

Birmingham's Area Running Club  
www.BirminghamTrackClub.com

**BIRMINGHAM TRACK CLUB**



Facebook.com/BirminghamTrackClub



# THE VULCAN RUNNER

VOL. 35 ★ NOVEMBER 2011 ★ ISSUE 7

## HOW THE BTC CAME TO BE

— Michele Parr

**H**ave you ever wondered how the Birmingham Track Club came to be? Who envisioned it? What that person imagined the club would be like? Whether the club still does what the founders intended?

If you have been around the club for even a small amount of time, chances are you have heard the name **Arthur Black**. It is his name that is on our annual service award and with good reason. The Birmingham Track Club sprang from the vision of Dr. Black. Besides being the founder of the BTC, Dr. Black has served for many years as our historian. Much of the information contained here comes from his notes and reminiscences.

In the early 1970s, before there was a Birmingham Track Club, Arthur Black had a dream for Birmingham. As a physician he was concerned about the health and well-being of the people of his city. To improve those things, he proposed organizing the Birmingham Fitness Council, an organization whose purpose would be to make Birmingham the fitness city of the nation. By all reports, that vision has not been realized. In fact Birmingham routinely ranks high on the list for ill health and low on the list for fitness.

Annually, *Men's Health* conducts a study and publishes a list of 100 cities ranked by fitness level. The rankings for 2011 are based on how often people exercise, how much television they watch, how many video games they buy, and the death rate from deep-vein thrombosis, a condition linked to lots of sitting. Birmingham came in at 91 out of 100 with a grade of solid F. We can't blame it on the heat. Atlanta is ranked #8.

Dr. Black tried to get Birmingham energized. Then he tried again.



In August 1970, Dr. Black sent a letter (see **Page 5**) to every high school and college head coach in Jefferson County inviting them to a meeting and panel program, the purpose of which was to provide information and create interest in forming community fitness councils. The letter generated absolutely no response.

An article in *The Birmingham News* in December 1972 chronicles the second attempt. Worried that the initial failure was due to his lack of name recognition, Dr. Black recruited Dr. James E. Sharman, Director of Health, Physical Education, Recreation and Athletics at UAB to serve as the spokesman for the group, the Birmingham Physical Fitness Council. Even a

**BTC FOUNDING** <continued on Page 2>



# 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.

## BTC FOUNDING <continued from Page 1>

recognized name did not inspire the energy needed to get this group off the ground.

While those efforts may have failed, one attempt by Dr. Black did succeed and still succeeds today. Ultimately his efforts led to the creation of the Birmingham Track Club.

When, exactly, did the Birmingham Track Club come to be? The Articles of Incorporation making the BTC an official non-profit organization were signed in 1979, the date found on lots of BTC merchandise. Clearly the club existed for several years before that. Records provided by Dr. Black list him as the first president of the club, serving in 1976, and the Arthur Black/Rick

Melanson service award records its first winner in 1977 (see list on **Page 4**).

The definitive answer comes from notes Dr. Black wrote in 1991 on the occasion of the annual club banquet. Because of his commitment to the health value of exercise, Dr. Black worked with a small group in the early 1970s to offer a series of track meets for people over the age of 35 to provide motivation for regular exercise. From this effort came the Birmingham Track Club. This early club, officially organized in July 1975, met at the Vestavia High School track, listened regularly to speakers, and received articles on exercise and health. Members of the group jogged distances of ½, 1, or 2 miles.

A memo from Dr. Black with the handwritten date of 1975 addresses "Birmingham Track Club members and other interested joggers" (**see Page 6**) with details of the "next meet" at Vestavia High School. He writes as "President" and reports a club of 29 members offering annual memberships at \$5 for individuals and \$10 for families. At that time the club held meets every six weeks or so, weather permitting. This memo announces the next one on January 18 at Vestavia High School and applauds the prior one downtown in November while apologizing for "some mix-up with times and trophy presentations." Dr. Black also reported that he was raising his annual mileage goal from 700 to 800 miles for the new year and urged others to set goals for themselves.

When the BTC was incorporated in 1979, its stated purposes were:

(A) To promote physical fitness throughout the membership and the community, specifically through systematic running and the promulgation of positive health habits.

(B) In furtherance of the above object and purpose, the corporation shall promote and encourage long distance running by the holding of championships, races on the road or track, time trials, social runs, lectures, demonstrations and social events; the corporation may also print and publish books, magazines and newsletters, make awards, and do all the things as may be conducive to encouragement of running.

The original by-laws contained a very long section about the edu-

## BTC FOUNDING <continued on Page 4>



**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

## Interested in advertising in this 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](mailto:btcpresident07@gmail.com)

## PLEASE SUPPORT BTC SPONSORS



TrakShak.com



Bobs-Bikes.com



IntuitiveTouchBodywork.com



BirminghamMenus.com/Cosmos



Ideas. Products. Solutions.

EbscoCreativeConcepts.com



RedMountainLaw.com

## 2011 Officers



**President**  
**Brad Clay**  
[bradclay@aol.com](mailto:bradclay@aol.com)  
(205) 249-5795



**Vice President**  
**Jason Murray**  
[Jasonm01@gmail.com](mailto:Jasonm01@gmail.com)



**Secretary**  
**Mitzi Duer-Savelis**  
[jmduer@gmail.com](mailto:jmduer@gmail.com)



**Treasurer**  
**Randy Lyle**  
[randy.lyle.cpa@gmail.com](mailto:randy.lyle.cpa@gmail.com)



**Past President**  
**Tim O'Brien**  
[timoalabama@aol.com](mailto:timoalabama@aol.com)

## BTC Committees

|                                   |                 |  |                |
|-----------------------------------|-----------------|--|----------------|
| <b>Historian</b>                  | Arthur Black    | <a href="mailto:historian@birminghamtrackclub.com">historian@birminghamtrackclub.com</a>         |                |
| <b>Marathon Coach</b>             | Al DiMicco      | <a href="mailto:262coach@birminghamtrackclub.com">262coach@birminghamtrackclub.com</a>           | (205) 822-0499 |
| <b>Masters Events</b>             | Frank Newland   | <a href="mailto:mastersevent1@birminghamtrackclub.com">mastersevent1@birminghamtrackclub.com</a> | (205) 271-7553 |
| <b>Medical</b>                    | Jack Hasson     |  | (205) 870-1864 |
| <b>Media Relations</b>            | Tim O'Brien     | <a href="mailto:presidentbtc@gmail.com">presidentbtc@gmail.com</a>                               | (205) 612-8780 |
| <b>Membership</b>                 | Judy Loo        | <a href="mailto:btcmembership@gmail.com">btcmembership@gmail.com</a>                             | (205) 612-4335 |
| <b>Merchandise</b>                | Tom Scales      | <a href="mailto:tomscale@gmail.com">tomscale@gmail.com</a>                                       |                |
| <b>Mini Track Meets</b>           | Gene Tomlin     |  | (205) 531-8381 |
| <b>New Runner's Society</b>       | Danny Haralson  | <a href="mailto:newrunners@birminghamtrackclub.com">newrunners@birminghamtrackclub.com</a>       | (205) 380-1779 |
| <b>Parliamentarian</b>            | Tim Roberts     | <a href="mailto:tim.roberts@arbitron.com">tim.roberts@arbitron.com</a>                           |                |
| <b>Club Photographer</b>          | Duvernne Duffee | <a href="mailto:photos@birminghamtrackclub.com">photos@birminghamtrackclub.com</a>               |                |
| <b>Road Race Chair</b>            | Rick Melanson   | <a href="mailto:rrc@birminghamtrackclub.com">rrc@birminghamtrackclub.com</a>                     | (205) 835-0030 |
| <b>Social Chair</b>               | Micki Haralson  | <a href="mailto:mickiharalson@gmail.com">mickiharalson@gmail.com</a>                             | (205) 972-1258 |
| <b>Vulcan Run Director</b>        | Danny Haralson  | <a href="mailto:danny@rununiversity.com">danny@rununiversity.com</a>                             | (205) 380-1779 |
| <b>Japan Exchange Committee</b>   | Johnaca Kelley  | <a href="mailto:btcpres09@gmail.com">btcpres09@gmail.com</a>                                     | (205) 540-1372 |
| <b>'The Vulcan Runner' Editor</b> | Mark Baggett    | <a href="mailto:btcpresident07@gmail.com">btcpresident07@gmail.com</a>                           | (205) 422-7055 |
| <b>Webmaster</b>                  | Chuck Self      | <a href="mailto:support@narrowgatesolutions.com">support@narrowgatesolutions.com</a>             |                |

## 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](mailto:info@BirminghamTrackClub.com)

**Race Results** Find the latest and most complete local race results at the following:  
**[birminghamtrackclub.com](http://birminghamtrackclub.com) [trakshak.com](http://trakshak.com) [run42k.com](http://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](mailto: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>**



**BTC FOUNDING** <continued from Page 2>

cational and training aspects of the club. This section was removed in 1999 and replaced with a simpler statement: "The primary purpose of this organization shall be the education and training of individuals in and around the community of Birmingham, Alabama as to the benefits of jogging and running for fitness, health, and recreation."

Other mandates for the club are few. The by-laws call for an annual meeting "for the purpose of electing officers and directors and for the transaction of such business as may come before the meeting" and allow for special meetings for any purpose not expressly prohibited.

The elected officers—president, vice-president, secretary, and treasurer—along with the past-president make up the Board of Directors, the group given "the exclusive right to act on behalf of the organization." The Directors have the task of appointing committee heads who serve as members of the Executive Committee and help govern the club, but the by-laws are clear about where the authority lies: "The Directors shall have the authority to veto, by a majority vote, any decision by the Executive Committee or any committee head."

How does the current BTC stack up when measured against the purposes and expectations outlined in the Articles of Incorporation and the by-laws? Simply stated, those documents indicate that the BTC exists to help people run, and that is what we do.

In 2004, the Birmingham Track Club offered its first ever coached Couch to 5K program, helping over 100 new runners complete the Race for the Cure. Many of those runners

continued on to complete the Vulcan Run and the Mercedes Half Marathon. The program, created by Danny Haralson, continued as a service of the BTC for several years before morphing into an element of Run University. Over the years the club has continued to support these runners and to encourage them to keep up their running by helping them celebrate their first two-mile run, presenting them with "I'm a Runner" shirts to recognize the accomplishment. In return, these new runners make up a large percentage of our new members.

We have tried to provide regular group runs, an effort that has fared poorly due to lack of volunteers who will commit to be present to lead these runs. There are BTC groups that run regularly together – Meredith's Marathoners, the Village Runners, and the Red Eye Runners among them – and many of the Wednesday night Trak Shak regulars are BTC members.

The club continues to encourage running through a variety of racing opportunities. The Vulcan Run 10K in November is the major event, but there are others of assorted length and type. The BTC Classic in June is a track and field event geared toward Masters participants. Fat Danny's in late August/early September is a trail run. The Peavine Run on July 4th offers a combination of road and trail running. Statue to Statue in April provides a scenic, hilly 15K. These are just a few of the local races with BTC ownership or involvement.

The BTC booth at the Mercedes Marathon expo is "information central" for runners both local and foreign. The club helps make this event runner-friendly by offering everything from directions to restaurants to advice on race day arrival and parking to suggestions for tackling the course to plain old runner to runner conversation.

**BTC FOUNDING**  
<continued on Page 7>

Dr. Arthur Black, the visionary behind the BTC, announces his retirement from running in June of 2008 while wearing a vintage BTC t-shirt.

**Presidents of the BTC**

|           |                               |
|-----------|-------------------------------|
| 1976..... | Arthur Black                  |
| 1977..... | Versal Spalding               |
| 1978..... | John Spinks                   |
| 1979..... | Arthur Black                  |
| 1980..... | Gerry Kiefer                  |
| 1981..... | Adam Robertson                |
| 1982..... | Melinda Underwood             |
| 1983..... | Red Hamilton                  |
| 1984..... | Lynn Brandon                  |
| 1985..... | Bobbie Wright                 |
| 1986..... | Ken Slanker                   |
| 1987..... | Ken Slanker                   |
| 1988..... | Mike Lowe                     |
| 1989..... | Gerry Fitzgerald              |
| 1990..... | Phil Rader                    |
| 1991..... | Phil Rader                    |
| 1992..... | Jim Taylor                    |
| 1993..... | Jim Taylor                    |
| 1994..... | Norman Thomas                 |
| 1995..... | Norman Thomas                 |
| 1996..... | Helen Tankersley              |
| 1997..... | Helen Tankersley              |
| 1998..... | Charles Wright & Ken Davis    |
| 1999..... | Les Longshore                 |
| 2000..... | Tom Osterbuhr & Randy Johnson |
| 2001..... | Randy Johnson                 |
| 2002..... | Trish Portuese                |
| 2003..... | Trish Portuese                |
| 2004..... | Danny Haralson                |
| 2005..... | Danny Haralson                |
| 2006..... | Danny Haralson                |
| 2007..... | Mark Baggett                  |
| 2008..... | Mark Baggett                  |
| 2009..... | Johnaca Kelley                |
| 2010..... | Johnaca Kelley                |
| 2011..... | Brad Clay                     |

**Arthur Black/Rick Melanson  
Award Winners**

|           |                                  |
|-----------|----------------------------------|
| 1977..... | Ray McKinnis                     |
| 1978..... | Ann Randle                       |
| 1979..... | Victor Cohen                     |
| 1980..... | Rick Melanson                    |
| 1981..... | Adam Robertson                   |
| 1982..... | Larry Boots                      |
| 1983..... | Bobbie Wright                    |
| 1984..... | Red Hamilton                     |
| 1985..... | Wallace McRoy                    |
| 1986..... | Rick Melanson                    |
| 1987..... | Charles Thompson                 |
| 1988..... | Gordon Seifert                   |
| 1989..... | Bill Crow                        |
| 1990..... | Carl Howard                      |
| 1991..... | Alice Biggs                      |
| 1992..... | Cathy McCain                     |
| 1993..... | Jeff Tesnow                      |
| 1994..... | Jim Taylor                       |
| 1995..... | Jack Karn                        |
| 1996..... | Al DiMicco                       |
| 1997..... | Valerie McLean                   |
| 1998..... | Norman and Jane Thomas           |
| 1999..... | Jennifer Kyle                    |
| 2000..... | Peggy Heal                       |
| 2001..... | Trish Portuese                   |
| 2002..... | Helen Tankersley                 |
| 2003..... | Susan Hales and Judy Loo         |
| 2004..... | Danny and Micki Haralson         |
| 2005..... | Susan McCullum                   |
| 2006..... | Jeanne Welsh                     |
| 2007..... | Maria Cecil                      |
| 2008..... | Mark Baggett                     |
| 2009..... | Meredith Farrell and Jerry Smith |
| 2010..... | Michele Parr                     |

**SEND US YOUR 2011 AWARD  
NOMINATIONS: See Page 11**

PHOTO BY  
MARK BAGGETT





## LLOYD NOLAND HOSPITAL AND CLINIC

701 RIDGEWAY ROAD  
FAIRFIELD, ALABAMA 35064

August 5, 1970

DEPARTMENT OF INTERNAL MEDICINE

CHARLES E. PORTER, M. D.  
JACK W. ALEXANDER, M. D.  
ARTHUR K. BLACK, M. D.  
H. BROOKS COTTEN, M. D.  
WILLIAM B. HUTTO, M. D.  
THOMAS J. FLYNN, M. D.  
CEMAL GORAL, M. D.  
WILLIAM O. PARDUE, M. D.  
IRA HOLT, M. D.  
WARREN C. DUKE, M. D.

*Sent to all coaches in the county, but no response.*

Dear Coach:

We're organizing a Birmingham Fitness Council which we believe has tremendous potential and hope to make Birmingham the Fitness City of the nation. We had a meeting of 18 interested persons on June 24th, including Bill Harris, Bill Legg, Phil Mulkey, Miss Abalee Willoughby of Samford, Dr. Jim Sharman of the University in Birmingham, and the Athletic Directors of the YMCA's. W. R. Battle of Birmingham Southern was out of town. Everyone was in agreement that we should proceed.

On August 20th, we will have an organizational meeting and a panel program at the Blue Cross auditorium. The panel program will be moderated by Tom York. Dr. Albert Oberman of the University Medical School will discuss the health effects of exercise; Hollice Hyde of the Shades Valley YMCA, the "mechanics" of an exercise program; and Phil Mulkey will tell us how to keep motivated. This should tell folks why to exercise, how to exercise, and how not to be a dropout.

We would like to have a Fitness Council formed in each community, if you think feasible, headed by you or another interested leader. We plan a speakers' bureau that would provide programs for PTA's, booster clubs, or any interested group. We hope to interest employers so they will stress the value of fitness to their employees. I am convinced it improves physical and mental health, increases efficiency, and decreases absenteeism.

We hope you and your fellow coaches can attend the August 20th, meeting and encourage students and interested parents to come. I am writing all the head coaches in the county. There will be publicity prior to the meeting.

I would appreciate any advice or suggestions you may have.

Sincerely,

*Arthur Black*

Arthur K. Black, M.D.

AKB/maw



1975

To: Birmingham Track Club members and other interested joggers.

From: Arthur Black, President

Subject: Meet January 18 at Vestavia High School

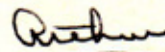
Our next meet will be Sunday, January 18 at 2:30 at Vestavia High School. We plan a 1 mile, 2 mile, and 4 mile "race". If it is raining or below 40 degrees, it will be postponed 1 week. To get the temperature, you may call 322-9222. Herc Levine will be Meet Director.

Again, we'd like everyone to run his own race and not get too competitive. We can't be responsible for any accidents or problems that can occur. Our meets are for physical fitness which is the basic ingredient to enhance the quality and quantity of life. Times will be recorded but no trophies or recognition given. We were pleased with the November 27 downtown meet and indebted to Versal Spalding for making it successful. We are sorry that there was some mix-up with times and trophy presentations. We hope to improve with experience. If any of you did not get a copy of the results, please let me know. We were pleased that 24 of our group participated. Ray McKinnis, Billy Barber, and Frank de Lathouder in both races.

We have 29 members of the club. If you'd care to join us, the individual membership fee is \$5 and family \$10 per year. Our treasurer is Dr. John Spink, 1741 Merryvale Rd., B'ham. 35216. Checks may be made out to B'ham Track Club. We plan to begin a newsletter before the March meet (our meets have been about every 6 weeks). One does not have to be a member to participate. We hope to have more road races. I have not been getting enough feed-back from you. Please write or tell me personally your desires.

We hope to keep a record of your jogging mileage between meets. If you tend to slacken at times, it is helpful to have a monthly and yearly goal. For several years mine has been 60 miles monthly or 700 per year, but this coming year it is 800 miles.

Club members will meet at 2 p.m., before this meet. If you care to join us, please come.



Arthur K. Black, M.D.  
Fairfield, Ala. 35064



**BTC FOUNDING** <continued from Page 4>

A couple of recent programs have been introduced to help runners keep running.

Several years ago the 1200 Mile Club was introduced to encourage and reward consistency in training. Since its inception, over 100 runners have earned that jacket for logging and reporting the completion of over 1200 miles in a year. Nineteen have a shot at reaching that goal in all four of the years the program has existed.

And this year the BTC re-introduced the

Grand Prix, a program that encourages participation in a number of running events, both as runners and as volunteers. Without volunteers not a single race in Birmingham would exist, so encouraging volunteerism is a vital part of helping people run. As this program grows so should our ability to keep runners running.

Many things have changed since Dr. Arthur Black first attempted to improve fitness levels in Birmingham, probably most notably

the way we communicate with each other. He sent letters and memos by mail to interested individuals. Today we tend to prefer our information in electronic form. Improving that channel of communication has been a primary goal of our current elected officers, and the results of their efforts should be visible soon after you read this. The Birmingham Track Club has changed in many ways over the decades, but it remains a club of runners for runners. •

*micheleparr@mindspring.com*



## November BTC President's Message

— Brad Clay

In the last issue, I used this space to attempt to dispel some misconceptions about the BTC while trying to be honest regarding areas needing improvement for the club. Now, I want to turn to the other side of the pancake and briefly discuss what I see the club doing well.

► **RACES:** The BTC sponsors 13 races a year. In a few of these, e.g., Statue to Statue and Vulcan, the BTC is involved in the production and management from start to finish; in others, the BTC plays a traditional sponsorship role in providing finances, consulting, publicity, volunteers, and other services to a race. In addition to these, the BTC also offers finish line services (for a fee) to other local races. While there are occasional hiccups, most of the time, all these races “run” well despite the underappreciated detailed requirements of executing such an event. We are fortunate to have many opportunities in our fair city in a variety of settings and distances. Come join us sometime; you could always use another t-shirt.

► **GROUP RUNS/SOCIAL RUNS:** Several opportunities connected to the BTC to join others for a run exist almost every day. Club members have taken the initiative and started several runs around town at different times, distances, and paces. Our electronic challenges have “hamstrung” us a bit this year in being able to successfully communicate these offerings, but hopefully, with the advent of a new website, this limitation will be corrected. In my mind, these groups are the heart and soul of the club: friends getting together to run, to encourage one another in their running and fitness, and the natural camaraderie that develops. I know of several groups who have created their own Facebook pages dedicated to their groups. The executive council has begun discussing how we could designate some groups in outlying communities as affiliate chapters, but the conversation is early, so stay tuned.

► **NEW RUNNERS:** There are a handful of fantastic programs which exist to help people begin to run for the first time or first in a long time. Some can be found online; some are local (see Vulcan Run race director, Danny Haralson’s [www.rununiversity.com](http://www.rununiversity.com)). I suspect that often these programs provide a more efficient method of training brand spanking new runners than perhaps the BTC could. My question: what happens after that first 5K when the program ends? The BTC has done OK in trying to help transition new runners; it certainly has the potential to do

more. Most of the active members have made that step with the help of others; we need a systematic way to make the crossover available for those coming out of the couch programs. We are open to suggestions.

► **MARATHON TRAINING:** Not just locally, but across the nation marathon and half-marathoning continue to explode in popularity. We see the same contagion here as BTC members get bit by the marathon bug and dedicate several years trying to improve their times or use the marathon as a method to see the country if not the world. For several years, the club has sent small groups to various out of town marathons and half-marathons hearing reports of great times to be had by all. In order to accomplish this, the BTC has worked well to assist those wanting to complete the distance. Often, the BTC can compete with its own other activity as sometimes smaller races are neglected because runners have to put in long runs instead of running another 5K; however, completing a marathon is all about proper training, and the BTC does a good job in helping those accomplish the necessary training required.

► **PUBLIC ADVOCACY:** I would like to close with an opportunity the club may have which will require someone or a group of members to take some leadership. We often see in the press our region ranks near dead last on healthy measures, and we are ground zero for obesity, diabetes, heart disease, etc. Lack of exercise plays a significant role, and the lack of opportunity may play a role in that. Fortunately, some local groups and municipalities want to change that, and I think the BTC could play a role in making sure the running community is heard. Whether it’s supporting new running avenues (e.g., extension of Lakeshore Trail out to the new Red Mountain park), calling for more bike lanes (why is the only one in Birmingham about 600m on 7th Ave S?), or supporting new or maintaining current trails in Oak Mt. and Ruffner Mt., we should let our voice be heard. Of course, we recognize the economic realities, but anything the community can do to drive down demand for healthcare utilization would be a wise investment.

Thanks for all you do to support the BTC! Hope you enjoy this issue! As always if you have comments or suggestions, please feel free to contact me. •

*bradclay@aol.com*



# MERCEDES MARATHON TRAINING

— By Al DiMicco

Many of you have decided to run the Mercedes Marathon or Half Marathon this year, so why not join Al DiMicco & Ken Harkless with their training groups on Sunday mornings. It's so much easier to train with a group and makes you feel like you have to show up on those cold morning of the winter. We are very relaxed and gear our program towards the beginning half/full marathoner. We meet at the NBC Building, formally the Brownell Building (813 Shades Crest Parkway, Mt Brook).

- 1) We leave the parking lot at 6:30 a.m. sharp.
- 2) I'll usually make a few comments about distance, etc, but nobody listens.
- 3) I run about a 10:30-11 min/mile pace and encourage most runners to surround me and ask questions. If we can talk while we're running, then it is a good pace.
- 4) Ken does his run/walk at a slower pace and usually does 7 minutes of running and then one minute of walking.
- 5) We put coolers of Powerade or water out about every 2-3 miles, and if you really want to become an endurance athlete, learn to drink at EVERY water stop!
- 6) We have many runners training for different marathons, some coming up soon, some many months away – BUT we're all in the same boat. Don't be afraid to ask questions.

I really suggest you subscribe to my weekly blogs "RUNNING WITH AL" @ <http://runningwithal.blogspot.com> which reflects my three decades of running and "TRAINING WITH AL" @ <http://trainingwithal.blogspot.com> which gives weekly training tips. It's free and well worth the price! Also, on the right side of my web pages, I have the schedules and most of the maps of the courses we run.

Also, our training schedule can be found under "training" at [www.mercedesmarathon.com](http://www.mercedesmarathon.com)

Hope you decide to join us. •

[runningwithal@yahoo.com](mailto:runningwithal@yahoo.com)

# The BTC Mini-Meet LIVES

— Submitted by Gene Tomlin, BTC Mini-Meet Chairman

After a lengthy hiatus due to the unavailability of a site at which to run, the BTC Mini-Meet program resumed its monthly "track meet" on Sunday, September 11th. It was an inauspicious restart of the program due to the presence of only a handful of participants but a lot of wind and rain.

Thanks to Samford University and its track coach, Rod Tiffin, we now have a home at which to hold our mini-meets – the Samford University track on the south side of Lakeshore Drive across from the football stadium. It is a beautiful facility that is readily accessible either from I-65 or from US 31.

As a reminder, the mini-meets are held on the second Sunday of the month, with the next few meets taking place on November 13, and December 11. During the warmer months the mini-meets start at 4:30 p.m., and, during the colder months, the meets start at 3:30 p.m. Meets usually last about an hour and are held unless weather conditions at noon on the day of the meet are too hot, cold, or otherwise not safe.

The mini-meets are open to all comers and to all ages, and they are well-suited to families or other groups, such as scouts or school classes where there is a fitness run requirement. Obviously, informality and the opportunity to participate in a very casual track meet setting are the keys.

There is no cost or pre-registration in order to participate. Just show up a bit early, sign up, and run. Typically, the meet consists of the following events: 50, 100, 200, and 400 meter dashes, 800 and 1600 meter runs, and a family relay (50, 50, 100, and 200 meters or variations). We currently are not having any field events, although we expect to add some in the future.

Contact Gene Tomlin at [tomlingene@gmail.com](mailto:tomlingene@gmail.com) for more information about the BTC Mini-Meet program. •

[tomlingene@gmail.com](mailto:tomlingene@gmail.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\*\*

**July 23** – Retro Run 5K

**August 27** – 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.

# GRAND PRIX STANDINGS

(10/15/2011)

## Female 11 - 15

Marisa Gray ..... 10

## Female 30 - 34

Heather Milam ..... 20

Mitzi Duer-Savelis ..... 15

## Female 35 - 39

Cherie Dortch ..... 20

## Female 40 - 44

Jennifer Skjellum ..... 118

Jennifer Andress ..... 22

Caroline Walker ..... 30

## Female 45 - 49

Susan Hales ..... 145

## Female 50 - 54

Judy Loo ..... 60

## Female 55-59

Michele Parr ..... 153

## Female 60 - 64

Teresa Chandler ..... 178

## Male 30 - 34

Owen Bradley ..... 75

## Male 35 - 39

Tim Roberts ..... 45

David Neaves ..... 14

Brad Clay ..... 155

Wade Dunn ..... 46

David Joyner ..... 25

## Male 40 - 44

Jeff Estes ..... 28

Randy Lyle ..... 118

David Nanos ..... 25

## Male 45 - 49

Bill Greenwald ..... 5

Lester Gable ..... 55

Jim Hill ..... 30

## Male 50 - 54

Xing Wu ..... 130

Gary Brown ..... 40

## Male 55 - 59

Alan Hargrave ..... 171

## Unknown Age Group

Tom Scales ..... 40

Amy Aker ..... 40

## July BTC

# Executive Meeting Minutes

— Submitted by Tom Scales, Merchandise Chair

► **Meeting began 5:30 p.m., July 19th, 2011 at O'Henry's Brookwood location and ended at 7 p.m.**

### ► ATTENDING MEMBERS:

Tim O'Brien, Randy Lyle, Brad Clay, Danny Haralson, Micki Haralson, David Barry, Alex Morrow, Judy Loo, Jason Murray, Tom Scales, David Kahn, Charles Thompson

## OFFICER & COMMITTEE REPORTS

### ► RUFFNER MOUNTAIN RACE

• Brad said the Ruffner Mountain race will no longer be a 10K but a 21K. The race director asked him to make it a Grand Prix event and Brad approved. "I was like, 'Why not?'"

### ► WALKING GROUP

• Jason said his wife was walking in Homewood at 7 a.m. Saturday when a man followed her in a car, which scared her. EC members offered ideas: Start Wednesday night and Saturday morning walking groups. Will need walk group leaders who will be there every time while the group gets off the ground. Danny said we need to find the most popular times to meet and noted the club has tried to organize walking groups in the past. "We've tried it twice before and the response was underwhelming." Brad suggested taking a new survey on walking and finding out who is interested in walking and who wants to head a new walking group.

### ► PEAVINE FALLS RUN

• Peavine race director Rick said he may increase the entry fee to \$10, up from the long-standing fee of \$5 for the July race. He said the increase will allow the purchase of higher quality race shirts. Brad: "It'll still be a bargain. The average 5K is \$25." For next year's race, he plans to tell entrants they can walk it, but only if they start 30 minutes early. Race staff waited a long time for walkers to finish this year.

### ► WEBSITE

• Brad said the club needs a better way to post race results. Dissatisfaction with the website manager is a continuing saga.

### ► SOCIAL

• Micki asked the Vulcan Triathletes if they want to hold a joint social with the BTC. The Triathletes are interested.  
• Micki wants members of the BTC, Vulcan Triathletes, and Birmingham Bicycle Club to go to a Birmingham Barons game together. She said she is trying to get about 80 Birmingham Barons tickets -- "whatever their minimum is" for a group discount -- and add to the number as people ask to join the outing. The Bicycle Club has said yes. The Triathletes have not responded.  
• She would like to revive monthly BTC socials. First Fridays, gatherings at restaurants and/or watering holes on the first Friday of each month, were popular a few years ago, she said.  
• Some Exec Committee discussion was held on whether Thursday or Friday nights would be more popular.  
• Micki said she will put a contest in The Vulcan Runner for a new 1200 Mile Club jacket patch design. Will let the contest run as long as it gets good responses.  
• Planning to have a membership table and merchandise giveaways at the Retro Run 5K Saturday July 23, but not sell merchandise.

### ► VULCAN RUN and FAT DANNY'S TRIAL BY TRAIL

• Danny, director of both races, said people in Birmingham wait until near an event before buying tickets or paying entry fees. "This is a walk-up town."  
• He said he needs volunteers for the races, including committee heads, and asked for ideas for increasing participation in the races. Judy said she can give old Statue to Statue medals that were not picked up during



previous years for Fat Danny's winners.

• He urged the club to renew the practice of buying the first drink at couch group get-togethers because it promoted camaraderie and encouraged people to join.

### ► MEMBERSHIP and MARKETING

• Alex said the club needs a way to join the club via the Web and not rely on paper forms that have to be mailed. "I haven't bought a stamp in 15 years." The club should also find a way to auto generate the electronic delivery of *The Vulcan Runner* so the act of joining automatically adds a new member's email address to the newsletter's mailing list.

### ► ADAM'S HEART RUNS

• Rick said the races need a new director. Previous director Frank Newland moved to Auburn. A new director is needed by September or October for the February races.

### ► MEMBERSHIP SURVEY

• Results of the electronic membership survey are in. Brad said the survey got 168 responses. Alex said the tough part is how to get the person who has been running eight or nine months to respond to the survey. Danny proposed offering paper survey forms at socials: Here's your second beer if you fill this out.

• Randy said the respondents were mostly not hardcore runners, but people who ran 10-20 or 20-30 miles per week.

• Brad said the Half Marathon was the most popular race distance, according to respondents, their favorite local race is the Vulcan Run, and most people visit the club website monthly. Their preferred means of communication with the club, in order, is email, website, Facebook, Twitter. Overwhelmingly, he said, what respondents like most about the club is the camaraderie.

• Alex said people love the social aspect of the club, but the flip side of that is they feel it is clique-y and can't join the social aspect of it. He suggested putting running routes up on the website and making them easy to get to. If it takes three clicks to find something, people won't go to it.

• He said he has run with a group in Helena headed by Stefanie Phillips that has 26 or 27 people in it. People in that group don't want to have to drive all the way into Homewood early Saturday mornings for group runs that start at The Trak Shak. Some members of the group have discussed forming their own running club. He said Stefanie has not supported that idea. Alex said he told members of the group that they shouldn't form a new club, but form a sub-group as BTC members and get merchandise discounts and other benefits of BTC membership.

• EC unanimously passed a motion that Alex and David Barry's form a committee to establish a five- or six-point list of priorities on how to integrate the new runner group.

### ► MERCHANDISE

• Tom said the merchandise committee may be ordering winter stuff soon and suggestions and requests about what to get are welcome.



Find the BTC on  
Facebook

Facebook.com/BirminghamTrackClub



# September BTC Executive Meeting Minutes

– Submitted by Mitzi Duer-Savelis, Secretary

## OFFICER & COMMITTEE REPORTS

### ► PRESIDENT - Brad Clay

- Upcoming Events: Hueytown, Oct 1; Maple Leaf, Oct 8. Grand Prix Event
- BTC Website: Frame this week, Content 2 weeks, Up & Running 3 weeks. Discussed a training session for website maintenance.
- Samford Track: discussed the demand within the BTC. Focus more on Sunday afternoons for kids.
- Track Official Certification: potential date Nov 19th. Potential conflict with Ruben's Marathon.
- Raceit: Family membership - each person would have to register individually within the family membership itself.
- BTC Sub Groups: Trussville & Helena have formed their own running group. Discussed incorporating them in as a "sub-group" of the BTC

### ► AXEX MORROW

- Benefits of Membership: Discussed having more payment options that cash or check. Heavy load on Judy Loo. Discussed a committee to help her.
- Communications: discussed different paths of communication like

Black & White

### ► DANNY HARALSON - VULCAN RUN DIRECTOR

- Vulcan Run: website is up and running. Price increase on Sept 30. Post Race will be on the 2nd floor of Bourwell. Tech shirts will be gender specific this year.

### ► CHRIS - MERCHANDISING

- Merchandise: "Old School" items are selling well. Ordering long sleeves for winter.
- 1200 Club: Discussed giving members a choice of a long sleeve T or Sweatshirt to wear in the winter.

### ► MICKI HARALSON - SOCIAL CHAIR

- Beer Run: next Thursday at J Clyde at 6:00. Will run around UAB.
- Halloween Costume Party: Oct 26th. Pot Luck at 5:30. BTC to provide the hot dogs and everyone will bring a pot luck item.
- Christmas Light Run: First week in December
- End of the Year Party: Jan 21st

### ► RICK MELANSON - ROAD RACE CHAIR

- Race Calendar in Vulcan: Discussed taking it out because most races have already past when it comes out. Most people use the website to find races.

## Send in your nominations!

We're closing in on the **BTC Annual Party** on January 21st and we need nominations for our most prestigious awards, the

**Arthur Black/Rick Melanson Award**  
and the **Randy Johnson Award**.

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

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

**Submit nominations by December 28, 2011 (in writing)**  
**or via e-mail to:** bradclay@aol.com

★ BIRMINGHAM TRACK CLUB ★  
**ANNUAL PARTY**

★ ★ ★ JANUARY 21st, 2012 ★ ★ ★

★ Look for complete info. in the December issue of "THE VULCAN RUNNER" ★

## October BTC

# Executive Meeting Minutes

– Submitted by Mitzi Duer-Savelis, Secretary

### OFFICER & COMMITTEE REPORTS

#### ► VULCAN RUN DIRECTOR - Danny Haralson

- Registration is a little slower this year. \$35 entry fee; gender specific t-shirts.
- Looking for volunteers Thursday morning and Friday evening.

#### ► SOCIAL CHAIR – Micki Haralson

- Halloween Costume Contest on Oct 26th. Track Shak to donate prizes. BTC to donate hot dogs. Everyone will bring a dish to share. Alex requested pictures for Facebook.
- End of Year Party at Pump House. Jan 21st. In exchange of rental they asked for a \$200 donation for the H2O society. APPROVED

#### ► PRESIDENT - Brad Clay

- Upcoming Races: Ruffner Mountain High Crusher Ridge 21k on November 12th. Grand Prix event and Sam Lapidus Montclair Run on November 24th.
- Website: 2 weeks till up and running.
- Walking Group: Natalie Ferguson may be starting a group.

#### ► VICE PRESIDENT – Jason Murray

- Online Registration: each person will have their own membership. Family membership would be as follows: \$25 (individual) + \$10 (2nd person) + \$0 (3+ person)

#### ► John Bahakel

- Officials Certification Clinic - November 19th. John is sending us an email with a link to the application. Potential conflict: Ruben Studdard Weekend.

#### ► TREASURER – Randy Lyle

- Reviewed September Financials.

#### ► MERCHANDISE – Tom Scales

- Needs \$393 for headbands, shirts, and hats. APPROVED
- Discussed a tent at RSW, Vulcan, and the Jingle Bell Run.
- Discussed an idea for a rack at Track Shak.

#### ► Charles Amos Thompson

- Race Application for Legacy for Holiday 5k on Dec 17th needs more info. •

## Upcoming BTC Race/Event CALENDAR

<http://BirminghamTrackClub.com/Calendar.aspx>

After a 2 month hiatus....  
your club newsletter is BACK!!

## GET INVOLVED...CONTRIBUTE TO THE VULCAN RUNNER

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

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

I am always looking for others to help contribute —  
just send me an email: [btcpresident07@gmail.com](mailto:btcpresident07@gmail.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.

# The View from the BACK OF THE PACK

— By Michele Parr

What's your favorite race? I've traveled places to run: New York, Las Vegas, Memphis, Tampa, Atlanta, Tupelo, and while those races all had elements that made them good events, my favorites can be found right here at home.

It's my opinion that Birmingham has four iconic races that every distance runner should attempt at least once.

Mercedes is one of them. Since that was my first half marathon, I thought all marathons were as well-organized. I'm much less naïve now and much more appreciative of what Mercedes offers. For the price, you won't find better swag or friendlier volunteers. And regardless of price, you won't find a race whose organizers strive as diligently to improve the racer's experience year after year. These folks don't rest on the successes of the past. They're constantly looking for ways to make the race even better. Despite the wailing and moaning when the full course changed to a double loop, the race continues to draw more and more runners. Birmingham is lucky to have a race of this caliber.

Statue to Statue and Peavine make the cut simply because of the challenges they present.

How can a Birmingham distance runner resist the challenge of running the South's toughest 15K? People running it the first time without having previewed the course might think that description is a joke as they run the first two-thirds of the race, an easy, scenic trek through Mountain Brook in April. Then they hit the hills. Two killer uphill combined with a long, steep downhill finish reduce legs to jelly. I've heard many a runner comment that this race is tougher than any half marathon they've ever run. The novelty of running from Vulcan to Lady Liberty, two major Birmingham landmarks, is a bonus.

There are two great things about Peavine. It's always on the 4th of July regardless of the day of the week and it costs just \$5 to enter. It's also part road, part trail, with a mountain to ascend and descend along the way. Sure, the road rolls on the uphill, but that just means runners get the bonus of having to run uphill at times during the descent. Don't run this one for the awards. Everyone is in the same age group with prizes going to the top ten men and women overall.

My very favorite race is the Vulcan Run. I love the course; I love the crowd; I love the post-race. It's the first big challenge I faced as a runner back in my previous running life when I ran it in 1991 having never run farther than four miles at one time. There was no chip timing, and I finished dead last in my age group. I loved it! It was the first major challenge I faced as a runner when I started running again in 2004. Since then I've missed this race only once, simply because I was still in New York after doing my first marathon. That's the only reason I'd miss it ever again. (This year's race is November 5th. Register at [vulcanrun.com](http://vulcanrun.com).)

There are other races I like, all of which have some novelty or another, but I think what makes these four races great is that they are produced by runners for runners. Three of the four are BTC-owned races. The bottom line is that Birmingham is a great place to be a runner and a racer. •

*micheleparr@mindspring.com*



# RUNNING TIDBITS

— Compiled by Randy Lyle

## INTERESTING TIDBITS

### Safety Tips for Running in the Dark

We are getting into the time of year where the days get shorter. That means more of us will be running in the dark, either in the mornings or in the evenings. It is important to be sure we make ourselves visible to our friends in cars and trucks. It was just a few months ago that we had a tragic incident in our community and we need to keep our guard up to prevent another one. The following are a few tips to help us run safely in the dark:

- **Choose a WELL-LIT route.** It may not be one of your favorite routes, but the most well-lit route is your safest choice. Not only will it be easier for drivers to see you, but it will be easier for you to see and avoid potential road hazards.
- **ALWAYS run against traffic.** It is easier to avoid vehicles if you can see them coming at you. You will also want to avoid roads with no sidewalk or shoulder.
- **Be VISIBLE.** Wear bright or light colors whether you are running in the morning or evening, even at dusk. It is also important to wear reflective gear. Even though much of our running gear has reflective pieces, it never hurts to add more. A headlamp and flashing lights are also recommended equipment.
- **Always have IDENTIFICATION on you.** Put your drivers license in your pocket or wear an ID tag on your wrist or shoe. There are many brands you can purchase such as RoadID (www.

RoadID.com), ID Band (www.idband.net), Vital ID (www.vitalid.ca), and yikes ID (www.yikesid.com) to name a few.

- **VARY your routes and times.** Potential attackers can study runners' routines and hide in particularly dark or isolated areas. Don't be an easy target.
- **Run with a BUDDY.** There is safety in numbers. If possible, try to never run alone in the dark. If you have to run alone, let someone know your route and approximately how long you will be out.
- **Carry a CELL PHONE.** You will be able to contact police immediately if something happens to you or you notice anything out of the ordinary.
- **WATCH out for bikers and runners.** Even if you are running in a park or on a path with no cars, keep an eye out for other runners and cyclists. Before you stop or turn around, make sure the path is clear. Of course, this applies to running in both daylight or darkness.
- **Ditch your MUSIC.** Leave your music player at home. Cutting off your sense of hearing leaves you at a disadvantage since you can't hear oncoming traffic, cyclists yelling to move, dogs, or any other potential threat.
- **Follow your INSTINCTS.** If you feel that you are entering an unsafe situation, trust your gut and run to a safe location.

**SOURCE:** About.com Running & Jogging

[http://running.about.com/od/safetyissuesandtips/tp/running\\_dark.htm](http://running.about.com/od/safetyissuesandtips/tp/running_dark.htm)

## RUNNING QUOTES

*"Life is often compared to a marathon, but I think it is more like being a sprinter; long stretches of hard work punctuated by brief moments in which we are given the opportunity to perform at our best."*

— **Michael Johnson** (American sprinter and winner of four Olympic gold medals and eight world championship gold medals)

*"I definitely want to show how beautiful the marathon can be. I am the opponent of all those who find the marathon bad: the psychologists, the physiologists, the doubters. I make the marathon beautiful for myself and for others. That's why I'm here."*

— **Uta Pippig** (The first woman to win the Boston Marathon three consecutive times)

*"What I've learned from running is that the time to push hard is when you're hurting like crazy and you want to give up. Success is often just around the corner."* — **Sir James Dyson** (Inventor of the Dyson vacuum cleaner)

*"In the marathon, I have this mentality: I say, 'All right, I'm going to start and when I get to 26.2 I'm going to quit.' I look at it like a car race. A race is 500 miles long, and it's not over until 500 miles, so no matter how you feel, you have to race 'til the end."*

— **Michael Waltrip** (Race car driver)

*"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."* — **Harriet Tubman** (Most famous conductor on the "Underground Railroad")

*"Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor souls who neither enjoy much nor suffer much, because they live in the gray twilight that knows neither victory nor defeat."*

— **Theodore Roosevelt** (26th President of the United States) •

## Advertise in THE VULCAN RUNNER

**1/5 page – \$15    1/2 page – \$50    1/4 page – \$25    Full page – \$100**

\*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.**

To place an ad or for more info: **[btcpresident07@gmail.com](mailto:btcpresident07@gmail.com)**



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

| <b>BTC MEMBER NAME</b>  | <b>TOTAL</b> | <b>SEPT '11</b> | <b>AUG '11</b> | <b>BTC MEMBER NAME</b> | <b>TOTAL</b> | <b>SEPT '11</b> | <b>AUG '11</b> |
|-------------------------|--------------|-----------------|----------------|------------------------|--------------|-----------------|----------------|
| Allen, Darnell          | 700.25       |                 |                | Kuhn, Jimmy            | 799          |                 | 112            |
| Andress, Jennifer       | 1262.5       | 133             | 154.5          | Lee, Laura             | 620.45       |                 |                |
| Armstrong, Tommy        | 717.4        | 149             | 129            | Longshore, Les         | 347          |                 | 38             |
| Atkins, Brian           | 919          | 115             | 135            | Loo, Judy              | 487.8        |                 |                |
| Ballard, Bill           | 1002.4       | 163.9           | 149.3          | Losole, Liz            | 993.2        | 120             | 139            |
| Barry, David            | 1004.75      | 127             | 143.8          | Lupinacci, Tim         | 924.8        | 114.2           | 117            |
| Baskerville, Jennifer   | 1106.65      | 129.45          | 119.5          | Lyle, Randy            | 1452.8       | 203.9           | 175.5          |
| Benson, Wayne           | 647          | 20              | 120            | Martin, Cary           | 515.1        | 71.7            | 76.6           |
| Bonatz, Ekkehard        | 2186.1       | 289             | 307            | McCalley, Charles      | 901.9        | 51.9            | 122.5          |
| Bowman, Bill            | 694          | 64              | 72             | McKenna, Don           | 878.95       | 131.23          | 120.89         |
| Bradley, John           | 558          |                 |                | Meadows, Bryan         | 520          |                 |                |
| Bradshaw-Whittemore, Al | 920          | 103.2           | 162.5          | Milam, Heather         | 1079.36      | 45.3            | 143.3          |
| Brown, Sean             | 227          |                 |                | Morgan, Cary           | 1906         | 201             | 201            |
| Bullock, Sharon         | 902.9        | 85              | 65             | Morgan, Phil           | 887          | 152             | 129            |
| Burnette, Allison       | 635.55       |                 |                | Morrow, Alex           | 1250.63      | 214.5           | 184.81         |
| Burnette, Jack          | 832          | 124             | 115            | Muck, Randall          | 693.4        | 73.9            | 120.2          |
| Caldwell, Greg          | 1156.8       | 145.3           | 160            | Murray, Jason          | 666          |                 | 87             |
| Chandler, Teresa        | 973          | 117             | 112            | Nealon, Tonya          | 883.89       | 128.16          | 112.11         |
| Chapman, Chris          | 264.25       | 22              | 27             | Northern, Kristie      | 1072.1       | 148             | 99.5           |
| Clay, Brad              | 1973         |                 | 291            | Northern, Will         | 1026.75      | 80.25           | 107.6          |
| Cook, Oscar             | 241          | 0               | 0              | Oehrlein, Kimberly     | 361.8        |                 |                |
| Creed, Brad             | 938.2        | 104.6           | 101.1          | Parr, Michele          | 764          | 89              | 72.5           |
| Davis, Milton           | 220.7        |                 |                | Pasqualini, Ellie      | 1034         |                 | 114.5          |
| Dortch, Cherie          | 593.96       |                 | 161            | Peagler, Shana         | 803.2        |                 | 78.63          |
| Dunham, Kelly           | 934.6        | 122.7           | 121.7          | Peagler, Zach          | 388.5        | 53.8            | 31.9           |
| Dunn, Wade              | 2019.7       | 223             | 267            | Pearce, Julie          | 795.64       |                 | 110.23         |
| Engels, John            | 948.5        | 105.3           | 113.3          | Perry, Jeff            | 882.45       | 180.4           | 150.25         |
| Estes, Jeff             | 643          | 70              | 56             | Randall, Lisa          | 1237.99      | 79.98           | 216.29         |
| Evans, Bob              | 769          | 99              | 87             | Richey, Jim            | 553.5        | 63.2            | 56             |
| Farrell, Meredith       | 679.75       |                 | 101.75         | Roberts, Tim           | 1685.4       | 262.4           | 231.6          |
| Ford, Joe               | 989.5        | 123             | 108            | Rodriguez, Graciela    | 620.7        |                 | 66.65          |
| Franklin, Cecile        | 1268         | 159             | 57             | Rodriguez, Jose        | 831.61       |                 | 85.6           |
| Frederick, Winston      | 982          | 117             | 128            | Rollins, Stephanie     | 155.18       |                 |                |
| Fuqua, Adria            | 1230         |                 |                | Rutherford, Keith      | 1266         | 130             | 136            |
| Ganus, Jack             | 752          |                 | 144            | Sample, Holly          | 1204         | 112             | 116            |
| Gillis, Sam             | 980.8        | 120             | 151            | Shinn, Ron             | 927.02       | 125.65          | 139.84         |
| Glaub, Chris            | 953          | 136             | 126            | Silwal, Suman          | 993          | 104             | 123            |
| Goode, Johnny           | 1021         | 157             | 166            | Skelton, Tim           | 95           |                 |                |
| Goolsby, John           | 728          |                 | 38             | Skjellum, Jennifer     | 1092.32      | 83              | 52             |
| Gray, Marisa            | 430.8        |                 |                | Smith, Jerry           | 927          | 126             | 116            |
| Greenwald, Bill         | 774          | 84              | 88             | South, Christopher     | 1327.34      |                 |                |
| Grossmann, Christopher  | 916.21       | 115.71          | 111.28         | Stearns, David         | 912.1        | 102             | 98             |
| Guenster, Dirk          | 761.7        | 97              | 75.2           | Stockton, Rick         | 1152.1       | 149.7           | 97.5           |
| Hallmark, Daryl         | 1010.5       | 130.5           | 105            | Stroud, Vanessa        | 743.85       | 145.3           | 135            |
| Haralson, Danny         | 725.5        | 86              |                | Thrift, Erin           | 713.1        | 111             | 113            |
| Haralson, Micki         | 985.5        | 65              | 78             | Thursby, Vann          | 950.73       | 133.05          | 159.8          |
| Hales, Susan            | 832          |                 | 73             | Vaughan, Keith         | 538.9        | 68              | 68             |
| Hargrave, Alan          | 955          | 99              | 108            | Weeks, Lance           | 279.95       |                 |                |
| Harris, Kendall         | 1749         | 200             | 200            | Weisberg, Scott        | 1409         | 156             | 200            |
| Hathorne, Chad          | 272.08       |                 | 12             | Whately, Prince        | 2034.3       | 222             | 251.7          |
| Hayden, Brittany        | 590.76       |                 |                | Whitt, Trey            | 259          |                 |                |
| Henry, David            | 818.5        | 102.2           | 83.1           | Winborn, Charles       | 786          | 103             | 91             |
| Hickerson, Patrick      | 478          |                 |                | Woody, Bill            | 1122         | 151             | 131            |
| Hill, Jim               | 954          | 99              | 109            | Wu, Xing               | 1544.39      | 139.77          | 172.1          |
| Jenkins, Mike           | 943          | 99              | 153            | Yancey, Lisa           | 637.2        | 85              | 72             |
| Jones, Delpha           | 639.94       | 110.37          | 79.53          | Young, Charlene        | 862          | 105             | 113            |
| Jones, Ira              | 959.3        | 134.5           | 134            | Zarzaur, Jason         | 387.86       |                 |                |
| Joyner, David           | 1187.2       | 149.1           | 125            | Zehnder, Justin        | 1558         | 152             | 190            |

**Email monthly mileage, errors, omissions or questions to: [1200@BirminghamTrackClub.com](mailto:1200@BirminghamTrackClub.com)**



# Great Prostate Cancer Challenge **SNAPSHOT**

– Submitted by Sherry Wilson, Urology Centers of Alabama

In honor of September being Prostate Cancer Awareness month Urology Centers of Alabama hosted the Great Prostate Cancer Challenge 5K Race and 1 Mile Fun Walk on Saturday September 24th at Oak Mountain State Park. The race was started at 8:00 am by Congressman Spencer Bachus.



(L to R) Dr. Thomas Moody Race Director with Urology Centers of Alabama, Congressman Bachus, Dr. Mark DeGuenther President of Urology Centers of Alabama, and Pelham Mayor Don Murphy.

Congressman Bachus shared with more than 500 people the fact that early detection for prostate cancer results in high cure rates and saves lives. Public awareness is critical, especially in Alabama where prostate cancer remains a leading cause of cancer deaths among men. Alabama ranks third in the nation for prostate cancer deaths.

The race benefitted the Urology Health Foundation that provides free prostate cancer screenings across the State of Alabama as well as Zero the Project to End Prostate Cancer. •

**\$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



# ***The Nick Bell Mentoring Memorial Foundation and Cancer Fund 5k Run/Walk***

**Saturday, Dec. 3rd, 2011 at 9:00 a.m.** (Late Registration 8:00 a.m.)

4th Avenue YMCA to Linn Park – Downtown Birmingham, AL

Registration: Adults \$25 (Late Registration: Nov. 28th to Dec. 3rd: \$30)

Children to 14yrs \$10 (Late Registration: Nov. 28th to Dec. 3rd: \$15)

**www.NickBellFoundation.org**

For more info.: [nick@nickbellfoundation.org](mailto:nick@nickbellfoundation.org) or call 205-706-2780

## **Registration/Entry Form**

(Please Print Clearly – Black Ink Preferred)

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Male ☐ Female ☐ Age \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size (circle one): XS S M L XL XXL XXXL

Adult (A) or Child (C)

In consideration for the acceptance of my entry, I hereby for myself, heirs, executors, administrators and assignees release the The Nick Bell Mentoring Foundation and Cancer Fund, the City of Birmingham, the sponsors and all volunteers from any actions, losses or damages that I may incur as a result of my participation in this event. I certify that I am physically fit and trained sufficiently to participate in this event.

Signature Required \_\_\_\_\_

(If age under 19yrs, parent/guardian signature)

### **Mail Form/Fee to:**

The Nick Bell Mentoring Memorial Foundation and Cancer Fund

c/o Linda Bell or For more information

Post Office Box 3512 Michael Pruitt

Hueytown, AL 35023 (205) 746-0283

All proceeds go to the Nick Bell Mentoring Memorial Foundation and The Cancer Fund at Children's Hospital

# 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



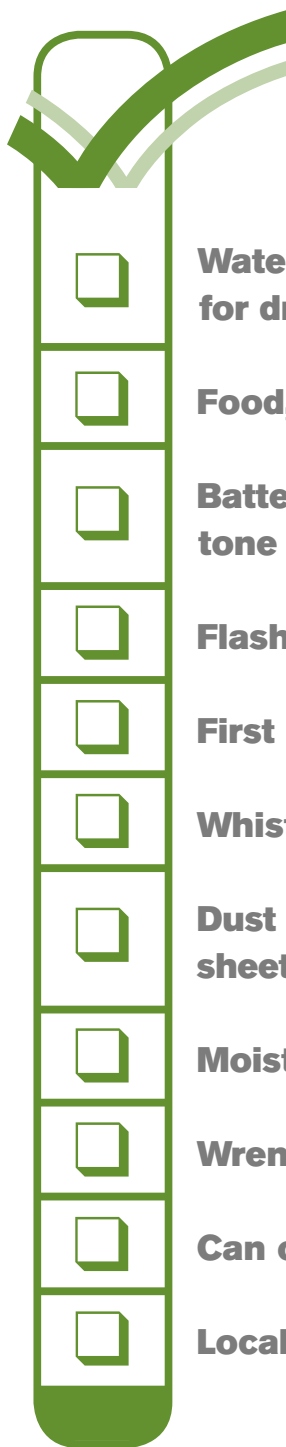
# PREPARE. PLAN. STAY INFORMED.

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**



# 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<br>GOAL | TOTAL |
|-----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---------------|-------|
| Jan.            |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| Feb.            |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| Mar.            |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| April           |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| May             |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| June            |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| July            |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| Aug.            |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| Sept.           |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| Oct.            |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| Nov.            |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| Dec.            |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |
| Jan.-Dec. TOTAL |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |               |       |