

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

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BTC

THE VULCAN RUNNER



VOL. 34 ★ AUGUST 2010 ★ ISSUE 7

BORN TO R.U.T.S.

Runners take on 10-hour starry challenge

— By Sean Brown

While most organized running events challenge would-be entrants to see how fast they can cover a specified distance, rarely does an event flip the variables upside down and challenge runners to see how far they can go in a specified amount of time. Such is the case with the **'Run Under The Stars'** in Paducah, Kentucky, known affectionately by the appropriately ugly acronym, 'R.U.T.S.'

The gist of RUTS is fairly straightforward: Beginning at 8:00 PM on a Saturday night, entrants start running laps around a half-mile horse track. Whoever has run the most miles by 6:00 AM the next morning 'wins'.

When I was in high school getting my first taste of long distance running, my favorite book was a Stephen King novel titled 'The Long Walk', about a cross-country ultra-marathon where the winner is the one who simply outlasts every other competitor. I was fascinated by the idea that a severe physical challenge could have



Wade Dunn, Tim Roberts, Dena Harris, Sean Brown, Meredith Farrell, Norm Gnome (getting a hug from Meredith), Randy Lyle, Heather Milam, and Pamela Miller — local participants in Kentucky's 'RUN UNDER THE STARS'.

no discernible 'end' beyond the will to just keep putting one foot in front of the other, and hoping you can do that longer than everyone else. No race in real-life ever has ever challenged anyone's endurance so severely (Thank heavens, as anyone who has read this book

will attest to), but if anything has ever come close to offering the experience of 'run until you can't anymore', RUTS does exactly that.

How many times have we heard someone shout from the sidelines, 'You're almost there!' during a brutal marathon?

What happens to your incentive, your strength, and your entire mental state if there is no definitive 'there'? (Unless by 'there' you mean 'cardiac arrest'?) For some, it can feel soul crushing when every fiber of

BORN TO R.U.T.S.
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Interested in advertising in our club newsletter?

Deadlines are the 1st of each month for the following 'VULCAN RUNNER' issue.

To place an ad or for more info:
btcpresident07@gmail.com

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BTC Mission Statement

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

Contact BTC at: *Birmingham Track Club*
P.O. Box 530363, Birmingham, AL 35253
info@BirminghamTrackClub.com

Race Results Find the latest and most complete local race results at the following:
birminghamtrackclub.com trakshak.com run42k.com

ATTENTION BTC MEMBERS!

'Vulcan Runner' is available MONTHLY in color!!

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo, Membership Chair, at btcmembership@gmail.com so that you can receive (via email) the monthly password in order to download the newsletter (.pdf format) from the below webpage link (including past issues which require NO password):

<http://birminghamtrackclub.com/News/Newsletter.aspx>

BORN TO R.U.T.S. <continued from Page 1>

your being is truly counting on the finish line to be right around the next block, or just over that final hill only to then discover a few more miles of relentless course with no end in sight. But for others, it can be liberating. Have you ever crossed the finish line of a marathon and wondered (disappointedly) even in your agony how much further you could have gone if you had to? Or wanted to? Could those extra miles that lie beyond in that nether region of ultra distance have been the place where you discover that you truly shine? Natural talent can only take you so far (or in our case, 'so fast'.) and likewise sometimes those of us who have only a competitive spirit to go by have little to show for our passion beyond the fact that we finish races at all. Mediocrity in spite of determination can be extremely humbling and discouraging. We all love 'Rudy', but to quote another sports movie, "Show me a fighter that's nothing but heart and I'll show you a man waiting for a beating".

Therein lies both the beauty and horror of an event like RUTS. The playing field is significantly leveled between natural talent and heart, and pain is the great equalizer that does so, for better or worse.

Long after you've past the point where it hurts just as much to walk as it does to run, and the food and water table you passed every lap no longer feels like it is helping, and your feet achingly feel every divot of the dirt track through your thick-cushioned heavy trainer running shoes, and blisters and chaffing have been taken to a whole new level, and keeping track of the number of laps you've run in your head becomes far too complex of a cognitive task, the will to continue has to take over, even when you can no longer remember or feel why it mattered to you in the first place. We all have some idea of how talented and determined we are as runners. But how much? How can we know if a finish line always stops us? Do we want to know? Do we need to?

Speaking for myself, I was not blessed with a natural ability to run fast or effortlessly. I will most likely never qualify for Boston, or even place in my age group in a local race. But I love to run, and I give it everything I've got every time I race, even if I'm the only one that really knows it. RUTS, however, showed me just how far my will could take me, and I suspect the challenge is just

BORN TO R.U.T.S. <continued on Page 4>



Meredith Farrell proudly displays her finishers trophy.



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VULCAN RUN 10K

Saturday, November 6, 2010



Vulcan Run is not using Active.com this year, please use RaceIt.com to register.

We think it will be MUCH easier to navigate and less expensive for registrants. Registration opened June 1st for just \$20! It goes up on August 1st to \$25, September 1st to \$30 and day of is \$35.

The Vulcan Run website is being updated currently, so check it for updates too:

www.VulcanRun.com

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as revealing to those who lean on their talent for running more than they may have realized, or who easily underestimate the worth of determination. (Not to discredit 'the talented'! They are the only ones who can become all-rounded runners in every respect if they want to. Like I used to tell a girl I was once smitten by, 'All the gym time in the world won't give other women a pretty face like yours.')

As an average-Joe wannabe runner with modest expectations, I get by with 'proving to myself' what I can do. And while proving something to yourself is certainly a noble endeavor, there's nothing wrong with wanting to 'prove it to everyone else' as well, even if (especially if!) you're just an anonymous name on the stat sheet. I can say with considerable satisfaction that RUTS gave me the opportunity to do exactly that. Likewise, I think it's safe to say that runners who are used to proving to everyone else what they can do may unexpectedly find a new challenge: the need to prove something to themselves.

I don't know if it's accurate to say that I was born for an event like RUTS, but I'm willing to bet that it was created by someone like me, who sought an alternative to give all runners a chance to find their 'voice', so to speak, searching for the perfect 'love letter' of an event that expresses our appreciation for the sport and hobby that helps make us the best versions of ourselves. (If not the craziest!)

zumadume2@gmail.com



Pamela, Tim, and Dena make final preparations for the race at "Chez Norm".



August BTC President's Message

– Johnaca Kelley

I have received many questions about group runs lately. The Group Runs link on the BTC website has the following information. This information has been updated as of 7/20/10. Please note that New Runner's Society group runs on Tuesday mornings and Thursday evenings are intended for beginners or anyone wishing to have an easy run day. Danny Haralson coaches these runs. Danny also coaches a Couch to 5K program and you can learn about that at RunUniversity.com. The Wednesday morning run is intended for Intermediate runners that have built up to 8 miles and Brad Clay is a BTC run leader for that group run. The

Wednesday night Trak Shak runs are for all levels of runners, but you will need to come early and find a group to run with that will run at the level you desire. Trak Shak runs are not organized by the BTC, but often you find BTC runners running. Saturday morning marathon training is intended for more advanced runners that can run at least 11 miles safely. Because hydration is extremely important on these runs, please be sure to reserve your spot with Meredith, per the instructions below. In late July the training started for the Dec. 11th marathon in Charlotte, NC – Charlotte's Thunder Road Marathon. If you choose to run in the train-

ing or the marathon, remember that you are running at your own risk – be careful. <http://www.runcharlotte.com/> And remember for all of these runs, if you show up LATE, you will likely be left behind. Please try to be early, especially if you have never run the route previously. The BTC wants all its runners to have a safe and happy run!

btcpres09@gmail.com

CURRENT GROUP RUNS

TUESDAYS

► New Runner's Society Group Run

5:30 a.m. from Mt. Brook YMCA

Info. at newrunners@birminghamtrackclub.com

WEDNESDAYS

► Intermediate Group Run

5:45 a.m., meet at O'Henry's Brookwood Mall on Lakeshore and run 8 miles.

Not recommended for beginners, but any speed intermediate runners welcome. Group may split into various routes from start location. Email Brad Clay before attending and he will be your run leader: bclay@amgen.com

► Trak Shak Group Run (Homewood)

5:30 p.m. Runners meet at 2839 18th Street South, Homewood, AL 35209. Distance: 3-5 miles.

All paces and levels of abilities (including walk group). Dressing rooms and a bathroom available. Refreshments (including beer) and chit-chat afterwards.

THURSDAY

► New Runner's Society Group Run

6 p.m. in front of Mt. Brook Western Supermarket

Info. at newrunners@birminghamtrackclub.com

* Please note this run will move to Independent Presbyterian Church (IPC) on Highland Ave. near Highland Golf Course after the Fall Back Time Change occurs. Start time will also move up to 5:45 p.m.

SATURDAYS

► Marathon Training

Marathon Training starting at 6:30 a.m. from Trak Shak in Homewood.

Runners MUST email Meredith before attending to reserve your spot and to insure adequate water stop supplies for all that will run: meredith@themortgagecenterinc.com. These runs are not intended for beginners, who have not worked up to running longer distances. Plan to run 11-20 miles.

2010 BTC Executive Meetings

BTC Executive meetings are open to the membership and we encourage attendance.
Executive meetings take place every **3rd Tuesday of the month**, starting at 5:30 p.m.

MEETING LOCATION:

O'Henry's @ Brookwood (upstairs)
569 Brookwood Village, Ste. 101
Birmingham, AL 35209
205-870-1148

March 16th	:	June 22nd	:	Sept. 21st	:	Dec. 21st
April 20th	:	July 20th	:	Oct. 19th	:	
May 18th	:	Aug. 17th	:	Nov. 16th	:	

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(205) 985-4111

Inverness Center
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FAT DANNY'S



TRIAL BY TRAIL
5 MILES

THERE ARE TWO KINDS OF TRAIL RUNNERS:
THOSE THAT HAVE FALLEN AND THOSE THAT ARE ABOUT TO

Fat Danny's Trial by Trail

Annual 5 Mile Trail Run

Details:

Saturday, September 4, 2010 at 8:00 a.m.

Oak Mtn. State Park

(Upper picnic area, last parking lot on the right)

- Tech shirts
- Post race cook-out (please bring a side dish large enough to share).
- BTC will provide hot dogs and drinks

BTC members: \$5.00

NON-members: \$35.00 (or you can join and run: \$35.00)

Name: _____

Address: _____

Age on race day : _____

Male _____ Female _____

BTC member _____

Consent & waiver: I understand that trail running has it's share of hazards and that I accept full responsibility for any injuries or difficulties I may incur. I also am healthy enough to participate in trail runs and have my M.D.'s express permission to do so. Therefore I agree to not hold the BTC, RRCA, and anyone else accepting full responsibility for my actions.

I know it's hot, I know it's hard, I know there are roots and rocks on the course. I know there may not be enough water. If anything happens other than a successful finish I was aware of the pitfalls and participated anyway.

Signed and dated:

Race/Event Calendar (Aug. thru Sept. '10)

– Compiled by Rick Melanson

Email: rrc@birminghamtrackclub.com

Note: Race information is taken from several different sources and is subject to change and or writer's mistakes. Call Race Director or contact person, especially if you are traveling out of town. (= BTC race/run/event)

AUGUST 7

Shake & Bake 5K

– Birmingham, AL, 8:00 a.m.
Mt. Laurel off Hwy. 41, 3 miles from Hwy. 280.
USATF CERTIFIED COURSE.
Info: Bill Kreis (281-1946)

Woodstock 5K

– Anniston, AL, 7:30 a.m.
Anniston High School, 1301 Woodstock Rd. USATF CERTIFIED COURSE - RRCA SOUTHERN REGION-AL CHAMPIONSHIP. Register on Active.com
Info: Brooke Nelson (256-239-9001)
Email: brookenelson@amcvets.com
Web: www.woodstock5k.com

Hope Bryant Smith Memorial 5K & 1 Mile Family Fun Run/Walk

– Montevallo, AL, 8:00 a.m.
University McChesney Student Activity Bldg.
Info: https://www.montevallo.edu/alumni/OlympicsDay/odrunregsecure09.shtm

AUGUST 8

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Contact Brent Cotton for location.
Info: (205) 447-9223

AUGUST 13

Eva Bank 5K Midnight Run

– Cullman, AL, 11:59 p.m.
The course starts at the Cullman Civic Center and is USATF Certified. Cash prizes are awarded to overall and masters male and female, medals for age divisions. The race starts at 11:59 pm!
Info: 256-775-7946 Ext. 14
Email: cturner@cullmanrecreation.org

AUGUST 14

Greystone 5K & 1 Mile Family Fun Run

– Birmingham, AL, 8:00 a.m.
Founders Clubhouse Aquatics in Greystone on 4100 Greystone Dr.
Info: Christy Johnson (986-5139)
Email: cjohnson@greystonecc.com

Brooke Hill Run for Awareness 5K & 1 Mile FR

– Decatur, AL 8:00 a.m.
Both USATF CERTIFIED.
Info: Jon Elmore (256-351-7426)
Email: jklca5@charter.net
Web: www.rivercityrunners.org

Got Creek 5K

– Birmingham, AL, 6:30 p.m.
Heardmont Park off Hwy 119.
Info: Dom Sutton (533-1265)
Email: d2sutton@yahoo.com

AUGUST 21

AreUABLE 5K & 1 Mile Fun Run

– Birmingham, AL, 7:30 a.m.
Homewood High School on S.Lakeshore. USATF CERTIFIED COURSE.
Web: www.areuable.org
Info: Jennifer Christy (205-934-5903)

SEPTEMBER 4

Fat Danny's Trial By Trail 5 Mile Run

– Birmingham, AL, 8:00 a.m.
Oak Mountain State Park @ the "Dog Wood Pavilion". Cook out after run and covered dish. \$5.00 for BTC members (bring food for 6-8 runners) – Technical shirts. Non-members \$30. See Page 7 for race entry form.

Butter Bean Festival 5K and 1 Mile Fun Run

– Pinson, AL, 7:00 a.m.
USATF Certified Course. Register at Active.com.
Info: Shane Shellnut (205-413-9024)
Web: www.butterbeanfestival.com

Ross Bridge 8K & Health Exposition

– Birmingham, AL, 8:00 a.m.
2101 Grand Ave.
Info: www.alabamateenchallenge.org

SEPTEMBER 6

R3 Budweiser Labor Day 5K

– Montgomery, AL, 7:30 a.m.
Info: West Marcus (334-263-2424)

SEPTEMBER 11

Paws for the Cause 5K Run

– Birmingham, AL, 8:00 a.m.
1 Mile Fun Run/Pet Walk Veterans Park, 4750 Valleydale Rd. Register on active.com.

SEPTEMBER 12

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Contact Brent Cotton for location.
Info: (205) 447-9223

SEPTEMBER 18

Monkey C, Monkey Run 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
Crestline Elementary School, 3785 W. Jackson Blvd. USATF CERTIFIED COURSE (Knights of Columbus Run)
Email: Info@campsam.org.

SEPTEMBER 18

Basement 5K & 1 Mile Fun Run

– Trussville, AL, 8:45 a.m.
Info: April Howell (655-9334)

Duck & Run 5K

– Athens, AL, 8:00 a.m.
Info: duckandrun5k@yahoo.com

Depot Day Festival Run 5K & 1 Mile Fun Run

– Hartselle, AL
Info: 256-773-4370

I RACE Because I C.A.R.E. 5K

– New Hope, AL, 8:00 a.m.
Info: Ashley Turnbull (256-723-2213)

Power of Pink 5K & 1 Mile Fun Run/Walk

– Tuscumbia, AL, 8:00 a.m.
Info: Cathy Isbell (256-710-1649)

Canine Classic 5K

– Tuscaloosa, AL, 8:00 a.m.
Ed Freeman (205-342-0028)

SEPTEMBER 19

XTERRA Alabama Cheaha State Park 10K Trail Run

– Delta, AL, 8:30 a.m.
Email: tim@dirtyspokes.com

SEPTEMBER 25

Paws Fur a Pink Cause 5K & 1 Mile Fun & Pet Parade

– Helena, AL, 8:00 a.m.
Old Town Helena Amphitheater. USATF CERTIFIED COURSE. (Old "Kudzu Run"). Register online on Active.com.
Info: (205-358-8121)
Email: 4pawsfurapikcause@gmail.com

AUM/Senator Stampede 5K & 1 Mile

– Montgomery, AL, 8:30 a.m.
Info: Jeff Vinzant (334-244-3576)

FUTURE (local only)

10-02 – Hueytown 5K/10K
10-02 – Liver Walk 5K
10-09 – Race For The Cure
10-17 – Maple Leaf 5K
10-23 – Run Away from Domestic Violence 8K
10-30 – Cross Point 5K
11-06 – Vulcan Run 10K
12-19 – Meadow Brook 5K
02-12 – BR 5K
02-13 – Mercedes Marathon & Half Marathon

NEW RUNNER'S SOCIETY GROUP RUNS

THURSDAY EVENINGS: 6:00 P.M.

Meet in front of Mt. Brook Western Supermarket *Please note this run will move to Independent Presbyterian Church (IPC) on Highland Ave. near Highland Golf Course after the Fall Back Time Change occurs. Start time will also move up to 5:45 p.m.

TUESDAY MORNINGS: 5:30 A.M.

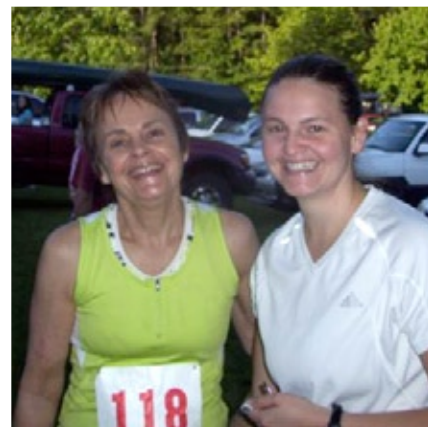
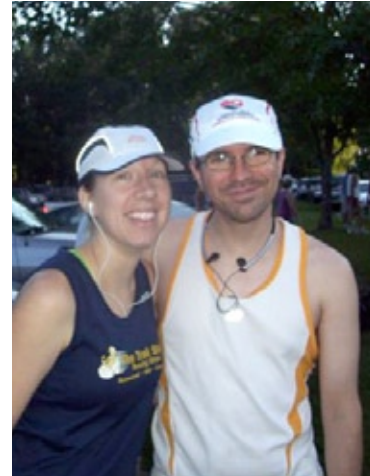
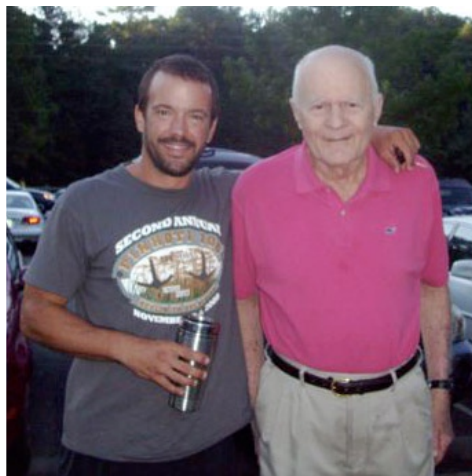
Several routes available from Mountain Brook YMCA.

QUESTIONS: newrunners@birminghamtrackclub.com



Peavine Falls SNAPSHOTS

– Photos submitted by Phil Min



MILES REPORTED THROUGH JULY 19, 2010

1,200 Mile Club

BTC MEMBER NAME	TOTAL	MAY '10	APR. '10	BTC MEMBER NAME	TOTAL	MAY '10	APR. '10
Andress, Jennifer	648	94	90	Landy, Randi	468.4		101.4
Armstrong, Tommy	526.2	97	116	Loo, Judy	555.9	102	95
Baskerville, Jennifer	658.6	109.4	123.45	Losole, Liz	641.7	111	109.7
Beasley, Martin	600.4	88	81	Lupinacci, Tim	595	83	105
Bedics, Tom	627	77	73	Lyle, Randy	1003.7	180.5	241
Benson, Wayne	751	112	149	Mann, Steven	20		
Bonatz, Ekkehard	1158	181	210	Martin, Cary	333.9		74.6
Bowman, Bill	498	82	102	McCalley, Charles	494.87	99.2	49.36
Bradshaw-Whittemore, Al	384.3	43	55.5	McCarthy, Mike	150		
Briggs, Melissa	733.16	76.05	111.87	McConnell, Katie	445.85	118	76
Brown, Sean	520	122	67	McConnell, Kim	247.05		90.4
Bullock, Sharon	607.4	100.4	99	Milam, Heather	950.1	154.6	213.5
Burnette, Jack	613	134	143	Miller, Pamela	769	111.5	140.2
Chandler, Teresa	761.5	102	100.5	Morgan, Cary	772		172
Clark, Beth	813	106	130	Morgan, Danielle	752.3	127	115.2
Clay, Brad	992	215	177	Morgan, Phillip	776.1	119	124
Colburn, Cathy	432			Murray, Jason	58		
Cook, Oscar	679	153	62	Parr, Michele	523	115.5	101
Creed, Brad	609.9	93.7	125.5	Pasqualini, Ellie	760	131	110
Davis, Milton	294.4		30	Peagler, Shana	505.28	111.3	77.68
Dortch, Cherie	400.37		86.2	Peagler, Zach	570.8	102.3	100
Dunn, Wade	1266.2	233.1	256.5	Peck, Jeremiah	490.31	91.61	73.32
Eidson, Rachel	602	98	101	Randall, Lisa	764.97	148.4	171.5
Engels, John	435	94.4	71.2	Richey, Jim	504.7	46.3	91.5
Estes, Jeff	459.7	122.3	91.3	Roberts, Tim	985.2	193.3	245.8
Evans, Bob	468	65	68	Rodriguez, Jose	861.67	151	152.2
Farrell, Meredith	605.05		212	Rutherford, Keith	370	75	30
Fleming, Marcy	500.5	53	82.5	Sample, Holly	644	113	112
Ford, Joe	520.9		105	Sankey, Greg	727.92	77.89	63.2
Frederick, Winston	609	105	93	Shaw, Joe	434.7		80
Ganus, Jack	631	98	115	Shinn, Ronald	618.7	76.41	112.71
Goff, Ali	521.75	95	87.5	Smith, Jerry	725	97	120
Goode, Johnny	891	186	136	Smith, Reid	485.5	94	91
Goolsby, John	186			South, Christopher	904.04	251	150.04
Greenwald, Bill	527	142	129	Stearns, David	583.5	124.5	110
Grossman, Christopher	582.93	89.5	107.35	Stockton, Rick	682	95	124.2
Hales, Susan D.	496	104	96	Street, Tess	43		
Haralson, Danny	782	133	120	Stroud, Vanessa	586.55	203	160.1
Haralson, Micki	485.2		69	Thurmond, Nicole	118		
Hargrave, Alan	502	26	55	Vaughan, Keith	262	44	8
Harris, Dena	1298.89	216.3	279.22	Veal, Matt	113		
Harris, Kendall	370		67	Walker, Caroline	179		
Harris, Skip	280.7			Watkins, Janet	418		85
Harris, Vickie	278			Weeks, Lance	684.75	24	105
Henry, David	612.8	64	118	Whatley, Prince	1340.6	234.5	266.2
Jenkins, Mike	167			Winborn, Charles	567.5	94	84
Jones, Ira	579.7	115	76	Woody, Bill	532	86	89
Jones, Latoria	198	96	30	Wu, Xing	775.04	138.06	134.72
Joyce, Lynn	558	103	102	Yaghmai, Greg	509	118	69
Joyner, David	891.88	178.81	139.09	Yancey, Lisa	384	65	81
Klasing, Leslie	631.2	106	140.2	Zehnder, Justin	658.5		143
Kuhn, Jimmy	940	174	174				

Email monthly mileage, errors, omissions or questions to:

1200@birminghamtrackclub.com



Couch to 5K SNAPSHOTS

– Photos submitted by Phil Min

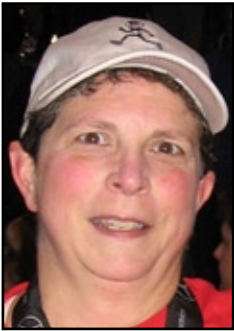
Danny Haralson's **COUCH TO 5K** runners recently completed their first 5K (Run To The Courthouse.) Afterwards, many of them took time out to celebrate their accomplishment by socializing at ON TAP in Lakeview. Are you interested in becoming a runner or getting back into the swing of running? If so, visit www.RunUniversity.com for more information.



The View from the BACK OF THE PACK

– By Michele Parr

"Primum non nocere" is a Latin phrase that means "First, do no harm." If you're a doctor, you already knew that since it's part of the Hippocratic Oath. This came to mind when, quite unusually, I was doing a long run by myself.



Since I was already up and dressed when Terri called to cancel after spending all night at the hospital with her dad (who is doing just fine now), I went on over to the Lakeshore trail to get the run in. I was leaving on vacation on Saturday morning, so I really didn't have another chance. With no running buddy conversation to entertain me, I found myself looking around a little more than usual. What I saw wasn't pretty.

There on the side of South Lakeshore, a route frequented by runners and cyclists, was a recently discarded Powerade bottle. "Maybe," I thought, "a cyclist tossed it and plans to retrieve it at the end of the ride." (Hey, if I'm making up the back-story for the bottle, I can make the discarder a considerate cyclist.) I decided if it was still there when I made my way back I would pick it up and toss it in the can near the water fountain. It was, along with a Gatorade bottle I hadn't spotted before, a bottle that had been there through at least one rain. So much for my considerate cyclist theory. I retrieved both bottles and toted them to the can at the trail head.

Those two bottles caused me to pay closer attention to my surroundings. I picked up a GU tab near the water fountain and pitched that next to the bottles. If it hadn't been right beside the fountain, I might have believed it was a trash-can emptying accident. Little things are bound to fly away when the workers empty those cans, right?

I decided that maybe what I'd done so far could serve as a good beginning. What if I picked up a piece of litter for every mile I covered? Last year I logged 1204 miles. That's a lot of trash. Because I got a late start—the idea didn't occur to me until halfway through the year—I might not catch up for the whole year, but I can give it a shot.

Besides the two bottles and the GU tab, I snagged a Fred's sale paper, a business card, a Styrofoam cup, a straw, a Coke can, and a cardboard wrapper for a product I never could identify. No, I didn't do this on the run. I'm slow, but I'm not that slow. I did a cool-down walk along the trail and found plenty of things to clean up. I kept it up when I ran in my neighborhood the next day. Since it was trash pickup day, it was easy to collect the litter and drop it in a can waiting to be emptied.

What if we all did this? Shoot, if just those participating in the 1200 Mile Club did it, we'd have nearly 60,000 fewer pieces of trash on our trails already this year. Imagine if the 500+ other club members did it, too! You could take one recovery walk each week and collect that week's trash. Unfortunately, there's no shortage of litter. How cool would it be if all of our regular trails were cleaner than the rest of the city?

As for "primum non nocere," how much cooler would it be if that trash didn't get dropped in the first place? •

micheleparr@mindspring.com

Get involved in the BTC!

Looking for a way to be more involved and give back to the BTC without making an enormous commitment of time? While volunteering to help at a week-end road race of one's choice is extremely valuable to the race director, another option to consider is joining one the Birmingham Track Club's committees. The following are recruiting new members:

NEW RUNNER'S SOCIETY

Chair: Danny Haralson

newrunners@birminghamtrackclub.com

The New Runner's Society welcomes new runners into the track club, attends regular runs, introduces them to other runners in their pace, and shows them regular running routes. Several individuals that normally attend the different runs every week are needed to be "run captains" so that the committee is represented at every single run.

SOCIAL

Chair: Micki Haralson

mickiharalson@gmail.com

The social committee is designed to bring more fun into our running community by scheduling events that bring the members together for fellowship and camaraderie. We plan monthly group runs with activities afterwards every month of the year. Approximately once a quarter, this committee also plans a non-running event and the tentative events scheduled for this year are the Spring Potluck Social at the Trak Shak, a bus trip to see a Braves game this summer, bowling in the fall, then the annual party next January.

MERCHANDISE

Chair: Johnaca Kelley

btcpres09@gmail.com

Loading and unloading, setting up booth or tent, selling, creative design ideas or art for printing... all of these abilities are welcomed on the merchandise committee. Merchandise will be present at one weekend race and one week-day social monthly, minimum, through the running season and most of the year 2009. Having a full committee makes these things happen, 1-3 people cannot do it all. So please join us.

MEMBERSHIP

Chair: Judy Loo

BTCmembership@gmail.com

The membership committee maintains the BTC's membership list and actively recruits new members at races, other running events, and social events. Charismatic personalities, bubbly-friendly nature and/or computer database skills nice to have for this service.

Professional Massage Therapy

Cynthia J. Harris, LCSW, LMT, NMT

Deep Tissue • Sports Massage • Orthopedic Assessment
Stretching and Joint Mobilization • Neuromuscular Therapy
M-F 9am - 7pm • Sat 10am - 3pm

NEAD THERAPEUTIC MASSAGE, LLC

2028 Kentucky Avenue, Ste. 208
Vestavia Hills, Alabama 35216 • Telephone 205-223-2256
www.kneadtherapeuticmassage.com



Double Trouble

Meet **Jimmy** and **Prince**, our two "Charity Running Gurus" on the hot seat this month!

Jimmy Kuhn

www.HorizonsSchool.org

- 1. Last movie you liked so much, you watched it twice?** 'Pulp Fiction' — It's the kind of movie you can start watching half way through and enjoy just like you watched it from the beginning.
- 2. Name one guilty pleasure?** Beer - Not sure I would call it guilty though.
- 3. Favorite place on earth?** Razorback Stadium calling the Hogs.
- 4. Worst place on earth?** LSU's Tiger Stadium when the Hogs are losing.
- 5. One item you would want with you on a desert island?** Satellite Phone
- 6. Most interesting person you've ever met?** Jose Romero, a forester that traveled to remote parts of the world gathering tree seeds. I could listen to that guy tell his stories all day long. From jungles to cities all over the world, he had been everywhere.
- 7. Coolest trophy or prize you ever won?** I think the medal from the Tupelo Marathon - "Trample the Weak and Hurdle the Dead"
- 8. Favorite TV show?** Survivor
- 9. Favorite fast-food joint?** Sam's Super Samwiches in Home-wood
- 10. Who would play you in a movie?** Daniel Stern, the guy that played Marv in 'Home Alone.'
- 11. Something unique about the town you grew up in?** El Dorado, Arkansas - It was an oil boomtown back in the 1920's.
- 12. If you could play an instrument, what would it be?** Banjo
- 13. Scariest thing that ever happened to you?** When my son was 3 or 4 years old he somehow got a way from us and ended up about a block away at a gas station. You can imagine the thoughts we had until we found him.
- 14. Favorite book?** "Into Thin Air" by Jon Krakauer
- 15. Favorite meal?** Chicken-fried steak, gravy, mashed potatoes, turnip greens, green beans, and corn bread.



- 16. Why do you run?** I run for my health, friendships, and the challenge of doing something difficult and the feeling of accomplishment when you finish a tough race or long run.
- 17. When did you start?** About 20 years ago when I was 30 years old.
- 18. What's your biggest running accomplishment?** Setting a PR in the Boston Marathon.
- 19. Favorite BTC story?** I don't really have a favorite story, but I do enjoy the friendships I developed since I've started running with my track club group.
- 20. Words to live by or favorite running mantra?** Keep moving forward.

Prince Whatley

www.TeamInTraining.org/al

- 1. Last movie you liked so much, you watched it twice?** "Fight Club"
- 2. Name one guilty pleasure?** Just one?! Are you kidding me? Beer, candy, salty snacks, Popeye's spicy fried chicken right after an ultra, did I already say beer?
- 3. Favorite place on earth?** It's hard to beat being at home, that would have to be number one. However the trails of the Western States 100 and the Badwater route rank up there pretty high.
- 4. Worst place on earth?** Is it too cliché to say 280 traffic? Maybe Atlanta traffic. Atlanta airport all day on my birthday a couple of years ago was no treat.
- 5. One item you would want with you on a desert island?** A journal.
- 6. Most interesting person you've ever met?** Paul DelBene. He was a college roommate of mine that became a clown with Ringling Brothers & Barnum & Bailey.
- 7. Coolest trophy or prize you ever won?** Massanutten Mountain Trails 100 mile Run belt buckle from May 2007
- 8. Favorite TV show?** "Family Guy"
- 9. Favorite fast-food joint?** Popeye's
- 10. Who would play you in a movie?** Brad Pitt. But don't tell anybody. I'll catch hell from the guys about that, I'm sure.
- 11. Something unique about the town you grew up in?** I grew up in Auburn AL and I guess that's cool because as a kid there were a lot of things going on for a small town and then when I was in High School I got into a lot of college parties.
- 12. If you could play an instrument, what would it be?** I can play a couple of tunes on a Harmonica and I wish I had the patience to learn more.
- 13. Scariest thing that ever happened to you?** This is an easy one. My daughter, Katie (now 14) was diagnosed with leukemia November 3, 2006. She is about a year and a half off her treatments, which included lots of chemotherapy, and radiation too. Because of this experience I got involved with Team In Training, the group that raises the bulk of the funds for the Leukemia and Lymphoma Society.



- 14. Favorite book?** "Anonymity" by Leslie Whatley (my brother), not quite published yet, but cross your fingers.
- 15. Favorite meal?** I like to share Steak Fajitas with my daughter, Katie at Superior Grill after church on Sundays.
- 16. Why do you run?** I played soccer in high school, then men's league soccer in college. After my third knee operation (two torn ACL's) I switched to weight lifting, and gradually started running to ward off the salesman gut. When I moved to Peachtree City GA in the summer of 2001, I just got caught up with the wrong crowd (The Darkside Running Club). After about my third 10 mile run I was hooked.
- 17. When did you start?** Right after I saw Bruce Jenner in the Olympics on TV in 1976. I was seven years old. As a youth I frequently got up early to run one mile down our country road to the mail box of the nearest neighbor my age and back. That was a two-mile run that I used to train for soccer season for several years.
- 18. What's your biggest running accomplishment?** Running Pinhoti 100 last November under 24 hours.
- 19. Favorite BTC story?** A couple of years ago I was running at the track with Phil Min and when we were warming up together he had gas, and I swear he sustained a fart for a full quarter mile.
- 20. Words to live by or favorite running mantra?** GO TEAM! (Cheer from/for Team In Training participants at races)

Remember that you can also volunteer or nominate your fellow BTC members.

Please contact Phil Min via email if you would like to participate in future versions of this column.

– Phil Min (pemin@mac.com)

Club Merchandise AUGUST Item Of The Month

SHOE POUCHES

POUCH DETAILS:

- Approx. 2.5" x 4"
- Wallet size will hold debit/credit cards and driver's licenses.
- Has easy velcro strap for securing to shoe.
- Has easy access zipper so wallet does not need to be removed from shoe to access wallet contents.
- Made of durable poly material.
- Choose from either blue/black or gray/black color combo.



Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Phone _____ Email Address (print clearly) _____

Quantity COLOR/DESCRIPTION

*Please add **75¢** shipping per pouch.

Send orders/payments, made payable to Birmingham Track Club, to:

Johnaca E. Kelley, BTC President
c/o EBSCO Creative Concepts
825 5th Avenue South
Birmingham, AL 35233

btcpres09@gmail.com

Offer good till 8/31/10



BTC MILEAGE LOG



		MONTH	
		GOAL	TOTAL
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4			
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May			
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July			
Aug.			
Sept.			
Oct.			
Nov.			
Dec.			
Jan.-Dec. TOTAL			

Birmingham Track Club

MEMBERSHIP APPLICATION

www.birminghamtrackclub.com
www.myspace.com/birminghamtrackclub



We would like to take this opportunity to invite you to be a member of the Birmingham Track Club or to renew your existing membership. The Club sponsors or sanctions many local races and keeps members informed of upcoming races, training runs, results, socials, etc. through our monthly newsletter 'THE VULCAN RUNNER'. Additionally, BTC Members receive merchandise discounts at local merchants. It's a great way to meet other runners and stay informed of running events in the area. Again, thanks for your participation and we hope that you will join us as we promote individual and community fitness through running.

PLEASE check one:

☐ **New Member application** ☐ **Renewal** ☐ **Change of Address**

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ ☐ Male ☐ Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

_____ ☐ Male ☐ Female
Last Name First Name M.I. Birth Date

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities, and as a member I assume all risks involved. Therefore I hereby, for myself and anyone entitled to act on my behalf, do waive and release the Birmingham Track Club, Road runners Club of America, USA Track and Field, all sponsors and any others involved from any claims or liabilities arising out of my participation in these activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of such events for any legitimate purpose.

Signature (Parent's signature if under 18 years of age) _____

Date _____

YEARLY MEMBERSHIP (please circle one): **\$25** (single) **\$35** (family)

Send this signed application and check made payable to the BTC to the following address:

Birmingham Track Club
P.O. Box 530363 Birmingham, AL 35253
btcmembership@gmail.com

You can also join online at
WWW.ACTIVE.COM
(Event I.D. # 1397208)

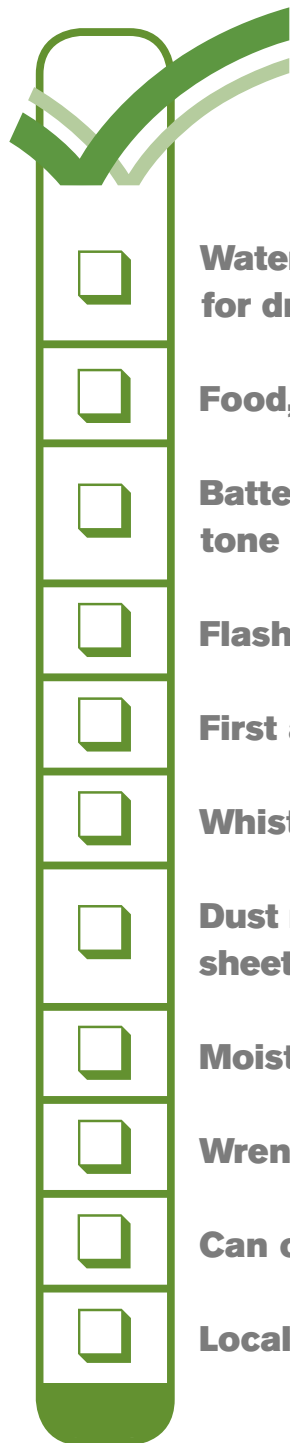
PREPARE. PLAN. STAY INFORMED.

Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: **1) Get an emergency supply kit 2) Make a family emergency plan 3) Be informed about the different types of emergencies that could occur and their appropriate responses.**

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Recommended Items to Include in a Basic Emergency Supply Kit:



Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

www.READY.gov