

Birmingham's Area Running Club

**BIRMINGHAM TRACK CLUB**

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

# BTC

# THE VULCAN RUNNER



VOL. 33

★ MARCH 2009 ★

ISSUE 2

## BTC RUNNERS FIND OUT WHAT HAPPENS IN VEGAS...

– Michele Parr

I know this will come as a shock to you, but many of the things you've been told in your life aren't true. For example, what happens in Vegas doesn't stay in Vegas. Instead, it shows up in the Vulcan Runner with plenty of photographic evidence.

A group of BTC runners chose Las Vegas as a race destination and hit the strip in December. We arrived on different days on different flights and had our own plans for fun while we were there. In fact, the only two times we were all together were for the group photo and scattered among the staging corrals before the race.

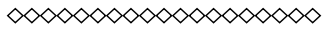
The Vegas races started at 6:00 a.m., not too horrible if your body is still on CST, and very cool if you've gone there for the lights on the strip that glow brightly in the pre-dawn darkness. A starter's pistol is too low key for this race. After commentary by Robin Leach, the race started with a spectacular fireworks display.

They call New York the city that never sleeps, a description that fits Las Vegas as well. The marathon is one of only two oc-

**VEGAS, BABY!** <continued on Page 3>



# UPCOMING CLUB SOCIAL EVENTS



## St. Patrick's Eve

We will celebrate St. Patrick's Eve on **Monday, March 16th**, in Lakeview. We will meet at the corner of 7th Avenue South and 29th Street at 6 p.m., and run a 4 mile course. Then we'll get a headstart on St. Patrick's Day by celebrating at Innisfree Irish Pub. They have extended Happy Hour offerings just for us, so make plans now to run with us and start the holiday a night early! If you can't make the run at 6 p.m., then at least join us for food and fun at Innisfree at 7 p.m.

## Spring Potluck

Our annual Spring Potluck will be held on **April 1st** (April Fool's Day) at the Trak Shak in Homewood. Plan now on what side dish you'd like to bring. We will have our regular Trak Shak runs that Wednesday night of 3 miles, 5 miles or 8 miles, then the BTC will provide the meat and drinks for the potluck - **you bring the sides and deserts**. The potluck is great fun and provides some good eatin'! Don't miss it.

## Post Taxes Run

On **Thursday, April 16th** we'll have a "thank goodness our taxes are done" group run. More details the night of the Spring Potluck.

**BTC, coming to a community near you soon!!!!**

**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

<b>Build A Better Club</b>	Susan McCullum	babcb@birminghamtrackclub.com	(205) 368-5058
<b>Historian</b>	Arthur Black	historian@birminghamtrackclub.com	(205) 822-1993
<b>Marathon Coach</b>	Al DiMicco	262coach@birminghamtrackclub.com	(205) 822-0499
<b>Marketing</b>	Micki Haralson	marketing@birminghamtrackclub.com	(205) 972-1258
<b>Masters Events</b>	Frank Newland	masterseven1@birminghamtrackclub.com	(205) 271-7553
<b>Medical</b>	Jack Haddon		(205) 870-1864
<b>Media Relations</b>	Tim O'Brien	timoalabama@aol.com	(205) 612-8780
<b>Membership</b>	Judy Loo	btcmembership@gmail.com	(205) 612-4335
<b>Merchandise</b>	Johnaca Kelley	btcpres09@gmail.com	(205) 540-1372
<b>Mini Track Meets</b>	Brent Cotton	cotton9394@bellsouth.net	(205) 447-9223
<b>New Runner's Society</b>	Meredith Farrell	newrunners@birminghamtrackclub.com	(205) 873-1214
<b>Parliamentarian</b>	Phil Min	pemin@mac.com	(205) 849-6840
<b>Road Race Chair</b>	Rick Melanson	rrc@birminghamtrackclub.com	(205) 979-1731
<b>Social Chair</b>	Micki Haralson	mickiharalson@gmail.com	(205) 972-1258
<b>Vulcan Run Director</b>	Danny Haralson	past-president@birminghamtrackclub.com	(205) 380-1779
<b>V. Run Assis. Director</b>	Johnaca Kelley	vpresident@birminghamtrackclub.com	(205) 540-1372
<b>'The Vulcan Runner' Editor</b>	Mark Baggett	btcpresident07@gmail.com	(205) 422-7055
<b>Walking/Race Walking</b>	Jim Richey	walking@birminghamtrackclub.com	(205) 870-3977
<b>Webmaster</b>	Brink of Design	webmaster@birminghamtrackclub.com	

## 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**

**Group shot on previous page:** *STANDING*, Cherie Dortch, Cindy Sullivan, Jason McLaughlin, Sam Dillashaw, Katie Hannigan, Marie McCay; *SEATED*, Brad Clay, Bonnie Clay, Debbie Cleghorn, Trish Portuese, Cori Watts, Tamie McManus, Brantley Padgett, Dena Harris, Patty Landry, Camisha Adams, Michele Parr, Meredith Farrell, Brooke Weaver; *RECLINING*, Dave Johnson.

**VEGAS, BABY!** <continued from Page 1>

casions when Las Vegas Boulevard is closed to traffic. (New Year's Eve is the other.) It's such a rarity that our cab driver from the airport complained about it. He shut up quickly when we told him that's why we were there. The point is we got to run down the middle of the street on the Vegas strip, passing all the glittering casinos as night slowly gave way to day. We also got to pass a guy in a leather jacket making his way across the street through the runners, lighted cigarette in hand.

Beginning on the south end of the strip, the first five miles of the route travel from Mandalay Bay to the old Vegas strip, passing Luxor, Paris, Caesar's Palace, New York New York, The Venetian, The Mirage, Circus Circus, and many other huge casino hotels along the way. Like most long races, though, a right turn and a couple of lefts took the course onto less scenic, and less well-paved, back streets. I'm still trying to figure out why someone thought roller-blading there during a marathon was a good idea.

Race organizers offered two opportunities for special participation: an attempt at a record for the most people running dressed as Elvis and a run-through wedding chapel at mile five, complete with wedding cake at the aid station, for those wishing to tie the knot or renew their vows on the run. None of our crowd wore Elvis garb (unless you count Sam Dillashaw's Elvis socks and sunglasses) or changed marital status during the race, but lots of other people did.

The low humidity and flat course resulted in lots of PRs for our group. The post-race fun resulted in some pretty good stories. We all left with less money than we took, and we all got home safely even though there were rumors for awhile that Marie McCay was buried in the Vegas desert because all we had was Cherie Dortch's word that she'd left for the airport and nobody saw her for weeks after the race.

A bunch of us wandered around together for a couple of days after the race, including a ride down the strip to Fremont Street on the Deuce bus along with the other crazy tourists doing the same thing. Believe it or not, a rowdy group of runners from Alabama does draw some attention on a bus in Vegas. The light show on the ceiling of the old strip was nothing short of phenomenal and the Big Elvis show the next day was a major highlight of the trip. Big Elvis is still big even though he's lost over 500 pounds.

**VEGAS, BABY!** <continued on Page 4>



PHOTOS COURTESY OF MICHELE PARR

1. Debbie Cleghorn and Katie Hannigan have fun with footwear.
2. Brooke Weaver and Meredith Farrell the night before the race.
3. Katie Hannigan helps Sam Dillashaw show off his Elvis shades and socks on race morning.
4. Camisha Adams, Michele Parr, Debbie Cleghorn, Patty Landry, and Jason McLaughlin before the start.





**VEGAS, BABY!** <continued from Page 3>

He opened the show with a single song before taking requests and singing every single song the audience asked for.

**Here are some recollections from those who made the trip.**

**Brad Clay** thought the race organizers were taking temptation a little far by having shuttle buses waiting at every other aid station on the back half of the marathon. He also had an interesting experience watching the SEC Championship game in a casino sports book. Throughout the game he kept hearing a guy shout “Tebow!” every time Florida made a good play and utter expletives every time Alabama did well. “After the game I expected to turn around and see a beaming Florida fan happy his team had won,” Brad said. “What I saw was someone who looked like he had not shaved or bathed in a few days and who had finally passed out after spending too much time in the sports book.”

**Dena Harris** got a chance to feed her runner’s OCD. “Imagine my horror,” she commented, “when on race day I discover I only have three safety pins to fasten my bib to my shirt. Three! Not the required four so that all things are symmetrical and I feel balanced!” The good karma Jason McLaughlin created by donating one of his must have worked some magic because both Dena and Jason PR’ed in the race.

Dena also noted that she started the race behind three Elvis couples, complete with sequined spandex jumpsuits, gold sunglasses, and mutant chop sideburns and later ran near a “showgirl” with fishnet stockings under her shorts and a silver sequined thong over them.

**Brooke Weaver** and **Meredith Farrell** had an interesting time trying to get to the race expo. After carefully following lots of signs, they found themselves with a group of Japanese tourists. Only then did they notice that the signs they’d been following were in Japanese. On race day, they passed a racer breast-feeding her baby while her husband/running partner waited patiently with the stroller. Around mile 25 the whole family passed them by on the way to the finish.

**VEGAS, BABY!** <continued on Page 5>



**Top:** The Run-Thu Wedding Chapel at Mile 5.

**Middle:** Elvis, Elvis, Elvis, and friends help direct traffic at the Wedding Chapel.

**Bottom:** Patty Landry, Michele Parr, Jason McLaughlin, Sam Dillashaw, Katie Hannigan, and Debbie Cleghorn show off their finisher’s medals.

**VEGAS, BABY!** <continued from Page 4>

**Debbie Cleghorn** commented on the terrific support we got from the non-runners in the group. Ann Mitchell and Cindy Sullivan were there when we passed the start and waiting at the finish to take lots of pictures, and Patty Landry's son and daughter-in-law were there when we passed the front of Circus Circus on the way out and the back of it on the way back.

**Dave Johnson** spotted "professional women" everywhere he went, including in the bar of The Tropicana, where he went to get coffee at 4:30 a.m. on race day. He was chatting with a couple of these ladies when one of them landed a client.

**Jason McLaughlin** played in a poker tournament and had a blast, even if he was the last person to go out before the paying spots. He found Big Elvis to be an inspiration (he's lost over 500 pounds and is still a big guy). "He inspired me NOT to buy a basket of fried Oreos, even if it was the cheapest food on the strip."

**Brantley Padgett** enjoyed being there with friends and walking around in a new city. He especially enjoyed collecting the pretty picture cards being handed out on the street. All bets were that the girls who were waiting to meet us didn't look much like those on the card.

**Cindy Sullivan** enjoyed seeing **Sam Dillashaw** don a blond wig and sing "Summer Lovin'" with a disco band to win everyone in the bar a free shot. She also developed quite a fondness for the penny slots.

The 2009 race joins the Rock and Roll series, which should add much more entertainment to the actual race. •

1



2



3



1. The Luxor, hotel of choice of most of the group, located next to Mandalay Bay, start of the race.

2. Cindy Sullivan, Katie Hannigan, Sam Dillashaw, and Debbie Cleghorn try to beat the penny slots.

3. Lounge performer 'Big Elvis' and his new friends.

4. Sam Dillashaw sings along to win the house a free shot.

5. Brooke Weaver, Brantley Padgett, and Meredith Farrell after the marathon, showing off their newest bling.

4



5



# MEET YOUR 2009 OFFICERS

## PRESIDENT Johnaca Kelley

I became involved with the club through Danny's Couch to 10K, thanks to Mark Baggett telling me about the Couch program. I have run on and off since 7th grade. I've always understood the need for exercise in my weekly routine. But, I did not have much help with allergies and asthma until my late 20's. I have a Spinner Pro bike in my den that I use when running outside is just not the best option for my lungs. I am not a fan of running on a treadmill. But, I really enjoy outside runs in Spring, Summer and Fall. My first two big races were Race for the Cure 5K and Vulcan Run 10K in 2006. As great as those races were, running in Maebashi, Japan was the most magical. You can read about that trip in the online BTC newsletter archives; it is the June 2007 "Vulcan Runner" cover story.

I have 2 and 3/4's cats: Che, my baby girl, Apollo, my faithful 16-year-old male and Lucky, my 3-legged middle male. Lucky is a front wheel drive kitty and that 4th leg was just holding him back; he's fast and loves to be chased. Che and Apollo are solid black, friendly and affectionate. Lucky is solid grey and a little crazy. Now I have had numerous pets in my life. I mostly had dogs until I moved to Birmingham and my mother suggested that a cat might be better suited for apartment living. I even trained horses while in college. But, I have been as much the student when it comes to observing and interacting with animals.

My first degree was in Art and maybe that explains some of my eccentricities. I love "Star Wars" and "The Empire Strikes Back" is my all time favorite movie. (I am talking original and not re-mastered... leave it to Lucas to try to fix what was not broken!) Yes, that giant black tattoo on my leg is Princess Leia.

I have played roles on stage from Rizzo in "Grease" to the Wicked Witch of the West in "The Wizard of Oz." Perhaps this explains why I still enjoy dressing up in costumes for parties and conventions. I am also classically trained in voice. But, now I mostly just sing to my plants.

I am a Johnaca of all trades. I love to multi-task. I find great satisfaction in watching smaller works grow into larger bodies of achievement. (insert inappropriate joke here) I hope my talents will aid me in being a good President. I am truly honored to hold this position. I will make every effort to serve this club with honesty and integrity as President, just as I have as BTC Vice President and Merchandise Head.

"All things are possible through a life of service." I am not sure who I am quoting, maybe Mother Teresa, but whomever it was, they were right!



## VICE PRESIDENT

### Tim O'Brien

I have been a member of the Birmingham Track Club since 2005 and have been the BTC PR person for the past two years, also handling the MySpace and Facebook sites for the club. I am also the organizer for the Vulcan Race Kids Run. I came upon the track club after a bad experience running a marathon (see cover story in Nov. '07 "Vulcan Runner" newsletter) and e-mailed the club about helping me train for future marathons. Danny Haralson, then President, responded and that is what started my involvement.

I can be seen most Saturday mornings with Meredith's Marathon group, and Wednesday night runs at the Trak Shak. I am also part of both the Vulcan Hash House Harriers and the Magic City Hash House Harriers - local running groups.

This year I took on doing the 3-n-3 marathon challenge, running all three Alabama marathons in 3 months.



## TREASURER

### Debbie Cleghorn

I started running in 2006 with Danny's Spring Couch group, and the Zoo Run was my first race. That same year I went on to finish my first 10K and then in January of 2007 my first 1/2 marathon. I was hooked. Later that year I ran my first marathon, training though one of the hottest Summers on record. This past year I decided that 1/2 marathons were more my speed and ran 3. I have really enjoyed all the new friends that I have made though the BTC.

I have a BS degree in Accounting and 24 years experience in the Accounting field. For the last 23 years I have worked for Southern Medical Association, a non-profit 501C3 association. I am looking forward to serving as your BTC Treasurer.

## SECRETARY

### Brad Clay

Hello! I am from Birmingham and live in Hoover with my lovely wife Bonnie and our 3 dogs.

I grew up in Gardendale and played baseball and football in high school. In college at Samford, I played fraternity. After college, I would work out 2-3 times a week and run on the treadmill for about 20 minutes. About 8-9 years ago, in the grocery store, I bumped into a friend from high school who invited me to go on a run with a group of running friends. I asked how far they ran, and she said, "Well, tomorrow we're only doing around 15," and I about fell out, because I didn't think people ran that far except at the New York and Boston marathons. Eventually, I did join them for a run (though not for 15 at first) and fell in love with running. Of course, when that happens, one usually finds their way to the BTC.

I am a pharmacist and work for a pharmaceutical company which requires me to travel fairly often with a constantly changing schedule. Therefore, I cannot be in a basketball or softball league, but I can always pack some shoes and go for a run. Running has a way of getting in your blood and defining you.

I am grateful to serve as your Secretary seeing it as an opportunity to give back to the BTC.





## March BTC

# President's Message

– Johnaca Kelley

First off, Thank You All for electing me as your 2009 club president. I also want to thank all of the Executive Committee Members past and present for their support of the club. And while I am tossing out thank you's, I wish all that helped with Mercedes the highest praise. Volunteers are so critical to the running community. If you have not volunteered at a race or for the club yet, what is stopping you? We need your help and support. I am a firm believer in positive thinking and forward progress; we all make this club great Together!

I would like to officially announce a changing of the club guard as such. Katie Hannigan has stepped down as Social Head. She did a tremendous job in 2008 and threw one terrific Annual Party. I am sure she will remain very involved with the club at large and probably even act on Social Committee. But, Micki Haralson will be stepping up to fill the position of Social Head for 2009. She

already has BIG plans to encompass a larger group run area across Birmingham and into Hoover and Gardendale. It is my hope that these runs will reach more of our growing running club community.

My messages may tend to be rather philosophical. My intent is for them to be thought provoking, beneficial and perhaps humorous. Here is a quote I stumbled upon: "I'm going to go out a winner if I have to find a high school race to win my last race." - Johnny Gray

I was told that there was a relay team at Mercedes that dressed like the track team in the movie "Juno." The truth of the matter is that those high schoolers are often fast indeed, and I believe that team finished awesome. I am not sure Mr. Gray had the right idea. But all kidding aside, the only thing that matters in running is that you are true to yourself, just like in life in general. You

do not have to be the fastest or the most honored by your peers. You just need to run your best and take satisfaction in knowing that you gave the run your all. That applies not only to running a race but just a group run or even a run on a treadmill. I also don't want you to beat yourself up over a bad run. We all have days when the desire to run is just not with us. That's OK too, just don't let it take over. And, I don't want you to go to the extreme of only running. Although it is good for your physical and mental health, any extreme can be damaging. Find a balance and stay motivated, you will win. •

btcpres09@gmail.com

## 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 members for that consistency.*

**In 2009 the BTC is 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 25 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](mailto:1200@birminghamtrackclub.com)**



FRIEDRICH FARMS  
6820 Sunset Drive  
Gardendale, AL 35071



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 500<sup>TH</sup> 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



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 4<sup>th</sup> 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 1<sup>st</sup> Place Only, men and women. Trophies to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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)

Watkins Auto  
Body, Inc.

Steve Horton  
Plumbing,  
Fultondale

DATE: \_\_\_\_\_



Mark E. Smith  
205.661.1150



JIM 'N NICK'S BAR-B-Q

THE outhouse





# 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](http://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

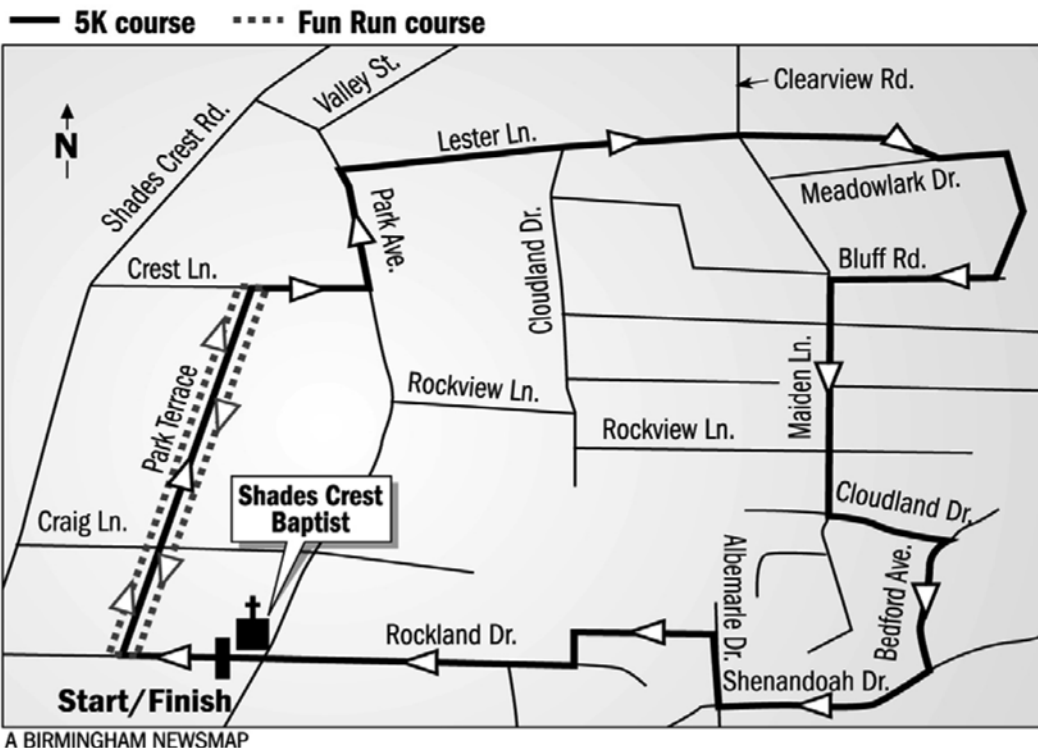
**This completed form must accompany registration fee**

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

**8th Annual  
High Country  
5K Run/Walk  
1 Mile Fun Run**

**Sat., April 4, 2009  
8:00 a.m.**

**Shades Crest  
Baptist Church  
452 Park Avenue  
Hoover, AL 35226**



**To Enter High Country 5K Run, please fill in the information below and mail as indicated. Please use a separate form for each entrant.**

5K Run: \$15.00 (pre race day) \$20.00 (day of race)  
Registration is not required for the free 1 Mile Fun Run. Race t-shirts will be available for \$10 each.

Family max (must reside at same address) \$40.00 (pre race day) \$50.00 (day of race)

Male     Female    Age as of 4/04/09 \_\_\_\_ / \_\_\_\_ / \_\_\_\_    D.O.B. \_\_\_\_ / \_\_\_\_ / \_\_\_\_    BTC member yes \_\_ no \_\_

Do you plan to attend the **FREE PASTA DINNER** for you and your family on Friday, April 3 at 6:00 PM?  
If yes, how many will attend \_\_\_\_

Do you plan to attend the **FREE PANCAKE BREAKFAST** after the run? If yes, how many will attend \_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Work \_\_\_\_\_ Home \_\_\_\_\_ Email \_\_\_\_\_

Circle T-Shirt size (All sizes are adult sizes)    Small    Medium    Large    X-Large    XX-Large

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 Shades Crest Baptist Church, the city of Hoover, the Birmingham Track Club or any other 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, video tape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Entrant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature if entrant is under 18 \_\_\_\_\_ Date \_\_\_\_\_

**Make checks payable to Shades Crest Baptist Church.  
Mail to: High Country 5K, 452 Park Avenue, Hoover, AL 35226.  
Mail-in registration forms must be postmarked no later than March 29, 2008.**

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](mailto:btcmembership@gmail.com)

Also, check the web site for more information

[www.birminghamtrackclub.com](http://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: \_\_\_\_\_

# The View from the BACK OF THE PACK

– By Michele Parr

Running in Birmingham has spoiled me. Because this is where I learned to run, I expect running to be a cooperative endeavor, an exercise where the accomplishments of the least of us are celebrated as



much as, if not more than, those of the best of us. I really have found a running community here. An experience during the Las Vegas Half Marathon opened my eyes to just how different we may be.

Vegas was a big race, and not just by Birmingham standards. The estimate I heard was 20,000 runners. With a crowd that large you can figure that it will take awhile for the back of the pack to make it across the starting line and that the first couple of miles will be plenty crowded. I've dealt with that before. In fact, I was taught how to act.

Among the things Danny Haralson teaches new runners are the rules of the road, the etiquette of running. On race day you line up where you expect to finish. You run in a pack, not in a row. You remember that you're not the only runner in the race. I've observed those rules and never really thought about the fact that most other runners in Birmingham do also until a runner in Vegas opened my eyes.

A mile or so into the race the group I started with was tooling along at a pace we were pretty happy about. The sun had come up

and we were running down the strip in Vegas! Sure, we were complaining a little bit about the folks who were walking already, four or five across, and forcing us to weave through them, but we expected some obstacles in a race that size.

I didn't hear the friends behind me shout out as a much faster runner pushed his way through our group. He didn't go around. There was no "on your left" request for space. He simply ran over anyone who got in his way, giving me a not-so-gentle nudge as he went by. My reaction was instantaneous and visceral. I longed to be a couple of steps faster so I could have clocked the guy instead of just whiffing when I swung. Yep. I tried to hit the guy.

Those running with me were surprised. They'd never seen me really angry before. But the idea that someone, who obviously didn't get to the start in time to line up where he belonged, thought he had the right to run over everyone who got there ahead of him truly set me off. My race mattered too! His absolute disregard for everyone else really ticked me off.

I know there are some folks out there snickering at my naiveté right now. You needn't. I know there are rude people in the world. I just don't seem to encounter them during road races in Birmingham.

The point of all of this isn't that one rude runner could have ruined my race or someone else's in an instant. The point is that I was floored by it. Thanks! •

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

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# March Coach's Corner

– By Danny Haralson

What to do now? The marathon or half marathon is over, got some time on your hands? Feel a little lost with no schedule? It's sort of like being a kid after Christmas, what my friends and I used to call 'post Christmas let down,' now it's the 'post marathon blues'.

The first thing to do is recover - rest and recover; your bodily structure (muscles, ligaments, tendons, and bones) have been under a great deal of stress for 20 or so weeks and they need some time off. Every person is an experiment of 'one' and we each have to find our own time frame for recovery, but we all need that time. Shutting down meaning complete rest at most doing some walking, cycling, or swimming is best for 10 days to 2 weeks as your body repairs itself. Personally I'll take a week off and if I'm not 'dying' to run I'll rest a few more days until I just can't wait to get back out there.

Make a list of things you didn't have time to do during training and accomplish those objectives and allow it to re-focus your attention and aid in your re-entry to non-training. Make 'rest' a part of the program and if you're itching for some kind of action then

sit down and start to plan out your next event; let your brain work while you rest your body.

After that initial 10 days to 2 weeks you may slowly return to your running but keep the training low key, low speed, and low mileage; sort of an 'active recovery' if you will.

After 2 - 3 weeks of the active recovery then you can begin to look towards your new goal. Is it to get faster? Run further? Is the new goal to have no goal? Slowly implement your plan, but allow your body time to make the transition to the new goal. If for example you want to improve speed, then remember that you were training for endurance so your body will again need time to adapt to a different set of demands.

Post run recovery is all too often ignored, however it should be planned out and followed as closely as the build up in mileage was. It's a tremendous goal you've accomplished; take some time to enjoy it. •

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

## BTC NEWEST MEMBERS

Those who joined during January & February 2009

<b>Dan Marson</b>	<b>Maggie Dreher</b>	<b>Jess Finney</b>	<b>Elizabeth Allison</b>
<b>Stephanie Barnett</b>	<b>Lori Robertson</b>	<b>Gary Hoover</b>	<b>Dan Pruitt</b>
<b>Jennifer Andress</b>	<b>Max Berueffy</b>	<b>Hannah Pate</b>	<b>Mary Paris</b>
<b>Stacy Banks</b>	<b>Jenny Wakeford</b>	<b>Jeff &amp; Lena Martinez</b>	<b>Rae Sarver</b>
<b>David Armistead</b>	<b>Kimberly Broughton</b>	<b>Katherine Herring</b>	<b>Elli &amp; Greg Pasqualini</b>
<b>Caroline Walker</b>	<b>Rebecca Pritchett</b>	<b>Marko Matic</b>	<b>David Barry</b>
<b>Jeff Herle</b>	<b>Johanna Gandy</b>	<b>Maryha Self</b>	<b>Terry Mashburn</b>
<b>James Hansel</b>	<b>Joy Carter</b>	<b>Larry Heitz</b>	<b>Lindsay Busby</b>
<b>Kimberly Castillo</b>	<b>Kathy Dyleskik</b>	<b>Wade Dunn</b>	<b>Travis Thompson</b>
<b>Gilbert &amp; Pat Perry</b>	<b>Tiffany Ray</b>	<b>Dwayne Pendley</b>	<b>Lindsay Culver</b>
<b>Jennifer Ford</b>	<b>David Kahn</b>	<b>Richard Brandon</b>	<b>Michael Bullinger</b>
<b>Bill Wright</b>	<b>Justin Johnston</b>	<b>Michael Culp</b>	<b>Nicole Hedrick</b>
<b>Chris Caughran</b>	<b>Greg Weyandt</b>	<b>Rebecca Smith</b>	<b>Dustin Merritt</b>
<b>John Quinn</b>	<b>Mike English</b>	<b>Becki &amp; Todd Allums</b>	
<b>Kyle Stichtenoth</b>	<b>Heather Kendrick</b>	<b>Shelley Lewis</b>	
<b>Laurel Whitt</b>	<b>Wendy Green</b>	<b>Andrew Lacy</b>	

# Annual Party draws a crowd

– By Michele Parr

The decision to move the annual gathering from the end of the year to the first of the year continues to be a popular one as over 200 people filled the Vestavia Lodge on January 24th for the BTC annual party. Elections were held, awards were presented, outgoing officers were recognized, all in the midst of a darned good party thanks to **Katie Hannigan** and her Social Committee volunteers.

The club recognized the **directors** of our many races, the charter members of the **1200 Mile Club**, and the regular contributors to **“The Vulcan Runner.”**

Rotating off the Board of Directors are Past-President **Danny Haralson**, Treasurer **Michele Parr**, and Secretary **Amy Hix**. **Mark Baggett** remains on the Board as Past President.

The officers for 2009 are **Johnaca Kelley**, President; **Tim O’Brien**, Vice-President; **Debbie Cleghorn**, Treasurer; and **Brad Clay**, Secretary (see **Page 6** for officer introductions).

Nominees for the **RANDY JOHNSON SERVICE AWARD**, an award given to a newer member who has demonstrated outstanding leadership and freely given of his or her time by volunteering were **David Livingston**, **Katie Hannigan**, and **Thomas Scales** with the award going to Thomas Scales.

Nominees for the **ARTHUR BLACK/RICK MELANSON SERVICE AWARD**, the BTC’s oldest and most prestigious award that is given annual to the most outstanding club member over the past year or for continued outstanding leadership and service to the club, were **Mark Baggett**, **Meredith Farrell**, **Mark Hales**, **Johnaca Kelley**, **Phil Min**, **Johnny Montgomery**, **Buddy Smith**, and **Jerry Smith** with the award going to Mark Baggett.

Live music by **Hashbrown**, plenty of great food prepared and served by **The Happy Catering Company**, and lots of tasty adult beverages made for a happy crowd.



**TOM SCALES**  
Randy Johnson Award

*“What makes Tom a great new member is the fact that he shows up. I’ll look around for someone who can help with whatever small task may need doing, and there Tom will be, ready and willing to take on whatever we ask. He’s done more heavy lifting than Arnold Schwarzenegger, fixed more casseroles than Betty Crocker, and blazed more trails than Davy Crockett, all while remaining quietly in the background.”*

– Michele Parr



**MARK BAGGETT**  
Arthur Black/Rick Melanson Award

*“Though Mark has certainly not been a member for many years, I think that no would would dispute the impact that he has had on BTC since becoming a member. More importantly he has helped transform our newsletter into a major information and marketing vehicle for running in general and BTC in particular. ‘The Vulcan Runner’ is a great introduction to our current and potential membership of all that BTC has to offer!”*

# Double Trouble

For this month **Sara Hacker** and **Pamela Miller** are taking their turn in the spotlight. Remember that you can volunteer and/or nominate your fellow BTC members. Just email me the name and I'll start recruiting (stalking) them.

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

- Tim Roberts (Timr71@charter.net)

## Sara Hacker

Age: 30

Status: Single

Hometown: Birmingham, AL



- 1. Last movie you liked so much, you watched it twice?** "Moonstruck"
- 2. Name one guilty pleasure?** Watching television that is "so bad it's good" like the Dean & Company Christmas Special or infomercials.
- 3. Favorite place on earth?** The "T" in Homewood on Saturday after a long run or the finish line of any marathon. There is nothing better than the feeling of completing a long run with friends.
- 4. Worst place on earth?** Bryant Denny Stadium on November 29, 2008.
- 5. One item you would want with you on a desert island?** My running shoes.
- 6. Most interesting person you've ever met?** I think everyone has an interesting story to tell, but one of the most interesting people I have met is Judge Inge Johnson. Judge Johnson is a federal judge in Birmingham that I worked for after I graduated from law school. She was born and raised in Denmark and I loved to hear her stories about growing up in Denmark. She earned her law degree and she came to the United States to study law. She was the first female circuit judge in Alabama.
- 7. Coolest trophy or prize you ever won?** This isn't really a trophy or prize, but it was very cool when I qualified for membership in the Marathon Maniacs club thanks to local MM recruiter Phil Min.
- 8. Favorite TV show?** It's a tie between "Damages" and "30 Rock."
- 9. Favorite fast-food joint?** Chick-Fil-A
- 10. Who would play you in a movie?** Ingrid Bergman
- 11. Something unique about the town you grew up in?** I grew up right here in Birmingham. Most people don't know that The Eternal Word Television Network (EWTN), the global Catholic television giant, is headquartered and broadcasts from its studios in Birmingham to millions of viewers around the world.
- 12. If you could play an instrument, what would it be?** Cello.
- 13. Scariest thing that ever happened to you?** When I was very young, my family was vacationing at the beach. Our condo caught fire while we were all asleep. Thankfully, my older sister woke up, smelled the smoke, and woke up the entire family to get us outside safely.
- 14. Favorite book?** Pride and Prejudice by Jane Austin.
- 15. Favorite meal?** This time of year it is homemade vegetable soup.
- 16. Why do you run?** Running is great exercise, it is the ultimate stress reliever, and it is a great way to meet other people.
- 17. When did you start?** I started running consistently the summer after I graduated from law school when I was studying for the bar exam. Running was a great way for me to leave behind the stress of studying.
- 18. What's your biggest running accomplishment?** Last month I had a marathon PR at Rocket City Marathon. I had run Rocket City in 2007 also, and improved my time on this course by almost 45 minutes.
- 19. Favorite BTC story?** I don't necessarily have a "favorite story" but my favorite thing about all of my BTC experiences is that the people in the group are always friendly, generous, and funny. Runners truly are good people.
- 20. Words to live by or favorite running mantra?**  
**For life:** "In this life we cannot do great things. We can only do small things with great love." - Mother Teresa.  
**For running:** It's a little inappropriate, but when I have a tough climb ahead it always makes me laugh and gives me an extra push to think, "I am going to make this hill my b\*tch!"



## Pamela Miller

Age: 33

Status: Single

Hometown: Louisville, KY

- 1. Last movie you liked so much, you watched it twice?** I don't watch that many movies. Usually, if I've seen it once, that's plenty.
- 2. Name one guilty pleasure?** Chips and salsa. Once I get started, I can't stop.
- 3. Favorite place on earth?** Around the Destin/Seaside area.
- 4. Worst place on earth?** Darfur and the other parts of the world devastated by war.
- 5. One item you would want with you on a desert island?** A fruity drink with a little umbrella in it.
- 6. Most interesting person you've ever met?** I met Blues Traveler backstage after a concert when I was in high school. The niece of a family friend almost died in a serious car accident the year before. Her friends had contacted the band to request their autographs to cheer her up as she had gone to the same high school as John Popper. He did better than just sending an autograph - he went to visit her and told her his manager would make sure she had tickets to their concerts whenever she wanted to go. She was in Birmingham the same weekend they were doing a concert, so we were all invited backstage.
- 7. Coolest trophy or prize you ever won?** I won \$50 in the Publisher's Clearing House sweepstakes for being one of the first 100 entries from Alabama.
- 8. Favorite TV show?** Every Sunday night I watch "The Amazing Race" followed by "Desperate Housewives."
- 9. Favorite fast-food joint?** Taco Bell
- 10. Who would play you in a movie?** Nicole Kidman
- 11. Something unique about the town you grew up in?** It's the home of the greatest two minutes in sports - the Kentucky Derby.
- 12. If you could play an instrument, what would it be?** I played the flute and piano back in school.
- 13. Scariest thing that ever happened to you?** I used to travel all the time for my old job. On a trip to Dallas, I had walked to the office where I was working since it was only a few blocks from my hotel. We ended up working until almost midnight, and nobody else was going to be able to drive me back to the hotel. I had to walk back to my hotel in the dark in a strange city. On another trip, the plane had mechanical problems so it was rocking from side to side as we were landing. It wasn't too much longer before I started looking for a job where I didn't have to travel.
- 14. Favorite book?** I always enjoyed fantasy type books like The Chronicles of Narnia while growing up. I would read them over and over.
- 15. Favorite meal?** Fried chicken, rice and gravy, green beans and cranberry sauce - the kind that you slide out of the can in one piece and then slice.
- 16. Why do you run?** To be able to set a goal and then reach it; to see different parts of town and meet new people since I live, work and go to church in the same little section of 280; to get some bling at marathons and half marathons.
- 17. When did you start?** I had started running some in Fall 2005 but stopped to walk every time I started getting tired. I joined the Couch to 10k program in August 2006 and have kept going since then.
- 18. What's your biggest running accomplishment?** Running a 20 minute PR in the Mercedes Marathon in February. I had been sick the week before the race and wasn't sure I'd be able to run. I guess the extra rest really helped.
- 19. Favorite BTC story?** Completing my first marathon in Memphis in December 2007 and making the trip with Allen, Deana, Rachel, and the rest of the group.
- 20. Words to live by or favorite running mantra?**  
 Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve. It doesn't matter whether you're a lion or gazelle - when the sun comes up, you'd better be running.

# VANDEGRIFT STARTS RUMPSHAKER 5K TO RAISE COLON CANCER AWARENESS AND PAY TRIBUTE TO OWN MOTHER

– By Amanda Vandegrift

**O**n June 22, 2004 my mom, Lisa Martz, was diagnosed with stage 4 colon cancer at the age of 48.

Although her cancer was advanced, meaning it was not only in her colon but had spread to another organ, she was determined to fight! During her near 4 year battle against colon cancer she showed strength and courage. She continued her devoted role as mother and grandmother. She showed enthusiasm for life, displayed her faith in Christ and according to her doctors exemplified the determination to live.

Although my mom fought with determination and faith her body succumbed to the disease on October 5, 2007.

## THE TRUTH

Cancer is a term no one wants to hear, especially if it involves someone you love. Coping with any cancer may affect your life and your family's life in many ways. You can play an active role in preventing colon cancer in your life. It is my family's goal to reduce the deaths from colon cancer in our community by raising awareness about the disease and the importance of proper screening. We do not want you and your family to experience the pain we have endured.

We encourage you to "take a day to save your life." Colorectal cancer is usually curable when detected early. More than 90 percent of patients with localized colorectal cancer, meaning it is only confined to the colon or rectum, are alive five years after diagnosis. Simple colon screening can detect precancerous polyps reducing your risk of developing colon cancer.

Sadly, many individuals have awkward impressions about this routine procedure. Encourage your family to have regular colon screenings especially if there is history of colon cancer.

## THE FACTS

- ▶ An estimated 149,000 people were diagnosed with colorectal cancer in 2008.
- ▶ An estimated 50,000 people died from the disease.



Amanda and her mom Lisa on a mother/daughter trip to Savannah, Ga., where Amanda took her as a 51st birthday surprise. This special photo was taken about 2 months before Lisa's colon cancer battle ended.

- ▶ Colorectal cancer is equally common in men and women.
- ▶ Colorectal cancer is one of the most preventable cancers because it develops from polyps that can be removed before they become cancerous.

## REDUCE YOUR RISKS BY...

- ▶ Scheduling regular screenings. If you are at average risk start at age 50, if you are at a greater risk start earlier as advised by your physician.
- ▶ Being physically active and by having a regular exercise program.
- ▶ Maintaining a healthy weight.
- ▶ Eating a high-fiber diet which includes fruits, vegetables and whole grains.
- ▶ Not smoking or excessively drinking alcohol.

## THE HOPE

Hope comes from knowing colon cancer can be prevented if we are responsible about our healthcare. Hope comes from making lifestyle changes to reduce your risk of developing colon cancer and maintaining this healthy lifestyle. Hope

starts in our community. In order to raise awareness, my family and friends along with the Alabama Colon and Rectal Institute, Princeton Hospital and Fleet Feet Sports have organized a 5K run/walk in memory of Lisa Martz, in memory of my mom! Hope come from us continuing her fight... a fight that might save my life or your life.

**Please join us on Saturday, March 28, 2009 at 8 a.m. for the Rumpshaker 5K Run/Walk in Crestline Village, Mountain Brook, AL.** This will be an event the entire family will enjoy! Runners, walkers, individuals, families, teams and volunteers are all welcome. Activities will include a 5K Run/Walk, 1 Mile Fun Run, door prizes, age group awards, team awards, food and free stuff plus most importantly you'll be supporting this important cause.

Please visit [www.rumpshaker5k.com](http://www.rumpshaker5k.com) to get more details, register or make a donation. More info. available on **Page 17**.

[rumpshaker5k@gmail.com](mailto:rumpshaker5k@gmail.com)



# Rumpshaker 5K



**Benefiting Colon Cancer Awareness  
In Memory of Lisa Martz**

**March 28, 2009**

**8 a.m.**

**Crestline Village**

(Start will be at Mountain Brook City Hall  
56 Church St  
Mountain Brook, AL 35213)



**Fees:**

**Individuals \$20 Before March 14th**

**\$25 After March 14th**

**Team/Family \$17 Before March 14th**

**(Price Per Person) \$20 After March 14th**

**Online Registration @**



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**CHAMPIONSHIP**  
Racing



## Second Marathon of the Alabama 3N3 Challenge

# Mobile's BankTrust First Light Marathon

– By Phil Min

The BankTrust First Light Marathon in Mobile is the second event of the Alabama 3N3 Challenge and a great marathon to do as a training run for Spring events. Logistically, it is one of the easiest marathons to negotiate as the Expo and Headquarters Hotel are literally yards away from the Starting Area. The Expo and Packet Pickup are located in the Radisson Admiral Semmes, which is a great historic hotel. It offers a generous discount rate for marathon visitors. My accommodations at Motel 6 did not give a marathon discount BUT the management did give me a 10% discount because of lack of soap for the rooms.

Packet pickup was a breeze, with well trained volunteers handling their duties efficiently. There was an upgrade in the race shirts this year, with Under Armour providing a short sleeve tech shirt. It did not have a pretty design like the old cotton shirts, but I am sure I will get more use out of it. The inexpensive entry fee also provides you with a ticket to a prerace pasta dinner. This is held next door to the hotel in the spacious atrium of the Social Security Building. The food is plain but plenty, and there is live music and plenty of room for everyone to visit. It is a fun and inexpensive party.

The race began at 7:30 on Sunday morning. There were a lot of familiar BTC faces: Jeanne Welsh, Natalie Lockhart, Tim O'Brien, Adam Tomlin, Tim Roberts, Keith Rutherford, Heather Milam, Brantley, Dena, Avril, David and John Livingston, a lot of Vulcan Tri folks and almost all of the Regular Runners.....and I am sure there are many I have left out. This event seems to draw more folks from Birmingham each year.

The temperature at race start was comfortable enough at 42 degrees, but there was



Jeanne Welsh enjoys Mobile's First Light Marathon.



A picturesque part of Mobile's First Light course.

PHOTOS COURTESY OF FIRSTLIGHTMARATHON.COM

a troublesome northwest wind of 10-15 mph that made it feel much cooler. I was running with Amy Hix and our goal was to finish in less than 5 hours. At the gun, I saw my friend Chuck Engle (The Marathon Junkie) move away very quickly into the lead, flying down Government Street with three or four others in hot pursuit. For those of us that chose to move at a more "leisurely" pace, we enjoyed about 10 miles of very flat running through scenic areas such as the Oakleigh District. Along the way we passed a lot of interesting folks. Larry Macon was there (as he was in Jackson the previous weekend). Larry ran with many of us as he set the new record of RUNNING 105 MARATHONS IN A SINGLE YEAR! Larry said that he will back off a little this year, setting his sights on only 50 or so 'thons. We also passed Paul Piplani, who is on track to run his 1,000th lifetime marathon this fall! Paul was moving a little slow, as he had just done a 50K (31 mile) race in New Jersey the previous day.

At mile 11, we began an 8 mile section that provides the hills of the course. The winds were still blowing, and in fact it felt like the temperature was actually dropping. I still had my gloves on, which is pretty unusual for me. We ran by 2 golf courses and hit the halfway point at 2:27, right on schedule. Amy and I scaled the second of three major hills and entered the quiet campus of the University of South Alabama. The terrain gave us a series of gentle downhills amid thickets of pines. Leaving the USA campus at mile 15, we passed the Azalea City Golf Course and Lagaun Park. The Mobile Museum of Art and the Little Theatre are also located in this area, giving these facilities plenty of room for growth and an attractive natural setting.

At mile 17.5 you pass a very fun aid station that gets you ready for the final major climb of the course. This climb is known as "the water tower hill". It goes on for about a half mile,

but is really not that steep. At the top you are back running in handsome residential neighborhoods featuring cedar and live oak trees. Crossing Old Shell Road, we entered the campus of Spring Hill College. We were continuing to stay on pace in this area and it was exciting to be able to see the skyline of downtown Mobile from the high points of the campus.

Amy and I let gravity do the work as we headed out of the college and down to Spring Hill Avenue and the final six miles. We were back in flat territory: nice and straight and not much to hold you back. My only problem was that I was still cold! It was very unusual weather for Mobile and the wind just never let me get very comfortable. We passed a LOT of people as we cruised by McGill-Toolen School, followed by the Alabama School of Math and Science. A few short blocks later and we found ourselves headed to Bienville Square and the finish line! Amy easily made her goal by finishing in 4:56, and I followed in 4:57. The medals are not the fanciest, but each one of them is hand made by the residents of the Marathon Charity: L'Arche Mobile, a residential community for intellectually challenged adults. I think that they are some of the most meaningful in my collection!

There is a great post race party with superb bands, but it was too cold for me to stand around and enjoy this year. The only real drawback to the race (for some folks) is that there is no chip timing. There is a wide start line and not a lot of backup, so you really don't lose any measurable time at the beginning. I really enjoy this marathon and that sentiment is apparently shared by a lot of others that I see returning each year.


If you are training for Mercedes, you are probably running a 20 miler that weekend anyway, so come down and join the fun next year! •

pemin@mac.com

# Race/Event Calendar (March thru April 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 )

## 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 COURSE. Register on Active.com. **See Page 8.**  
**Info:** Mike Renda (616-7548)

### Power Run 5K & 1 Mile & 1/2 Mile Fun Run

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

## MARCH 8

### BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.  
Contact Brent Cotton for location.  
**Info:** (205) 447-9223

## MARCH 11

### BTC Executive Meeting

– Homewood, AL, 6:40 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 online at Active.com.  
**Info:** Chris Hunsburger (879-1758)

### Rescue Run/Walk - 3.4 Mile Run

– Birmingham, AL, 8:00 a.m.; 3.4 mi Walk - 9:00 a.m.  
Upper picnic area. Run will be 75% trail run. Register online at Active.com.  
**Info:** Lillie Davis (205) 260-4903  
**Email:** rescuerun@gmail.com

### Leprechaun Chase 10K & 2 Miler

– Robertsdale, AL, 8:00 a.m.  
**Info:** Shaw-Fin Bertagnolli (251) 947-5241  
**Email:** finolli54@yahoo.com

### 31st Annual Winston Howell 10K

– Hartford, AL, 9:00 a.m.  
National Guard Armory.  
**Info:** Cary Hatcher (334) 588-2343 or 588-2223  
**Email:** hatch@alaweb.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.  
"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

### Scott Parker's Oak Mountain 50K Trail Run

– Birmingham, AL, 7:00 a.m.  
**Info:** Scott Parker 403-3234 or 934-8295  
**Web:** <http://webpages.charter.net/jnparker/om50.html>

### Rocket Run Ten Miler

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

### Flower Pot Trot 5K Trail Run

– Dothan, AL, 9:00 a.m.  
Westgate Park  
**Info:** Larry Dykes (334) 792-6021

### Spring Fever Chase 10K

– Fairhope, AL, 8:00 a.m.  
**Info:** Maria Rosso (251) 928-1772

## MARCH 28

### Rumpshaker 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.  
Start at Mtn. Brook City Hall at Church St. & Hoyt Lane. USATF CERTIFIED COURSE.  
**Info:** Alicia O'Neal or Amanda Vandegrift @ rumpshaker5k@gmail.com  
**Web:** <http://www.rumpshaker5k.com>

### McKay Hollow Madness Half Marathon Trail Run

– Huntsville, AL 7:00 a.m.  
Monte Sano State Park. Limited to 200 runners.  
**Info:** Blake Thompson (256) 990-2584  
**ING Georgia Marathon & Half Marathon**  
– Atlanta, GA, 7:00 a.m.  
**Info:** [www.inggerogiamarathon.com](http://www.inggerogiamarathon.com)

## MARCH 29

### Knoxville Marathon/Relay/Half Marathon

– Knoxville, TN, 7:00 a.m.  
**Info:** Jason Altman (865) 684-4294

## APRIL 1

### Spring Potluck @ Homewood Trak Shak

– Homewood, AL, 6:30 p.m.  
Bring a dessert or side dish.  
**Email:** mickiharalson@gmail.com

## APRIL 4

### GEICO Wright Flyers 5K Heritage Race

– Montgomery, AL, 7:30 a.m.  
Train Shed, 300 Water St.  
**Info:** Mac McVicar (334-294-8260)

### 5-A-Day 5K Trail Run

– Dothan, AL, 8:00 a.m.  
Westgate Park

### Festival 5K Run & Fun Run

– Brookside, AL, 8:00 a.m.  
Brookside Greenway Festival  
**Info:** Dennis Love 631-7392

### 8th Annual High Country 5K

– Hoover, AL, 8:00 a.m.  
Shades Crest Baptist Church, at 452 Park Avenue. **BTC race, see Page 10.**  
**Info:** (205) 822-1750

### Nick Costes 5K & Team Relay Run

– Troy, AL 8:30 a.m.  
Across from Trojan Arena.  
**Info:** Michael Green (334) 670-5732  
**Email:** mgreen@troy.edu

### Old Mobile 8K

– Mobile, AL, 8:00 a.m.  
Fort Conde  
**Info:** (251) 473-7223

## APRIL 8

### BTC Executive Meeting

– Location TBD, 6:40 p.m.  
**Info:** btcpres09@gmail.com

## APRIL 11

### Run To The Cross 5K

– Birmingham, AL, 8:00 a.m.  
Christ Church TV United Methodist on Caldwell Mill Rd. next to Spain Park High School.  
**Info:** Susan Miller (991-5065)  
**Email:** smiller@christchurchunitedmethodist.org

### Talladega Half Marathon

Talladega, AL  
**Info:** Trak Shak 870-7770

## APRIL 12

### BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.  
Contact Brent Cotton for location  
**Info:** (205) 447-92233

**RACE CALENDAR**  
◀ continued on Page 20 ▶

## RACE CALENDAR

<continued from Page 19>

### APRIL 16

#### Post Taxes Run (club social)

Email: mickiharalson@gmail.com

### APRIL 18

#### Ellis Porch Statue to Statue 15K

– Birmingham, AL  
Start from Vulcan Statue in Homewood, finish at Miss Liberty in Liberty Park off Overton Rd. Transportation provided from finish line to start line starting at 6:30 a.m. at River Village Parking lot off Overton Rd. USATF CERTIFIED COURSE. **Race application on Page 11.**  
Info: Judy Loo (612-4335)

#### Magic City Duathlon

(formally Whistle Stop Duathlon)  
– Birmingham, AL  
2 Mile/12 Mile/2 Mile  
Info: 595-8633  
Web: www.team-magic.com

### APRIL 19

#### Powerman Alabama Duathlon

– 7:30 a.m.  
8K/53K/8K  
Info: 595-8633  
Web: www.team-magic.com

### APRIL 24

#### UAB Dollars for Scholars 5K

– Birmingham, AL, 6:00 p.m.  
5K/10K – Start and end at Pepper Place on 2nd Ave. S. and 29th St. USATF CERTIFIED COURSES. Register online at Active.com.  
Info: 934-3555

### APRIL 25

#### NBC Health Fair 5K

– Birmingham, AL  
Info: Trak Shak 870-7770

#### Calera Eagle 5K

– Calera, AL, 9:00 a.m.  
New Calera High School, 100 Calera Eagle Drive. USATF COURSE CERTIFICATION PENDING.  
Info: Joel Dixon (205) 682-5981 or (205) 288-0860.

### 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)

- 5-02 – **Casey's Cause Run**
- 5-09 – **CDH Awareness/for Grayton's Glory 5K**
- 5-13 – **BTC Exec. Meeting**
- 5-16 – **Zoo Run**
- 5-30 – **Vestavia Fireman's 5K for MDA**
- 6-06 – **BTC Classic Track & Field Meet**
- 6-10 – **BTC Exec. Meeting**
- 6-20 – **Stampede Run 5K**
- 7-04 – **Peavine Falls Run**
- 7-08 – **BTC Exec. Meeting**
- 8-08 – **Shake & Bake 5K**
- 8-12 – **BTC Exec. Meeting**
- 9-09 – **BTC Exec. Meeting**
- 9-12 – **Paws for the Cause Society 5K**
- 9-19 – **ERA Oxford Realty 8K**
- 9-26 – **Are UABLE 5K**
- 10-14 – **BTC Exec. Meeting**
- 10-03 – **Hueytown 5K/10K**
- 10-24 – **Run From Domestic Violence 8K**
- 10-31 – **Maple Leaf Run**
- 11-11 – **BTC Exec. Meeting**
- 12-09 – **BTC Exec. Meeting**

# 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](mailto: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.

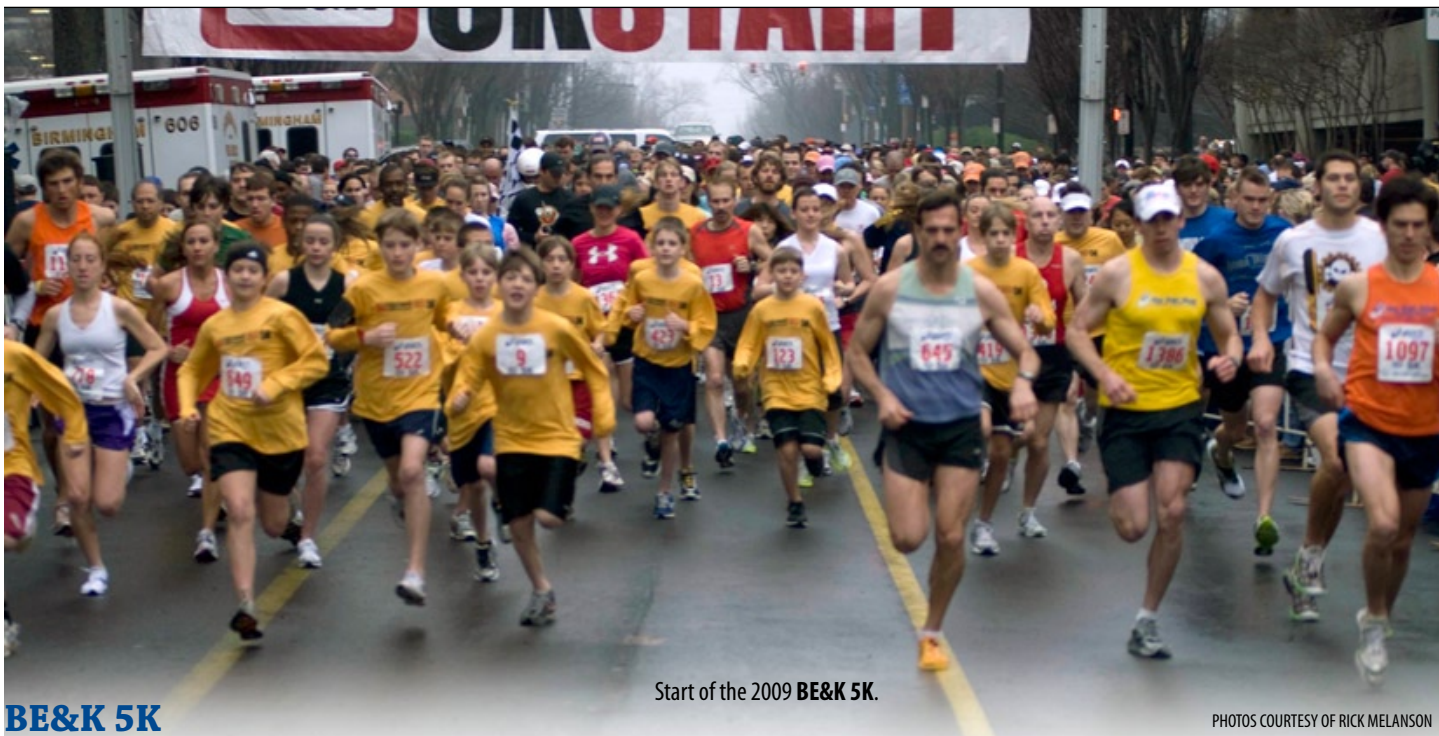
**If you are interested, please contact Bentley Sloan at  
 vbsmith@uab.edu for more information.**

# RACE NOTES

– Submitted by Rick Melanson, Road Race Chairman

## BRENDA LADUN CURE FOR CANCER 8K

The BRENDA LADUN CURE FOR CANCER 8K was held on January 31st on a really cold day! Regions Park is great for running but there is no way for the volunteers to get out of the wind. The extreme cold did not keep the runners away since they ended up with a record number of runners signing up (703). The winner was Daniel Ellis in 25:03, 2nd was David Hudman in 26:38 and Daniel Ross was 3rd in 26:44. The 1st Female was Lori Strand in 28:37, Rachel Roberts was 2nd in 32:23 and Anne Marie Held finished 3rd in 32:59. The 1st Master was David Aarons in 28:39 and Anne Marie Held was the 1st Female Master.



Start of the 2009 BE&K 5K.

PHOTOS COURTESY OF RICK MELANSON

## BE&K 5K

The BE&K 5K held on Feb. 14th is part of the MERCEDES WEEKEND. It started out years ago as a casual, low key run geared to give the spouses of the Marathoners something to do the day before the Marathon and Half Marathon. It is now one of our largest 5K races we have (956 finishers). The winner was **Forrest Bougher** in 16:27, 2nd was **Kenta Nolin** in 16:31 and **Kyle Shepard** was 3rd in 17:23. The 1st Female was **Kate Imwalle** in 19:08 followed by **Anne Marie Held** in 20:48 and 3rd went to **Julie Vanzandt** in 20:56. The 1st Master was **David Aarons** in 18:00 and the 1st Female Master was **Anne Marie**. (By the way, Anne Marie's 13 yr old daughter, Madeline, won her age group in this race and then ran the MERCEDES HALF the next morning and won her age group in that race as well. Quite impressive!)

## MERCEDES MARATHON/HALF/RELAY

The MERCEDES MARATHON/HALF MARATHON/RELAY was on Feb. 15th on an absolutely perfect day. It was a little cold for the workers but was perfect for the runners. I heard nothing but good things about the new, flat and fast course that gave spectators a lot more chances to see the runners. I was at 5 Points South at Starbucks and there were a lot of people there enjoying the race. The winner of the Marathon was **David Cheruiyot** in 2:23:25 followed closely by **Michael Wardian** in 2:23:34 and 3rd place was **Tyrone Harris** in 2:40:07. The 1st Woman was **Jessica Jacobs** in 2:54:53, 2nd was **Anne Thiessen** in 3:02:45 and 3rd was **Debbie Cropper** in 3:10:41. The 1st Master was **Dink Taylor** in 3:01:29 (Rocket City Marathon and Mountain Mist Race Director). The Half Marathon winner was **Ezkyas Sisay** in 1:05:39, 2nd was **Tama Kovacs** in 1:05:57 and **Michael Green** was 3rd in 1:07:52. The 1st Female winner was Belianesh Gbre in 1:14:42, 2nd was **Deanna Frank** in 1:21:16 (our own little pro triathlete) and 3rd **Britney Mensem** in 1:21:36. The 1st Master was TRAK SHAK's **Scott Strand** in 1:13:10 and **Anke Kullmann** 1:26:32. There were record numbers in all events thanks to the promotion and organizational skill at the TRAK SHAK & BIRMINGHAM EVENTS. •



Start of the 2009 MERCEDES MARATHON/HALF/RELAY.



# Mercedes Weekend **SNAPSHOTS**

– Photos submitted by Phil Min



**Troy Tippens** and **Amy Hix** before the start of the BE&K 5K on Saturday.



**Michele Parr** helps answer questions about merchandise at the BTC Expo Booth.



**Johnaca Kelley** (seated, left), **Cathy Colburn**, **Katie Hannigan**, **Debbie Cleghorn** and **Tim Skelton** help out with the BTC Expo Booth inside Boutwell Auditorium.



**Janis Posey**, **David Posey** and BTC Road Race Chairman **Rick Melanson** outside Boutwell Auditorium, enjoying the BE&K 5K crowds on Saturday morning.



**Jenny Craton** and **Adam Martz** checking out the Mercedes Expo.



**Brad Clay** (right) helps sign up new members at the BTC Expo Booth.



**Jenny Craton** and **Amanda Vandegrift**.

**Dena Harris** (left), **Brantley Padgett** and **Vicki Merry** (a.k.a. the Balloon Lady) chat during the Mercedes Expo.



**Steve Yee** (left), and **Chris Warren** (founders of the 'Marathon Maniacs'), see what the all the Mercedes Expo has to offer.



# Club Merchandise MARCH Item Of The Month RUNNING TANKS

**FREE BTC window decal with order!**

## Unisex Fit

## Ladies Fit



**\$6 each**  
+ shipping\*

### Unisex Tank details:

- S, M, L, XL, XXL
- Blue, Black and White tanks have Red print.
- Tanks have BTC city scape logo on BACK (centered) & BTC circular logo on FRONT.
- All are Zorrel athlete series with Dri-Balance wicking material.



### Ladies form-fitting Tank details:

- S, M, L, XL
- Red and Yellow tanks have Navy print.
- Black tank has Pink print.
- Tanks have BTC city scape logo on BACK (centered) & BTC circular logo on FRONT.
- All are Zorrel athlete series with Dri-Balance wicking material.



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

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

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

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

Quantity	Style (Unisex or Ladies)	Color	Size

**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](mailto:btcpres09@gmail.com)

\*Please add \$6 shipping for 1-3 tanks, \$12 shipping for 4-6 tanks.

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

Offer good till 4/30/09

# Mississippi Blues Marathon report

– By Phil Min

## THE BLUES MARATHON BLUES

*In Jackson, Mississippi, there's a 'thon they call the Blues....  
Yes, down in Mississippi, there's a 'thon they call the Blues....  
They say the course is hilly, and I'll tell ya it's humid toooooo....*

(Composed by Phil "Blues Maniac" Min)

What a great way to celebrate a new year than to run a marathon! Saturday, January 3rd found several BTC runners in Jackson, Mississippi for the second edition of the Mississippi Blues Marathon and Half Marathon. I selected this marathon solely because Brooke W. was touting it and to tell the truth, I was fully expecting to be underwhelmed. Let's face it....Jackson has a pretty terrible reputation: a mayor under federal indictment; a bitter and dysfunctional city council; a rampant crime problem featuring gangs, daily murders, and home invasions (sound familiar, Birmingham residents??). Instead, I found a very well executed event comparable to any of the large city marathons that I have participated in. It was like Memphis, but more intimate and much less expensive!

The expo was held in the new Convention and Expo center in the heart of downtown Jackson. The packet pickup was very easy and the roomy layout made it easy to browse the vendors. There were not a lot of vendors, but they had everything that you would need (again, no Sham-Wows). Both Bill Rodgers and Jeff Galloway were there as speakers and to sign autographs. Instead of a shirt, this marathon gave a tech running vest that was very nice and a tricked out little backpack with zippered pockets! There was an ongoing jam session of outstanding local blues musicians as this marathon was dedicated to raising money for the Mississippi Blues Foundation.

After a restful night (???) at the local Motel 6 (you know it would be nice to be able to afford staying at a place where I did not have to look at the check-in clerk through bullet proof glass!), I headed off into the darkness for the 7 a.m. start. I met up with Meredith and Brooke W. and we headed across the start line. It was 65 degrees and 90% humidity and it really felt that way! The course is quite hilly...not exactly Mercedes, but about the same type of hills as the NEW Mercedes course. The first 10 miles wound through some great residential neighborhoods, into the historic Capitol District, and past Millsaps and Belhaven Colleges. We caught up with Janis Posey (a former resident of Jackson) and she was able to point out many interesting sites to us, including Eudora Welty's house. After running about 10 miles in all the pretty parts of town, we moved out to Lakeland Drive, which is a major traffic artery, for a 9 mile out and back section. It was pretty boring, but nice and flat. We had the opportunity to people watch on this part of the course, seeing all those faster than us on the way out and looking at the poor souls slower than us on the way back. We were keeping to a strategy of running 4 minutes



Janis Posey was all smiles after finishing her 26.2 miles of Mississippi Blues.

and walking one minute and it was working well, keeping us traveling steady and comfortably in the uncomfortable conditions. So many of the slower folks had made unfortunate wardrobe decisions...wearing long sleeve shirts, the running vests from the event and even tights! Some of these folks were really suffering. About mile 20, we headed back into some pretty neighborhoods....and more hills!! These probably were not so bad, but they seemed so at the time (you had to be there). I would probably complain more, but this race had the MOST OUTSTANDING VOLUNTEERS of any event I have run. We could not believe how nice every single volunteer was to us. EVERY one of them thanked us profusely for coming to their city and running the race. It was almost as if the Chamber of Commerce had scripted out how to hand out water and provide encouragement. I think we do an outstanding job with Mercedes, but this really makes me aware of what an important impression we can make on our out of town visitors.

## VERSE TWO

(dedicated to Meredith Farrell)

*Well, twenty-six miles is plenty, but make it twenty-six point two....  
Lawd, twenty-six miles is plenty, but make it twenty-six point two....  
And your tootsies will be hurtin', if you don't have your "right" runnin'  
shoes.....*

The last 5 miles or so, all three of us were really suffering. Brooke's heart rate monitor was telling her to slow down a little, so she did (reluctantly). Meredith packed in haste and forgot her "real" running shoes. Her feet were killing her! I was hanging in there, but tired from TMMS (Too Many Marathons Syndrome). They say there is a remedy for this, but I am too tired to remember it. Anyhow, we struggled up the last few hills to the finish line. I took away Meredith's hopes of slipping in under 5 hours by walking a little on the next to last hill. She finished in 5:00:08 and I slipped in in 5:00:16. Brooke was slightly behind us (but recovered) in 5:11. It was a tough but fun run! I was dying for something to drink at the end and these folks handed me a 180 Energy Drink (a sponsor) before I could get my chip off. I really wanted water, but the can was cold and I thought, "what the heck" and chugged it down....Whoa!!! These folks have nothing on Klee Irwin and his Duo-Action Cleanse!! I won't get graphic except to say that that stuff went straight through me and I had to make an immediate trip to the nearest portapottie! After that, I felt like I could run another marathon.

For those of you that like a party....this is your marathon! !!! The beer wagon (3 flavors) was not 15 steps from the finish line and you actually had to go several yards PAST it to get any water. They had plenty of good food and a smoking band was playing on a stage. Plus, some of the best restaurants in Jackson were right by the finish line (in the Fondren District).

I think Jackson is a great place to visit and enjoy the race. You will have a good time even if it is not your PR day. And if it does not go well.... you can always "sing the blues"! •



Phil Min, Brooke Weaver, and Meredith Farrell, showing off their guitar bling.

pemin@mac.com



# 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)



# 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	MONTH TOTAL
Jan.																																	
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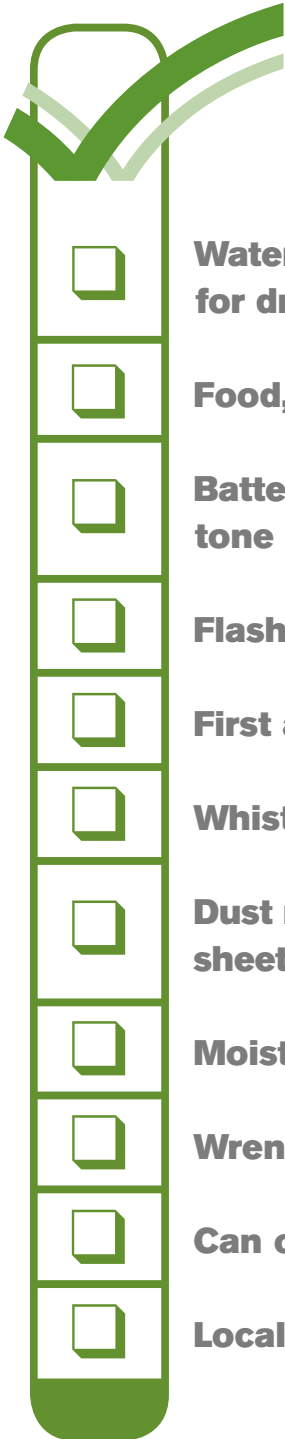
# PREPARE. PLAN. STAY INFORMED.

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](http://www.READY.gov)

# RUNNING TIDBITS

– Compiled by Tim O'Brien

## RUNNING QUOTES

*"I still bother with runners I call hamburgers. They're never going to run any record times, but they can always fulfill their own potential."*

**- Bill Bowerman,  
Legendary Track Coach**

*"Hills are speedwork in disguise."*

**- Frank Shorter**

*"A lot of people don't realize that about 98 percent of the running I put in is anything but glamorous: 2 percent joyful participation, 98 percent dedication! It's a tough formula. Getting out in the forest in the biting cold and the flattening heat, and putting in kilometer after kilometer."*

**- Rob de Castella**

## DID YOU KNOW?

### **BTC has an 'official' marathon training group!**

The group meets on Saturday mornings at Trak Shak at designated times. Routes for full and half are given ahead of time and runners take turns putting out water stops along the course. The group just finished training for Mercedes and are now working on Country Music Marathon in Nashville on April 25th. What if you are not running Country Music, but running another marathon on a different date? No sweat. Meredith, the group organizer, will suggest options that allow you to hit the water stops so you can still train with other people. If you want to run with the group, you **MUST** contact Meredith at [newrunners@birminghamtrackclub.com](mailto:newrunners@birminghamtrackclub.com) so that she'll know to expect you.

### **Attention iPod runners....and Walkman'ers....**

Looking for more specific songs to help you along during training runs or just trying to add variety to your catalog? Check out [www.runningmusicmix.com](http://www.runningmusicmix.com) – it's a website devoted to songs for runners. It even has specific categories of **beats per minute** to help you maintain a constant rhythm or mix it up for taper runs or just keeping it interesting.



### **Birmingham Track Club**

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