



**BIRMINGHAM TRACK CLUB**  
**WHERE RUNNERS ARE FORGED**

# THE VULCAN RUNNER

November 2018 **11**



## TRAINING OUR PATRIOTS: THE 2018 INVICTUS GAMES

By Jennifer Walker-Journey

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# TRAINING OUR PATRIOTS: THE 2018 INVICTUS GAMES

By Jennifer Walker-Journey



**2018 Women's Relay Team Getting Last Minute Reminders from Coach Putman.**

Birmingham Track Club member Kile Putman, Head Coach of Adaptive Track and Field for the Department of Defense's Navy Safe Harbor, trains combat-wounded, severely injured and sick veterans and active-duty members to be world-class competitive athletes. In October, a month before the U.S. celebrated Veterans Day, he took a team to Sidney, Australia to participate in the Invictus Games.

Founded in 2014 by HRH The Duke of Sussex (England's Prince Harry), a former deployed military veteran himself, the Invictus Games is a Paralympic-style competition for injured military members and veterans. The games, based on the U.S.'s concept of the Warrior Games, are designed to use the power of sport to inspire recovery, support rehabilitation and demonstrate life beyond disability. Not only were combat-wounded eligible for the program, but also those severely injured in industrial or traffic accidents and those diagnosed with a severe illness like cancer or multiple sclerosis.

This year, more than 550 wounded, ill and injured servicemen and women from 18 allied nations competed in 11 adaptive sports including archery, athletics, indoor rowing, powerlifting, road cycling, sitting volleyball, swimming, wheelchair basketball, wheelchair rugby, and sailing around the Sydney Harbour.

Kile became a part of the adaptive Track and Field program by chance. He and his family became members of the Lakeshore Foundation in Homewood when their two youngest children were diagnosed with a rare genetic disorder. In addition to serving as a rehabilitation facility for persons living with physical challenges, Lakeshore Foundation is also one of the 12 United States Olympic Committee-designated Olympic and Paralympic training sites. "When they found out my background,

I had an opportunity to join the Foundation's youth Paralympic development program," Kile explained. That, in turn, led to his current position of Head Coach of Adaptive Track and Field for Navy Safe Harbor.

Kile has worked as a Track and Field and Cross-Country coach at practically every level of the sport, from middle school through college to post collegiate athletes still striving to reach Olympic trials qualifying standards, as well as age-group adult runners wanting assistance to run marathons. In the 1990s, marriage, mortgage and kids superseded the sometimes-nomadic lifestyle required to work at the highest levels, and he left the field for a while. "I'm now able to run the programs and work with the caliber of athletes I wanted to coach early in my career. It's just a quarter century later," he said.

Of all the groups he has been involved with, working with the military programing is the most satisfying, Kile said. "I'm able to serve people who have sacrificed so much for this country. Sometimes these men and women feel used up and unwanted when they are deemed unfit to deploy and are medically discharged. They struggle to find a sense of purpose. Bad things happen.

"I recite to them the quote by Nike co-founder and military veteran Bill Bowerman: 'If you have a body, you are an athlete.' I encourage them to get involved in their community in their sport of choice. I hope it is Track and Field but I know that may not be for everyone," he said. "Big guys that do well throwing shot put or discus may not do well running a 5K. But they can walk for mental and physical fitness."



**Sun's Out, Guns Out! The 2014 Men's Sprint Squad at training camp. This 4x1 relay team still hold the World Games Championship Record.**

# TRAINING OUR PATRIOTS: THE 2018 INVICTUS GAMES

Compared to other nations around the globe the adapted population in the United States has an advantage to medical and coaching opportunities. However, the US lags behind England that is the world-wide leader in adaptive sport. The history of the Paralympic movement can be traced to the 1948 Stoke Mandeville Games in England. Participants were wounded soldiers returning from battle in WWII. “During training camps I make sure to emphasize the fact that soldiers were the foundation of the original Olympics in 776 BC and of the Paralympics.”

In addition to assisting athletes find new ways to move their bodies as they run and jump on a prosthetic blade or push a racing wheelchair or throw shot put, discus and javelin from a seated position, Kile designs specialty equipment for adaptive Track and Field while securing local fabricator friends to help cobble together his ideas.

Recently, Kile gained a new perspective of understanding after a conversation with noted runner and coach Alberto Salazar. In 2014, the Navy group and Salazar’s Nike Oregon Project were sharing training times on the track. At the side of the track the two coaches stood while Alberto shared about his older brother’s time as a Naval aviator, flying carrier-based jets. A few of the Navy athletes were jogging in the inside lane, not remembering the instruction that lane one was for running fast. “I apologized to Alberto by saying that these guys and gals are not really high-performance athletes. But he was stern and said, ‘But they are high-performance people.’ I remind myself of that whenever an athlete is struggling to remember a plyometric drill or race tactic or to get out of lane one or is just having an emotionally bad day.”

The US team performed wonderfully at this year’s games, both in body and in spirit, Kile said. In a 1,500-meter wheelchair race that spirit was on display. Kile was calling out to athletes how far behind their competitors were as the race progressed when he noticed two American athletes were pulling ahead while the third American in the field was a few meters back. When Kile called out how far back the fourth-place competitor was, he quickly realized what she was doing.

“She was not giving up her position, but she was allowing her competitor to have a spot on the podium,” Kile said. “After the race, she confirmed her tactic by saying she had medals from the 2017 Invictus Games, and she knew the other woman had never made the podium. She wanted her competitor to know the feeling of having her country’s flag across her shoulders and having the prize placed over her head.”

**To read more about the Invictus Games, visit <https://invictusgamesfoundation.org>.**



Track & Field Coaching Staff at the 2018 Invictus Games.

# THE 44TH ANNUAL VULCAN RUN 10K IS IN THE BOOKS

Thank you to BTC member Suman Silwal of MRuns for the beautiful Vulcan Run 10K photos.

With a new venue, a twist on the traditional course, and gorgeous weather, the RRCA State Championship 10K did not disappoint! Sloss Furnaces provided the backdrop for a fun morning full of PRs and fun times with friends. We appreciate all of our wonderful sponsors, who continue to make this race better and better each year: Strava, Cadence190 Consulting, The Trak Shak, Therapy South, Mountain High Outfitters, HydrallVe Therapy, and the Road Runners Clubs of America. Thank you to Race Manager Allison Stone for her expertise, Elite Runners Coordinator Kile Putman, BTC Volunteer Coordinator Kim Benner and all of the volunteers who made the race run smoothly. And last but not most certainly not least, thank you to the runners who participated. We look forward to welcoming you back to our 45th race in 2019!



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# PRESIDENT'S ADDRESS

By Scott Wood



Hey fellow BTC runners!

Do you ever think about just how far the Birmingham Running Community reaches? Just over the last couple of months, the BTC had runners participating in Berlin and Chicago, two of the six Abbott World Marathon Majors. We also had numerous runners in our own backyard as many of you participated in the Endless Mile (and what a neat event that is, by the way -- I enjoyed going out and cheering on fellow runners). Congratulations to everyone who raced and ran lots of miles, with big shout outs to the 26 runners who ran over 100 miles in the 24-hour and/or 48-hour individual splits. (I see you Joseph Dease, Samm Bartee and Chris Callahan!) Just up the road in Chattanooga, we had several runners and pacers at the 4/7 Bridges Half and Full Marathon, and to wrap up October, many BTC members ran the very inspirational and patriotic Marine Corps Marathon in Washington D.C. Congratulations to all who have run and raced over the last couple of months. I know several more have big races coming up soon – you've put in the training, now enjoy the race!

The 44th running of the annual Vulcan 10K certainly didn't disappoint. Birmingham's premier 10K once again served as this year's RRCA (Road Runners Club of America) Alabama State 10k Championship, with 1,000+ runners toeing the start line. Thank you to our sponsors, Trak Shak, The J Clyde, TherapySouth, Mountain High, Hydralive Therapy, and the RRCA for making it once again a wonderful race. A special thank you and recognition to **Race Manager Allison Stone** who goes above and beyond in managing our Vulcan 10K -- thank you, Allison, for making it such a great day. I also want to extend a special thanks to **Elite Athlete Coordinator Kile Putman**. As usual, Kile assembled a smokin' fast field! Congrats to our winners **Male winner: Hiram Ngatia (29:26.4)**. **Female winner: Marta Penn (34:19.5)**. Lastly, thank you to our MANY volunteers. Without you, a race of this magnitude simply would not and could not take place. Well done by everyone.

So what's up next for the BTC? In conjunction with the Trak Shak, we will co-host the annual "Ugly Christmas Sweater Run" on December 24. This event has become an annual favorite for many local runners. What better way to spend the morning of Christmas Eve? Drink some eggnog, open a present, win a door prize, drink some eggnog, go for a run, drink some eggnog -- you get the point. On December 29, we will once again be out at Red Mountain Park for the BTC Resolution Run hosted with our friends from the Trak Shak and Red Mountain Park. Come run a few miles on dirt with us and enjoy some beautiful views. It's a great change of scenery for those of us who usually pound the pavement.

Good luck to everyone racing near and far in the coming weeks. I hope you all hit your goals, but mostly, I hope you have fun!

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

**Scott Wood**  
BTC President



**BTC thanks Trak Shak Homewood (and especially Aaron Bush) for opening early (very early) on Saturdays during Mercedes Marathon training.**

*Forget gloves, GU, socks or shoes (yes, that's happened) – no worries; Aaron will be there to take care of your running needs before or after your run.*

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[www.TrakShak.com](http://www.TrakShak.com)

# 2018 Officers



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## Treasurer

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## Vice-President

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## Secretary

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## BTC Committees

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**Long Run Coordinator**  
**Moderate Group Coordinator**  
**Medical Director**  
**Social Chair**  
**Marketing/Social Media**  
**Membership**  
**Membership Benefits**  
**Merchandise**  
**"The Vulcan Runner" Newsletter**  
**Japan Exchange Program**

**1200 Mile Club**  
**Volunteer Coordinator**  
**Historian**  
**Finish Line Crew**

**Webmaster**  
**IT Chair**  
**USATF Representative**

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**Alex Morrow** longruns@birminghamtrackclub.com  
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## BTC Race Directors

**Adam's Heart Run**  
**Statue 2 Statue**  
**Peavine Falls**  
**Vulcan Run**

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**Allison Stone** Vulcan Run Race Consultant

## 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**



## COLD WEATHER RUNNING HACKS

- Keep extra gloves and Hot Hands in your vehicle for those unexpectedly cold mornings
- Cold weather means dark mornings and earlier twilight hours – lights and reflective gear are a must!
- Layer, layer, layer!
- Temperature isn't everything – humidity, dew point and wind chill can affect how you feel. If you typically drive to your run starting point, keep extra layers in your vehicle (see the theme here?). If it feels colder or warmer than you anticipated when you glanced at your phone with half-awake eyes at 4 a.m., you'll be glad to have options.
- Dress for weather 10-20 degrees warmer than the actual temperature (depending on your personal preferences and cold tolerance).
- Waterproof gear isn't always better – make sure outer layers are breathable to avoid getting overheated.
- Mom was right – keeping your head covered will keep you warmer.
- Slather on the lip balm and moisturize all exposed skin (and under gloves or mittens) – your skin will thank you later.
- Dehydration can still be a concern in cold weather, so plan accordingly.

## Layering for a Run



	50+	40 to 50	30 to 40	20 to 30	less than 20
Temperature Fahrenheit	50+	40 to 50	30 to 40	20 to 30	less than 20
Celsius	10+	4 to 10	-1 to 4	-6 to -1	less than -6
Base Layer	Short-sleeve or sleeveless shirt Shorts	Long-sleeve light shirt Capri or full-length running pants	Long-sleeve shirt Running pants	Long-sleeve shirt running tights*	Long-sleeve shirt Running tights
Insulating Layer		Light sweater*	Sweater or fleece	Fleece Pants	Fleece Pants
Protective Layer				Lightweight running jacket	Lightweight running jacket
Accessories			Light mittens or gloves Ear warmers	Hat Warm gloves	Hat Two pairs of gloves Neck warmer
	*Optional			Source: Spark People	

## GET EXCITED, BTC! FUNDING IS FALLING INTO PLACE FOR THE HOLLYWOOD BRIDGE PROJECT.

Keep following the BTC on social media and look for updates in upcoming issues of *The Vulcan Runner!*



# MEDICATIONS AND MILES

## The Flu Season Frenzy -- What You Need to Know About the Flu Vaccine

By William M. Hammonds and Emery Grubb, Pharm.D. Candidate 2019, Gracie Giang, Pharm.D. Candidate 2020, Kim Benner, Pharm.D.

**It's that time of year again – temperatures are dropping, the holidays are just around the corner, and you've probably been asked about the flu vaccine (or shot) too many times to count.**

While the amount of information circulating about the flu may seem a little overboard, there is a reason for the hype. Influenza, known as the flu, is a highly contagious respiratory illness caused by a virus that can be severe and even deadly. Most experts believe that flu viruses spread by tiny droplets that are formed when people with the flu talk, sneeze, or cough around others. These droplets can land in the mouths, noses, or eyes of people who are nearby. You may be able to spread the flu virus to someone before you even know you are sick. Also you may still be contagious 3 to 4 days after your flu symptoms begin!

People who have the flu often experience some or all of the following symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, diarrhea, or vomiting.<sup>1</sup> Unfortunately, there is no cure for the flu, so the flu vaccine is your best option when it comes to avoiding the flu. With so much information circulating about the flu vaccine, there's undoubtedly some false information out there. Here are some myths and facts about the flu vaccine:

**MYTH:** The flu vaccine can give you the flu.

**FACT:** The flu vaccine cannot cause the flu. Flu vaccines do not contain the activated form of the flu virus and therefore cannot cause the flu. The most common side effects from the flu vaccine are soreness, redness, tenderness or swelling where the injection was given. Low-grade fever, headache, and muscle aches also may occur.<sup>2</sup> In a clinical trial where some people received the flu vaccine and others received salt water, the only differences in symptoms between the patients were increased arm soreness among people who received the flu vaccine.<sup>3</sup>

**MYTH:** Flu vaccines don't work.

**FACT:** While there is a potential to get the flu virus even if you received your flu vaccine, your chances are much lower. The flu vaccine prevents tens of thousands of hospitalizations each year, according to the CDC. During the 2016-2017 season, flu vaccination prevented an estimated 5.3 million influenza illnesses, 2.6 million influenza-associated medical visits, and 85,000 influenza-associated hospitalizations.<sup>2</sup>

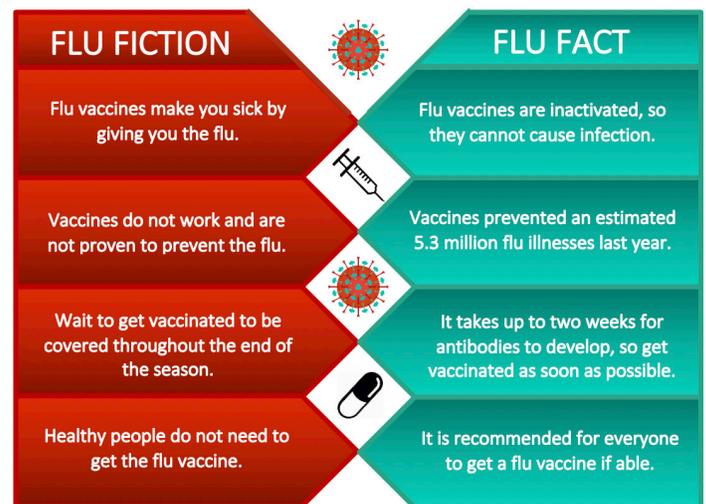
**MYTH:** You can't get the flu vaccine if you're allergic to eggs or latex.

**FACT:** While some versions of the flu vaccine do contain egg or latex products, there are many versions that do not.<sup>4</sup> When you talk to your local pharmacist or provider about getting your flu vaccine, tell them about your allergy and they can choose a version of the vaccine that is safe for you.

**MYTH:** I'm young, healthy, and active, so I don't need to get the flu vaccine.

**FACT:** The CDC recommends annual influenza vaccinations for everyone ages 6 months or older, especially pregnant women, older adults, and young children.<sup>2</sup> While athletes may have stronger immune systems, anyone can get the flu!

If you become infected with the flu, you should stay home from work or school and refrain from coming into close contact with others until you have been fever-free for at least 24 hours. Even after your worst symptoms are over, you may still feel bad for one to two weeks. The CDC and National Institute for Occupational Safety and Health (NIOSH) report that U.S. employees miss approximately 17 million workdays due to the flu each year.<sup>2,5</sup> Not only does the flu keep you from work, but it gets in the way of doing things you love. You may have to go days – even weeks – without running, exercising, or hanging out with your friends or loved ones. The flu is a terrible illness that can be severe, or even deadly. Every year, millions of Americans are hospitalized, and millions of days of work are missed – all due to a disease against which YOU can become protected.



Did you know you can skip sitting for hours at the health care professionals' office to get your flu vaccine? Most local pharmacists can provide you with a flu vaccine with little to no wait time. In fact, many pharmacies offer benefits, such as gift cards or coupons, when you receive a flu vaccine (See Table 1). In addition, with most insurance plans there is little to no out-of-pocket expenses. So, take the next step and get your flu vaccine today!

# MEDICATIONS AND MILES

## The Flu Season Frenzy -- What You Need to Know About the Flu Vaccine

**Table 1: FLU SHOT OPTIONS IN THE COMMUNITY**

Pharmacy	Flu Shot Promotion
CVS / Target	\$5 off coupon with a \$25 CVS purchase
Independent Pharmacies	No out-of-pocket expense with most insurance plans
Publix	\$10 Publix gift card
Walgreens	"Get a Shot. Give a Shot."
Walmart	No out-of-pocket expense with most insurance plans
Winn-Dixie	\$10 coupon for SE Grocers products

**References:**

- Centers for Disease Control and Prevention (CDC). "Key Facts About Seasonal Flu Vaccine." Atlanta, Georgia; updated September 6, 2018. <https://www.cdc.gov/flu/protect/keyfacts.htm>. Accessed September 22, 2018.
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TherapySOUTH

# ENDURANCE

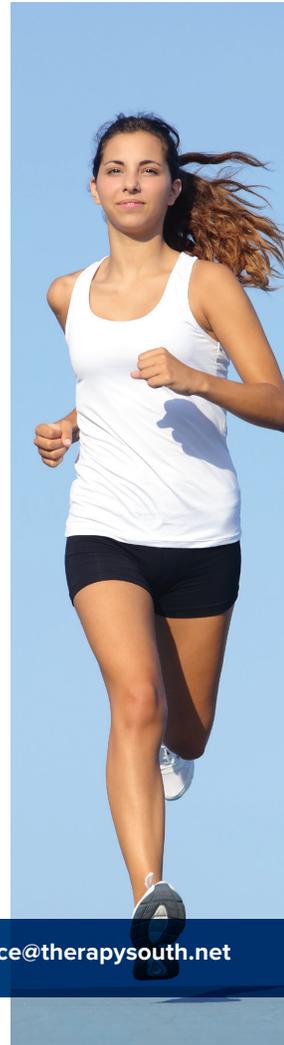


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- Our special assessments and evaluations are tailored just for you.
- We offer treatments that can improve efficiency and power, speed up recovery, increase flexibility and decrease pain.

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# RUNNER'S KNEE?

By Ryan Hunt, DPT, CSCS, ASTYM certified provider, Dry Needling practitioner  
Service Director, TherapySouth - PatchWorks Farms/Altadena | [rhunt@therapysouth.net](mailto:rhunt@therapysouth.net)



## Patellofemoral pain (commonly known as runner's knee) causes pain in and around the front of the knee.

This pain can keep you from performing at your best and is often seen in the running community.

Pain from the patellofemoral joint refers to the front of your knee, where your kneecap meets your femur. Your knee is formed by the femur, tibia, and patella. Cartilage, which is located underneath the patella and on the end of the femur, helps the joint to glide smoothly during your run.

During your run, the patella should move along the femur when you bend and straighten your knee. The quadriceps, along with other structures, attach to the kneecap and hold it in place during knee movement. If any of these structures are too tight or too loose, the kneecap may shift out of place and may not glide in its natural position, causing it to grind against the femur. This grinding can irritate or wear away the protective cartilage on the underside of the patella.

Common signs of patellofemoral pain include pain when the knee is bent, occasional buckling or "giving way" of the knee and clicking/popping in the knee after sitting for too long. Patellofemoral pain typically builds as mileage increases.

As a runner, if you notice an increase in knee pain after or during a run, you most likely have developed patellofemoral pain. Younger, more active people, especially females, are more likely to develop this condition. During your recovery from patellofemoral pain, you may need to limit aggravating activities, such as kneeling, deep squatting, or jumping.

With some specific exercises and stretches, you can correct this problem and keep running. If you wait and just try to push through it, it will continue to get worse and you could develop more problems down the road.



## Pre-Race Tune Up / Post-Race Clean Up

An individualized, wellness-based evaluation with a physical therapist can help you get ready for and recover from your next event.

### Multi-sport services may include:

- Instrument-assisted soft tissue work
- Dry Needling
- Manual therapy based off individual patterns
- Blood Flow Restriction Therapy
- (Cyclists) Working with your bike fitter to establish a personalized self-maintenance program for your specific needs
- Vasopneumatic compression and cryotherapy

## Run Assessment

- One-on-one session with a physical therapist
- Assessment of Motion + Biomechanics + Form Evaluation
- Individualized approach based on your unique pattern
- Form, training and shoe recommendations
- dorsaVi™ sensors that measure human movement (available at select locations)

## VIP Shoe Fitting

- Not sure what shoe is right for you? Let's find out using the dorsaVi™ system. 
- Custom orthotics available at select locations



You don't need a physician's referral to take advantage of these services! If you would like more information about our Endurance program, email [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net)

Or visit our website at [www.therapysouth.com/endurance](http://www.therapysouth.com/endurance)



# 5K AT THE JUNCTION

By Jerri Haslem, Race Director

The 7th annual 5K at The Junction Walk/Run is proof of what happens when you take service, the community and a vision together on a field trip. This one-of-a-kind racing experience is a fun and family friendly event that is perfect for the novice runner or walker looking to join others in achieving their fitness goals. At the same time, it is the perfect race for a PR attempt, with its flat and fast course! Proceeds benefit the Sole and Socks Campaign, which provides much needed socks and shoes for Jesse's Place and The Jimmie Hale Mission.

How did this flat fast and fun 5K in Ensley get its name? Look closely at the logo, and you will see the musicians. One of the most famous residents of Ensley was Mr. Erskine Hawkins. A jazz Big Band leader and trumpet player, he was most famous for composing the jazz standard, Tuxedo Junction. When we decided to create a 5K in the historic Ensley neighborhood, we wanted to celebrate and remember its history. Join us on Saturday, November 10th for the 5K at The Junction.

Still need to register? [Click here!](#) BTC members automatically save 10%



**Saturday, Nov. 10, 2018**

**5k begins  
at 8:00 AM**

**1 mile Fun Run  
at 9:00 AM**

**[www.5katthejunction.org](http://www.5katthejunction.org)**



## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Evan Baggett  
Ramond Banks  
Cathy Beasley  
Amanda Bradley  
Richard Broome  
Theresa Burst  
Barbie Cleino  
Rafe Cloe  
Meredith Collins  
Nathan Collins  
Jeremiah Culwell  
Scott Daigle  
Pat Dell'Italia

Carla DuMontier  
Benjamin Etheriedge  
Caroline Etheriedge  
Benjamin Floyd  
Mike Goodwin  
Ange Goss  
Vincent Graffeo  
Caleb Gray  
Wade Griffith  
Chris Holmes  
Gorman Jones  
Laura Jones  
Sandra Jones

Shannon Kirchmer  
Michele Kong  
Marla Kornegay  
Kathryn Lavender  
Christy LeDuke  
Matthew LeDuke  
Brittany Marlin  
Greg McMullin  
Krista McMullin  
Jeffrey Mitchell  
Emily Morton  
Randall Palmore  
Kile Putman

Gordie Robinson  
Christianna Rudder  
Doug Sappington  
Michael Stephens  
Ralph Stevens  
Amy Stone  
Theodore Sundin  
Sara Thompson  
Taylor Tucker  
Jennifer Walker-Journey  
Amy Weber  
Dale Windle  
Justin Zehnder

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!



## 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!**

# RRCA UPDATE

By Alex Morrow, RRCA State Representative

## The 61st RRCA National Convention will be held in New Orleans, Louisiana, March 28 to March 31, 2019.

If you have never attended an RRCA National Convention, makes sure to take advantage of this opportunity because it is so close to Birmingham. Plus, New Orleans is always guaranteed to be a good time!

The Convention includes robust educational programming for club leaders, race directors, coaches, and runners; organized morning group runs; Friday and Saturday breakfasts and luncheons; Thursday, Friday and Saturday networking receptions; the 61st RRCA National Running Awards Dinner; an attendee goody bag with commemorative jacket; and much more!

To learn more about the event and to register, visit: <https://www.rrca.org/convention/registration>



## 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!



# #WHYIRUN

Gary York

When I was a student in grad school, a group of my friends convinced me to start running with them. I ran a few times a week around campus, including a few 5K and 10K races. My longest race was a 25K. After grad school, I stopped running for a long time. I did play some basketball, softball, and tennis intermingled with time being a couch potato. But for some reason, I had a bucket list item of 'running a marathon'.

As I approached 50, my son was planning a backpacking trip to Philmont Scout Ranch. His crew chose the most demanding route on the ranch, and I was one of the chaperones. I spent about six months getting into shape for the trip. After the trip, I decided that if I was ever going to run a marathon, I'd better do it soon before I got too old. I signed up for the Mercedes Marathon and found a training plan online. I did some of the training but was severely unprepared for the race. I got sick two weeks before the race and was at the doctor's office four days before the race for some medicine and a steroid shot to try to knock out the congestion.

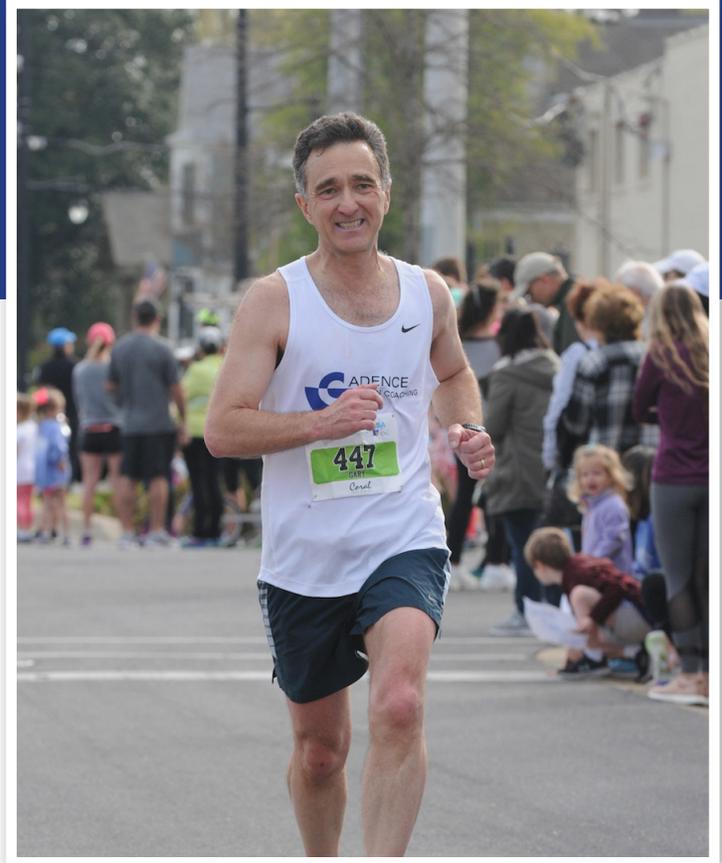
“

*I've learned to lean into big challenges, recognize that mental attitude is an important ingredient in achieving goals, and welcome difficult challenges that help us to become our true selves.*

”

On race day, I felt remarkably good for the first half, finishing the half in just over two hours. In the second half, the wheels fell off and I ended up walking most of the rest of the race. I finished with all the runners who were cramping and puking on the side of the road. My wife met me at the finish line. I'm sure I looked 'near death' and she commented: "You're never doing that again"! I didn't run much for the next year, but then I had the crazy idea, "You can do better". So that thought launched my serious running life phase.

Because I started running seriously after I turned 50, I had lots of room for improvement. But in recent years, my improvement had slowed, and the PRs have been harder to come by. My first goal was to run a marathon under 4 hours. When my first coach remarked that he thought I could run under 3:30, I was shocked at the thought, not believing it was possible, especially at my age. While I did improve over the next eight years, I never got close to 3:30. I did manage to run a 3:35:54, which got me into Boston, but 3:30 seemed a long way off. Also, I enjoyed traveling with my wife to a few destination races, including four of the World Major marathons: Chicago, New York, Boston, and London.



In 2018, I decided to give 3:30 one last try. I managed to PR in the 5K, 10K, and Half distances in early 2018. My Half PR indicated that I should be able to run under 3:30. I registered for the Erie Marathon and spent the summer months pounding out the miles in the Birmingham heat and humidity. Secretly, I knew this was my 3:30 or bust race, but I would have been thrilled with a PR of 3:35.

Birmingham had a small group of runners in Erie, which made the trip lots of fun. Erie is a double loop, extremely flat, and fast. Race day had decent weather (58 and overcast), so I had high hopes for the day. I started out easy - just trying to keep the 3:30 pace group in sight in the distance. I felt good at the half and had plenty left in the tank. I picked up the pace slightly and caught the 3:30 pace group around mile 20. I felt pretty good, so I started fishing: identify a runner in front of you, reel them in, and pass them. It worked! I was able to finish with a 1:30 negative split: 3:28:44. A PR of over 7 minutes, after 3 years of training and trying.

So next for me is Boston in 2019. I also am in the lottery for Berlin 2019! If I get in, I'm sure my wife will ask "So when is Tokyo?"

What have I learned from running? I have grown to love running because running informs life. I've learned to lean into big challenges, recognize that mental attitude is an important ingredient in achieving goals, and welcome difficult challenges that help us to become our true selves. And of course, I have met so many amazing people who are now my friends.

# 1200 MILE CLUB

Cumulative miles submitted through November 4, 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	776
Anderson, Kerri	2	1,049
Armstrong, Thomas	3	734
Arnold, Brad	1	267
Baggett, Christopher	1	1,484
Barnes, Jimmie	4	1,207
Bartee, Samm	2	924
Barton, Dawn	R	311
Beasley, Cathy	2	1,245
Belcher, Michelle	6	1,205
Benner, Kim	6	1,344
Benson, Wayne	4	1,125
Bibb, Angelean	R	918
Bircheat, Aliza	R	0
Bircheat, Clint	R	0
Black, Dylan	1	0
Boackle, Larry	2	1,477
Boackle, Tomie Ann	1	1,007
Boger, Joe T	1	732
Bonatz, Ekkehard	10	1,659
Booher, Lisa	7	1,215
Boswell, Ryan	1	168
Bowman, Bill	R	821
Bowman, Brian	R	0
Bowman, Leisha	R	0
Bradley, Amanda	1	1,901
Bradley, Lee	1	0
Brakhage, Victoria	1	1,186
Bridwell, Hunter	R	1,014
Brown, Charlie	6	1,159
Brown, Michael	4	536
Bryant, David	5	1,240

Participant	Years	Total
Burks, Ross	1	1,140
Burton, Kelsey	R	968
Caine, Lawrence	1	783
Callahan, Ali	R	355
Callahan, Chris	1	1,032
Callahan, Noah	R	349
Callahan, Rachel	3	827
Camp, Melinda	R	865
Carey, Christopher	5	1,605
Carlton, Bob	3	953
Carter, Adrienne	1	914
Cawley, Jennifer	R	140
Chambers, Gay	1	15
Chandler, Teresa	9	1,221
Childers, Kristi	R	326
Childers, Melissa	R	247
Christian, Alan	R	0
Clay, Brad	11	1,984
Clayton, Yocunda	3	0
Cleveland, Jeff	2	1,374
Clevenger, Caitlin	R	252
Cliett, Stephanie	4	1,533
Clowers, Addison	4	1,695
Coffin, Hannah	1	2,306
Coleman, Tim	1	1,497
Collins, Helen	1	956
Corrin, LaRonda	R	493
Corrin, Roger	2	619
Craig, Mary	1	149
Crain, Teresa	2	0
Cramer, Robyn	R	464
Cramer, Steve	R	311
Crawford, Allen	2	1,112

Participant	Years	Total
Crawford, Kimberly	1	120
Creel, Mary	R	1,156
Criswell, Katie	1	1,222
Criswell, Mark	R	40
Croker, Jennifer	R	1,178
Crowson, Bill	2	1,122
Crumpton, Melinda	R	0
Cutshall, Hannah	1	317
Davidson, Dow	1	1,496
Dawson, Ashley	4	1,285
Dease, Joseph	2	791
Dease, Katherine	3	272
Dell'Italia, Pat	2	907
Denton, Matt	6	1,774
Dixon, Jonathan	R	989
Dorman, Evan	R	817
Dowling, April	1	839
Duke, Cindy	2	1,143
Dunn, Jennifer	R	862
Dunnaway, Roberta	2	489
Easterling, Natalie	2	0
Edgerton, Amy	R	791
Elkins, Sydney	R	1,009
English, Timothy	1	1,250
Evans, Debbie	4	1,084
Farrior, Sonya	R	848
Feller, Beth	2	925
Ferlitto, Cindy	R	1,129
Fonteneau, Kira	R	0
Fontenot, Misty	1	1,103
Fountain, Raley	R	1,144
Fraka, Leann	R	81
Franklin, Rebecca	R	169

# 1200 MILE CLUB

Participant	Years	Total
Franklin, Shane	6	1,034
Frederick, Winston	10	1,509
Freeman, Sheila	1	1,000
Fuller, Lisa	R	250
Funk, Robert	R	0
Gann, Michael	7	1,621
Gibson, Katie	R	1,004
Goode, Johnny	9	1,490
Goss, Ange	R	1,144
Grady, Carla	R	500
Graham, Jonathan	R	719
Grainger, Matt	R	0
Grammas, Marianthe	2	2,489
Gray, Caleb	R	607
Grossmann, Christopher	6	1,146
Haley, Jay	2	1,192
Hall, Thomas	1	34
Haralson, Danny	9	982
Haralson, Micki	10	820
Hargrave, Alan	10	1,179
Harrelson, Heather	4	1,086
Harris Bowser, Javacia	R	94
Harris, Ashley	R	1,010
Harris, Robert	R	642
Harris, Skip	1	150
Harris, Vickie	2	191
Harrison, Lisa	6	1,149
Harry, April	1	851
Havicus, Cari	1	96
Hayden, Brittany	2	1,310
Haynes, Melanie	R	695
Heaton, Bryan	4	2,444
Henley, Monica	4	948
Henninger, Alison	3	1,105
Hill, Susan	4	933
Hogeland, Angie	1	1,013
Hogue, Kari	R	0
Holcomb, Zachary	R	1,193
Holland, Skylar	1	1,284

Participant	Years	Total
Holmes, Chris	1	0
Hopper, Whittley	R	954
Hoskins, Angela	R	10
Hoskins, Creig	R	0
House, Beth	5	722
Hubbard, Stephanie	R	0
Hunter, Bob	1	593
Ingram, Joseph	5	1,029
Izard, Georgia	2	1,028
Izard, Melody	3	771
Jenkins, Kaki	5	1,275
Johnson, Kawitta	R	783
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	4	1,272
Kendrick, Tom	R	272
Kirchmer, Shannon	1	1,188
Knight, Diane	2	627
Kuhn, Jimmy	11	1,463
Kulp, Loren	3	2,083
Lahti, Tyler	2	1,211
Laird, Audrey	4	1,329
Langston, Aaron	3	1,187
Langston, Richard	5	1,041
LeCroy, Sarah	1	794
Lee, Brian	R	480
Lee, Koren	1	358
Leopard, Don	1	0
Loo, Judy	2	0
Ludt, Chas	R	151
Lyle, Randy	10	2,078
Madison, James	1	0

Participant	Years	Total
Malick, David	4	978
Mandy, Madeline	1	429
Martin, Lee	R	0
Mason, Will	R	324
Massey, Chris	1	696
Massey, David	R	186
Mathews, Skip	R	659
McNair, Kelly	4	743
McVey, Simon	3	690
Merry, Vicki Sue	6	1,668
Mickens, Cassandra	2	683
Miller, Stephen	R	954
Miyasaki, Nathan	3	2,801
Morgan, Cary	8	2,466
Morgan, Danielle	5	0
Morgan, Phillip	7	0
Morris, Justin	4	1,067
Morris, Phil	R	0
Morrow, Abigail	R	0
Morrow, Alex	7	0
Mount, Brian	1	1,123
Murchison, Reginald	5	1,981
Nagy, Lisa	1	337
Northern, Kristie	9	1,341
Oehrlein, Kimberly	R	366
Oliver, Greg	5	1,479
Oliver, John	3	1,028
Padgitt, Scott	1	1,060
Parks, Charlie	5	2,326
Pate, Lisa-Marie	1	0
Payson, Tabitha	R	507
Payson, Tommy	2	1,007
Peagler, Shana	6	797
Peagler, Zach	1	505
Pearce, Julie	5	328
Pearson, Blake	4	0
Pearson, Mary Scott	3	0
Pegouske, Christian	R	186
Pegouske, Jeremy	R	971

# 1200 MILE CLUB

Participant	Years	Total
Pegouske, Madison	R	429
Pegouske, Stacie	R	1,036
Penko, Zoe	R	0
Penley, Steve	1	101
Peters, Scott	2	143
Plante, David	5	984
Poole, Greg	1	435
Portwood, Paul	2	527
Pruett, Jay	R	1,192
Ralph, Meghan	3	1,163
Randall, Lisa	6	0
Rawson, Brent	R	1,155
Redden, David	R	995
Renn, Deanna	2	1,183
Reynolds, Dewelena	R	351
Richardson, William	3	1,038
Richey, Lori Beth	R	1,185
Ritchie, Joseph	1	1,296
Roberie, Josh	R	205
Roberson, Kevin	3	1,071
Roberts, Fletcher	3	555
Rodgers, Jeffrey	R	1,050
Rodgers, Jessica A.	R	218
Rodgers, Jessica W.	R	0
Ronson, Catherine	R	0
Roper, Lynn	1	977
Rose, Billy	4	1,717
Rosser, Joey	1	1,031
Rowell, Taylor	R	1,073
Rutherford, Keith	10	1,034
Rutledge, Lisa	2	1,004
Ryan, Meaghan	3	1,363
Schonhoff, Aubrey	R	306
Secor, Debi	2	578
Self, Travis	1	128
Serio, Joseph	R	138
Shaffield, Danny	5	1,685
Sheppard, Gretchen	3	952
Sherer, Jeremy	1	1,168

Participant	Years	Total
Sherrell, Jeff	R	660
Shinn, Ronald	6	557
Shoaf, James	1	1,314
Sides, Dean	3	824
Silwal, Suman	7	0
Simpkins, Randall	R	1,141
Simpson, Kevin	5	2,887
Sims, Cecelia	1	777
Sims, Robert	4	1,156
Sloane, Mike	2	990
Smith, Jerry P.	10	936
Smith, Justin	R	242
Snow, Sheri	3	1,232
Soileau, Chester	R	1,060
Stevens, Johnathon	2	2,452
Stewart, Zeb	R	1,001
Stockton, Rick	10	1,110
Sweatt, Jason	R	404
Swiney, Elana	R	147
Talley, Beau	6	1,406
Talley, Shellie	1	760
Targe, Mark	R	35
Thomas, Eric	5	2,037
Thompson, Sara	R	1,151
Thornton, Dean	5	1,022
Townes, Janelle	R	1,046
Trimble, Jamie	4	1,262
Tyler, Kim	R	360
Vaden, Christopher	R	704
Varnes, Vickie	5	1,387
Vlach, Jiri	R	547
Waid, Jr, David	1	1,666
Walker-Journey, Jennifer	3	115
Walker, Caroline	1	233
Wall, Ron	4	814
Walley, Ryan	R	290
Watkins, Janet	1	1,020
Watson, Thomas	1	338
Watters, Ana	R	344

Participant	Years	Total
Watters, Robert	4	1,237
Weber, Amy	1	996
Weber, Lauren	1	0
Weeks, Lance	1	1,059
Wells, Bradley	2	746
Wende, Adam	4	1,779
Wentz, Dan	R	0
White, Dennis	R	4
White, Robin	R	0
Whitt, Trey	6	1,259
Wilhite, Thomas	3	1,200
Williamson, Chad	4	1,252
Windle, Dale	3	996
Wiseman, Steve	4	1,228
Wood, Scott	3	1,321
Woody, Bill	9	942
Wright, Amy	2	689
Wu, Xing	9	1,411
York, Gary	5	1,959
Zeanah, Cary	R	311

# FEETS OF STRENGTH



## BTC members are making strong showings in races near and far!

Big congratulations to **Joseph Dease**, who set a new Alabama state record for the longest distance run in a 24-hour timed event at the recent Endless Mile race, logging 107 miles – wow! BTC Members **Samm Bartee** and **Chris Callahan** also completed over 100 miles in the 48 hour race, logging 103.209 and 101.661, respectively. **Micah Morgan** also completed over 76 miles to place first overall (and set a course record) in the 12-hour race. Heck of a performance, y'all!

**Tabitha** and **Tommy Payson** recently ran the Twin Cities Marathon, with Tommy logging a 7-minute PR – way to go!

Congratulations to **Billy Rose**, who got the red carpet treatment after finishing 4th overall at the Dalton Red Carpet Half Marathon in Dalton, Georgia on October 21. The race was a replacement race for Billy, who was scheduled to run the Running for the Bay Half Marathon that was cancelled due to damage from Hurricane Michael. Despite the switch, Billy still logged a four and a half minute PR, finishing in 1:30:54. Fantastic, Billy!

We would love to celebrate YOUR accomplishments! Drop us a note (and send us a photo) at: [newsletter@birminghamtrackclub.com](mailto:newsletter@birminghamtrackclub.com)!



Joseph Dease



Samm Bartee



Micah Morgan



Tabitha and Tommy Payson



Billy Rose

# SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Email photos to: [Newsletter@BirminghamTrackClub.com](mailto:Newsletter@BirminghamTrackClub.com)



Michelle and Kevin Wales at the Chicago Marathon



BTC Build a Bridge Social



Melody Izard, Mary Ann Janas, Katrina McKinney and Stephanie Stewart



UCP Half Marathon



BTC shirt at Olympic Stadium, Sydney, Australia. Courtesy of Coach Kilt Putman at the 2018 Invictus Games

# SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Email photos to: [Newsletter@BirminghamTrackClub.com](mailto:Newsletter@BirminghamTrackClub.com)



Charlie Brown at UCP Half Marathon



Justin Zehnder



Representing the BTC at Sloss Furnaces



Julie and Ekkehard Bonatz at the International Half Marathon and 5k in Detroit, Michigan



The BTC was well-represented at the Endless Mile race

# BTC EXECUTIVE BOARD MEETING

October 8, 2018

**Attendance:** Kim Benner, Vicky Brakhage, Hunter Bridwell, Stephanie Drew, Alan Hargrave, Monica Henley, Donald Parker, Charles Thompson, Jamie Trimble, Trey Whitt Scott Wood

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

Charles noted that there was some confusion with last month's minutes about the BTC's role in CATFOA (Central Alabama Track and Field Association); Charles attended this meeting and voted on behalf of the BTC. Charles also holds the title of AHSAA Representative. There being no further discussion, the minutes of the September meeting were approved unanimously on Alan's motion, as seconded by Trey.

### **Resolution Run at Red Mountain Park (Donald Parker)**

Donald Parker spoke on behalf of Red Mountain Park. This is the ninth year for the Resolution Run. Donald would like for the BTC to participate as it did last year – supply an arch and tent. Sell merchandise, etc. The race will take place on December 29, 2018 and will feature 20K, 10K, 5K and 1K distances. Scott made a motion to approve the BTC's participation as requested; the motion was seconded by Hunter and approved without opposition. Scott will reach out to Trak Shak for assistance. Donald will provide something to Julie for The Vulcan Runner.

### **Newsletter (Scott Wood for Julie Pearce)**

The deadline for the November issue is October 25.

### **Finish Line Crew (Jamie Trimble)**

Jamie thanked everyone who assisted with the September social – it was well-received. Jamie proposed purchasing a generator for the finish line crew's use, at a cost of \$500. Monica made a motion to approve the purchase, and Jamie seconded the motion. The motion approved with one opposition vote.

### **Social (Stephanie Drew)**

Stephanie will begin working on the Annual Party.

### **Vulcan Run (Scott Wood)**

Packet pick up will be on Friday and on race day only. A list was made of what will be needed from the BTC shed.

### **New Business**

There was no new business.

The meeting was adjourned at 7:00 pm. Our next board meeting is on November 12, 2018.





# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long Run Group</a>	November 10, 2018	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	November 10, 2018	6:30 a.m.
<a href="#">I'm with Mike 5K and 1 Mile Walk * BTC DISCOUNT *</a>	November 10, 2018	8:00 a.m.
<a href="#">5K at the Junction Walk/Run * BTC DISCOUNT *</a>	November 10, 2018	8:00 a.m.
<a href="#">Turkey Trot for Hunger 5K Run/Walk</a>	November 10, 2018	8:30 a.m.
BTC Executive Board Meeting	November 12, 2017	6:00 p.m.
<a href="#">BTC Saturday Long Run Group</a>	November 17, 2018	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	November 17, 2018	6:30 a.m.
<a href="#">City of Champions Half Marathon and 5K (Gadsden) * BTC DISCOUNT *</a>	November 17, 2018	7:00 a.m.
<a href="#">12K's for the Holidays (Jackson, MS)</a>	November 17, 2018	7:30 a.m.
<a href="#">Hope Run 5K</a>	November 17, 2018	8:00 a.m.
<a href="#">AL.com Pelham City Center 5K</a>	November 17, 2018	8:00 a.m.
<a href="#">Magic City Half Marathon and 5K * BTC DISCOUNT *</a>	November 18, 2018	8:00 a.m.
<a href="#">30A 10K , 5K and 1 Mile Fun Run (Rosemary Beach, FL)</a>	November 22, 2018	7:30 a.m.
<a href="#">Sam Lapidus Montclair Run 10K, 5K and 1 Mile Fun Run</a>	November 22, 2018	8:30 a.m.
<a href="#">BTC Saturday Long Run Group</a>	November 24, 2018	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	November 24, 2018	6:30 a.m.
Skippy Turkey 5K and 10K Run (Boaz, AL)	November 24, 2018	
<a href="#">BTC Saturday Long Run Group</a>	December 1, 2018	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	December 1, 2018	6:30 a.m.
<a href="#">St. Jude Memphis Marathon, Half Marathon, 10K and 5K</a>	December 1, 2018	8:00 a.m.
<a href="#">Race to the Courthouse 5K</a>	December 1, 2018	9:00 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.](#)