

# BTC

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# THE VULCAN RUNNER

VOL. 32 ★ NOVEMBER/DECEMBER 2008 ★ ISSUE 9

## From 5K to Tri

### How one local runner made the transition

— Stephanie Farrington

"Six to eight weeks rest, no running." Those were the words told to me by my doctor in May after I suffered a leg injury following the Country Music Marathon in April 2008. I would miss the start of Vegas training. After curling up on my sofa for a

week and feeling sorry for myself, I decided this was an opportunity to try some "new" sports. I knew several BTC members had bikes and were relatively new to cycling. I took the plunge and visited my local cycle shop where I walked out with a shiny new bike and all the best accessories. My wallet felt light and American Express was happy.

If you haven't been on a bike since you were a kid, you don't know what you're missing. The same "flying through the air, free as a bird" feeling is still there, although, now you actually notice the cars, potholes, and traffic lights. It's scary at first, but after a few rides at biker-friendly Oak Mountain (and a tumble over from forgetting to unclip) the fear is replaced with "This is fun! I can do this!"

Since there were so many BTC'ers into cycling, we were able to put together our own BTC cycle group. We met out at Oak

**5K TO TRI** <continued on Page 2>

(L to R) Jamie Collins, Sidney Shackelford, John Lossie, Stephanie Farrington, Chris Farrington, Alicia O'Neal, and Kimbellee Fipps





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### 5K TO TRI <continued from Page 1>

Mountain weekly, completed group rides, and even traveled up to Anniston to ride the Chief Ladiga bike trail.

Six to eight weeks quickly turned into 14 weeks and all hopes of Vegas were out the door. In September, both my husband and some BTC pals were planning to do the Santa Rosa Triathlon in Pensacola. I was asked several times if I were doing it and every time I replied with "NO WAY, are you crazy? I can't swim and I am only running 2-miles". Then I learned that my friends Sidney, Alicia, and Kimbellee had already committed (this would be their first tri). I thought this might be the best time to see what it was all about so I took a deep breath and registered. I had 3 weeks to get ready.

The race consisted of a 600 yd open water OCEAN swim (did I say OCEAN, as in Gulf of Mexico?); 18-mile bike; and 5K. I had the bike distance down and thought surely I could do a 5K by October. The big problem was the swim. Since my idea of swimming was floating on a raft with an adult beverage in hand, I enlisted the help of a swim coach. I got some quick (and I mean quick) help on my stroke and breathing. We practiced some open water swims at Oak Mountain. My swim was NOT pretty, nor was it fast, but I could complete the distance without choking, and that's all I was after.

Our group of nine traveled down to Florida and met with the race director for some "beginner tips". We were all nervous about the swim, but me more than any since this would be my weakest (and scariest) leg. The one big thing we didn't factor into the swim was JELLYFISH, they were everywhere on Friday afternoon, and we spent most of Friday night discussing and researching jellyfish varieties, jellyfish characteristics, and remedies for jellyfish stings. I have learned a lot about jellyfish.

Race morning we managed to get ourselves and our stuff down to the "transition area" on time and without much worry. As luck (and prayer) would have it, the jellyfish had miraculously vanished from the gulf Saturday morning and we were in for a beautiful, sunny, race day. Yes, I was nervous going into the water. Yes, I was slow. Yes, I finished DEAD LAST in my age group for the swim, but when I came out of the ocean, my hands were waving just like I had won an Olympic gold medal (Michael Phelps had nothing on me)! I wanted everyone to know that I had "done it". The bike leg was a breeze, all flat, something of a treat for us in Birmingham. I even managed to pass a woman or two in my age group. The run portion was FANTASTIC! Flat, flat, flat. Looking at our stats, you can tell we are a group of runners, as that was our best leg. I managed to pass 2-3 more women in my age group on the run for an overall 17th finish. I had done it! In 2 ½ years, I have gotten off the couch, completed a 5K, 10K, half-marathon, full-marathon, and FINALLY a triathlon, all while having a blast and making fun memories with the best friends anyone could ask for! Thanks Birmingham Track Club! Who would have thought that the 2006 "Race To The Courthouse 5K" would lead to all this? •

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1. First wave hits the water.

2. Stephanie is all smiles when finishing her swim.

3. Sisters Alicia O'Neal and Kimbellee Fipps.

4. (L to R) Stephanie, John, Jamie and Chris in the transition area.

5. Stephanie bought cheap ribbons and handed them out to everyone in their own 'ribbon ceremony'. (L to R) Kimbellee Fipps, Jamie Collins, Chris Farrington, Sidney Shackelford, Alicia O'Neal, Robin Fipps, Donna Lossie, John Lossie, and Stephanie Farrington.



PHOTOS COURTESY OF STEPHANIE FARRINGTON

Email Stephanie at [sfarrington@bham.rr.com](mailto:sfarrington@bham.rr.com)

# ★ BIRMINGHAM TRACK CLUB ★ ANNUAL PARTY

★ **BTC Yearly Elections & Awards** ★  
**Catered Food • Drinks • Music and Dancing**

## ★ WHEN: ★

★ Saturday, Jan. 24th, 2009 • 7 p.m. to 11 p.m. ★

## ★ WHERE: Vestavia Lodge ★

★ (Located behind Vestavia Hills Park & Rec.) ★  
★ 1973 Merryvale Road, Vestavia Hills 35216 ★

**ADMISSION:** \$5/person (before 7:30 p.m.) \$10/person (after 7:30 p.m.)

Members can bring 1 guest. Those who are not guests or current members must purchase/renew a membership at the door before entrance. See Page 23 for application.

★ **QUESTIONS:** [social@birminghamtrackclub.com](mailto:social@birminghamtrackclub.com) ★

★ (Business Casual Attire requested) ★

## *Send in your nominations!*

We're closing in on the **BTC Annual Party** (Saturday, January 24th) 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 Dec. 29th, 2008**  
**(in writing) or via e-mail to:**  
[btcpresident07@gmail.com](mailto:btcpresident07@gmail.com)

### PREVIOUS YEAR RECIPIENTS



**Maria Cecil**

2007 Arthur Black / Rick Melanson award recipient



**Phil Min**

2007 Randy Johnson award recipient

**See Page 4 for list of past winners**





## Dr. Arthur Black/ Rick Melanson Annual Service 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 Amos Thompson  
**1988:** Gordon E. 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 & Jane Thomas  
**1999:** Jennifer Kyle  
**2000:** Peggy Heal  
**2001:** Trish Portuese  
**2002:** Helen Tankersley  
**2003:** Susan Hales & Judy Loo  
**2004:** Danny & Micki Haralson  
**2005:** Susan McCullum  
**2006:** Jeanne Welsh  
**2007:** Maria Cecil

## Randy Johnson Annual Service Award Winners:

- 2006:** Meredith Farrell  
 & Mark Baggett  
**2007:** Phil Min

## 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



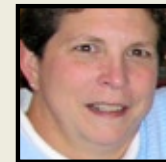
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**Race Results** Find the latest and most complete local race results at the following:  
**birminghamtrackclub.com** **trakshak.com** **run42k.com**

## ATTENTION BTC MEMBERS!

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

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

**www.birminghamtrackclub.com/vulcan-runner-newsletter**



Craig Cook, Linda Cook, Jim Quinn, Becky Quinn, Charlene Young, Jay Young, Jerry Finchum, Marci Tharan, Mandy Killinger, Liz Lasole, Harry Coleman, Kathleen David, Katherine Poss, Leslie Sasser, David Henry, Lisa Yancey, Ronnie Yancey. (Not pictured: Lynn Joyce, Julie Arvin)

## SAN ANTONIO MARATHON AND HALF MARATHON

# Road trip for the RR's

– Submitted by David Henry

**W**e like to take at least one road trip each year. This year it was the San Antonio Marathon and Half Marathon, which was run on November 16, 2008.

San Antonio has hosted marathons in the past, but they wanted to increase the scale. And increase it, they did. Elite Racing of San Diego took over and created another Rock 'n' Roll Marathon and Half to add to their list of races they manage around the US. Registrations exceeded all expectations. They "sold out" at 30,000

registered runners for the full and the half. They re-opened registration at the last minute and got 3,000 more participants. They had 19,000 more registrations than in the older version of the races in 2007. Over 25,000 finished their race.

Management of the races was very well done. The course was fairly flat. Course conditions were almost perfect – 40 degrees at the start with hardly any wind all day. It began to get warm for some of us who labored on the course much longer than the average.

The route was really neat – downtown, the Alamo, two other missions outside

town, by river, lakes, waterfalls, park, one of the oldest airports in the US (trained WW I pilots there). The course had some bends and turns, which helped to keep runners on their toes.

Noise was everywhere – from the 55 bands, the 25 cheer squads, and the host of spectators all along the routes.

The humidity was low. Some of us suffered from sodium depletion. We will need to learn how much water and/or sport drink to take before, during, and after the race – and how to maintain proper sodium

**ROAD TRIP** <continued on Page 6>

*The Regular Runners (RR's) of Birmingham and the Wanna Be RR's (WBRR's) are a "family" of friends who run during the week and do longer runs on weekends. Our group traces its roots back to Harry Coleman and the beginnings of our group in the early '80's. From meager beginnings, we now regularly have 25 or more runners on any given Saturday morning. Among our group are the fast and the slow. What we all have in common is the care, concern, and encouragement of each member for each member.*

## SAN ANTONIO MARATHON AND HALF MARATHON

### Road Trip <cont. from Page 5>

and fluid levels. One of our first time marathoners was not allowed to proceed beyond mile 20 due to what we think was sodium depletion.

The RR's were well represented by 20 runners, most of whom are in the group picture on Page 5. We had three first-time marathon finishers: Leslie Sasser, Ronnie Yancey, and Jim Quinn.

Leslie suffered from what we think was sodium depletion, but she was able to struggle through. A finish is a FINISH. Leslie finished over an hour before her 65 year-old dad, but it is hard to beat a father-daughter marathon combination. See Leslie's comments below.

Ronnie ran a great race. His highs were diminished by his wife's situation with the sodium depletion. See Ronnie's comments below.

Jim is 64 years old and has always said he would NEVER run a marathon. The RR's kept working with him until he finally said he would try it ONE time. He finished it with his daughter, Becky! This was Becky's second marathon.

### First-time marathoner comments from

#### Leslie Sasser

"Running my first marathon will always be one of the highlights of my lifetime. When I started training with the RR's, I didn't realize how much their friendship and support would carry me through race day. It was as much a mental challenge as a physical challenge to complete it. I learned that it takes will power to get past the struggles that can come in those last few miles. It is all about reaching that goal of crossing the finish line. Some races can turn out to be better than others for different reasons. I've learned that the first marathon should be run with the goal of simply finishing.

Experiencing leg cramps, dizziness and depleted energy wasn't something that



Three first time marathoners (L to R) Ronnie Yancey, Leslie Sasser, and Jim Quinn.

I planned for, but I have one "under my belt" now and I can learn from my mistakes. I look forward to the next one, training with the RR's and accomplishing the goal of finishing my 2nd marathon."

### First-time marathoner comments from

#### Ronnie Yancey

"I would like to start by saying thank you for all the support everyone has shown to my wife, Lisa, and me. It truly is great to have new friends. This trip was a first in several ways for me - first time to fly, first time to visit San Antonio, and my first marathon. I was somewhat nervous, to say the least. I also want to thank Harry Coleman for coaching, water, food and Q & A and Jay Young for taking care of us at the hospital in San Antonio. I also want to thank Danny Haralson, his couch group, and all the new friends we made there.

This marathon was one of the hardest things I have ever done. The support from the San Antonio crowd along the way kept me going (High Fives). I have come to the conclusion that running long distance is a mental and physical war. Miles 1-13 are physical (body) saying to the Brain no problem, and after that the Brain (mental) starts to take over and tells the body you need to shut down. It is a back and forth war. In the

Race at mile 18 while walking through a water stop, a sharp pain went through my right knee. I thought my wheel was about to be injured and would not let me go as fast as I would liked to have gone. I was happy to just finish. I had to walk and run. Miles 21 to 26 were slow and painful, and the thoughts I had were not good - such as - "I will never do this again." and "You dumb a - , what were you thinking?" But the experience of the marathon and finishing was very rewarding.

The low and heart wrenching part was to find out Lisa had been sent to the hospital from the course at about mile 20. Not knowing what had happened, my thoughts ran wild. I thank God she was OK. When I saw her at the hospital, she was very disappointed, but OK and in good spirits. After thinking about her situation, I know that was the best thing for her - to be taken to the hospital and checked out thoroughly. I am proud of her and her running accomplishments.

One last high note was to see Jim Quinn and David Henry come across the finish line. That was great. I only hope that I can walk when and if I reach that age (64 and 65).

Thank you and congratulations to all the finishers.

P.S. Run with cell phone and cut toes nails 10 days before you run. "Toe nails are for sissies."

### First-time marathoner comments from

#### Jim Quinn

"I waited 64 years before running my first marathon, and I'm pretty sure it will be another 64 years before I do it again!

As far as the experience and the feeling you get by finishing a marathon, nothing can replace it.

Through the many months and miles of training, I heard a lot about "the wall", and just knew this would never happen to me. At mile 21, my thought was "Great, only 5.2 miles left". At mile 22, my thought was, "Oh God 4.2 miles left"!

If anyone is thinking about training for their first marathon, my only advice would be to train and run with a group of friends. One would be very lucky to find a group of friends like ours. We named ourselves, the RR's (Regular Runners). Everyone in the group supports each other in every way possible. My daughter is in this running group, and was running her second marathon. The last thing she said to me before the race started was "Don't Stop"!

I repeated those words, "Don't Stop" to myself as I ran through the 22 mile wall. Knowing my daughter and RR friends would be waiting and cheering at the finish line was the support I needed to complete the marathon.

During the training, three of us would run at the same pace, encouraging each other on many long runs. Unfortunately one of our runners had some unexpected problems during the race and had to stop at Mile 20.

I know that many of the RR's have heard me say a thousand times that this was my first and last marathon, but if my running friend whose marathon was cut short needs me to run for support, I'd do just one more marathon! •

Email David at davidpherry@charter.net





## Nov./Dec. BTC President's Message

– Mark Baggett

As you'll hear so many others say this time of year, "I can't believe the year passed by so fast." Even though 2008 is almost over, the club still has some exciting and well-worth-attending events coming up:

- **END-OF-YEAR RUNS** - This annual event will take place the last Saturday in December (the 27th, at 9 a.m.) at Oak Mtn. State Park. Runners will be able to pick from 3 different distance options (3, 6 or 10 miles) with water and snacks provided. Check out the Race Calendar on **Page 20** for more specifics.

- **RESOLUTION RUN** - Start 2009 off on the right foot (literally). Come out to the Five Pts. Fountain in SouthSide on January 1st at 9 a.m. for a 5 mile run, with no entry fee. See more info. on **Page 20** for specifics.

- **SERVICE AWARD NOMINATIONS** - Every year at the club's Annual Party we recognize members who have truly made a difference in the club with the **Arthur Black/Rick Melanson Award** and the **Randy Johnson Award**. But in order to recognize those, we need you, the club members, to nominate those who need the recognition. Take some time to write up why a member deserves the award and submit it back to me by **Dec. 29th**. Complete details on **Page 3**. A complete list of past winners can be seen on **Page 4**.

- **ANNUAL PARTY** - This is THE one event members do NOT want to miss. On **Saturday, January 24th at 7 p.m.**, members will gather for the yearly meeting where volunteers will be recognized with awards, and club elections will also take place. Food and drinks will be provided, as well as music and dancing, which will follow. Last year this annual event was held at Vulcan Park and this year we are excited to try out a new venue with the **Vestavia Lodge**. Members are allowed to bring one guest. Those who come alone and are not members will need to purchase a yearly membership at the door (\$25 single, \$35 family). Members who have let their membership dues expire will be able to renew at the door too. See **Page 3** for complete details - **MARK THIS ON YOUR CALENDAR NOW!**

- **SET A GOAL & LOG THOSE MILES** - With the start of the New Year, make an effort to set running goals for 2009. Use the handy **Mileage Log** on Page 22. With that being said, members should also consider taking part in the **1,200 Mile Club**, headed up by our own Geoff Gottlieb, which has been a huge success this year. Those who reached that yearly goal will be recognized at the Annual Party on Jan. 24th also.

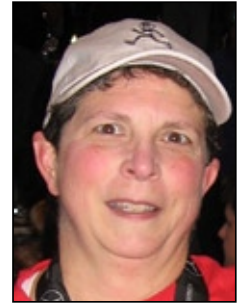
With speak of yearly elections, I've had numerous people ask me if I'm going to run for a 3rd term as BTC President. After thinking it over for a good while, I've decided not to run (no pun intended) for a 3rd year. I'm very grateful for the opportunity I've had to serve as your club president and feel confident that the club will continue to move in a positive direction once the new board is elected on Jan. 24th. I encourage *ANYONE* in the club who wants to get involved to consider running for an elected office (President, Vice-President, Secretary, or Treasurer). All you have to do is come to the Annual Party and have someone nominate you from the floor (you can also nominate yourself). If you have questions on what being an elected officer is all about, just drop me a line.

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

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

## The View from the BACK OF THE PACK

– By Michele Parr



I have a confession to make. I've never actually finished last in a race. That doesn't mean I'll be changing the name of this column any time soon or, well, ever. You see, I may not have finished last, but I've come very, very close.

My most recent brush with lastness came in one of Birmingham's great races, the Oxford Realty 8K. Although I'd been trying to get this race on my schedule for several years, I always seemed to be out of town when it rolled around. This year we built our long run around it, a few miles as a warm-up and then the race.

Because this was part of my long run, I had no intention of running hard. When asked before the start what I figured for a finish time, I guessed an hour to an hour five. Boy, was I ever wrong.

Patty, Debbie and I lined up at the back of the small pack and waited for the gun. We saw Rick pull the trigger, but there wasn't any noise. It didn't matter. The front-runners were off before the bang that came on the second try. The race runs over lots of familiar territory for anyone who is a Wednesday night Trak Shak regular, and we felt pretty comfortable as we traveled up Manhattan, across Oxmoor and onto Broadway. Johnny Montgomery was on our heels in his red pickup.

As we headed down Broadway, I realized that everyone who had been behind us was now ahead of us. I was totally and completely absolutely dead last despite the fact that my Garmin showed us running a minute a mile faster than I'd planned. Note to self, an 8K race draws a fast crowd.

Patty pulled away from us at the water stop when Debbie and I chose to walk a little farther than she did. As we got back into our rhythm, we started to pass a few people, not many, but enough that I was no longer last.

The race route has a short, steep uphill section in the final mile, a little cruel but it's followed by a finish that is all downhill and flat. I'm no fool. I walked the hill. That meant I could still breathe after the crest, and another plan began to hatch in my brain. At 4.5 miles I was going to assess my energy level and consider kicking it up a notch.

Well, 4.5 came and went with no noticeable increase in speed. It was too soon to kick. I re-assessed a block at a time and with a couple of blocks to go, I picked up the pace. Finally, I made it past Terri Chandler, who won our age group in this race last year. Debbie was hanging with me, but my longer legs gave me an edge as I pushed it on in.

Finish time, 55:43, well ahead of my prediction. I wasn't last. I was 96th out of 100. Among those ahead of me were four guys over the age of 70.

No, I still haven't finished last, but I know people who have, and it's not fatal. It all comes down to the day, the conditions and the crowd. I know three of the four runners who finished after me, and every one of them finished ahead of me in at least one race this year. I wasn't last, but I could have been. Give me time. I may manage it yet. •

Email Michele at [micheleparr@mindspring.com](mailto:micheleparr@mindspring.com)

# 2009 Mercedes Marathon features new course, again

– Michele Parr

If you've shied away from running Mercedes because you didn't want to run over Red Mountain, twice, this is your year. What has long been a challenging, hilly course has undergone a dramatic change that replaces the old challenges with new ones. Gone are the mile-long climbs at Greensprings and Montclair. Gone are the rolling hills on Valley. Instead marathoners running the February 15th race will face a double loop that takes them through the streets of downtown Birmingham, going no farther south than Highland Avenue.

There have been changes to the course before but never anything quite this dramatic. When asked what brought about the change, Valerie McLean, race organizer and President of Birmingham Marathon, Inc., responded, "There were several factors involved in the decision to change the course. Over the past seven years, the event has gained considerable recognition as an extremely fun event to attend. However, the word 'brutal' kept popping up in relation to the marathon course." While there may be runners who choose Mercedes for just that reason, there are bound to be others who avoid it. McLean points out that the number of participants for the entire weekend of events has continued to grow through the years, but the number of marathon participants has slowly declined.

"We were spending a lot of manpower, resources and money for a fraction of the weekend participants to go over and come back over the

mountain," McLean explains. "In doing so, we weren't doing as much as we could for the majority of participants. By changing to a much faster, flatter double loop course, we figured that we'll be saving several thousand dollars in expenses, not to mention the relief of spreading the event staff, the medical staff and the volunteers too thin."

The double loop brings the added bonus of enabling friends and families of the runners to move around the inner

loop of the course and see them pass by multiple times instead of just seeing them at the start and the finish. According to McLean, "When we hosted the Olympic Trials back in 2004 on a loop course, we got rave reviews from both race participants and their families as to how much fun it was to have the family more involved in the race and how the runners could look forward to seeing familiar faces on the course." The hope is that the change will make the marathon more

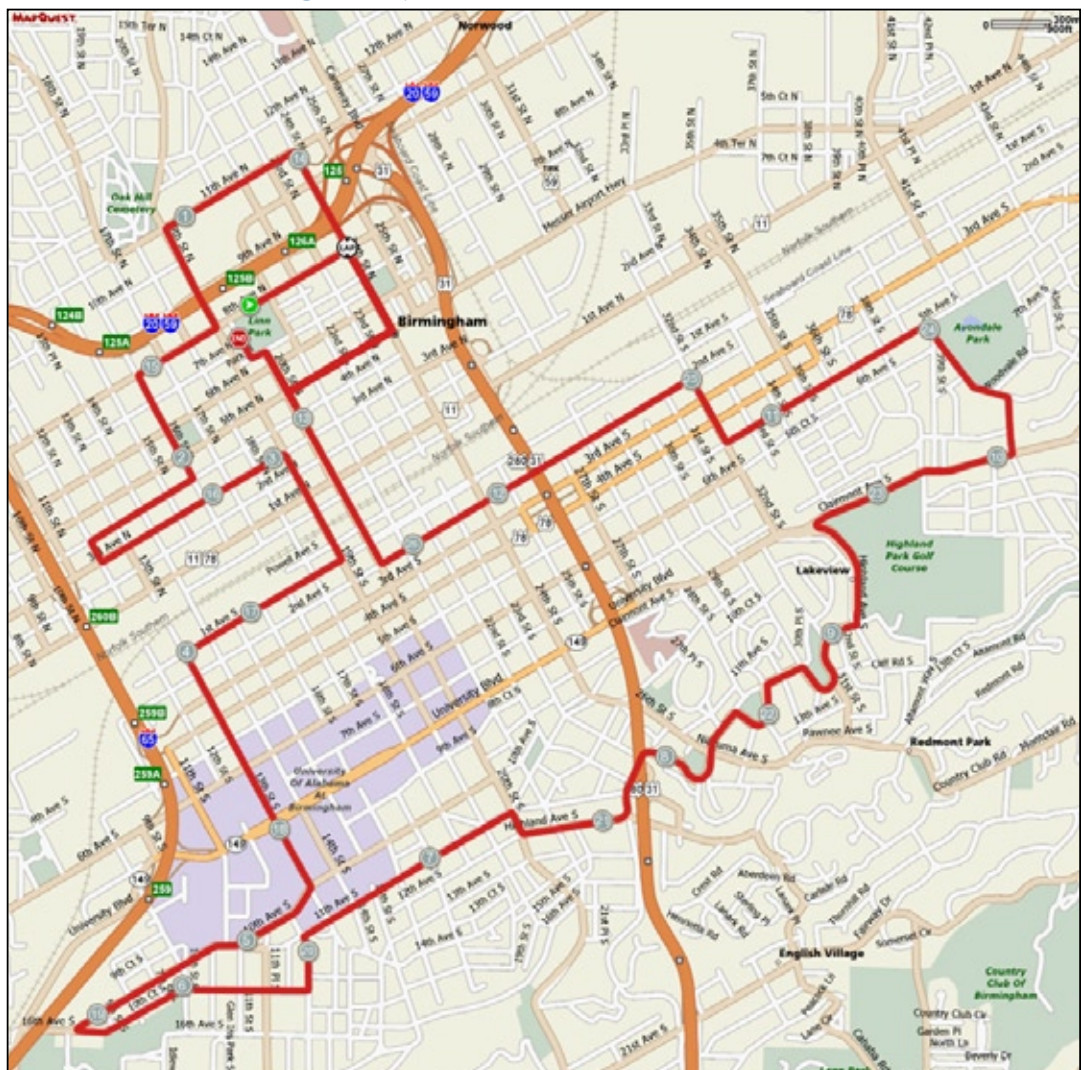
attractive to both runners and spectators.

When asked about the feedback she's gotten about the course, McLean called it "great," saying "The most interesting thing I've seen and heard is that more Birmingham folks are going to run the full marathon this year either because they want to have a Birmingham marathon PR or because they've never run a marathon in Birmingham be-

**NEW COURSE**

<Continued on Page 9>

**2009 course change subject to certification. Map is not to scale.**





## NEW COURSE &lt;continued from Page 8&gt;

cause they are too familiar with the hills." Opinion differs on the BTC message board with comments ranging from "Say it ain't so" to "I'm disappointed in the changes" to the feeling that the change will take something away from the race.

One risk in having both the half and the full run the same route is the challenge faster marathoners face threading their way through the slower half-marathoners as they near the finish. Mercedes has always handled this obstacle better than most other races, and the 2009 race will be no different. McLean explains, "As the faster marathoners start converging upon the slower half-marathoners around the Forest Park area, we'll keep them split from that point forward to the finish line. We mark it for miles with lots of signs, but we inevitably have a hard time stressing to the slower half-marathoners to stay to left and let the lead marathoners come through on the right without having to weave through them."

Mercedes truly is a race weekend with the Bell Center EIP Children's Run on Thursday, the Kids' Marathon and BE5K on Saturday, and the marathon, half-marathon, and marathon relay on Sunday. It's anyone's guess if the marathon will draw more than the 719 who ran it last year, but organizers are expecting more than 3000 half-marathoners and 200 relay teams, as well

as 1500 for the BE5K and 3000 children for the Kids' Marathon. Packet pick-up and the expo, sponsored by St. Vincent's Health Systems, will be at Boutwell Auditorium, starting Friday, February 13, at noon. Expo hours are noon to 7:00 p.m. on Friday and 8:30 a.m. to 6:00 p.m. on Saturday, with a variety of vendors expected to be present. There is no race day registration or packet pick-up.

This year there are no plans for an official pre-race dinner. Runners should keep in mind that the day before the race is Valentine's Day and restaurants are likely to be crowded, so they should plan in advance.

Unlike previous years, there is no vehicular grand prize in 2009. Instead there will be flat screen televisions, a timely prize since television signals go all-digital the day after the race, as well as iPods, Nike Plus kits, and more. This gives everyone more than a single chance to win something.

Runners can register online at [www.mercedesmarathon.com](http://www.mercedesmarathon.com) or go to the web site and print out an entry forms. Forms can be mailed in or dropped off at any Trak Shak location.

As with any large race, volunteers are always needed. Volunteers can sign up to help through the web site or by calling the office at (205)870-7771. Full event details, including the course map and elevation chart, are available at [www.mercedesmarathon.com](http://www.mercedesmarathon.com).

# Vulcan Run '08 wrap-up

— By Michele Parr

Is there a time better than early November for a road race in Birmingham? The 2008 Vulcan Run took place on yet another spectacular day. Temperatures in the 40s and 50s, clear skies, and calm winds welcomed the runners and set the stage for fast times in the 2008 RRCA 10K Race of the Year.

In the women's field, **Janet Cherobon** of Lawrenceville, GA, defended her 2007 title by beating **Jill Swope** of Johnson City, TN, by a meager 24 seconds, a much closer contest than her 1:02 victory of the previous year. **Jemutai Leting** of Marietta, GA, finished third with **Emily Hardin** of Birmingham, **Heather May** of Auburn, and **Samantha Mazer** of Oxford, MS rounding out the top six.

**Joseph Ngetich** of Atlanta beat his 2007 time by 16 second, finishing in 29:50, a time that would have won last year's race, but he finished second to **George Towett** of Marietta, GA, who beat the 2007 winning time by 25 seconds despite having to stop to re-tie a shoe along the way. Local runner **Scott Strand** finished third, with



**Michael Green** of Troy, **Andrew Fuller** of Peachtree City, GA, and **Wallace Campbell** of Clemson, SC finishing in the top six.

**Scott Strand** won the male masters division, followed by **John Bartlett** of Alpharetta, GA, and **Russell Dewitt** of Madison.

The female masters division was a clean sweep by local runners with **Barbara Holcomb**, **Lori Goldweber**, and **Elizabeth**

**Leeds** finishing in the top three.

Male grand master was **Russell Dewitt**. Female grand master was **Ann Eller**, who broke her two-week-old state age group 10K record in the process.

Birmingham's own **Les Longshore** finished the race once more at the age of 83, but the oldest competitor, 87-year-old **James Howell** of Huntsville, finished ahead of many other runners with a time of 1:19. There were 1,550 finishers.

A technical problem with a timing mat at the start resulted in the posting of gun times only, times that always are used for determining category winners but a bit of a disappointment to those runners competing primarily against themselves.

The post-race party featured the music of "Rock Candy," pasta from "Cosmo's," pizza from "Hungry Howie's," Miller Lite and Coca Cola products.

Thanks from the Birmingham Track Club to the sponsors, the volunteers, and the runners. The race couldn't happen without you! •

Email Michele at [micheleparr@mindspring.com](mailto:micheleparr@mindspring.com)

# The Birmingham Track Club Presents

**Saturday, February 28, 2009**

**All Races begin at 9:00am**



## ***The 31<sup>st</sup> Adam's Heart Runs*** **5K-10K-10Mile**

◆ **10-mile course is USATF Certified** ◆

**Date:** Saturday, February 28, 2009

**Fees:** **\$20.00** mail postmark by 2/21/09

**Place:** Oak Mountain State Park: Dogwood Pavillion

**\$20.00** early on line. Register by 2/23/09

**Race Time:** **9:00am CST**

**\$23.00** late on line. Register by 2/27/09

**\$25.00** on site race day registration.

**On-line Registration:** [www.active.com](http://www.active.com) event #1651215

**Registration Begins:** 7:30am CST

**Inquire:** [newlafr@yahoo.com](mailto:newlafr@yahoo.com)

**Pay Checks to:** Heart Run

**Contact Info:** Frank Newland, 205-621-9912

**Send Form:** Rick Melanson, 1235 Parliament Ln  
B'ham AL 35216

**AHR Website:** [www.btcclassic.com](http://www.btcclassic.com)

### **Expected Race Weather:**

49% chance of clear and cold mid 30's warming to 50's by noon.

49% chance of cloudy and cool mid 50's warming to mid 60's by noon.

Awards: Top 3 finishers, Male and Female, Top 3 each age group.

Age Groups: (14 and younger, 15-19, 20-29, 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and wiser).

T-shirt guaranteed to all who pre-register, limited quantities for late registration.

Please circle one:      5K                      10K                      10 Mile

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

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

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**T-Shirt Size:** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**Checks payable to :** *Heart Run. Remit to: Rick Melanson, 1235 Parliament Ln , B'ham AL 35216*

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Birmingham Track Club, Oak Mountain State Park, the City of Pelham, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent (if under 18 years old)**

Application and waiver required for each runner





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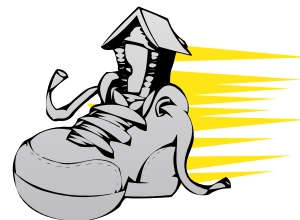
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Whether you run, walk, jog or just need some good shoes to  
kick around in, we fit you right!



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



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2839 18th Street South

**870-JOGG**

**INVERNESS**

4740 Hwy 280

**408-5723**

**TRUSSVILLE**

183 Main Street

**655-2553**

# Double Trouble

Want to be featured in a "Double Trouble"? If so, it's easy. Just send me an email letting me know you are interested and hopefully we'll all learn more about you in a future issue of "The Vulcan Runner."

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

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

## Holly Sample

Age: 29

Status: Single

Hometown:

Mtn. Brook, Alabama



1. **Last movie you liked so much, you watched it twice?** "Alvin and the chipmunks," "Rudy" and "Long Run."
2. **Name one guilty pleasure?** Fruit Cake
3. **Favorite Place on Earth?** Lakeshore trail - I love running it but I also love Cozumel, Mexico
4. **Worst Place on earth?** Living on earth not as a Christian
5. **One item you would want with you on a desert island?** My dog Aubie and my iPod
6. **Most interesting person you have ever met?** Sabien from "Dancing with The Stars"
7. **Coolest trophy or prize you ever won?** My Mercedes Medal I won for running the half-marathon
8. **Favorite TV Show?** "Biggest Loser" or "Dancing With the Stars"
9. **Favorite Fast-Food Joint?** Milos or Chick-Fil-A
10. **Who would play you in a movie?** Anyone that loves to run as much as I do.
11. **Something unique about the town you grew up in?** It has a lot of running trails and parks - at least 4 running trails and two parks..
12. **If you could play an instrument, what would it be?** Guitar
13. **Scariest thing that has ever happened to you?** Tearing my MCL wondering if I was going to be able to run again and I am...
14. **Favorite Book?** "Running Made Easy," I just got through reading it.
15. **Favorite Meal?** All veggies and deserts.
16. **Why do you run?** Because I enjoy it and it keeps me in good shape and helps me to lose weight and I have a natural high..
17. **When did you start?** 1993 I was on the track team for my jr. high and high school and still run until this day.
18. **What is your biggest running accomplishment?** Mercedes Half Marathon
19. **Favorite BTC Story?** There are so many of them to many to count... But I enjoyed running the Susan G. Koman Race for the Cure under the BTC...
20. **Words to live by or favorite running mantra?** "Do your best and no matter your time if you tried your best your a winner..." – Johnny Montgomery



## Cindy Sullivan

Age: 31

Status: In a relationship

Hometown:

Dothan, Alabama

1. **Last movie you liked so much, you watched it twice?** "Marie Antoinette," starring Kirsten Dunst. I am a fan of director Sophia Coppola's work and the music from the film (80s/90s modern rock).
2. **Name one guilty pleasure?** Justin Timberlake's music. It just makes me wanna dance!
3. **Favorite place on earth?** With friends watching movies, eating out, or playing board games.
4. **Worst place on earth?** Missing out on group runs due to a pulled hamstring. x Thus, laying around watching tv, doing art projects, eating bon-bons. Hmmmm, maybe it's not so bad after all! ha
5. **One item you would want with you on a desert island?** A solar powered boat to get me home.
6. **Most interesting person you've ever met?** My Aunt Sylvia. She was a second mom to me. She knew when to be serious and when to have a good time. (She also mooned people as they drove out of her driveway after family holidays, ha!)
7. **Coolest trophy or prize you ever won?** Strut Queen. I won it after competing in a marching competition for baton twirlers.
8. **Favorite TV show?** "Heroes," "America's Next Top Model," "Jon & Kate Plus 8," "Family Guy," "MXC," and "Intervention."
9. **Favorite fast-food joint?** I'm thinking Arbys.
10. **Who would play you in a movie?** Kate Winslet or Charlize Theron.
11. **Something unique about the town you grew up in?** Dothan is known as the peanut capitol of the world. Every fall Dothan holds a National Peanut Festival and parade.
12. **If you could play an instrument, what would it be?** Drums.
13. **Scariest thing that ever happened to you?** Several "life situations" have been pretty scary. But there's nothing in particular that comes to mind as the "scariest".
14. **Favorite book?** "1984" by George Orwell.
15. **Favorite meal?** Green curry beef from Taste of Thailand.
16. **Why do you run?** To be social, to stay in shape, and to keep my emotions in check.
17. **When did you start?** March 2006 with Danny's Couch to 5K group.
18. **What's your biggest running accomplishment?** Completing my first marathon - Marine Corp Marathon in 2007.
19. **Favorite BTC story?** A man dressed as Jesus showed up at the Trak Shak square after one of our marathon training runs. Then weeks later during a night run with the couchers Michele Parr and I saw the same Jesus walk across Montclair.
20. **Words to live by or favorite running mantra?** Galations 2:20 in the Bible & "My hope still is to leave the world a bit better than when I got here." – Jim Henson



# DEC. Club Merchandise **Item Of The Month** **RUNNING VISORS**

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Offer good till 12/31/08

# The Pinhoti 100 Mile Endurance Trail Run

– Submitted by David Tosch

The 1st Inaugural Pinhoti 100, a Point-to-Point Trail run, directed by Todd Henderson was held on November 8th & 9th, 2008, starting in Heflin, Alabama on the unmolested Pinhoti single-track trail. Runners made their way over Mt. Cheaha, the highest point in Alabama while navigating over rocks, through creeks and across beautiful ridge lines of the Talladega National Forest. The course consisted of 80.62 miles of single-track trail, 16.98 miles of jeep road and 4.52 miles of pavement finishing on

the rubberized track in the Sylacauga High School Football Stadium. Elevation gain over the course is 16,180 feet.

Conditions for the race could not have been more perfect. The weather was clear and cool - cold over night. It rained Friday so the trail was firm and not dusty at all. Fortunately, it did not rain enough to make the many creek crossings a problem. The aid station people were great. You would come out of the woods after fumbling along the trail for one-and-a-half to two hours in the dark to find enthusiastic and helpful aid station workers and a huge bonfire

(and this was at 2 a.m.) It was a little hard to head out again. It would certainly have been easier to just stay!

Ninety-nine runners were pre-registered and eighty-nine started the race at 6:00 a.m. from the Pine Glen Camp Ground near Heflin. Sixty-six runners finished the entire 100.59 miles. 18 finishers of the 100.59 mile run are from Alabama and several are from the Birmingham area.

**The full list of 66 finishers:**  
[www.pinhoti100.com](http://www.pinhoti100.com)

## Pinhoti 100 Alabama Finishers

PLACE	NAME	AGE	SEX	CITY	STATE	TIME/HRS
3	Wayne Phillips	54	M	Jacksonville	AL	22:22:00
4	DeWayne Satterfield	44	M	Huntsville	AL	22:24:00
11	Prince Whatley	39	M	Birmingham	AL	24:17:00
12	Ken Wiggins	35	M	Newell	AL	24:19:00
17	Dana Overton	33	F	Albertville	AL	25:30:00
29	Josh Kennedy	36	M	Owen Cross Rd	AL	27:25:00
31	Robert Newcomer	49	M	n/a	AL	27:30:00
36	Christopher Chasse	23	M	Newell	AL	27:43:00
41	Scott Parker	44	M	Birmingham	AL	27:55:00
43	Isaac Espy	46	M	Demopolis	AL	27:59:00
45	John Nevels	22	M	Decatur	AL	28:00:00
46	Elmer Norvell	44	M	Pike Road	AL	28:04:00
52	John Jeffery	31	M	Owens Cross Rd	AL	28:27:00
53	Enoch Lee	44	M	Montgomery	AL	28:27:00
57	Micah Thorning	30	M	Calera	AL	28:59:00
58	David Tosch	59	M	Birmingham	AL	29:01:00
63	Mike Hopton	56	M	Daphne	AL	29:35:00
66	Michael Campbell	29	M	Trussville	AL	30:47:00

## Pre-registered by State

Alabama	22
Mississippi	2
Colorado	3
North Carolina	2
Florida	6
New Mexico	2
Georgia	28
Ohio	3
Illinois	3
Pennsylvania	2
Indiana	2
Tennessee	12
Kentucky	2
Virginia	1
Montana	3
Wisconsin	5
Missouri	2
West Virginia	1

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.**

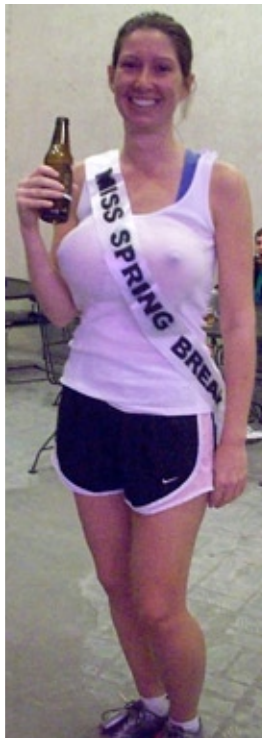




## 2nd Annual Halloween Pub Run

– Photos by Mark Baggett

On Thursday, Oct. 30th, over 50 runners, many in costume, descended on the Five Pts. area for the **BTC's 2nd Annual Halloween Pub Run**. Afterwards everyone was invited back to **Cosmo's Pizza** in Pickwick Center for food, drinks and costume prizes. Pictured are some snapshots from this fun successful and fun club function. *Thanks to everyone who came out...see you weirdos next year!*

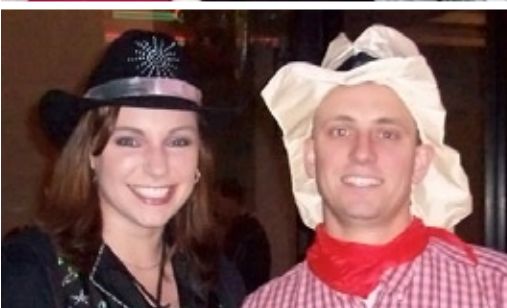


Halloween Pub Run Picts <continued from Page 16>





## Halloween Pub Run Picts <continued from Page 15>





# BTC Team raises \$2,505 for 'Race for the Cure'



46 runners participated in the BTC's 2008 'Race Cure' team. Some of the members gathered before the race for a group photo (right).

**April Dennis**, BTC team captain for a second year, and her mother, took a break from the activities for a photo (below.)



## Race for the Cure snapshots

– Photos by Mark Baggett

Many BTC members volunteered to work the final waterstop, located right after the finish line.

Beforehand, volunteers sliced hundreds of bananas and helped organize water and Gatorade for the flood of runners that would soon cross the finish line.

Afterwards many of those same volunteers and members of the BTC 'Cure Race' team gathered at Mellow Mushroom on SouthSide for a celebration of everyone's efforts. Thanks to everyone who gave of their time!

**Race For The Cure Picts**  
<continued from Page 18>





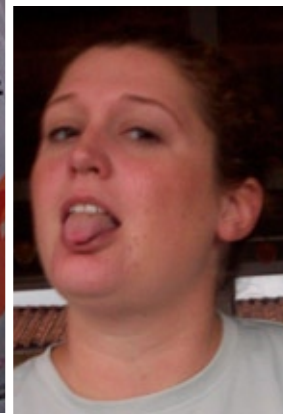
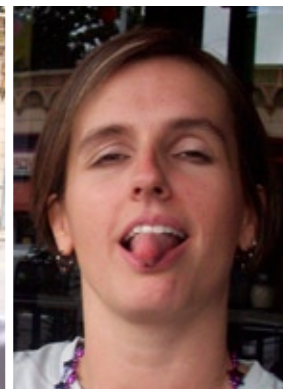
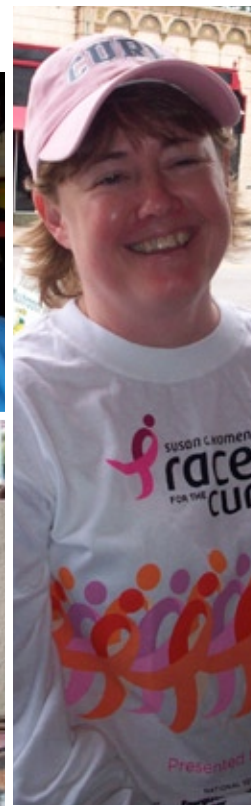
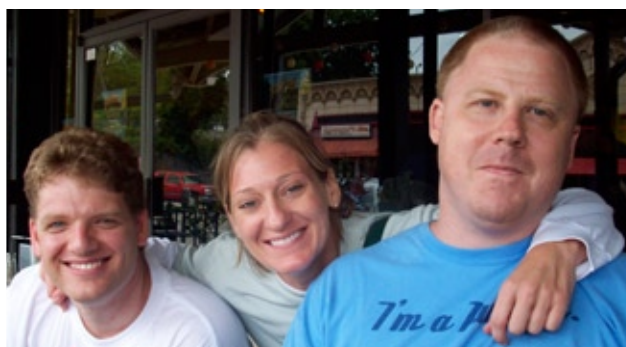
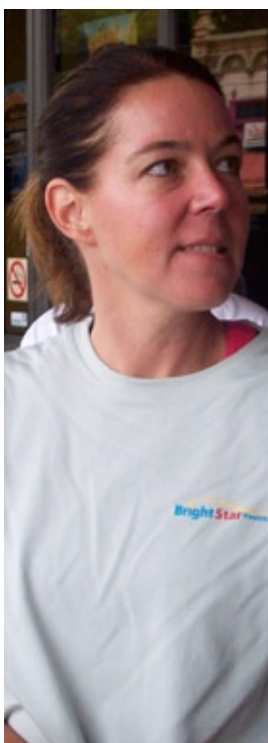


## Race For The Cure pics <continued from Page 17>





## Race For The Cure AFTERPARTY pics



## Nov./Dec. Coach's Corner

– By Danny Haralson

### “Know when to hold ‘em and know when to fold ‘em”

Kenny Rogers popularized that line in his song, “The Gambler” and the next line is “know when to walk away and know when to run.”

Runners, sometimes while running a crucial training run or even an event they’ve worked toward for months suddenly (sometimes even slowly) feel an odd or unusual pain.

Generally the first thought is, “Uh-oh, that ain’t right” then they begin an immediate mental check list (depending on the severity of the pain) trying to determine the cause and the ultimate effect.

I’ve seen (with my own eyes and more than once) runners complete races after breaking a bone and I’ve heard of people dropping out of a race (DNF) because “It’s just not my day” – one

extreme to the other.

Too often runners come down with the Superman Syndrome and the syndrome itself is actually kryptonite; stop or run through it, stop or run through it. During the race, run or afterwards the key questions are: Can I be doing more harm than good by continuing? As far as resting or seeing an M.D. do I want to miss a few days or a lot of days, or the bigger picture; do I want to run for a little while longer and be shut down perhaps forever, or do I want to miss a few weeks (months) and then be able to run for the rest of my life?

We had this situation arise in the Atlanta Half Marathon when Micki’s heel began to really hurt at about mile 10. She tried to soldier on for a few blocks but the pain got more intense. She could have altered her stride, limped, crawled (the Firemen’s Carry was NOT an option) to the finish. She knew it wasn’t going to

get better so she dropped out and went to the hotel to ice. She knew it would not get better, the pain would increase and she does not want to be potentially laid up any longer than necessary. She didn’t like it, she wasn’t happy, but she knew it was the right decision (my advice – you kidding me? I told her to come on, run, that way I knew she’d do the opposite... hey, I didn’t minor in psychology for 2 weeks for nothing).

The reasons for running a particular race are as varied as the number of runners themselves – PR, BQ, complete their first, conquer the distance, like the environment, here for the trip so forth and so on; but one thing I hope you never face, but you may, is when to stop or when to run through pain and part of the decision process will be your ‘ultimate’ goal.

Unfortunately there are no hard and fast rules here but a few obvious ones apply: If it hurts too bad to walk on it, then do not try to run on it, for example. In some cases if a pain comes on try shifting sides of the street or running surface. You might also try to vary your pace or if the situation warrants it, stop and stretch or even walk a bit then ease back into your run. If the pain persists you have one decision to make –

can I run ‘through’ it? If not, then stop, go home, RICE (rest, ice, compression, elevation) and if there’s no improvement then bite the bullet and go to an orthopedist or your GP.

If it’s ever in your chest or creating a tingling in your arms head for the nearest medical tent or emergency room; better to look and feel a little silly than to do your Fred Sanford imitation, “It’s the big one Elizabeth!”

Hopefully you’ll never have that decision, but if you do it comes down to one HARD question to ask yourself; what is best for me and my running in the long term?


The more you run, the more you’ll get to know your own body and be able to distinguish pain, aches, and tiredness as well as the other multiple situations that arise and the more educated answer you can give yourself.

If there’s ever any doubt I say stop, RICE, and go to the M.D. better to be sure. “A coward dies a thousand deaths, the valiant but once”.....but the coward gets to run again! •

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

# Race/Event Calendar (Dec. '08 thru Feb. 2009)

– 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 )

## 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 a.m.  
Crestline Elementary School.  
USATF CERTIFIED COURSE.  
**Info:** Jordan Barkley (601-9261)

### Chief Ladiga Trail Half Marathon

– Jacksonville, AL, 8:00 a.m.  
**Info:** Carter Jones (256-435-9199)  
Jacksonville PARD Chief Ladiga,  
501A Alexandria Rd. S.W. Jacksonville,  
AL 36765.  
**Email:** jaxseniororowls@cablelone.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  
**Info:** 447-9223

## DECEMBER 20

### Meadowbrook 5K Run & 1 Mile Fun Run

– Birmingham, AL, 9:00 a.m.  
Aliant Bank across from Brook Highland on Hwy. 280.  
**Info:** Bob Cosby (991-6054)

## DECEMBER 27

### Annual BTC End-Of-Year Runs

– Pelham, AL, 9 a.m.  
3, 6, or 10 Mile options. Oak Mtn State Park. Runs start at lake, 5-7 miles from MAIN entrance. Please bring old shirts and serviceable shoes for donation please! Water and snacks will be provided. Timing clock, no entry fee.  
**Info:** Mark Baggett (422-7055)  
**Email:** btcpresident07@gmail.com

## JANUARY 1

### BTC Resolution Run

– Birmingham, AL, 9 a.m.  
5 Mile run, starting at Five Points Fountain in SouthSide. No entry fee.  
**Info:** Johnna Kelley (714-9713)  
**Email:** vpresident@birminghamtrackclub.com

## JANUARY 10

### Red Nose Run 10 Mile/5K/1 Mile Fun Run

– Birmingham, AL, 7:00/7:30/8:45 a.m.  
Start and end at the Brookwood Convenience Mall. 10 Mile course is USATF CERTIFIED.

## JANUARY 11

### BTC Mini Track Meet

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

## JANUARY 17

### Metro Athletic Club Run & Walk 3K or 5K

– Birmingham, AL, 9:00 a.m.  
**Info:** (823-9008)  
**Email:** sonyalamb@bellsouth.net or coacheyer@spstraining.com

## JANUARY 24

### BTC Annual Party for Members

– Vestavia Lodge, 7 p.m. to 11 p.m.  
Annual service awards, elections, food, drinks and dancing. This is the ONE club event members don't want to miss.  
**Email:** social@birminghamtrackclub.com

## JANUARY 31

### Brenda Ladun Conquer Cancer 5K Run

– Birmingham, AL, 8:00 a.m.  
Veterans Park next to Spain Park High School in Hoover. Register on Active.com.  
**Info:** Kate Kelley (930-8869)

## FEBRUARY 8

### BTC Mini Track Meet

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

## FEBRUARY 14

### BE&K 5K

– Birmingham, AL, 8:00 a.m.  
Starting at Boutwell Auditorium on 8th Ave. N. and ending at Linn Park.  
USATF CERTIFIED COURSE.  
**Info:** TRAK SHAK (870-7771)

## FEBRUARY 15

### Mercedes Marathon/Half Marathon

– Birmingham, AL, 7:00 a.m.  
Starts in front of Boutwell Auditorium on 8th Ave. N. NEW COURSE all in Birmingham's Southside, UAB and downtown – one loop for Half Marathon and 2 loop for Marathon. Both courses USATF CERTIFIED and both courses "flat and fast!"  
**Info:** TRAK SHAK (870-7771)  
**Web:** www.mercedesmarathon.com

## FEBRUARY 28

### Adams Heart Runs – 5K, 10K, 10 Mile

– Pelham, AL 9:00 a.m.  
Oak Mountain State Park upper picnic area. 10 Mile course is USATF CERTIFIED. Registration available on Active.com.  
**Info:** Frank Newland (621-9912)

## 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

03-07 – **Knights of Columbus 5K**  
03-14 – **Perseverance 5K Run**  
03-14 – **Rescue Run/Walk 4 mile**  
03-21 – **Ross Bridge 5K**  
03-28 – **Amanda Vandegrift 5K**  
04-04 – **High Country 5K**  
04-11 – **Talledega 5K**  
04-11 – **Ross Bridge 5K**  
04-18 – **Ellis Porch Statue 2 Statue 15K**  
04-25 – **NBC Health Fair 5K**  
05-02 – **Casey's Cause Run**



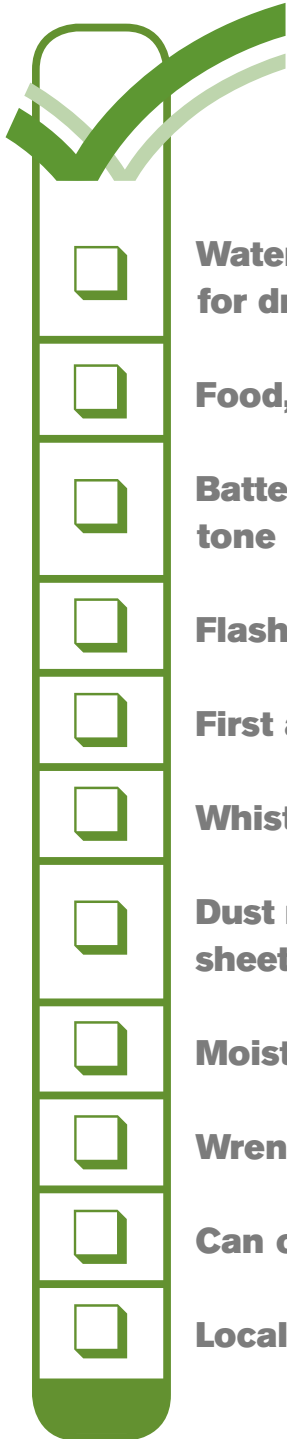
# PREPARE. PLAN. STAY INFORMED.

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																															GOAL	TOTAL	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Jan.																																		
Feb.																																		
Mar.																																		
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Aug.																																		
Sept.																																		
Oct.																																		
Nov.																																		
Dec.																																		
Jan.-Dec. TOTAL																																		



# 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**  
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

*“Run hard, be strong, think big!”* – **Percy Cerutti**

*“Running can be hard. That’s why a lot of people don’t do it. Running can hurt. That’s why a lot of people stop doing it. Running is hard and it can hurt...and there are a lot of us that keep going despite all of that. I like those people the best.”*

– **Tim O'Brien**

*“Sport is not about being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks.”*

– **Sir Roger Bannister**

*“I am both proud of and embarrassed by that run. What kind of geek goes out and runs in a cloudburst just before midnight on his honeymoon? Me, I guess. But probably many others, too. You know who you are.”*

– **Mark Will-Weber, “The Quotable Runner”**

## DID YOU KNOW?

### Time Change and Running in the Dark

Afternoon and evening runners will have a lot less light to run in as the days get shorter. **Here are a few tips to keep in mind:**

1. Run against the flow of automobile traffic
2. Wear light colored or bright colored clothing
3. Wear reflective clothing, hands, bands and/or stickers
4. Wear a head lamp
5. Wear a blinker light clipped to your back and/or front waist band
6. Always carry a few dollars and identification with you
7. Run in areas where you are familiar with the surfaces you are running on - one misstep on a slanted side-walk could send you tumbling
8. If possible, always run with another person
9. Don't wear your iPod while running alone at night - you need all your senses
10. Always be aware of your surroundings!!!!

### The Alabama 3N3 Marathon Challenge

#### 3 Alabama marathons & the new medal for finishing all three

Runners who complete all three state marathons will receive an additional medal marking this achievement. Each marathon has a separate registration but participants will receive special items and the distinctive medal.

- **Huntsville Rocket City** (Dec. 13, 2008)
- **Mobile First Light** (Jan. 14, 2009)
- **Birmingham Mercedes** (Feb. 15, 2009)

More info. about this: [www.mercedesmarathon.com/3n3.php](http://www.mercedesmarathon.com/3n3.php)



### Birmingham Track Club

P.O. Box 530363  
Birmingham, Ala. 35253  
(205) 879-LEGG

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

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