

Birmingham's Area Running Club

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BTC



THE VULCAN RUNNER

VOL. 35

★ MAY/JUNE 2011 ★

ISSUE 5

While running Antarctica, Tim Blair passed thru the Russian Outpost near Mile25.



GLOBE RUNNING

— Johnaca Kelley

Tim Blair is an active marathoner that has travelled the globe to run races. But, he claims, "I'm not one of these Marathon Maniacs, whose body defies the physics of gravity and compression." Even though his marathons have been one per trip, he has racked up quite the list since starting his long distance running at age 38. Tim was a regular 2-miler and one day he pushed through 5, which made him think he could push for a half-marathon. Tim recounts, "I'd just taken my first step on a very slippery slop." Along with half-marathons in Birmingham, Nashville, Louisville, Talladega and Huntsville, Tim has run full-marathons in Chicago, New York, Huntsville and Birmingham. But the full-marathons in Kenya, Antarctica, Australia, Dubai, Paris and Buenos Aires are races that many marathoners can only dream of running.

Tim's favorite international race was in the Lewa Game Preserve in Kenya. He was able to bring his family, including his 12 and 13 year old children. They spent 7 days on safari. Tim remembers, "I was really scared before we left that I'd made a mistake bringing family to Africa – Africa!! But, once we got comfortable and the curtain was pulled back, it turned into the vacation of a lifetime."

The Safaricon Marathon in Kenya is billed as one of the 10 hardest in the world. Tim blew that off in his mind, thinking all marathons are hard. But, he soon learned that some marathons are harder than others. Altitude and rough terrain certainly made the pounding Tim's feet and chest took even more impacting than usual. "A helicopter kept me close company for a while, late in the race. And at the next water stop a lady asked me if I'd seen the Rhino." Tim did notice surprisingly large animal droppings on the course that he swears were not there on the first two laps. He did beat 3 native Kenyans, but we will not ask their age, gender or ambulatory status.



Tim at the Austarlian Gold Coast Finish.

GLOBE RUNNING <continued on Page 2>

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A penguin crossed Tim's path at Mile 18 while running Antarctica.

GLOBE RUNNING <continued from Page 1>

Antarctica was not without surprises either. At mile 18 Tim crossed paths with a penguin. At mile 24 there was an Outpost, serving as a drink station. There Tim was able to stop in for a beer. Naturally beer at aid stations in the U.S. is not uncommon, if there are Hashers volunteering. And the French certainly have wine stations for the Paris Marathon. At least those are identifiable drinks instead of the strange "energy drink" concoctions that some races offer. And perhaps sugar cubes are easier to identify than Gu, if the drinks are already strange. But the hardest part to race cuisine for these international trips is eating local food on the days leading up to the race and the impending stomach issues. Couple that with changes to your sleep cycle and the international race grows harder and stranger exponentially.

Tim's fastest marathon was 3:58 in Huntsville. That compares to 4:09 in Australia at Gold Coast Marathon. Tim remembers, "I was so happy to be on pavement and in temperate climate (i.e. not Kenya - 5:45, or Dubai - 4:50) that I wanted to make it a good race. It's different because we Americans think of running in minutes per mile and not Kilometers. I've run 6 now based on 42k and I'm still not sure what my minutes per kilometer pace is (6 minute kilometers?). If I were smart, I'd have run the conversion and known that if I did 'x' per kilometer then that's the

GLOBE RUNNING <continued on Page 4>

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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
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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>



Tim in front of the Start in Kenya.



Tim in Paris showing off his Finisher's Medal.



Tim at the Marine Corp Marathon Finish in 2004.

GLOBE RUNNING <continued from Page 2>

same as 'y' per mile. I just never did. The positive is that I actually preferred 42k from a mental accomplishment standpoint - very orderly... 10k = 25%, 20k = 50%, etc. I liked it. And once I made it to 40k - I could just push for the last 2k."

Tim typically enjoys group runs with the "Armadillos" and also some of the "Clock Tower Group" from the Crestline Community. Tim also tries to make friends at races so that he has company late in the race, when things get tough. It is no wonder that his favorite U.S. race was in Chicago. He enjoyed a huge sense of accomplishment since it was his first marathon and he ran it with his original running buddies. Tim also noted his favorite, local BTC race is Vulcan Run, because it is "just a great race."

Recently Tim was preparing to go to Maebashi, Japan, for

the Maebashi City Marathon as Team Leader for the BTC Team. Unfortunately the race was cancelled due to the current crisis in Japan. He hopes to represent the BTC next year and perhaps he can help with hosting runners from Maebashi at Vulcan Run again this year, if recovery is quick in Japan. Tim was a tremendous volunteer in 2010, with the hosting of exchange runners for Vulcan Run. And who knows which part of the globe Tim may travel for his next marathon in the meanwhile. •

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If you have a great running story and would like to be interviewed for a newsletter article, please contact Johnaca at btcpres09@gmail.com

Julia Martin runs in Africa

– Julia Martin

I started running 8 years ago. At first I could barely run 1 mile. A few months later I signed up for a 5K. After a few 5Ks later I started dreaming about the day I would attempt my first half marathon. After my 5th half marathon I met a girl who did the unthinkable – she ran ultra-marathons. I had read about those kinds of people but I never thought it was possible for me to do something so ridiculous. Six months later I finished my first 50K.

In February I packed up everything I owned so I could move to Tanzania, Africa for a year to do volunteer work at a children's village. As I was packing my spare bedroom I found a box full of race mementos.

As you can imagine I was an emotional wreck at that point – still in disbelief that I was really quitting my job and leaving my home, my friends and my family so I could move half way around the world. I took a break from packing and sat on the floor surrounded by race bibs, trophies and medals and I thought about how running changed my life. Not only did I lose 70 pounds but I found a strength and determination I never knew I had. As I sat there I wondered if I would be able to run in Tanzania – would I be safe, would it be too hot, what kind of animals would be lurking in the brush?

I have been here almost a month now and I am finally settling into a

AFRICA <continued on Page 5>



Julia Martin out for a run in Africa.



May/June BTC President's Message

– Brad Clay

I had the “pleasure” of running the Boston marathon a couple of weeks ago (after trying to register about 20 times at the opening, I tried again every 30 minutes and fortunately got into the race around 10:30am). It was my first Boston in 5 years, several friends from Birmingham were there, and as you have probably heard the weather was near perfect. While I had not run as many total miles in this training cycle, I had hit my goals in my difficult work-outs and had PR'd in the Mercedes half-marathon. With all the excitement of the big day, the huge memories and wonder of the last 5 years, the weather, and the pride that goes before the fall, I went out not madly fast but still somewhere between 5-10 seconds per mile faster than my marathon-pace training runs I had finished. I knew the hills were coming, but I thought running in Birmingham was hill-training enough.

You have surely heard this story before. By mile 15, my hamstrings were quivering, I barely survived the hills losing nearly a full minute on Heartbreak, and I had nothing left for the last 5K.

I believe in the philosophy that a bad day running is better than most good days not running, and there were some good things I took away from this event. This race was only my 2nd marathon in which I didn't stop, I was able to put down more calories than I ever had during one before,

I was only a minute off my PR, and I had a new CR for Boston.

Even so, I was disappointed that I had not hit what is in reality a stretch goal for me and had made mistakes like it was one of my first few marathons instead of my 9th.

The day after I returned home from Boston, I received a call from the director of the team I work on, and he informed me that I was not selected for a promotion for which I had recently applied and interviewed. While there was some relief, I was disappointed as I had taken a risk and put myself out there.

Disappointment. We all know life is full of it. As parents, Bonnie and I are always telling our son, “We don't always get our way,” or “we don't always get what we want,” (and then enduring the fallout). It's easy to say to a 15-month old, sometimes hard to live with firsthand.

And then the storms came. My disappointing week suddenly seemed so petty and small. I was not even in the state when the horrific tornadoes ripped through neighborhoods and turned lives upside down, so while I was worried for my family, I missed the visceral intensity of the evening and the days following.

It's a strange sort of sensation, almost a kind of survivor's guilt, to go about one's normal routine knowing just across town there is incredible devastation. The event

is of such a scale all of us are surely connected with at least one family who is suffering as a result of the storms.

We take a lot of flak in Alabama of being at the bottom of a lot of lists, but it's gratifying to know that Alabama is often at the top with respect to personal giving, and if anything good comes from this experience, it's that people are stepping up to the opportunity to help their neighbors. It has been fascinating to observe how Southern hospitality and the new social media have fused to raise awareness and respond to need more quickly, a phenomenon even national media have noticed.

I am grateful that in most disappointments I have experienced in life, I can usually shake the dust off my boots and get back on the horse, so to speak. Yet another great thing about running is that often a poor performance can be a learning experience, and with a few tweaks in training, perhaps a slight increase in volume or intensity, gains and improvement can be seen relatively easily.

I realize it's glaringly understated to imply that the perspective is not the same for those enduring the events of last week, so let us work to support those hit by this tragedy and do all we can to help them recover.

Easter is a great season for hope. •

bradclay@aol.com

AFRICA <continued from Page 4>

routine. At first I thought it would be easy to start running again once I got over my jetlag but things are so different here – women have to keep their knees covered at all times and sleeveless shirts are unacceptable. That pretty much rules out everything I brought to run in! It also didn't help that I left my favorite running shoes at home! The second week I was here I felt like I was going to lose my mind if I did not run. In fact, I wanted to run so bad I was actually excited as I put on my winter running tights and uncomfortable shoes! I made it about a mile before I thought I was going to die from a heat stroke and my feet were killing me. I felt so discouraged I just wanted to quit – it was like I

was starting all over again. I was so angry and disappointed I wanted to cry. I kept thinking “How can I go a whole year without running? I cannot do this.”

Two days later I felt that urge again... that restless feeling every runner gets when they know they need to run. I thought back on every impossible goal I have had so far with running and I realized this was just one more thing I could do if I put on my “big girl pants” on and set my mind to it. I put on my long pants again and laced up my uncomfortable shoes and that day I didn't stop! As I walked back through the gates I was covered with mud and sweat but I was beaming!

The story doesn't end here; I have a long way to go. I need to run every day so I can mentally prepare for everything I will face in the next year. For me running is not just about exercise, it is about finding the courage and strength to face the impossible. I am here to make a difference – to give everything I have to a group of women and children that deserve the best. While I miss my friends and family I know this is an experience that will be life changing. Once again, I am testing the limits but I am OK because I am a runner and it's what we do. •

**For more information visit
www.JuliaOfAntipode.com**



– By Michele Parr

On a Chamber of Commerce Birmingham spring day after violent storms the day before, over 400 runners hit the road in the shadow of Vulcan to begin the trek to Lady Liberty. Just over 54 minutes later, Owen Bradley crossed the finish line to win the race, the fastest finish since 2007. Libet Anderson, the first woman across the finish, completed the race in 1:04:39.

491 runners registered for the race and 417 finished, the largest number of either during Judy Loo's tenure as race director.

S2S RUNNING <continued on Page 7>



Jim Hill sprints to the finish.



S2S RUNNING

<continued from Page 6>

Sponsors included Thomas Waters of State Farm, Liberty Park Animal Hospital, Crestline Shell, Seattle Drip Coffee, and Trak Shak.

The race could not have succeeded without a strong group of volunteers who did everything from packet pick-up to race day registration to water stops to parking assistance to food service to clean-up to running at the back of the pack to killing the kegs. Race director Judy Loo extends special appreciation to Michele Parr, Debbie Cleghorn, and Frank Newland, who has accepted a new job and is moving to Auburn.

Awards not claimed after the race are available at the Trak Shak in Homewood. •

micheleparr@mindspring.com



Second female Tatum Massey



Race winner Owen Bradley



Second place finisher Jake Kidd



First female Libet Anderson



Runners gather for the post-race party.

PHOTOS BY STEPHEN VINSON

www.mRuns.com

TELLING STORIES – ONE RUNNER AT A TIME

– By Suman Silwal

Till October 2007, I was not even a runner. Fast forward to May 2011, I just completed my 13th marathon. Within these 4+ years, I also completed 3 half marathons, many 5Ks, 10Ks, 8ks, 15ks and a Triathlon. For a late bloomer like me, who started passion of running late in my life, running did not come easy. Sure enough, I have been able to improve my running during these years with 3:30 PR and enjoy while doing it.

In 2009, the mRuns.com was started as class project for the UAB-IEM. Since the beginning, the goals of this website are to promote healthy living through running, to tell stories of runners, and to capture memories of events. Since 2010, the website grew from writing to video blogging.

The mRuns.com has stories of many runners. It also has videos from events like the Mercedes marathon, Chicago marathon, Tokyo marathon, the Pigs marathon and more. Please visit and enjoy the videos from the events and listen to inspirational stories of runners.

Next time, if you see me with my camera at a race or an event, please talk to me or wave at me. If you want to tell me your story, please let me know. I can be reached at ssilwal@hotmail.com. Like I always say: "You never know whose life you are touching with your story."



Screenshot of mRuns.com, a locally-based website dedicated to runner's stories.

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*Advertisers who pay for an entire year in advance will get 12 months for the price of 10 months (ex. a Full page for 12 months would cost \$1,000, instead of \$1,200). **Deadlines are the 1st of each month for the following month.**

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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**.

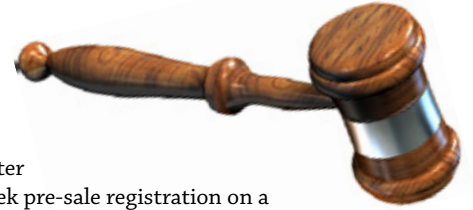
TUESDAY MORNINGS: 5:30 A.M.

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

QUESTIONS: newrunners@birminghamtrackclub.com

April BTC Executive Meeting Minutes

– Submitted by Mitzi Duer-Savelis, Secretary



► Meeting began 5:30 p.m., April 16th, 2011

OFFICER & COMMITTEE REPORTS

► PRESIDENT – Brad Clay

- **BTC Website:** discussed having changes made on a more timely basis.
- **Southern Conference Championship:** at Samford's new track. Has requested BTC to help with hurdles on Friday night and Saturday.
- **BTC Classic:** Frank Newland – race director is moving to Auburn. Will not be able to be race director this year. Discussed having the race this year and who would organize it. BTC would also have a booth and need volunteers.
- **Zoo Run:** May 14th – Rick Melanson requested volunteers

► TREASURER – Randy Lyle

- **Vulcan Run CD:** Best rate currently 1.04% 6mo penalty. Contacting John Murray at 3rd Bank for his rates.

► SECRETARY – Mitzi Duer-Savelis

- **BTC Monthly meeting location:** O'Henry's is implementing a new \$50 usage fee. Discussed new locations for remaining meetings.

► MEMBERSHIP – Judy Loo

- **Statue to Statue:** Record year. 491+ to register, 416 to finish.
- **New Membership Ideas:**
 - A checkbox on race applications asking for more info or to join
 - Groupon & Living Social – for new members
 - Fat Danny's – free to members

- A cookout once a quarter
- Members receive 2 week pre-sale registration on a popular race
- \$1 impromptu races on a Wednesday night using name tags as a bib.
- Credit card acceptance for membership applications
- Big brother/sister program for new runners
- BTC Tent set up on Wednesday nights

► SOCIAL CHAIR – Micki Haralson

- **Run for Wishes:** May 21st. New course this year. Michelle Parr is requesting volunteers for race. M&F winners will get a season pass. Participants & volunteers get into AL Adventure free that day.
- **Fat Dannels:** Discussed having it at the pavilion at Homewood Park either Aug 20th or 27th. Potentially free for members.
- **Qtly running socials:** Lakeview, 280 & Trussville Trak Shaks. Potential dates: June, July, August.

► MINI TRACK MEET – Gene Tomlin

Still needs a home.

► ROAD RACE CHAIR – Rick Melanson

Peavine Falls: discussed doing tech shirts this year; race doctors not showing up to races. Discussed seeking our sports fellows at UAB or EMT's for position.

► MERCHANDISE – Tom Scales & Chris Brown

Get rid of item of the month. Instead, have a box to check on race application where you can pay a couple extra dollars and get an item of choice at the finish line.

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

Back in May 2010, when I originally responded to Johnaca Kelley's appeal for feedback on running at Ruffner Mountain and a possible event there, I had no idea what lay in store for me. Sure, I'd work an aid station...it'll be fun, I thought. Cue the Fairy Godmother harp music...

[illegible]

Over the ensuing months, conference calls and e-mails came and went, and I resisted the title of race director. The name Todd Henderson popped into my mind; race director extraordinaire of Mt. Cheaha 50K and Pinhoti 100, both of which are on my short term bucket list. I don't think I could live up to that expectation. In the middle of this process I acquired a righteous femoral stress fracture and began having serious running withdrawal. I set my mind to the task knowing that planning this event was about all I could do to stay sane while I waited... and waited...and waited to run again. Thus, I proceeded to consult with various race director lists, timelines, do's and don'ts and don't forgets. Registration forms, waivers galore... refusal of medical treatment waivers, waivers for under age participants, waivers for taking on a trail race that exceeded a runner's training, and on and on. Being a type A personality, several lists and spreadsheets were developed. Working with the Executive Board at Ruffner made it easy from the graphics and advertising standpoint as they were in the midst of rebranding the preserve. However, the myriad of other details to actually pull off this event were up to me. How do I tailor an event to show off the beauty of Ruffner with its unique historical mining sites and diversity of ecosystems, all while ensuring that shorter distance runners are not alienated, attract road runners to try the trails, and capture the ultra distance junkie's curiosity? The 8 hour running festival format was born. Start when you want to; run however many miles you can. Fun.

and lap check in procedures, sponsorships, tech shirts, and goodie bags. Goodie bags... they must be good, hence the name 'goodie'. Who can I solicit for coupons, freebies, and etc that runners would find helpful, valuable, and in a word... good?

Scenarios abounded. What are all the mishaps that can happen during a trail run? We must be able to handle whatever comes our way. Temps will reach 86 which means lots of fluid and ice to keep the heat stroke monsters at bay. I knew some of the volunteers, but not all so I can't assume they'll know how to care for and cater to the runners. And, who knows what kind of experience the runners themselves will have. Some may be new to trails, some may not have run in hotter temps, and some not run at all, not to mention hidden medical issues just waiting to surface during the event. And I certainly can't be everywhere at the same time, even being tethered to a cell phone. So, detailed aid station info packets were created to take the guesswork out of snake bites, broken bones, heat stroke, head injuries, calling 911, among other scenarios. Exactly how do we quickly transport an incapacitated runner from the preserve's interior acreage to the closest road for ambulance pick up? I had to have the answers already thought through and documented. And, I will never take race directors for granted again.

What do we need day of for late registration, how is the course really going to be laid out, how will we time runners, how are laps going to be counted, would my leg be healed enough to mark the course and survive the amount time on my feet the event would surely require? The tightness in my chest finally began to ease up when 5 days before the event I finally located irrigation flags to mark the course and an endless supply of coolers. As a matter of fact, the actual routes were not entirely decided upon until 9:00 a.m. on Friday, less than 24 hours before the official start of the event, when Prince Whatley and I met to mark the course. (His ongoing advice during this planning process was invaluable.) I was confident when I laid my head down the evening of Friday, April 22nd that all the bases were covered and there was not a single thing more I could do to make this inaugural event the best it could be. Eight a.m. would tell the tale.

the event, I ran into the Preserve's Executive Director, Robbie Fearn who had this look on his face that elicited a hardy "Whooohooo!" greeting from me. The only way to describe it was to picture a little boy topped by a canvas bucket hat wearing a giddy grin resulting from a morning spent stuffing his pocket s full of muddy frogs, rocks, and bits of this and that... but in a grownup's body complete with a full beard. Being a man of few words, with a sparkle in his eye, he simply stated "We're doing this again."

Although most runners were local, half had never heard of Ruffner and that as one of the largest undeveloped nature preserves in an urban setting in the nation, it places Birmingham in an elite category for green spaces. No wonder the Executive Board is working hard to get the word out about Ruffner. I assure you the wildlife is certainly thankful it's there. No less than 3 copperheads and 1 coyote were spotted that day, not to mention sounds of woodpeckers, owls, and frogs. Surrendering to spontaneity is required as nature knows no boundaries. What surprise is around the next corner? A deer, raccoon, or some other creature? How about skidding to a complete standstill to breathe in the mysterious sight of mist rising from remnants of mine caves as early morning sun filters through the leaf canopy overhead? Or running from cool, low wetlands to sun drenched, overlook rock quarries in the span of a few miles? And what about the lung burning crisp, cold air while gliding over pristine snow laden single track as I launch a perfectly packed snowball at my unsuspecting brother? Great trail running moments are discovered every minute of every day at Ruffner Mountain Nature Preserve. It's the perfect place to feed a trail runner's passion.

My leg did more than survive the event; after a combined 25 miles over 2 days, it proved it's ready for more adventures. And that's great, but knowing I'd helped provide all this fun and enjoyment for these runners made my own runner's spirit soar in absolute bliss. The ultra junkies from Decatur, GA summed up the day: "Thank you and all the volunteers for a great run yesterday at Ruffner Mt. The tech shirts, the water bottles, the North Face bags, the aid stations; everything was first class. And everybody was so friendly and helpful. The Ruffner Mt trails were beautiful. What a fantastic resource to have in your backyard. We will definitely spread the word about how much we enjoyed the day." Walt and Kendel Prescott

I can't express enough thanks to all the great volunteers and Ruffner staff who made this event a success and who enabled me to experience becoming real race director. •

RUNNING TIDBITS

– Compiled by Randy Lyle

RUNNING QUOTES

"I always loved running - it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."

— **Jesse Owens**

"A lot of people run a race to see who's the fastest. I run to see who has the most guts." — **Steve Prefontaine**

"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'" — **Peter Maher**

"A lot of people run a race to see who's the fastest. I run to see who has the most guts." — **Steve Prefontaine**

"You have to forget your last marathon before you try another. Your mind can't know what's coming."

— **Frank Shorter**

"It hurts up to a point and then it doesn't get any worse."

— **Ann Trason**

DID YOU KNOW?

- To get a rough idea of what your marathon time will be, take your half-marathon time, double it and then add 10-minutes.
- The average marathoner finishes with a time of 4:48. That is about an 11-minute pace.
- 99% of the 2009 NYC participants finished the race. That's 43,475 finishers!
- As the temperature rises... 20-30% decrease in your pace for every 5 degree increase past 60 degrees.
- Weigh yourself before and after a long run. If you lost weight, it's water and this is how much you need to drink to remain hydrated. (eg. you lost 2 lbs that 32 oz of water lost)
- The maximum amount of fluids your body can hold is 25-29 oz.
- You burn 10% of the calories you eat just by digesting them.

SOURCE: Erin Sanders, RRCA certified running coach, Baltimore Running Examiner

\$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

Race/Event Calendar

(June thru July '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)

JUNE 4

BTC Classic Track & Field Meet

– Homewood, AL
Samford University Track and Field Complex, Lakeshore Drive, Homewood. Compete or just have some fun; form a team or enter solo.

Web: www.BTCclassic.com

Fireman's 5K for MDA & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
Liberty Park. The race benefits the Muscular Dystrophy Assn. Runners can register on active.com.

Info: Scott Phillips (529-5240)

Email: spitfire@windstream.net

JUNE 11

Flint Hill's First Priority 5K & 1 Mile Fun Run

– Bessemer, AL, 8:00 a.m.
Front gate of "Alabama Adventure". Register online at raceit.com.

Info: Ashlee Lambert (871-8886)

JUNE 12

BTC MINI TRACK MEET

– Birmingham, AL, 2:00 p.m.
Contact Gene Tomlin for location.

Info: (531-8381)

JUNE 18

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

– Fultondale, AL, 8:00 a.m.
Walker Chapel Baptist on 1525 Briscoe St. USATF CERTIFIED Course. 1,256 door prizes for those who wait.

Info: 847-5740 or 585-6066.

JULY 4

Peavine Falls Run - 8.2 miles **BTC GRAND PRIX EVENT**

– Pelham, AL, 7:00 a.m.
Oak Mtn. State Park upper Picnic area. 6.9 mi. of shaded gravel road (400' climb) and 1.3 mi of mountain bike trail (rough). T-shirt guaranteed to pre-registered, rest are first come first serve. Register

on line at raceit.com at any TRAK SHAK Store, or mail in to Rick Melanson, 5365 Creekside Loop, Birmingham AL, 35244.

Info: 205-835-0030 (after 6 p.m.)

Email: rickmelansonbtc@gmail.com

JULY 9

Family Connection "Run For Shelter" 5K Run & 1 Mi Fun Run

– Alabaster, AL, 7:30 a.m.
Westwood Baptist Church behind the "Colonial Promenade". Register online @ raceit.com. USATF CERTIFIED COURSE.

Info: Susan Johnston (663-6301)

Email: susan@familyconnection-inc.org

JULY 10

BTC MINI TRACK MEET

– Birmingham, AL, 2:00 p.m.
Contact Gene Tomlin for location.

Info: (531-8381)

JULY 23

Retro Run 5K & 1 Mile Fun Run

– Birmingham, AL, 6:00 p.m.
D'town Homewood - flat, fast course followed w/ food, music & adult beverages.

Info: TRAK SHAK (870-6444)

JULY 30

Move Your Feet, Move the World 5K & 1 Mile Fun Run

– Bessemer, AL, 8:00 a.m.
Flint Hill Baptist Church 1630 Powder Plant Rd.

Info: moveyourfeet5k@gmail.com

FUTURE (local only)

08-20 **ARUAbLe 5K**

08-27 **Fat Danny's Trial by Trail Run**

09-03 **Butter Bean Festival 5K**

09-10 **Paw's For the Cause 5K**

09-25 **Great Prostate Cancer Challenge 5K**

10-01 **Hueytown 5K/10K**

10-01 **Pony Express 5K**

10-15 **Run away from Domestic Violence 8K**

10-29 **Eagle 5K Run**

11-05 **Vulcan Run 10K**

11-24 **JCC 10K Run**

12-05 **Jingle Bell 5K Run**

12-17 **Meadowbrook 5K**

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.

Miles reported through April 15th, 2011

1,200 Mile Club

BTC MEMBER NAME	TOTAL	MAR '11	FEB '11	BTC MEMBER NAME	TOTAL	MAR '11	FEB '11
Andress, Jennifer	402	162.5	116.5	Longshore, Les	148	55	40
Armstrong, Tommy	87.1	56.1	31	Loo, Judy	174.4		90.2
Atkins, Brian	269	77	91	Losole, Liz	307.2	95	87
Ballard, Bill	233.8	91	86.3	Lyle, Randy	465.3	137.3	144.7
Barry, David	342.1	98	115.25	Martin, Cary	157	59.4	52.2
Baskerville, Jennifer	258.7	91.2	89.3	McCalley, Charles	307.6	64.1	79.2
Benson, Wayne	234	50	71	McKenna, Don	223.62	65.92	79.2
Bonatz, Ekkehard	652	222	222	Meadows, Bryan	190		105
Bowman, Bill	233	77	75	Milam, Heather	366.66	91.1	91.36
Bradley, John	315	91	109	Morgan, Cary	576	174	179
Bradshaw-Whittemore, Al	122.6	64.5	46.3	Morgan, Danielle	30.2	0	0
Brown, Sean	207	26	100	Morgan, Phil	240	80	85
Bullock, Sharon	351	136.9	97	Morrow, Alex	311.6	99.03	89.79
Burnette, Allison	249.2		126.2	Muck, Randall	165	71	60
Burnette, Jack	313	89	84	Murray, Jason	261	100	62
Caldwell, Greg	349.3	113.1	101.4	Nealon, Tonya	277.67	98.31	104.12
Chandler, Teresa	336	99	97	Neaves, David	285.6	53	72
Chapman, Chris	141	0	19	Northern, Kristie	439	146.8	139.2
Clay, Brad	823	311	235	Northern, Will	374.45	127.7	102.5
Cook, Oscar	241	27	102	Oehrlein, Kimberly	153.2		59.7
Creed, Brad	286.8	107.5	74	Parr, Michele	263	84	82
Davis, Milton	220.7	60	75	Pasqualini, Ellie	439	157	133
Dortch, Cherie	178.45	40.12	55.88	Pasqualini, Greg	259	76	82
Dunham, Kelly	246.3	100.1	45.2	Peagler, Shana	101	101	
Dunn, Wade	574.1	242.9	170.5	Peagler, Zach	193.7	34.7	50.1
Engels, John	304.2	111	85.2	Pearce, Julie	289.48	107.1	83.48
Estes, Jeff	198	88	58	Randall, Lisa	438.06	147.96	150.04
Evans, Bob	281	56	93	Richey, Jim	199.6	63.1	37.3
Farrell, Meredith	272.6	74.9	99.95	Roberts, Tim	523.8	264.5	100.6
Ford, Joe	376.5	113.1	112	Rodriguez, Graciela	249.62	80.74	78.88
Franklin, Cecile	472	147	141	Rodriguez, Jose	370.19	115.76	93.59
Frederick, Winston	315	108	104	Rollins, Stephanie	76.79	27.25	6.81
Fuqua, Adria	420		204	Rutherford, Keith	421	177	120
Ganus, Jack	197		83	Sample, Holly	426	126	125
Gillis, Sam	284.5	66	98.3	Shinn, Ron	305.48	75.51	104.83
Glaub, Chris	267	59	60	Silwal, Suman	394	102	122
Goode, Johnny	319	49	96	Skelton, Tim	95		
Goolsby, John	347	78	84	Skjellum, Jennifer	447.3	158	145.3
Gray, Marisa	287.3	93.1	93	Smith, Jerry	277	87	56
Gray, Todd	71	0	29	Smith, Reid	81		
Greenwald, Bill	206	51	71	South, Christopher	379.9	174	111.9
Grossmann, Christopher	292.1	112.93	74.45	Stearns, David	335.7	117.7	106
Guenster, Dirk	435.4	121.4	129	Stockton, Rick	370.6	132.5	106
Hallmark, Daryl	324	104	112	Stroud, Vanessa	40.1	40.1	0
Haralson, Danny	372	126	106	Thrift, Erin	81.1	62	19.1
Haralson, Micki	389	138	123	Thursby, Vann	238.5	65.6	86.3
Hales, Susan	316	101	122	Vaughan, Keith	195.8	77	52
Hargrave, Alan	341	111	111	Weeks, Lance	247.25	27.25	97.5
Harris, Kendall	690	250	180	Weisberg, Scott	418	99	147
Harris, Vickie	85			Whatley, Prince	574.1	169.2	170.1
Hathorne, Chad	217.08		76.46	Whitt, Trey	202	7	87
Hayden, Brittany	128.6			Winborn, Charles	283	90	91
Henry, David	334.6	115.8	104.5	Woody, Bill	372	110	135
Jenkins, Mike	300	135	88	Wu, Xing	508.11	182.41	168.84
Jones, Delpha	208.82	81.82	55	Yancey, Lisa	216	71	70
Jones, Ira	248	95	102	Young, Charlene	277	89	96
Joyce, Lynn	168.5		72	Zarzaur, Jason	203.3	72.88	50.19
Joyner, David	322.4	108.5	57.7	Zehnder, Justin	498.5	170	149
Kuhn, Jimmy	540	195	152				

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

The View from the BACK OF THE PACK

– By Michele Parr

Occasionally I get a view of the front of the pack. That's not the same as the view FROM the front of the pack. That one I've never had. In this case I saw the front of the pack, the middle of the pack, the back of the pack, and the very, very back of the pack over the course of three hours.

Having run the Talladega 21000 twice, I opted to volunteer at the race this year. An hour after the gun, I found myself at the finish line helping with backup timing, basically watching for finishers and calling out bib numbers so another volunteer could punch in the number using a handheld keypad to record the order of finish. Three hours in the April sunshine watching people I know finish a race should be simple and straightforward, right? Not even close!

What is backup timing, you ask? For a chip-timed race, the timers generally include a safety net so that accurate timing can be assured even if there is an equipment failure. By recording the bib number of each runner who crosses the finish line, the backup timers guarantee there's another way to know who finished when. That's a pretty good idea given how picky runners can be about who finished first and the minutes and seconds involved.

Steve, the man in charge of the finish line at Talladega, told me that if I couldn't read a runner's number to call out to the runner and ask for it, so that's exactly what I did. "Number, number, number, let me see your number, what's your number?" I would call out. Many runners would comply. Others wouldn't for a variety of reasons. Some of them were in the zone, focused only on finishing. Some of them couldn't hear me over the music streaming from their personal music players. A couple stood out for other reasons.

One guy dutifully attached his chip to his shoe but decided he didn't need the bib. I guess he figured the chip on his shoe would be enough. I guess he thought the bib was merely a souvenir. He was clearly displeased by my repeated requests. One woman pinned her bib securely onto her shirt, the BACK of her shirt. I asked her if she'd planned to run backwards. Here's a public service announcement: The bib is provided for participant identification. Race officials need to know who you are and that every runner on the course is authorized to be there. (Don't get me started on bandits, especially those who cross the finish line and claim meals!) Wear it on the FRONT of whatever layer will be on top when you finish the race, preferably on your shirt. Don't cover it up with the layers you peel during the run. If you remove your bib during the race, be prepared to show it at the finish.

As for those ear buds, make sure you can hear what race officials are saying, even if that official is me. We're there to make your race experience the best it can be, from keeping you safe to getting it right at the finish. A little help in making that happen will be much appreciated.

The chip timing system worked at Talladega, at least for most participants. Those runners who attached the instruction strip instead of the actual chip, well, I think backup timing may have helped get their results recorded •

micheleparr@mindspring.com



Get involved in the BTC!

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

NEW RUNNER'S SOCIETY

Chair: Danny Haralson

newrunners@birminghamtrackclub.com

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

SOCIAL

Chair: Micki Haralson

mickiharalson@gmail.com

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

MERCHANDISE

Chairs: Tom Scales

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

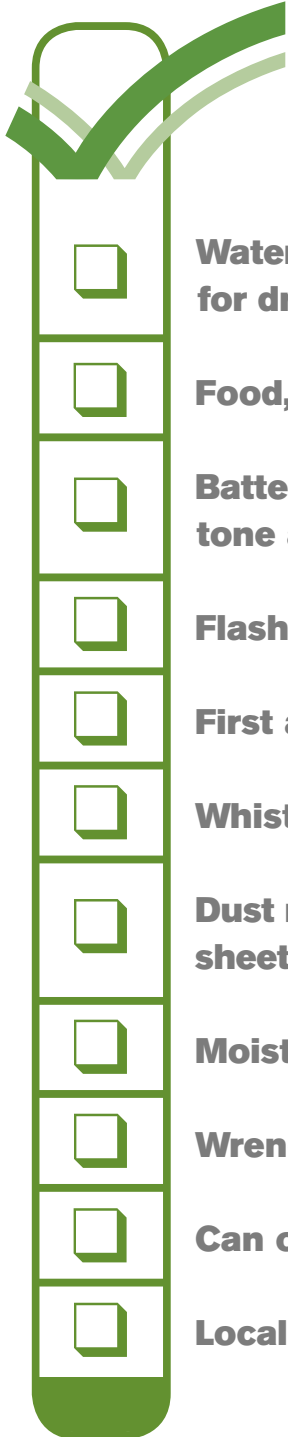
PREPARE. PLAN. STAY INFORMED.

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