



Birmingham's Area Running Club

**BIRMINGHAM TRACK CLUB**

www.birminghamtrackclub.com  
www.myspace.com/birminghamtrackclub

# BTC



# THE VULCAN RUNNER

VOL. 32

★ SEPT./OCT. 2008 ★

ISSUE 8

# VULCAN RUN 10K

## New director, same great race

— By Michele Parr, Treasurer

Are you ready for a 10K? The 2008 Vulcan Run is right around the corner. After seven years of growth and prosperity under the able leadership of Trish Portuese, the torch has been passed to Danny Haralson, who will be assisted by co-director Johnaca Kelley.

The race has a long and storied history, starting in 1975 as the Bicentennial Run with 104 competitors. It has seen such famous names as Bill Rodgers and Marty Liquori and has been won by hometown hero Scott Strand. In 2007 there were 2,268 registered runners.

Despite the change in leadership, the important things about the race remain the same. The November 1st, 8:00 a.m. race still follows the same magnificent course from downtown to Highland Avenue and back again, finishing beside Linn Park. In the interest of safety, the rules are the same: no strollers, no pets, headphones strongly discouraged. The early November date should

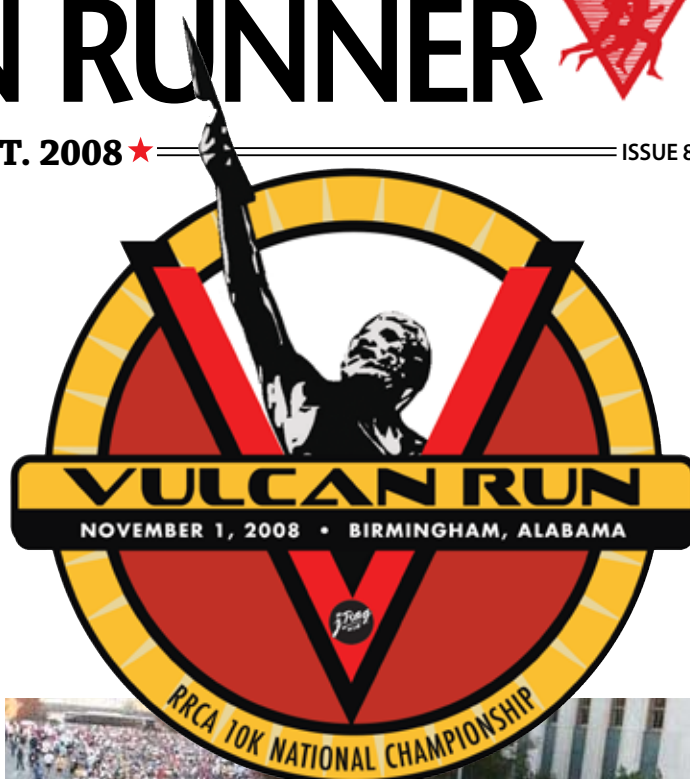
provide ideal conditions for Birmingham. It's still 6.2 miles, and the post-race party is second to none.

When asked what is new this year, Haralson replied, "We welcome Old Towne Amber Ale to our post-race party, and we have a renewed emphasis on the fun run." In addition to being the Alabama Power Magic City Mile, the fun run now serves as the inaugural mile for the Mercedes Kids' Marathon, an event that concludes Mercedes weekend. Each participant finishing the Magic City Mile receives a special award.

Also new this year is the naming of Mile 6 in honor of long-time director Portuese.

Last year the race offered an optional tech shirt for an additional charge with a long-sleeved t-shirt included with entry. This year the race shirt is a tech shirt. The awards, provided at cost by EBSCO Creative Concepts, are custom medals based on the race logo. Haralson expects upwards of 2,500 runners this year, and

**VULCAN** <continued on Page 2>



The start of the 2007 Vulcan Run.



**VULCAN <continued from Page 1>**

with prize money doubled thanks to JRag and the Trak Shak, the race should draw a tremendous amount of talent.

Something often overlooked is the fact that the Vulcan Run is a Birmingham Track Club race. The club owns it, produces it, pays for it, and benefits from it, but as with many other BTC events, adequate numbers of volunteers are hard to find. Haralson points out there are "a multitude of jobs available, not only day of but in the weeks leading up to" the race. Members can volunteer and still run the race. He encourages everyone interested in helping to contact him by emailing [volunteer@vulcanrun.com](mailto:volunteer@vulcanrun.com).

This year's sponsors include JRag, Trak Shak, The Redmont, Tutwiler, Gatorade, RRCA, Snickers Marathon Bar, Alabama Power, the City of Birmingham, CBS 42, and AL.com. The proceeds will benefit the Birmingham Track Club, the Vulcan Park Foundation,

UAB Women's Cross Country and Track programs, and Birmingham-Southern Men's and Women's Cross Country and Track programs.

Racers can register at [Active.com](http://Active.com), by downloading a form from the BTC web site

([www.birminghamtrackclub.com](http://www.birminghamtrackclub.com)), by picking up a form at lots of places around town (including the Trak Shak), or by using the form in this edition of the Vulcan Runner (available on Page 3).

Packet pickup and late registration will be held at the Trak Shak Wednesday, October 29th through Friday, October 31st and at Boutwell Auditorium 6:00 a.m. until 7:45 a.m. on race day. Entrants are strongly encouraged to register by October 25th and to pick up race packets prior to race morning when lines likely will be long. The 10K starts at 8:00 a.m. with the fun run following at 9:30 a.m. Awards will be presented at 10:30 a.m.

"The course, the autumn colors, Highland Avenue, the downhill, running in downtown Birmingham, the finish at Linn Park, the shirt, the weather, the post-race party, and the accomplishment of running 6.2 miles," says Haralson, all help to make Vulcan a great race. •

Email Michele at [treasurer@birminghamtrackclub.com](mailto:treasurer@birminghamtrackclub.com)



Runners gather inside Boutwell Auditorium after completing the 2007 Vulcan Run.



**ABOVE:** Olde Towne Brewing Co, Alabama's only microbrew is welcomed as a sponsor for 2008. **BELOW:** Beautiful Fall foliage surrounds Vulcan 10K runners.





## Presents

Vulcan Run, November 1, 2008

Individual Entry: 10K Individual \_\_\_\_\_ Alabama Power Magic City Mile \_\_\_\_\_

For Official use only:

Bib #: \_\_\_\_\_

Amount Received: \$ \_\_\_\_\_

Check #: \_\_\_\_\_

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

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Sex: M ☐ F ☐

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

Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Are you a Birmingham Track Club Member:

Yes ☐ No ☐

Would you like a membership application mailed to you:

Yes ☐ No ☐

T-Shirt Size:

YL ☐

S ☐

M ☐

L ☐

XL ☐

XXL ☐

(\$2 extra for XXL T-Shirt)

### Entry Fee enclosed:

Postmarked by October 29

\$30.00 \_\_\_\_\_

Race Day Registration

\$35.00 \_\_\_\_\_

### Alabama Power Magic City Mile:

Individual -

\$12.00 \_\_\_\_\_

Mercedes Kids Marathon Participant - \$7.00 \_\_\_\_\_

XXL T-shirt

\$2.00 \_\_\_\_\_

Online registration at [www.active.com](http://www.active.com) through October 27th.

Registration and Packet Pickup at The Trak Shak Oct. 29th - Oct. 31st

6:00pm at the Trak Shak in Homewood or the day of event at 6:30am at Boutwell Auditorium.

Entry fee is non-refundable and non-transferable.

Do not mail after October 29th.

Please pay amount by check or money order in US funds to Vulcan Run and mail to:

**Vulcan Run**

**P.O. Box 59349**

**Birmingham, AL 35259**

**Vulcan Run reserves the right to refuse any registration.**

Date: \_\_\_\_\_

Signature of applicant (or Parent/Guardian if under age 18)

## Come join your fellow track club members for the MONDAY MORNING MILERS CLUB!

The Milers run with a group of men from the Firehouse Shelter - this group of very new walkers/runners are looking for a new form of exercise and are excited to have some of Birmingham Track Club's very own runners to help them in this new venture. This is a great opportunity for you to exercise and give back to the community.

**If you are interested, please contact Bentley Sloan at  
[vbsmith@uab.edu](mailto:vbsmith@uab.edu) for more information.**





## Sept./Oct. BTC President's Message

— Mark Baggett

A big THANK YOU to **Phil Min, Charles Amos Thompson, Pamela Miller** and **Avril Castagnetta** who volunteered to work a BTC info. table at the Vestavia YMCA Fitness forum. All of these runners are great representatives of our diverse group.

The **Las Vegas Marathon training group** is on track and going great. As of October 4th, those training for the Half will be up to 12 miles and those going for the Full will be up to 19 miles. It looks like we will have a large group traveling out to Sin City for the race on December 7th as some are training on their own too. If you are interested in going along for either race, please send New Runners Society Head **Meredith Farrell** an email to get on the list. See Page 16 for more info. - this should be a fun time for all who are going!

The BTC is offering a **CPR certification** on Sunday, Oct. 5th at 2 p.m. and a **CPR re-certification** class on Tuesday Oct. 7th. at 5:30 p.m. Both classes only cost \$15 and will be held at the Mtn. Brook YMCA. All are invited to attend as this is a technique that everyone should know how to perform, so take the time to come out and get prepared as you never know when you might need to step up to the plate and help out someone in need. Look on Page 7 for the promo.

Vice-President **Johnaca Kelley** is helping organize the last water stop at the **Susan G. Komen 'Race for the Cure'** that takes place Oct. 11th in downtown B'ham, starting and ending in Linn Park. If you can help out, please don't hesitate to contact her. If you are at the race, please look for the new royal blue **BTC Tent**, which should be easy to spot. Also look for this tent at future BTC events as we'll try to bring it along when possible so we can give members a place to gather, as well offer a covered area to sell merchandise, etc.

**April Dennis** has been doing a wonderful job organizing this year's **BTC 'Race For The Cure' Team**. So far we have at least **45 runners** signed up for the BTC team with a possibility of more to join in and have already raised **over \$1,000** that will go towards breast cancer research. Team members will gather beforehand

for a team photo in Linn Park and then afterwards at On Tap in Lakeview. There will also be a commemorative team tech shirt available to those in the group.

The **Vulcan Run 10K**, BTC's largest and most visible race, will take place on November 1st. This year we see the passing of the Race Director torch from long-time member **Trish Portuese** to **Danny Haralson**, with **Johnaca Kelley** assisting him. Please plan on running the Vulcan but if you can't, consider volunteering. **Michele Parr** stepped up to the plate and wrote a great cover story on the race in this issue so check it out if you haven't already.

In the spooky spirit of the season, the BTC will be hosting it's 2nd Annual **Halloween Pub Run & Costume Contest** on Thurs., Oct. 30th, starting at 6 p.m. at the Five Points South fountain. Runners are encouraged to wear a costume to run in and then come back to club sponsor **Cosmo's Pizza** afterwards for prizes and socializing. Last year's Halloween Pub Run was a great success and we are expecting this year to be even bigger. See Page 6 for complete info.

We are currently finalizing plans for the upcoming **BTC Annual Party**, that will take place in January. Social Head **Katie Hannigan** has been putting together proposals for locations and caterers and once details are set we will send out info. so everyone can make plans to attend, as this is always a great time for members to come together and celebrate. **There will be various elected positions available on the BTC Executive Committee** so if you want to get involved in this worthwhile organization, please consider stepping up the plate and running for an office (literally).

**If you don't run, you'll rust!**

btcpresident07@gmail.com  
www.myspace.com/bamaspyder

## 2008 BTC Executive Meetings

**BTC Executive meetings are open to the membership and we encourage attendance.** *"Town Hall" formatted meetings will give time to members to make their voices heard and bring up discussion topics, with food & drinks provided by the BTC.*

**\*BTC Merchandise will also be available at 'Town Hall' formatted meetings, including the featured merchandise item of the month.**

**October 19th  
Sunday**

Jackson's Bistro  
(upper floor), 2:30 p.m.

**November 5th  
Wednesday**

**(Town Hall format\*)**  
OutTakes Deli, 6:30 p.m.

**December 14th  
Sunday**

Cosmo's Pizza, 2:30 p.m.

*All dates/times/locations are tentative and those planning on attending should check future issues of 'The Vulcan Runner', watch their email or check the BTC website calendar for possible updates:*

**birminghamtrackclub.com/cal**  
btcpresident07@gmail.com

Submit a story or  
photos for future issues  
**'THE VULCAN RUNNER'**  
newsletter@birminghamtrackclub.com

## Please support our **BTC SPONSORS**



www.trakshak.com



www.oldetownebeer.com



www.jrag.com



www.outtakesdeli.com



birminghammenues.com/cosmos

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Ideas. Products. Solutions.  
www.ebscocreativeconcepts.com

**BOB'S BIKES**  
www.bobs-bikes.com

**RED MOUNTAIN LAW**  
www.redmountainlaw.com

## BTC Mission Statement

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

**Contact BTC at:** *Birmingham Track Club*  
P.O. Box 530363, Birmingham, AL 35253  
(205) 879-LEGG

## BTC Officers



### President

**Mark Baggett**  
btcpresident07@gmail.com  
(205) 422-7055



### Vice President

**Johnaca Kelley**  
vpresident@birminghamtrackclub.com  
(205) 540-1372



### Treasurer

**Michele Parr**  
treasurer@birminghamtrackclub.com  
(205) 910-4895



### Secretary

**Amy Hix**  
secretary@birminghamtrackclub.com



### Past President

**Danny Haralson**  
past-president@birminghamtrackclub.com  
(205) 380-1779

## BTC Committees

<b>Build A Better Club</b>	Susan McCullum	babc@birminghamtrackclub.com	(205) 368-5058
<b>Historian</b>	Arthur Black	historian@birminghamtrackclub.com	(205) 822-1993
<b>Marathon Coach</b>	Al DiMicco	262coach@birminghamtrackclub.com	(205) 822-0499
<b>Marketing</b>	Micki Haralson	marketing@birminghamtrackclub.com	(205) 972-1258
<b>Masters Events</b>	Frank Newland	mastersevent1@birminghamtrackclub.com	(205) 271-7553
<b>Medical</b>	Jack Hasson		(205) 870-1864
<b>Media Relations</b>	Tim O'Brien	timoalabama@aol.com	(205) 612-8780
<b>Membership</b>	Judy Loo	btcmembership@gmail.com	(205) 612-4335
<b>Merchandise</b>	Johnaca Kelley	vpresident@birminghamtrackclub.com	(205) 540-1372
<b>Mini Track Meets</b>	Brent Cotton	cotton9394@bellsouth.net	(205) 447-9223
<b>New Runner's Society</b>	Meredith Farrell	newrunners@birminghamtrackclub.com	(205) 873-1214
<b>Parliamentarian</b>	Phil Min	pemin@mac.com	(205) 849-6840
<b>Road Race Chairman</b>	Rick Melanson	rrc@birminghamtrackclub.com	(205) 979-1731
<b>Social Events</b>	Katie Hannigan	social@birminghamtrackclub.com	(205) 914-5233
<b>Vulcan Run Director</b>	Danny Haralson	past-president@birminghamtrackclub.com	(205) 380-1779
<b>V. Run Assis. Director</b>	Johnaca Kelley	vpresident@birminghamtrackclub.com	(205) 540-1372
<b>'Vulcan Runner' Editor</b>	Mark Baggett	newsletter@birminghamtrackclub.com	(205) 422-7055
<b>Walking/Race Walking</b>	Jim Richey	walking@birminghamtrackclub.com	(205) 870-3977
<b>Webmaster</b>	Brink of Design	webmaster@birminghamtrackclub.com	

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

## ATTENTION BTC MEMBERS!

**'Vulcan Runner' is available MONTHLY in color!!**

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

**[www.birminghamtrackclub.com/vulcan-runner-newsletter](http://www.birminghamtrackclub.com/vulcan-runner-newsletter)**

## BTC NEWEST MEMBERS

**Michael & Neely McGinnis**

**Michael Roche**

**Jane Cooper**

**Randy Lyle**

**Ellan Deinlein**

**Jennifer Evans**

**Janet Watkins**

**Linda Huckabee**

**Lant Cotton**

**Leticia Luz**

**Christina Kirby**

**John Stevens**

**Charles Byrd**

**Shanta Owens**

**Edward Bussey**

**Christopher Campanotta**

**Mary Evans**

**Peter Tacchi**

**Jonathan Schaeffer**

**Shelly Richardson**

**Rob Robertson**

**Curtis & Michele Waites**

**Emily Brown**

**Mary Buckner**

**Guy Dewees**

**Delayna Peterson**

**Randy Mullins**

**Bob Klinge**

**Bill & Kathy Craig**

**Raymond Roach**

**Laura Harper**

**Sean Brown**

**Michael Jones**

**Steve Shook**

**John Grace**

**Jennel Jordan**

# The View from the BACK OF THE PACK

– By Michele Parr, Treasurer

T. S. Eliot never ran in Alabama. All right, I don't know that for a fact, but it just doesn't make sense that anyone who would claim April as the cruelest month could possibly have done so. Around here April is pretty pleasant for running. For Alabama runners I think September has to be the cruelest month.

In other parts of the world September is early autumn. We know that September is really late summer. I did a "fall" half marathon in Tennessee last September and had that fact brutally driven home. In September we find it's a little darker each week as we head out for our long runs at 6:00 a.m., but we don't find any real break in the heat or the humidity. Oh sure, we'll get the occasional cool snap to tease us. I think that's just another part of the cruelty. We know what to expect in July and August. September gives us hope only to take it away again.

In September we fall racers are hitting our highest mileage. Lots of times those miles feel futile to me. Will lots of slow miles actually end up helping on race day? Will being slow in September translate into faster miles on a clear October day? Any thoughts I had of record times in this October's race are long gone since I'm struggling just to cover the miles on the schedule rather than running those negative splits I had planned for this month. The hope of a faster finish has been pushed back to a December race.

I suppose I should be rejoicing at this point that we made it through August without any triple-digit temperatures. It's just hard to rejoice when my shorts are dripping sweat into my shoes at the end of the run.

You know that old insult disguised as a compliment: For a fat girl you don't sweat much? Nobody says that to me. I sweat, frequently and copiously. September humidity enhances that. I've learned to live with it. I keep towels in my car. I store a bottle of Febreze next to my parking spot in the garage. I don't allow myself to run out of Body Glide. It doesn't matter. My car still smells of runner funk and I've got a good-sized strawberry on the inside of my left thigh from a recent 12 miler. Those are some of the costs of running in the South in the summer.

I recently heard a running buddy saying she was looking forward to tights weather. As much as I complain about summer running, I still prefer it to winter running. To me there's little worse than the evil trifecta of cold, dark, and wet. I'll try to keep that in mind as I slog my way through the rest of this Alabama summer, however long it lasts. •

*treasurer@birminghamtrackclub.com*



WWW.BIRMINGHAMTRACKCLUB.COM

ATTENTION ALL RUNNERS!

## HALLOWEEN PUB RUN & Costume Contest

**Oct. 30th, 2008 • Five Points So.**



3-mile Pub Run  
starts at Five Points  
Fountain at **6 p.m.**

Prizes awarded at  
**COSMO'S PIZZA**  
after the Pub Run

**1st drink FREE!**

Bring \$\$\$ & I.D.  
for Pub Stops

**Wear a costume to  
run in, join the fun!**



For more info email:  
**social@birminghamtrackclub.com**

## Advertise in THE VULCAN RUNNER

**Do you own a business you'd like to advertise in The Vulcan Runner?** Do you have a race or business you want the rest of the BTC community to know about? If so, below are our monthly rates\* for placing ads, along with approx. sizes available:

**1/5 page** (1.5 in. x 10 in.) – **\$15**     **1/2 page** (7.5 in. x 5 in.) – **\$50**     **Full page** (7.5 in. x 10 in.) – **\$100**  
**1/4 page** (3.7 in. x 5 in.) – **\$25**     **1/2 page** (3.7 in. x 10 in.) – **\$50**

\*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:**  
**newsletter@birminghamtrackclub.com**



# BTC CPR Certification

**\$15.00 per person**



• **New certification**  
**Sunday, Oct. 5th, 2 p.m.**

• **Re-certification**  
**Tuesday Oct. 7th,**  
**5:30 p.m.**

**Mtn. Brook YMCA**

## BTC First Fridays

Come mingle with your fellow BTC members on the 1st Friday of each month from 4:30 to 7:30 p.m. Stop by after work or on your way out for the evening. **No run.** Locations & times are tentative\*

**October 3rd**

**Rare Martini** (Lakeview)

2839 7th Ave. So., Birmingham, 35233

**November 7th - Fox & Hound** (U.S. 280)

**December 5th - Redmont Hotel**

## BTC Thirsty Third Thursday Runs

Join us for Pub/Java Runs, held on the 3rd Thursday of each month at 6 p.m. **Bring cash & I.D. for optional Pub/Java stops.** Locations & times are tentative\*

**October 30th (5th Thursday)**

**Halloween Pub Run & Costume Contest**  
(see Page 6 for complete info.)

**Nov. 29th (Saturday) - Iron Bowl Fun Run**

**December 18th - Annual X-Mas Lights Run**

For questions or more info, please email:

**social@birminghamtrackclub.com**

## 'The Vulcan Runner' NUTRITION BLOCK

### SWEET REWARDS

**More miles means more dessert**

– By Kate Cline for Runner's World

A 12-mile run can burn more than 1,500 calories. So after your next long run, refuel with a healthy meal-then indulge in a little trick-or-treat. Just aim to keep it between 250 and 450 calories, says Tara Gidus, R.D.

If you like...

### CHOCOLATE

• 250 calories:  
**10 Hershey's Kisses**

• 450 calories:  
**1 1/2 bars of Dagoba**  
**73% dark chocolate**



If you like...

### FRUIT FLAVORS

• 250 calories:  
**12 Starbursts**

• 450 calories:  
**11 Cherry Twizzlers**

If you like...

### NUTS

• 250 calories:  
**25 Peanut M&M's**

• 450 calories:  
**10 Mini Reese's**  
**Peanut Butter Cups**



If you like...

### HALLOWEEN TREATS

• 250 calories:  
**40 candy corn pieces**

• 450 calories:  
**1 1/2 caramel apples**



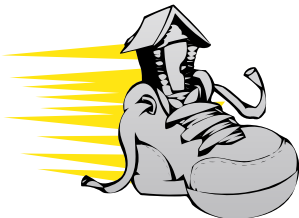
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**183 Main Street Next to CAHABA CYCLE**

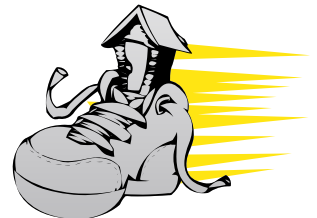
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of personalized quality service for customers of all speeds of life.



*The Trak Shak specializes*  
in fitting everyone in the correct shoes.

Whether you run, walk, jog or just need some good shoes to  
kick around in, we fit you right!



Your buying locally allows us  
to support Birmingham's avid  
running community.

Thank You!

*The correct shoe or insole can help*  
alleviate some of these common aches & pains:

Morning Heel Pain (Plantar Fasciitis) • Shin Splints  
Black Toenails • Runner's Knee • Weak Ankles • Blisters  
Lower Back Pain • Achilles Tendonitis • ITB Syndrome



# **The Trak Shak**

*Running Shops - Homewood • 280 • Trussville*

**HOMWOOD**  
2839 18th Street South  
**870-JOGG**

**INVERNESS**  
4740 Hwy 280  
**408-5723**

**TRUSSVILLE**  
183 Main Street  
**655-2553**





# BTC Executive Meeting Minutes

September 14, 2008, Cosmo's Pizza, 2:30 p.m.

– Submitted by Amy Hix, Secretary

## ATTENDANCE:

- Johnaca Kelley, Vice-President
- Michele Parr, Treasurer
- Amy Hix, Secretary
- Danny Haralson, Past-President
- Rick Melanson, Road Race Chairman
- Judy Loo, Membership
- Katie Hannigan, Social Head
- Phil Min, Parliamentarian
- Charles Amos Thompson
- April Dennis

## I. OFFICER REPORTS

**Treasurer – Michele Parr:** BTC Mini Meets - cost of venue/reimbursement - Brent Cotton did not attend to talk about Mini Meets, but we are paying \$50 each to have them at Vestavia High. We will investigate other locations.

## II. COMMITTEE REPORTS

— **Membership – Judy Loo:** Purchase of new laptop for Membership. Judy will gather quote for membership laptop purchase vote. Michele noted that it might need to wait until early 2009. Also mentioned was that using Club Express on the web could make this less of an issue, as with the workflow problems in membership.

— **Review workflow for Membership – Danny Haralson:** What happens when someone becomes a BTC member.

— **Social – Katie Hannigan:** Annual Party location/date- Katie does not have a definite for the party yet... a new option in Homewood was discussed and will be investigated. Katie also wants to investigate selling advance tickets to the Party.

## III. ADDITIONAL DISCUSSION

— **Halloween Pub Run, Thurs., Oct. 30th:** Costume Contest, Cosmo's Pizza afterwards. BTC will buy the first beverage.

— **Vestavia YMCA Health Expo on Sunday, Sept. 21, 1-4 p.m.:** Need volunteers to man a table and hand out membership forms, answer questions, etc. We (the BTC) have been asked to attend by Jeff Kepler. Phil is in charge of volunteers

— **Race for the Cure Water stop at the finish – Johnaca Kelley**

— **David Stiles memorial – Danny Haralson:** Danny would like \$100 donated to Leukemia & Lymphoma Society as a memorial for David Stiles - there were no objections.

— To close the meeting, Johnaca made a request that we get to the bottom of the **Club Express demo** and try to move forward with it because we think it could solve many of our membership / social / calendar / web cost issues.

— On a side note, April Dennis is planning to hold a BTC Merch. clearance and Race for Cure sign up on Oct. 1 at Trak Shak around usual run. When she gets things organized, we will probably send an email blast.



# Southlake Orthopaedics

## Sports Medicine & Spine Center, P.C.

### Board Certified Orthopaedics

## Michael T. Ellerbusch, M.D.

### Sports Medicine & Rehabilitation, Board Certified

## William D. Krauss, D.O.

### Fellowship Trained in the Foot & Ankle

## William P. Bryant, M.D. († 2006)

## C.J. Talbert, M.D.

## Michael F. Blum, M.D.

## Ekkehard Bonatz, M.D.

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

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

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

# Race/Event Calendar (Oct. thru Dec. 2008)

– Compiled by Rick Melanson

**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 )

## OCTOBER 4

### Hueytown 5K/10K

– Birmingham, AL, 8:00 a.m.  
Hueytown Elementary School on 112 Forest Rd. USATF CERTIFIED COURSE.  
**Info:** Phil Robertson (491-8039)  
**Web:** www.hueytownrace.com

### Lorie Johnson Foundation 5K & 1 Mile Fun Run

– Birmingham, AL, 9:00 a.m.  
Mt Laurel on Hwy 41 3 miles off Hwy 280. USATF CERTIFIED COURSE.  
**Web:** www.loriejohnsonfoundation.org

### Tough Ten/Tough Two – 10 Mile & 2 Mile

– Auburn, AL, 7:30 a.m.  
**Info:** www.auburnrunning.org

### Elkmont Rails to Trails 10K

– Elkmont, AL, 8:00 a.m.  
**Info:** Whitney Hollingsworth (256-732-3213)  
**Email:** cactus1@ardmore.net

### Claybank 5K Trail Run/Walk

– Ozark, AL, 8:00 a.m.  
Ed Lisenby Lake  
**Info:** Cahthy Outlaw (334-774-8511)

### Knobbly 5K Run/Walk

– Mobile, AL, 8:00 a.m.  
**Info:** Margaret Olive (251-401-8039)

## OCTOBER 11

### Komen's Race For The Cure – 5K Run/Walk and 1 Mile Fun Run/Walk

– Birmingham, AL  
USATF CERTIFIED COURSE. Start and end in Linn Park in downtown Birmingham.  
**Info:** Komen Foundation (930-8886)  
**Web:** www.komennalabama.org

### Great American Cross Country Festival 3K

– Birmingham, AL, 7:30 a.m.  
Veterans Park on Valleydale Rd. (below Spain Park High School).  
**Info:** Steve Bedsole (426-4989)

### Monte Sano 15K & Fun Run

– Huntsville, AL, 8:00 a.m.  
Monte Sano State Park  
**Info:** Mike O'Melia (256-532-3855)  
**Email:** bomelia@comcast.net

### Tennessee River Run 10K & 2 Mile

– Florence, AL  
Veterans Memorial Park  
**Info:** Danny Michael (256-483-2349)

### Run for LIFE 5K & 1 Miler

– Montgomery, AL, 7:30 a.m.  
**Info:** Terry Dees (334-277-1837)  
1800 Halcyon Blvd., Montgomery, AL 36117  
**Email:** terry@landmarkchurch.net

### Guns & Hoses 5K Run/Walk

– Mobile, AL, 8:00 a.m.  
**Info:** Port City Pacers (251-473-7223)

## OCTOBER 12

### BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.  
Contact Brent Cotton for location (447-9223)

## OCTOBER 18

### Runaway From Domestic Violence 8K

– Birmingham, AL, 8:00 a.m.  
Hwy 119 Health and Wellness Ctr. (at back entrance to Greystone) USATF CERTIFIED COURSE.  
**Info:** Mandy Cox (408-6600)

### Trussville Chamber of Commerce Maple Leaf Run – 5K & 1 Mile Fun Run

– Trussville, AL, 8:00 a.m.  
Trussville Chamber next to Hewitt Trussville Middle School. USATF CERTIFIED COURSE.  
**Info:** TRAK SHAK (870-5644) or Dianne Poole (655-7535)

### Liz Hurley Ribbon Run

– Huntsville, AL 8:00 a.m.  
Huntsville Hospital Women & Children's Bldg.  
**Info:** Michele Savage (256-265-9452)  
**Email:** micheles@hhsys.org

### Roger Pritchett 8K

– Northport, AL, 8:00 a.m.  
**Info:** Michael Higgins (205-349-2602)

### Harvest 8K Run/Walk

– Saraland, AL, 8:00 a.m.  
**Info:** Port City Pacers (251-473-7223)

## OCTOBER 25

### CrossPoint 5K & 1 Mile Fun Run

– Argo, AL, 8:00 a.m.  
CrossPoint Baptist Church (I-59 exit 148). USATF CERTIFIED COURSE.  
**Info:** Brian Harris (655-0364)

### Gamecock Gallop 5K

– Jacksonville, AL, 8:00 a.m.  
Pete Mathews Coliseum. USATF CERTIFIED COURSE.  
**Info:** Gina Mabrey (256-393-8730)

### Princess Theater 10K

– Decatur, AL  
**Email:** eric@rivercityrunners.org

## OCTOBER 30

### Halloween Pub Run & Costume Contest

– Birmingham, AL, 6:00 p.m.  
3-mile Halloween-themed pub run starts at Five Points So. Fountain. Bring \$\$ and I.D. for optional Pub Stops. 1ST DRINK FREE. Wear a costume to run in, join the fun! Prizes awarded at Cosmo's Pizza afterwards. ALL RUNNERS WELCOMED!  
**For complete info., see Page 6.**  
**Info:** social@birminghamtrackclub.com

## NOVEMBER 1

### 34th Annual Vulcan Run 10K & 1 Mile Fun Run (presented by J Rag)

– Birmingham, AL, 8:00 a.m.  
Downtown Birmingham at Linn Park. USATF CERTIFIED COURSE. RRCA National 10K Championship Race and also on the "Running Journal" Grand Prix Circuit. Register online at active.com.  
**Email:** info@vulcanrun.com

## NOVEMBER 8

### North Jefferson Charity Run 8K & 1 Mile Fun Run

– Gardendale, AL, 7:30 a.m.  
USATF CERTIFIED COURSE. Start and end at K-Mart on Hwy. 31.  
**Info:** Joyce or Ken Friedrich (631-8768)

### Run For The Hills 5K/10K

– Birmingham, AL, 7:30 a.m.  
Pinnacle Bank on Canyon Rd. (behind McDonalds on Hwy. 31).  
**Info:** Steve Amons (482-2700)

## NOVEMBER 9

### BTC Mini Track Meet

– 2:00 p.m. - Contact Brent Cotton for location (447-9223)

## NOVEMBER 15

### Gopher Run 8K & 1 Mile D.A.R.E. Run

– Birmingham, AL, 8:00 a.m.  
Oxmoor Rd. close to "New York Pizza" and "Cool Beans Coffee". USATF CERTIFIED COURSE.  
**Info:** Janie Shellswell White (613-1617)

## NOVEMBER 22

### Phi Mu Children's Miracle 5K Run and 1 Mile Fun Run

– Birmingham, AL, 10:00 a.m.  
Herdmont Park on Hwy. 119.  
**Info:** Maranda Meadows (601-319-3179)

## RACE CALENDAR

<continued on Page 11>

## RACE CALENDAR

<continued from Page 10>

### Turkey Burner 5K

– Montgomery, AL, 8:00 a.m.

**Info:** Leigh Anne Richards (334-396-0040)

**Email:** LAMetrofit@aol.com

## NOVEMBER 27

### LJCC Montclair Run & 1 Mile Fun Run

– Birmingham, AL, 8:30 a.m.

Levite Jewish Community Center on Montclair Rd. USATF CERTIFIED COURSE.

**Info:** 879-0411

## DECEMBER 6

### Jingle Bell Run 5K & 1 Mile Fun Run

– Birmingham, AL, 9:30 a.m.

Underwood Park next to St. Vincent's Hospital. USATF CERTIFIED COURSE.

**Info:** Katherine (979-5700)

**Web:** arthritis.org. (key word – Alabama)

### Miles for Smiles 5K

– Birmingham, AL, 8:00 AM

Crestline Elementary School. USATF CERTIFIED COURSE.

**Info:** Jordan Barkley (601-9261)

## DECEMBER 7

### BTC runs Las Vegas Full/Half Marathon

– Las Vegas, NV, 6:07 a.m.

The club will have other fun activities planned while in Vegas. Any runner is welcomed to join us. Each person is responsible for their own arrangements.

**Info:** tmcmeredith@bellsouth.net

## DECEMBER 13

### Village to Village 5 Mile Run

– Birmingham, AL, 8:00 a.m.

English Village starting and ending near Joe Muggs and Billy's on Cahaba Rd. USATF CERTIFIED COURSE.

**Info:** Beth Nigri (313-8138)

## DECEMBER 14

### BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.

Contact Brent Cotton for location (447-9223)

## DECEMBER 20

### Meadowbrook 5K & 1 Mile Fun Run

– Birmingham, AL, 9:00 a.m.

Aliant Bank across from Brook Highland on Hwy. 280.

**Info:** Bob Cosby (991-6054)

## TUESDAYS (weekly)

### BTC Sunrise or Hill Group Run

– Birmingham, AL, 5:30 a.m.

Mountain Brook YMCA, meet in lobby area. Free showers and lockers available.

## WEDNESDAY (weekly)

### Trak Shak Group Runs

– Homewood, AL, 5:30 p.m.

Trak Shak store in downtown Homewood. All paces. Largest weekly group run in B'ham area!

**Web:** www.trakshak.com

## SATURDAYS (weekly)

### Red-Eye-Run – 6.2 miles

– Birmingham, AL, 7:00 a.m.

Mountain Brook Village in front of Western Super Market. Varied pace to suit anyone.

## FUTURE 2009 EVENTS

(local only)

01-10 – Red Nose 5K/10K Run

01-24 – Brenda Ladun 5K Run

03-07 – Knights of Columbus 5K

03-14 – Perseverance 5K Run

04-04 – High Country 5K

04-11 – Talledega 5K

04-25 – NBC Health Fair 5K



## September/October

# Coach's Corner

– By Danny Haralson

This column, much like its subject, will be short and hopefully just right; **I present...the taper.** If you have ever trained for a marathon then you know where of I speak and if you haven't, when you do, it will be a phase of training that you really look forward to.

The taper is a 2 or 3 week period where you back off of your peak mileage dramatically to let your body consolidate its gains, rest and prepare for the actual event.

Every person is different so I can't tell you if a 2 or 3 week taper is best for you, though I can tell you that a '1 week' taper is a recipe for disaster.

The taper is a time when, if you plan to race for 'time' you want to reduce your miles, while maintaining some of the intensity and if your goal is to 'finish' you simply let your body recover (still running fewer miles – perhaps more relaxed) from the rigors of the past 16 – 20 weeks of training.

You may want to be aware of your caloric intake because you are reducing the number of miles in training however you may not want to substantially alter what you eat. You can celebrate after you cross the finish line with a beef and bean burrito with extra jalapenos but in the taper phase leading up to the marathon I would keep the Man-

tra of nothing new till race day!

It's also a time when your brain may switch over from, "Man, I'm glad I have a day off" or "I'm only running 10 this weekend" to "Oh no, I'm not running enough, I feel fat and sluggish, I need more miles!!!"

Once you get to the taper phase your training is in the bag. If nothing else remember this once you enter the taper phase; there is nothing you can do to make your race better now, but there's lots you can do to screw it up.

Accept the taper as a part of your training, enjoy your massage, your shorter runs, and find peace in the fact that you've done all you can do. Your body requires this time and you will feel stronger come race day. Personally in the last week I recommend in the 4 days before the 'gun' that you rest 3 and on the day before an easy 3 mile run just to 'remind' your legs and remove any cobwebs.

Lastly, pasta the night before is not a bad option, but carbo loading is highly over rated. That's a subject for another column, but eat smart and not too heavy the night before – grilled or baked chicken or fish with brown rice or baked potato (easy on the butter and sour cream) and a salad. A 'proper' combination of proteins and carbohydrates is where it's at; and the next morning something light (that you practiced with) to 'top off the tank'. Again, nothing new on race day or the week leading up to it!

Then post race you can jump right into a bacon-cheeseburger and cold beverage and know that you gave yourself every opportunity to succeed. Always remember, if you finish you win! Enjoy the taper! •

Danny is an RRCA Certified Coach and can be reached at: [danny@rununiversity.com](mailto:danny@rununiversity.com)



# ‘Trample The Weak, Hurdle The Dead!’

## The Tupelo Marathon

– By Phil Min

The Tupelo Marathon and 14.2 Miler is an event that has had a cult following for years and has been popular with Birmingham runners. This year marked the 25th Anniversary of the event and brought with it a sellout. 250 runners signed up for the Marathon and 250 registered for the 14.2 event. Who would want to run a marathon in the Mississippi heat on Labor Day weekend? It might surprise you that usually over 20 states are represented as well as foreign countries. The race always attracts many repeat runners who enjoy the unique challenge presented by the conditions of the race and the great camaraderie of the field and the Tupelo Running Club. The Tupelo Marathon has a certain bare-bones quirkiness that appeals to some of the more unusual characters in long distance running. For example what was the last marathon you ran where the Headquarters Hotel was the Motel 6?

As I am a very lazy runner that hates to train, I usually do Tupelo as an excuse to have a long training run. I would much rather do a

marathon with water stops and an awesome “skull and crossbones” medal at the end, than do a 20 mile training run. I was fortunate this year to have several BTC friends who agreed to participate in this madness with me. Brantley Padgett and Sara Hacker signed on for the full, while Pamela Miller (the sanest among us) settled for the half. We were all checking the weather forecasts for the marathon weekend and it did not look promising. The temperatures and humidity promised to be some of the most punishing in the last few years! We all enjoyed a fun dinner at Vannelli’s Restaurant with

**TUPELO** <continued on Page 13>



(Left to Right) Gary Williams, Brantley Padgett and Maureen Higgins sporting their Tupelo full skull and crossbones upon completion of the race.

**TUPELO <continued from Page 12>**

a large group of Marathon Maniacs including Trent Rosenbloom, the Director of the Flying Monkey Marathon. Most of the other folks were from the Nashville area and everyone had just a great time. After the dinner, we all went to bed early....the race starts at 5AM!

The scene at the start area can only be described as surreal. The pre-race staging area is located at a massive furniture exposition hall in West Tupelo. This provides restrooms and a comfortable gathering spot before the madness begins. At about 10 minutes to 5, the crowd starts to head out in the darkness to the actual start line. I think the thought in most minds is: "Am I really doing this?". It was 72 degrees and 90% humidity at 5 AM! With a new moon, it was pitch black outside and hard to make out people, even those you knew well. It is a strange sensation to hear all those footsteps in the dark, and to listen to conversation topics that most folks would not think about discussing if they knew that there were others nearby that could overhear.

As for our happy little crew, we stuck

pretty close to a safe plan. We ran the first three miles as a "warm-up" (as if one was really needed in those conditions) and then walked a little – 45 seconds to a minute – at each mile marker. This turned the event into a mile repeat training session, similar to what you see folks running in the Colonial Bank parking lot. We sent Pamela on her way, as she was more than trained to run the 14.2 in a very decent time. The walking breaks made the run pretty tolerable and we enjoyed the sights on the rustic course. The Tupelo course is actually pretty flat with a few rolling hills that present a mild challenge. At mile 10, we saw the leaders coming back. The lead runner was the Marathon Junkie, Chuck Engle, but he looked like he was straining more than usual. I did not know at the time that Chuck had run a marathon in Pocatello, ID less than 24 hours earlier. What an animal! After about 5 more male runners, the first female appeared. It was Pamela's neighbor and Birmingham runner Laura Wells. Laura finished as the second female, and had an extremely competitive race. We hit the half at 2:18 and started the trip back to the finish, while the 14.2 mile runners headed on straight to the Furniture Market. Sara, Brantley, and I were

making steady time and still feeling pretty good. At about mile 15, Brantley decided to stick with his original goal of finishing in 5 hours, so he decided to ease off the pace and cruise to the end. Sara was running strong on the hills on the return trek and I could tell that she could hold a much faster pace. I sent her on her way on the last 5K, while I struggled with the relentless heat and lack of shade. Sara hit a finish of 4:34 and I managed a 4:36. I hit the shade immediately and began to cool off a little. The Tupelo Runners Club really have a fantastic post race party, complete with grilled food and every kind of beverage. I spotted other BTC runners: Maureen Higgins, Bob McCuiston, Gary Williams, as well as many Marathon Maniacs.

This is a great race to help prepare for fall marathons. Anyone who enters should have no illusions about what the conditions will be, but the event is very well managed and support is good on the course. Add to this the distinctive t-shirt and medal, and you have a very good substitution for a weekend long run. Come and join us next year as we "Trample the Weak, Hurdle the Dead!" •

*Email Phil at [pemin@mac.com](mailto:pemin@mac.com)*



**Pamela Miller and Sara Hacker** showing off their Tupelo half and full bling; **Phil Min** (left) with **Trent Rosenbloom**, the Director of the Flying Monkey Marathon; **Bob McCuiston**; (Left to Right) **Brantley, Dena, Sara, House, Pamela and Matt** enjoying their post-Tupelo race meal.

PHOTOS COURTESY OF PHIL MIN



# Double Trouble

For this month's Double Trouble, I was again faced with a deadline and needed to twist someone's arm to get a last minute submission. Turns out that I bailed myself out of the jam. If you've been profiled in this column before feel free to nominate your friends. Just send me an email with their name and email address and I'll start hounding them, er, I mean, I will nicely request that they participate.

Please contact me via email if you would like to participate in future versions of this column.

– Tim Roberts (tim.roberts@arbitron.com)

## Johnaca Kelley

Age: 36

Status: In a relationship

Hometown:

Tuscaloosa, Alabama



1. **Last movie you liked so much, you watched it twice?** I'll gladly watch Tropic Thunder again, as well as The Dark Knight
2. **Name one guilty pleasure?** Watching "So You Think You Can Dance"
3. **Favorite place on earth?** The here and now
4. **Worst place on earth?** Being stuck in the past
5. **One item you would want with you on a desert island?** Machete
6. **Most interesting person you've ever met?** Ray Parks - from a celebrity stand point... he is a martial artist and played Darth Maul in "Star Wars: Episode I". But, talking to Bill Moseley was cool too. He played Otis in "Devil's Rejects".
7. **Coolest trophy or prize you ever won?** My Mercedes medal is cool, but it is actually the bag of rice that I won in Maebashi, Japan
8. **Favorite TV show?** "Family Guy" and "2 and a Half Men"
9. **Favorite fast-food joint?** Chik-fil-a
10. **Who would play you in a movie?** Hilary Swank maybe
11. **Something unique about the town you grew up in?** I grew up in Troy, AL as much as I have in Tuscaloosa and Birmingham. Twice a year musicals were performed through the university and the city of Troy. I was allowed to play various parts: Pepper in "Annie", Rizzo in "Grease" and The Wicked Witch of the West.
12. **If you could play an instrument, what would it be?** Drums
13. **Scariest thing that ever happened to you?** Usually what I fear and worry about is waaaay more scary than anything that ever actually happens... working on that. But, I did have a cockroach jump in the bathtub with me once.
14. **Favorite book?** Tao Te Ching
15. **Favorite meal?** Sushi
16. **Why do you run?** It's a tremendous release and a form of balance to my life
17. **When did you start?** I first became serious in 7th grade.
18. **What's your biggest running accomplishment?** Helping others to try it
19. **Favorite BTC story?** The storm story from the year I went to Bushwacker... it was printed in a previous newsletter, check it out in the archives.
20. **Words to live by or favorite running mantra?** "You do not attract what you want; you attract what you are."

– Dr. Wayne W. Dyer



## Tim Roberts

Age: 36

Status: Married, with two kids

Hometown:

Oxford, England

1. **Last movie you liked so much, you watched it twice?** Can't think of the last one. I'll watch a lot of movies more than once, like "Rudy," "Forest Gump" and of course "Fletch."
2. **Name one guilty pleasure?** Ice Cream
3. **Favorite place on earth?** Ski tips hanging over the edge on top of the mountain
4. **Worst place on earth?** I-24 between I-59 and I-75 in Chattanooga on a Friday afternoon.
5. **One item you would want with you on a desert island?** Satellite TV
6. **Most interesting person you've ever met?** My Great Grandfather. He came through Ellis Island from Russia with his mother as a young boy.
7. **Coolest trophy or prize you ever won?** I was awarded a Pirate Head from my company for helping the legal department pursue a company that was pirating our software and data.
8. **Favorite TV show?** "Mad Men"
9. **Favorite fast-food joint?** McDonald's, of course! It's old school.
10. **Who would play you in a movie?** Matt Damon
11. **Something unique about the town you grew up in?** See above... Charles Lindbergh's mother was buried in the cemetery near the front of my neighborhood (Michigan house).
12. **If you could play an instrument, what would it be?** I do play the piano and the saxophone. Wish I could play guitar.
13. **Scariest thing that ever happened to you?** A commercial airplane that I was on had an issue and had to return to the airport that we had just left. The pilot was not sure if the nose landing gear would go down. And, if it did, he wasn't sure that it would lock. So we came in for an emergency landing. It was just like in the movies with all of the fire trucks and emergency vehicles chasing us down the runway. The pilot kept the plane nose up like in a big wheelie for a long time. Everyone held their breath and finally he set the front end down and it didn't collapse. Whew!
14. **Favorite book?** I read a lot, so I have many. Both fiction and non-fiction. My favorite book of the recent books that I've read is Bowerman and the Men of Oregon. My favorite fiction is a novel by Stephen Coonts called The Minotaur or Dale Brown Day of the Cheetah.
15. **Favorite meal?** Traditional Thanksgiving meal. Turkey and all that.
16. **Why do you run?** For exercise. To compete. For the challenge.
17. **When did you start?** I guess you could say I started running when my Dad took up jogging. I was in about the 5th or 6th grade. Since then it's been an on again off again affair.
18. **What's your biggest running accomplishment?** 3:23 marathon this past April.
19. **Favorite BTC story?** Has to be that morning when the two drunk fraternity guys decided to join our run. There are many details to the story and it has been told and retold, but it's very funny.
20. **Words to live by or favorite running mantra?** "To give anything less than your best is to sacrifice the gift." "You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." – Steve Prefontaine



# OCTOBER Club Merchandise **Item Of The Month** **RUNNING VISORS**

**FREE BTC  
window  
decal with  
order!**

- 'Birmingham Track Club' embroidered on front/center.
- One size fits all. Visors have an adjustable strap for comfort fit.
- **COLOR CHOICES:** Light Pink, Hot Pink, Royal Blue & Black, Light Blue and Black.
- Visors made of wicking and anti-bacterial material.



Name (ship to) \_\_\_\_\_

Address (Street or P.O.) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email Address (print clearly) \_\_\_\_\_

**Quantity      Visor Color**


**Send orders/payments, made payable to  
Birmingham Track Club, to:**

Johnaca E. Kelley, BTC Vice President  
c/o EBSCO Creative Concepts  
825 5th Avenue South  
Birmingham, AL 35233

\*Please add **\$4** per item.

[merchandise@birminghamtrackclub.com](mailto:merchandise@birminghamtrackclub.com)

**More merchandise at [www.birminghamtrackclub.com/merchandise](http://www.birminghamtrackclub.com/merchandise)**

Offer good till 10/31/08



**ONLINE:** [www.lvmarathon.com](http://www.lvmarathon.com)

## The BTC invites you to join us as we run the **LAS VEGAS** **FULL/HALF MARATHON**

Pick from the half or full marathon. Weekly training runs are on Saturday mornings for those who want to train with us, however, you **MUST** contact Meredith if you want to train with us (this is a must!). ALL are welcomed!

**We'll also plan fun gatherings while in Vegas!!**

**RACE DATE:** Sunday, December 7th, 2008

**TO SIGN UP:** [tmcmeredith@bellsouth.net](mailto:tmcmeredith@bellsouth.net)



# 1,200 MILE CLUB *update*

– Submitted by Geoff Gottlieb, 1,200 Mile Club Coordinator

**Ladies and Gentlemen, we have two more 1,200 Mile Runners!**

**Tim Roberts** and **Sara Hacker** flew through their 1,200 barrier this month.



**There are others not far behind, and with the end of the year approaching, I think we're going to have some amazing numbers come January 1st!**

**If you want your picture featured in 'The Vulcan Runner' once you pass the 1200 mile mark, like Tim and Sara, send your photo, to the same email address you've been sending your monthly mileage to.**

[1200@birminghamtrackclub.com](mailto:1200@birminghamtrackclub.com)





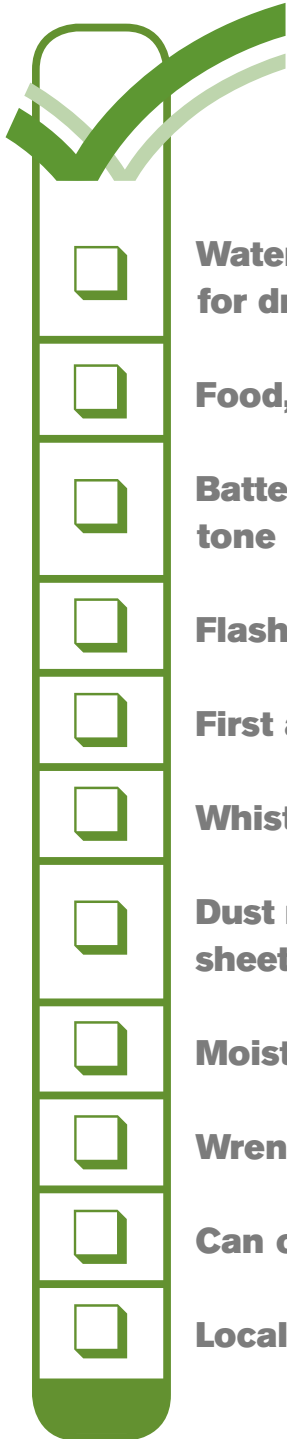
# PREPARE. PLAN. STAY INFORMED.

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



		MONTH																															
Month/Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	GOAL	TOTAL
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# Birmingham Track Club

# MEMBERSHIP APPLICATION

www.birminghamtrackclub.com  
www.myspace.com/birminghamtrackclub



We would like to take this opportunity to invite you to be a member of the Birmingham Track Club or to renew your existing membership. The Club sponsors or sanctions many local races and keeps members informed of upcoming races, training runs, results, socials, etc. through our monthly newsletter 'THE VULCAN RUNNER'. Additionally, BTC Members receive merchandise discounts at local merchants. It's a great way to meet other runners and stay informed of running events in the area. Again, thanks for your participation and we hope that you will join us as we promote individual and community fitness through running.

PLEASE check one:

☐ **New Member application**      ☐ **Renewal**      ☐ **Change of Address**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address (Street or P.O.) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address (print clearly) \_\_\_\_\_ ☐ Male ☐ Female

Sponsored by (BTC member name) \_\_\_\_\_

Other family members to be included in membership:

\_\_\_\_\_ ☐ Male ☐ Female  
Last Name                      First Name                      M.I.                      Birth Date

**WAIVER:** I know that running and volunteering to work in club races are potentially hazardous activities, and as a member I assume all risks involved. Therefore I hereby, for myself and anyone entitled to act on my behalf, do waive and release the Birmingham Track Club, Road runners Club of America, USA Track and Field, all sponsors and any others involved from any claims or liabilities arising out of my participation in these activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of such events for any legitimate purpose.

Signature (Parent's signature if under 18 years of age) \_\_\_\_\_

Date \_\_\_\_\_

**YEARLY MEMBERSHIP** (please circle one): **\$25** (single) **\$35** (family)

Send this signed application and check made payable to the BTC to the following address:

**Birmingham Track Club**  
**P.O. Box 530363 Birmingham, AL 35253**

(205) 879-LEGG      btcmembership@gmail.com

You can also join online at  
**WWW.ACTIVE.COM**  
(Event I.D. # 1397208)

# RUNNING TIDBITS

– Compiled by Tim O'Brien

## Running Quotes

*"Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed."* – **Charles Schulz, Peanuts**

*"There are as many reasons for running as there are days in the year, years in my life. But mostly I run because I am an animal and a child, an artist and a saint. So, too, are you. Find your own play, your own self-renewing compulsion, and you will become the person you are meant to be."* – **George Sheehan**

*"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."* – **Steve Prefontaine**

*"Me thinks that the moment my legs begin to move, my thoughts begin to flow."*  
– **Henry David Thoreau**

## 7 reasons why Fall running is great:

1. Cool and crisp air, a much needed break from the stifling heat of the last few months.
2. Great time for beginners to get out there and see what they like and don't like about running!
3. Running in the morning and evening are about the same since the sun comes up a little later and sets a little earlier. See which one fits you the best.
4. For the long distance runners, many marathons to choose from all over America. BTC has picked the Las Vegas Marathon Dec 7th to do group training for.
5. You may not sweat as much on a 60 degree day as you would a typical Alabama summer day, but hydration is just as important. Never forget that.
6. I can't think of anything better than to get up early on a Saturday or Sunday, get out in the cool air and run a really long distance; and then come back home to a long day of college or pro football. (Yes, I am from the mid-west so I actually like pro football...deal with it).
7. Mark Baggett stops wearing mesh shirts and spandex shorts when he's running!



### Birmingham Track Club

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[www.birminghamtrackclub.com](http://www.birminghamtrackclub.com)  
[www.myspace.com/birminghamtrackclub](http://www.myspace.com/birminghamtrackclub)

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