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THE VULCAN RUNNER

September 2018 **9**



FROM BIRMINGHAM TO BADWATER:

Micah Morgan's Journey to a Dream (Part I)

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2 From Birmingham to Badwater

6 President's Address

8 BTC Community Corner

10 Medication and Miles

16 #WhyIRun

17 1200 Mile Club

FROM BIRMINGHAM TO BADWATER:

Micah Morgan's Journey to a Dream (Part I)

This past July, the Birmingham running community was entranced with local runner Micah Morgan's epic run in the Badwater 135 ultramarathon in Death Valley, California. Billed as "the world's toughest foot race," Micah set an ambitious goal to run a race few have ever dared to run. Although her journey started many, many months before the race (you can read more about her training and preparation in the [April 2018 issue of The Vulcan Runner](#)), we are pleased to bring you Micah's account of the days leading up to this race of a lifetime.

Friday, July 20, 2018

Packing Day! Cary spent all day Thursday packing all of the crew's gear. Today was my day to join in on the packing festivities.

I had an appointment with LaCara from work to get my hair braided. I met her at lunch, and she created a tight double braid in a matter of minutes. I have never had a braid that TIGHT! It looked great. We had a couple of errands to run and headed home to finish packing. Mind you... I procrastinate with packing – I hate it! I went to bed with anxiety on the brain.

Saturday, July 21, 2018

Cary tricked me with our airport arrival time. He was so nervous about our coolers not making it onto the plane and being late for the flight. I also pride myself on being late to the airport. Mike Schor and my dad rode with us to the airport. We were able to get all of the luggage on the plane easily. We had three Yeti coolers, one large suitcase each, and an orange drinking cooler (like the ones you see at local races). The Yeti coolers were packed with medical supplies, electrolytes, shoes, towels, bitty bags and lots of GU.

I thought it was time to board, but Cary had us there so early we still had an hour and a half to wait. I was so mad... I could have slept for another hour!

Owen and John met us at the airport with wide eyes and excitement. They were so ready! They helped ease my nerves. We got coffee and boarded the plane. John was more organized than all of us and actually "checked in" to the flight. He was somehow able to save seats for each of us – how, I will never know. We had a direct flight into Los Vegas, so we got comfortable. I had been reading Deena Kastor's book *Let Your Mind Run*, which I finished during the flight. What an honest perspective on meeting yourself where you are and enjoying the process. We all tend to see the "mountains and



obstacles" in front of us rather than taking it one mile at a time or step by step. Even Deena's "coach" was deep; he always seemed to have the right words to "be in the moment!" I needed to read that. I was so scared of this race and literally the mountains before me. I needed to step back and enjoy every moment of what we were about to take on. It seemed like the flight would never end, but we eventually arrived to the flashy, clinging slot machines of Vegas!

It was almost humorous gathering all of our luggage off of the baggage claim belt. A sweet man came over with a cart and said, "Please let me help you all!" We gladly accepted his help as we proceeded to the rental car to pick up our vehicle -- low and behold, we were given a Dodge Caravan, loaded!! It was white with tinted windows -- a stay-at-home mom's dream! Only instead of hauling kids, it was now our claim to fame!

We were all starving by this point so we went to eat at a local Chipotle before heading to the Whole Foods and godforsaken Walmart. If you know me at all, you will know that I HATE, No, LOATHE – Wally World. We began to gather the most random supplies. . . a large bucket that would be the "bathroom," large towels, goggles, a bug sprayer, rice cooker and food and drinks. I truly believe ultramarathons make you revert back to childhood when looking for food items. . . basically, everything my mom wanted to withhold, I now eat! We bought

FROM BIRMINGHAM TO BADWATER:

Micah Morgan's Journey to a Dream (Part I)

sugary popsicles and tons of soda, lots of Fig Newtons, Cheez-It's, bars, fruits, peanut butter and jelly rollups and marshmallow fluff for Fluffernutters. We had two shopping carts full of foods and supplies by the time we finished. For this race, you have to bring everything you will need along with you in your vehicle. There are no aid stations.

We were also told to bring food to eat Sunday and Monday because the "hotel" food was very "heavy." Hmm. . . . We left Walmart and went to Whole Foods for more food. Of course, we bought plenty of cookies and icing – a "must have" for any race in my opinion! The bakery employee at the Vegas Whole Foods thought I was nuts for asking for two large scoops of buttercream icing, but I explained, "Girl, I am from the South, we do desert RIGHT!" She laughed and gave me double.

Whole Foods was also interesting because we saw another crew buying supplies. We were friendly with that crew but their racer did not approve of our "cookies and icing" – "I cannot believe you eat sugar!" She exclaimed. To be clear, I do not eat a lot of sugar, but hey, life is short, eat some sugar at least once a week!

We left Whole Foods and began the dry ice adventure. When you Google "dry ice – Vegas" you literally get a million hits. NOT TRUE! No one seemed to have any dry ice. We called several places and finally lucked out. Cary was starting to sweat buckets by that point, but finally, we found a Hispanic grocery store with a ton available. They were very kind and helped load the large Yeti. Of course, Cary had to touch the dry ice, and to his surprise, it did burn.

Sidenote: In Vegas, we received a weather alert about a dust storm. We could see in the distance what looked like a thunderstorm, but the rain we thought we saw was a huge wall of dust! So weird. Plus it is HOT! (Yes, you'll hear that again).

Now that the minivan is literally packed full, top carrier and all, we head to Death Valley. The road to the national park is long, hot and lonely, with barely any radio transmission. But it seemed like all of



the sudden, we arrived. All I could think was, "Holy crap, we are here!"

One of the race rules was to pay the park fee at the kiosks – we pulled in to make our payment. OMG! It is like an oven out there. The temperature quickly rose from a balmy 105 degrees in Vegas to more than 120 degrees in the park. We took a group photo and laughed at how hot it was. We got back in the van and noticed that people were parking and walking to an elevated lot. We got out again, realizing this was Zabriskie Point. This area is known for erosional landscapes and colorful sediment. The landscape was full of borax, which was heavily mined in the early Twentieth Century. The wind was in full force while we were there, and the sky was hazy. We could not believe all of the people and families of all different nationalities who actually were vacationing and visiting this place. Do not get me wrong, it is beautiful, but SO HOT! What can a family do out here?? This became a common theme for us on the trip: "what did these children do last year that is causing their parents to take them on a vacation here!" Really?

After our 15 minutes at Zabriskie Point, we were back in the minivan, chugging water and heading to the hotel. When we arrived at the hotel, aptly named "The Oasis at Furnace Creek", we noticed a ton of construction. We went to a little office in the back and checked into our rooms. Even the rooms were hot, despite air conditioning and oscillating fans. We were pouring sweat.

FROM BIRMINGHAM TO BADWATER:

Micah Morgan's Journey to a Dream (Part I)



Cold faucet water and cold showers were not in the plans – there was no cold water anywhere. Once we unloaded the minivan, Owen and Mike went on a run. John, Cary and I went to check out the pool. That is where I finally met Steven and Stephanie Carr in person. Steven was the other Alabama racer I met through social media. Steller couple, I might add. The hotel was very much like an old summer camp. We went to the dining hall, and that is where many runners and crew teams were reuniting with each other and sizing up the competition. On the way to the dining hall, we saw Badwater Race Director Chris Kostman and his team, including Bob Becker. They greeted us with huge hugs. It was getting real! We all went back to our rooms for some sleep. I have to say I was happy that Owen and Mike survived run number one!

Sunday, July 22, 2018

The next morning, we went on a shakeout run towards the Furnace Creek Visitors Center. A large digital thermometer showed the fluctuating temperature on a digital board out front. At 8:00 a.m., the temperature already was 123 degrees. We ran along the road, laughing at the heat. It was doable, just SO HOT! We ran three miles and felt great. Owen went out for more. We were loading him down with extra water, making sure he did not overdo it. We then went out to the spring fed pool, which felt amazing. We just sat out on the deck and let our nerves fade into the water.

We had the runner check-in that afternoon at 3:00 p.m. Cary had to be there early to check out the ultra stars coming in and out with their crews. Once I arrived, I was greeted by familiar faces. I was so happy to be reunited with old friends. These people are amazing, and to be at Badwater with them was a dream come true! They let the crews go downstairs one or two at a time to register, get

reflective gear and bitty bags approved and pickup “swag”. The Badwater swag was awesome -- I actually bought a good bit, which was not typical for me. I figured this was a notable exception. They pushed us along to the runner mugshots and team photos. Again, I could not believe we were actually part of the festivities.

I was handed bib 100, and a man said “oh number 100, that’s great!” I had no clue what he meant, but I took it as a good sign. I walked it over to the AdventureCORPS/Badwater backdrop and pretended to smile like “this was easy. I know what I’m doing!” But I was so nervous holding that bib. I took my “mugshot” and then my team joined me. Now I had some relief. My team made it better. We took a great team photo and went back upstairs for a quick snack before heading back to our hotel.



After runner check-in, we had to meet the RUNITFAST group for a photo at the Furnace Creek visitor’s center. About 25 runners gathered around the thermometer that read a chilly 123 degrees. It was fun catching up with the RUNITFAST group.

Cary and I had a mandatory meeting that night. It was led by Chris Kostman, RD. The room was filled with anxious runners and crew chiefs. I think Owen and Mike went for another run while John hit the pool.

The meeting addressed race rules and answered questions. Chris honored veterans and rookies. He gave an award to Ray Sanchez

FROM BIRMINGHAM TO BADWATER:

Micah Morgan's Journey to a Dream (Part I)

for running the Badwater 135 ten times. He is a great guy who opened a spot on his team to someone new to Badwater who was hoping to get in one day. Chris had recently lost his father, as well as Al Arnold, who was the first man to run the Badwater course and the founder of the race in the 1970's. Chris was very emotional and talked about loving others as well as family every moment you can. His father was a huge part of his life and gave everyone Jolly Ranchers, so naturally at the end of his talk, Chris gave us Jolly Ranchers. It was a sweet moment for all of us. There are so many times we are too busy or just lazy when it comes to family. We need to cherish every second we get with each of our family members.



The meeting seemed to last forever. SO MANY RULES. We left thinking we would screw them all up! Once the meeting was over, the entire group of 99 runners took one last photo together before race day. We all hung around and talked race strategies together. We got excellent last minute insight from veterans. We were able to meet Pete Kostelnick, who actually knew who I was, and took a photo with us. We also met Harvey Lewis, fresh off his Appalachian Trial world record attempt. I cannot believe he was still standing, much less about to run Badwater. He literally had just finished running the entire Appalachian Trial just days prior. Meeting him was an absolute pleasure. Such wisdom and love. I made the comment of how I enjoyed the time he spent with his father and the experience they shared, and he gave a sincere thank you.

We caught up with Josh, Andrea and Mare – what a fun group of runners. They are bubbly and joyful in all times. They have all encouraged me throughout the training cycle. Then the crowd began to fade.

Chris walked over to Cary and me, and we all took another photo. Chris gave me some last minute advice and told me to “chill.” He said, “take it easy, this is not a fast race! This will be like nothing you have ever experienced in the past.” We were going to try to make up as much time as we could during the night, but our plans suddenly stopped dead in their tracks. We were going to slow the paces and see what happened.

Cary and I got back into the minivan to head back to the hotel. Oh, lastly, the sign in the restroom at the visitor's center had mentioned hydration and urine monitoring. That sign put it all into perspective. The average person just walking or sightseeing in Death Valley needs one liter of water per hour. The sign also included a pee chart at the bottom showing clear to coffee color. The average person needs one liter per hour – oh my gosh, we need more water and fluids – panic! Cary reassured me that we had plenty.

We met back up with the crew for dinner and to discuss the meeting. We chatted with Chavet Breslin's crew and headed back to the room. We actually grabbed our bathing suits and went to the pool for some relaxation. The pool felt great, even though it was fed by a hot spring. . .go figure! We stayed out until 10:30 or 11:00 p.m. and then went back to our room to sleep. Surprisingly, I actually fell asleep, and we slept in the next morning until about 7:30 or 8:00 – Race Day!

I know. . .it's a worse cliffhanger than "This Is Us," right?? No worries – stay tuned for Part II of Micah's race diary in the October issue of [The Vulcan Runner](#).

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PRESIDENT'S ADDRESS

By Scott Wood



Hello, fellow BTC Members!

Summer is almost over, and if you're like me, you're ready for some cooler temperatures. And cooler temperatures mean it's time to get ready for the Vulcan Run 10K on November 3! Once again, the BTC's premier race will be the RRCA State 10K Championship. We are excited to announce that Birmingham's favorite 10K will be held at a new location this year: Sloss Furnace will be our host this year due to the construction going on in the north Birmingham area. Sign up now to experience a great race, a fun after party, a cool shirt, and cooler temps for great racing!

We have not one but TWO great BTC Socials lined up for you in the month of September. On September 15, the BTC will host a run social at Good People Brewing sponsored once again by our great friends at TherapySouth. We will be teaming up with our friends with the Magic City Half Marathon to bring you a course preview of the new race route, and the BTC will provide food, coffee, snacks, race giveaways, and more -- trust me, you do not want to miss this great event!

Save the Date!
Magic City Half Marathon
New Course Preview!
September 15, 2018

Sponsored by: Hosted by:

Next up, just two weeks later on September 29, the BTC along with BTC past president and current Homewood Councilor, Jennifer Andress, will be hosting a unique social to bring awareness to the long-awaited pedestrian bridge that will be built over Hollywood Boulevard. We will be meeting at Mexico Lindo and Over Easy (park across the street at the church) and departing from there. Don't worry, we will have plenty for you to eat and drink as you arrive back from your long run. As many of you know, this bridge has been a five-year project of love, passion, and determination for Jennifer, and the BTC has been involved every step of the way. Please make plans to be there on this important day -- we ALL will build this bridge!

BTC Hollywood Pedestrian Bridge Fundraiser



I hope everyone's training is going well. We've had huge turnouts for our Saturday morning BTC Long and Moderate Runs, and it's been great to see everyone training so hard for their fall and winter races. Make sure to volunteer for a water stop soon -- you will enjoy giving back to your fellow runners! There are lots of great races in our area to choose from in the next couple of months (check out our calendar in this issue or [online](#)); I hope to run with you at one of them, or during a BTC Saturday Morning Long Run.

Drink your water, and I'll see you on the roads!

Scott Wood
BTC President



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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:

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Race Results

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

birminghamtrackclub.com
championship-racing.com



BTC COMMUNITY CORNER

By Jennifer Andress, Homewood City Councilor and BTC President 2012-2014

Happy September, BTC!

Or as I say, “Happy Month of the BTC Run Socials” We have not one but TWO big events for you this month: a Magic City Half Marathon preview run on September 15, and a Hollywood Bridge social and fundraiser on September 29!

I am busy lining up sponsors for the September 29 event, and I am excited to announce that **Raymond James Personal Wealth management and Private Client Group** will be joining us, as well as making a donation for our bridge! We are so appreciative and are glad to have them on our team. We are still gathering figures, but we have received some very important donations from our State Representatives and Senators.

State Senator Slade Blackwell has committed \$150,000 from his Jeffco discretionary fund for Public Works, and we literally could not do this project without his commitment. We cannot thank him enough. Slade is an Ironman and a runner, and he appreciates our active community.

Other donations are committed from: Senator Rodger Smitherman, Senator Jabo Waggoner, Representative David Faulkner, Representative Jim Carns, and Representative John Rogers.

We still have some outstanding asks, and I look forward to making those announcements when they are firm.

We are also now open to corporate donations, and are planning a plaque for these sponsors that will live permanently on the new bridge. If you are interested in this opportunity, please email me at andress4hwd@gmail.com.

Thanks to our sponsors for the September 29 Social: **Cahaba Brewing, Hydralive Therapy, Mountain High Outfitters**, and of course **Trak Shak** and the **BTC**. And thank you to **Over Easy** -- looking forward to the biscuits!



RAYMOND JAMES®

Stay tuned for more announcements on door prizes and giveaways. If you [order your shirt](#) by September 14 we will have it for you at the September 29 Social. However, we will keep [online orders open](#) after the social, and they will be ready at the Vulcan Run packet pick up.

YOUR CHOICES ARE:

- *Next Level soft t-shirt in unisex or women’s cut (order up a size): blue, red, purple, or dark gray*
- *Brooks tech singlets or short sleeve shirts in men’s and women’s cuts: red, orange, gray, or black*



Got Pain?

Functional Dry Needling can help!

What is dry needling?

Dry needling is a technique performed by a physical therapist using a thin filiform needle to penetrate the skin. The therapist uses the needle to stimulate underlying myofascial trigger points, muscles and connective tissue for the management of neuromuscular pain and movement impairment.

Why is dry needling used?

Following injuries or degenerative processes, muscle tightness and spasm can occur which can lead to nerve involvement and result in referred pain. This referred pain can lead to secondary dysfunction such as

decreased mobility, chronic pain and many other disorders. The treatment involves identifying the source of the trigger point and advancing a filiform needle into the related muscle to elicit a twitch response.

What are the benefits of dry needling?

The stimulation of these trigger points can reset the muscle to alleviate the primary dysfunction as well as the referred pain. Many patients experience dramatic pain relief as well as improved range of motion and restoration of function.

Talk to your physical therapist about Functional Dry Needling today!

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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!**

MEDICATIONS AND MILES

The Value of Vaccines: Need-to-Know Facts about DTaP and Tdap Vaccines

Trey Ingram, PharmD Candidate 2019. Jaclyn Garner, PharmD. Candidate 2019, Kim Benner, PharmD

If you have ever stepped on a rusty nail or cut yourself outdoors, you've likely been asked, "Have you had a recent tetanus vaccination?" While it might seem tedious (or even painful) to be vaccinated year after year, the needle stick is far less painful than the dangerous diseases vaccines can protect against.

Receiving the DTaP (diphtheria and tetanus toxoids and acellular pertussis vaccine) and staying up to date on the Tdap (tetanus and diphtheria toxoids with acellular pertussis) vaccine protects you from diphtheria, tetanus, and pertussis. Diphtheria causes a thick covering in the back of the throat leading to breathing problems, paralysis, heart failure, and even death. Tetanus (also known as lockjaw) is a serious disease that causes painful tightening of the muscles, usually all over the body. It can lead to "locking" of the jaw preventing opening of the mouth or swallowing. Tetanus results in death in about 1 in 10 cases. Pertussis, commonly known as whooping cough, is a highly contagious respiratory tract infection. Pertussis initially resembles a common cold, but may turn into a more serious condition, especially in infants. (Of note, pertussis cases are on the rise in Alabama with 151 cases reported in 2017 and 172 reported so far in 2018, according to the Alabama Department of Public Health).

It is easy to confuse the DTaP and Tdap vaccines. The DTaP vaccine (brand names Daptacel and Infarix) helps children younger than age 7 develop immunity to diphtheria, tetanus, and pertussis (whooping cough). Developed in 1999, the DTaP is a vaccine with components of a contagion instead of a whole inactivated cell. Without the whole inactivated cell, the DTaP avoids major adverse effects and produces a much safer immune response. DTaP may also be given at the same time as other vaccines. Children should get five doses of DTaP vaccine, one dose at each of the following ages: 2 months, 4 months, 6 months, 15-18 months, and 4-6 years.

Tdap (brand names Adacel and Booster) is a booster immunization first given at age 11-12 that offers continued protection for adolescents and adults. Given the resilient nature of pertussis, diphtheria, and tetanus, the body can lose the antibodies first provided by the DTaP, leaving it open to the disease once again. After the series of the DTaP, the body needs a "wake-up call" in the form of a booster shot to continue preventing these diseases. Without these reminders via boosters, there can be resurgent outbreaks of the disease.

Adults should get a Tdap booster every 10 years; however, it is recommended to get a Tdap booster before the 10-year interval in certain situations. If you anticipate having close contact with an infant younger than 12 months, you should receive the vaccine at least two weeks before being around the child. Women should get a Tdap booster with every pregnancy.

Like other vaccines, you should not receive the vaccine if you have had a previous life-threatening allergic reaction to any vaccine containing tetanus, diphtheria, or pertussis. A history of coma or seizures within seven days of a childhood dose of DTP or DTaP, or a previous dose of Tdap should also exclude you from receiving the Tdap.

A common misconception of vaccines such as the DTaP and Tdap is that there are major adverse effects associated with it. One of the mechanisms the Center for Disease Control (CDC) uses to monitor the safety of vaccines is the Vaccine Adverse Event Report System (VAERS). DTaP and Tdap safety studies among VAERS reports have found no safety concerns for children, the general population, for pregnant women, or for adults over age 65. Common less serious side effects of DTaP and Tdap vaccines include short-term soreness or swelling where the shot was given, fever, irritability, feeling tired, and vomiting. Overall, the DTaP and Tdap vaccines are extremely safe and efficacious.

In the same way that running and exercise are important to maintaining a healthy lifestyle, vaccines are critical to protect yourself and others from the spread of deadly bacterial infections. Outdoor runners may especially be prone to the risk of tetanus infections from contact with contaminated objects, but still require the complete protection from pertussis and diphtheria provided by the Tdap. Keeping your Tdap vaccination up to date doesn't guarantee you good health, but when given on schedule along with exercise and a healthy diet, it provides you with strengthening protection towards your pursuit of a healthy lifestyle.

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BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Heather Anthony
Becky Byrd
Jim Byrd
Matthew Byrd
Nancy Campbell
Randy Campbell
Jeffrey Criswell
Katie Criswell
Mark Criswell
Tina Criswell
Rayna Dyck
Tim Easterling
Sam Eisa
Cameron Estes

Carley Ezzell
Angie Frames
Kaden Frames
Kaleb Frames
Rebecca Fulmer
Izzy Gould
Jake Gould
Nathan Gould
Thatcher Gould
Ryan Graham
Wendy Hassinger
Jack Hasson
Karyn Hetherington
Becky Howard

Joe Kendrick
Tom Kendrick
Diane Knight
Eric Lopez
John Lyda
Skip Mathews
Frank McGough
Chris Morgan
Carlos Orihuela
Alice Parker
Justin Parker
Lena Anne Parker
Mary Grace Parker
Abigail Ronson

Catie Ronson
Lynn Roper
Tyler Rowe
Eleanor Rubin
Ruby See
Carson Spruiell
Jason Spruiell
Seth Tibbs
Kevin Wales
Michelle Wales
Ryan Wallace
Ryan Walley
Susan Walley
Key Warren

Lisa Warren
Ana Watters
Heather Watters
Larkin Watters
Robert Watters
Deb Wieberg
Lola Wilcock
Chad Williamson
Lori Williamson
Rebecca Williamson
Mason Wingard

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!

BTC SOCIAL AND “BUILD-A-BRIDGE” FUNDRAISER

Saturday, September 29, 2018

OVER EASY

Join us for your Saturday morning run, followed by food from Over Easy and Mexico Lindo, beverages from Cahaba Brewery, vendors, representatives from local government and more!

[Donate Here](#)

SAVE
THE
DATE!



HIP AND KNEE PAIN...WHAT ARE MY HIP FLEXORS? I HAVE A PSOAS?

By Ryan Hunt, DPT, CSCS, ASTYM certified provider, Dry Needling practitioner Service Director, TherapySouth - PatchWorks Farms/Altadena



How many times have you self-diagnosed your hip or knee pain as runner's knee and/or IT Band Syndrome? Is your first gut instinct to grab the foam roll, stick, wand or some other form of massager and roll the IT band into submission? Did you find some relief only to end up right back on the roller two weeks later? Everyone has been there. The reality of this repetitive cycle stems from self-treating your symptoms rather than treating the source of the problem.

Which came first, the hip or knee pain? As a physical therapist, I look at the entire kinetic chain (Pelvis, Hip, Knee, Ankle and Foot). During your run, your whole kinetic chain exerts a force into the ground, then the body must absorb another force from the ground back up through the body. The body can compensate for weaknesses in the kinetic chain while you run. But, as the miles and training add up, your body may show you its weaknesses. The weaknesses may show up in signs of early fatigue, the feeling of dragging your leg, or pain. So, to answer the question of which came first -- the hip or the knee pain, I would suggest we go up the kinetic chain and treat the source. Let's start with the hip and pelvis.

In the clinic, we talk about pelvic rotation, hip flexor tightness, decreased hip extension, psoas/iliacus release, glute medius weakness and medial hip collapse. You may have heard this before and thought "What foreign language is this?"

Let's connect the dots.

The psoas/iliacus muscle is a hip flexor and stabilizer. If tight, it can create decreased hip extension or mobility and can create a functional leg length issue. It also is a dominate player in low back pain.

The glute medius muscle is a stabilizer of the hip as you push off the ground. If weak, it can create collapse at the hip, and then knee pain follows.

Bottomline? Tight hip flexors lead to weak hip extensors, creating a chain reaction from the hip to the knee.

What is the solution? First, let me say that one size does not fit all! Every runner is different. However, if all things are equal then let's lengthen what is short and strengthen what is weak.

Exercises include kneeling hip flexor stretches, clam shells, monster walks with bands, and dynamic training such as plyometrics for glute power and stability.

For faster results, options include dry needling of the hip flexors, manual release of psoas/iliacus, and joint mobilizations along with corrective exercises.



You can still roll, massage and hammer into submission, but let's get to the source. Contact your local physical therapist at any of our 28 TherapySouth locations for more information. Contact Ryan at rhunt@therapysouth.net or 205-223-9012.



Volunteer Vibes

Thank you to all of our tireless volunteers! Volunteers are needed for our next BTC Social on Saturday, September 15 and for the Hollywood Bridge Social on Saturday, September 29. Please contact [BTC Volunteer Coordinator Kim Benner](#) to let

us know how you can help with these events. Many volunteers also will be needed for the BTC's Vulcan Run on November 3 -- mark your calendars, and watch for more information on that race. See you out on the roads! [#weheartourvolunteers](#)



BTC Merchandise

BTC VISORS ARE HERE!

If you preordered a visor, please email Tabitha or Tommy Payson to arrange for pick up or delivery. A few are still available at a cost of \$20.

Everyone's favorite Arthur Black retro style shirts have been restocked and are ready for your Fall training and races! Check out the [BTC Store](#) online to order now – these will go fast!

NEW! "We Built This Bridge" shirts can be [purchased online](#); 100% of the profit from the sale of these shirts will go to the Hollywood Bridge fund. Be a part of history and help [#BuildABridge!](#)



RRCA UPDATE

By Alex Morrow, RRCA State Representative



SAVE THE DATE: On September 21, 2018 the RRCA will present the 13th Annual RUN@WORK Day and the 7th Annual RUN@School Day.

Company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, teachers, coaches, parents, and individuals nationwide are encouraged to plan fun runs and walks around the country with their employers or at local schools.

The goal of RUN@WORK Day and RUN@School Day is to encourage adults and children to get at least 30-minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work/school, during

lunch, or immediately following work/school. RUN@WORK Day also encourages companies to help employees schedule time for physical activity. Incorporating exercise into one's daily routine can markedly improve one's overall physical health.

To help you plan your event, the RRCA has created A RUN@WORK Day and a RUN@School Day Planning Kit and Fact Sheet. For more information visit: <https://www.rrca.org/our-programs-services/programs/run@work-day-run@school-day>

BTC Race Discounts

BTC Membership includes great discounts on these races (and more)!

[Click here](#), or log on to RunSignUp via the BTC website using the email address associated with your BTC membership to access discount codes.

- **Magic City Half Marathon & 5K** -- November 18, 2018: 10% off registration.

Not a BTC member? Not a problem! Sign up here for an individual or family membership, and start taking advantage of the perks. #MembershipHasItsPrivileges

Moderate Distance Run Group

The Saturday Moderate Distance Run Group is a great option for anyone who wants a few less miles than the Long Run routes – or anyone who wants a bit more sleep on Saturday mornings! The group starts at 6:30 a.m. from Trak Shak; however, once a month, the group will start from a different location. Routes are between three and eight miles and paces vary as well. Interested in joining us, or have questions? Email [Moderate Run Coordinator LaRonda Corrin](#), or check out the group's [Facebook page](#) for more information.

Want to get more involved with the group? Email LaRonda to help coordinate routes or water stops for some upcoming runs. We hope to see you on the roads!



SHOW US YOUR BTC GEAR



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

Congratulations to Michele Parr, whose BTC gear traveled the furthest this summer! Michele (and her trusty BTC shirt) visited Galway Bay, Ireland. We look forward to giving you a Trak Shak gift card, Michele!



★CONGRATULATIONS★



Russell Williams and Billy Rose are #BTCtwins



BTC Webmaster Dean Thornton at Peavine Falls



Griffin Oaks at Crater Lake National Park in Klamath Falls, Oregon



BTC IT Chair Alan Hargrave keeps hydrated

#WHYIRUN

Adam R. Wende



2017 Statue 2
Statue Finish. Photo
by Sandra Wende

Running can serve so many purposes in a person's life -- it can be for health, community, sanity, etc. I run distance because back in 1993, we got a new track coach at my high school, Willie Gausman, who was training for her run at the Olympic Trials. From the first 10-miler she took us on until today, distance running has always held a significant spot in my life. From this early high school running to running for Knox College in Galesburg, Illinois, I have always tried to find the next challenge. Over the subsequent 25 years, much has changed including the cities I've lived in and the people with whom I've run. But one thing hasn't changed: I run because I love it!

So, what is my connection to the BTC running community? Well, it began in the summer of 2013 when I was vacationing in Yellowstone National Park (I was living in Salt Lake City, Utah

at that time). While at breakfast, I saw a person wearing an Adam's Heart Runs t-shirt. Because my name is Adam, and I study heart disease, I couldn't resist -- I had to find out more about this race. To my surprise, I learned that the race was held in Birmingham, Alabama -- the very the city I was moving to at the end of the month! Every year since, I have made it a priority to run that race and have tried to keep up with the 1200 Mile Club.

During all this time, running has also helped me to keep a work/life balance as it was work that brought me to Birmingham. Specifically, I lead a research laboratory at UAB exploring the role that diabetes plays in the development of heart disease. And it is that point that brings me to why I wrote this article for The Vulcan Runner. I recently turned 40, and I wanted to find a new challenge in my running. I decided to use my running to raise money for charity. On September 16, 2018, I will be participating in the BMW Berlin Marathon to raise money for Team for Kids to support the New York Road Runners Youth Programs. These programs help sponsor 267,000 students locally and nationally through free youth running programs, events, and resources. They promote healthy lifestyles and empower youth development via running and character-building programs in schools and community centers nationwide. As

the primary goal of the research I perform at UAB is to impact the effect of diabetes on the heart, it is important to know that exercise is the leader in the prevention and treatment of diabetes and its complications. So, although the reason why I run is the love of the sport, now I can run to help others.

The BTC community and the race series have definitely helped my transition to the Birmingham area. Now five years in, I can call Alabama my home, and I hope to have another 25 years of running with as many of you as possible.

[My fundraising page can be found here:](#) (fundraising deadline is September 5, 2018). Thank you.

1200 MILE CLUB

Cumulative miles submitted through August 30, 2018 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
Abel, Robin	R	204
Anderson, Adrianna	R	628
Anderson, Kerri	2	692
Armstrong, Thomas	3	0
Arnold, Brad	1	267
Baggett, Christopher	R	1,025
Barnes, Jimmie	3	687
Bartee, Samm	2	752
Barton, Dawn	R	311
Beasley, Cathy	1	922
Belcher, Michelle	5	807
Benner, Kim	5	920
Benson, Wayne	4	769
Bibb, Angelean	R	718
Bircheat, Aliza	R	0
Bircheat, Clint	R	0
Black, Dylan	1	0
Boackle, Larry	1	966
Boackle, Tomie Ann	1	681
Boger, Joe T	1	621
Bonatz, Ekkehard	10	1,294
Booher, Lisa	6	844
Boswell, Ryan	1	168
Bowman, Bill	R	561
Bowman, Brian	R	0
Bowman, Leisha	R	0
Bradley, Amanda	1	1,317
Bradley, Lee	1	0
Brakhage, Victoria	1	884
Bridwell, Hunter	R	712
Brown, Charlie	6	833
Brown, Michael	4	446
Bryant, David	4	741

Participant	Years	Total
Burks, Ross	1	809
Burton, Kelsey	R	615
Caine, Lawrence	1	671
Callahan, Ali	R	294
Callahan, Chris	1	664
Callahan, Noah	R	295
Callahan, Rachel	3	676
Camp, Melinda	R	575
Carey, Christopher	4	1,049
Carlton, Bob	3	633
Carter, Adrienne	1	415
Cawley, Jennifer	R	140
Chambers, Gay	1	15
Chandler, Teresa	8	798
Childers, Kristi	R	326
Childers, Melissa	R	247
Christian, Alan	R	0
Clay, Brad	11	1,263
Clayton, Yocunda	3	0
Cleveland, Jeff	1	965
Clevenger, Caitlin	R	207
Cliett, Stephanie	3	1,061
Clowers, Addison	3	1,002
Coffin, Hannah	1	1,579
Coleman, Tim	R	979
Collins, Helen	1	609
Corrin, LaRonda	R	493
Corrin, Roger	2	488
Craig, Mary	1	149
Crain, Teresa	2	0
Cramer, Robyn	R	461
Cramer, Steve	R	246
Crawford, Allen	2	760

Participant	Years	Total
Crawford, Kimberly	1	120
Creel, Mary	R	849
Criswell, Katie	R	802
Criswell, Mark	R	40
Croker, Jennifer	R	908
Crowson, Bill	2	751
Crumpton, Melinda	R	0
Cutshall, Hannah	1	317
Davidson, Dow	R	978
Dawson, Ashley	3	1,097
Dease, Joseph	2	640
Dease, Katherine	3	272
Dell'Italia, Pat	2	562
Denton, Matt	5	1,169
Dixon, Jonathan	R	745
Dorman, Evan	R	817
Dowling, April	1	710
Duke, Cindy	2	772
Dunn, Jennifer	R	793
Dunnaway, Roberta	2	489
Easterling, Natalie	2	0
Edgerton, Amy	R	748
Elkins, Sydney	R	599
English, Timothy	1	1,250
Evans, Debbie	4	681
Farrior, Sonya	R	475
Feller, Beth	2	526
Ferlitto, Cindy	R	742
Fonteneau, Kira	R	0
Fontenot, Misty	1	756
Fountain, Raley	R	891
Fraka, Leann	R	81
Franklin, Rebecca	R	169

1200 MILE CLUB

Participant	Years	Total
Franklin, Shane	6	685
Frederick, Winston	9	1,194
Freeman, Sheila	1	738
Fuller, Lisa	R	250
Funk, Robert	R	0
Gann, Michael	7	1,621
Gibson, Katie	R	729
Goode, Johnny	8	1,172
Goss, Ange	R	765
Grady, Carla	R	399
Graham, Jonathan	R	719
Grainger, Matt	R	0
Grammas, Marianthe	2	1,611
Gray, Caleb	R	450
Grossmann, Christopher	6	814
Haley, Jay	2	835
Hall, Thomas	1	34
Haralson, Danny	9	733
Haralson, Micki	10	334
Hargrave, Alan	10	812
Harrelson, Heather	4	674
Harris Bowser, Javacia	R	94
Harris, Ashley	R	679
Harris, Robert	R	577
Harris, Skip	1	150
Harris, Vickie	2	191
Harrison, Lisa	6	782
Harry, April	1	499
Havicus, Cari	1	96
Hayden, Brittany	2	1,310
Haynes, Melanie	R	501
Heaton, Bryan	4	1,615
Henley, Monica	4	749
Henninger, Alison	3	718
Hill, Susan	4	475
Hogeland, Angie	1	723
Hogue, Kari	R	0
Holcomb, Zachary	R	816
Holland, Skylar	R	806

Participant	Years	Total
Holmes, Chris	1	0
Hopper, Whittley	R	679
Hoskins, Angela	R	10
Hoskins, Creig	R	0
House, Beth	5	557
Hubbard, Stephanie	R	0
Hunter, Bob	1	593
Ingram, Joseph	5	159
Izard, Georgia	2	757
Izard, Melody	3	529
Jenkins, Kaki	4	947
Johnson, Kawitta	R	697
Jones, Ira	3	0
Jones, Misty	R	421
Kane, Dawn	1	0
Kane, Michael	R	0
Kearley, Christy	1	115
Kearley, David	1	282
Kearley, Stephen	2	203
Keefer, Herb	2	400
Kelley, Robin	4	0
Kemper, Tricia	3	853
Kendrick, Tom	R	272
Kirchmer, Shannon	1	689
Knight, Diane	2	498
Kuhn, Jimmy	10	1,117
Kulp, Loren	3	1,363
Lahti, Tyler	1	772
Laird, Audrey	3	958
Langston, Aaron	3	830
Langston, Richard	5	714
LeCroy, Sarah	1	527
Lee, Brian	R	480
Lee, Koren	1	358
Leopard, Don	1	0
Loo, Judy	2	0
Ludt, Chas	R	151
Lyle, Randy	10	1,446
Madison, James	1	0

Participant	Years	Total
Malick, David	4	747
Mandy, Madeline	1	429
Martin, Lee	R	0
Mason, Will	R	324
Massey, Chris	1	488
Massey, David	R	186
Mathews, Skip	R	540
McNair, Kelly	4	743
McVey, Simon	3	615
Merry, Vicki Sue	6	1,214
Mickens, Cassandra	2	417
Miller, Stephen	R	689
Miyasaki, Nathan	3	1,657
Morgan, Cary	8	1,718
Morgan, Danielle	5	0
Morgan, Phillip	7	0
Morris, Justin	4	929
Morris, Phil	R	0
Morrow, Abigail	R	0
Morrow, Alex	7	0
Mount, Brian	1	787
Murchison, Reginald	5	1,398
Nagy, Lisa	1	337
Northern, Kristie	8	879
Oehrlein, Kimberly	R	366
Oliver, Greg	4	1,152
Oliver, John	3	792
Padgitt, Scott	1	947
Parks, Charlie	5	1,384
Pate, Lisa-Marie	1	0
Payson, Tabitha	R	507
Payson, Tommy	2	627
Peagler, Shana	6	480
Peagler, Zach	1	381
Pearce, Julie	5	293
Pearson, Blake	4	0
Pearson, Mary Scott	3	0
Pegouske, Christian	R	186
Pegouske, Jeremy	R	642

1200 MILE CLUB

Participant	Years	Total
Pegouske, Madison	R	429
Pegouske, Stacie	R	690
Penko, Zoe	R	0
Penley, Steve	1	101
Peters, Scott	2	143
Plante, David	5	837
Poole, Greg	1	435
Portwood, Paul	2	441
Pruett, Jay	R	731
Ralph, Meghan	3	824
Randall, Lisa	6	0
Rawson, Brent	R	804
Redden, David	R	754
Renn, Deanna	2	980
Reynolds, Dewelena	R	317
Richardson, William	3	911
Richey, Lori Beth	R	790
Ritchie, Joseph	R	826
Roberie, Josh	R	205
Roberson, Kevin	3	848
Roberts, Fletcher	3	555
Rodgers, Jeffrey	R	694
Rodgers, Jessica A.	R	218
Rodgers, Jessica W.	R	0
Ronson, Catherine	R	0
Roper, Lynn	1	726
Rose, Billy	3	1,011
Rosser, Joey	1	658
Rowell, Taylor	R	742
Rutherford, Keith	10	628
Rutledge, Lisa	2	714
Ryan, Meaghan	2	863
Schonhoff, Aubrey	R	306
Secor, Debi	2	578
Self, Travis	1	128
Serio, Joseph	R	138
Shaffield, Danny	4	1,169
Sheppard, Gretchen	3	756
Sherer, Jeremy	1	619

Participant	Years	Total
Sherrell, Jeff	R	608
Shinn, Ronald	6	245
Shoaf, James	R	993
Sides, Dean	3	723
Silwal, Suman	7	0
Simpkins, Randall	R	795
Simpson, Kevin	5	1,943
Sims, Cecelia	1	588
Sims, Robert	4	840
Sloane, Mike	2	658
Smith, Jerry P.	10	718
Smith, Justin	R	242
Snow, Sheri	2	1,066
Soileau, Chester	R	819
Stevens, Johnathon	2	1,745
Stewart, Zeb	R	694
Stockton, Rick	10	843
Sweatt, Jason	R	404
Swiney, Elana	R	147
Talley, Beau	5	1,019
Talley, Shellie	1	760
Targe, Mark	R	35
Thomas, Eric	5	1,414
Thompson, Sara	R	776
Thornton, Dean	5	704
Townes, Janelle	R	775
Trimble, Jamie	3	959
Tyler, Kim	R	360
Vaden, Christopher	R	543
Varnes, Vickie	4	907
Vlach, Jiri	R	547
Waid, Jr, David	R	1,062
Walker-Journey, Jennifer	3	115
Walker, Caroline	1	233
Wall, Ron	4	314
Walley, Ryan	R	290
Watkins, Janet	1	701
Watson, Thomas	1	338
Watters, Ana	R	344

Participant	Years	Total
Watters, Robert	3	961
Weber, Amy	1	759
Weber, Lauren	1	0
Weeks, Lance	1	749
Wells, Bradley	2	746
Wende, Adam	4	1,310
Wentz, Dan	R	0
White, Dennis	R	4
White, Robin	R	0
Whitt, Trey	5	996
Wilhite, Thomas	2	889
Williamson, Chad	3	712
Windle, Dale	3	688
Wiseman, Steve	3	865
Wood, Scott	2	846
Woody, Bill	9	812
Wright, Amy	2	545
Wu, Xing	8	1,094
York, Gary	5	1,391
Zeanah, Cary	R	159

BTC EXECUTIVE BOARD MEETING

August 13, 2018

Attendance: Kim Benner, Lisa Booher, Vicki Brakhage, Alan Hargrave, Alex Morrow, Tabitha Payson, Tommy Payson, Julie Pearce, Kile Putman, Charles Thompson, Jamie Trimble, Scott Wood

The meeting was called to order 6:00 pm by President Scott Wood.

The minutes of the July meeting were approved unanimously, on Kim's motion, as seconded by Alan Hargrave, with one change: Charles Thompson was not in attendance. Charles also noted that the June 2018 minutes reflected that the NAIA Outdoor Track & Field Championships were held in Gulf Shores, Alabama rather than in Mobile. The marathon portion of this event was held in Orange Beach rather than Gulf Shores, Alabama.

Bridge Update

Alan reported that a bridge donation page has been set up in RunSignUp. Lisa Booher recommended that we include suggested donation amount boxes. Lisa also circulated a proposed t-shirt design. We can update or revise the donation page as needed.

Race Management Proposal (Alan Hargrave)

Prior to the meeting, Alan circulated a draft Race Management Policies and Guidelines document for review and discussion. He also is working on club sponsorship policies and procedures for review as well (they likely will have a similar framework). This document was created with continuity in mind. Alex suggested we add an assistant race director for each race, to further ensure continuity. Please provide any edits, suggested revisions, etc. to Alan. Alan made a motion to approve the document as circulated; Alex seconded the motion, which was approved without opposition.

Alan noted that RunSignUp is now offering event insurance (for unforeseen cancellations, weather, etc.).

RunSignUp has started taking on national sponsorships; some of these offer "kickbacks" to the sponsoring club if someone clicks on a link and signs up for a service or makes a purchase (such as Strava, Road I.D., etc.).

Long run (Alex Morrow)

The group continues to grow. Offering prizes for water stop volunteers has been very successful.

Merchandise (Tabitha Payson)

Merchandise has been restocked. She will be bringing visors to the long and moderate runs on Saturday.

Treasurer's Report (Trey Whitt)

Treasurer's Report was submitted; please review. Our financial condition is sound; we are up from this time last year.

Membership (Vicki Brakhage)

We currently have 1084 members (842 memberships).

Adam's Heart Runs (Lisa Booher)

Lisa would like to hold the race on January 26, 2019. Red Shoe Run

is moving to March, so this date will not compete with that race. This will be two weeks prior to the Mercedes Marathon Weekend. Alan has prepared a spreadsheet of the BTC races to consider a BTC Race Series.

Lisa asked whether we wanted to consider adding the 5K to the race again. We did see an increase on the 10K and 10 mile distances last year, but not in overall numbers. Lisa made a motion to approve a race budget of \$6,025, which is the same amount as last year. The motion was seconded by Vicki and approved without opposition. Vicki made a motion to add the 5K distance to the race again; Kim seconded the motion and it was approved without opposition.

Newsletter (Julie Pearce)

Deadline for September issue will be Friday, August 24. Due to Labor Day holiday, please submit on time!

President's Report (Scott Wood)

Dean Thornton requested that races we list on our calendar as a courtesy with a discount code for BTC members should be automatically applied via RunSignUp. Scott made a motion to approve this request; Lisa seconded, and the motion was approved without opposition. Alan asked about BTC policy regarding promoting other races. It was decided that we will list local races on our calendar upon request but the BTC will only promote races that provide a specific benefit to the BTC/BTC members.

Retro Run was great – thank you to volunteers!

The next BTC Social will be on September 15 at Railroad Park. Therapy South will be in attendance. The Magic City Race Ambassadors will sponsor the water stops.

The Bridge Fundraiser social will be held on September 29. Mountain High Outfitters will be a sponsor for this social. Jamie will set up the arch where the bridge will be eventually be located.

Stephanie Drew will be our new Social Chair.

Scott and Allison have looked at multiple locations to hold the Vulcan 10K expo/after party. They have decided to use Sloss Furnaces. Allison has almost completed the budget, which will be circulated to the group shortly for approval. Kile noted that the course will be slower for the elites, but the primary issue in recruiting elites is providing lodging/per diem for the elites.

New Business

None.

The meeting was adjourned at 7:20 pm. Our next board meeting is on September 10, 2018.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long Run Group	September 8, 2018	6:00 a.m.
BTC Saturday Moderate Run Group	September 8, 2018	6:30 a.m.
Monkey C Monkey Run 5K	September 8, 2018	8:00 a.m.
Miles for Smiles 5K and 1 Mile Fun Run	September 8, 2018	8:00 a.m.
BTC Executive Board Meeting	September 10, 2018	6:00 p.m.
BTC Run Social – Magic City Half Preview	September 15, 2018	6:00 a.m.
Backpack Buddy Run 5K	September 15, 2018	8:00 a.m.
Canine Classic 5K (Northport)	September 15, 2018	8:00 a.m.
Darter Dash 5K/10K	September 15, 2018	8:00 a.m.
BTC Saturday Long Run Group	September 22, 2018	6:00 a.m.
BTC Saturday Moderate Run Group	September 22, 2018	6:30 a.m.
Head Over Teal 5K and 10K	September 22, 2018	8:00 .m.
Revival Center 5K	September 22, 2018	6:00 a.m.
Blood Rock 100 Mile and 50 Mile	September 29, 2018	5:00 a.m.
BTC Saturday Run Social – Hollywood Bridge Fundraiser	September 29, 2018	6:00 a.m.
Blood Rock 25K and 50K	September 29, 2018	6:30 a.m.
Baby Steps Memorial Run 5K	September 29, 2018	7:00 a.m.
Harper's Heart Run 5K and Fun Run	September 29, 2018	8:00 a.m.

Click on the links above for more information about each race or to register.

Want to know what's going on at the Birmingham CrossPlex? [Click here to view the schedule of events](#) (not all events are open to public; please contact the meet director with questions).

Need to add a race to the calendar? [Email Webmaster Dean Thornton.](#)