

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

www.BirminghamTrackClub.com

www.facebook.com/BirminghamTrackClub

www.myspace.com/BirminghamTrackClub



www.RRCA.org



THE VULCAN RUNNER



VOL. 35

★ MARCH 2011 ★

ISSUE 3

RUNNERS' ETIQUETTE

– By Road Runners Club of America (RRCA)

In the interest of promoting an enjoyable running and racing experience for everyone, the Road Runners Club of America encourages good runners' etiquette. Whether running in a group or running alone, always follow the RRCA Safety Guidelines.

Whatever the pace, wherever the race, manners matter.

RULES OF THE ROAD AND TRAILS

- ▶ Run against traffic if running on the road. If running on the sidewalk or multi-use trails, travel on the right and pass on the left.
- ▶ Never run more than two abreast if you are running in a group. Don't be a road or trail hog.
- ▶ Don't run down the middle of the road or trail.
- ▶ If you are running an out-and-back route, don't just make a sudden u-turn at your turn around point. Stop, step to the right to allow oncoming traffic the opportunity to pass. Ensure the road or trail is clear of oncoming traffic (runners, cyclists, in-line skaters, etc.) then make your u-turn. Making a sudden u-turn without looking over your shoulder is a good way to get hit.
- ▶ Alert pedestrians when you are passing them – don't assume they are aware of their surroundings. A simple "on your left" warning will suffice.
- ▶ Be alert on blind curves.
- ▶ Stop at stop signs and ensure oncoming traffic yields to you before proceeding across a road. Don't assume cars will

ETIQUETTE <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

PLEASE SUPPORT BTC SPONSORS



TrakShak.com



Bobs-Bikes.com



IntuitiveTouchBodywork.com



BirminghamMenus.com/Cosmos



Ideas. Products. Solutions.

EbscoCreativeConcepts.com



NarrowGateSolutions.com



RedMountainLaw.com

2011 Officers



President

Brad Clay
bradclay@aol.com
(205) 249-5795



Vice President

Jason Murray
Jasonm01@gmail.com



Secretary

Mitzi Duer-Savelis
jmduer@gmail.com



Treasurer

Randy Lyle
randy.lyle.cpa@gmail.com



Past President

Tim O'Brien
timoalabama@aol.com

BTC Committees

Historian	Arthur Black	historian@birminghamtrackclub.com	
Marathon Coach	Al DiMicco	262coach@birminghamtrackclub.com	(205) 822-0499
Masters Events	Frank Newland	mastersevent1@birminghamtrackclub.com	(205) 271-7553
Medical	Jack Hasson		(205) 870-1864
Media Relations	Tim O'Brien	presidentbtc@gmail.com	(205) 612-8780
Membership	Judy Loo	btcmembership@gmail.com	(205) 612-4335
Merchandise	Chris Brown	chrisb0608@hotmail.com	
Mini Track Meets	Brent Cotton	cotton9394@bellsouth.net	(205) 447-9223
New Runner's Society	Danny Haralson	newrunners@birminghamtrackclub.com	(205) 380-1779
Parliamentarian	Jason Murray	jasonm01@gmail.com	(205) 567-9090
Club Photographer	Duvernne Duffee	photos@birminghamtrackclub.com	
Road Race Chair	Rick Melanson	rrc@birminghamtrackclub.com	(205) 835-0030
Social Chair	Micki Haralson	mickiharalson@gmail.com	(205) 972-1258
Vulcan Run Director	Danny Haralson	danny@rununiversity.com	(205) 380-1779
Japan Exchange Committee	Johnaca Kelley	btcpres09@gmail.com	(205) 540-1372
'The Vulcan Runner' Editor	Mark Baggett	btcpresident07@gmail.com	(205) 422-7055
Webmaster	Chuck Self	support@narrowgatesolutions.com	

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>

ETTIQUETE <continued from Page 1>

stop if you are entering a cross walk.

- ▶ Respect private property along your route. Don't relieve yourself in the neighbor's bushes.
- ▶ Don't litter. If you can't find a trash can, carry your trash home.

GENERAL RULES FOR RUNNING IN AN EVENT

- ▶ FOLLOW THE RULES OF THE RACE OUTLINED ON THE RACE ENTRY FORM! All runners have a collective responsibility to keep the event safe. Races generally discourage running with dogs, headphones, cell phones, and jogging strollers.
- ▶ Pre-register even if same day registration is offered. This will help ease the registration process for everyone involved.
- ▶ Arrive early for the event, especially if you are picking up your number on race day. Check your registration information carefully, especially if you are racing for an award or prize money.
- ▶ Use the facilities before the race start to lessen the need once on course, and help keep the facilities clean for person in line after you.
- ▶ Pin your race number on the front of your shirt/shorts. This is where it is most visible for photographers and race officials.
- ▶ Line up according to how fast you plan to run or walk the event. Slower runners and walkers should move to the back of the race pack. Just because you arrived early does not mean you should be at the front of the starting line.
- ▶ Pay attention to the pre-race instructions. This is NOT the time to be blaring your favorite song on your personal music device (which should be locked in your car or at home).

RACE ETIQUETTE ON COURSE

- ▶ If you drop something as the race starts, don't stop and pick it up! Wait until almost everyone has crossed the starting line; then retrieve it.
- ▶ Don't drop clothing on the course after you warm-up. If you must shed layers of clothing, tie them around your waist or place them on the side of the road where no one will trip over them. If you drop it, don't expect to get it back.
- ▶ Run or walk no more than two abreast.
- ▶ Do not block runners coming up behind you by swerving needlessly back and forth across the course.
- ▶ If you are walking in a group, stay to the back of the pack and follow the two abreast rule.
- ▶ Bodily functions are a fact of life during a race. If you need to spit,

ETTIQUETE <continued on Page 4>

CARPORT CROSSFIT

**1820 1st Ave South
Irondale, AL 35210
205-527-3133**

*The fitter you are,
the faster you run!*

**Set New PR's with the
Benefits of Crossfit:**

**Increased Cardio Function
Decreased Body Fat
Increased Muscle Mass
Increased Strength
Increased Power
Increased Speed**

**NEW INDOOR
LOCATION**

**UNLIMITED
Group Training
ONLY \$100/month!**

Call for details.



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



**Find the BTC on
Facebook**

Facebook.com/BirminghamTrackClub



March BTC President's Message

— Brad Clay

Why I Love the BTC

I was married and divorced twice before I turned 30. (If you want the juicy details, you must invest a few miles with me on the road.) Somewhere in the middle of this, shall we say valley, in my life's pilgrimage, I found running, or perhaps running found me. I have never read George Sheehan, the poetical, running philosopher, but I think I would devour his work as I found myself in a torrid affair with the activity during and after the valley. While my lovely wife says cheekily it's because I have a lot of demons to run from, I can think of two important reasons why running infected me.

I think we go through moments in life when we realize we're not in control. Surely even the most independent, self-made entrepreneur has experienced the sensation. Running has a way of bringing a sense of control back into one's life. One can see the miles pile up, the times start to drop, the once immovable barriers fall. When one starts keeping a journal, doing research to make some impressive purchases on gear, guarding her running time as if it's holy, hearing accusations of obsession, considers only momentarily if they are true, then one recognizes s/he has found a passion worth jealously guarding as his own. Sometimes it's healthy to exercise control when the rest of experience may not offer the opportunity.

Secondly, although erroneously not considered a team sport, running often brings

instant community. It's easy to commiserate with others going through the same trials and triumphs. Running in Birmingham can be full of surprises; in one week, one can find himself running beside (for a few strides) guys who have competed in Olympic trials, folks who are doing world-renowned research at UAB, and fascinating others whose path s/he may have never crossed. One finds herself saying to friends and family, "My running buddy said the funniest thing..." When help is needed, one can go to Johnny Montgomery, Micki and Danny, others who have run enough miles to circumnavigate the globe, some who are sickly fast, some who know the science and physiology behind every running urban legend, and some who can be as tactical as a mad military genius. In the course of a few minutes, one can be in awe of the local semi-pros and then find himself being the encourager to those just starting the process. One sometimes acquires a running nickname or finds herself part of a group with a witty name.

Running has enlarged our family, carried us across literal oceans, and given us friends who will hopefully be there a lifetime.

Some will say, "Fine, but I don't need the BTC for any of that." True enough, but it seems to me an argument of denial like those who refuse to join a club because "I don't buy my friends," or those who sit in a pew (or theater stadium seating) year after year but never join a church. If not for yourself then, it may

be useful to point out that the BTC needs to exist so others can find the same joy we have in the activity.

Of course, running is simply running. It cannot and could not redeem me from the sins of my past (and present and future) or turn me into a new creation, but it has provided a skeleton, an outlet which sometimes provides an anchor around which occasionally to structure life's dance.

It's the start of 5K season here in Birmingham; almost every weekend, one can find a race, many of them BTC-affiliated. Keep an eye on your inbox, check the schedule here in the Vulcan Runner or on the website. If you need more miles or don't want to race, figure out a way to incorporate the race into your weekend run and come enjoy the camaraderie.

Hopefully, by the time you read this, the website will have been updated; we hope it will serve as a great communication tool for the club. As another source of info, you may have noticed the club has over 1,000 followers on Facebook.

Finally, hopefully the club electronic survey will be up when you see this issue. Please take the time to complete it; it will also include ways you can volunteer for the club by areas in which you have an interest.

Wish you all the best for the start of Spring! •

bradclay@aol.com

ETIQUETTE <continued from Page 3>

blow your nose or throw-up, move to the side of the road and do it there. If nature calls, check for a port-a-potty, an open business, a kind neighbor along the course, or as a last resort, a discreet clump of bushes before relieving yourself.

► Move to the side if someone behind you says "excuse me" or "on your right/left". The person behind you is giving you a heads up before passing. It's proper race etiquette to let that person pass you without blocking their effort.

► If someone in front of you is wearing headphones, and they are blocking, gently touch their elbow or shoulder as you pass to alert them to your presence.

► If you need to tie your shoe or stop for any reason (phone call, nose blow, etc.) move to the side of the road and step off the course.

► Pay attention to your surroundings. The course may or may not be closed to traffic. It is your responsibility to watch for oncoming traffic!

► Yield the right of way to all police and emer-

gency vehicles. Yield the course to wheel chair athletes. You can change direction or stop more quickly than they can, especially on a downhill.

► Don't cheat! Don't cut the course or run with someone else's number.

► Enjoy your race!

AID STATION ETIQUETTE

► When approaching an aid station to hydrate or re-fuel, move to the right and grab your fluid/nutritional needs from the volunteers or the aid tables then continue forward away from the volunteers or aid table.

► If you need to stop at an aid station step to the right side of the road and proceed to the aid station, but do not block others from accessing the aid tables or volunteers handing out fluids.

► Throw your used cup to the right side away from the course as close to an aid station as possible. Drop your cup down by your waist as opposed to tossing it over your shoulder. The person behind you may not appreciate the shower if the cup is not empty.

► Say thank you to the volunteers manning the aid station.

► If you see someone in distress on the course, report their number to the aid station and try to recall the approximate mile marker where you saw them.

FINISH LINE ETIQUETTE

► If you neglected to leave your personal music device at home, now would be the most important time to remove your headphones.

► Follow the instructions of the race officials at the finish.

► If a friend or family member is running the last stretch with you and isn't in the race, he/she should move off the course before the finish chute starts.

► Once you have crossed the finish line, keep moving forward until the end of the finish chute. Stay in finishing order if the event is not electronically timed so the finish line volunteers can remove the pull tags for scoring.

► If the event is electronically timed, be sure to return the timing tag/chip before leaving the

ETIQUETTE <continued on Page 5>

ETIQUETTE <continued from Page 4>

finishers' chute.

- ▶ Exit the chute and wait for friends or family in a central location.
- ▶ Enjoy the post-race refreshments, but remember it is not an all you can eat buffet for you and your family.
- ▶ Stay around for the awards ceremony to cheer on the overall winners along with the age group winners. Running is one of the few sports

where the participants get to mingle closely with the event winners.

- ▶ Be proud of your accomplishment!

AWARD WINNER ETIQUETTE

- ▶ If you won an award, stay for the award ceremony. It is about you, after all.
- ▶ If you feel you deserved an award but your name was not announced, don't run on stage to debate the award with the announcer. The announcer usually just reads the information given to them by the race officials. Find a race

official and discuss the discrepancy with them.

- ▶ Remember no event is perfect and people work hard to make them safe and enjoyable. Most events are staffed primarily by volunteers, but there is always a race director or race committee that is responsible for an event. If you have ideas for improving an event or concerns you would like to address, share them with the race director or race committee in a positive and productive manner. •

Visit <http://www.RRCA.org> for more info.

February BTC Executive Meeting Minutes

– Submitted by Mitzi Duer-Savelis, Secretary

- ▶ Meeting began 5:30 p.m., Feb. 15th, 2011

OFFICER & COMMITTEE REPORTS**▶ SOCIAL - Micki Haralson**

- **Group Runs** – printing notice in newsletter and on the website.
- **American Lung Association** – Wells Fargo Tower 34 flight stair climb Potential conflict with the Zoo Run Potential trial run in April
- **St. Patty's Day BTC Social** on 3/16/11 Either BBQ from All Around Town or Hot Dogs from David Livingston
- **Around Town Social Run** – every quarter in different areas of Birmingham
Potential Locations: Trussville (Trak Shak), Hoover (Veterans Park), Lakeview, Fultondale/Gardendale
- **Future Socials**
Suggestions included: Baron's Game, Karaoke, and Miniature Golf

▶ NEW RUNNERS SOCIETY - Danny Haralson

- **Ruben Studdard Celebration Weekend/ Birmingham Marathon** Tentatively scheduled for the weekend before Thanksgiving 2011 Race Director: tentatively Danny Haralson Course includes Railroad Park BTC will be an active partner Point of Contact: Tom Crichton, Crichton & Partners

▶ VICE PRESIDENT - Jason Murray

- **Online Membership/Race Registration** Researching www.raceit.com. Point of contact: Bryan Jenkins \$2.50 fee/membership. Fee would be passed along to members/registrants
Features and benefits: Each Race Director would have his own site in the program, online records, sortings, track lapsed memberships, run promotions for members, statistical reporting
Next Step: Request a proposal, start using for membership; transition to races later. Send Jason a wish list of custom fields for Membership application

▶ PAST PRESIDENT - Tim O'Brien

- **Runner Safety:** post rules for each district/city on website
- **Wake Up Alabama:** discussed offer from Brooke Smith to help support the BTC and market our events around town.
- **Member Appreciation Picnic:** suggested a picnic after a particular event. Proposed members get in free, and non members pay a small charge. Also suggested using picnic as a membership drive – "Become a member and get in for free"
- **Water Stop Appreciation Gift:** to Jim for volunteering to organize the Mercedes Water stop for the last 4 years. \$100 GC from AMEX. PASSED.

▶ TREASURER - Randy Lyle

- **BTC Bank Account** – Through the Wells Fargo conversion we now have options for Online Banking, direct deposit, business debit card and credit card processing for merchandizing.

▶ PRESIDENT - Brad Clay

- **BTC Website** – Will be available to view next week.
- **Parliamentarian** – Tim Roberts will serve as new Parliamentarian
- **Upcoming BTC Races**
Adam's Heart Run: Director Frank Newland. Requesting 6 more volunteers from the BTC.
Knights of Columbus: Director Mike Renda. Requesting promotion from the BTC. Last year had 132 finishers, down due to a conflicting race on the calendar.
Perseverance Run: Dawson Memorial
- **Survey:** proposed to use Constant Contact which charges \$15/mo for service.
- **Open Positions:**
Marketing/Media Relations
New Member Mentoring Program: one male and one female
Local Webmaster: email blast to be sent this week asking for a volunteer.

▶ MERCHANDISE - Tom Scales

- **Mercedes Post-Mortem: Expo Booth** Next year would like to have merchandise ordered in time for Vulcan so we will have all winter to sell items. Same applies to spring. Would also like to create an online catalog for the website.



2011 MERCEDES MARATHON POSTERS FOR SALE

CONTACT BERNE IRWIN: youvebeenpinked@charter.net
SALES PROCEEDS BENEFIT THE BELL CENTER

Birmingham Concierge Services

Get on with your life

*We take tedious tasks
off your hands and give you
freedom to pursue the rest of your life!*

Grocery & Gift Shopping • Returns/Exchanges • Event Preparation • Dinner Reservations
Vehicle Maintenance Servicing/Detailing • Waiting on Cable Guy...**MORE SERVICES AVAILABLE!**

www.BirminghamConcierge.com • (205) 677-8525

FOLLOW US ON  **<http://twitter.com/BhamConcierge>**

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

**23rd Annual
KNIGHTS OF COLUMBUS RUN
March 5, 2011**



**THE TWENTY-THIRD ANNUAL
KNIGHTS OF COLUMBUS RUN**
SPONSORED BY COUNCIL #5164
TO BENEFIT CHILDREN AND ADULTS WITH INTELLECTUAL DISABILITIES
"ONE NATION UNDER GOD"



FRIEDRICH FARMS
6820 Sunset Drive
Gardendale, AL 35071



Mike Renda Agency

5-K RUN AND ONE MILE "FUN RUN/WALK"

"NEW USATF CERTIFIED COURSE (AL00020JD)"

DATE AND TIME: Saturday, March 5, 2011 8:30 A.M. (NOTE TIME CHANGE!)

LOCATION: CRESTLINE ELEMENTARY SCHOOL
3785 JACKSON BLVD., CRESTLINE, AL 35213
DISTANCE AND COURSE: 5 K and 1 mile

ENTRY FEE: \$15.00 – PRE-REGISTRATION
POSTMARKED BY FEBRUARY 28, 2011
REGISTRATION ON LINE @ Active.Com
RACE DAY: \$20.00 – Late Registration for Individual
Participants on Race Day – 7:00 A.M. – 8:15 A.M.

INDIVIDUAL AGE GROUP CATEGORIES: MEN and WOMEN
0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-over

START TIMES: 5 K – 8:30 A.M. 1 MILE – FUN RUN WALK 9:15 A.M.

AWARDS: T-Shirts to the first 300 registrants: Overall, Masters, and Grandmasters winners trophies to 1st Place Only, men and women. Trophies to 1st, 2nd, and 3rd places in each division of 5 K race. Overall, Masters, and Grandmasters NOT eligible for trophies in each age group. Top 10 children (0-9) 5 K, male and female, will receive medals. ALL participants will receive memento cup of event. All those who register qualify for drawing of special door prizes. YOU MUST BE PRESENT TO WIN.

DOOR PRIZES: LOTS OF MAJOR PRIZES!

INFORMATION: RACE DIRECTOR MIKE RENDA 836-3398 Cell 616-7548
CO-DIRECTOR JERRY ROMANO 856-0499
CHAIRMAN DAVID RENDA 467-6879 Cell 585-2940

ENTRY FORM (PLEASE PRINT)

LAST NAME _____ **FIRST NAME** _____

ADDRESS _____

ZIP _____ **CITY** _____ **STATE** _____ **SEX** _____

Date of Birth _____ **Age (as of March 5, 2011)** _____ **Phone** _____

T-SHIRT SIZE – (PLEASE CIRCLE ONE) SMALL MEDIUM LARGE X-LARGE

Race Participation: 5K { } One Mile Fun Run/Walk { }

E-Mail address: _____

Make Check Payable to: Knights of Columbus Run

Mail application to: Knights of Columbus Run
c/o David Renda
26 Shadywood Lane
Springville, Alabama 35146

WAIVER AND RELEASE: PLEASE READ AND SIGN: I certify that I have decided to participate in the Knights of Columbus Run with full knowledge that being physically fit and sufficiently trained is necessary to prevent any injury to myself. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all claims against the Knights of Columbus Council #5164, the City of Mountain Brook, the BTC, and all race sponsors and workers.

APPLICANT SIGNATURE _____

SIGNATURE OF PARENT/GUARDIAN _____

(IF UNDER 18)

DATE: _____

**Watkins Auto
Body, Inc.**



Mark E. Smith
205.661.1150



**Townes, Woods,
& Roberts P. C.**



HIGH COUNTRY

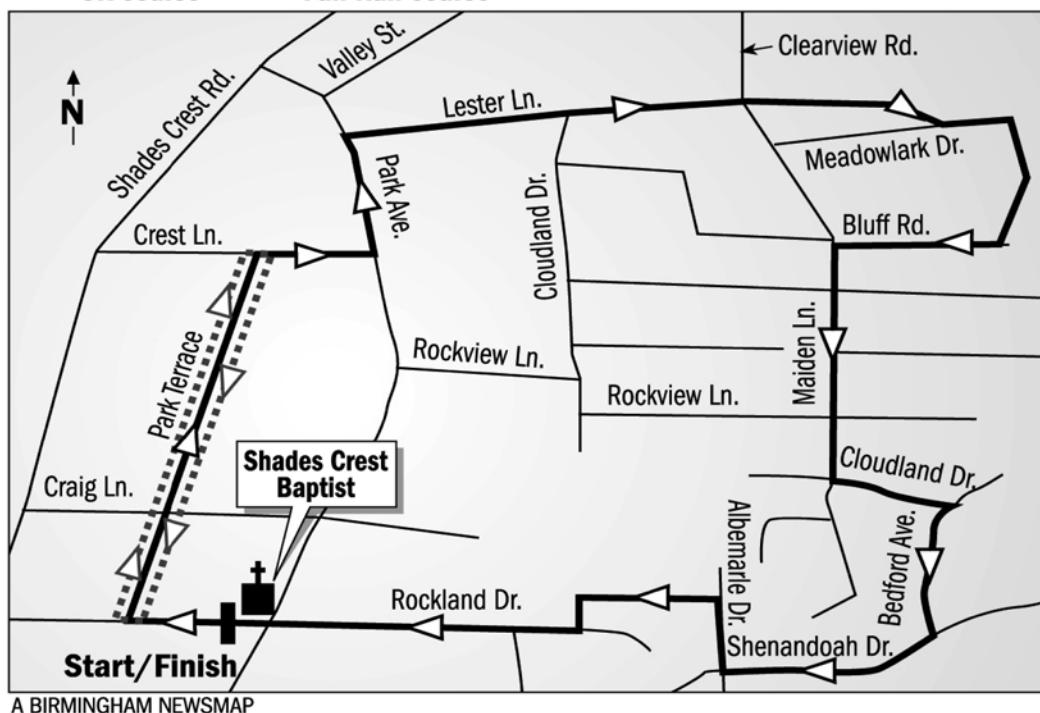
5K Run/Walk

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

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: _____

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 here for duration of **Fall/Winter**.

TUESDAY MORNINGS: 5:30 A.M.

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

QUESTIONS: newrunners@birminghamtrackclub.com

Race/Event Calendar (March thru April '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)

MARCH 5

Knights of Columbus 5K & 1 Mile Fun Run **BTC GRAND PRIX EVENT**

– Birmingham, AL, 8:30 a.m.
Crestline Elementary School. USATF CERTIFIED COURSE. Register on active.com.

Info: Mike Renda (616-7548)

Email: knightsofcolumbusrun@weebly.com

Power Run 5K/10K

– Trussville, AL, 8:30 a.m.
Trussville Mall Park with chip timing.

Email: NHedrick@southernco.com

Info: 205-226-1245

MARCH 12

Perseverance Run 5K & 1 Mile Fun Run **BTC GRAND PRIX EVENT**

– Birmingham, AL, 8:00 a.m.
Dawson Memorial Church on Oxmoor Rd. USATF CERTIFIED COURSE. Register on active.com.

Info: Chris Hunsburger (879-1758)

MARCH 13

BTC Mini Track Meet

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

Info: (205) 447-9223

MARCH 19

Clayhouse House 5K & 1 Mile Fun Run

– Birmingham, AL, 8:30 a.m.
Crestline Elementary School. USATF CERTIFIED COURSE.

Info: Heather Locklar (931-215-1618)

Oak Mountain 50K Trail Run

BTC GRAND PRIX EVENT

– Pelham, AL 7:30 a.m.

Upper picnic area.

Web: <http://webpages.charter.net/jnparker/om50.html>

MARCH 26

Rumpshaker 5K & 1 Mile Fun Run

BTC GRAND PRIX EVENT

– Birmingham, AL, 8:00 a.m.
Sloss Furnace with Individual & Team Competition. Register online www.imathlete.com
– USATF CERTIFIED COURSE.

Info: Trish Portuese (205-933-8911)

EAB's 2nd Run for the Health of it 5K & 1 Mile Fun Run

– Birmingham, AL 8:30 a.m.
Crestline Elementary School on Church. USATF CERTIFIED COURSE.

Info: Natalie Roebuck (281-743-1963)

Race Without Limits 8K Race and 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
Railroad Park in downtown Birmingham.

Info: Emily Vernon (205-281-8024)

APRIL 2

Big Springs 5K & 1 Mile Fun Run

– Springville, AL, 8:00 a.m.
Downtown Springville. USATF CERTIFIED COURSE. Register on active.com.

Email: bigsprings5k@gmail.com

APRIL 3

Make-A-Wish Foundation 5K

– Birmingham, AL, 2:00 p.m.
THE EXCEPTIONAL FOUNDATION in Homewood Park.

Info: Alexander (739-1720)

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.

Info: Jack Karn (205-870-5644)

Web: www.shadescrest.org

Email: jkarn4504@charter.net

APRIL 10

BTC Mini Track Meet

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

Info: (205) 447-9223

APRIL 16

Ellis Porch 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 6:30AM (last bus leaves at 7:30AM) No transportation provided back to start. USATF CERTIFIED COURSE.

Info: Judy Loo (612-4335)

APRIL 23

Run to The Cross 5K & 1 Mile Fun Run

– Gardendale, AL, 8:00 a.m.
Gardendale First Baptist Church North Campus (can use only google to map it)
316 Mountain Crest Pwy
Gardendale, AL 35071

Info: Rob Elliott (205-488-8670)

Ruffner Running Festival

– Ruffner Mt. Birmingham, AL, 8 a.m. - 4 p.m.
Run 3.7, 7.5, 14.9, 26.1, or 8 hours. You choose the distance. Starting at the Nature Center whenever you arrive and check in.

Email: runstroud@gmail.com

APRIL 30

Women's Health 5K

– Birmingham, AL *Info to follow.*

FUTURE (local only)

05-07 – **Casey's Cause Run 5K**
05-14 – **ZOO Run 5K**
05-21 – **Run For Wishes 5K**
05-28 – **Big Butt Run**
06-04 – **Fireman's 5K for MDA**
06-18 – **Stampede 5K Run**
06-25 – **The Good Race 5K**
07-04 – **Peavine Falls Run**
07-09 – **Family Connection 5K**
08-20 – **Are U Able 5K**



Rocket City Marathon **SNAPSHOTS**

– Photos submitted by Phil Min



\$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 February 15th, 2011**1,200 Mile Club**

BTC MEMBER NAME	TOTAL	JAN '11	BTC MEMBER NAME	TOTAL	JAN '11
Andress, Jennifer	123	123	Lyle, Randy	183.3	183.3
Atkins, Brian	101	101	Martin, Cary	45.4	45.4
Ballard, Bill	56.5	56.5	McCalley, Charles	164.3	164.3
Barry, David	128.85	128.85	Meadows, Bryan	85	85
Baskerville, Jennifer	78.2	78.2	Milam, Heather	184.2	184.2
Benson, Wayne	113	113	Morgan, Cary	223	223
Bonatz, Ekkehard	208	208	Morgan, Danielle	30.2	30.2
Bowman, Bill	81	81	Morgan, Phil	75	75
Bradshaw-Whittemore, Al	11.8	11.8	Morrow, Alex	122.78	122.78
Brown, Sean	81	81	Much, Randall	34	34
Bullock, Sharon	117.1	117.1	Murray, Jason	99	99
Burnette, Jack	140	140	Nealon, Tonya	75.24	75.24
Chandler, Teresa	140	140	Neaves, David	160.6	160.6
Chapman, Chris	122	122	Northern, Kristie	153	153
Clay, Brad	277	277	Northern, Will	144.25	144.25
Cook, Oscar	112	112	Parr, Michele	97	97
Creed, Brad	105.3	105.3	Pasqualini, Ellie	149	149
Davis, Milton	85.7	85.7	Pasqualini, Greg	101	101
Dunham, Kelly	101	101	Peagler, Zach	108.9	108.9
Dunn, Wade	160.7	160.7	Randall, Lisa	140.06	140.06
Engels, John	108	108	Richey, Jim	99.2	99.2
Estes, Jeff	52	52	Roberts, Tim	158.7	158.7
Evans, Bob	132	132	Rodriguez, Graciela	90	90
Farrell, Meredith	97.75	97.75	Rodriguez, Jose	160.84	160.84
Ford, Joe	151.4	151.4	Rutherford, Keith	124	124
Franklin, Cecile	184	184	Sample, Holly	175	175
Frederick, Winston	103	103	Shinn, Ron	125.14	125.14
Fuqua, Adria	216	216	Silwal, Suman	170	170
Ganus, Jack	114	114	Skelton, Tim	95	95
Gillis, Sam	120.2	120.2	Skjellum, Jennifer	144	144
Glaub, Chris	148	148	Smith, Jerry	134	134
Goode, Johnny	174	174	Smith, Reid	81	81
Gray, Marisa	101.2	101.2	South, Christopher	94	94
Gray, Todd	42	42	Stearns, David	112	112
Greenwald, Bill	84	84	Stockton, Rick	132.1	132.1
Grossmann, Christopher	104.7	104.7	Thursby, Vann	86.6	86.6
Hallmark, Daryl	108	108	Vaughan, Keith	66.8	66.8
Haralson, Danny	140	140	Weeks, Lance	122.5	122.5
Haralson, Micki	128	128	Whatley, Prince	234.8	234.8
Hargrave, Alan	119	119	Whitt, Trey	108	108
Harris, Kendall	260	260	Winborn, Charles	102	102
Hathorne, Chad	140.62	140.62	Woody, Bill	127	127
Hayden, Brittany	128.6	128.6	Wu, Xing	156.86	156.86
Henry, David	114.3	114.3	Yancey, Lisa	75	75
Hughes, Krista	59	59	Yancey, Ronnie	65	65
Jones, Ira	51	51	Young, Charlene	92	92
Joyce, Lynn	96.5	96.5	Zarzaaur, Jason	80.23	80.23
Kuhn, Jimmy	193	193	Zehnder, Justin	179.5	179.5
Losole, Liz	125.2	125.2			

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

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**

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 – Fultondale 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.

The View from the BACK OF THE PACK

– By Michele Parr

Runners who know me well know I'm all about the hardware. Dangle a shiny medal in front of me and I'll keep running until it's in my grasp.

I signed up for the inaugural Talladega 21000 before I learned there would be no medal. Though I was disappointed, the money was spent, so I ran the race. Of course I had to go back and run it again the second year in order to get, what I constantly referred to as "my damn medal." For me that race wasn't complete until I had the metallic evidence in hand.

When I finished the Rocket City Marathon, I got lots of personal attention. With no other runner in sight, the finish line volunteer took extra care in wrapping me in a mylar blanket. As she handed me my finisher's cap, she made eye contact and asked if I was okay. I guess folks who take nearly six hours to finish a marathon in December often aren't. I assured her I was fine and asked for my medal.

If there were no medals for halves and fulls, I don't know that I'd keep running them. Maybe I would stick with shorter distances, limp less, and have more free time on Saturdays. What I do know is that for the last five years I've been chasing the same piece of hardware.

At my first ever BTC Annual Party, I was stunned to find myself nominated for the Arthur Black/Rick Melanson Award. I'd been in the club less than a year, and though I was on the slate as the next treasurer, I knew I wasn't yet ready to hold that trophy. A new runner whom I'd encouraged as she made her way from couch to 5K had nominated me because I'd had an impact on her life. Susan McCullum won the award that year. She and David Posey were both far more deserving candidates than I.

The following year I found myself nominated again, and this time as a member of the Executive Committee, I had a vote. My vote, along with the majority, went to Jeanne Welsh, who continues to serve the club devotedly behind the scenes.

By then I was hooked. Just like those medals, here was an award that could be won by doing things I love. Three years went by without another nomination, but I was happy to vote for Maria Cecil for her work as our treasurer and tax preparer and for Mark Baggett for his amazing accomplishments with the newsletter and pleased about last year's choice of co-recipients Meredith Farrell for her persistence with the Saturday long run group and Jerry Smith for his on-going work with new runners. We've had some amazing people work for the good of our club, all the way back to Dr. Arthur Black.

I could lie and tell you I didn't want to win when I was nominated this year, but you wouldn't believe me. Unlike with that first nomination, I now have a body of work for the club, but so does Johnna Kelley, the other nominee, who served two years as Vice-President, two years as President and revolutionized BTC merchandise at the same time. She told me after I received the award that she'd voted for me. That's funny. If I'd still been on the board, I would have voted for her and not felt slighted had she won. As they say every year when the nominations are read, it's an honor just to be nominated. But it's pretty great to win. •

micheleparr@mindspring.com



Past-president Tim O'Brien presenting Michele Parr with the Dr. Arthur Black/Rick Melanson award.

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 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



		MONTH	
		GOAL	TOTAL
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			
	GOAL		
	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

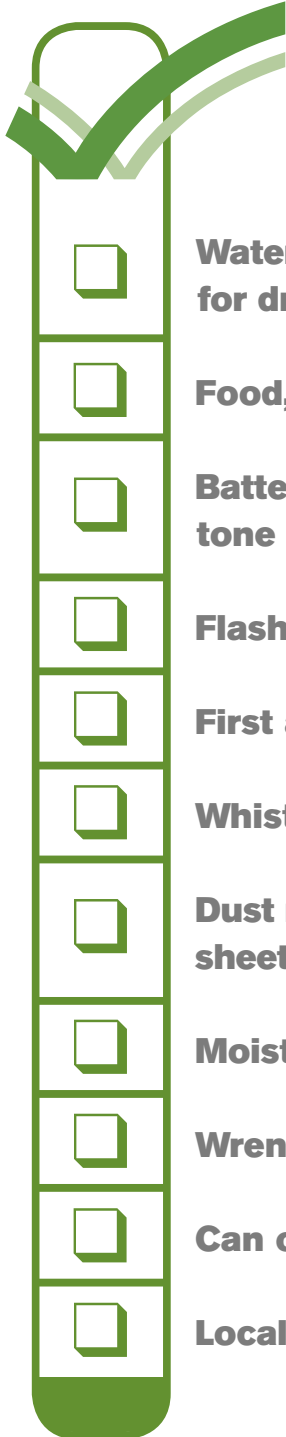
PREPARE. PLAN. STAY INFORMED.

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