

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

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www.myspace.com/birminghamtrackclub

BTC

www.RRCA.org
RRCA
ROAD RUNNERS CLUB OF AMERICA

THE VULCAN RUNNER



VOL. 34

★ JUNE 2010 ★

ISSUE 5



The Jomo Shinbun, a local Maebashi newspaper, notes the Birmingham team's elaborate reception in the office of Maebashi Mayor Masao Takagi.

PHOTOS BY BROCK BRINKERHOFF

– David Joyner

Masao Takagi, the mayor of Maebashi, sported a bright yellow blazer as he reached into the air and fired the starter's pistol.

I ran faster than I would all morning.

I'm not one to begin a long race in a sprint, and I wasn't trying to build an early lead over thousands of other runners crowded into the street for Maebashi's 11th city marathon (as if I were even capable of such a thing.)

At that moment more than 6,000 runners were somewhere on the road along the Tone River. Some had already taken off in the 10-kilometer race. The majority was crowded at the starting line of the "marathon," which in Maebashi is actually a 13.1-

MAEBASHI <continued on Page 3>



A reporter photographs the team's visit to the Maebashi City Hall, who stands with city officials to witness their exchange with Mayor Takagi.

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

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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>



The historic Mizusawa Kannon shrine was among many stops on our VIP's tour of Maebashi and surrounding parts of the Gunma prefecture.

MAEBASHI <continued from Page 1>

mile race. Normally I would have been somewhere deep in that pack.

But my Birmingham Track Club compatriots and I toed the starting line at the invitation of our Maebashi hosts, who put us in front in a gesture of honor and hospitality. Our hosts cautioned the field not to trample the slower of us westerners, according to our translator, who watched from the sidelines. Our hosts also suggested we move over if we couldn't keep a front-runner's pace.

So when the gun fired, I went hard - for the road's edge.

AN OLYMPIC-SIZED RECEPTION

I am a recreational runner who was selected to represent Birmingham and the Track Club not for speed but because of an essay. Yet there I was in front of the pack at the outset of a competitive half-marathon, standing next to a couple of lithe young runners from Tokyo.

I was thinking, "Can this be right? Has there been some kind of mistake? Do they think I'm someone else?" It is one of many such moments during the four days our group spent in Maebashi in April.

The Track Club's delegation for the race in Birmingham's

MAEBASHI <continued on Page 4>

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MAEBASHI <continued from Page 3>

sister city has become a tradition, and the visit is more a cultural exchange than an athletic one. Yet our Maebashi hosts, with great grace and generosity, saw to it that we were greeted as if we were visiting Olympians.

Track Club president Johnaca Kelley led our crew with the stated purpose of convincing our Maebashi hosts to send people to participate in Birmingham's Vulcan Run in the Fall, allowing us to reciprocate their hospitality. Mark Dunn, Brock Brinkerhoff and Owen Bradley were the rest of the Birmingham runners.

All of us had traveled, albeit some more exotically and extensively than others. None could have anticipated the celebrity treatment we received.

BAGGAGE HANDLERS

In the movie "Bull Durham," journeyman catcher Crash Davis tells awed minor-league teammates that big leaguers never carry their own luggage.

The same is apparently true of runners who visit Maebashi.

Most of our group arrived in Japan on a Thursday afternoon. We met our host and translator, Dario De Leo, and his counterpart in the city's international relations section, Hiromitsu Yamada, in a throng of people at Tokyo's Narita Airport.

Yamadasan and Dario, an Italian who eschews the Japanese honorific "san" and goes by his first name, piled our luggage onto a pushcart.

Yamadasan, who prefers Flamenco dancing to running and is much

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Running a half-marathon is nothing compared to climbing the steps leading to the Mizusawa Kannon shrine.



Maebashi Mayor Masao Takagi receives a piece of Alabama - a collection of Birmingham images and haiku created by Brock Brinkerhoff's son and his classmates - as two of the crew, David Joyner, left, and Owen Bradley, watch. Watching over us is Junko Kojima, head of Maebashi's International Relations Section and one of our three hosts for the visit.

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smaller than I, insisted on heaving the cart through the pedestrian traffic. He ignored my several attempts at the international gesture for, "Please move aside and allow me to push the cart."

Their hospitality, it seemed, was non-negotiable. (I should note our hosts eventually eased on their insistence on handling our luggage.)

THE TREATY ROOM

The Major League journey continued in the first stop the following day, when we visited Maebashi City Hall to meet Mayor Takagi. We knew we had to dress in business attire. Even so, my American expectations gave me visions of a stand-up chat with handshakes and small talk about the chances of the Diamond Phoenix, the local baseball team.

We found ourselves instead in a room that lent itself more to international diplomacy.

The formal reception area was nearly all white. Low-seated chairs with tall arms were arranged geometrically around a pair of square coffee tables. We



The Birmingham team took center stage in a pre-race ceremony, introduced with local dignitaries before a crowd of thousands. The BTC's group, from left: Brock Brinkerhoff, Johnaca Kelley, Owen Bradley, Mark Dunn and David Joyner.

were shown to our assigned seats, rose when the mayor entered, then listened as our formal introductions were delivered in Japanese. A woman in formal dress circled the tables, pouring coffee and tea.

The mayor, recently elected to a sec-

ond four-year term, talked of Maebashi's effort to emphasize health and wellness. The city, the capital of Japan's Gunma prefecture, is home to about 340,000 people. About 53,000 of those are children under age 15, for whom the city

MAEBASHI <continued on Page 6>

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MAEBASHI <continued from Page 5>

provides free health care.

The city also emphasizes participation in sports. It hosts regular bicycle races in the Green Dome, a large stadium on the Tone River. And it holds the “marathon,” which begins and ends next to the stadium. We suggested the mayor extend this program by sending runners to compete in our race. He seemed receptive.

The mayor offered us keepsakes from Maebashi and the area, as well as some race paraphernalia. We had arrived with artifacts of Birmingham and America, most notably the framed artwork of local icons and haiku, all created by school children in class with Brock’s son.

We took formal photos with the mayor. We gave comments to a local newspaper reporter. As we passed through the halls on the way to the elevators, office workers stood and bowed.

I felt as though we had negotiated a treaty.

CITY OF BEAUTY, HISTORY

Our shuttle bus tour of Maebashi and the surrounding area over the next couple of days was less formal but no less striking. Junko Kojima, the city’s international relations chief, led us with Yamadasan and Dario in a wide-ranging visit of the valley surrounded by towering mountains. At least one of those mountains, we learned, is an occasionally active volcano.

We wandered a beautiful city park, ate hunched over a couple of formal Japanese meals, snapped countless photos of an elaborate Buddhist shrine and toured a factory where popular kokeshi dolls are turned on lathes, then hand painted.

One of the most memorable stops was a tea-house and pavilion built in Maebashi 124 years ago to house the Japanese emperor during his visits. The main building, the hokan, is a prefectural treasure, its caretaker told us, which means he must receive formal approval for changes as slight as a nail used to secure a loose board.

The building housed government offices during World War II, he said, as it was one of few large structures to survive. Inside we visit a haunting display of images of Maebashi’s destruction in August 1945. An American military memo preserved in a case details the firepower used in the assault. It is one of few pieces of English in the room.

Most of our visit was not quite as somber, and we encountered many people who, like the pavilion’s caretaker, were so generous with their time, patience and hospitality.

ENGLISH EXCHANGE

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The day before the big race, we sat on the floor to eat a traditional Japanese meal with a few local English students. Here Mark Dunn quizzes Michio Inamoto, left foreground, on local culture, as Yuka Miyazaki, right, smiles politely while David Joyner likely butchers some otherwise common Japanese expression.



Thousands listened to the team’s official introduction in the pre-race ceremonies next to Maebashi’s iconic public stadium, the Green Dome. Several even clapped as their names were read.



The BTC runners and our Maebashi hosts from the city’s international relations section. Their hosts were, far left, Hiromitsu Yamada, who is also a flamenco dancer, and Dario de Leo, an Italian citizen who speaks fluent Japanese, works for the city of Maebashi and was their main translator. At the far right is Junko Kojima, who leads the section.

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We dropped by a couple of adult education classes whose students were in various stages of learning English. I felt my life turned inside out for a few moments as I put aside my English-to-Japanese pocket dictionary to speak with a small group of people who were so incredibly earnest and curious about my name, my children and what I do in my spare time.

Other English students joined us for part of our shuttle bus tour. They patiently tried to answer our questions about Japan's culture, traditions, religion, history and the ubiquitous vending machines, which variously sell tea, soda, water, beer, cigarettes and pornography. (Our hosts exchanged a number of sideways glances and nervous laughter. Many of our questions were probably impertinent.)

The head of the local running club continued the celebrity treatment when he and a friend, who had injured his arm in a running accident, led us on a slow tour to preview the race course.

The night after the race, we were guests of honor at a formal reception, where we were introduced on stage to a gathering of local officials and dignitaries. We were feted with speeches and toasts, and again received gifts from the mayor, the head of the city's marathon committee, the president of the local International Association and the president of the Youth Society. The latter honors the Samuel Ullman poem "Youth," which was a favorite of Gen. Douglas MacArthur and is now a fixture of Japanese culture. Ullman was a Birmingham resident deeply involved in our city's civic community, its schools and Temple Emanu-El.

THE CARP OF FRIENDSHIP

For all the official fanfare and ceremony, nothing ever quite compares to the people you meet during a run.

Maebashi's race is intense, though my perspective may be clouded by the fact I was passed early by runner after runner after runner. My single advantage on the nearly flat course turned out to be its one significant hill, a long incline on a bridge spanning the Tone River. I managed to pass a few people. (I have the hills of Vestavia to thank.) They of course caught and passed me on the down slope.

I also found the runners less willing to chat, though perhaps it was because of our language barrier. I had left behind the pocket dictionary, which required way too much flipping and focus as to be practical during a half-marathon. So I was especially thankful for the few runners who gave me their congratulations and well wishes. One man turned as he passed me, gave me a thumbs up and a hearty, "Good job!" I suppose he could have been talking



Before leaving Japan the BTC group spent several days wandering the streets of Tokyo, which is about as different from Maebashi as New York City is from Birmingham.

about himself, but I like to think it was a friendly greeting.

Well past the halfway mark, as I was thinking less about the beauty of Maebashi and more about the intensity of the sun, I got a lift when I noticed one of the English students from the shuttle bus, calling out from the sideline.

She had planned to spend the day in her garden the day of the race; we lobbied her to come and cheer for us. There she was, waving a nylon carp (generally a sign of good luck in Japan.)

By the end of the race I was far from the front. Even as I had settled deep in the pack, I still felt a strong sense of honor to be the city's guest and pride for my small role in this international tradition. •

cdavidjoyner@yahoo.com

If you were fortunate enough to travel to Maebashi with the BTC in the past, if you would like to travel to Maebashi in the future or if you just like to volunteer with the BTC – please contact Johnaca Kelley about the help needed for hosting our exchange runners coming from Maebashi to Birmingham the first weekend of November. They will arrive on Wednesday the 3rd, Vulcan Run is on Saturday the 6th and we will say good-bye on Sunday the 7th.

Please email: btcpres09@gmail.com



June BTC President's Message

— Johnaca Kelley



Thanks to all that came out and participated / volunteered for our **Cinco de Mayo Run and Social** at Trak Shak Homewood. The side dishes were plentiful and La Cocina served up a fantastic entrée of burritos and quesadillas. A big thanks to Valerie and the Trak Shak for their generosity, and a special congrats on not only the Trak Shak anniversary but also to the new addition to Valerie's household. Wednesday, May 5th was a night filled with baby talk since I am also expecting an addition to my family. And the evening was topped off by prizes for the costume contest. Any holiday we get to share as the BTC Running Community is a real treat!

Making the decision to have a child - it's momentous. It is to decide forever to have your heart go walking outside your body.
— Elizabeth Stone

In my case, my heart may RUN outside my body!
— Johnaca Kelley

Johnaca Kelley
btcpres09@gmail.com





PHOTOS BY
DUVERGNE DUFFEE, BTC PHOTOGRAPHER





The Birmingham Track Club Track and Field Classic

Saturday, June 5, 2010

Hoover High School
Hoover, Alabama



Entry Fees: \$15.00 first event, \$4.00 each additional, \$20/relay. Pre-Register by: June 1, 2010	Directions: I-65, Take I-459 South to Tuscaloosa. Take AL-150 (exit 10-Hoover Met Stadium), Turn Left off Exit Ramp, Right on Stadium Trace Pkwy, Left on Learning Lane, Left on Buccaneer Dr.																																																																																				
Age Divisions: Open and Masters (Age 30+), M&F On-Line Registration: www.active.com Information: www.btcclassic.com USATF Membership required. Membership forms will be available day of race. You may obtain membership application at www.usatf.org . Track Events: 50m, 100m, 200m, 400m, 800m, 1500m, 5K, 80H, 100H, 110H, 300H, 400H, 4x100, 4x400 Field Events: HJ, LJ, TJ, Shot, Discus, Hammer, Pole Vault	Awards: Medals to top 3 finishers in each age group. \$100-1st Place: KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m) \$100-1st Place: Phil Mulkey Mini-decathlon (Enter as many decathlon events as you want. We will score and age-grade your top five performances.) Team Competition: Winner based on top 3 age graded performances: 5,3,1 points. Winning Team will receive Bill McClure Award.																																																																																				
Schedule of Running Events (Approximate) <table border="1"> <thead> <tr> <th colspan="2">Morning</th> <th colspan="2">Afternoon</th> </tr> </thead> <tbody> <tr><td>7:30am</td><td>5000m</td><td>12:30pm</td><td>400m</td></tr> <tr><td>8:15am</td><td>3000m</td><td>12:45pm</td><td>80m</td></tr> <tr><td>9:15am</td><td>50m</td><td>1:00pm</td><td>100H</td></tr> <tr><td>9:30am</td><td>100m</td><td>1:40pm</td><td>110H</td></tr> <tr><td>10:30am</td><td>400H</td><td>2:00pm</td><td>800m</td></tr> <tr><td>11:30am</td><td>300H</td><td>3:00pm</td><td>200m</td></tr> <tr><td>11:50am</td><td>4x100Relay</td><td>3:45pm</td><td>1500 Walk</td></tr> <tr><td>Noon</td><td>1500m</td><td>4:30pm</td><td>4x400m Relay</td></tr> </tbody> </table>	Morning		Afternoon		7:30am	5000m	12:30pm	400m	8:15am	3000m	12:45pm	80m	9:15am	50m	1:00pm	100H	9:30am	100m	1:40pm	110H	10:30am	400H	2:00pm	800m	11:30am	300H	3:00pm	200m	11:50am	4x100Relay	3:45pm	1500 Walk	Noon	1500m	4:30pm	4x400m Relay	Schedule of Field Events : (approximate): O=Open, M=Men, W=Women <table border="1"> <thead> <tr> <th>Time</th> <th>HJ</th> <th>PV</th> <th>LJ</th> <th>Shot</th> <th>Discus</th> <th>Javelin</th> <th>Hammer</th> </tr> </thead> <tbody> <tr><td>7:30am</td><td></td><td></td><td></td><td></td><td></td><td></td><td>O,M,W</td></tr> <tr><td>9:00am</td><td></td><td>O,W</td><td></td><td></td><td>O,M,W</td><td></td><td></td></tr> <tr><td>11:00am</td><td>O,M</td><td>O,M</td><td>O,M</td><td>O,M,W</td><td></td><td></td><td></td></tr> <tr><td>1:00pm</td><td>O,W</td><td></td><td>O,W</td><td></td><td></td><td></td><td></td></tr> <tr><td>3:00pm</td><td></td><td></td><td></td><td></td><td></td><td>O,M,W</td><td></td></tr> </tbody> </table> <p>Triple Jump: 8:00-11:00am, report to venue when ready to compete.</p>	Time	HJ	PV	LJ	Shot	Discus	Javelin	Hammer	7:30am							O,M,W	9:00am		O,W			O,M,W			11:00am	O,M	O,M	O,M	O,M,W				1:00pm	O,W		O,W					3:00pm						O,M,W	
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Send Completed form and entry fee to: **BTC Classic, Frank Newland, 234 King Arthur Pl, Alabaster AL 35007**

Name: _____ DOB: ____/____/____ Age: _____ Sex: _____ USATF# _____

Address: _____ City: _____ St: _____ ZIP: _____

Phone: _____ E-mail: _____ Shirt Size: S M L XL

	Events	Entry Fees:	Cost:
1		First Event: \$15.00	\$
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3		Relays x \$20.00	\$
4			\$
5			\$
6		T-Shirts x \$10.00	\$
	Make Check Payable to: BTC Classic	Total Due:	\$
	Remit completed application to: BTC Classic Frank Newland 234 King Arthur Pl Alabaster, AL 35007		

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2010 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns, hereby release and discharge any and all claims against the BTC, Hoover High School, USATF, and the Knights of Columbus, agents or representatives arising from my participation in the 2010 BTC Track and Field Classic.

Signed: _____ Date: _____

29th Annual "Birmingham Track Club"

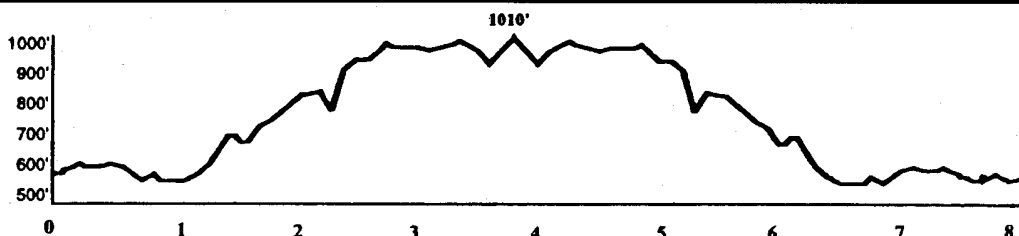
PEAVINE FALLS RUN

July 4th, 2010, 7:00AM

Oak Mountain State Park Picnic Area, Birmingham, Alabama

Entry Fee: \$5.00 (Park Fee \$3.00)

Course: 8.2 mi. course consisting of 6.9 mi. of rolling asphalt road and 1.3 mi. of single track mountain bike trail all in beautiful wooded State Park. The run climbs approx. 3 1/2 mi. to the Peavine Falls parking lot and then back down to the mountain bike trail and finishing at the Picnic area. The bike trail has poor footing so care must be taken when running on this section as there "IS NOT" any Medical Aid in the woods! The trail is also open to cyclists so you will need to be alert of possible bike traffic. Water will be provided half way up the mountain, at the top turn-around and at the Start/Finish area. Normal refreshments will be provided at the Finish. Most of the course is shaded so that heat is usually not a factor. Medical aid will be at the finish. For Park camping call 205-620-2527.



Awards will be given to the top 10 finishers, Male and Female. T-shirts to all who pre-register (for guaranteed shirt please pick-up before the race). T-shirts for "day of race entries" are on a first come first serve basis. You may register by mail, at any of the TRAK SHAK STORES, at Park on day of race or register online at active.com. Early packet pick-up will be at the TRAK SHAK, Homewood on Saturday, July 3rd from 11:30-closing! For more info call Rick Melanson at 205-835-0030 after 6:00PM, e-mail at rick@indusco.net or access website birminghamtrackclub.com.

NAME: _____ ADDRESS: _____ CITY: _____ ST: _____

ZIP: _____ T-SHIRT SIZE: _____ PHONE: _____ SEX: _____ D.O.B.: _____ AGE: _____

E-MAIL: _____

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Rick Melanson
5365 Creekside Loop
Birmingham, AL 35244

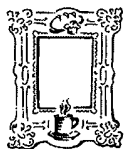
I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and entitled to act on my behalf, waive and release the Birmingham Track Club, Oak Mountain State Park, the City of Pelham, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent (if under 18 yrs. Old)



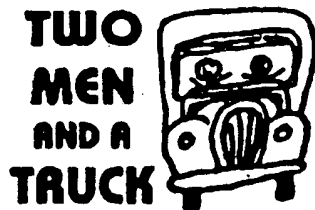
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Race/Event Calendar (June thru July '10)

– 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)

JUNE 5

BTC Classic Track & Field Meet

– Birmingham, AL, 7:00 a.m.
Hoover High School. Race entry on Page 10.
Info: Frank Newland (621-9912)
Web: www.btcclassic.com

Tannehill Valley Miles for Missions 5K Run/Walk

– McCalla, AL, 8:00 a.m.
Tannehill Preserve off of Tannehill Parkway. Registration will start at 7:00 a.m.
Info: Nicole Cuneo (477-6811)
Email: tvbc@tannehillvalley.org

Vestavia Hills "Firemans 5K for MDA"

– Birmingham, AL, 8:00 a.m.
Liberty Park School
Info: Scott Phillips (529-5240)

Rocking on the River 5K/10K & Family Fun Walk

– Gadsden, AL, 8:00 a.m.
YMCA of Coosa Valley, 100 Walnut St.
USATF CERTIFIED COURSES.
Info: (256-547-4947)

JUNE 12

Pig Run 5K

– Birmingham, AL, 8:00 a.m.
Linn Park in d'town Birmingham. USATF CERTIFIED COURSE (Red Nose Run course)
Info: Sergeant T.E. Smith. (254-1712)
Email: theophilus.smith@birminghamal.gov

XTERRA TRAIL RUN 2010

– Pelham, AL
Oak Mt. State Park, 5K, 10K, 21K Mud Run

Info: www.xterraplanet.com/xduro/oak-mtn.html

JUNE 13

BTC Mini Track Meet

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

JUNE 19

Stampede Run 5K & 1 Mile F.R.

– Fultondale, AL, 8:00 a.m.
Walker Chapel Baptist on 1525 Briscoe St. USATF CERTIFIED COURSE. 3,823 door prizes after the awards.
Info: (585-6066 or 849-5740)

JUNE 20

Father's Day 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
Starting at Magnolia/Sycamore Pavillion Parking Lot (near Beach at Oak Mtn. St. Park). Paved & gravel surface in shade and very scenic. First 200 registrants get free t-shirt. Register on active.com
Info: Lisa Grupe (205-999-9965)

JUNE 26

Race to the Courthouse 5K & 1 Mi FR

– Birmingham, AL, 8:00 AM
Downtown YMCA and ending at Linn Park. USTATF CERTIFIED COURSE.
Register online at active.com.
Info: Jayme @ 324-4563.

Helen Keller Festival 5 Mile

– Tusculumbia, AL, 8:00 a.m.
Info: Joy Harbin (256-381-4706)
Email: jharbin@mscs.k12.al.us
Web: www.shoalstrac.com

Freedom Fest 5K Fun Run/Walk

– Rainsville, AL, 8:00 a.m.
Broadway Baptist Church, 99 McCurdy Ave South, Rainsville, AL 35986.

Web: www.rainsvillealabama.com

Email: thebryants@farmerstel.com

JULY 4

29th Annual Peavine Falls Run – 8.3 miles

– Birmingham, AL, 7:00 a.m.
Oak Mtn. State Park picnic area. Run up gravel road 3.6 miles and backdown to finish 1.2 miles on mtn. bike trail through woods. Pre-reg to get shirt- rest are 1st come 1st serve! No strollers, no dogs, & no wheel chairs. Top 10 M/F get cash – not much but what do you expect for a \$5 entry fee? Register online or send in application on Page 11.
Info: Rick Melanson after 5 p.m. (835-0030)

JULY 10

Family Connection "Run for Shelter" 5K Run & 1 Mile Fun Run

– Alabaster, AL 8:00 a.m.
Westwood Baptist Church on Alabaster Blvd behind the "Colonial Promenade". USATF CERTIFIED COURSE.
Info: Susan Johnston, (663-6301)
Email: shelbyyouth@charterinternet.com

JULY 24

Twilight Five Retro Run 5K

– Birmingham, AL, 6:00 p.m.
TRAK SHAK in Homewood. USATF CERTIFIED COURSE. Prize for best retro gear, music, adult beverages.
Info: 870-5644

FUTURE (local only)

07-04 – 29th Annual Peavine Falls Run
07-10 – Family Connection K
10-02 – Hueytown 5K/10K
10-09 – Race For The Cure
10-16 – ARUable 5K
10-16 – Maple Leaf 5K
10-23 – Run Away from Domestic Violence 8K
10-30 – Calera Eagle 5K Run

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



RACE SNAPSHOTS

– Photos submitted by Phil Min



Randy Lyle, Wade Dunn, & Dena Harris at the **Oak Mountain 50K**.



Mike Jenkins at the **Oak Mountain 50K**.



Phillip Doss and Sheri Spencer at the **Running Wild Half Marathon** in Hanceville, Alabama.



Randy Hancock & James Shoaf at the **Running Wild Half Marathon** in Hanceville, Alabama.



Meg Waites and Catherine Thompson at the **Running Wild Half Marathon** in Hanceville, Alabama on April 3rd, 2010.

VULCAN RUN 10K

Saturday, November 6, 2010



Vulcan Run is not using Active.com this year, please use Racelt.com to register after June 1st.

We think it will be MUCH easier to navigate and less expensive for registrants. Registration opens 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



Southlake Orthopaedics

Sports Medicine & Spine Center, P.C.

Board Certified Orthopaedics

Michael T. Ellerbusch, M.D.

Sports Medicine & Rehabilitation, Board Certified

William D. Krauss, D.O.

Fellowship Trained in the Foot & Ankle

William P. Bryant, M.D. († 2006)

C.J. Talbert, M.D.

Michael F. Blum, M.D.

Ekkehard Bonatz, M.D.

Brookwood Medical Plaza
513 Brookwood Blvd. Suite 402
Birmingham, AL 35209
(205) 503-4060

MedPlex Medical Building
4517 Southlake Pkwy. Suite 202
Birmingham, AL 35244
(205) 985-4111

Inverness Center
One Inverness Pkwy. Suite 204
Birmingham, AL 35242
(205) 503-5544

MILES REPORTED THROUGH MAY 2010**1,200 Mile Club**

BTC MEMBER NAME	TOTAL	APR. '10	MAR. '10	BTC MEMBER NAME	TOTAL	APR. '10	MAR. '10
Andress, Jennifer	464	106.5	95.5	Landy, Randi	367	105	80
Armstrong, Tommy	313.2	100	71	Loo, Judy	358.9	80	108
Baskerville, Jennifer	425.75	119.15	106.7	Losole, Liz	421	108	76
Beasley, Martin	330		80	Lupinacci, Tim	407	121	77
Bedics, Tom	395		151	Lyle, Randy	582.2	133.6	147
Benson, Wayne	490	90	137	Mann, Steven	20		
Bonatz, Ekkehard	767	189	207	Martin, Cary	259.3	65.1	58.8
Bowman, Bill	314	83	67.5	McCalley, Charles	256.41		89.8
Bradshaw-Whittemore, Al	285.8	63.4	78.7	McCarthy, Mike	150		
Briggs, Melissa	545.24	152.1	138.39	McConnell, Katie	251.85	67.25	94.6
Brown, Sean	331	80	76	McConnell, Kim	156.65	68.9	32
Bullock, Sharon	408	123	123	Milam, Heather	582	109.5	175
Burnette, Jack	239		89	Miller, Pamela	517.3	142.5	158.5
Chandler, Teresa	559	83	132	Morgan, Cary	600	182	190
Clark, Beth	577	144	140	Morgan, Danielle	510.1	135	160
Clay, Brad	600	154	153	Morgan, Phillip	533.1	135	160
Colburn, Cathy	432	123	114	Murray, Jason	58		
Cook, Oscar	464	58	109	Parr, Michele	306.5	67	67.25
Creed, Brad	390.7	90	128.7	Pasqualini, Ellie	519	100	153
Davis, Milton	166.1			Peagler, Shana	252		87
Dortch, Cherie	314.17	98.4	63	Peagler, Zach	368.5	68.3	132.2
Dunn, Wade	776.6	210.5	212.9	Peck, Jeremiah	325.38	96.79	90.62
Eidson, Rachel	303		102	Randall, Lisa	445.07	98.09	124.75
Engels, John	269.4	66	21	Richey, Jim	366.9	102.1	89.8
Estes, Jeff	246.1	90.4	28.5	Roberts, Tim	546.1	169.8	123.8
Evans, Bob	335	62	38	Rodriguez, Jose	558.47	133.97	154
Farrell, Meredith	393.05	123.55	110.2	Rutherford, Keith	265	55	100
Fleming, Marcy	208			Sample, Holly	314		102
Ford, Joe	415.9	89.9	91	Sankey, Greg	586.83	111.82	149
Frederick, Winston	411	106	98.5	Shaw, Joe	354.7	15	114.5
Ganus, Jack	418	104	91	Shinn, Ronald	429.58	102.72	105.61
Goff, Ali	339.25	76.25	87.5	Smith, Jerry	508	124	114
Goode, Johnny	569	116	177	Smith, Reid	300.5	89	51
Goolsby, John	186			South, Christopher	503	179	169
Greenwald, Bill	256	108	57	Stearns, David	349	110	80
Hales, Susan D.	296	81	68	Stockton, Rick	462.8	116.2	124.2
Haralson, Danny	529	112	100	Street, Tess	43		
Haralson, Micki	304		66	Thurmond, Nicole	118		
Hargrave, Alan	421	116	90	Vaughan, Keith	180		65
Harris, Dena	803.37	243.9	211.58	Veal, Matt	113		6
Harris, Kendall	303	75	64	Walker, Caroline	179		50
Harris, Skip	280.7		78.8	Watkins, Janet	333	92	97
Harris, Vickie	278		100	Weeks, Lance	555.75	158	144.75
Henry, David	430.8	79	112	Whatley, Prince	839.9	204.4	166.7
Jenkins, Mike	167			Winborn, Charles	389.5	102	79
Jones, Ira	323.2		105	Woody, Bill	357	93	69
Joyce, Lynn	353	93	67	Wu, Xing	369.67		136.65
Joyner, David	573.98	116.24	154.73	Yaghmai, Greg	322	54	82
Klasing, Leslie	385	109	103	Yancey, Lisa	238	66	52
Kuhn, Jimmy	592	137	170	Zehnder, Justin	515.5	175.5	164

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

Triple Trouble

Meet our first family team....Autumn, Daryl and Renee



Autumn Hallmark

- 1. Last movie you liked so much, you watched it twice?** "Twister"
- 2. Name one guilty pleasure?** Dark Chocolate. I indulge in this frequently.
- 3. Favorite place on earth?** San Rafael, Guatemala. The volcanoes are beautiful.
- 4. Worst place on earth?** Miami Airport, for long layovers, there is nothing to do.
- 5. One item you would want with you on a desert island?** My dog Jada. She is an American Dingo, and goes with me everywhere.
- 6. Most interesting person you've ever met?** My Granddaddy. He always has unique stories to tell me.
- 7. Coolest trophy or prize you ever won?** The plaque I got from the Mountain Mist 50k. It is a piece of slate with a hand painted picture of the sunset over the mountains.
- 8. Favorite TV show?** The Big Bang Theory.
- 9. Favorite fast-food joint?** Steak N Shake
- 10. Who would play you in a movie?** Helen Hunt
- 11. Something unique about the town you grew up in?** Growing up, we had our own mountain biking course behind our neighborhood.
- 12. Scariest thing that ever happened to you?** I have two. The first one was being stranded in Death Valley, in the heat of the summer, and getting attacked by bats while awaiting a rescue team. And the other would be having a machine gun pointed at my face after accidentally spooking a security guard while in Guatemala on a mission trip.
- 13. Favorite book?** The Bible.
- 14. Favorite meal?** Chicken Parmesean over noodles. It just makes me happy.
- 15. Why do you run?** Because I can. But, more than that, I use running as a stress reliever, and a chance to push my limits and find out who I really am.
- 16. When did you start?** I started competing in 5k's at the age of 8, and ran my first marathon at age 15.
- 17. What's your biggest running accomplishment?** Running the Mountain Mist 50k. It was my first ultra, and I attempted to lay down and die. But, the feeling of accomplishment after i finished was incredible.
- 18. Favorite BTC story?** There are too many to choose from.
- 19. Words to live by or favorite running mantra?** "No excuses, no regrets, just do your best".

Daryl Hallmark

- 1. Last movie you liked so much, you watched it twice?** I never watch a movie twice back-to-back. That would be like running multiple loops for a marathon, which I also dislike.
- 2. Name one guilty pleasure?** Chocolate Thunder From Down Under from Outback.
- 3. Favorite place on earth?** Lake Louise in the Canadian Rockies.
- 4. Worst place on earth?** Stuck in the Chicago O'hare Airport.
- 5. One item you would want with you on a desert island?** My lovely wife...and my running shoes.
- 6. Most interesting person you've ever met?** Andy Aaron, my old mountain biking buddy. You name it, he has probably done it (except he has not ran a marathon).
- 7. Coolest trophy or prize you ever won?** Not a trophy, but I love the Tupelo Marathon medal. "Trample the weak, hurdle the dead!"
- 8. Favorite TV show?** "House"
- 9. Favorite fast-food joint?** Steak n Shake
- 10. Who would play you in a movie?** Clint Eastwood
- 11. Something unique about the town you grew up in?** I grew up in a town with a two word name, "Rainbow City".
- 12. Scariest thing that ever happened to you?** While backpacking in the Smokies, the side of a trail gave way and I fell about 20ft down to the edge of a creek, landing on my backpack, with a large rock on top of me that I tried grab on the way down.
- 13. Favorite book?** Ultramarathon Man
- 14. Favorite meal?** Steak from Outback
- 15. Why do you run?** So I can eat steak from Outback! Actually, for the health aspects, and I love how I feel during a long run on a hot day.
- 16. When did you start?** I started long distance running in my teens, mostly 10k races.
- 17. What's your biggest running accomplishment?** Running my first 50k trail run, the Mountain Mist in Huntsville.
- 18. Favorite BTC story?** I love any marathon story.
- 19. Words to live by or favorite running mantra?** "Run with your heart!"

Renee Hallmark

- 1. Last movie you liked so much, you watched it twice?** "Something's Gotta Give", and "National Treasure"
- 2. Name one guilty pleasure?** Sharing a 'Chocolate Thunder From Down Under' with my husband at Outback.
- 3. Favorite place on earth?** Basking in the sun on Sea Grove Beach.
- 4. Worst place on earth?** Stuck in rush hour traffic when I could be running.
- 5. One item you would want with you on a desert island?** My husband and lots of chocolate.
- 6. Most interesting person you've ever met?** My husband, he's crazy.
- 7. Coolest trophy or prize you ever won?** I didn't win it, but I earned it...my first half marathon medal.
- 8. Favorite TV show?** 24
- 9. Favorite fast-food joint?** Steak n Shake
- 10. Who would play you in a movie?** Lucille Ball
- 11. Something unique about the town you grew up in?** I can't think of anything unique about where I grew up.
- 12. Scariest thing that ever happened to you?** I was stuck on a cigar boat ride in bad weather and very rough seas, with the waves crashing over the boat.
- 13. Favorite book?** The Bible.
- 14. Favorite meal?** A good juicy steak, cooked medium.
- 15. Why do you run?** Initially, I started running for health reasons, but now it's part of my life. Running makes me feel good.
- 16. When did you start?** February 2008.
- 17. What's your biggest running accomplishment?** Being able to run my 1st half marathon with asthmatic lungs and after two back surgeries.
- 18. Favorite BTC story?** This one, if it gets published.
- 19. Words to live by or favorite running mantra?** "I can do all things through Christ who strengthens me", and "That ain't no stinkin' hill!"

May BTC

Executive Meeting Minutes

– Submitted by Brad Clay, Secretary

► Meeting began 5:35 p.m., May 18th, 2010

IN ATTENDANCE

Johnaca Kelley: President
Debbie Cleghorn: Treasurer
Brad Clay: Secretary
Phil Min: Parliamentarian
Rick Melanson: Road Race Chair
Judy Loo: Membership Chair
Charles Amos Thompson



OFFICER & COMMITTEE REPORTS

► PRESIDENT - Johnaca Kelley

- Discussed officer slate for next year; especially want to identify candidate with appropriate skills/background for treasurer position. Tim O'Brien will run for President, Brad Clay for Vice President. Charles Thompson expressed desire to be President.
- Discussed combining BTC and Vulcan Run treasurer roles since BTC responsible from a legal/tax perspective for Vulcan Run finances with the caveat that the Vulcan Run responsibilities require more attention during limited period of year.
- Board agreed to cover expense for BTC website and Constant-Contact for email distribution. If no annual discount available, BTC will cover every 6 months.
- Johnaca has heard interest from member who may take lead in promoting/exploring Ruffner as site of BTC trail runs and/or races. Will follow-up with Ruffner.
- Discussed BTC email system and how it can be customized to forward email to other personal address

► TREASURER – Debbie Cleghorn

- Delivered financial reports
- Discussed race sponsorships being down perhaps due to economy which led to discussion on BTC race promotion strategy and issue of non-BTC-sponsored races competing for same time. Johnaca shared current policy is to provide website and/or calendar space and at least one email distribution for races which have purchased advertising space in the Vulcan Runner. Challenge lies in races which may not purchase space yet offer discounts to BTC members or are charity-sponsoring events. Email may or may not be distributed in such situations.
- Board agreed to cover cost of timing-service to be used at BTC Classic in June. Cost is comparable to that of updated logo cost from last year.

► MEMBERSHIP – Judy Loo

- Membership stands around 670; perhaps membership drive or renewal drive would be timely
- Discussed status of Active.com

ADDITIONAL DISCUSSION

- 1200 Mile Club has ~101 participants with ~60 on track to hit 1200
- Discussed club's FaceBook page as tool for promoting BTC events and even using application as online townhall
- Discussed non-running social possibilities
- Rick Melanson may need help with Peavine Falls run on Saturday and Sunday, 7/3-7/4/10

► Meeting adjourned at ~6:25 p.m.

NEW RUNNER'S SOCIETY GROUP RUNS

As always, the BTC is offering **Group Runs** at various locations, at different times and with assorted mileage for all runners. **COME RUN WITH US!!**

THURSDAY EVENINGS, 6:00 P.M.

We'll meet across from the Western Supermarket in Mountain Brook (plenty of on street parking) at the intersection of Cahaba Road and Montevallo. 2, 3, 4, 5, 6.5 mile routes available.

TUESDAY MORNINGS, 5:30 A.M.

Several routes available from Mountain Brook YMCA.

QUESTIONS: newrunners@birminghamtrackclub.com

THAT WAS THEN... WHAT HAPPENED?

– Al DiMicco

About 31 years ago, I got this bright idea to run a marathon. 26.2 miles? Piece of cake. I was working down in the UAB Medical Center at the time and picked the brain of Dr. Max Michael. After all, he had run TWO marathons, so how much more experience did I need to tap from? Now, this was back in 1979 and many of you reading this were not even born yet, never mind not running yet. So, after 128 marathons/ultras let's take a trip down Marathon Memory Lane and see how things have changed from then to now.

TRAINING

Basically, you had to put miles under your feet. At the time, we were awed by the reports that Bill Rogers was putting in 20 miles a day. There were no foreigners dominating the scene, just good ol' Americans that trained hard. For us midpackers, we pretty much subscribed to the theory that you had to average one-third of your race distance per day. Therefore, for a marathon, we had to average roughly 60 miles per week. That included your weekly long run, which for Bill Tucker and me meant 20 miles EVERY Sunday! We didn't do tempo, pace, or threshold runs - we just ran how we felt, doing a lot of what was called LSD (Long, Slow Distance). One week before the marathon, we ran a 20 miler and ate no (or little) carbohydrates for 3 days. Then we went into our carbo-loading phase till the race. The idea was that by denying our bodies the replenishing carbo for a few days (depletion), our bodies would then soak up the carbo much more than they would have without the depletion. Marathons were a big deal then and this was reflected by our usual Friday Pre-marathon lunch at Mr. Gatti's.

CLOTHES & SHOES

There were no "technical" fabrics then. Pretty much we wore cotton and used a lot of Vaseline. When polypropylene came out, it was like a miracle fabric. It was so cool to explain to a non-runner about how it "wicked" the sweat away from your skin. I remember running my 2nd marathon (Birmingham's Magic City Marathon, 1980) in a cotton shirt, covered by an Alabama football jersey (don't ask, I don't know!), and wearing a cotton toboggan hat. It was about 20 degrees, but at the end, I was soaked with sweat, freezing my fool butt off, and icicles clinging to my hair! Our shoes were not the marvels of engineering they are now. My first pair of shoes were given to me by Versal Spaulding, who owned Birmingham's only store that sold running shoes - RUNNING SOUTH in English Village. Actually, it was just a garage that had boxes of shoes stacked

up along the walls and 2-3 folding chairs. Anyway, he gave me a pair of Nike Elite's. I couldn't believe they felt so good! They fit like a glove - unfortunately, they also gave about as much support as a glove and I soon had a rip-roaring case of plantar fasciitis. Another of Nike's journey down the wrong road was something called the "LDV-1000". They realized that pronation (inward rolling of the foot) was a bad thing, so their solution was to eliminate it TOTALLY! The sole under the foot was 4 inches wide!! Yeah, this prevented pronation, but your poor knee, hip, and back went along for a ride that kept doctors and physical therapists like me in business. Anyway, shoes gradually improved to assist your running instead of reinventing it.

AID STATIONS

OK, every FIVE miles you could get water. Frank Shorter was a big proponent of defizzed cola (usually late in the race), but it was pretty comical watching someone like me trying to shake the fizz out of a coke bottle during a race. It looked like poor imitation of the '69 Mets locker room after they won the World Series. Then a nectar from the Gods came along. Something called ERG was offered at some races. ERG stood for Electrolyte Replacement with Glucose. You felt if you drank this, you would never get tired, never slow down, and suddenly, you were a physiological wonder. The power of the mind is wonderful. Eventually, we got Gatorade (which at the time tasted like the sweat it was replacing), and believe it or not, we didn't care what flavor it was. No GU, no Gummy Bears, no cookies.

RUNNING THE RACE

It was pretty much at a pace you felt you could do the whole race at. There was no walking (planned, anyway). This was a running race. Splits were given every 5 miles by someone holding a stopwatch, and the finishing clock was an analog clock that looked like it belonged in a 4th grade classroom. When the race started, they set the the hands of the clock to 12 noon, so when you came across the finish line in 3:45, the the clock read quarter to four! No chip, no chronograph. When I started running, I wore a regular analog watch, but then I bought a digital Casio watch. Man, was I cool or what? It had a silver metal band, was encased in a shiny silver casing, and I can still picture it during a marathon in Indiana literally shorting out right before my eyes from all the sweat. Now, if my watch doesn't give me my automatic splits every mile and distance measured my GPS to hundredths of a mile, I feel cheated.

It's been a long and twisted road to where we are. I wonder what the next generation will see. Think I'll stick around and see. I'll see you on the roads.

Read Al's running blog:

<http://RunningWithAl.blogspot.com/>

The View from the BACK OF THE PACK

– By Michele Parr

A funny thing happened as winter melted into spring. I started thinking like an athlete.

It doesn't matter how many "I'm a Runner" t-shirts I have. It doesn't matter that my medal collection numbers in the double digits or that one of them says 26.2. It doesn't matter that my stack of used bibs is getting so tall that I really ought to do something with them. Somehow through all the miles and all the races and all the sweat and all the worn out shoes I never managed to make the other changes necessary for a truly healthy lifestyle.

I'd made up my mind that this was the year I would finally address that deficiency. My former employer* helped me get a good start toward that by participating in Scale Back Alabama, a program sponsored largely by the Alabama Department of Public Health and the Alabama Hospital Association. The web site for the program describes it as a weight-loss contest whose purpose is "to encourage Alabamians to lose weight, to exercise and to have fun while doing it." Hmm, exercise and have fun while doing it, sounds sort of like the BTC.

In January I weighed in along with my teammates, the first step toward the goal of losing ten pounds in ten weeks. The official scale remained in the HR department for the duration, and I visited it frequently. Some days the number was up. Other days it was down. But ultimately I was determined not to be the one to cause my team to fail. I met that goal, down 13 pounds officially at the final weigh in, though others on my team fell short.

The most amazing thing about a ten-week program is that it gives you plenty of time to think about what you're doing. I cut way back on the sugar. I started adding a side salad to that Lean Cuisine entrée. I ate lots of fruit.

And I liked it all. It was as simple as eating less of what I shouldn't and more of what I should. That's a habit I should be able to keep.

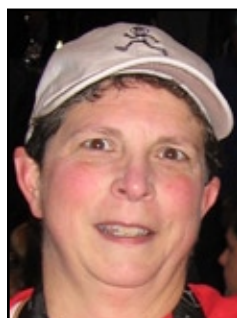
I had made some changes before this, eating Cheerios for breakfast for over a year, an action inspired by a cholesterol number that was a bit alarming. When I revisited the doctor after the contest was over, my bad cholesterol was down 60 points, my triglycerides cut in half. I nearly skipped as I left the office.

The slow weight loss means that people who see me regularly really don't notice the change, but every now and then I run into someone who hasn't seen me in awhile and the reaction makes my day. Those positive comments keep me working toward the next 13 pounds.

Many of the new runners I meet are trying this running thing because they want to lose weight. Running helps but only if you don't reward yourself with food for having run. I've certainly learned that the number on the scale has more to do with what I consume than it has to do with the miles I log each week.

**Michele is an unemployed former AS/400 RPG programmer who recently completed the coursework needed to reinstate her teaching certification. She's looking for a job teaching middle or high school English. •*

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

KNEAD THERAPEUTIC MASSAGE, LLC

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

www.kneadtherapeuticmassage.com



Club Merchandise JUNE 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 6/30/10



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	TOTAL
Jan.																																	
Feb.																																	
Mar.																																	
April																																	
May																																	
June																																	
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)

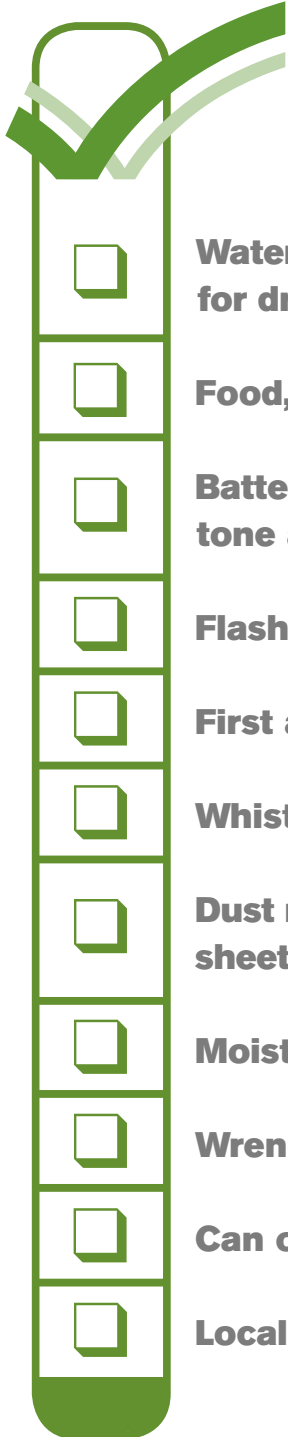
PREPARE. PLAN. STAY INFORMED.

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