 2010, I ran Mercedes Marathon as my first ever, for a precious hearing-impaired, cochlear-implanted girl whose mother was John's teacher when he had his surgery earlier that school year. I have been a BellRunner every year but one since that first year, almost always for a hearing-impaired child.

This summer I had an extraordinary experience. I have taken on the 2017 Southeastern Trail Series, put on by David and Marye Jo Tosch, for the first time. My friend who coaches 5k/10k runners with me, Lisa Booher, was leading a great group on a preview run of the Ridge to Blazing Ridge. We detoured over to Peavine Falls, and went for a swim underneath the glorious waterfall. I introduced myself to a super strong and fabulous trail runner named Heather Lee. She said, "Oh! I was told to look for you! I am a breast cancer survivor too!" I can't tell you what an amazing experience it was, halfway through a challenging trail run, cooling off underneath God's beautiful creation, sharing surgery stories and scars! I will never forget it.

So, why do I run? Like all of you, I run for health and fitness and to try to accomplish big goals. I run because I genuinely love it. I run to explore our city and our mountains. I also love to run in new cities. I love running races of all distances. I run for The Bell Center. I run to coach and share my love of running with those new to the sport. I run to show what 49 and a survivor can be. I run because of the people running has brought into my life. I run with my husband and our sons and our dog. I asked my son Will after his second ever cross-country meet what he loved about running. His answer: "my friends." Good answer! And I have to agree.



BENEFITING THE LEUKEMIA & LYMPHOMA SOCIETY OF ALABAMA

FRIDAY . OCTOBER 27 . 2017

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MIDNIGHT COSTUME CONTEST . \$1,000.00 CASH & PRIZES

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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!**

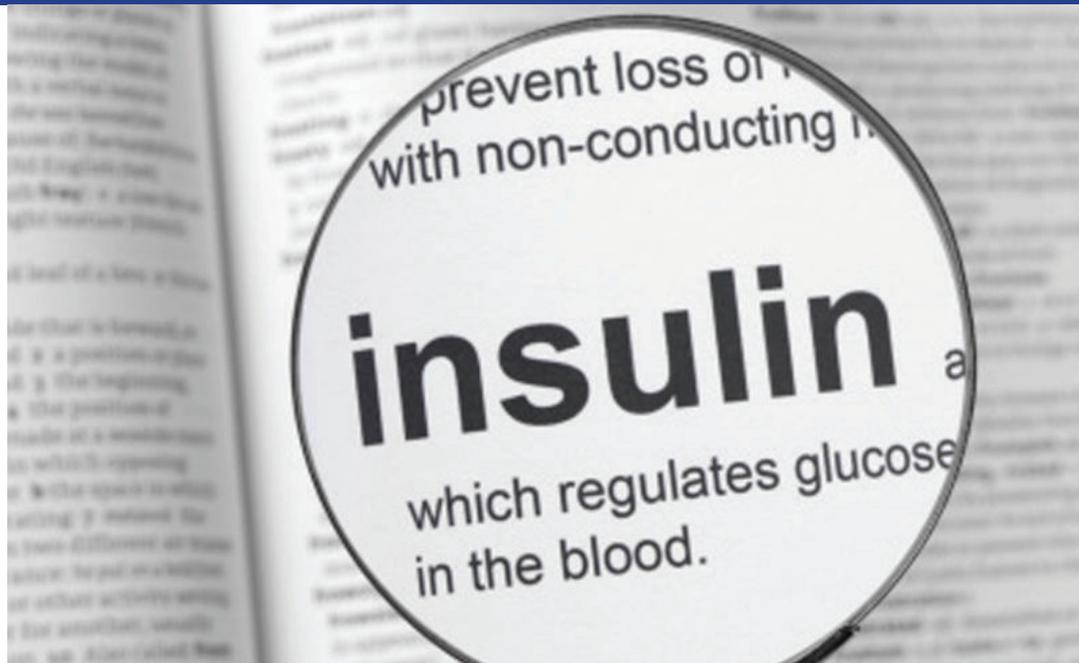
MEDICATION AND MILES

Diabetes on the Run (Part II)

By Stephanie Brennan and Aubrey Utley, 2018 PharmD Candidates and Kim Benner, PharmD

In September's Medication and Miles (Diabetes on the Run Part I), we highlighted the topic of common diabetes medications and their impact on blood sugar.

As discussed, hypoglycemia is a condition where the body cannot get enough glucose (sugar) – this can be caused by skipping meals, excessive exercise, too much diabetes medication, or a combination of the above. These low glucose levels can then cause symptoms that affect the body's ability to function, including confusion, blurry vision, seizure, or coma. This article will briefly discuss some of the most common diabetes medications and their impacts on glucose in relation to exercise such as running.



Insulin is a hormone produced by the body that helps take glucose from the blood stream into the cells so that the body can use it for energy. In type 1 diabetes, patients do not make their own insulin. These patients must use synthetic (injectable) insulin as a mainstay of their medication regimen, and are rarely on other diabetic medications. Type 2 diabetes is characterized by insulin resistance, and treatment depends on the severity of resistance. Treatment of this disease is primarily focused on lifestyle changes, such as diet and exercise, although medications that modify the body's response to insulin may also be an option, followed by synthetic insulin when necessary.

Synthetic insulins, such as Humalog, Novolog, Lantus, and Levemir, mimic the normal action of insulin in nondiabetics. The primary action of insulin is to promote movement of glucose into the cell from the blood stream. Consequently, one of the major side effects of insulin is low blood glucose. As with many medications used to treat diabetes, this effect can be worsened in combination with other medications, with extreme exercise, and skipping meals. It is critically important that any diabetic, especially those who are starting on a new exercise regimen, discuss proposed exercise plans with a health care provider.

Metformin is the most common diabetes medication taken by mouth. It works by increasing the body's ability to respond to

insulin. It also can decrease how much glucose is produced by the liver as well as how much glucose is absorbed from food, both of which can lead to lower glucose levels in the blood. Metformin does not directly increase the amount of insulin produced by the body so it does not carry as high of a risk for low blood sugar. Low blood sugar when on metformin becomes a concern when skipping meals or during excessive exercise.

In addition to insulin and metformin, there are other medications that can be used for diabetes, such as sulfonylureas, thiazolidinediones, GLP-1 analogs, and DPP4 inhibitors. In the United States, the most commonly used sulfonylureas are glipizide (Glucotrol), glyburide (Glynase), and glimepiride (Amaryl). These medications work by increasing the insulin secreted by the body, which lowers glucose levels. An example of a thiazolidinedione is pioglitazone (Actos), which is an older medication that is occasionally used. These drugs act by increasing the amount of glucose that is taken up by the tissues of the body, which decreases the level in the blood. Some newer medications are glucagon-like peptide 1 analogs (GLP-1 analogs) such as exenatide (Bydureon, Byetta), liraglutide (Victoza) and dulaglutide (Trulicity) and dipeptidyl peptidase 4 inhibitors (DPP4 inhibitors) such as sitagliptin (Januvia) and saxagliptin (Onglyza). GLP-1 analogs work by increasing insulin secretion (which decreases glucose) and slowing the emptying of the stomach, which delays absorption of sugar. DPP4 inhibitors enhance the action of

MEDICATION AND MILES

Diabetes on the Run (Part II)

hormones in the body that decrease glucose, increase release of insulin, and decrease secretion of glucagon, all of which act to decrease glucose levels. All of these medications carry the same risk of predisposing an individual to low blood glucose, especially if skipping meals or when combining medications.

In general, it is important to remember that the risk of hypoglycemia increases with all these medications when used in combination, when skipping meals, or when undergoing high intensity exercise. For runners, it is important to recognize signs of hypoglycemia, and consider these when you see fellow runners not feeling well (especially diabetics). For diabetic runners, it is vitally important to be aware of the hypoglycemia risk of medications, that you have discussed these medications with your physician or health care provider as it pertains to running specifically, and that you have a plan to prevent and to address hypoglycemia.

Important tips reviewed in Part I include: listening to your body, wearing diabetic identification, ensuring someone who is with you knows that you are a diabetic (like a buddy system), and carrying glucose tablets/replacement when you run. There are strategies to address and mitigate hypoglycemia, as discussed in Part I, and it is important to understand that if hypoglycemia is getting in the way of your run, there are ways to improve your performance – you just have to take the first step.

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



ADAM'S HEART RUNS
5 k. 10 k. 10 mile.

SAVE THE DATE!
ADAM'S HEART RUNS ARE ON THE MOVE!
SAME TIME, SAME PLACE, NEW DATE!
SATURDAY, JANUARY 20, 2018

BTC COMMUNITY CORNER

By Jennifer Andress, Homewood City Council, BTC President 2012-2014

Greetings, BTC, and Happy Fall!

I have several updates from our regular running routes to pass on to you. I'll start in Homewood and move over to Mountain Brook and Birmingham. First, I am sure you have noticed several projects underway if you regularly run with us or the Trak Shak. We have been working on Central Avenue to add parking and sidewalks, and to narrow some of that roadway in an effort to slow down traffic. We will soon add the crosswalk back by Octane and Little Donkey.

Alabama Power added some very large power poles in the city right-of-way, and unfortunately took up space on several sections of sidewalk. This will be corrected, but in the meantime, be careful as you run on these sections and around the poles.



Our sidewalks and our new intersection are also under construction on Roxbury and Mayfair, as you head south from Downtown Homewood. You can see a rendering pictured here of the new intersection, which will allow for sidewalks to run down Mayfair from Roxbury to Highway 31.

I met this week with an engineering firm to explore sidewalks on Lakeshore Parkway by the Marriott Courtyard. I have been asking ALDOT for six months now for a crosswalk at the Courtyard, to get from that hotel, my Ward, and the YMCA to Brookwood Mall and the Lakeshore Trail. These sidewalks would be part of this proposed crosswalk.

You may have used the new sidewalks further to the east on Lakeshore Parkway. These were installed by the City of Mountain Brook, and they run from Windsor Drive (the furthest eastern part of Homewood) all the way to the Jemison Trail and the new bridge on the Watkins Creek Trail. A new crosswalk on Cahaba Road will complete this connection.

ALDOT will be adding back the crosswalk on Lakeshore Parkway from Windsor Drive to Brookwood Mall, and then we will have one complete connection from the Lakeshore Trail to Jemison Trail and Watkins Creek Trail. I live on Windsor Drive and have used these sidewalks many times. They are a wonderful addition!

Before we leave Homewood and head to Mountain Brook, I will mention we are still working on acquiring easements from parcels along the proposed Phase II of the Shades Creek Greenway (aka Lakeshore Trail). We have just gotten the Freshwater Land Trust involved to get its assistance in this. This is its specialty, and its vision for our metropolitan area is one connected by trails and green space.

Speaking of green space, there is a new organization known as the Homewood Green Space Initiative, which is working for a greener Downtown Homewood. They have an amazing group of people on board, and are looking to add a park at the existing jail property, when it moves to West Homewood in 2019. Check them out on Facebook (@homewoodgreenspace). Homewood is undergoing a new master planning process for downtown, and in my opinion this ties in very nicely with improvements we hope to make.

Our friends in Mountain Brook are busy as well. In addition to the Lakeshore sidewalks, city officials have been studying the intersections in Mountain Brook Village. The entrance to Canterbury from Hollywood Boulevard/Montevallo Road is closed until January 2018, in order to study a potential new roundabout at the Cahaba Road/Lane Parke/Highway 280 intersection.

The city will also be designing sidewalks for Hagood Road, from Euclid Avenue to Greenbriar Circle, for completion in 2019, as well as Pine Crest Road from Balmoral to Montevallo Roads.

Lastly, some great news from Birmingham! The sidewalks behind the zoo that will run from the BB&T building to Mountain Brook Village are being designed as we speak! These sidewalks will connect to Homewood's sidewalks that run under Red Mountain Expressway into Homewood.

Our bridge study at Hollywood Boulevard over Highway 280 is still underway. It is a six to nine month endeavor, and we began in May of this year. One of the engineers from Sain Associates, who is conducting the study, told me there was footage from one of their cameras that caught a very large group of runners on the bridge recently! It must have been a Saturday morning!

That's it for this update, but I will keep you posted on any developments!

Remember:

1. Use sidewalks when they are available
2. If they are not, run facing traffic on the left side of the road, single file, without headphones.
3. Stay visible! It will be getting darker much sooner, and drivers can't see you.

Here's to happy and healthy running!

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.

The BTC welcomes new **BTC Merchandise Coordinator, Tabitha Payson**, who is taking over for **Karen West**. Thank you, Karen, for all of your hard work in this role!



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 lots of discounts, including race discounts.

To access these discounts, please follow these steps:

1. Visit the BTC RunSignUp Members Only page: <https://runsignup.com/Club/BirminghamTrackClub/Page-2>
2. Sign in using the email you used to join the BTC.
3. Access the discount codes to enjoy fabulous discounts on races!

Having trouble? Please [email us](#) for assistance.

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



WEARABLE SENSOR TECHNOLOGY NOW AVAILABLE AT THERAPYSOUTH PATCHWORK FARMS

By Ryan Hunt, DPT, CSCS, Service Director, TherapySouth Patchwork Farms



Scott Wood testing calf sleeves from TherapySouth

You may have noticed BTC President Monica Henley or BTC Vice-President Scott Wood sporting unique calf sleeves during the BTC Summer Sizzling 5K Challenge races. No, they were not injured, but they were trying out the latest wearable technology designed to give them feedback about their running.

The dorsaVi Movement Suite uses revolutionary wireless wearable sensors to objectively measure exactly how you move. These are the same sensors elite sports trainers are using with Olympians and professional athletes to measure range of motion, acceleration and muscle activity. By recording data at 200 frames per second, the dorsaVi Movement Suite provides our team with visual, objective, easily interpreted data to assess your technique and movement for performance analysis and muscle re-education.

How does it work?

The dorsaVi Movement Suite's sensors adhere to the skin using low irritant, disposable adhesive pads. There are two different types of sensors that have tiny electronics built inside: Movement sensors and Muscle Sensors (EMG). The movement sensors are about the size of a small USB stick and can be placed on different parts of your body to record different movements to capture and quantify how you bend, twist, and move. These sensors send the data wirelessly to a pager sized Recording and feedback Device (RFD) that talks to software on our computers, in real time. The system also allows us to videotape you so that we can show you what's happening with the data when you move in a certain way.

Previously, this kind of data has only been available in expensive and sophisticated bio mechanics laboratories. TherapySouth Patchwork Farms can now offer these tests to everyone.

The dorsaVi Movement Suite can be used to do quick in-clinic assessments as well as provide immediate visual feedback for movement retraining. In addition, unlike a biomechanics lab, the dorsaVi Movement Suite also lets us monitor your movements outside the clinic. For example, the dorsaVi Movement Suite allows us to monitor you if you go for a run outside on any surface in any environment. We can tell you how you're performing when you're fresh or fatigued. Are you favouring one leg or the other? How do you land on one foot vs. the other?

The dorsaVi Movement Suite can be used to measure movement and muscle activity on different parts of your body, or it can be used to enhance technique or optimize performance in activities like running. The system can also be programmed to provide you with alerts when you move in a way that our team believes will be undesirable to you either now or later.

Want to learn more?

Contact us at 205.783.5270 or rhunt@therapysouth.net to learn more about what the dorsaVi Movement Suite can do for you. You can also read more about this exciting technology [here](#).



Scott Wood and Ryan Hunt with TherapySouth

BTC SIZZLING SUMMER 5K CHALLENGE



OVERALL WINNERS!

Elena Kidd
Jiri Vlach

The first **BTC Sizzling Summer 5K Challenge** came to a close after the St. Jude 5K on September 23. The great courses and friendly competition made for a fun way to keep participants motivated during the summer months. Thank you to our sponsor, Physical Therapy South, for making the Challenge possible!

Congratulations to our overall winners: **Elena Kidd**, who logged an average finish time of 18:19.6, and **Jiri Vlach**, with an average finish time of 18:43.1. Elena and Jiri will each take home a \$100 cash prize. Age group winners will each win cash prizes of \$30 (first place), \$20 (second place), or \$10 (third place).

Congratulations to the following winners:

FEMALE UNDER 20

Laura Boaclke

FEMALE 30-39

April Dowling
Heather Wadsworth
Samantha Callaham

FEMALE 50-59

Cheryl Casebere
Monica Henley
Lisa Nagy

MALE UNDER 20

Blake Childers

MALE 40-49

Jay Pruett
Scott Wood
David Redden

MALE 60-69

Skip Matthews
James Shoaf
Alan Hargrave

FEMALE 20-29

Hannah Coffin
Hanna Lahr
Sarah Briley

FEMALE 40-49

Angie Hogeland
Lisa Rutledge
Heather Lee

FEMALE 60-69

Cindy Duke
Teresa Chandler
Michele Parr

MALE 20-29

Tommy Payson
Patrick Ahlborg

MALE 50-59

Scott Padgitt
Kevin Roberson
Warren Page

MALE 70-79

James Mersmann

Cash prizes, plus additional door prizes will be distributed at an upcoming Saturday run – overall and age group winners will be notified.

The BTC looks forward to hosting more member challenges in the future!

A full list of the standings can be found [here](#).

ST. JUDE 5K



WHEN WORLDS COLLIDE:

How to Communicate with the Non-Runners in Your Life

By Trey Whitt

We have all been there. The family is mobilizing for a big event and there you are -- lacing up your running shoes.

Non-Running Spouse: Honey, what are you doing - it's Christmas Eve!

Running Spouse: I know! And Mercedes is only 8 weeks out!

Non-Running Spouse: But we're supposed to be at your parents' house for brunch in one hour!

Running Spouse: Not happening. I've got 15 on the calendar, and I really need to nail this workout. Tell them hello for me...I love you... are you there?

Okay, this may be an extreme example (or not), but we all find ourselves in situations where we are called to justify/rationalize/defend our running habit to...how do I put this delicately...nonbelievers. When questioned (or confronted) by your non-running family, friends and co-workers, it is important that you have your facts ready. Here are a few common questions that you may be asked and some -- ahem -- appropriate responses.

Q. You paid \$300 for a watch?

A. Did you know that you can spend anywhere from \$20,000 to \$40,000 on a new bass boat? Don't even get me started on how much a country club membership costs these days. Absolutely ridiculous!

Author Note: Siri is an invaluable weapon. Use liberally to gather the intel that you need. You will also note that I have answered a question with a question. This is a common deflection technique that will render your opponent speechless.

Q. Aren't you afraid that you are going to drop dead of a heart attack?

A. Runners have a 45% less chance of dying from cardiovascular disease than non-runners.

Author Note: Bonus points are available if you drop into the conversation that you read this a recent study from the Journal of the American College of Cardiology.

Q. Yeah, but aren't you doing irreparable harm to your knees?

A. Oh, to the contrary, researchers have recently discovered that running may actually delay the onset of knee joint diseases like osteoarthritis. If you start a running program, seek the advice of a coach and be sure run/walk in proper footwear. And, finally, if it hurts, take a break. Do those things, and you ought to be fine.

Author Note: You could cite a study published in the European Journal of Applied Physiology, but I think, at that point, you would just be showing off.

Q. Running is soooo boring. What do you even think about?

A. Join the BTC for a Saturday morning group run. We welcome all ages and abilities to join us, and, I promise, it is the furthest thing from boring!

BTC Poll: What Crazy Things Have YOU Done in the Name of Running?

What have you done or said to justify your running-related idiosyncrasies (no, the knee length compression socks are not just for fashion, thank you!) or your obsession with running in general? [Share them with the BTC](#) -- maybe you'll find it's not so odd to plan family vacations around a marathon.

We'll publish your stories in upcoming issues of *The Vulcan Runner* -- and yes, names may be withheld to protect the innocent if you prefer. Our favorite entry submitted by December 1, 2017 (as judged by a local panel of experts) will win an awesome prize and the respect and admiration of your running peers (well, maybe -- that may just depend on the story!)

Moderate Distance Run Group

As we kick off training for the Mercedes Marathon and Half Marathon, the Moderate Run Group will be joining the BTC Long Run Group for weekly long runs. We hope this change will give the groups more chances to interact, and the variety of distances will be appealing to many members. Sign up for the Moderate Group FB page by searching for "BTC Saturday Morning Moderate Distance Run."

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!



1200 MILE CLUB

Cumulative miles submitted through September 30, 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	805
Anderson, Adrianna	R	106
Anderson, Kerri	1	851
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	R	890
Baggett, Christopher	R	127
Barnes, Jimmie	2	1,001
Bartee, Samm	1	963
Bass, Andy	1	638
Beasley, Cathy	R	900
Belcher, Michelle	4	1,105
Benner, Kim	4	968
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	841
Bonatz, Ekkehard	8	1,176
Booher, Lisa	5	987
Boswell, Ryan	R	945
Bowman, Brian	R	0
Bowman, Leisha	R	95
Bradley, Lee	R	0
Brakhage, Victoria	1	552
Bridwell, Hunter	R	0
Bromstad, Murray	1	700
Broome, Mary	R	617
Brown, Charlie	5	912
Brown, Dana	R	0
Brown, Michael	3	525
Brown, Sean	3	799

Participant	Years	Total
Bryant, David	3	1,112
Burks, Ross	R	953
Caine, Lawrence	R	852
Callahan, Chris	R	858
Callahan, Rachel	2	987
Carey, Christopher	3	1,160
Carlton, Bob	2	1,011
Carter, Adrienne	R	863
Casey, Barry	2	675
Chadha, Jennifer	R	935
Chambers, Gay	R	921
Chandler, Teresa	7	922
Cirilli, Katerina	R	357
Clarkson, Roy	R	717
Clay, Brad	10	1,592
Clayton, Yocunda	2	821
Clemons, Sam	1	0
Cleveland, Jeff	R	918
Cliett, Stephanie	2	1,178
Clowers, Addison	3	1,566
Collins, Helen	1	442
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	672
Crain, Teresa	1	423
Cramer, Robyn	R	392
Cramer, Steve	R	132
Crawford, Allen	1	1,014
Crawford, Kimberly	1	720

Participant	Years	Total
Crowson, Bill	1	1,122
Crumpton, Dan	3	1,096
Crumpton, Melinda	R	474
Cuthbert, Misty	R	826
Cutshall, Hannah	R	1,024
Darville, Nathaniel	2	1,362
Davidson, Dow	R	245
Dease, Joseph	2	1,246
Dease, Katherine	2	858
Deering, Anna Katherine	R	0
Deering, Chris	R	120
Dell'Italia, Pat	1	899
Denton, Matt	5	1,309
Deuel, Jan	R	832
Dortch, Cherie	6	332
Dowling, April	R	862
Duke, Cindy	1	903
Dunnaway, Roberta	1	926
Easterling, Natalie	1	874
Edge, John	1	719
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	3	750
Fontenot, Misty	R	892
Franklin, Shane	5	929
Frederick, Winston	9	1,408
Freeman, Sheila	R	806
Gann, Michael	6	1,497
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	103
Goode, Johnny	7	1,033
Graham, Jonathan	R	18

1200 MILE CLUB

Participant	Years	Total
Grammas, Marianthe	1	1,455
Graves, Brady	R	54
Grossmann, Christopher	5	838
Gullapalli, Satya	3	615
Haley, Jay	1	723
Hall, Thomas	R	731
Halperin, Dave	3	0
Haralson, Danny	8	649
Haralson, Micki	9	1,025
Harbison, Brookie	1	547
Hargrave, Alan	9	618
Harley, Charlotte	R	375
Harrelson, Heather	3	1,013
Harris, Ashley	R	629
Harris, Robert	R	628
Harris, Vickie	1	890
Harrison, Lisa	5	1,098
Harry, April	R	861
Hathorne, Chad	R	506
Havicus, Cari	1	540
Hayden, Brittany	R	956
Heaton, Bryan	3	1,581
Henley, Monica	3	1,152
Henninger, Alison	2	814
Hightower, Rylie	R	6
Hill, Susan	3	813
Hill, Tucker	2	0
Hogeland, Angie	1	424
Hogue, Kari	R	276
Holmes, Chris	R	717
Hoover, Alison	5	0
House, Beth	4	821
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	1,134
Izard, Melody	2	1,083
Jefferson, Tracy B.	1	785
Jenkins, Kaki	3	1,149
Johnson, Christy	R	0
Johnston, Latta	1	763
Joseph, Jeremy	R	0
Kearley, Christy	1	545
Kearley, David	R	734
Kearley, Stephen	1	866
Keefer, Herb	1	937
Kelley, Robin	3	0
Kemper, Tricia	2	1,124
Kendrick, Tom	R	29
Kile, Shelby	R	492
Kirchmer, Shannon	R	962
Knight, Diane	2	596
Kuhn, Jimmy	10	1,465
Kulp, Loren	2	1,357
Lahti, Tyler	R	1,043
Laird, Audrey	2	1,065
Langston, Aaron	2	455
Langston, Richard	4	853
Lauderdale, Beth	R	881
LeCroy, Sarah	1	1,270
Lee, Koren	R	876
Leopard, Don	1	0
Lockett, Janet	R	677
Long, Kristin	R	0
Lyle, Randy	8	528
Lyles, Chris	1	0
Madison, James	R	851
Malick, David	3	957
Mandy, Madeline	R	874
Massey, Christopher	R	842

Participant	Years	Total
McCombs, Chris	R	396
McNair, Kelly	4	1,216
McTune, Mark	4	318
McVey, Simon	2	853
Melvin, Robby	R	0
Merry, Vicki Sue	5	1,983
Mickens, Cassandra	1	899
Millsap, Lanier	2	901
Misch, Julie	R	0
Miyasaki, Nathan	2	1,426
Morgan, Cary	7	2,241
Morgan, Danielle	5	431
Morgan, Phillip	7	560
Morris, Gordon	R	851
Morris, Heather	R	832
Morris, Justin	3	1,197
Morris, Phil	R	282
Morrow, Alex	7	1,385
Mote, Darrell	1	558
Mount, Brian	R	911
Murchison, Reginald	4	1,547
Murphy, Amy	R	121
Nagy, Lisa	1	373
Nichols, Jessica	R	617
Northern, Kristie	7	1,017
O'Brien, Ebony	R	0
Oehrlein, Kimberly	R	448
Oliver, Greg	4	1,464
Oliver, John	2	994
Orihuela, Carlos	1	623
Ortiz, Amber	R	705
Padgitt, Scott	R	926
Paradiso, Michelle	1	846
Parks, Charlie	4	1,686
Parks, Melinda	R	311
Pate, Lisa-Marie	1	0

1200 MILE CLUB

Participant	Years	Total
Pavey, Cecil	R	0
Payson, Tabitha	R	409
Payson, Tommy	1	731
Peagler, Shana	5	515
Pearce, Julie	5	431
Pearson, Blake	3	475
Pearson, Mary Scott	2	622
Pelkey, Lauren	R	695
Penley, Steve	1	296
Peters, Scott	1	777
Plante, David	4	821
Poole, Greg	1	680
Portwood, Paul	2	765
Ralph, Meghan	2	1,126
Randall, Lisa	5	793
Renn, Deanna	1	913
Richards, Amy	R	245
Richardson, William	2	931
Roberson, Kevin	2	985
Roberts, Fletcher	2	746
Robinson, Niki	R	52
Robinson, Rod	R	669
Rocha, Roger	3	974
Rodgers, Jessica	R	654
Rogers, Tammy	1	366
Roper, Lynn	R	878
Rose, Billy	3	1,370
Rosser, Joey	R	1,023
Routman, Cynthia	1	758
Rutherford, Keith	9	1,090
Rutledge, Lisa	2	180
Ryan, Meaghan	1	726
Sanchez, Melissa	R	852
Schaefer, Todd	2	1,102
Schonhoff, Aubrey	R	570
Schor, Mike	2	1,328

Participant	Years	Total
Secor, Debi	2	1,287
Seeley, Mimi	R	75
Shaffield, Danny	4	1,340
Shaffield, Mitzi	1	594
Sheppard, Gretchen	2	808
Sherer, Jeremy	R	860
Shinn, Ronald	6	493
Shirley, Scott	4	1,441
Sides, Dean	2	890
Silwal, Suman	6	0
Simpson, Kevin	4	1,924
Sims, Cecelia	R	827
Sims, Robert	4	1,216
Sloane, Mike	2	735
Smith, Jerry P.	9	802
Smith, Justin	R	335
Snow, Sheri	1	1,037
Spears, Kari	R	291
Stark, Patrick	R	631
Stevens, Johnathon	1	1,554
Stockton, Rick	9	893
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	336
Talley, Beau	5	1,214
Talley, Shellie	R	965
Talley, Sydney	R	811
Thomas, Eric	4	454
Thornton, Dean	5	677
Trimble, Jamie	2	1,076
Tyler, Kim	R	739
Varnes, Vickie	4	1,237
Walker-Journey, Jennifer	2	784
Walker, Caroline	1	553
Wall, Ron	3	372
Watkins, Janet	1	848

Participant	Years	Total
Watson, Thomas	R	927
Watters, Robert	2	648
Wayman, Meghan	1	1,619
Weber, Amy	1	581
Weber, Lauren	R	1,007
Weeks, Lance	R	899
Wells, Bradley	1	1,021
Wende, Adam	2	1,001
Whillock, Amber	R	220
White, Dennis	R	301
White, Robin	R	0
Whitt, Trey	3	1,109
Wilhite, Thomas	1	906
Williams, Avis	1	0
Williamson, Chad	2	1,143
Windle, Dale	2	867
Wiseman, Steve	2	963
Wood, Scott	1	1,129
Woody, Bill	8	1,071
Wright, Amy	1	678
Wu, Xing	7	1,158
York, Gary	4	1,547
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	592
Zehnder, Justin	6	870

SHOW US YOUR BTC GEAR



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



BTC representing at the Scottsboro Half Marathon



Scottsboro Half Marathon



Post run breakfast with friends

SHOW US YOUR BTC GEAR



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



Vulcan Run's Allison Stone with USATF Rep Charles Thompson in vintage VR shirt



Kaki Pruitt and Katherine Dease: Age group winners at Scottsboro Half



Monica and Keith Henley and Kim Tyler before Berlin Marathon

FEETS OF STRENGTH



Fall racing season is just getting underway, but the PRs and strong finishes are already starting to accumulate!

While your dedicated *Vulcan Runner* staff often scours social media to find and report your PRs and other running-related accomplishments, we don't want to miss any! Please [send us your news](#) so we can celebrate the sport we all love.



Congratulations to **BTC USATF Representative Charles Thompson** for his first place finish in his age group at the 30th annual Race to the Courthouse on September 9, 2017. You are a real inspiration, Charles!



Katherine Dease scored a first place finish in her age group at the Scottsboro Half Marathon on September 4, 2017 after a great PR run. Way to go, Katherine!



Also running a great race in Scottsboro was **Kaki Jenkins**, who placed second in her age group and knocked seven minutes of last year's time – that's awesome, Kaki!



Fletcher Roberts represented the BTC well at the Hendersonville Half Marathon in Hendersonville, Tennessee on September 16, finishing second in his age group. Way to go, Fletcher!



Scott Padgitt really took advantage of the BTC Summer Sizzling 5K Series to work on his 5K time. At the St. Jude Walk/Run on September 23, Scott finished 10th overall, placed first in his age group AND knocked 40 seconds off his PR time – wow!

BTC EXECUTIVE BOARD MEETING

September 11, 2017

Attendance: Kim Benner, Addison Clowers, Alan Hargrave, Monica Henley, Alex Morrow, Julie Pearce, Allison Stone, Charles Thompson, Scott Wood, and guest, Matt Esche (UAB)

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

The minutes of the July meeting were approved unanimously, on Monica Henley's motion, as seconded by Scott Wood.

BTC ELITE/RACING TEAM (ALEX MORROW):

The BTC has been approached by Matt Esche, Cross Country Coach at UAB, regarding forming an elite racing team that would be affiliated with and partially supported by the BTC. Coach Esche envisions a program modeled on the NYRR group. This would be a group of primarily post-collegiate runners. Coach Esche would provide coaching at no charge to the athletes. The BTC could provide racing kits to the runners. The Board was in favor of pursuing this concept and would like to engage the general membership (which is made up of runners of all abilities, ages, etc.) to get on board with the concept. The Board liked the idea of incorporating some events for the general membership such as track meets, etc. We will continue to discuss this concept and how it might work within the BTC with Coach Esche.

VULCAN RUN (ALLISON STONE)

Registration numbers currently are up by 513 from this point last year. Allison has requested that the Board assist with marketing efforts, particularly on social media. She has signs and postcards she will distribute after the meeting.

Allison encouraged everyone to create teams for the team competition. She also advised that companies can purchase blocks of race entries at a discount to give out to employees.

Vulcan Park is a beneficiary of the race; traditionally, we have had a second beneficiary as well. Last year, Girls on the Run was the second beneficiary. Allison made a motion to approve Vulcan Park and Girls on the Run as beneficiaries of the race. Alan seconded the motion, and it was approved without opposition.

Volunteers can sign up via RunSignUp for a variety of positions. Additionally, Allison would like to place Board members in certain volunteer positions, including Awards Coordinator, a post-race points person, and two people to break down packet pickup and set up the following morning. Monica volunteered to be the Awards Coordinator, and Scott and Addison will handle moving/setting up packet pickup.

SUMMER SIZZLING 5K CHALLENGE (SCOTT WOOD)

The St. Jude 5K/Fun Run is the last race in the challenge. Scott needs a volunteer to man the BTC tent during the race. Awards won't be given out at the race because it will take time to tabulate; however, winners will be posted online and listed in The Vulcan Runner.

BTC LONG RUN GROUP (ALEX MORROW)

Mercedes Half and Full Marathon training will begin soon. We need to find a new Moderate Run Coordinator; until then, we will combine the Long and Moderate Run groups. This will entail an earlier start for the Moderate Run group, but some members have expressed an interest in starting earlier.

SOCIAL (MONICA HENLEY FOR LOREN TRAYLOR)

Our next social run is October 7 at EW Motion Therapy (Eskridge & White) in Lakeview. We will run the Vulcan Run route. Kim will coordinate volunteers. Monica will follow up with Loren regarding food.

MERCHANDISE (MONICA HENLEY FOR KAREN WEST)

Karen West will be stepping down from this position, but Tabitha Payson will be taking over this role.

BIRMINGHAM 26.2 (MONICA HENLEY)

The race is April 15. BTC will be the official host of the Expo at no charge to the BTC. The Expo will be held at the Sheraton ballroom.

FINANCIAL REPORT (MONICA HENLEY FOR TREY WHITT)

Vulcan Run is ahead of schedule, revenue-wise. BTC finances are in good shape; a more comprehensive financial report will be provided at the next meeting.

IT (ALAN HARGRAVE)

Race It is going out of business, which will make old data inaccessible. However, Alan has already pulled and archived all BTC data from the Race It servers, in the event it is needed in the future.

1200 MILE CLUB (ADDISON CLOWERS)

Approximately 50 first timers are on track to attain 1200 Mile Club status this year. A total of 148 people appear to be on track to complete mileage for this year.

ADAMS HEART RUNS (MONICA HENLEY FOR LISA BOOHER)

Lisa would like to get race registration set up ASAP; however, there is some concern about setting up registration prior to Vulcan Run because of Adams Heart falls under the BTC Race Series for 2018.

The price for the BTC Race Series currently is \$75. Alex Morrow made a motion to increase the price to \$80 and discontinue the BTC Race Series shirts. Kim Benner seconded the motion. Discussion followed regarding the race statistics for last year, the prices of each race, etc. The motion was approved without opposition.

Registration for Adams Heart Runs will be opened ASAP, and the Race Series option can be added after the Vulcan Run.

NEWSLETTER (JULIE PEARCE)

September 18 is the deadline for the October issue. Julie would like to continue featuring local runners in the #WhyIRun series – please recommend friends we can feature.

USATF REPRESENTATIVE (CHARLES THOMPSON)

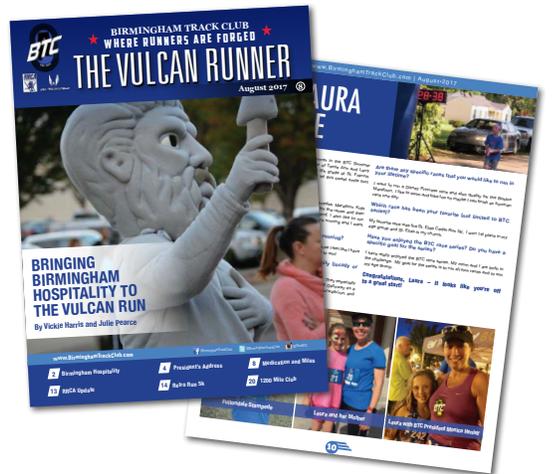
September 2 is the USATF Annual Meeting (anyone from the BTC may attend). Officer elections will be held.

The meeting was adjourned at 7:15 p.m. Our next board meeting is on October 9, 2017.

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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!](#)



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Social Run – Vulcan Preview sponsored by EW Motion Therapy	October 7, 2017	6:00 a.m.
Little River Canyon Half Marathon (Fort Payne)	October 7, 2017	8:00 a.m.
Ruffner Mountain Crusher Ridge 42K, 21K	October 7, 2017	8:00 a.m.
Susan G. Komen Race for the Cure 5K and 1 Mile Walk	October 7, 2017	9:00 p.m.
BTC Executive Board meeting (Vestavia Hills Library)	October 9, 2017	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	October 14, 2017	6:00 a.m.
Heights Heroes 5K and Fun Run	October 14, 2017	8:00 a.m.
30A Half Marathon and 5K (Gulf Place, FL) *BTC DISCOUNT OFFERED*	October 15, 2017	7:00 a.m.
Endless Mile 48 hour race	October 20, 2017	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 21, 2017	6:00 a.m.
Blazer Bolt for Brain Cancer 5K	October 21, 2017	8:00 a.m.
Trick or Trot 5K	October 21, 2017	8:00 a.m.
Darter Dash 5K/10K	October 21, 2017	8:00 a.m.
Endless Mile 24 and 12 hour races	October 21, 2017	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 28, 2017	6:00 a.m.
AORTA Tough Ten and Tough Two (Auburn)	October 28, 2017	7:30 a.m.
Covered Bridge Run (Oneonta)	October 28, 2017	8:00 a.m.
Storybook 5K and Fun Run	October 28, 2017	8:00 a.m.
Calera Eagle 5K Run	October 28, 2017	9:00 a.m.
Honda 5K (Lincoln)	October 28, 2017	5:30 p.m.
Vulcan Run 5K * BTC RACE SERIES *	November 4, 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.