

**IN THIS
ISSUE**

BTC EXEC. MINUTES: 8
PENSACOLA RUN: 13

RACE CALENDAR: 9
TUPELO MARATHON: 10

1,200 MILE UPDATES: 12
GET INVOLVED: 13-14

BACK OF THE PACK: 14
DOUBLE TROUBLE: 15

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

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THE VULCAN RUNNER

VOL. 34

★ DECEMBER 2010 ★

ISSUE 10

ATHENS CLASSIC MARATHON
**2500 YEARS
IN THE MAKING**

– By David Henry

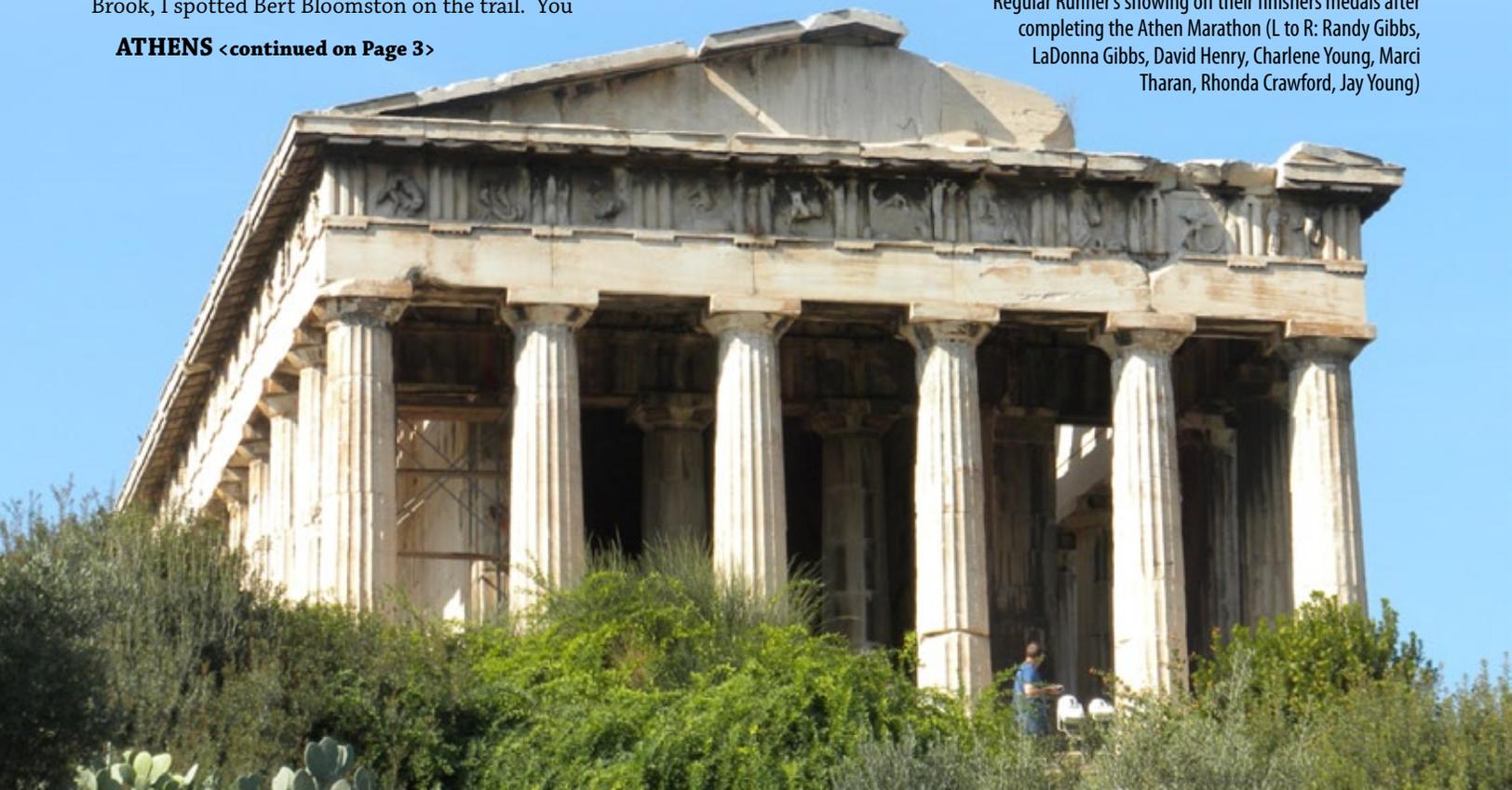
Why would someone run a marathon? One estimate states that 1% of humans will run at least one marathon in their lives. Does that mean that 99% of the population are sane, and the other 1% are crazy? Could be. And even crazier - with all the great marathons so close to Birmingham, why would someone travel 6,000 miles to run a marathon? These folks must be fruitcakes. Well, count our group that traveled to Athens, Greece to run the Athens Classic Marathon among the fruitcakes.

About six years ago, while running a trail in Mountain Brook, I spotted Bert Bloomston on the trail. You

ATHENS <continued on Page 3>



'Regular Runner's showing off their finishers medals after completing the Athen Marathon (L to R: Randy Gibbs, LaDonna Gibbs, David Henry, Charlene Young, Marci Tharan, Rhonda Crawford, Jay Young)



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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>

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Group Training**

ONLY \$100/month!

Call for details.



A view of the city of Athens, Greece, the group experienced while sight-seeing.

ATHENS <continued from Page 1>

know Bert - the man that stands on the step ladder and starts the LJCC Montclair Run each Thanksgiving morning. Bert also works on the course, cheering on the runners. He is always positive and full of energy. When I saw Bert some years ago, I made it a point to chat with him. Bert was so pumped up. His children had given him a wonderful 65th birthday gift - a trip to Greece and entry to the Athens Classic Marathon. Even some time after the race, he was still talking about what an experience it was!! So much so, that he inspired some of our Birmingham running group to plan to run Athens, also. None of our kids gave us the trip, so we had to plan and save Euros for about two years. But we did it! The trip was just as wonderful as Bert had described it.

Of the eight people that were able to go to Greece with our group, one was in charge of crowd support, one ran the 5K (they also have a 10K), and six ran the marathon.

We are all part of a Birmingham group of friends who call themselves the Regular Runners, or RR's for short. We try to keep our RR's from becoming occasional runners (OR's). When we have someone that becomes less active - that first step out of the bed in the early morning is the hardest one - enough of the RR's give enough grief to the slacker OR to get him or her back on the roads again. The RR's began running together in the early 1980's with Harry Coleman, Gene Beckmann, Rhonda Crawford, and a few others. The group membership has been up and down over time, but most recently we may have over 30 runners departing from Brownell on most any Saturday morning - all ages and paces. Some of us back of the pack folks have not even met some of the speedier of the group that are gone in a flash when Jay or Harry say it is time to start. We are a loose knit group who just enjoy running and hanging out together.

The marathon gets its name from the small town in Greece at which the Battle of Marathon was fought in 490BC. This year, 2010, marks the 2,500th anniversary of the famous battle.

ATHENS <continued on Page 4>



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ATHENS <continued from Page 3>

THE HISTORY OF THE MARATHON

The mighty Persian Empire wanted to add Greece to their holdings. In 490 BC, Darius sent a Persian army across the Aegean Sea toward Greece, landing on the eastern shore at the plain of Marathon.

In those days, long before postal systems and good roads, every Greek city had appointed messengers. They were superb athletes, the finest runners that could be found. In times of peace, they were the postal service of ancient Greece. In times of war, they carried news between allies and between armies in the field and the people of their cities. They covered long distances over difficult terrain in unbelievably short periods of time, often through enemy territory.

When the battle at Marathon became imminent, the messenger, Pheidippides, ran 150 km (93.2 miles) to Sparta in less than 2 days to secure reinforcements. But he found the willing Spartans unable to march before the lunar holiday. The Athenian general, Miltiades, and his troops, though greatly outnumbered 150,000 to 11,000, were forced to attack alone. Miltiades boldly attacked the vulnerable Persian flanks, and against all odds, won a stunning victory. The bravery of the Athenians has rightly been called one of history's great testimonies to the power and spirit of freedom and democracy. The 192 Athenians that were killed are entombed in a burial mound at Marathon. **(PHOTO 1)**

Once again, according to legend, Pheidippides raced the 40 kilometers back to the Athens in intense late summer heat. Upon reaching the Athenian agora, he exclaimed "Nike!" ("Victory!") and then collapsed dead from exhaustion.

In commemoration of this feat, the modern Athens Marathon was born. Beginning at the site of the Battle of Marathon, Pheidippides' original route covering 40 km (24.8 miles) was run,

with the finish line at the Olympic Stadium in Athens. This gleaming marble structure was built in 1896 for the first modern Olympic Games. It occupies the site of a 4th century BC stadium. Like the original, of which it is a faithful reproduction, it is one stade (about 606 feet) long. This was the standard measure of the Olympic foot race. **(PHOTO 2)**

According to the Boston Athletic Association, the marathon distance was changed to 42.195 kilometers (26.2 miles) at the 1908 London Olympics. The course length was based not on the distance from Marathon to Athens, but rather the distance from Windsor Castle to London's Olympic Stadium and to the Queen's box inside the stadium, the route of the 1908 marathon.

Today many marathoners, when reaching mile 24, yell out "The last two for the Queen!"

This year, 2010, was the 2,500th anniversary of the 490BC Battle of Marathon and Pheidippides' famous run. No wonder this year was such a pull on many marathoners across the world to gather at the plain of Marathon and run the original course. No wonder many marathoners hear "May the spirit of Pheidippides be with you." as they traverse the tough 26.2 miles.

GREECE - THE COUNTRY

Greece is a stable democracy which seems to be moving toward socialism. Its land mass is slightly smaller than the State of Alabama. Greece has over 11 million people while Alabama has about 4.8 million. Greece is roughly in the shape of the letter C, with the Aegean Sea and then Turkey on the east, Mediterranean Sea to the south and the Ionian Sea and then Italy to the west, and Albania, Macedonia, and Bulgaria to the north. There are over 6,000 Greek islands, mostly in the Aegean Sea. Athens is in the southern part of the mainland, and is only 4 degrees latitude north of Birmingham. The temperatures of Athens and Birmingham are similar. The town

ATHENS <continued on Page 5>

1



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5



ATHENS <continued from Page 4>

of Marathon is on the east coast. For those of you that wonder if we were worried about security in Greece during these troubled times, the answer is no. We stayed with our tour group most of the time. The leaders did not carry us to suspect places. We never felt afraid, even when wearing USA and US Flag clothing.

THE MARATHON COURSE

The point to point course is now 26.2 miles, beginning at Marathon and ending at Athens. Extra distance that Pheidippides did not have to run includes running around the tomb of the Athenian soldiers in Marathon. The Athens Classic Marathon course is now the exact route taken at the 2004 Olympics in Greece. The course heads south and then turns south west into Athens. It begins approximately at sea level, has a gentle climb from mile 4 to mile 10, then a short downhill, and then a significant climb from mile 11 to mile 19, at one point reaching a maximum of 7.5% slope. After mile 19, it is downhill until the end. The minimum elevation of the course is 23 feet at mile 3, and the maximum elevation at mile 19 is 801 feet. It seats 45,000. **(PHOTO 2)** The finish line is inside the Olympic Stadium which is called the Panathenaic Stadium. The stadium is made of all white marble - seats and all.

THE 5K AND 10K

The 5K and 10K course both begin and end at the Panathenaic Stadium. The 5K course runs through the historical center of the city of Athens, passing along significant monuments and city buildings. The 5K had 3,500 participants, and the 10K had 4,500.

Our LaDonna Gibbs, who ran the 5K said, "Traveling 6,000 miles with the 'real' marathoners could have been an intimidating experience since I was frankly sweating out the thoughts of a 5K on the downtown streets of Athens. Needless to say, I am very new at this. From the warm reception from the locals on the sidelines to the inspiring group of truly special Olympians that participated gave me the just the boost I needed to make that final turn into the stadium. Entering with tens of thousands cheering me on (well

maybe not just me!) made it all worthwhile. It was an incredible experience made particularly special with the support and encouragement of all the marathoners and our travel family. It was truly a trip of a lifetime. Pheidippides would have been proud of the celebration on his behalf."

RACE DAY - MARATHON

In 2009, the Athens Classic Marathon registered 3,500 runners. This year in 2010, the 28th Athens Classic Marathon boasted a record of 12,500 marathoners. Most of the registrations were sold to tour companies across the world. There were 88 countries represented. There were a total of 21,500 race day runners and walkers, including the 5K, 10K, and the marathon.

As the Greeks may say, the gods smiled on the runners on Sunday, October 31. The weather was perfect - mid-50 degrees at the start with no rain and 65% humidity with overcast skies. **(PHOTO 3)**

The limited space for queuing up runners at the start places a natural cap on the number of runners that may participate in the marathon. They previously thought that cap was 10,000 participants. The 12,500 this year broke all previous records and even exceeded what was thought to be the max capacity. **(PHOTO 4)**

Each participant was assigned to one of seven corrals. The race started at 9:00 am. Since all our group was in the last corral, it took us about 20 minutes to get to the start line.

The first part of the course circled part of the battlefield and the burial mound of the 192 Athenians. Spectators all along the course were applauding us and yelling Bravo! Bravo! Little children and older men and women had broken small twigs from the abundant olive trees, and held them out to the runners. Before long, almost every runner had a twig from an olive tree stuck in a cap band or in the band of their hydration or energy container belts.

There were several areas where only a few spectators were

ATHENS <continued on Page 6>



6



7

ATHENS <continued from Page 5>

present. There were several areas where there were many spectators on the roadsides. In all cases, the spectators were the most vocal and the most energized of any race I can remember. Still they yelled, Bravo! Bravo!

"The cute, little Greek children was a highlight for me," said Rhonda Crawford. "I loved to see the smiles on their faces when I zigzagged down the course and held out my hand to touch theirs. It was almost like I was representing the USA in this foreign country. I was so glad to see the friendliness of the children as our lives touched so slightly at these moments." **(PHOTO 5)**

Most of the Birmingham RR's wore some form of USA clothing - from flag shorts to singlets with the letters "USA" pronounced across the front to American flag bandanas. We frankly did not know what to expect from the crowds concerning our running attire.

Charlene Young stated, "Wow! This was an experience of a lifetime. You could feel the electricity in the crowd as we ran along the course. Our group was dressed in red, white and blue along with USA printed on some singlets. I felt so proud to be an American as we heard shouts of "Go USA" from the predominantly Greek supporters along the route.

"I loved running and hearing the Greeks yell, Bravo!" said Marci. "And the one Greek guy that yelled, 'Yea USA, Good Morning Vietnam.' That was the funniest

thing I heard on the run. It lifted my spirits and made me laugh! Obviously the Greeks watch American movies. Our bibs had our names printed on the front, which was helpful to the spectators. The Greeks were awesome in this race and did a great job cheering us on. I was blown away when I heard some of the Greeks yell "Go Marci, Bravo!" How awesome is that to hear your name from Greeks while running."

We tried to return the favor and speak what little Greek we had learned to the spectators. Ka-li-ME-ra (auditory spelling) means 'Good Morning.' We said ka-li-ME-ra a lot. The crowd appreciated it. After many kilometers, our words sometimes slurred to ka-la-MA-re. The crowd did not seem to take offense when we yelled "squid" to them. They just laughed and continued to yell, "Bravo! Bravo!"

Since this Athens Classic Marathon honors Pheidippides, there were several runners who dressed the part. You may recognize Amby Burfoot in his Pheidippides regalia. **(PHOTO 6)**

As many know, Amby was the editor of Runners World for 25 years. For the last 10 years he has been associated with Runners World as Editor at Large. The tour group with which the Birmingham RR's were associated had Amby and his wife, Christine, spend time with us for several days.

The official length of a marathon is 42.195 kilometers. That is rounded to 26.2 miles. The course was marked with kilometer signs. Some found this helpful



8

because a person does not have to run as far to get to the next "mile-stone", or more appropriately "kilometer-stone." This can be a motivational factor.

And then some of us tried to imitate the Pheidippides statue on the course. Here is Rhonda giving it a try. **(PHOTO 8)**

Some of us were worried about the ability of race organizers to accommodate a registration almost 4 times larger than the number that ran in 2009. We worried for nothing. There was ample water, electrolyte, energy bars, bananas, and sponges on the course - stations about every 2.5 km. They even gave us water in sealed water bottles. This did seem to waste a lot of water, and the cleanup problem was greater than we have come to experience in the US. **(PHOTO 7)**

The long hill took its toll on many

ATHENS <continued on Page 7>

ATHENS <continued from Page 6>

runners. However, Birmingham runners who are so accustomed to running hills did not seem to have much problem with the eight mile long hill. No one said the Athens Classic Marathon was easy. But the feeling of accomplishment made up for any toughness issues.

The last seven miles were downhill into Athens. Still the spectators yelled Bravo! Bravo! It was almost as if all the spectators had a meeting and decided on yelling "Bravo!" instead of something else. As we neared the end of the journey, the race became somewhat emotional for many of us. We were actually tracing the path of the messenger who preceded us by 2,500 years. We were in a far off country who had welcomed us with open arms. We were about to enter a stadium with thousands of cheering spectators and runners. This was the same stadium that was used in the First Modern Olympics in 1896. It was the stadium that contained the finish line for the 2004 Olympic marathon. And this stadium was built on the same location of a predecessor stadium which was constructed in 4BC. **(PHOTO 9)**

Marci said, "Stadium entry was truly an amazing memory I will never forget."

"This was a trip of a lifetime for me, and one I will cherish every moment, especially making that last turn and knowing I was headed down the marble and lemon tree-lined avenue into the stad of ancient games and more modern times of 1896. What an opportunity that I thank God to allow in my life," reflected Rhonda.

Randy said, "Entering the Panathenaic Stadium which was built in 1896 and where the 2004 Olympics Marathon ended was almost an emotional event for me. I was tired and wanted the race to be over, but when I entered the stadium with such a rich history, and when I heard the roar of the crowd as I surged down the track toward the finish line, I knew I would finish strong. I knew this would be a life moment for me."

"The crowds grew larger as we approached the stadium, and yes it was quite emotional entering that beautiful, historic stadium. Tears welled in my eyes and I knew that this would be one of my life's most memorable moments!," said Charlene.

Jay summarized, "This marathon exceeded all my expectations. The location, the temperature and the course were exhilarating. Capping this, our 15th marathon, off by crossing the finish line hand in hand with my wife in the 1896 Athens Olympic Stadium was a goal set and a dream come true!"

And from my wife, Donna, a non-runner

ATHENS <continued on Page 8>

Crowds flock to Grecian ruins while visiting Athens for the 2,500 year old race.



ATHENS <continued from Page 7>

who has wondered why her husband and friends love running and being with our running buddies so much, she said "After attending the marathon as a spectator only, I now can better understand the feeling a runner feels as he/she crosses the finish line. I was in the stadium for about 7 hours as I watched the runners come in, many running, some walking, some in pain, some dressed in costumes, some holding the hands of others, many carrying olive branches, some big, some little, some old, some young, but all had the same expressions on their faces. Joyful and triumphant expressions of 'I have finished the race.' At that moment all nationalities became the same, and there was no language barrier. You could feel the electricity in the air as music played and people shouted and clapped for each runner. As a spectator, I got so caught up in the race that 7 hours only seemed like only a few."

Of course we were all proud of our classy finisher medals which we can be seen wearing in the main story photo.

The tour group to which we belonged had an Awards Dinner the night of the marathon. Some people dressed in what we think might be similar to Greek attire many years ago. Olive wreaths were placed on each of our heads. We each received a vase which was a copy of the period piece of pottery including the four runners. **(PHOTO 10; Left to Right: David Henry, Jeff Galloway, Marci Tharan, Charlene Young, Jay Young, Rhonda Crawford)**

Jeff Galloway acted as a co-director of our tour group. He provided the one-on-one and group instruction, taught running clinics, and led early morning runs to mountaintops and along the seashore. Many of us have adopted Jeff's Run-Walk-Run method

of running a marathon. It was so helpful to have Jeff with us in person.

While 2011 will not be another major anniversary of the Battle of Marathon, the 29th Athens Classic Marathon will be run. My guess is participants next year will experience the same excellence in race organization, the same long up-hill climb between miles 11 and 19, and the same outpouring of friendliness and support on the course. If you choose to run the Athens Classic Marathon on November 13, 2011, don't be surprised if you hear Bravo! Bravo! Bravo! ringing in your ears days after the marathon is over.

Maybe we are not fruitcakes after all.

OTHER

This is the 16th year that Jeff Galloway joined the Apostolos Greek Tours group at the Athens Classic Marathon. He provided information on the history of the marathon as well as advice on how to best run this particular course. Jeff was on the 1972 US Olympic Team in the 10,000 meters. Today he conducts a broad range of training programs and events yearly. He has written several books on training and writes a monthly column for Runner's World magazine.

Amby Burfoot is an American marathoner. He was the winner of the 1968 Boston Marathon. After retiring from competition, he became a running journalist and author. Burfoot was the top editor at Runner's World for many years and is still associated with the magazine as Editor at Large.

Both Jeff and Amby were very helpful to runners in our tour group.

DavidPHenry@charter.net

November BTC**Executive Meeting Minutes**

– Submitted by Brad Clay, Secretary

▶ Meeting began 5:42 p.m., Nov. 16th, 2010**IN ATTENDANCE**

Tim O'Brien: President
Brad Clay: Vice President
Debbie Cleghorn: Treasurer
Judy Loo: Membership
Jason Murray: Parliamentarian
Rick Melanson: Road Race Chair
Tom Scales: Merchandise
Randy Lyle
Charles Amos Thompson
Holly Sample

**OFFICER & COMMITTEE REPORTS****▶ PRESIDENT - Tim O'Brien**

- Reported that nominations for End of Year Awards have been light
- Requested email blast to remind membership of nominations
- Discussed planned brainstorming session with Carrie Brown of toughmudder.com regarding positive marketing of local races
- Led discussion of End of Year and Resolution Runs
- Due to Christmas holiday and Meadowbrook 5K, End of Year Run will take place December 19th at 8am at traditional venue which is back lake of Oak Mt. Will work to ensure shoe/clothes drive is on and perhaps O'Henry's can provide coffee.
- Resolution Run will be Sat., Jan. 1st at 9-points South at 9:30am.

- Announced Board of Directors slate for next year: President, Brad Clay; Vice-President, Jason Murray; Secretary, TBD; Treasurer, Randy Lyle.
- Due to work changes Tim will not be able to serve as President but will serve on the EC in some capacity such as Parliamentarian.
- Suggestions for Secretary should be emailed to Tim

▶ VICE PRESIDENT - Brad Clay

- Led discussion of website needs/wants
- Discussed need of volunteer and membership sign-up to be available online
- Discussed work with Cathy Colburn to enhance volunteer sign-up
- Discussed challenges securing a track for monthly BTC-sponsored mini-track meets
- Discussed announcement of new 10K trail run at Ruffner Mt 4/23/2010.

▶ TREASURER - Debbie Cleghorn

- Delievered monthly financial report

▶ MERCHANDISE - Tom Scales

- Discussed merchandise sales from Vulcan Run
- Requested input for any new merchandise needs
- EC discussed Mercedes as next big event

▶ POST SCRIPT (Vulcan Run) - Danny Haralson

- Vulcan Run "sold out" of anticipated participant entries
- Reasonable goal for 2011 is 3000 runners

▶ Meeting adjourned at ~6:27 p.m.

Send in your nominations!

We're closing in on the **BTC Annual Party** in January and we need nominations for our most prestigious awards, the **Arthur Black/Rick Melanson Award** and the **Randy Johnson Award**.

The **Arthur Black/Rick Melanson Award** is our oldest award and annually is given to the most outstanding club member over the past year or for continued outstanding leadership and service to the BTC.

The **Randy Johnson Award** will be given to the 'newer' member who has demonstrated outstanding leadership and freely given of his or her time in volunteering capacity in ways that help further the mission of the BTC.

Submit nominations by *December 24th, 2010*
(in writing) or via e-mail to: PresidentBTC@gmail.com

Race/Event Calendar (Dec. '10 thru Jan. '11)

– 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)

DECEMBER 4

Jingle Bell Run for Arthritis 5K & 1 Mile Fun Run

– Birmingham, AL 9:30 a.m.
Underwood Park close to St. Vincent's Hospital. USATF CERTIFIED COURSE.

Info: Anna 205-979-5700

Web: <http://alabama.arthritis.org>

DECEMBER 12

BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.
Contact Brent Cotton for location.

Info: (205) 447-9223

DECEMBER 18

Meadow Brook 5K Run & 1 Mile Fun Run

– Birmingham, AL, 9:00 a.m.
Aliant Bank on 280 close to Meadow Brook. Walkers & pets on leash welcome. Day-of-race late registration will begin Saturday morning at 7:30

a.m. on patio behind the Aliant Bank.

Info: Bob Cosby (991-6054)

Email: JVPOA@juno.com

DECEMBER 19

BTC End of the Year Run (3, 5 or 10 mile)

– Birmingham, AL 8:00 a.m.
Oak Mtn. State Park (lower lake).
Clothing and shoe drive, so please bring any items that are usable and can be donated.

DECEMBER 26

BTC Resolution Run

– Birmingham, AL, 8:00 a.m.
5 Points South

JANUARY 8

Red Nose Run 5K/10 MILE

– Birmingham, AL
10 Mile @ 7:00 a.m., 5K @ 8:30 a.m.
Start and end at SOHO in Homewood in front of City Hall. Both USATF CERTIFIED. Register at active.com.
Web: championshipacing.com.

JANUARY 9

BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.
Contact Brent Cotton for location.

Info: (205) 447-9223

JANUARY 29

Brenda Ladun Conquer Cancer 8K Run and 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
St. Vincent's One Nineteen (Back entrance to Greystone) USATF CERTIFIED COURSE through beautiful Greystone neighborhoods. For directions, register and info go to www.active.com (search key word Brenda Ladunn).

Info: Kate Kelley 930-8869

FUTURE (local only)

02-12 – **BR 5K**

02-13 – **Mercedes Marathon & Half Marathon**

02-26 – **Heart Runs -5K, 10K, 10 Mile**

03-05 – **Knights Of Columbus 5K**

03-12 – **Perseverance Run 5K**

03-19 – **Clayhouse 5K**

03-26 – **Rumpshaker 5K**

03-26 – **Equal Access Run For Health 5K**

04-02 – **Big Springs 5K**

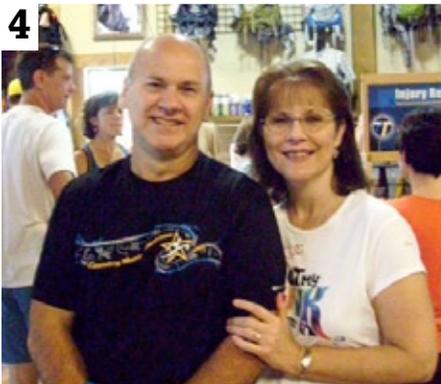
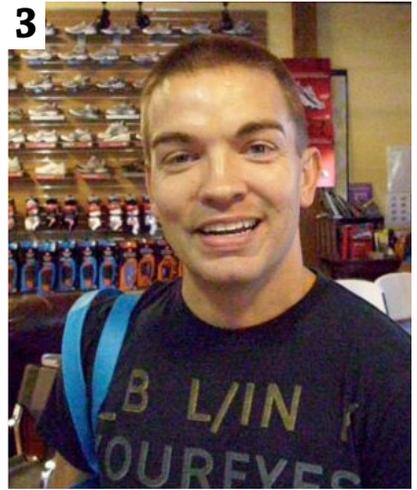
04-09 – **High Country 5K**

04-16 – **Statue To Statue 15K**



Tupelo Marathon **SNAPSHOTS**

– Photos submitted by Phil Min



- 1. Andrew Edwards
- 2. Ann Eller, Meghan Heinrich, and Susan Keith
- 3. Brian Robinson
- 4. Daryl and Rene Halmark
- 5. Janis Posey and Mary Creel
- 6. Kim McConnell, Catherine Thompson, and Katie McConnell
- 7. Whitney Cahoy and Heather Milam
- 8. Pre-race meal
- 9. Teresa Chandler and Michele Parr
- 10. Ricky Johnson
- 11. Christy Eller
- 12. Dena Harris and Beth Kutsch

NEW RUNNER'S SOCIETY GROUP RUNS

THURSDAY EVENINGS: 5:45 P.M. (moved to IPC on Highland Ave.)

Meet in front of **Independent Presbyterian Church (IPC)** on Highland Ave., near Highland Golf Course. IPC is located at 3100 Highland Ave., 35205. Thursday evening group run will meet her for duration of **Fall/Winter**.

TUESDAY MORNINGS: 5:30 A.M.

Several routes available from **Mountain Brook YMCA**.

QUESTIONS: newrunners@birminghamtrackclub.com

2010 BTC Exec. Meetings

BTC Executive meetings are open to the membership and we encourage attendance. Executive meetings start at 5:30 p.m.

Dec. 21st

MEETING LOCATION:

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



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Deep Tissue • Sports Massage • Orthopedic Assessment
Stretching and Joint Mobilization • Neuromuscular Therapy
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\$10 discount for Birmingham Track Club members

Experience LaStone®

This ancient art of healing uses elements of Mother Nature to bring relief to tense muscles, sore joints, stressed emotions and weary spirits. Integrating traditional massage with the placement of smooth, heated basalt and cool marble stones, this therapy uplifts and restores the mind and body.

LaStone Therapy® has combined the best of science, massage technique and skilled practice with a deep reverence for the sacredness of bodywork and earth's sacred tools, the stone.

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Miles reported through November 15th, 2010**1,200 Mile Club**

BTC MEMBER NAME	TOTAL	OCT '10	SEPT '10	BTC MEMBER NAME	TOTAL	OCT '10	SEPT '10
Andress, Jennifer	1163.5	139	122	Klasing, Leslie	1110.8	90.6	156
Armstrong, Tommy	652.4			Kuhn, Jimmy	1707	210	163
Baskerville, Jennifer	1120.6	94.7	114.1	Loo, Judy	1001.2	110.2	105.1
Beasley, Martin	1114.4	160	150	Losole, Liz	1136.6	101	118
Bedics, Tom	887		95	Lupinacci, Tim	859		72.5
Benson, Wayne	1127	98	126	Lyle, Randy	1709.9	150.6	178.3
Bonatz, Ekkehard	2079	208	253	Martin, Cary	594	26.8	62.3
Bowman, Bill	839	80	91	McCalley, Charles	973.27	96.95	136.5
Bradshaw-Whittemore, Al	1032.6	198.1	183.4	McConnell, Katie	646.85		
Briggs, Melissa	1117.3	95.4	75.8	McConnell, Kim	847.15	120.5	90.15
Brown, Sean	908	85	104	Milam, Heather	1321.7	59.8	76.2
Bullock, Sharon	1113.8	112	133	Miller, Pamela	1286.25	157.5	123.25
Burnette, Jack	1188	139	168	Morgan, Cary	1653	156	152
Chandler, Teresa	1272	153	146	Morgan, Danielle	1320.72	171.9	146
Clark, Beth	1353	162	136	Morgan, Phillip	1300.04	163.4	147
Clay, Brad	2180	320	302	Northern, Kristie	902	191	193
Colburn, Cathy	761		71	Parr, Michele	1053	158	128
Cook, Oscar	1323	112	176	Pasqualini, Ellie	1177.5		137
Creed, Brad	1084.8	118.2	132.6	Peagler, Shana	1025.92	166.54	136
Davis, Milton	500.7	71.8	40.5	Peagler, Zach	1030.1	154.7	102.4
Dortch, Cherie	904.57	137.1	115.3	Peck, Jeremiah	809.11	123.46	72.08
Dunn, Wade	2161.2	207.3	209.1	Randall, Lisa	1371.45	161.89	152.9
Eidson, Rachel	995	93	101	Richey, Jim	685	74.4	27.6
Engels, John	679.4		56	Roberts, Tim	1623.8	131	145.8
Estes, Jeff	658.7	25	3	Rodriguez, Jose	1485.7	200	163
Evans, Bob	845	139	79	Rutherford, Keith	850	184	161
Farrell, Meredith	1046.5		110.2	Sample, Holly	1161		252
Fleming, Marcy	809.5	95	84	Sankey, Greg	827.94		63.67
Ford, Joe	1046.9	124	114	Shinn, Ronald	988.17	63.53	113.74
Frederick, Winston	780	2	0	Silwal, Suman	757.4	122.3	129
Ganus, Jack	1067	106	119	Smith, Jerry	1081	82	69
Goff, Ali	914.75	88	103	Smith, Reid	901.5	101	108
Goode, Johnny	1580	198	178	South, Christopher	1197.74	78.8	29
Greenwald, Bill	938	39	75	Stearns, David	1008.9	93	111.3
Grossman, Christopher	1017.24	95.9	109.62	Stockton, Rick	1247.9	132.2	145.5
Hales, Susan D.	812		124	Stroud, Vanessa	1071.2	0	43.3
Haralson, Danny	1066	74	22	Vaughan, Keith	492	70	74
Haralson, Micki	918.2			Weeks, Lance	863.94	132.54	40.15
Hargrave, Alan	919	152	121	Whatley, Prince	2290.9	219.5	236.8
Harris, Dena	2211.93	239.33	261.06	Winborn, Charles	986.5	133.5	116
Henry, David	1045.7	112	112.2	Woody, Bill	1051	145	144
Jones, Ira	1207	153.8	163.5	Wu, Xing	1346.09	142.62	147.79
Jones, Latoria	473	75	100	Yaghmai, Greg	994	115	132
Joyce, Lynn	1000	108	105	Yancey, Lisa	642	71	55
Joyner, David	1577.47	161.75	179.79	Zehnder, Justin	1377		207

Email monthly mileage, errors, omissions or questions to:**1200@BirminghamTrackClub.com**

Race to the Beach!

PENSACOLA DOUBLE BRIDGE RUN

15K Run • 5K Run/Walk
 Saturday, February 5, 2011
 Pensacola, FL

Visit www.PensacolaSports.com for details

- Cross two bridges and finish on beautiful Pensacola Beach.
- Pre-race pasta dinner and post-race party
- Join runners from across the country.

*Register now for the Pensacola Double Bridge Run;
 plan to stay the weekend on beautiful Pensacola Beach, FL.*



LESSER KNOWN PERKS OF VOLUNTEERING

– By Tom Scales

In the Jan. '08 issue of "The Vulcan Runner," Michele Parr urged runners to volunteer at races in her monthly 'Back of the Pack' column. She was right. We should volunteer. Fortunately, helping at races is not a wearisome duty, but is also fun. Here are some reasons why.

1. Working the finish line allows visual confirmation of the existence of those speedy phantoms whose names we know mostly or entirely from the lists of race winners.
2. The view from the finish line gives you an appreciation of where the completion time bell curve is for a race. At last year's Mercedes Marathon, it was a long time between when those first solitary runners finished and when the masses appeared. Interestingly, how beat someone looks at the end of a race does not seem to closely

correspond with finish times. Some of the ones who finish near the end seem just as wiped out – or just as fresh – as the ones who finish much, much earlier.

3. Whether at the finish line or working along the race course, volunteering gives you a chance to observe runners when you're not running yourself. Some people with body shapes and running styles that appear to be mechanically inefficient cook right along. It also makes you realize why fashion is not a big runner priority. Nobody looks all that cool when running, and you realize you yourself don't either. We aren't O.J. at the airport in the Hertz commercial, soaring lithely over luggage. We look like we are late for a flight.
4. Rick Melanson, BTC Race Chairman, is a very cool guy and you learn all kinds of cool things from him. He knows runners and race directors and can tell you which race courses used to be hillier or less com-

plicated and so forth. He's a great source of Birmingham and BTC knowledge. Talk with him a few minutes and you'll feel like an insider.

5. Sometimes you get free stuff from what is leftover after the race. Race directors usually offer you extra bananas or cookies or coupons nobody uses.
6. Watching race directors at work is like following around your boss's boss's boss for a day. You see it takes a lot of organization and people to put on just a 5K. The people who direct races year after year... wow. You may become more tolerant of glitches. The unexpected happens.
7. Being a course monitor is about the easiest job there is and lets you have a great view of the race. Your friends running won't have to pick you out of the sidelines crowd. •

tomscale@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 weekend road race of one's choice is extremely valuable to the race director, another option to consider is joining one of 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

Chairs: Chris Brown & Tom Scales

chrisb0608@hotmail.com & tomscale@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.

The View from the BACK OF THE PACK

– By Michele Parr

What's life without challenges?

Most of you know my story: wannabe runner for most of my adult life, finally stuck with it after going through Couch to 5K, dedicated half marathoner until the NYC Marathon captured my heart. I never wanted to marathon. I just fell in love with the idea of that race. Like many other first-time marathoners, I found after the race that a little voice in the back of my head started talking to me, quietly at first and then a bit louder. My voice kept saying, "You know you could run one faster than that."



My first marathon took 6 hours and 14 minutes. That time paralyzed me. So many races have a six-hour cutoff that I couldn't convince myself to enter most of them. I was looking for a race with a seven-hour cutoff so I could try to break six hours but have a safety net if I couldn't.

Finally I had to do what I did back when I was a Coucher. I leaped. I took a leap of faith back then and registered for Race for the Cure and Vulcan Run when I couldn't run a mile without stopping. I ran strong, though slowly, in both races and finished. Now I've registered for Rocket City Marathon, a race with a six-hour cutoff and a daunting web site warning about when runners have to be at which milestones to avoid being swept from the course. I'm scared but no longer paralyzed.

Instead I have a reason to push myself on those long runs. So far that's working out pretty well. My running buddy Terri has been telling me for months that I've got more in me than I think I do, and now I'm beginning to believe her.

The first step was to quit whining during long runs. Yes, they're long. Yes, it's hot and humid and miserable in Alabama in the summer. It doesn't help to whine about it. In the words of Billy Wagner as the Braves battled to make it to post-season play, "No matter what it takes or what you got to do, you suck it up." Besides, others in our running group keep reminding me that nobody's making me do this.

The next step was to quicken that average pace. Yes, my legs get tired. Yes, it hurts toward the end of a 20-mile run because, well, running 20 miles hurts. The point is to accept that and just keep pushing on through the physical and mental barriers. I'm doing that, and as I do, a Garth Brooks song plays in my head:

*We call them fools/ Who have to dance within the flame/
Who chance the sorrow and the shame/ That always comes
with getting burned*

*Standing outside the fire/ Standing outside the fire/ Life is not
tried, it is merely survived/ If you're standing outside the fire.*

I think I'll take my chances. I may get burned, but how will I know what I can do unless I try? •

micheleparr@mindspring.com

Double Trouble

Meet **Ira Jones** and **Cathy Colburn**, the two BTC members on the hot seat this month!

Ira Jones

- 1. Last movie you liked so much, you watched it twice?** *"It's Complicated,"* loved the house in it and had to see it twice.
- 2. Name one guilty pleasure?** Sweets of any kind especially chocolate.
- 3. Favorite place on earth?** New York City!
- 4. Worst place on earth?** Haven't found one yet.
- 5. One item you would want with you on a desert island?** My husband.
- 6. Most interesting person you've ever met?** This one's



hard, everybody's interesting in their own way!

- 7. Coolest trophy or prize you ever won?** The finisher's medal from the 40th New York City Marathon!
- 8. Favorite TV show?** *"Hell's Kitchen"*
- 9. Favorite fast-food joint?** *Five Guys Burgers & Fries*
- 10. Who would play you in a movie?** Christine Baranski, the girls at work tell me that I look like her. (I wish!!!)
- 11. Something unique about the town you grew up in?** I

grew up in Sandusky and lived on a street that had at least 2 dozen kids on it. We had a blast growing up!

- 12. If you could play an instrument, what would it be?** I played flute in Junior High School.
- 13. Scariest thing that ever happened to you.** My son fell off of our 2nd story deck when he was 2. Thank the Good Lord he was ok but it scared 10 years off of me.
- 14. Favorite book?** All of Nora Roberts books.
- 15. Favorite meal?** Homemade Chicken Lasagna, tossed salad, rolls.
- 16. Why do you run?** To stay healthy and be able to eat anything I want and still fit into my jeans! To socialize with my running friends.
- 17. When did you start?** August, 2007 in Danny Haralson's Couch to 5K group. My daughter asked me to train for a 5k run with her.
- 18. What's your biggest running accomplishment?** Running the Mercedes half marathon with my daughter, Sara. It was the first one for both of us. We ran the whole way together, laughed, talked, were amazed how good we felt at mile 13 and crossed the finish line side by side.
- 19. Favorite BTC story?** A group of us went to San Antonio for the Rock N Roll Half Marathon. It was Lindsay's 60th birthday and she wore a Birthday tiara the whole 13.1 miles and the crowd along the course sang and cheered for the "Birthday Princess" the whole way. It made for a fun race.
- 20. Words to live by or favorite running mantra?** *"Attitude is everything"* and *"If at first you don't succeed, try again"*

Cathy Colburn

- 1. Last movie you liked so much, you watched it twice?** *"Life as a House"* with Kevin Kline and Kristin Scott Thomas.
- 2. Name one guilty pleasure?** Vanilla Ice Cream with pecans
- 3. Favorite place on earth?** The southern tip of Africa where the Indian Ocean meets the Atlantic Ocean, Cape of Good Hope in South Africa.
- 4. Worst place on earth?** On a Carnival Cruise.
- 5. One item you would want with you on a desert island?** A handyman.



6. Most interesting person you've ever met? My great Aunt Margaret aka Big Margaret or just Maggie. She's 95 years old retired to Hawaii in the 60's, she has traveled to 6 continents and to many many countries. She walked and swam everyday until she was 91 (ish). She shares the most amazing life stories and is by far the most amazing person I have ever known.

7. Coolest trophy or prize you ever won? A free pair of shoes from the Trak Shak and the Randy Johnson Award.

- 8. Favorite TV show?** I watch the *"Today Show"* every morning. Does this count?
- 9. Favorite fast-food joint?** *MOE'S*...Welcome to *MOE'S*!
- 10. Who would play you in a movie?** I'd like to think I'm glamorous like Nicole Kidman, but in reality it would be Jennifer Gray before the nose augmentation.
- 11. Something unique about the town you grew up in?** The Cahaba River is clean.
- 12. If you could play an instrument, what would it be?** The violin.
- 13. Scariest thing that ever happened to you?** When an Oak Tree stopped my car on a rainy afternoon.
- 14. Favorite book?** Feel good *"Same Kind of Different as Me"* by Ron Hall; classic *"Puddin' Head Wilson"* by Mark Twain; funny *"Me Talk Pretty One Day"* by David Sedaris; spiritual *"Alter in the World"* by Barbara Brown Taylor
- 15. Favorite meal?** I do not discriminate. I like anything that has been prepared for me.
- 16. Why do you run?** So I can eat large volumes of food and to spend time with good quality people.
- 17. When did you start?** 2007, I ran my first 1/2 marathon in 2008.
- 18. What's your biggest running accomplishment?** I have two. The Chickamauga Marathon in 2009 & running across the finish line at the Augusta 1/2 Ironman in 2010. Big smiles for both accomplishments!
- 19. Favorite BTC story?** Shakin' it down with Caroline & Lisa at the 2010 BTC party.

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 NOV/DEC Item Of The Month

RUNNING SOCKS



SOCK DETAILS:

- Two sizes available:
Medium (fits 9-11)
Large (10-13)
- CooMax tech fabric that wicks away moisture.
- Pick from: **White** or **Black**
- Embroidered BTC logo (red/blue).



\$6
each
(shipping included)

Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

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Quantity	COLOR/SIZE

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Birmingham Track Club
P.O. Box 180
Lincoln, Alabama 35096

chrisb0608@hotmail.com

Offer good till 12/31/10



BTC MILEAGE LOG



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MONTH GOAL	MONTH TOTAL	
Jan.																																		
Feb.																																		
Mar.																																		
April																																		
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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)

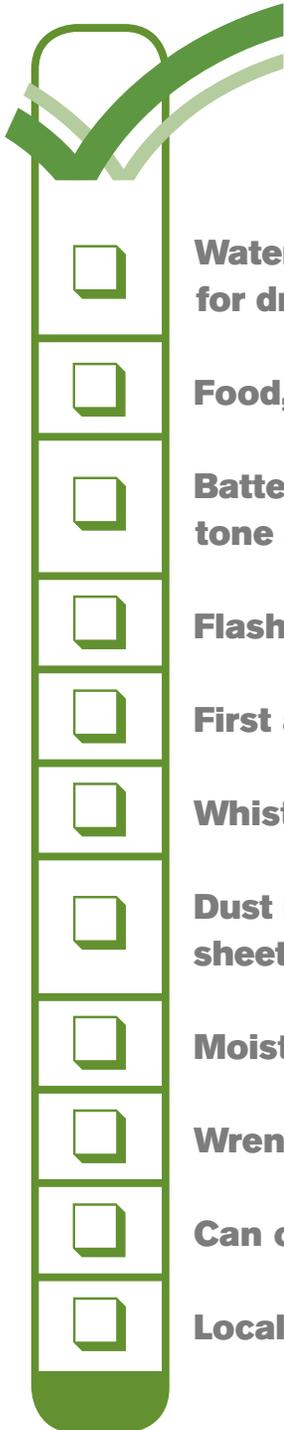
PREPARE. PLAN. STAY INFORMED.

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