

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

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BTC

THE VULCAN RUNNER



VOL. 35

★ APRIL 2011 ★

ISSUE 4

FANTASTIC TALES OF Statue2Statue

– Johnaca Kelley

The South's Toughest 15K can be intimidating in name alone. But once you see the course, well, many turn and run the other way with a yipe, yipe, yipes! Personally, I have found working the race challenging enough. Yes, I am a wimpy runner when it comes to S2S. There is just something about hearing, "yeah there's this one hill that No runner runs!" But recently I have

heard all sorts of fantastic stories about S2S, which I will now share in this article.

BTC President Brad Clay recounted to me that in 2005 he ran S2S for his 1st or 2nd time. He had finished and a few minutes later a police car came screaming across the final intersection. Jeff Clark, Jim Wiley and a few other really fast runners emerged from the car and then ran 10 yards to cross the finish line. Apparently they had made a wrong turn (back in Albu-

querque, along with Bugs Bunny) and got lost. The finish line manager was not sympathetic and correctly noted that runners are responsible for knowing the course they are running. Due to the mishap with the race route, Brad placed in his age group and won a nice pint glass. He smiles fondly every time he drinks from the glass.

It should be noted here that for the past few years, Jerry McGwin and Brett Noer-

Statue2Statue <continued on Page 3>



Interested in advertising in our club newsletter?

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

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

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BTC Mission Statement

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

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

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

ATTENTION BTC MEMBERS!

'Vulcan Runner' is available MONTHLY in color!!

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

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

CARPORT CROSSFIT

1820 1st Ave South
Irondale, AL 35210
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*The fitter you are,
the faster you run!*

Set New PR's with the
Benefits of Crossfit:

Increased Cardio Function
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**NEW INDOOR
LOCATION**

**UNLIMITED
Group Training**

ONLY \$100/month!

Call for details.



(Page 1) Runners start on the South's Toughest 15K, the Statue2Statue.

(Above) BTC President Brad Clay finishing strong at the 2010 Statue2Statue.

Statue2Statue <continued from Page 1>

ager have met early at the S2S finish line, ran to the start line and then run the race. It is also rumored that Scott Strand did that one year and even won the race. But we do know that one year Scott Strand won and Ellis Porch came in 2nd. Ellis ran the race pushing his son in a stroller, just six days after becoming the 1st Alabamian to cross the finish of the Boston Marathon. John Nevels, who had won S2S the year before, came in 3rd that year. These days S2S's official name is in honor of Ellis Porch. He is missed by the running community, but not forgotten.

Michele Parr, recent recipient of the Dr. Arthur Black/Rick Melanson award, usually works as a volunteer for S2S. The one time she ran it, the trailing police car passed her and Patty Landry before they reached English Village in Mountain Brook. Since they paid to run in the road and were not the "Back of the Pack", Patty was hot under her technical fabric collar. When Patty is mad, she runs faster. For the first four miles Michele would tell her that they were running too fast. Patty would simply reply, "I know." After those four miles, Michele told Patty that she would have to haul her sorry self up those awful hills. Patty did, and the two even passed some runners in the final mile.

One year as Michele was setting up the third aid station for

Statue2Statue <continued on Page 4>



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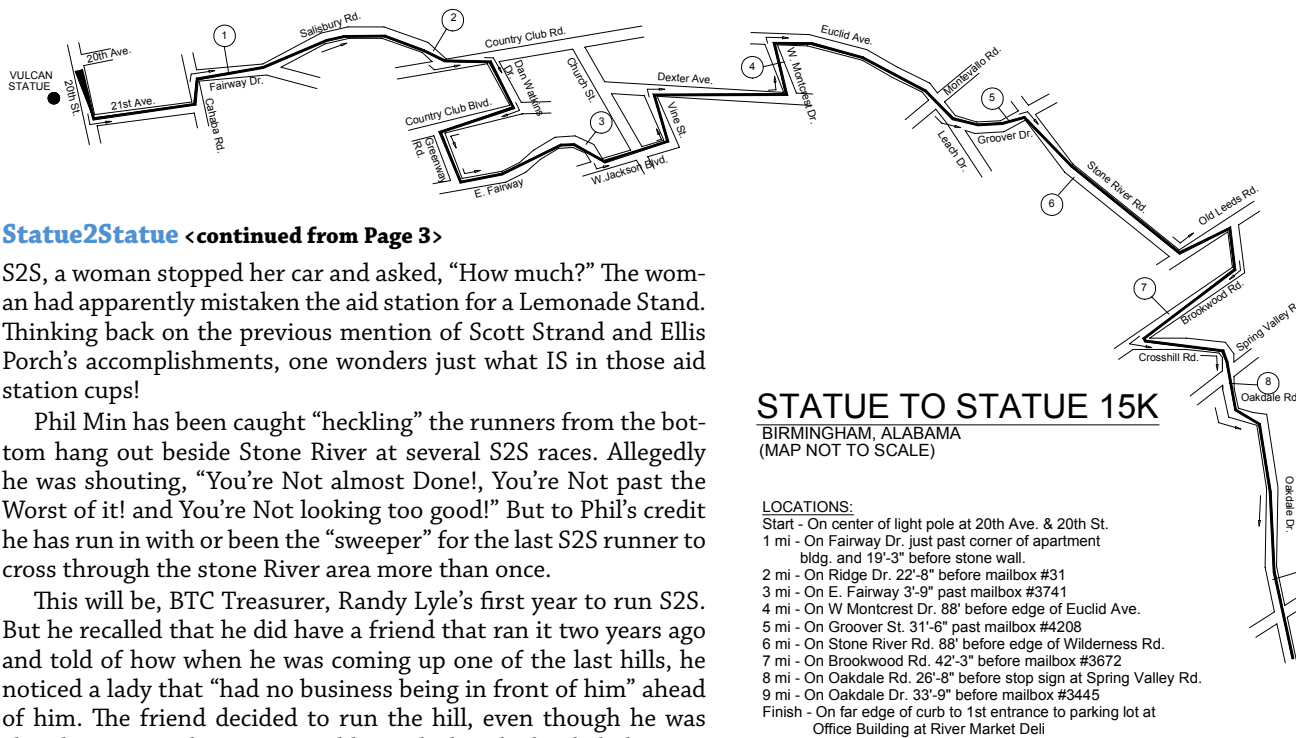
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STATUE TO STATUE 15K

BIRMINGHAM, ALABAMA
(MAP NOT TO SCALE)

LOCATIONS:

- Start - On center of light pole at 20th Ave. & 20th St.
- 1 mi - On Fairway Dr. just past corner of apartment bldg. and 19'-3" before stone wall.
- 2 mi - On Ridge Dr. 22'-8" before mailbox #31
- 3 mi - On E. Fairway Dr. 3'-9" past mailbox #3741
- 4 mi - On W Montcrest Dr. 88' before edge of Euclid Ave.
- 5 mi - On Groover Dr. 31'-6" past mailbox #4208
- 6 mi - On Stone River Rd. 88' before edge of Wilderness Rd.
- 7 mi - On Brookwood Rd. 42'-3" before mailbox #3672
- 8 mi - On Oakdale Rd. 26'-8" before stop sign at Spring Valley Rd.
- 9 mi - On Oakdale Dr. 33'-9" before mailbox #3445
- Finish - On far edge of curb to 1st entrance to parking lot at Office Building at River Market Deli



(L to R) Pamela Miller, Micki Myers, and Cherie Dortch volunteer at the first water stop of the Statue2Statue 15K.

Statue2Statue <continued from Page 3>

S2S, a woman stopped her car and asked, "How much?" The woman had apparently mistaken the aid station for a Lemonade Stand. Thinking back on the previous mention of Scott Strand and Ellis Porch's accomplishments, one wonders just what IS in those aid station cups!

Phil Min has been caught "heckling" the runners from the bottom hang out beside Stone River at several S2S races. Allegedly he was shouting, "You're Not almost Done!, You're Not past the Worst of it! and You're Not looking too good!" But to Phil's credit he has run in with or been the "sweeper" for the last S2S runner to cross through the stone River area more than once.

This will be, BTC Treasurer, Randy Lyle's first year to run S2S. But he recalled that he did have a friend that ran it two years ago and told of how when he was coming up one of the last hills, he noticed a lady that "had no business being in front of him" ahead of him. The friend decided to run the hill, even though he was already very tired. He just could not deal with this lady beating him. He pushed up the hill and got beside the lady. He commented to the lady how difficult the hills had been, only to have her say, "I know! That's why I had to get a ride from a police officer to get up here."

I hope you have enjoyed these stories as much as I have while writing this article. Race Director, Judy Loo, would also like me to remind you that you need to show up early at the finish line on race day, because the last bus to the start line leaves promptly at 7:30am. There will be NO transportation provided back to Vulcan Park (race start) after the race either. Race day morning registration starts at 6:15am and ends at 7:25am in front of Zona Rosa Restaurant at Liberty Park. You can sign up early using the registration form in this newsletter, going to Racelt.com online or at packet pick up on Friday the 15th in front of Trak Shak Home-wood from 10am to closing. The race starts Saturday, April 16th at 8am. Runners will receive technical shirts again this year, and medals will be awarded to the top finishers. The sponsors this year are Thomas Waters – State Farm, Crestline Shell, Seattle Drip Coffee and Liberty Park Animal Hospital.

Please consider contributing your own S2S or any other BTC race stories by writing an article for the BTC Newsletter. Submit your stories to Mark Baggett, BTC Newsletter Editor, at btcpresident07@gmail.com •

btcpres09@gmail.com

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

21st Annual

The Ellis Porch - State Farm Statue to Statue 15K Run

BTC Managed, RRCA Sanctioned, USATF 15K Certified Course

Saturday, April 16, 2011 at 8:00 am

Transportation

Transportation will be provided from the parking lot of Zona Rosa Restaurant (near Miss Liberty 3732 River Run Drive, Birmingham, AL 35243) to Vulcan Park for the start of the race. Please be there early (FIRST BUS WILL LEAVE AT 6:30 am. LAST BUS LEAVES PROMPTLY AT 7:30 am. Please do NOT wait for the last bus. If it's full, you WILL BE responsible for your own transportation). Baggage transportation is provided to the finish area.

NOTE: THERE WILL NOT BE ANY TRANSPORTATION BACK TO VULCAN PARK AFTER THE RACE.

Registration

For entries received by 3/31/11 - \$25.00 All entries day of race and those received after 3/31/11 - \$35.00 On-line Registration: Active.com
(There will be no refunds)

Race Day Registration will be at the River Run parking lot starting at 6:15 a.m.

Post-Race Party/Awards

Refreshments//Food! Awards will be presented at approximately 10:30 a.m. in the River Run parking lot. Awards and shirts will NOT be mailed.

RACE PACKET PICKUP AT HOMEWOOD TRAK SHAK on Friday, April 15, 2011 from 10 a.m. to closing.

For more information: email btcmembership@gmail.com

Also, check the web site for more information

www.birminghamtrackclub.com

Statue to Statue 15K RUN ENTRY FORM

Make check payable to: BTC Statue to Statue Run

Mail Entry to: Statue to Statue 15K Run, 5365 Creekside Loop, Birmingham, AL 35244 or drop off entry form at the Trak Shak (Homewood store)

Print Last Name: _____ Print First Name: _____

Address: _____ Zip: _____ City: _____

State: _____ Sex: _____ D.O.B. _____ Age: _____ T-Shirt: _____ Phone: _____

Email address: _____

RELEASE

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless the Birmingham Track Club or any sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Signature: _____

Date: _____



April BTC President's Message

– Brad Clay

Due to my work I suppose, friends and family ask me my opinion of the health care reform law which recently saw its first anniversary. Known as the Affordable Care Act or Obamacare depending on which side of the fence one sits, passions certainly run high, and one would think listening to the rhetoric we are about to see a healthy utopia or a cataclysmic meltdown of the economy.

Most all agree changes were needed. Healthcare costs rise at an alarmingly, unsustainable rate, if folks lose their jobs health insurance is almost always unaffordable, and despite spending more than any other country our outcomes are not impressive. Per the World Health Organization, the US has ranked in the in the mid-30's for life expectancy over the last few years. Most bankruptcies are due to healthcare issues.

On the other hand, critics of the gloomy picture raise some interesting observations. According to the US department of labor, the average family spends more on the combination of entertainment, alcohol, and tobacco than they do on healthcare. The US loves guns and automobiles, and we are not of a single race or ethnicity; some studies show if firearm homicides, motor vehicle accidents, and infant mortality from teenage births are removed from the equation, the US is indeed #1 in the world in life expectancy. Most healthcare debt is modest; people with severe issues file bankruptcy because they become disabled and lose their jobs.

So what to make of the reform? One of the controversial provisions is requiring in-

dividuals to purchase insurance beginning in 2014. Supporters say this is a necessary component and by not buying insurance, people inflate the cost of healthcare for the rest of society. Opponents say that health insurance is a private product and it is inappropriate for the government to require a citizen to purchase a private product. One of the federal judges, Roger Vinson, who stuck the law down (though others have upheld it) remarked that by the same reasoning the government could compel its citizens to eat broccoli as it would lead to better health.

None of the provisions fundamentally change how healthcare is delivered. While there is some provision for experimentation of alternative delivery systems, the reform is more about coverage not delivery. Healthcare professionals are still paid primarily by doing procedures, pushing pills, authorizing hospitalizations. (The alternative delivery system, capitation, or paying a set fee per month regardless of healthcare utilization, incentivizes undertreatment).

I recently returned from a medical meeting in which I sat in on a session discussing geriatric care. The speaker noted the challenge of treating patients in their 60's who are dealing with chronic side effects of drugs they have been on since their 20's and 30's for high blood pressure, diabetes, and high cholesterol, etc.

Now here is my bias: I see studies day after day on how obesity, smoking, alcohol abuse, lack of sleep, sedentary lifestyles, and high-stress choices lead to somewhere

around 2/3 of our health problems being self-inflicted. Wonder what would happen if instead of requiring us all to purchase insurance, the law required a decent 30 minutes of running a day, a reasonable diet, and time off the couch away from the TV instead spent face to face with family and friends? One of the best ways to protect and invest in yourself is to do all you can to limit your need for healthcare.

Enough of the soapbox; we can discuss further on a long run.

It seems like a couple of great races occur every weekend. Do not miss one of the most unique opportunities this month, the Ellis Porch, State Farm, Statue to Statue 15K. To quote a former BTC president, "you will run your faster mile ever immediately after running your slowest mile ever." Embrace living at the end of the Appalachians.

For the marathoners in the club, your season is coming to a close, so I encourage you to take advantage of some of the great races Birmingham has to offer in the spring and summer. For newer members, the 5K's are great, lower-key events to build your speed and strength and get to know others in our fabulous running community.

Those of you pursuing the 1200 mile goal or the Grand Prix, keep up the good work! The Executive Committee and I are here for you; let us know how to improve our club!

Happy Easter! •

bradclay@aol.com

MAEBASHI CITY MARATHON CANCELLED

BTC Fundraiser set for April 20th

– Johnaca Kelley, Japan Exchange
Committee Head for the BTC

In the wake of the Tsunami, Earthquake and Nuclear Reactor Disasters in Japan, I am relieved to report that our good friends in Maebashi, Japan are safe and uninjured. Thankfully Maebashi is located in the center of the country, a little towards the South. Thus they have been predominately out of harms way and are only dealing with the repercussions of the disasters, which are affecting the country at large. Effective Friday, March 25, 2011, the Maebashi City Marathon was cancelled due to the disasters still hurting Japan. Maebashi is working hard to provide shelter and support for victims of the disasters. Birmingham's other sister city, Hitachi, was directly hit by the disasters.

The BTC team that planned to travel to Maebashi this year consisted of

JAPAN FUNDRAISER <continued on Page 7>



The start of the 2010 Maebashi City Marathon in Japan.

JAPAN FUNDRAISER <continued from Page 6>

Tim Blair, Mark and Susan Hales, Alice Biggs, Caroline Walker and Venessa Funches. The team will be collecting donations on April 20th at the Trak Shak evening runs in Homewood. Please give generously because your donation will have a direct impact in helping the people of Japan to recover from these devastating disasters.

Below is a little about the team, and we hope that they will be able to travel over and race in 2012.



Tim Blair, Team Leader

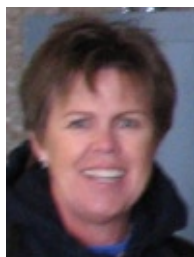
Tim Blair, Team Leader for the 2011 / 2012 BTC Team, helped to host the Maebashi runners that attended Vulcan Run in 2010. Tim is a Birmingham native that works in commercial real estate. He is married with 2 teenage children. He planned to be competing in the Marathon distance, which in Japan is actually a half marathon of 13.1 miles / 21.1km. Since 2002



Mark & Susan Hales

Susan works in Accounting and Finance for Brookwood Medical Center and Mark is a Sole Proprietor of a Restaurant Equipment Service Company, as well as a Co-Owner of a Coffee Shop.

Susan and Mark Hales are long time contributors to the BTC. Susan planned to run the Maebashi Marathon and Mark the 10km. Susan and Mark have been married for 20 years and have 2 children and 2 grandsons. Susan has been running since 2000 and Mark since 1986. Both have qualified for the Boston Marathon previously.



Alice Biggs

Alice Biggs is a retired, single mother of two children- now adult men. She has been a member of the BTC since the mid 1980's and has won the prestigious Arthur Black Award due to her volunteer contributions to races and the BTC in general. When she is not running, she also enjoys Sudoku Puzzles. Alice planned to run the Maebashi Marathon, and she has completed 28 marathons in 15 states, along with numerous 1/2 marathons.

Caroline Walker planned to run the 10km. She is an attorney handling real estate and title insurance. Caroline often volunteers for BTC races like Vulcan Run, and you can usually find her at other BTC activities as well. Caroline began running 3 years ago through the Couch Program coached by Danny Haralson. She is honored "to represent the tremendous spirit and friendship of the Birmingham running community for our sister city."

Venessa Funches is relatively new to the BTC, but has been running for most of her life. She is passionate not only towards running, but also towards Japanese Culture and Language Studies. Venessa is a Business Marketing Professor at Auburn University Montgomery. She is married and a mother of 3. Venessa planned to run the 10km



A view of downtown Maebashi, Japan, with the Green Dome in the distance.

in Maebashi.

The team's first meeting was held on March 11th and Scotty Colson from the Birmingham Mayor's Office was in attendance to go over basic etiquette and other helpful tips for the team while traveling abroad. I brought print outs of past issues of the Vulcan Runner that showcased previous BTC Team Maebashi trips and print outs of the 2010 schedule from the Maebashi's Mayor Office that hosts our runners. The meeting was good and the excitement was clearly mounting for the BTC Team members, despite the disasters that had just taken place. We did not know at that time that we would ultimately be forced to cancel our plans for 2011 and hope for the best in 2012.

As a side note, Brock Brinkerhoff, 2010 BTC Team Member planned to bring his family of four to Maebashi this year for a family vacation. All family members planned to run various Maebashi races with the BTC Team. They were to be included in the Birmingham Reception hosted by the Maebashi Mayor's Office and Maebashi Running Club and Youth Organizations. Maebashi's hospitality toward its running community, amongst all its sister cities, is immense. And I am sure their dedication to serving the disaster victims is equal. **If you cannot make a donation on April 20th, please mail one in to the following address, with "Help Japan" noted in the memo field of your check:**

Birmingham Track Club
Help Japan Fund
P.O. Box 530363
Birmingham, AL 35253

"Maebashi City has not been directly affected by the 2011 Tohoku earthquake and tsunami, and is currently providing shelter and supplies to the victims of the disaster. Maebashi City will keep doing everything in its power to support the disaster-stricken areas."

Thank you,
Dario De Leo
International Relations Section,
Cultural and International Affairs Division,
Maebashi City Hall
2-12-1, Ote-machi, Maebashi, Gunma 371-8601 JAPAN

Written by Johnaca Kelley, Japan Exchange Committee Head for the BTC. Email her at btcpres09@gmail.com

March BTC Executive Meeting Minutes

– Submitted by Mitzi Duer-Savelis, Secretary

► Meeting began 5:30 p.m., March 15th, 2011

OFFICER & COMMITTEE REPORTS

► PRESIDENT - Brad Clay

- **Upcoming Races:** High Country (4/9) & Statue to Statue (4/16)
- **Website:** Survey – will send out when new website is up and running
- **Webmaster** – still looking for a volunteer. Suggested – Jason Murray or Jason McLaughlin
- **Stroller Club:** group for new moms. Potentially tie in with the walkers club. Email/website blast informational meeting to gauge interest.
- **Kid's Group/Event:** Discussed potential liability issues. Parent would have to either participate or observe. Potential event date: summer or after a 5k race.

► MINI TRACK MEET - Gene Tomlin

Currently Stagnant. Potential locations: Heardmont Park on 119, Samford University. All ages event. Discussed liability of non-student use track.

► VICE PRESIDENT - Jason Murray

Raceit.com – Online Registration

- **Race Registration:** Statue to Statue will be first race to offer raceit.com on its website. Peavine Falls will be first race to exclusively use raceit.com. Discussed software integration for Race Results/Race Director.
- **Membership Registration:** Family membership will be set up as follows – 1st person: \$25, 2nd person, \$10, 3+ free.

► TREASURER - Randy Lyle

- **Financials:** distributed up to 1/31/11

- **Vulcan CD:** matured in January. Discussed reinvesting funds by laddering CDs.

► MEMBERSHIP - Judy Loo

- **Statue to Statue:** Buses lined up for race. Michelle Parr is looking for volunteers for the water stop. Coffee at start and finish; BBQ & Beer at finish.

► SOCIAL CHAIR - Micki Haralson

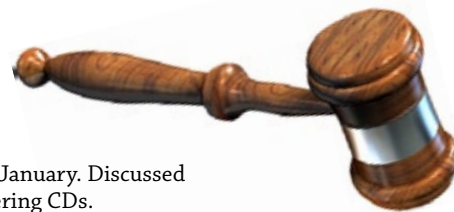
- **St Patty's social:** Door prizes given by the Track Shack. Serving chicken fingers and hamburger sliders.
- **Quarterly Social Run:** social planned around Track Shack locations. Valerie will provide "party atmosphere" after run. APPROVED.
- **Stair Climb:** \$25 entry fee, but participants encouraged to raise \$100. Can raise money per stair, per flight, etc. Rest area every 6th floor. Walkers on left, Runners on right. 2 practice climbs at beginning and end of April. BTC to promote.
- **Annual Party:** Date – January 21st; Location – Vestavia Lodge
- **New Runners:** Laminated list of races for each person

► MERCHANDISE - Tom Scales & Chris Brown

- **Spring/Summer Line:** T-Shirts & Visors. A large BTC logo that you can read across the room. Intention to promote the club through Name Recognition.
- **1200 Mile Club:** discussed a t-shirt for members to wear in warm weather months.
- **Current Stock:** use in bargain bin and as door prizes.
- **Item of the Month:** do away with section in "The Vulcan Runner" newsletter.

► Charles Amos Thompson

- **Southern Conference Championship,** April 23 – 24 at the new Samford University track.



GET INVOLVED...CONTRIBUTE TO THE VULCAN RUNNER MONTHLY BTC NEWSLETTER!

Got a running related story or running advice
you'd like to share with the club?

Take some photos at a race you are proud of?

Want to take over the **Double Trouble** page?

Here at "The Vulcan Runner" newsletter we are always looking
for others to help contribute — just send an email to:

btcpresident07@gmail.com

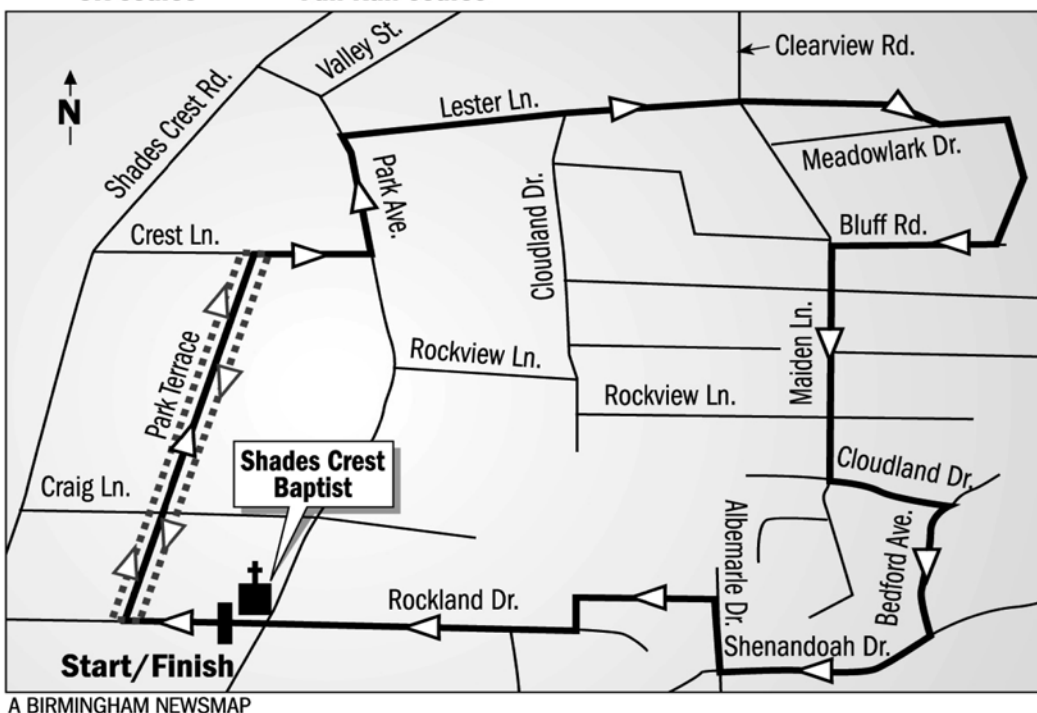
HIGH COUNTRY 5K Run/Walk

April 9, 2011
at 8:00 a.m.

Shades Crest Baptist Church
452 Park Avenue
Hoover, AL 35226



— 5K course Fun Run course



To Enter High Country 5K Run, please fill in the information below and mail as indicated. Please use a separate form for each entrant.

5K Run: **\$20.00** (pre race day) **\$25.00** (day of race)

Registration is not required for the free 1 Mile Fun Run. Race t-shirts, if available, will be \$10 each.

Family max (must reside at same address) **\$50.00** (pre race day) **\$60.00** (day of race)

☐ Male ☐ Female Age as of 4/9/11 _____ D.O.B. ____/____/____ BTC member yes __ no __

Do you plan to attend the **FREE PASTA DINNER** for you and your family on Friday, April 8 at 6:00 PM?

If yes, how many will attend _____

Do you plan to attend the **FREE PANCAKE BREAKFAST** after the run? If yes, how many will attend _____

Last Name _____ First Name _____ M.I. _____

Address _____ City _____ State _____ Zip _____

Phone: Work _____ Home _____ Email _____

Circle T-Shirt size (All sizes are adult sizes) Small Medium Large X-Large XX-Large

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless Shades Crest Baptist Church, the city of Hoover, the Birmingham Track Club or any other sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video tape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Entrant's Signature _____

Date _____

Parent/Guardian Signature if entrant is under 18 _____

Date _____

Make checks payable to Shades Crest Baptist Church.
Mail to: High Country 5K, 452 Park Avenue, Hoover, AL 35226.
Mail-in registration forms must be postmarked no later than April 2, 2011.

CHICKAMAUGA CHASE 2011



15K, 5K, SCENIC WALK & KIDDIE K

FORTY-THIRD RUNNING

SATURDAY, APRIL 16

CHICKAMAUGA & CHATTANOOGA NATIONAL MILITARY PARK

WWW.CHICKAMAUGACHASE.COM



Heroes Run $\frac{5k}{10k}$

DATE: SATURDAY, MAY 7TH, 2011

LOCATION: Oneonta City School
Oneonta, Alabama 35121

All Proceeds Benefitting

RACE DAY SCHEDULE:

7:00-7:45 Registration & Packet Pick-up @ The Gym
8:00 5k and 10k Races Begin
9:30 1 Mile FUN RUN

ENTRY FEE:

5K and 10K \$25.00 by May 6th (\$30.00 on Race Day)
FUN RUN \$10.00

AWARDS:

First Place Overall Male and Female
Top Male & Female by Age Categories (5 year age increment)
Ribbons Awarded to all FUN RUN participants



REGISTRATION:

BY MAIL: HomeTown Bank, P.O. Box 397, Oneonta, AL 35121

Mail in entry forms must be received by Thursday, May 5th

IN PERSON: At any of our Hometown Bank Locations

ONLINE: Register Online @ www.Active.com (Registration Closes May 5th)

www.hometownbankalabama.com

www.relayforlife.org/blountal

FOR MORE INFORMATION PLEASE CALL OR EMAIL: Brandon@HomeTownBankAL.com, Cristy@HomeTownBankAL.com, or (205)625.4434

Please make Checks payable to Relay for Life & return to: P.O. Box 397, Oneonta, AL 35121

NAME: _____ AGE: _____ ☐ MALE ☐ FEMALE

ADDRESS: _____

PHONE #: _____ EMAIL: _____

☐ 10K (6.2 miles) ☐ 5K (3.1 miles) ☐ 1 mile Fun Run

SHIRT SIZE: S M L XL (adult sizes)

Release of Liability: In consideration of Hometown Bank of Alabama, their sponsors, agents, servants, representatives, licenses, contractors, successors and assigns, as well as the City of Oneonta, organizing and conducting the Relay for Life Cancer Run and Fun Run, held on May 7th, 2011, and allowing me to participate and run in said race/walk, I hereby waive, release and discharge forever any and all claims, demands, rights, and causes of action of whatsoever kind and nature arising directly or indirectly, from any and all known and unknown, foreseen and unforeseen, bodily and personal injury, damage to property and the consequences thereof resulting from my running and/or participating in said Road Race, and Covenant Not To Sue for any said injuries and/or damage. I give my permission for the use of my name and/or picture in any broadcast, telecast or other account of this event. I also certify I am in proper condition to participate in this event.

Signature of Runner (Parent/Guardian Signature if under 18 years of age)

Date

Race/Event Calendar (April thru May '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)

APRIL 2

Big Springs 5K & 1 Mile Fun Run

– Springville, AL, 8:00 a.m.
Springville. USATF CERTIFIED COURSE.
Register on Active.com.
Info: bigsprings5k@gmail.com

APRIL 3

Kappa Delta Shamrock Run 5K & 1 Mile Fun

– Birmingham, AL, 2:00 p.m.
THE EXCEPTIONAL FOUNDATION in
Homewood Park.
Info: Maibeth Keith (870-0776)

APRIL 9

High Country 5K Run/Walk & 1 Mile Fun Run

BTC GRAND PRIX EVENT
– Birmingham, AL, 8:00 a.m.
Shades Crest Baptist Church, 452 Park Ave. Pasta dinner for entrants night before at Church and pancake breakfast after race. USATF CERT. COURSE. Register at Active.com. A BTC 2011 Grand Prix event.
Info: Jack Karn (870-5644)
Web: www.shadescrest.org
Email: jkarn4504@charter.net

APRIL 11

BTC MINI TRACK MEET

– Birmingham, AL, 2:00 p.m.
Contact Gene Tomlin for location.
Info: (531-8381)

APRIL 16

Statue to Statue 15K

BTC GRAND PRIX EVENT
– Birmingham, AL, 8:00 a.m.
Start at "Vulcan Statue" in Homewood and finish at Liberty Park. Transportation will be furnished from River Village Shopping parking lot starting at 6:30 a.m. (last bus leaves at 7:30 a.m.) No transportation provided back to start. USATF CERTIFIED COURSE.
Info: Judy Loo (612-4335)

Race For The Nation 5K Walk/Run & 1 Mile Walk Run

– Birmingham, AL, 10:00 a.m.
Veterans Park, 4800 Valleydale Rd., Hoover next to Spain Park High School.
Info: John Cook - 238-4214

Mutt Strutt 5K & 1 Mile Walk

– Birmingham, AL, 9:00 a.m.
Railroad Park
Info: Paige Hardee (322-5144) ex 153

APRIL 22

UAB Scholars Run 5K/10K

– Birmingham, AL, 6:00 p.m.
Pepper Place, 2nd Ave S and 28th St.
USATF CERTIFIED COURSE.
Info: Heather Sauiner (934-3555)

APRIL 23

Run to The Cross 5K & 1 Mile Fun Run

– Gardendale, AL, 8:00 a.m.
Gardendale First Baptist Church North Campus 316 Mountain Crest Pwy.
Info: Rob Elliot (488-8670)

APRIL 30

Spring Scramble 5K Run & 1 Mile Fun

– Birmingham, AL, 8:00 a.m.
Homewood (Retro Run course). USATF CERTIFIED COURSE.
Info: Justin Davis (212-0999) Web: www.springscramble.org

Women's Health 5K

– Birmingham, AL
Info: 789-5201

MAY 7

Casey's Cause 5K/10K & 1 Mile Fun Run

– Trussville, AL, 8:00 a.m.
Park across from Trussville Middle School. 5K is USATF CERTIFIED COURSE. Register on active.com.

MAY 8

BTC MINI TRACK MEET

– Birmingham, AL, 2:00 p.m.
Contact Gene Tomlin for location.
Info: (531-8381)

MAY 14

ZOO Run 5K

BTC GRAND PRIX EVENT

– Birmingham, AL, 7:30 a.m.
Race starts in the parking lot and ends in the Zoo. Register on active.com ONLY!
Info: 879-0409
Email: aazk@birminghamzoo.com

Ready, Set, Cure 5K Run & 1 mile Walk

– Pelham, AL, 8:30 a.m.
Oak Mountain State Park, Dogwood Pavillion. Proceeds benefit the Leukemia & Lymphoma Society.
Web: http://www.active.com/5k-race/pelham-al/ready-set-cure-2011
Info: Megan Yeilding (205-563-9444)

MAY 21

Run For Wishes 5K Run & 1 Mile Fun Run

BTC GRAND PRIX EVENT

– Birmingham, AL, 8:00 a.m.
"Alabama Adventure" in Bessemer. Register on Racit.com.
Email: mickiharalson@gmail.com

Revelation Run 5K & 1 Mile Fun

– Pell City, AL, 6:00 p.m.
Eden Baptist Church @ 223 Wolf Creek Rd. Register on Active.com.
Info: Brittney Smith (205-338-7711 x 239)

MAY 28

Big Butt 5K Run & 1 Mile Fun

BTC GRAND PRIX EVENT

– Alabaster, AL, 8:30 a.m.
Thompson Intermediate School. BIRMINGHAM TRACK CLUB RACE and USATF CERTIFIED course. 11th Annual Boston Butt Sale.
Info: Steve Crainich (915-6237)

FUTURE (local only)

06-04 – Fireman's 5K for MDA
06-18 – Stampede 5K Run
06-25 – The Good Race 5K
07-04 – Peavine Falls Race 8.2 miles
07-09 – Family Connection 5K
08-20 – AreUABLE 5K
09-03 – Fat Danny's Trail Run
09-10 – Paw's For Cause 5K
09-25 – Great Prostate Cancer Challenge
10-01 – Hueytown 5K/10K

Join the BIRMINGHAM TRACK CLUB'S 1,200 MILE CLUB

The Birmingham Track Club promotes fitness and a healthy running lifestyle for its members. Part of this involves consistency and the BTC wants to reward its members for that consistency.

**In 2011 the BTC will be continuing its 1,200 Mile Club program.
It's great to set goals....and not too early or too late to start them!**

HERE'S THE WAY IT WORKS:

- You keep a training log of all mileage you run during each month (see Page 17 if you need a printable log).
- At the end of the month, you communicate that mileage to the 1,200 mile club coordinator, who keeps a record of your mileage for each month. See email address below.
- The results will be posted monthly on the BTC web site so that you may track your progress.
- If you have completed at least 1,200 miles by Jan. 1, 2012, then you will receive a BTC '1,200 Mile club' jacket! Repeat members will receive a prized patch for each year they complete the 1,200 mile year that they can sew to their jacket to let others know how many years they've completed that goal.

RULES AND REQUIREMENTS:

- Participants **MUST be a BTC member in good standing** to participate in the 1,200 mile club. Not a member and want in on this deal? Then join (a Membership Application located on last page of this newsletter)
- It is the runner's responsibility to keep accurate track of all mileage. It is the runner's responsibility to communicate mileage run each month to the 1,200 mile club coordinator. There will be a monthly deadline for submissions.
- Races count. Training miles count. Walkers count. Just as you would count in a normal training log, count here.

It's NOT too late to start counting those miles!!

Email monthly mileage/questions to: 1200@birminghamtrackclub.com

\$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.



Wellness for the Mind, Body, Spirit



INTUITIVE TOUCH BODYWORK

2719 18TH PLACE SOUTH • HOMEWOOD, AL 35209 • 205.999.8376

Miles reported through March 15th, 2011**1,200 Mile Club**

BTC MEMBER NAME	TOTAL	FEB '11	JAN '11	BTC MEMBER NAME	TOTAL	FEB '11	JAN '11
Andress, Jennifer	123	123		Joyner, David	213.9	57.7	156.2
Andress, Jennifer	239.5	116.5	123	Kuhn, Jimmy	345	152	193
Armstrong, Tommy	31	31	0	Loo, Judy	174.4	90.2	84.2
Atkins, Brian	192	91	101	Losole, Liz	125.2		125.2
Ballard, Bill	142.8	86.3	56.5	Lyle, Randy	328	144.7	183.3
Barry, David	244.1	115.25	128.85	Martin, Cary	97.6	52.2	45.4
Baskerville, Jennifer	167.5	89.3	78.2	McCalley, Charles	243.5	79.2	164.3
Benson, Wayne	184	71	113	McKenna, Don	157.7	79.2	78.5
Bonatz, Ekkehard	430	222	208	Meadows, Bryan	190	105	85
Bowman, Bill	156	75	81	Milam, Heather	275.56	91.36	184.2
Bradley, John	224	109	115	Morgan, Cary	402	179	223
Bradshaw-Whittemore, Al	58.1	46.3	11.8	Morgan, Danielle	30.2		30.2
Brown, Sean	181	100	81	Morgan, Phil	160	85	75
Bullock, Sharon	214.1	97	117.1	Morrow, Alex	212.57	89.79	122.78
Burnette, Allison	249.2	126.2	123	Muck, Randall	94	60	34
Burnette, Jack	224	84	140	Murray, Jason	99		99
Caldwell, Greg	236.2	101.4	134.8	Nealon, Tonya	179.36	104.12	75.24
Chandler, Teresa	237	97	140	Neaves, David	232.6	72	160.6
Chapman, Chris	141	19	122	Northern, Kristie	292.2	139.2	153
Clay, Brad	512	235	277	Northern, Will	246.75	102.5	144.25
Cook, Oscar	214	102	112	Oehrlein, Kimberly	153.2	59.7	93.5
Creed, Brad	179.3	74	105.3	Parr, Michele	179	82	97
Davis, Milton	160.7	75	85.7	Pasqualini, Ellie	282	133	149
Dunham, Kelly	146.2	45.2	101	Pasqualini, Greg	183	82	101
Dunn, Wade	160.7		160.7	Peagler, Zach	159	50.1	108.9
Engels, John	193.2	85.2	108	Pearce, Julie	182.38	83.48	98.9
Estes, Jeff	110	58	52	Randall, Lisa	290.1	150.04	140.06
Evans, Bob	132		132	Richey, Jim	136.5	37.3	99.2
Farrell, Meredith	97.75		97.75	Roberts, Tim	259.3	100.6	158.7
Ford, Joe	263.4	112	151.4	Rodriguez, Graciela	168.88	78.88	90
Franklin, Cecile	325	141	184	Rodriguez, Jose	254.43	93.59	160.84
Frederick, Winston	207	104	103	Rutherford, Keith	244	120	124
Fuqua, Adria	420	204	216	Sample, Holly	175		175
Ganus, Jack	197	83	114	Shinn, Ron	229.97	104.83	125.14
Gillis, Sam	218.5	98.3	120.2	Silwal, Suman	292	122	170
Glaub, Chris	148		148	Skelton, Tim	95		95
Goode, Johnny	270	96	174	Skjellum, Jennifer	289.3	145.3	144
Gray, Marisa	194.2	93	101.2	Smith, Jerry	190	56	134
Gray, Todd	71	29	42	Smith, Reid	81		81
Greenwald, Bill	155	71	84	South, Christopher	205.9	111.9	94
Grossmann, Christopher	179.15	74.45	104.7	Stearns, David	218	106	112
Guenster, Dirk	314	129	185	Stockton, Rick	238.1	106	132.1
Hallmark, Daryl	220	112	108	Thrift, Erin	19.1	19.1	0
Haralson, Danny	246	106	140	Thursby, Vann	172.9	86.3	86.6
Haralson, Micki	251	123	128	Vaughan, Keith	66.8		66.8
Hargrave, Alan	230	111	119	Weeks, Lance	220	97.5	122.5
Harris, Kendall	440	180	260	Whatley, Prince	404.9	170.1	234.8
Harris, Vickie	85		85	Whitt, Trey	195	87	108
Hathorne, Chad	217.08	76.46	140.62	Winborn, Charles	193	91	102
Hayden, Brittany	128.6		128.6	Woody, Bill	262	135	127
Henry, David	218.8	104.5	114.3	Wu, Xing	325.7	168.84	156.86
Hughes, Krista	59		59	Yancey, Lisa	145	70	75
Jenkins, Mike	165	88	77	Yancey, Ronnie	65		65
Jones, Delpha	127	55	72	Young, Charlene	92		92
Jones, Ira	153	102	51	Zarzaaur, Jason	130.42	50.19	80.23
Joyce, Lynn	168.5	72	96.5	Zehnder, Justin	328.5	149	179.5

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

2011 Birmingham Track Club GRAND PRIX

HOW IT WORKS:

- You must be a BTC member in good standing on race day.
- Overall winners are given 5 points, and then put into their age group.
- The five year age groups consist of 0-4 through 100-104.
- You must finish the race.
- Awards go to the top 3 Males and Females in each age group and presented at the Annual Meeting and Party.
- Tie breakers are determined by the number of 1st place finishes.

POINT ALLOCATION:

- Top 10% in each age group get 20, Next 10% get 15, Next 10% get 10, The rest get 5

Example 1: If an age group has 10 or fewer, the 1st gets 20, 2nd gets 15, 3rd gets 10 and the rest 5.

Example 2: If an age group has 11-20 then 1st and 2nd get 20, 3rd and 4th get 15, and 5th and 6th get 10 and the rest 5.

- Half-points will be awarded for non-BTC races, i.e., 10 for top 10%, 7 for next 10%, 5 for next 10%, and 3 for remaining participants.
- Volunteers at BTC races and selected events will receive 40 points.
- It will be the participant's responsibility to report his/her involvement from the previous month to the BTC in the first 10 days of the new calendar month; e.g., report activity for February by March 10th.

THE SCHEDULE:

February 12 – KBR 5k

February 13 – Mercedes Marathon (double points)

February 13 – Mercedes Half Marathon

February 26 – Adam's Heart Runs**

March 5 – Knights of Columbus Run**

March 12 – Perseverance Run**

March 19 – Oak Mountain 50k (triple points)

March 26 – Rumpshaker 5k

April 9 – High Country 5k**

April 16 – Ellis Porch Statue to Statue (double points)**

May 14 – Zoo Run 5k**

May 21 – Run for Wishes 5k**

May 28 – Vision Run your Butt Off 5k**

June – BTC Classic Track Meet**

June 18 – Fulondale Stampede 5k

July 4 – Peavine Falls Run**

August – Twilight Five Run

September – Fat Danny's Trial by Trail**

October – Hueytown 5k/10k**

October – Maple Leaf Run

November – Vulcan Run**

November – JCC Montclair Run

** denotes BTC event

NOTE: Schedule will be subject to change without notice.

Age Group	KBR 5k	Mercedes Marathon	Mercedes Half	Adam's Heart	KOC 5K	Perseverance Run	Oak Mtn. 50K	Rumpshaker 5k	High Country 5k	Statue to Statue	Zoo Run 5k	Run for Wishes 5k	Vision Run 5k	Peavine Falls Run	Twilight Five Run	Fat Danny's	Hueytown 10k	Hueytown 5k	Maple Leaf Run	JCC Montclair Run	Total
Female 11 - 15																					
Female 16 - 20																					
Female 21 - 24																					
Female 25 - 29																					
Female 30 - 34																					
Female 35 - 39																					
Female 40 - 44																					
Female 45 - 49																					
Female 50 - 54																					
Female 55 - 59																					
Female 60 - 64																					
Female 65 - 69																					
Female 70 - 74																					
Female 75 - 79																					
Female 80 - 84																					
Female 85 - 89																					
Female 90 - 94																					
Female 95 - 99																					
Male 0 - 4																					
Male 5 - 9																					
Male 10 - 14																					
Male 15 - 19																					
Male 20 - 24																					
Male 25 - 29																					
Male 30 - 34																					
Male 35 - 39																					
Male 40 - 44																					
Male 45 - 49																					
Male 50 - 54																					
Male 55 - 59																					
Male 60 - 64																					
Male 65 - 69																					
Male 70 - 74																					
Male 75 - 79																					
Male 80 - 84																					
Male 85 - 89																					
Male 90 - 94																					
Male 95 - 99																					
Volunteer																					
David Joyner																					

The View from the BACK OF THE PACK

– By Michele Parr

Why do you run?

We've all listened to those folks we know who can't understand this thing we do. No doubt you've heard, "I only run when something's chasing me." And then there are those ever so original folks who reply upon hearing that a race is 6 miles or 13 miles or 26 miles long, "I get tired DRIVING that far!" They're every bit as creative as the people who drive by and yell, "Run, Forrest, Run!" They aren't why we run.

I got started (again) at the ripe old age of 47 because I saw what diabetes and high blood pressure were doing to my mother. Seven years later she's been lost to that disease, and I see her more and more when I look in the mirror. But my blood sugar, blood pressure, and cholesterol numbers are all fine, and the number on the scale is holding steady. I started running to avoid traveling down the road she was on, but I've gotten so much more from it than that.

This past year I've been enduring what I've referred to as my own personal \$#! storm. I lost my job late last April, and despite getting my teaching certification reinstated so I could have two possibilities for employment, I haven't had a nibble. In May, a tree fell on the house. In June our diabetic dog needed cataract surgery. Later in the summer I had to have my two remaining wisdom teeth removed. Most recently I backed into another car that was also backing out of a parking place, the first accident of my causing in my entire driving career. It's all been tough.

Through it all, I've kept running and I've kept active with the running community. Running has kept me sane (okay, sane enough), and the running community has given me the opportunity to pitch in and help do things that matter.

Because I'm not working, I got the opportunity to spend several weeks behind the scenes with the folks who make Mercedes weekend happen. Most of us just sign up for the race and then gripe when packet pick-up doesn't suit us perfectly. I'll never gripe again now that I've seen some of what's involved in orchestrating five races for 10,000 runners in one weekend: KBR 5K, Kids Marathon, Marathon, Half Marathon, and Marathon Relay. With two full-time, two part-time, and a smaller number of volunteer staff than you would imagine, Birmingham hosted, per Mayor Bell, the premiere running event in the country.

I spent the better part of three weeks as unskilled manual labor with these folks and had the time of my life. I stapled, stuffed, lifted, and shoved. When it was clear we needed help, I sent

out the appeal to others who might have some weekday time. To a person, they answered and most of them came, for a day or an hour. They worked relentlessly for free and smiled about it. I suspect their joy came from the same place as mine: It was nice to be NEEDED. It was nice to help.

That's one of the worst things that unemployment does to people. It makes us wonder why we're here, what our purpose is, whether we'll ever find work again. Mercedes was huge for me this year, but not because of my performance on the course.

Mercedes let me matter again. That's a pretty good reason to run. •

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 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.





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.Facebook.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

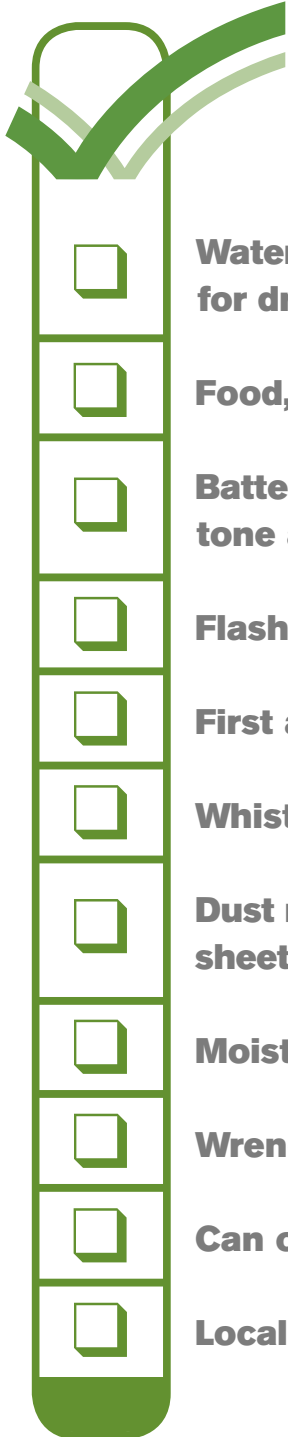
PREPARE. PLAN. STAY INFORMED.

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