

BTC

THE VULCAN RUNNER



VOL. 33

★ JAN./FEB. 2009 ★

ISSUE 1

Good will carries runner to finish

Local runner gains national attention with emotional experience in Chicago

– Tom Bedics

As many people know, Andy Warhol once said that everyone will be famous for 15 minutes. I had my 15 minutes in October with the aftermath of the Chicago Marathon, and it was an experience that I will never forget. Before, I describe my short lived celebrity, let me give you a brief background on my training for the race. It started in June with a 16 week training schedule. Countless warm and humid early mornings of tempo, speed, and long runs seem to be a blur to me now, but I remember anxiously awaiting the trip to Chicago and an opportunity to run in one of the top marathons in the world. As race week finally came, I was ready to run fast (for me) in the flat landscape

GOOD WILL <continued on Page 3>



(Right) After collapsing, Tom Bedics is carried over the Chicago Marathon finish by two caring runners.

(Above) Tom and his wife appear on the "Mike and Juliet" national morning FOX TV show.



**IN THIS
ISSUE**

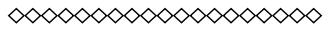
PRESIDENT'S MESSAGE: 6
RACE ENTRY FORMS: 7-10

BACK OF THE PACK: 14
DOUBLE TROUBLE: 16

RUNNING TIDBITS: 18
COACH'S CORNER: 21

RACE CALENDAR: 23
RACE NOTES: 24

UPCOMING CLUB SOCIAL EVENTS



FAT MONDAY

WHEN:

Monday, Feb. 23rd
at 6:00 p.m.

WHAT/WHERE:

Runners will meet at the *Trussville Trak Shak* for a 3-4 mile run which will end at "*Cajun Steamer*" where we'll celebrate Fat Tuesday...but on Monday instead. Bring dry clothes and \$\$\$ if you want to stay for a fun time. See some familiar faces and make some new friends. All runners welcomed!

St. Patrick's Eve

WHEN:

Monday, March 16th
at 6:00 p.m.

WHAT/WHERE:

We'll start & end at the small field across from *Innisfree in Lakeview District* for a 3-4 mile run. Bring dry clothes and \$\$\$ if you want to stay for a fun time. All runners welcomed!

**Wear your green
for a chance to
win a prize!!**

**For more info., contact
Micki Haralson:**

mickiharalson@gmail.com

2009 Officers



President

Johnaca Kelley
btcpres09@gmail.com
(205) 540-1372



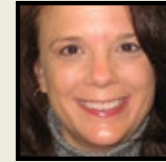
Vice President

Tim O'Brien
timoalabama@aol.com
(205) 612-8780



Secretary

Brad Clay
bradclay@aol.com



Treasurer

Debbie Cleghorn
Dwcleg@live.com



Past President

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

BTC Committees

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

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

GOOD WILL <continued from Page 1>

of Chicago. I had only run one marathon before, the Pensacola Marathon in February of 2008. I ran a 3:31. I felt that with a faster, flatter course in Chicago, as well as hard training, a Boston Marathon qualifying time of 3:15:59 for 2009 or 3:20:59 for 2010 was definitely attainable. Running the Boston Marathon was my dream.

My wife, Colleen, and my two sons, Carson (7) and Cole (5), flew with me to Chicago. We arrived on Friday night, and took the "El" (Chicago's version of MARTA) from O'Hare to downtown. Our hotel was in the middle of the downtown loop, so we were definitely in the middle of it all. I think my two boys enjoyed the subway ride to and from the airport more than anything else the entire weekend. (That is not to say that the rest of the weekend wasn't fun and exciting, it's just that there is not much that captures the imagination of small boys more than taking a subway ride.) After picking up my race packet and briefly walking through the MAMMOTH running expo on Saturday morning, we went back to the hotel where I took it easy for the rest of the day. My wife and boys went sightseeing (Sears Tower, Navy Pier) with friends who live

in Chicago.

Race morning finally arrived and I was ready to rock and roll. I got to run in corral B, which was a whole lot closer to the starting line than I anticipated. The race finally started about 5 minutes after the elites/pro's got their headstart, and we were off. Although when I race I seem to get very focused and don't pay much attention to my surroundings in terms of "sightseeing," I was totally blown away with the throng of fans at the start. The crowd support was absolutely crazy. A crowd lines the entire route. In areas downtown and north towards Lincoln Park, people are 10 rows deep. From running past rock bands and marching bands near Wrigley Field, to running through the ethnic neighborhoods of China-

GOOD WILL <continued on Page 4>

Tom checks his watch to make sure he's on pace to reach his goal and qualify for the prestigious Boston Marathon.



PHOTOS COURTESY
OF TOM BEDICS



Video of Tom's experience made national news. Above are screen shots of Tom collapsing and two runners stopping to help him cross the Chicago finish line.



Tom, with his sons, Cole and Carson, before the start of his Chicago Marathon experience.



Tom outside of Radio City Music Hall in downtown New York City.

GOOD WILL <continued from Page 3>

town, Little Italy, and the Hispanic section, the entire race was incredible. The Chicago Marathon is certainly a celebration for the people who live there.

I was running a 7:22 pace for the first 20 miles, but I started to feel like I was getting in a bit of trouble around mile 21. The sun, for which there was no shade in the second half, and the temperatures (low 80's) did not help. Before the race, I had set a primary and a secondary goal for finishing. My primary goal was a sub 3:16 while my secondary goal was a sub 3:21. Thoughts of just going after my secondary goal were entering my head, as I continued to push, and I was REALLY hurting my last 2 miles. To say that I couldn't wait to get to the finish line is the understatement of the century.

With the last .2 miles of race in front of me, and the final turn towards the finish line, I started to try to sprint into the finish. I am not sure why I tried to do that other than I wanted to make absolutely sure that I was doing my best. With about 20 yards to the finish, my legs gave out unexpectedly. I tried to get up and stand a few times, but I did not have the strength in my legs. I remember thinking at the time, "I can't believe this is happening." I still had 2 minutes to go the last 20 yards to make my secondary goal time. Fortunately, I was next to a concrete barricade that is used to separate the crowd from the runners, and I was able to pull myself up with my arms. Although I could pull myself up, my legs would not support me. I continued to fall. It was a surreal experience to see the finish line right in front of me, but I couldn't get my legs to support me. I could not believe it. A Chicago Marathon official came up on the other side of the barrier and started yelling at me in a positive manner, "YOU CAN DO IT! YOU CAN DO IT!" By that time, I realized that a lot of time had passed, and unless I started to crawl, I wasn't going to make the finish line in time to qualify for Boston. I started to crawl, and 20 yards is a LONG way to crawl on rocky asphalt.

I remember my knees started to kill me. I kept on going. Luckily two guys, Ryan McDevitt and Travis Jones, grabbed me by the arms and jogged/walked me to the finish. That they stopped to help me, when they had their own race to finish, has definitely set an example for me to follow. They are heroes in my book. I finished the marathon in 3:21:25, missing my 2010 (40 year old) marathon time by 26 seconds.

Luckily the Chicago Marathon staff was top notch, and they took great care of me. I stayed in the medical tent for a few hours with an IV. During that time, my wife had some stressful moments/hours. Instead of meeting at our designated area, she was getting a call from a doctor in the medical tent. I don't exactly know what happened to me in the race. It was probably a combination of several things: the sun/heat for the second half of the race, my training plan may not have been the best (I have Danny Haralson helping me out with that now), and changing my fluid intake regimen in the marathon compared to what I did in my long runs. I didn't follow the golden rule of not changing anything in the race that I didn't do in my long run.

In the hotel room with my wife, I wondered aloud if anyone may have caught my ending on video. Although I didn't anticipate the media attention that was to follow, I thought it might be shown briefly on the evening news, "Tonight at 10:00, check out this crazy marathon runner crawling to the finish line!" We turned on WGN thinking that this would be the station to show Marathon clips, but we didn't see anything. The next day we returned to Birmingham and started to get our minds set on the work week ahead.

When I came into work the next morning, everyone was asking how it went. I recapped the ending. A few could not believe it and said that they were pretty sure that they saw the incident on TV. I was surprised, but didn't think much of it. When I got to my office, I unexpectedly had a voicemail box full of interview requests from the Chicago Fox Affiliate from Sunday and Monday.

GOOD WILL <continued on Page 5>

GOOD WILL <continued from Page 4>

Runner's World visit (L to R): Brian Sabin (video producer); Tish Hamilton (executive editor); Mark Remy (executive editor); Warren Greene (brand editor); Tom Bedics; and David Willey (editor in chief).

Darn! I had a chance to be on an interview, and unfortunately, I had no idea that they were trying to reach me. The last voicemail was from the National FOX network of New York asking if I would be interested in flying to New York to be on their morning show. It turned out that FOX caught my entire ending on video, and it had been playing almost non-stop in Chicago as well as periodically on FOX News. I couldn't dial the digits fast enough to call them back. They asked me if I would fly to New York that afternoon to be on their show in the morning. "Hmmm...well...let me check my calendar..." I told them I would love to do it, and I asked if my wife could come with me. They responded affirmatively. They would like to put her in the audience and ask her a question on her thoughts about the finish. I quickly called my wife to ask if she could get off from work. I also called my parents, who live in Pensacola, to ask if they could watch our sons. Thankfully, they are retired and were able to rearrange their schedules with zero notice. It's wonderful to have such great parents.

The FOX "handlers" took care of EVERYTHING. Three hours later, there was a Limo at the house to take us to the airport. We were able to fly directly from Birmingham into LaGuardia. It was absolutely beautiful flying down the Hudson river past Manhattan at night. Another driver was waiting for us at the luggage area, and we were off to our hotel in Times Square. Wow, what a day! I probably slept only three hours that night.

The next morning, another limo was waiting outside our hotel to take us to the FOX studio. During the drive, my dad called in a panic because he couldn't figure out how to get my TV and DVR to work. "Dad, just relax...hit the power button, then guide...etc." Once we were at the studio, we were taken into the "Green Room." The waiting room was not as fancy as I anticipated, but there was definitely a high energy level and people were everywhere. I grabbed some coffee, but I passed on the bagels and doughnuts. I was a bit nervous. I then got called into "makeup." Are you kidding me? Actually, it was pretty relaxing, and I got to meet the show hosts. That calmed me down a bit. I also remember looking in the mirror after the makeup was finished. I thought, "man that looks pretty good, I will have to learn to do this myself." (smile) Finally, it was time for the show to begin. Our handler, Marvin, went over where we would sit, and he let me know what my first question would be. I had no idea that they wouldn't do a practice interview with me. He also informed Colleen that she would be sitting next to me. She couldn't believe it. She thought that she would be in the audience. I could tell she got really nervous, and she wasn't necessarily looking forward to it. At least she got a good night's sleep as she hadn't been worrying about it like I had.

The show, "*Mike and Juliet*," was over in a flash. On the show, they brought on one of the runners who had helped me, Ryan McDevitt, and it was a great surprise. I was able to give a big much deserved thank you to him. Unfortunately, they were not able to find Travis Jones in time for the show. Fortunately I was able to contact and thank him later. By the way, both Ryan and Travis were extremely humble about the whole thing and are great people. The show, unbeknownst to me, also contacted the Boston Athletic Association, and told them about my experience. During the interview they presented me with the announcement that I would be accepted to run in the 2010 Boston Marathon. Wow, what a thrill! **You can check out the video online at the link following this story.**

Colleen and I spent the rest of the day sightseeing in New York, having some great meals, and hitting a Broadway play. We left the next afternoon after having an absolutely fantastic time. It was like living in a dream.

I thought that my 15 minutes was over, but when I returned I found out that RunnersWorld.com had written a story on my finish, and it questioned whether other runners should have stopped to help me out sooner. Apparently the original FOX video caught many racers running past me as I struggled to stand and then crawl to the finish. According to the writer of the article, it became the highest "commented on" web article that they had ever had. He asked me if I would do an e-mail interview, which I did. The article was posted on the home page of RunnersWorld.com. The title of the article was "Fallen Runner Speaks" which I thought was hilarious. It reminded me of something that you would see on the cover of the National Enquirer. Of course, I printed the article and saved copies of the web site on my hard drive. I couldn't believe there was an article on the Runner's World web site about me!

About four weeks after the FOX morning Show, "*Good Morning Alabama*" invited me to come onto their show. It was great to be able to be on their program. This time, I wasn't nearly as nervous as I was prior to the show in New York.

The last few minutes of my 15 minutes of fame were definitely a few of my favorite. It turns out that the writer of the Runner's World.com article, Mark Remy, is the executive editor, and Runner's World is based in the same area that my grandmother lives in (Allentown/Bethlehem PA). As we were e-mailing back and forth, I mentioned that I would be visiting that area for Thanksgiving. He invited me to take a tour of the Runner's World facility and meet the staff as well as to go on a run with everyone. Getting to meet almost the entire staff of Runner's World and get a tour of their facility was awesome. Bart Yasso, running guru, author, etc. was not in his office (BUMMER), but I was able to get some pictures of it. Yes, I was like a tourist! Mark also gave me Bart's new book in a Runner's World goodie bag, some Runner's World shirts, and the new Runner's World calendar. Getting to run with the Runner's World "team" was a thrill. During the run, I got to talk with Warren Greene, who is in charge of all of the shoe reviews. Of course, I asked him if Birmingham could get on the list. He said that they have tried other cities a few times (other than the ones they currently use), but it takes a huge commitment from the local running store to pull it off. It involves lots of testers and distribution of shoes. I mentioned Trak Shak, which he was very familiar with. Anyway, it was nice to dream about something like that happening here in the 'Ham! The six mile run was finished before I knew it. What a day!

To wrap things up, as a new member of the BTC, I want to thank everyone who has e-mailed to let me know about all of the training runs. So many have been extremely nice to welcome me! I look forward to training for Mercedes with many of you. I also wanted to thank Danny Haralson for all of his help in restructuring my training after looking at my Chicago plan. He has been fantastic. Well, I guess my 15 minutes have come to an end, but I couldn't think of a better way to end it than with an article for the BTC! •

See Tom on the "*Mike and Juliet*" Show:
www.mandjshow.com/videos/good-will-running

Email Tom at tabedics@gmail.com



Jan./Feb. BTC

'Outgoing' President's Message

– Mark Baggett

I'm very proud and lucky to have served as your Club President for the past two years. At times it was very rewarding and, sure, at times it was a major pain in the a\$\$\$. Will I miss being President? *Sure*. Do I regret not running for office again? *No*. Will I still be involved with the club? *Heck yes*. Do I believe that the newly elected officers will continue to improve the quality and offerings of the BTC and move it in a positive direction? *Absolutely!* I will continue to serve on the BTC Board of Directors as Past-President and will help the club and the new officers in any way I can too.

With that, I encourage ALL of you to make an effort to come out to club functions, volunteer at races to help with finish lines, water stops, set-up, tear-down, and also check out our active social scene, etc. This club is based solely on regular runners stepping up and giving of their own time and, for most, it's also a heck of a lot of fun too. I've made some wonderful friends because of being involved in the BTC and they're friends that I know I can count on, all because we share that common love of running.

The one thing that I want members to know and think about is that the BTC is successful because of people who volunteer their time to make it all happen. The elected officers do not get any type of salary for working with the club. So they don't do it for money...but they most likely do it because they love running and they enjoy making a positive difference in other people's lives. The BTC gives the Birmingham running community many different opportunities...but it's up to members and runners to take advantage of those opportunities.

I've been asked numerous times if I will continue to put together this newsletter since I will no longer be President. Lucky for the club, the responsibility of putting together this newsletter is something that I volunteered to do before being elected as it's not a responsibility of the President. So looks like I will keep with it until someone else takes it over (Buehler...Buehler??) or I lose my mind and have to be locked up in a padded room (ha!). With the completion of this issue, I will have 28 "Vulcan Runner" newsletters under my belt and this issue is the largest yet,

weighing in at 32 fat pages.

I ask that all of you take the time to read each issue all the way through and keep your personal calendar handy to write down events you want to attend...or just print out the monthly Race Calendar which lists most club functions. I also want to encourage runners to submit articles and/or photos for future issues too. It might not be interesting to you but if you share it with others you may quickly find out that it IS worth sharing.

Also, please check out my "Runner's Lane" column in *The Birmingham News* every 2nd Wednesday in the Zones section if you haven't already. **See everyone on the roads!**

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

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



31st Annual Adam's Heart Runs to be held Feb. 28th

– Submitted by Frank Newland,
AHR Race Director

On **February 28th, 2009** at 9 a.m., the Birmingham Track Club will host the **31st running** of the **Adam's Heart Runs**. The 5K, 10K and 10-mile runs will be at Oak Mountain State Park. The runs, which are growing in popularity with each year, have minimal automobile traffic and routes through the quiet environs of the largest state park in Alabama.

The 10-mile route has a USATF certification. There are just a handful of certified 10 mile races in this area." This is a wonderful race for anyone who wants to break age group records for the 10 mile.

For those who prefer to run shorter distances the AHR offers both a 5K and



Frank Newland, Race Director, fires the starting gun at the 29th running of the Adam's Heart Runs in 2007.

a 10K. It's a great opportunity for runners of all these distances to gather at one place. This is part of what has made these runs so appealing to runners for more than 30 years.

There are cash awards for overall and age group winners of all three races. The races

are at Oak Mountain State Park (up Terrace Drive) and the park has waived the park entry fee for the race contestants.

For more information please visit the Adam's Heart Runs website at **www.btcclassic.com**

2009 AHR race entry form available on Page 7

The Birmingham Track Club Presents

Saturday, February 28, 2009

All Races begin at 9:00am



The 31st 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

On-line Registration: www.active.com event #1651215

\$25.00 on site race day registration.

Registration Begins: 7:30am CST

Family Registration: \$15/adult and \$9/youth *

Inquire: newlafr@yahoo.com

* Pre-register only. Same household, youth <= 18yrs

Contact Info: Frank Newland, 205-621-9912

Pay Checks to: Heart Run

AHR Website: www.btcclassic.com

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

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

Festival 5k to benefit Five Mile Creek Greenway

– Submitted by Dennis Love, Race Director

The **Festival 5K** is a unique 3.1 mile course through Brookside and around 5 Mile Creek, combining cross country, road surface and natural surface trails. The April 4th race starts at 8 a.m. at old Brookside Ball Park.

The route crosses a large green field along side 5 Mile Creek and via the road portion, winds through the old downtown area over Snake Hill and connects to the first completed greenway area. Runners will traverse the old Brookside School Site, Founders Cemetery, Kissing Rock (pictured), Horseshoe Bend and will finish on the walking track that circles the Ball Park. The course is a unique mixture of surfaces and challenges laced with history and a look at the future. Runners, joggers and walkers are all welcome to participate in this one of a kind 5K.

For more information on Brookside, the Greenway Festival on April 4th, and the Greenway Project visit: www.brooksidealabama.com



Race Director Dennis Love and Mayor Roger McCondicie and checking out Kissing Rock, which is a portion of the Festival 5K.

FESTIVAL 5K RUN & FUN RUN

All proceeds go toward the development of the Five Mile Creek Greenway in Brookside

All 5K racers eligible for \$100 bill drawing after awards!

APRIL 4, 2009: 5K start: 8 a.m. **Fun Run start:** 9 a.m.

LOCATION: Brookside Greenway Festival

REGISTRATION: 5K: \$15 pre-registration / \$20 race day **Fun Run:** \$3

All participants will receive a Greenway t-shirt. Door prizes will also be given out.

MALE AND FEMALE AGE GROUPS:

14 & under; 15-19; 19-24; 25-29; 30-34; 40-44; 45-49; 50-54; 55-59; 60-69; 70-79; 80+

1st, 2nd, 3rd place awards in male/female age groups.

REGISTRATION:

Mail in payment and entry form below (\$15)

OR

Day of race at Greenway Festival (\$20)

Registration and number pick-up begins at 7 a.m. at the festival

Name (print): _____

Address: _____ Phone: _____

_____ Age Group: _____ Gender: ____M____F

Regions 5k Run____(\$15) Regions 1 Mile Fun Run____(\$3) Checks payable to: *City of Brookside*

Mail your tax-deductible registration to: City of Brookside, P.O. Box 14213, Brookside, Alabama 35036

This completed form must accompany registration fee

For additional info contact Race Director Dennis Love 631-7392 / 862-5683 or Debbie Keedy 674-1623

19th Annual

Ellis Porch – State Farm Statue to Statue 15K Run



ALABAMA RRCA 15K STATE CHAMPIONSHIP

BTC Managed, RRCA Sanctioned, USATF 15K Certified Course

Saturday, April 18th, 2009, 8:00 a.m.



Transportation

Transportation will be provided from the River Village Shopping parking lot (by Miss Liberty) to Vulcan Park for the start of the race. Please be there early (FIRST BUS WILL LEAVE AT 6:30 am. LAST BUS LEAVES PROMPTLY AT 7:30 am. Please do NOT wait for the last bus. If it's full, you WILL BE responsible for your own transportation) Baggage transportation is provided to the finish area.

NOTE: THERE WILL NOT BE ANY TRANSPORTATION BACK TO VULCAN PARK AFTER THE RACE.

Registration

For entries received by 4/15/09 - \$25.00 All entries day of race and those received after 4/15/09 - \$35.00 On-line Registration: Active.com
(There will be no refunds)

Registration will be at the River Village parking lot starting at 6:15 a.m.

Post- Race Party/Awards

Refreshments//Food! Awards will be presented at approximately 10:30 a.m. in the River Village parking lot. Awards and shirts will NOT be mailed.

RACE PACKET PICKUP AT HOMEWOOD TRAK SHAK on Friday, April 17, 2009 from 10 a.m. to closing.

For more information: email btcmembership@gmail.com

Also, check the web site for more information

www.birminghamtrackclub.com

Statue to Statue 15K RUN ENTRY FORM

Make check payable to: BTC Statue to Statue Run

Mail Entry to: Statue to Statue 15K Run, 1235 Parliament Lane, Birmingham, AL 35216 or drop off entry form at the Trak Shak (Homewood store)

Print Last Name: _____ Print First Name: _____

Address: _____ Zip: _____ City: _____

State: _____ Sex: _____ D.O.B. _____ Age: _____ T-Shirt: _____ Phone: _____

RELEASE

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless the Birmingham Track Club or any sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Signature: _____

Date: _____



Mike Renda Agency

THE TWENTY-FIRST ANNUAL KNIGHTS OF COLUMBUS RUN

SPONSORED BY COUNCIL #5164
TO BENEFIT CHILDREN AND ADULTS WITH INTELLECTUAL DISABILITIES
"REMEMBERING THE 500TH ANNIVERSARY OF THE DISCOVERY OF AMERICA"
5-K RUN AND ONE MILE "FUN RUN/WALK"

"USATF CERTIFIED COURSE (AL00020JD)"

DATE AND TIME: Saturday, March 7, 2009 9:00 A.M.

LOCATION: CRESTLINE ELEMENTARY SCHOOL
3785 JACKSON BLVD., CRESTLINE, AL 35213



Mountain Brook Police Dept.

DISTANCE AND COURSE: 5 K and 1 mile

ENTRY FEE: \$15.00 – PRE-REGISTRATION
POSTMARKED BY FEBRUARY 23, 2009
REGISTRATION ON LINE @ Active.Com
RACE DAY: \$20.00 – Late Registration for Individual
Participants on Race Day – 7:00 A.M. – 8:45 A.M.



Magic City Sportswear
3131 4th Ave. S., Birmingham

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

START TIMES: 5 K – 9:00 A.M. 1 MILE – FUN RUN WALK 9:45 A.M.

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

DOOR PRIZES: LOTS OF MAJOR PRIZES!

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

ENTRY FORM (PLEASE PRINT)

LAST NAME _____ FIRST NAME _____

ADDRESS _____

ZIP _____ CITY _____ STATE _____ SEX _____

Date of Birth _____ Age (as of March 7, 2009) _____ Phone _____

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

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

E-Mail address: _____

Make Check Payable to: Knights of Columbus Run

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



Townes, Woods,
& Roberts P. C.

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

APPLICANT SIGNATURE _____ SIGNATURE OF PARENT/GUARDIAN _____

(IF UNDER 18)

DATE: _____

Watkins Auto
Body, Inc.

Steve Horton
Plumbing,
Fultondale



“A duathlon? HA! You’ve GOT to be kidding me!”

That was my 1st thought every time doing one was mentioned to me”



Micki Haralson, Sam Dillashaw, Danny Haralson, Katie Hannigan & David Livingston before the race.

PHOTOS COURTESY OF KATIE HANNIGAN

– By Katie Hannigan

After running for 2 ½ years, I decided I needed to do something different to cross-train. I had started hanging out more with folks that ride and several of my running friends decided to buy bikes, so I bit the bullet and bought one too. We started our own little Tuesday night group ride at Oak Mountain and had a ball learning how to ride and fall off together.

But something happens when other cyclists find out you bought a bike – they automatically start talking triathlons and duathlons and asking when you’re doing one. NEVER I thought, you’re wasting your breath. I always had an excuse ready – no open water swim, this bike is just for fun, I’m just cross-training to help my running. Well, I should’ve learned when I did the marathon to never say never. I was never going to do the 1st marathon, much less sign up for a 2nd so the writing was on the wall for me with this new bike.

Then, I was at a party one night and the FloraBama reverse duathlon came up. There were 4 things about this one that made it sound like fun:

- 1). Reverse duathlon – Bike, Run, Bike – I’d much rather bike twice than run
- 2). Short/Do-able distance – 9.2 mile bike, 5.6 mile run, 9.2 milebike
- 3). Flat course - come on it’s the beach – of course it’s flat (except for that one big bridge!)
- 4). FloraBama – do I NEED to say more?

I mentioned it to Sam Dillashaw, he had done it in the past and was all for doing it again, so I gave in to peer pressure and signed up. Just like the marathon – here I go again!

The closer the weekend got, the more I asked myself “why?” I left Birmingham on Wednesday to work in Mobile & Pensacola and had to take my bike with me while I worked. My bike being on the

car became more a topic of conversation with my customers than what I was actually there to sell them. It was just like when you tell people you’re running a half or full marathon, they asked “why?” I couldn’t tell them I’d been asking myself the same thing! Slowly, the

1ST DUATHLON <continued on Page 12>



Katie & David with their coffe mug awards - David got 1st Super Clydesdale, Katie won 2nd Athena.

1ST DUATHLON**<continued from Page 11>**

more impressed they were that I was attempting this, the more my confidence grew.

Friday afternoon arrived and I met up with Sam, David Livingston and Danny & Micki Haralson. We were the only 5 from Birmingham that made the trip. None of the folks at the party that talked me into it signed up so I was the lone "duathlon virgin" in our group. We got to packet pick-up at the FloraBama and found out there were only 100 people registered. At this point, I knew the chances of me being the last person across the finish line were very high. On the "plus" side, I was 1 of only 2 Athenas registered so I was guaranteed an award. Yippee! I finally said, "Oh well, somebody's got to be last". Saturday morning arrived and it was a cold start on the bike – about 55 degrees and a strong wind. There were 3 age groups starting 3 minutes apart. The first group, 0 – 34, was off and my age group, 35 – 49, started lining up to get ready. Micki and I started at the line together but it wasn't long before she left me long behind. Then, shortly after that, most of the folks in the last age group, including David & Danny, flew past me. Oh well I thought, I knew it was going to



Danny, Micki, David and Sam carb loading at the FloraBama the afternoon before the race.

happen. Now, it's just me, my bike and my thoughts.

9.2 miles later, I came to the transition area. This was nerve wracking because I still haven't mastered clipping in & out of my pedals smoothly. But, it worked & I did it without falling! I felt good getting off the bike. I knew I was last but I completed the 1st leg 7 minutes faster than my goal. There was one other guy in transition and we started off on the run together. Since I had never practiced biking and running together, I had no idea my legs would feel like a bowl full of jelly starting out on the run. My new friend, Rob, and

I had a slow start but gradually my legs started feeling back to "normal". The 5.6 mile run took you into the Gulf Shores State Park and around the lake. A very pretty and flat course with water stations every mile. At the mile 3 station, Rob and I picked up another friend, Jamie, who I could tell was hurting. The 3 of us took off from there. Jamie dropped off from Rob and me about mile 4 ½. I knew that if I could hold him off on the bike, I wouldn't be last. Rob left me at mile 5. I held out hope that I could take him on the bike. I did!

I made it to transition and

Rob was still there drinking water and getting ready to get back on the bike. I took a drink, got on and took off. The wind was stronger going back, my legs were tired and all I wanted to do was finish. I knew there were 2 people behind me and that was motivation. After about a mile, I made another friend. The fact that I made friends and found folks to talk to along the way surprises no one that knows me! Frankie was just out for a leisurely ride at the beach and asked if he could ride along with me. Of course, I said sure. Having someone to talk to made the time go faster and his encouragement was a BIG help going up the bridge again. He also helped because he stayed on the outside so I didn't have to worry about the traffic. I could just ride and enjoy myself.

Finally, we crossed the bridge and I knew the FINISH was close. Just like seeing the finish line in a run, I started pedaling faster. The cops at the line even noticed this and made mention of it. I came through the chute and was met by Sam, David, Danny and Micki. My 2 friends from Georgia whose condo we were staying in were also at the finish to cheer us on. It was one of the few races I've ever finished with a smile on my face and feeling good about what I had done.

I now have a coffee mug and a t-shirt that says I'm Hot to Trot, I finished within the time I set, I wasn't last and I BEAT 2 DUDES!!!

I'm done saying never – I guess that means a triathlon is next! •



Sam, Katie, David, Micki & Danny celebrating at the FloraBama afterwards.

Join the **BIRMINGHAM TRACK CLUB'S** **1,200 Mile Club**

The Birmingham Track Club promotes fitness and a healthy running lifestyle for its members. Part of this involves consistency and the BTC wants to reward its members for that consistency.

In 2009 the BTC will be continuing it's 1,200 Mile Club program. 52 members achieved their 1,200 mile goal in 2008 - will you be one of those in 2009?

HERE'S THE WAY IT WORKS:

- You keep a training log of all mileage you run during each month.
- At the end of the month, you communicate that mileage to the 1,200 mile club coordinator, who keeps a record of your mileage for each month. See email address below.
- The results will be posted monthly on the BTC web site so that you may track your progress.
- If you have completed at least 1,200 miles by Jan. 1, 2010, then you will receive a BTC '1,200 Mile club' jacket! Repeat members will receive a prized patch for each year they complete the 1,200 mile year that they can sew to their jacket to let others know how many years they've completed that goal.

RULES AND REQUIREMENTS:

- Participants **MUST be a BTC member in good standing** to participate in the 1,200 mile club. Not a member and want in on this deal? Then join (see Page ?? for a Membership Application)
- It is the runner's responsibility to keep accurate track of all mileage. It is the runner's responsibility to communicate mileage run each month to the 1,200 mile club coordinator. There will be a monthly deadline for submissions.
- Races count. Training miles count. Walkers count. Just as you would count in a normal training log, count here.

It's NOT too late to start counting those miles!!

Email monthly mileage/questions to: 1200@birminghamtrackclub.com

.....

52 MEMBERS REACH THEIR 1,200 MILE GOAL FOR 2008

2008 was the inaugural year of BTC's 1,200 Mile Club. Over the course of 12 months, members logged & reported monthly how many miles they covered, with a goal of 1,200 miles.

Listed below are those 52 who reached that goal:

Adrienne Macoy	Danny Haralson	Lia Bunch	Trey Whitt
Prince Whatley	Bob Evans	Julie Elmer	Sara Hacker
Brad Clay	Randi Landy	Tom Love	Ann Constantine
Tim Roberts	David Stearns	Wayne Benson	Tommy Triplett
Jim Ottinger	Jul McLeod	Geoff Gottlieb	Gary Barnes
Alan Hargrave	Jerry P. Smith	Leslie Klasing	Amy Kiernan
Oscar Cook	Ekkehard Bonatz	Cherie Dortch	Tommy Armstrong
Anna Ruth McCalley	John Goolsby	Joe Ford	Winston Frederick
Sarah Russ	Spencer Haugh	Keith Rutherford	Harry Coleman
Charles McCalley	Tom Bedics	Natalie Lockhart	Cara Turano
Jimmy Kuhn	Sheri Spencer	Ed Graven	Mike McCarthy
Micki Haralson	Tim Lupinacci	Al Bradshaw-	Charles Thompson
Jack Ganus	Lynn Joyce	Whittemore	
Greg Sankey	Martin Beasley		

The View from the BACK OF THE PACK

– By Michele Parr

Did you have a good 2008? Did you meet your goals? Keep your resolutions?

A year ago in this space I set a few goals and made a resolution. I still haven't managed that 1000-mile goal, but I did set a new PR for the half marathon. In fact, each of the three I ran in 2008 was faster than any I had run before then, not by a lot but by enough to count. I didn't get that 5K PR, but I didn't actually work at it either. I ran only two 5K races and didn't do any speed work at all, so I'll have to re-classify that goal as a dream.

Goals for 2009? Everyone who knows me knows this is the year for my first marathon. When I decided to marathon, I went big. All I have to do is apply for the 2009 New York City Marathon and I'm in. On November first I'll be standing on Staten Island ready to take myself through Brooklyn, Queens, Manhattan, and the Bronx before finishing in Central Park. I'm pretty sure this year I'll surpass that 1000-mile goal, probably by a lot.

Now how about that resolution? I resolved to volunteer one race for every three I ran. My record keeping isn't the best in the world (just what you like to hear from your treasurer, isn't it?), but by my calculations

I ran nine races and volunteered four. I actually volunteered for a fifth race that got snowed out, but since I didn't re-volunteer when it was re-scheduled, I'm not counting it. Even without it, I kept my resolution.

What did I do when I volunteered? I met lots of visitors from out of town when I worked the BTC booth at the Mercedes expo on Saturday, and I had a great time handing out water and Gatorade at the last water stop on the course on Sunday. I recruited volunteers for the water stops at Statue to Statue and helped staff the third one. I helped with registration for Fat Danny's, took pictures, and helped clean up when it was over. I stuffed Vulcan packets, ran last minutes errands on race day, and helped put everything back where it belonged after I ran the race. Yes, I volunteered and ran and even finished as fast as I ever have. Volunteering and racing are not mutually exclusive.

What if I hadn't volunteered? What if the dozens of other volunteers hadn't volunteered? There wouldn't be many races. Only those events that can afford to pay people to do all the work would still exist. I think that knocks out every single race in Birmingham.

What would happen if there weren't any races in Birmingham?

I don't know about you, but I need to race. That's the carrot that keeps me plugging along. Without a goal I don't think I'd run nearly as much as I do. Without races, I think the running community in Birmingham would shrivel and die.

Maybe it's a bit grandiose of me to think that the Birmingham running community continues to thrive because I filled some cups with Gatorade and picked up the empties. Just imagine what it could be if we all did. •

Email Michele at micheleparr@mindspring.com



Please support our **BTC SPONSORS**



www.trakshak.com



www.jrag.com



www.outtakesdeli.com



birminghammenu.com/cosmos

EBSCO Creative Concepts

Ideas. Products. Solutions.

www.ebscocreativeconcepts.com



www.bobs-bikes.com



www.redmountainlaw.com



The Trak Shak
Running Shops - Homewood • 280 • Trussville

WWW.TRAKSHAK.COM

NOW OPEN IN DOWNTOWN TRUSSVILLE

183 Main Street Next to CAHABA CYCLE

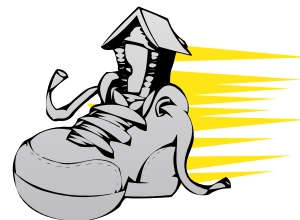
Celebrating 12 years

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

Double Trouble

Want to be featured in a "Double Trouble"? If so, it's easy. Just send Tim 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)

Susan Hales

Age: 43

Status: Married to Mark

Hometown:
Ocean Spring, MS



Mark Hales

Age: 51

Status: Married to Susan

Hometown:
Jackson, MS

1. Last movie you liked so much, you watched it twice?

I have seen numerous movies twice, but "Starman" stands out since I saw it opening night at the theater and went back the next night to see it again. Just one of those 'feel good' movies that gives you hope for the basic goodness in people.

2. Name one guilty pleasure?

Ice cream or frozen yogurt every day.

3. Favorite place on earth?

Key West

4. Worst place on earth?

The interstate between Atlanta and Savannah - seems like there is nothing in between!

5. One item you would want with you on a desert island?

I don't want an item - just a person - Mark!

6. Most interesting person you've ever met?

Everyone I meet is interesting in their own way. We are all actors on the stage of life...each with his or her own part to play.

7. Coolest trophy or prize you ever won?

Riverbend Music Festival 10K in Chattanooga - Master's winner. One of the awards was getting to go backstage where the headliners were playing. The Allman Brothers were headlining the year I won.

8. Favorite TV show?

"CSI N.Y." - love that Gary Sinise.

9. Favorite fast-food joint?

Waffle House - order scramble on 2 add cheese, raisin toast please!

10. Who would play you in a movie?

Jamie Lee Curtis is who I'm told I bear a resemblance to.

11. Something unique about the town you grew up in?

One of the oldest cities in the U.S., founded in 1699 under authority of King Louis XIV & first permanent outpost of French Louisiana. Modern day, it is known as an arts community with downtown streets lined with oak trees and art galleries.

12. If you could play an instrument, what would it be?

I do play the flute and oboe, but secretly would love to be a drummer.

13. Scariest thing that ever happened to you?

Traveling to London right after the Gulf War started in 1991 - patrolmen with machine guns and guard dogs everywhere. We stayed near Victoria Station, it was bombed about an hour after we checked out of the hotel.

14. Favorite book?

"Wuthering Heights" by Emily Bronte - love English Literature and Emily is the 'darker' of the Bronte sisters... no cheesy romance here...

15. Favorite meal?

Fried chicken, mashed potatoes, and biscuits - but only if my Grandma made it.

16. Why do you run?

Health, stress relief, social community

17. When did you start?

Late 1998 - so, I guess I should be celebrating a decade on the roads.

18. What's your biggest running accomplishment?

Qualifying for Boston at Rocket City Marathon in 2003 - still my PR marathon...Mark's sister celebrating with me at the finish line

19. Favorite BTC story?

1991 Oak Mountain Picnic - Mark cooking hot dogs and hamburgers all day - I was not a runner at the time.. interesting to meet all the runners and hear their 'back in the day' stories.

20. Words to live by or favorite running mantra?

"It's better to burn out than fade away"

1. Last movie you liked so much, you watched it twice?

Any Elvis movie - The King Lives Forever - thank you, thank you very much.

2. Name one guilty pleasure?

Dos Equis Amber - La Paz Thursday nights.

3. Favorite place on earth?

Home

4. Worst place on earth?

Sidelined with injuries

5. One item you would want with you on a desert island?

A multipurpose tool so I can play McGyver and get Susan off the island.

6. Most interesting person you've ever met?

Have not met them yet.

7. Coolest trophy or prize you ever won?

Exxon nationwide drawing - won a trip Daytona 500 and Disney World.

8. Favorite TV show?

SATURDAY NIGHT LIVE (Land Shark !)

9. Favorite fast-food joint?

Burger King Whopper and Chick Fil A Fries.

10. Who would play you in a movie?

Steve Buscemi

11. Something unique about the town you grew up in?

Grew up in Leeds, Ala. - home of the Round Mound of Rebound - Charles Barkley and also know for lead in the water and cement dust - I didn't stand a chance!

12. If you could play an instrument, what would it be?

I play the hell out of a radio - but I would like to play the saxophone and some blues.

13. Scariest thing that ever happened to you?

Watching Alabama football at Terry Rayburn's - before he got his new TV!

14. Favorite book?

"The Bible"

15. Favorite meal?

Hamburger and fries

16. Why do you run?

I don't. I used to be a runner, now I'm a jogger.

17. When did you start?

1986

18. What's your biggest running accomplishment?

Qualifying for Boston at Rocket City Marathon in 1989 - still my PR marathon...my sister, Amy, celebrating with me at the finish line.

19. Favorite BTC story?

Vice-President of BTC in 1991 - working with Susan to plan social events.

20. Words to live by or favorite running mantra?

"Life's short, have fun!"

Jan./Feb. Club Merchandise **Item Of The Month**

RUNNING SOCKS

**FREE BTC
window
decal with
order!**

**\$5
each**

+ shipping*

Regularly
priced
at \$8



- 'Birmingham Track Club' stitched on ankle.
- Small, medium and large unisex sizing – small goes up to a women's size 8.
- Comfort Polyester, Nylon and Spandex blend that wicks away sweat for technical performance. Made in the USA!!!
- Price is \$5 per pair, please add \$1 for shipping for up to 2 pair, i.e \$2 for 3-4 pair or \$3 for 5-6 pair. Socks will be mailed through US Postal Service.



Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Phone _____ Email Address (print clearly) _____

Quantity Sock Size

*Please add **\$1** per 2 pair.

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

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

btcpres09@gmail.com

More merchandise at www.birminghamtrackclub.com/merchandise

Offer good till 3/31/09

RUNNING TIDBITS

– Compiled by Tim O'Brien

RUNNING QUOTES

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

– **Jesse Owens**

"Running is the greatest metaphor for life, because you get out of it what you put into it."

– **Oprah Winfrey**

"If someone says, 'Hey, I ran 100 miles this week. How far did you run?' ignore him! What the hell difference does it make? The magic is in the man, not the 100 miles."

– **Bill Bowerman**

"Running is a lot like life. Only 10 percent of it is exciting. 90 percent of it is slog and drudge."

– **Dave Bedford**

DID YOU KNOW?

It's too cold outside to run!!! Well, not really.....

Will your lungs freeze? Nope. By the time the air reaches the lungs, it's near your own body temperature. If you have a hard time breathing in cold air, try breathing through your mouth and nose. Why? Well, the nose does allow the air to heat up a little bit more, but it's hard to breathe in enough air just through your nose.

CLOTHING – The golden rule to cold weather clothing is that if you are comfortable at the start of the run you are going to be too hot during the run. It can lead to excessive perspiration and loss of body heat...more so than being under dressed! Being a little bit cold at the start is the right way to go. Layers are a great way to deal with controlling your temperature and comfort factor. Also remember that the legs and torso stay heated more so than the arms and head.

ICE – Okay, this is a big pain. Anybody that has run a lot up North, and even down here, has had an experience with ice. The best thing to do is avoid it at all costs. Even wet roads can become slick overnight when the temperature drops. And if the temperature is above freezing, don't think there won't be any ice. The road temperature (especially the pavement on a bridge) may still be below freezing, keeping the ice frozen a lot longer. BE CAREFUL on ice. Best advice if you can't avoid it is to walk slowly over it.

FLUIDS – Drink lots of them. The cold can be deceptive in making you think you are not sweating or giving off body heat. But, you are. You can actually become dehydrated without ever feeling hot. Drink those fluids.

Be careful out there!!!!

Sources: Coolrunning.com and Healthy.net

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

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 for more information.**

Birmingham RR's participate in Mobile's **First Light Marathon**

– Submitted by David Henry

The Birmingham RR's made a successful trip to Mobile and back to run the First Light Marathon. This was the first time any of us had run this marathon. We were pleased with the scenic course, a large portion of which carried us through beautiful neighborhoods, old but well tended homes, and "roofs" over the roads made of large limbs from the huge oak trees. We passed through universities, portions of the Azalea Trail, and other scenic areas.

While it did not rain, the temperature stayed in the 40's for the entire race. This would have been OK had not been for the 10 - 20 mph winds. As runners know, generally the wind is always in their face, no matter which direction they are running.

At the end of the race, handmade wooden medals were given to each of the finishers. A community of mentally challenged people in the area made the medals, each with the First Light Marathon information on the front and a design hand-painted on the back and conferred by one of the community members. What a special way to end the race!!

The volunteers were extremely encouraging at the registration, all



Birmingham Regular Runner's (RR) that ran the 2009 First Light Marathon

(L to R): Sharon Bullock, Jay Young, Charlene Young, David Henry, Sonia Steely, Melonie McBrayer, Kathleen Lawrence, Liz Losole, and Harry Coleman.

along the course, and after the race. I ran with a lady from New Jersey who wanted to see what Southern Hospitality was like. After the race she said she was so glad she had come to Mobile.

Eight of the nine RR's that went to Mobile are doing the 3N3. •

davidphenry@charter.net

PREACHING MODERATION, PRACTICING EXCESS

– By Harvey B. Simon,
The Wall Street Journal

My patients have always known me as a man of moderation. I advocate regular exercise at reasonable intervals. But now, the truth is out: Beneath my moderate shell lurks an exercise nut who hasn't missed a day of running since 1978.

Should you do as I say or as I do? Once you understand what exercise can do for you — and to you — you can answer the question for yourself.

The aerobics revolution of the 1970s established pretty strict rules for exercise. To reap the rewards of exercise, we believed you had to push your heart rate to 70-85% of its maximum and maintain it for at least 20 minutes. For the next two decades, exercise physiologists kept producing fancy data that just seemed to confirm what your high school coach had barked at practice: No pain, no gain.

The aerobics revolution inspired the few but discouraged the many. I was one of the lucky ones who morphed from an overstuffed couch potato to a slim distance runner. But many folks just threw in the towel. I blame myself and other doctors. We set guidelines that demanded too much of our

patients, insisting that if they didn't work out aerobically, exercise wouldn't be worth their time. Faced with a choice between all and nothing, most people chose nothing.

It takes a lot to get a doctor to admit he's wrong. But the facts are now inescapable. I've reviewed 22 studies — covering more than 320,000 men and women from around the world — that evaluated the impact of moderate exercise on cardiovascular disease and longevity. The results are eye-opening. Moderate exercise substantially reduces the risk of heart disease and the overall mortality rate. It also protects against hypertension, stroke, dementia, diabetes, obesity, osteoporosis, breast cancer and colon cancer.

How could I have been so wrong about exercise? It turns out the old way of thinking was based on physiologic studies that relied on treadmill tests using maximum oxygen uptake — aerobic fitness — as the measure of benefit. That research remains valid. To gain aerobic fitness you do need to train aerobically. But the new studies use a broader definition of health as the measure of benefit, and they show you can gain years of good health without the pain of intense exercise — as long as you do enough and stick with it.

Everything that gets you moving and will contribute to your physical well-being.

I can't imagine a day that doesn't start with a long run. But you can get the same benefits in much less time, and with less sweat. You just have to keep moving: Dust the house, mow the lawn, wash the car by hand. Take the parking spot farthest from the mall entrance. Try the stairs instead of the elevator, at least for the first three or four flights. You don't have to set aside a block of time to work out. Just integrate 10 minutes here, 10 minutes there, into your daily routine. If it adds up to 30 or 40 minutes nearly every day, it will provide huge health benefits.

Of course, if you enjoy more intense exercise, no need to stop.

I certainly don't plan to. •

When not running, Dr. Simon is an associate professor of medicine at Harvard Medical School and a member of the Health Sciences Technology Faculty at Massachusetts Institute of Technology. He is the editor of the monthly newsletter, Harvard Men's Health Watch. His latest book is "The No Sweat Exercise Plan."

DIARY OF A MANIAC

- Written by Brantley Padgett

Dorothy

(Yes, I ran with Dorothy. Red Shoes and all.)

Rain

(You must mean the last two and a half hours of Gulf Coast?)

Larry

(I ran with a World Record Holder, or at least someone who will be one.)

Paris, Cairo, New York, Caribbean, Zeppelin, Hookers

(These would be things I ran past in Vegas.)

Larry, Jim, Heather, Jason, Adam, Keith, Cathy, Tim, Tim, Kate, Natalie, Dave, Phil and lots more friends

(Who are the people I ran with in Huntsville, Alex?)

I never understood why Phil runs as many marathons as he does. I mean other than the fact that at this point a marathon is more or less a training distance for him, why? Four to six hours of hot, or cold, or rain, a blister or twenty, and then a cramped car ride home. But I think I figured it out. The incredible stories! I actually ran with a (presumed) world record holder!! How cool is that?? Larry Macon, who I ran with, apparently in at least three marathons, presumably ran 105 marathons this YEAR! I ran with him at Flying Monkey, I ran with him in Las Vegas, I had a good long chat with him during Huntsville. Truly amazing. He has something like 506 lifetime marathons, and has only been running for somewhere around 15 years! Plus there's Jim, I can't remember his last name, but he has 598 lifetime marathons under his belt. I ran beside Graham for a while at Rocket City. He usually only runs trail ultras, but has a streak of 27 straight years of running that race that he didn't want to let down. I didn't have the heart to tell him I was 2 when he began that. I can't say I heard as many incredible stories at Gulf Coast, because at 2 ½ hours into it when the rain started, we all just kinda put our heads down and ran by ourselves. When I strolled across at 4:50-something it was still raining, I looked, and felt, like a drowned rat and Dena was shivering so hard she couldn't speak to tell me congratulations. I can safely say that running the last 4 miles with Meredith and Brooke at Las Vegas helped get me across the finish line. That they did so well, with about a combined 4 hours of sleep between them is the amazing thing!! I had to tell them to slow down, they were making me look bad since I had a full night's sleep!

There were a lot of highs and lows over these four marathon weekends. Literally and figuratively! Flying Monkey is an awesome run, there's no way around that. It's beautiful, friendly, painfully hilly, and just plain awesome. The two (one of which is a long-sleeve

tech) shirts you get are really cool. The atmosphere is so friendly you feel as if you know everyone there, and if you're Phil you might. I managed to sneak my way into this run (can't call it a race...) because of Phil. I had dinner with Trent, the RD, back in August during Tupelo marathon, and we stayed in contact and he hooked me up with a vacancy. Unlike Phil who says the hills aren't that bad, yes, they are. Are they a killer? Yes, they are. Can you walk up them? Yes, you will. Are downhill as bad as uphill? Yes, they are. But at the end you'll find a gang of finishers and family, waiting patiently for their door prize, a massage, and for everyone else to finish so they can wish them well. For a race - er I mean run - capped at 200, I swear there were 350 people waiting at the end. The hills pretty well killed me, I was very happy with my 5:03 finish. But luckily for my plans of running 4 in 4 weeks I started off with the hardest one!!

After a quick week (what do you mean 6 days????) I started race number 2. Gulf Coast. Well, let's start with the Friday driving down. Dena and I headed down Friday afternoon, around 3 I think, along I-59. If you've ever seen the trees as you get closer to Mississippi you'll notice they lean more and more the closer to the state line you get. That's because Mississippi SUCKS! If you're from there, you know what I mean. The rain started just after we crossed the state line. It got so bad our 4 hour trip lasted at least 6 and a half. We finally get to the rest stop where the packet pick up was, and the cool part, the RD himself put together a CD for the runners. How cool is that? Why, you ask? Cause there's no radio stations in the state! Anyways...the race is on Stennis Space Center. It's a base just east of Louisiana, just a minute north of a WHOLE bunch of trees, and nothing else. Being on the space center was pretty cool, I will say. But there in lies the rub, there wasn't anything NASA to see. I mean, there were signs, but no rockets, no space ships, not even a guy in a space suit! Just trees! And Rain. And mosquitoes. I thought those things were dead this time of the year! Welcome to Winter in southern Mississippi indeed. But I gotta say, it was flat. And with my 4:55 finish I placed 4th in my age-group, so I'm quite pleased with that. Jason, Adam, if y'all want to win, go there. You would have placed 1st in our age-group by over an hour.

Ok... this week I got a full 7 days off. Sorta. Las Vegas...I'd never been there before. Who knew there was so much walking!!! But I will say I thoroughly enjoyed being there with so

many of my friends!! The highlights... well, stayed in the Luxor Pyramid, that was cool. Walked around in the Bellagio, saw Big Elvis, who coincidentally enough, has lost something like 500 pounds... so now he's medium Elvis. Was handed a few hooker cards, think those women are really the ones that show up to your door?? I was really happy to walk around in the Venetian. I was blown away by the Fremont experience! And I really enjoyed the water show like at the end of Ocean's Eleven. The marathon was pretty good too. Very crowded and not well organized start but the fireworks were awesome and running down the middle of the strip at 6am (with all the lights still lit) was equally amazing. However, that I was still passing walkers at mile 5 did kinda suck. From miles 10-18 or so it was a little boring, cause let's be honest, we more or less ran straight for 8 miles, turned left and ran straight for 6 miles, turned left and ran straight for 6-7 miles, then turned left and ran back to where we started.

But... the zeppelin off in the distance at mile 14 was fairly interesting. Finally, with Meredith and Brooke's pulling me along, I managed to cross in something like 4:43! I heard rumor Rock and Roll bought that race, so next year things will probably be a little more organized and fun!

Rocket City was my fourth marathon in the streak, ninth this year. I had to run it, see, it was on my birthday! My ninth marathon on my 29th! Next year I wanna run my 30th on my 30th, but need some help convincing Dena of the logic there. Anyways, I ran this one with Heather and we decided to both just take it easy and enjoy the course. Which we did! The only possible complaint was it was chilly, 27 at the start and I think it may have warmed up to 50 by the time we were on our

way home that afternoon. But for running it wasn't too bad. The course, contrary to popular delusion, isn't flat. Some rolling hills, nothing bad, but far from flat. I hear some snickering, but that hill at mile 15 was most definitely not flat! When we crossed the half way point it was both of our slowest half times, but we managed to make up for it, shaving a full 15 minutes off our split for a total of 4:56. Though the streets weren't lined by thousands of onlookers, I will say those that did show up were very nice and happy to see us, and not one single car honked or tried to kill us. I thought was very cool.

So what did I do this weekend? I slept. Yep, this newly decorated 4-star maniac slept in on a Saturday morning! It was all I thought it would be and more!

I can't wait to run my next. I think it's in January, but who knows! I bet there will be a great story from it though. That and I bet I'll be running it with Phil, and I'm sure I'll pick up a new friend or two by the end of it. •



Brantley Padgett



Jan./Feb. Coach's Corner

– By Danny Haralson

With the BE&K 5K, Mercedes Hal-Marathon, and Marathon just around the corner I thought I would throw out 2 'Cardinal Rules of Running' and as simple as they are hundreds throw caution totally to the wind under the "I thought it was a good idea at the time" thought process which is akin the last words of a redneck, "Hey y'all, hold my beer and watch this."

1. Nothing new on race day – this applies to clothes, under clothes, shoes, pre-race meal all the way through parking place. If you wear a new top or jog bra because "it was cute" and it starts rubbing you raw (and you didn't know it would because you've never worn it before on a long run and it's new) then you're going to have some miserable chafing miles. If you historically have grilled chicken and brown rice the night before a race and some friends talk you into sushi or Mexican because "we'll get home early" and you get gastro-intestinal distress along about mile 5 and at mile 6 it becomes, uh, urgent; that would fall under the same heading. You should always, always have a couple of dress rehearsal runs wearing clothing you think you'll need, eating what you plan to eat and practicing with GU or anything you plan to do or eat. If you get new shoes, they should have a breaking in period to be sure they won't rub. Don't hope for a parking place, the last thing you need race morning is stress and running a few minutes late, then parking further away or getting re-routed by police won't lower the stress level. It's way better to arrive early and be bored for a while than to come screaming in and hearing the start gun go off before you're in your corral. Use the last runs as a dress rehearsal, the night before lay everything out as needed and pack your post race bag. Plan and prepare for all known situations - 'toss shirt' check...post race clothes, check... clothes laid out in order, check... number attached... check, check and double check! Remember "Luck favors the prepared mind."

2. Start Slow! At the very least start AT pace, never faster than.... This is not a 5K, you cannot take off and 'hold on'; what energy you burn up early is gone; what you hold in reserve by running smart (AT pace) you'll have when you need it. It's been said that for every 10 seconds faster than pace you go out you'll lose (add) 1 minute to your finishing time. If you're gunning for an 8:30 pace and your first 5 miles are 8:00 - 8:10 then you are asking for trouble. Your body has adapted to your training pace and if you accelerate that pace, your body will accelerate the fuel and energy resources necessary to maintain and along about mile 19-sh, your meter will be close to 'E'. People have told me that they felt so good at the start. Well of course, you're trained to run 13.1 or 26.2 miles – how do you think you're gonna feel at mile 1?!?! You've heard people say things like, "Life isn't a sprint, it's a marathon..." well, this IS a marathon! That means your strategy should be to know your pace, get on it and finish AT your goal time.

Lastly, I would suggest multiple goals. A best case scenario (PR, qualify for Boston, break 4:30...whatever...) secondarily an 'okay, I'm satisfied time goal' or whatever would make you content and lastly a 'have fun' or get the medal (in case the wheels just fall off). Every time you complete a distance event you have achieved something, every time! So don't create a mental atmosphere of failure if you cross the finish line but you didn't achieve your one 'all or nothing' goal. You'll be unhappy, have a 'ruined day' attitude, and your complaints will sound like you're a big baby. You did the best you could do on that day with the cards you were dealt...sometimes it's just not your day, you can pout or deal with it and say "I still got the medal!"

Regardless, take a moment and thank your Creator that you 'can' run and face the challenge, there are millions who would swap places with you faster than you can think. Too often we forget that running is not a 'right' it is a privilege and a blessing. Now get out there, run smart, have a good time and a good time. •

Danny is an RRCA Certified Coach and can be reached at:
danny@rununiversity.com

MEADOW BROOK RUNS 2008 Report

– Submitted by Race Director Bob Cosby, M.D.

The 14th Annual Meadow Brook Runs were indeed a great success, thanks to a record number of you as participants, and thanks to our many generous sponsors and volunteers. Many things went very right this year. Apologies that I didn't properly thank everyone:

God heard and answered our prayer for good weather; we were blessed with 68 degrees, cloudy skies, and no rain.

Registrations were 478; 5K finishers were 419; Fun Run finishers were 67; and sponsors at last count were 153.

Aliant Bank again provided exceptional facilities, winners' Savings Bonds, and 450 great tee shirts. Male and Female Masters Winners have not yet picked up their Bonds.

"Bama Bill" McFerrin once again volunteered his time and expensive equipment to provide great music for us.

Boy Scouts of Troop 514, led by Scoutmaster and Assistant Race Director Dean Speers, expertly handled all day of race registrations, tee shirt and gift packet distributions, as well as providing water on the course.

Led by a single dove released by Helen Tankersley in memory of Richard Tankersley and Ellis Porch, Butch Glass' Love Birds took flight from beside the lake and winged their way back home to Irondale.

The Hoover Police and Shelby County Sheriff's Department did an outstanding job of controlling traffic. Hoover Fire and Rescue, and Regional Paramedical Services were also on station providing support.

Charles Amos Thompson, our Chief Timer and distinguished candidate for President of the Birmingham Track Club, again ran the finish line and provided accurate timing.

Gus Pappas, owner of Norton's Florist, personally presented flowers to all 5K runners as they crossed the finish line.

Mary Birdwell directed the race course, brought her own girls' track team as split timers, and compiled the winners name list in record time.

Frank Lary of Southern Trophy and Plaque generously provided winners medals three deep in all age group categories.

Tracy Craddock and the Meadow Brook Home Owners Association posted our race information, Entry Form, and Results on their beautiful and increasingly important web site.

Special thanks is due to our major food sponsors Jim 'N Nicks, Buffalo Rock, and The Melting Pot, and our perennial do-everything-well volunteers, Horace and Mary Jane Sanders.

Be sure to look for the valuable free food coupons and tracts in your gift bag.

Please forgive me if your contribution to the race was not properly acknowledged. You are much appreciated just the same!

This year's race results are now available at <http://www.mbho.org>

Please check your listing and let me know if there is a discrepancy. A revision of the official results will be made if needed.

Please mark your new calendars now for the 15th Annual Meadow Brook Runs to be held Saturday, December 19, 2009 AD, God willing.

May God bless you as you follow Him this new year. •

Robert.M.Cosby@outgoing.afonet.net / Phone: 205.991.6054

BURNOUT

– By Geoff Gottlieb

Day after day, I smelled the burn of rubber meeting pavement. Mile after mile I ran, mostly smiling, sometimes tired, always motivated. ‘Climb this hill hard!’, ‘Push a little harder than yesterday!’, or ‘this run made the difference.’

And eventually it was true. I went from a beginning runner without a clue as to what I was doing, save the act of putting one foot in front of another, to a 2 time Boston qualifier. I ‘perfected’ such arts as drinking gatorade on the run, running circles around a parking lot with my hair on fire, and the boiling frog maneuver, in which I slowly speed up until I make my unsuspecting running buddies cry.

And then one day, something strange happened. Something unexplainable. Something totally foreign.

I was running with people, and I wished for it to be over. Not in that ‘I’ve been running for 3 hours, and my stupid feet hurt, can this be over!’ sort of way. I mean I just realized I didn’t want to run. Not that fast. Not that far.

That day turned into days and the days into weeks. I was training with friends so I kept working, kept finishing runs, kept up the best that I could. But slowly I felt my performance start to decline. I didn’t want to finish strong. I didn’t want to start strong. Soon, I didn’t want to get out of bed, and I missed long runs. I never miss long runs.

Then, as marathon day approached, I suddenly realized how badly my training had suffered. I tried to get ready the best my mind and body would let me. But I had already run out of time to make it up. It wasn’t enough. I finished a full 43 minutes behind my PR with an injury at Huntsville, no doubt because my training betrayed me.

The sad truth finally set in. I was burned out on running.

I suspect I’m not the only one this has ever happened to. I believe that many who are reading this know the frustration that you feel when one of your primary sources of joy becomes work, work that you’d rather not do. Fully remembering in my mind the fire I had felt on long run days when I felt wonderful, my heart would quit on a run after just a few miles, leaving me wondering if perhaps I had ruined my gift.

And I have to honestly say I’m not 100% sure I have recovered it yet.

So what do you do when you’re burned out? And how do you avoid being burned out? Let me speak from my own experience, as one who

is, and perhaps I can keep someone else from going through what I have gone through.

First, running should be fun. Do a sober assessment of your goals. Are you finding it fun to train for performance? Yes? Great! Go for it! No? Run slower. Do a run where you look at nature. Run with someone you love, or your best friend. Change it up! If you assess yourself honestly, and your heart is telling you to slow down and smell the roses, don’t force it! Unnecessary pressure brings burnout faster than anything else.

Next, if you begin to feel burnout, take a day off. Don’t be afraid to take a week off! Of course I want you to be consistent in your training, but sometimes the body just gets tired. I’m no physiologist, but I’ve run enough miles to know that sometimes you should listen when your body says it is tired. Sleep in on a Saturday. Go get some pancakes or something. With syrup even! Then when you start to feel hungry for the road, go back out and get it.

Next, recollect. Training logs are super for this. When you run, write what you felt. Write down how great running made you feel. When you are burned out, and you go back and read those notes, you may find those feelings come up again to motivate you. I like to go back and read what I wrote when I qualified for Boston. Gives me chills just to see how raw and deep my emotions were for running. And we all have that or we wouldn’t be doing this. This helps you gain perspective!

Or perhaps you were injured. Recollect that time you spent away from the road. Remember how much you missed it? Sometimes this helps change your perspective too, and helps you realize that being healthy and able to run is a gift, one that can be forgotten very quickly!

Next, how about helping someone? As an experienced runner, I have trouble finding more joy than I do when I help someone else work to attain their goals. Coach someone. Make a friend who wants to be where you’ve been. Help Danny coach the Couch to 10K runners. Sometimes a gift held inside withers and dies if it stays there. Share your gift with those around you.

And speaking of those around you, how about finding inspiration from them? One morning, I was training at the gym. I was on a treadmill doing speedwork. I was hating it and wanting to quit. Suddenly, on the indoor track behind me, I saw a friend. This friend had overcome having one of the slowest metabolic systems ever, causing him to go well over 400 pounds, by having gastric

bypass surgery. Now recovered, he was participating in triathlons all over the state and southeast. And he was running, and he had the biggest smile on his face. I turned back around, and thought of how far he had come, and I couldn’t help but feel inspired by him. That run finished very well. So look to your friends. Look to those around you who inspire you. There are so many who have overcome so much more than me, and those people don’t see burnout. When I look at them, I’m led not to see it either.

And finally, look toward your ultimate source of contentment. For me, that is Jesus Christ. In the Bible, Paul says ‘Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord.’ And indeed in my darkest moments of burnout, I realize that even though I’m struggling with one of my biggest joys bringing me hardship and struggle, that I am continuing to know and learn about my biggest Joy each and every day. Sometimes my thoughts of Him sustain me through a run. Sometimes they give me the strength to choose swimming that day. But either way, I never wallow in those struggles, because I have Jesus, who has surpassing worth!

Perhaps this is your comfort. Perhaps something else. But while running is great, and has changed my life in so many ways, like most anything else it will never bring you happiness on its own. I have learned this the hard way more than once.

Are these foolproof suggestions for preventing burnout and guaranteeing you happy runs for the rest of your life? No, most definitely not. Otherwise I wouldn’t be struggling with burnout! But I think remembering these things and taking appropriate actions can help to keep your fire lit for the road deep into the future. I wish that for everyone reading. •

Happy Running!

Visit Geoff’s blog at: <http://geoffgottlieb.org>



Race/Event Calendar (Feb. thru March 2009)

– Compiled by Rick Melanson

Email: rrc@birminghamtrackclub.com

Note: Race information is taken from several different sources and is subject to change and or writer's mistakes. Call Race Director or contact person, especially if you are traveling out of town. (= BTC race/run/event)

FEBRUARY 14

BE&K 5K

– Birmingham, AL, 8:00 a.m.
Starts 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 at 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)

FEBRUARY 21

Rocket Run Ten Miler

– Mooresville, AL, 8:00 a.m.
Info: Valerie (256-337-1947)
Email: connavx@yahoo.com

FEBRUARY 23

Fat Monday Run (club social)

– Trussville, AL, 6:00 p.m.
Runners will meet at the Trussville Trak Shak for a 3-4 mile run which will end at "Cajun Steamer." **Complete info. on Page 2 of this issue.**
Email: mickiharalson@gmail.com

FEBRUARY 28

31st Annual Adam's Heart Runs – 5K, 10K, 10 Mile

– Pelham, AL, 9:00 a.m.
Oak Mtn. State Park on Terrace Drive. 10 Mile course is USATF CERTIFIED. Register on Active.com. **Race app. on Page 7**
Info: Frank Newland (621-9912)
Web: www.btcclassic.com

MARCH 1

UAH Spring 10K Road Race

– Huntsville, AL, 2:00 p.m.
UAH Spragins Hall
Info: Conrad Meyer (256-880-9398)
Email: meyerthon@knology.net

MARCH 7

21st Annual Knights of Columbus Run 5K & 1 Mile Fun Run/Walk

– Birmingham, AL, 9:00 a.m.
Crestline Elementary School on Church St. in Crestline. USATF CERTIFIED. Register on active.com. Race app. on Page ??.
Info: Mike Renda (616-7548)

Power Run 5K

– Trussville, AL, 9:00 a.m.
Race starts and ends at Chalkville Rd. and South Mall. Register at Active.com. **Web:** http://apso.southernco.com
Info: Brandi Vines (226-1565)

MARCH 11

BTC Executive Meeting

– Homewood, AL, 6:30 p.m.
Salsarita's, members are welcomed to attend.
Info: btcpres09@gmail.com

MARCH 14

Perseverance Run 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
Dawson Memorial Church on Oxmoor Rd. USATF CERTIFIED COURSE. Register on active.com.
Info: Chris Hunsburger (879-1758)

Rescue Run/Walk - 3.4 mile Run

– Birmingham, AL, Run at 8:00 a.m.; Walk at 9:00 a.m.
Both will start and end at the Dogwood Pavilion at Oak Mt. State Park upper picnic area. Run will be 75% trail run with part of the run on the road. Register online at active.com.
Info: Lillie Davis (205-260-4903)
Email: rescuerun@gmail.com

MARCH 16

St. Patrick's Eve (club social)

– Birmingham, AL, 6:00 p.m.
Meet at the field across from Innisfree in Lakeview District for a 3-4 mile run. Wear your green for a chance to win a prize! Bring dry clothes and \$\$\$ for afterwards. **Complete info. on Page 2 of this issue.**
Email: mickiharalson@gmail.com

MARCH 21

Fitness in Motion 5K

– Birmingham, AL, 7:00 a.m.
At "Point of Grace Ministries" (used to be "WynnSong Cinemas just west of Wildwood Shopping Center). \$250 to 1st Male and Female winner.
Info: Mikita King (424-6931)

MARCH 28

Rumpshaker 5K

– Birmingham, AL, 8:00 a.m.
Colonial Bank parking lot, 2501 20th Pl. S. (Colonial Bank next to Mtn. Brook YMCA).
Web: www.rumpshaker5k.com
Info: rumpshaker5k@gmail.com

Calera Eagle 5K

– Calera, AL, 8:00 a.m.
Calera High School.
Info: Joel Dixon (682-5981)

McKay Hollow Madness Half Marathon Trail Run

– Huntsville, AL, 7:00 a.m.
Monte Sano State Park. Limited to 200 runners.
Info: Blake Thomopson (256-990-2584)

ING Georgia Marathon & Half Marathon

– Atlanta, GA, 7:00 a.m.
Info: www.inggeorgiamarathon.com

SATURDAYS (weekly)

Red-Eye-Run – 6.2 mile

– 7:00 a.m. at Mountain Brook Village in front of Western Super Market. Low key, no entry, no frills training run thru beautiful Mountain Brook neighborhoods. Varied pace to suit anyone.

WEDNESDAYS (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

FUTURE (local only)

4/04 – **High Country 5K**
4/11 – **Festival 5K Run and Fun Run**
4/11 – **Run To The Cross 5K**
4/11 – **Talledega 5K**
4/18 – **Statue To Statue 15K**
4/25 – **NBC Health Fair 5K**
5/02 – **Casey's Cause Run**
5/09 – **CDH Awareness/for Grayton's Glory 5K**
5/16 – **Zoo Run**
5/30 – **Vestavia Fireman's 5K for MDA**
6/06 – **BTC Classic Track & Field Meet**
6/13 – **Big Brothers Big Sisters Run**
6/20 – **Stampede Run 5K**
7/04 – **Peavine Falls Run**
9/26 – **Are UABLE 5K**
10/03 – **Hueytown 5K/10K**
10/17 – **Maple Leaf 5K**
10/24 – **Run From Domestic Violence 8K**

RACE NOTES

– Submitted by Rick Melanson, Road Race Chairman

“Headphone wearers take note! The USATF had accepted a new rule governing the use of electronic devices in races. This rule is aimed at headphones, MP3 players, etc. The reason for the ruling is the danger the devices pose to the person using them as well as the competitors around them. Anyone caught violating this policy in HTC events will be **DISQUALIFIED** (no listing in results, not eligible for awards, no refund of entry fees, prevention for participation in other club events). This policy makes our events safer for **EVERYONE.**”

The above statement is from the HUNTSVILLE TRACK CLUB WEB SITE. I have friends who wear MP3 players while riding bikes and they insist that they can hear extraneous sounds while using them, but for some reason when I pull up to them on my bike and ask them a question – they don’t hear me! I end up having to yell at them to get their attention! More and more races are moving to this rule (MERCEDES MARATHON for example). There are even races that are now banning dogs in their races. I am a great animal lover but there is a place and a time for these loving pets. We need to be considerate of other runners who pay the same \$30 entry fee and expect a safe route on races.

MAPLE LEAF RUN 5K

The *MAPLE LEAF RUN 5K* was held on October 18th in Trussville. This long running event has a flat, course. The winner was **Scott Strand** in 15:07, 2nd was **David Aarons** in 18:39 and 3rd was **Ben Henson** in 18:58. The 1st Female was **Grace Pritchard** in 19:04, 2nd was **Lori Goldwebber** in 19:40 and 3rd was **Ashley Brisco** in 20:57. **Scott** was the 1st Master and **Lori** was the 1st Female Master.



Stephanie Elliott,
1st Female at
RUNAWAY FOR
DOMESTIC
VIOLENCE 8K

RUNAWAY FOR DOMESTIC VIOLENCE 8K

The 1st Annual *RUNAWAY FOR DOMESTIC VIOLENCE 8K* was held in Greystone on October 18th. The course had a really steep hill in the 1st half mile and then it wound all through the beautiful neighborhoods of Greystone. The winner was **Chris Mutai** in 26:38, 2nd was **Travis Grappo** in 29:31 and 3rd was **Sebastian Hudd** in 31:43. The 1st Female was **Stephanie Elliot** in 39:08, 2nd place was **Liz Dove** in 40:19 and 3rd was **Laurel Chafin** in 41:23. The 1st Master was **Ken Phillips** in 32:12 and the 1st Female master was **Liz Dove**.



PHOTOS COURTESY OF RICK MELANSON

GOPHER RUN 8K

The *GOPHER RUN 8K* was held in Homewood on November 15th on another fast course. The winner was **Justin Rogers** in 27:44, **Jay Meservy** was 2nd in 28:13 and **David Aarons** was 3rd in 30:36. The 1st Female was **Lindsay Shunglow** in 36:23, **Ann Eller** was 2nd in 36:28 and **Jennifer Christy** was 3rd in 36:35. The 1st Master was **David Aarons** and the 1st Master Female was **Ann Eller**.

Start of the 2008 *GOPHER RUN 8K*.

RACE NOTES
<continued on Page 25>

RACE NOTES <continued from Page 24>Start of the 2008 **VILLAGE TO VILLAGE 8K**.**VILLAGE TO VILLAGE 8K**

The **VILLAGE TO VILLAGE 8K RUN** was run from English Village to Crestline Village and then to Mt. Brook Village to climb the hill beside the Botanical Gardens on December 13th. **Scott Strand** (shown in photo, Bib #127) won the race in 26:01, **Owen Bradley** (Bib #183) was next in 28:42 and 3rd was **Eric Sullivan** in 29:46. The 1st Female was **Theresa Burst** in 36:41 followed by **Sarah Russ** in 36:57 and **Jane Skov** in 38:07. The overall Male and Female winners were **Scott** and **Theresa**.

**LLC
MONTCLAIR
10K RUN**

The **LLC MONTCLAIR 10K RUN** was held on November 27th. It was really cool, but not for the runners. There was little wind which can really be a problem on this course. The winner was **TRAK SHAK'S Daniel Ellis** in 31:29 with **Scott Strand** 12 seconds back in 31:41 and then 3rd place was 3 minutes back in 34:33. The 1st Female was **Deanna Frank** in 37:02, 2nd was **Erica Braswell** in 37:51 and **Emily Hargin** was 3rd in 37:59. The 1st Master was **Scott** and the 1st Female Master was **Ann Marie Held** in 43:36.

Scott Strand was 2nd Male Finisher at the **LLC MONTCLAIR 10K RUN**.

RED NOSE RUNS

I was shocked to see **1,300 people** signing up for the **RED NOSE RUNS** on January 10th when they had around 500 last year. I was even more surprised to see over 100 sign up "day of race" when it was pouring down rain. I think it is that people liked the course and the location. Unfortunately they are tearing the mall down that we used and we will probably be back down town next year. Another reason there were more people was that **Trish Portuese** was the Race Director and she really promoted the run. There were signs all over Birmingham and if no one knew about the race they were living in a cave! The winner in the 10 Mile Run was **Todd Hagadone** in 55:01, 2nd was **Chris Mutai** in 55:36 and 3rd was **Dwayne Miner** in 56:44. The 1st Female was **Emily Hardin** in 1:02:10, 2nd was **Alix Hudson** in 1:05:29 and 3rd was **Lori Strand** in 1:05:58. The 1st Master was **Curt**



Barbara Holcomb, Female Master winner in the **RED NOSE 10 MILE RUN**.

Arthur in 1:01:12 and the 1st Female Master was **Barbara Holcomb** in 1:07:13. The 5K was won outright by **Katherine Herring** in 19:39, 2nd was **Deanna Medina** in 22:48 and 3rd was **Jane Skov Petersen** in 24:05. 3rd in 22:48. The 1st male was **Jacob Wesley** in 19:54 followed closely by his brother **Jarod** in 19:55 and 3rd was **Orion Recke** in 21:35. The 1st Female Master was **Mary Jo Schmalz** in 20:02 (4th overall) and the 1st Male Master was **Kelly Donna** in 20:27 (5th overall). The 5K had 416 finishers and the 10 Mile had 569 finishers. •

GOOFY CHALLENGE for A-T Children's Project

– By Tim Lupinacci

Some of you will remember Tim Borland's run through Birmingham in the Fall of 2007. He was in the middle of running 63 marathons in 63 different cities over 63 days. He completed this task to raise awareness and money for a rare genetic disease that attacks children - ataxia-telangiectasia, or A-T for short. He ran in Birmingham in support of a couple of children in our area with A-T, including ten year old Stella Wesnor. A-T is a disease that combines the worst symptoms of cerebral palsy, cystic fibrosis, muscular dystrophy, cancer, and immune deficiencies -all rolled into one fatal disease. Children who could once run and play, sing and talk, and read and write lose their motor skills one by one. Sadly those suffering from A-T are usually in wheelchairs by age ten, and often do not survive their teens. Because of the multifunctional role of the A-T protein in cells, A-T research has far reaching public health implications for more prevalent diseases such as Parkinson's, Alzheimer's, cancer, AIDS, metabolic syndrome and diabetes. The A-T Children's Project is set up to raise money to help A-T research.

We have had the joy of knowing Stella Wesnor for the past three years. Our daughter and Stella have been in class together in elementary school and they

remain fast friends. For her 9th birthday party last year, our daughter asked her friends to donate money to help find a cure for A-T rather than bring her a traditional birthday gift. She helped raise over \$500 for A-T research.

Spurred on by Tim Borland and my daughter, we decided to put a team together to raise money and run during the Disney World Marathon 2009. Our five member team, including Tim, Ellen and Lisa Kathryn Lupinacci and Jenifer and Kathleen Bass, who is another of Stella's classmates, formed Team Stella and embarked on preparing for Disney. I had completed one marathon, but it was almost 10 years ago. Given the significant struggles that children with A-T have, I decided to undertake the Goofy Challenge--running a half-marathon on Saturday and a full marathon on Sunday. The entire team also committed to train and run Disney's 5K Circle of Life on Friday of the race weekend.

As we all trained, we were encouraged by the outpouring of support for Team Stella. This was highlighted by Vestavia Central hosting a "Cozy for a Cause" event to raise money for Team Stella and A-T. Each child in the school could donate one dollar and wear pajamas to school one day in December. They made a big celebration out of it and raised over \$1,000 for the event! Team Stella ultimately raised over \$11,000 that has gone directly into research to cure A-T.

The race weekend was amazing and included memories that each member of Team Stella will treasure. We were privileged to attend two dinners (pasta parties the night before the half marathon and full marathon) and meet some team members for the approximately 30 teams running at Disney to raise money to cure A-T. We also got to meet some of the 10-20 children with A-T who were able to attend the weekend. Stella was unable to attend the weekend, but Team Stella proudly wore pictures of Stellas on our A-T shirts all weekend. On Friday night, we got to hear from and meet Olympic Triathlete, Hunter Kemper, who is a big supporter of A-T. He finished seventh in Beijing and plans to be in London 2012. We also got to talk with Tim Borland again. On Saturday night, they revealed that during the 2008 marathons that A-T participated in (the largest being Disney), they raised \$827,592!!

All five members of Team Stella finished the 5K Circle of Life run on Friday that ran through Animal Kingdom. Several of the A-T children participated in their wheelchairs. I was pleased with my half-marathon on Saturday (2:05), particularly since I slipped on a wet spot at the office on New Years Eve day and pulled a muscle



TEAM STELLA prior to the 5K Circle of Life run through Disney's Animal Kingdom. (R to L) **Tim Lupinacci, Ellen Lupinacci and Lisa Kathryn Lupinacci, Jennifer Bass and Kathleen Bass.**

in my hip that continued to nag me through the runs. I received a Donald Duck medal for finishing the half. I was on pace to run the marathon in 4:30, but my leg muscles finally started giving out around mile 20 of the marathon. I crossed the line at 5:01. I was pumped to not only get the Mickey medal for finishing the marathon, but then also getting the Goofy Medal for finishing both. It was probably one of the toughest challenges I had undertaken to make it through the last six miles, however, the inspiration and courage of Stella and her family, and all the children that we met who are suffering from A-T pushed me through to finish. Running through the Disney parks was a great experience!

There were several doctors from The A-T Clinical Center at Johns Hopkins at the A-T dinners. These doctors are spending countless hours researching a cure and life-improving therapies for children with A-T. A-T Children's Project funds several grants a year to significant research projects around the country. In particular, we learned that there are some exciting research projects that have tremendous potential to help kids with A-T, including lung function studies to better understand pulmonary function in A-T patients and a small clinical trial where a drug called baclofen is being tested to see if it can help improve the eye movement abnormalities and tremors associated with A-T.

I hope you will keep up with A-T Children's Project's efforts at www.atcpg.org

You can continue to contribute to A-T Children Project through Team Stella, contact me at: tlupinacci@bakerdonelson.com •



Tim Lupinacci running through the Magic Kingdom.

PHOTOS COURTESY OF TIM LUPINACCI

Harpeth Hills Flying Monkey Marathon

More fun than a barrel of Monkeys!

– By Phil Min

What kind of marathon nowadays attracts runners by advertising a course that is not flat and fast and in fact, is one of the hardest road marathons in the country??

Well, the answer is less than 3 hours away up in Nashville, Tennessee! In only it's third year of existence, the **Harpeth Hills Flying Monkey Marathon** has earned a word of mouth popularity from runners that are "looking for something different". In fact it has become so popular that the 200 spots are filled in less than 29 hours.

Part of the appeal is that the "Flying Monkey" is designed to be the antithesis of Nashville's other Marathon, the Country Music Marathon. It is produced as a race, not an "event", with no cheer squads, bands, fireworks, or crowds. It is a VERY challenging course with major uphill and downhill every mile. But it is also run in Percy Warner Park which is one of America's great urban parks by a Race Director that sees fit to provide many personal touches that make it a unique event among the "cookie-cutter" marathons that prevail today.

Where else do you get a race shirt that is personalized with your name and number of years that you have completed the race? Combine this with an outstanding finisher's "wood-al" and a race director that actually runs the event with you and you start to get the picture of why this marathon has gained a reputation with Birmingham runners.

This year we had **Ekke Bonatz, Janis Posey, Marc Cathey, Tom and Margaret Riser, Sara Hacker, Brantley Padgett** and myself join other runners from around the country in running the hills and avoiding Monkey attacks.

To get the full story and get information on how to join the crew for next year's fun check out www.harpethhillsmarathon.com.

The Flying Monkey race bib and finisher's "wood-al."

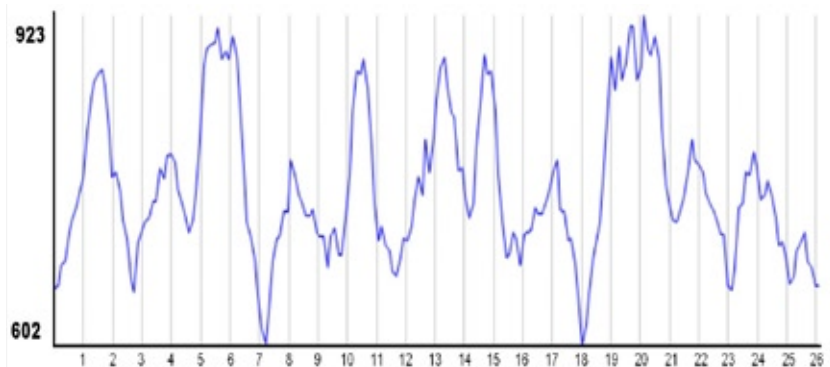
pemin@mac.com



Janis Posey (dressed as "Wizard of Oz" Dorothy), Sara Hacker, Brantley Padgett, and Dena Harris before the start of the 3rd Annual "Flying Monkey" marathon.



Sara Hacker, Phil Min, Larry Macon (who ran a world record 105 marathons in 2008) and Quicksilver Runner proudly displaying their finisher's wood-als after finishing the "Flying Monkey" marathon.



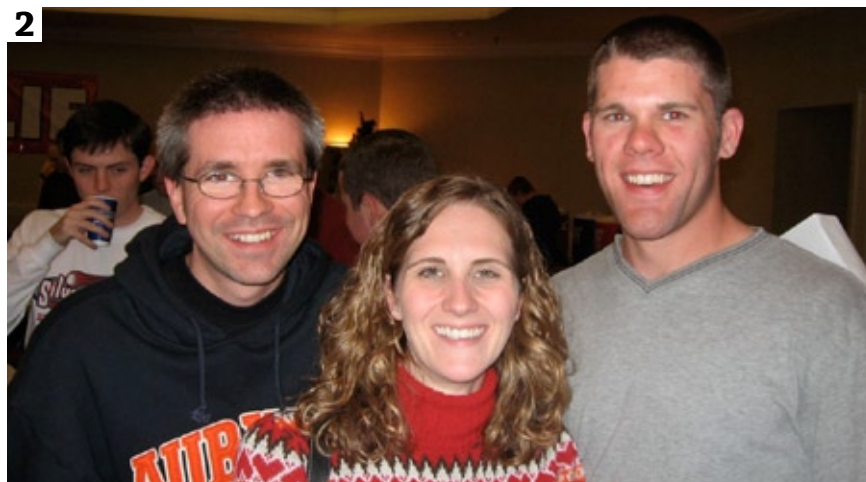
Flying Monkey Marathon elevation chart.

PHOTOS COURTESY OF PHIL MIN



Rocket City Marathon SNAPSHOTS

— Photos submitted by Phil Min



1. Adam Tomlin

2. Geoff Gottlieb, Jenny Craton, Adam Martz

3. Daniel and Bekah Ellis

4. Amanda Vandegrift and marathon Rocket City Marathon winner Josh Cox.

5. Brantley Padgett and Heather Milam

6. Tim Roberts



Run 2 Calvary 2 Mile overall winners, from left: Robert Whitaker, Athena O'Dell, Josh Whitehead, Sandy Lynch, Whitney Hollingsworth, and Drew Bell.

January RRCA Championship wrap-up

- Submitted by Ron Macksoud, Alabama RRCA State Representative

There were a total of over 600 finishers in the second and third 2009 ROAD RUNNERS CLUB OF AMERICA (RRCA) Championships held in Alabama in January.

ALABAMA RRCA HALF MARATHON STATE CHAMPIONSHIP

Auburn Classic Half Marathon

Alex Hagan (1:12:05) won the AUBURN CLASSIC HALF MARATHON, the ALABAMA RRCA HALF MARATHON STATE CHAMPIONSHIP, January 17th in Auburn. **Heather May** (1:29:16) was First Overall Female. Due to the tireless efforts of Tracey Buckingham, race director, and host club, Auburn-Opelika Running & Track Association (AORTA), the event raised a total of \$5,000 for the American Cancer Society and East Alabama Medical Center Cancer Center.

Also, among the 250 finishers were: **Oliver Prigge** (1:28:48), Masters; **Jennie Rountree** (1:43:50), Female Masters; **Alan Reed** (1:34:19), Grandmasters; and **Beverly Long** (1:53:42), Female Grandmasters.

RRCA 2 MILE SOUTHERN REGION CHAMPIONSHIP

Run 2 Calvary 2 Mile

Josh Whitehead (10:09) won the RUN 2 CALVARY 2 MILE, the RRCA 2 MILE SOUTHERN REGION CHAMPIONSHIP, January 31st in Tusculumbia. **Sandy Lynch** (12:49) was First Overall Female. Spearheaded by Josh Aycock, race director, Tennessee River Athletic Club (TRAC) hosted the first of two 2009 Southern Region Championships in Alabama. The race, in only its second year, had 356 finishers and raised money for a Calvary Baptist Church Youth Group mission trip.

The other overall winners were **Drew Bell** (11:54), Masters; **Whitney Hollingsworth** (13:25), Female Masters; **Robert Whitaker** (11:25), Grandmasters; and **Athena O'Dell** (14:49), Female Grandmasters.

THANKS, Tracey, AORTA, Josh and TRAC for hosting top-notch, organized and successful RRCA Championships that will help maintain Alabama's reputation as the national pacesetter for RRCA Championships!

The Alabama RRCA Championship Schedule resumes in April with a fully-booked month featuring three state championships and one regional championship, with the BTC's own **STATUE TO STATUE** having the honor of hosting the ALABAMA RRCA 15K STATE CHAMPIONSHIP on April 18th.

For full details, click on this RRCA Web site link:
<http://www.rrca.org/calendars/showlist.php?state=AL>



Ron Macksoud
Alabama RRCA
State Representative

AlaRRCAStateRep@knology.net
Ron.Macksoud@dir.alabama.gov
334-242-8616 (day)
334-354-7867 (nights & weekends)



BTC MILEAGE LOG



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

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

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)