

Birmingham's Area Running Club

**BIRMINGHAM TRACK CLUB**

www.birminghamtrackclub.com  
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# **BTC**

## **THE VULCAN RUNNER**



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ISSUE 4

# Why do we run?

## BTC Club President finds out at RRCA National Convention in San Fran

– By Johnaca Kelley

Runners in general are an interesting and unique group. In the BTC alone, we are diverse in our occupations, ages and interests. Yet running unites us. At the recent **51st Road Runners Club of America National Convention** in San Francisco, California, I gained a better understanding of why we run.

I have heard that runners are “cheap”. And yes running can be a very inexpensive form of exercise. Honestly, you can get by with just some decent running shoes. But I do not think low expense is the answer to why we run. Although I do believe that the simplicity of running is attractive. Finishing is why we run. Running is one of the few sports you can Finish. Just think about that

for a minute. You set a goal. You run the distance. You finish! And, you gain the benefit of a true sense of satisfaction. That satisfaction is what motivates you to run again and again. Finishing is why we run and George Rehmet was the one who reminded me of this, along with countless others at the convention.

If you need further proof, consider my favorite seminar that I attended at the convention: Athletes with Disabilities. 2009 Convention Director, George Rehmet, is a special education teacher and is passionate about the inclusion of athletes with disabilities. This certainly helped to create the theme of the convention, “Bridge to the Future.” The panel discussion was moder-

**NATIONAL CONVENTION**  
<continued on Page 2>



ABOVE: Golden Gate Bridge as seen from finishing the Convention's night group run.  
BELOW: Johnaca Kelley and Simone Adair at the RRCA National Convention.



PHOTOS COURTESY OF JOHNACA KELLEY



Harry Cordellos speaking before his movie was shown at the seminar.

#### NATIONAL CONVENTION <continued from Page 1>

ated by Simone Adair, disabled veteran and member of the Achilles Track Club and East Bay Front Runners and Walkers. She is a CPR instructor for the American Red Cross, the Division Vice Commander for the Coast Guard Auxiliary in the San Francisco Bay area and a member of the Wounded Warrior Project. Simone was the first person I met at the convention, and I felt instantly welcomed. It was honestly like we were old friends, even though we had just met. So later at the seminar, I knew I would not be bored by some Power Point presentation.

After a quick introduction of one of the key panel speakers, the seminar started with a brief, yet hair-raising documentary video of blind marathon champion, Harry Cordellos running over the infamous Dipsea Trail. If you do not know about that trail or Harry, please look them up online. But I can tell you that Harry went blind at age 23. And I basically got the sense that at 23 was also when he really started living his life. He has run 154 marathons, including 12 in Boston. And he still holds the national record for totally blind Americans set in Boston in 1975, 2:57:42. His autobiography is very aptly named, "No Limits". After watching his video, I realized the only limits out there are the ones we choose. At one point during the seminar Simone told us that during the earlier lunch while listening to Marshall Ulrich describe his completion of the Triple Crown of Extreme Sports, which included completing 120 ultra-marathons averaging 100 miles each, Harry leaned over to Simone and whispered, "I could have done that with my eyes closed."

Sean Simonson and Geoff Turner were the other two panel speakers. Sean became a quadriplegic in 2006 after sustaining a head injury from a mountain biking accident. Doctors told him he would only be capable of moving his left arm after the accident. Thankfully, Sean ignored his doctors and 5 months later entered and won his first race as a wheelchair athlete. Sean is an Olympic hopeful for the 2012 London Paralympics, but he is also currently working on a Half Ironman Triathlon. Geoff lost his right leg above the knee in a traffic accident. He has competed in a number of marathons and half marathons in San Francisco and Chicago. He has worked extensively on



Run leaders motivated the runners gathering for the Golden Gate Bridge group run.



Sea lions sun themselves near Fisherman's Wharf.



**NATIONAL CONVENTION**

&lt;continued from Page 2&gt;

moving the prosthetic running leg forward in design.

The message of all of these runners was that they just want to run and be welcomed. They agreed that having a disabled 1st place finisher category in any race is very appreciated. But Geoff also went on to say that he does not see himself as an amputee who runs. He sees himself as a runner who happens to be an amputee. Sean noted that eliminating curbs from races makes athletes in wheelchairs more accommodated. And Frank does not believe that having a guide makes Ironman any easier. Currently he cannot technically place in an Ironman due to "assistance". Simone is doing her part to educate the public and keep running. These guys were my heroes of the convention.

The convention offered a true sense of solidarity among clubs. The RRCA is comprised of running clubs, like our BTC, from all over the nation. I was very re-assured that most of these clubs face the same challenges our club faces. I also noticed that the Southern Region took home the bulk of the awards this year. Our state representative, Ron Macksoud, attended the convention and left me in his dust at the night run to the Golden Gate Bridge. (I stopped to take a lot of pictures. tee-hee) Clare and Dave Purinton of the Huntsville running club were the

only other Alabama attendees. With a time of 1:01:25, Dave Purinton, Huntsville Track Club President, was third overall (among 765 finishers) in the Presidio 10 Mile held in San Francisco in conjunction with the convention. I wish our state had been more represented, but Dave made us look good at least.

Lena Hollmann was elected as our new RRCA Southern Region Director, succeeding Ken Bendy. Lena has been the RRCA North Carolina State Rep since 2005, and received the 2007 State Rep of the Year Award. Lena lives in Cary, NC, with her two cats, and is a member of two local running clubs. She has been an active athlete for over 40 years, starting as a track runner in her native Sweden. In 1971 she was the Swedish National Champion in the 1500 meter. Since her move to the US in the mid 1970s she has completed 25 marathons, with the highlights being a PR of 2:44:10 in the 1983 NYC Marathon, and a 10th place in the 1984 Boston Marathon. Lena is also an RRCA Certified Running Coach and a USATF Level I Coach. She is active in the North Carolina Association of USATF, serving as the Masters Long Distance Running Chair. Lena has also served on the Board of several non-running volunteer organizations, including Toastmasters International.

I will close with a thank you to my club and the RRCA for the opportunity to learn



Lena Hollmann was elected as our new RRCA Southern Region Director

and share ideas with my fellow runners. I experienced such a laid back and hospitable attitude amongst the runners in San Francisco that I felt at home. Finishing is why I run, but my running family sure makes it fun. Thank You! •

*btcpres09@gmail.com*



(LEFT TO RIGHT) RRCA Alabama State Rep. Ron Macksoud, Johnaca Kelley, Clare and Dave Purinton (Huntsville Track Club) after the awards banquet.

# UPCOMING CLUB SOCIALS

## CLUB SOCIAL

**Tuesday, June 4th**

Will highlight area for Sammy's Stampede 5K. *More info. to come.*

**For more info., contact**

**Micki Haralson:**

mickiharalson@gmail.com

## BTC NEWEST MEMBERS

Those who joined during April 2009

**Cassie Moore**

**Brandon & Micah Thompson**

**Mark Purser**

**Mitzi Shaffield**

**Paige Vandiver**

**Jacob Blair**

**Leslie Whatley**

**Adam Martz**

**Alan Marzilli**

**Rufus & Beth Elliott**

**Jeff Teems**

**Todd & Terri Gray**

**Sterling Edwards**

**Shauna Burrows**

**Lindsay Warren**

**Darrel Nunnally**

**Matt & Kathy Smith**

**Warren Amos**

**Will & Rebekah Porter**

**Jennifer Gann**

**Merry Armenttrout**

**Sharon Saber**

**Ron Harlan**

**Bradley Rhoades**

**Audra Hill**

**Joey Belmont**

**Eddie Lee**

**Gayle Hawkins**

## 2009 Officers



### President

**Johnaca Kelley**  
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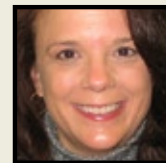
### Vice President

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### Secretary

**Brad Clay**  
bradclay@aol.com



### Treasurer

**Debbie Cleghorn**  
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### Past President

**Mark Baggett**  
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## BTC Mission Statement

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

**Contact BTC at:** *Birmingham Track Club*  
P.O. Box 530363, Birmingham, AL 35253  
info@BirminghamTrackClub.com

**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**





May BTC

# President's Message

– Johnaca Kelley

OK, time to address an ongoing concern. Most BTCers find it easy to fall into a routine of running with their current friends, often leaving behind potential new friends. I encourage you to step out of your routine and share your love of running with a new runner. Surely you remember how you needed advice and support when you started running.

We all need to be good ambassadors of our club. What do you have to lose? Nothing. What do you have to gain? Well, possibly a new

friend or even a teacher that enriches your life. Sure it may be uncomfortable at first, but like anything, you will get better with practice.

When I started with this club, I was not very outgoing. But runners kept just coming up and talking to me, ultimately forcing me out of my shy start. I was lucky to start as a coucher with Danny Haralson as my coach. But we do have runners who join the BTC straight from running at the Trak Shak in Homewood.

Regardless of how a new runner joins the

club, let's welcome them and treat them like one of the club. •

*"The only reward of virtue is virtue; the only way to have a friend is to be one."*

— Ralph Waldo Emerson

btcpres09@gmail.com



May

# Coach's Corner

– Danny Haralson

## Running myths that seem to 'mythtify' runners

One 'tall tale' I hear over and over again is how some girl's best friend's sister's boy friend, ran a marathon after only one 12 mile/15 mile/16 mile (the story varies) long run and did really well! Cool, I usually have 2 questions, 1) What's his name? Standard answer, "I can't remember" and 2) Did he run another? (Standard) answer, "I don't think he runs anymore" – duh! If he exists, has he recovered from his vegetative state? It's not uncommon for people to run a race undertrained, just as it's not unusual for people to run one over trained. Which is worse? Good question, if you're undertrained you might not finish, but if you're overtrained you might not start (due to injury).

### Now let's look at a few of the myths about running and training:

**1) MYTH:** Run your long runs 'X' number of minutes slower than your planned marathon pace (also known as LSD – long slow distance). Hmmmm, okay if your only goal is to finish. But if you have a 'time goal' and your goal is to run your race (obviously this applies more as the race distance increases) at (for ex.) at an 8:30 pace and you train at a 10:00 minute pace, pretty much certain that the wheels will come off the wagon around mile 19 – 22. Your body has prepared to burn fuel at a certain rate, (you trained it remember?) so if you run faster for an extended period of time than that pace it's pretty certain you'll run smack into that wall and it won't be at the finish. Everyone is different (yes I have to keep say-

ing that) but you need to add some 'pace' runs to your training – how do you mix them in? Heck, I can't give everything away. But if you want to run at a fast pace, you should train at a fast pace; so at least 2 'quality' workouts per week should be performed. Math equation: LSD = LSR. (Long slow distance = long slow runners.)

**2) MYTH:** Running mechanics (form) aren't important; oh yes they are. Many think that running 'form' is something you are born with and you can't/shouldn't change that. The truth is that proper form/mechanics can be learned (certainly improved) and is also one of the greatest predictors of running performance. Proper running mechanics will make you a more efficient runner – it will allow you to run faster and/or further using less energy. Can you think of anything more important?

**3) MYTH:** Runners should drink as much fluid as possible. Hydration recommendations have been on a roller coaster for a while; many years ago we were told not to drink. Coaches thought drinking would cause cramps (just rinse and spit!) and affect performance. Thank goodness that crazy idea was abandoned before more runners were lost to heat stroke. Then as it usually does the pendulum swung too far to the other side and we were told to drink early and often to stay ahead of dehydration. This created a new problem, hyponatremia, which is an imbalance of fluids and electrolytes in your body. Basically your blood sodium levels plummet because of excessive fluid intake.

New guidelines suggest using thirst as your guide; try to drink only enough to replace lost fluids and consume sports drinks containing sodium rather than plain water.

**4) MYTH:** Static stretching should be done before you run – nope! Virtually everyone I've coached or had go through my Couch to 5K/10K programs knows this one and for 2 good reasons. One, your muscles are cold and static stretching before they are warm greatly increases your opportunity for injury. We have been taught to do static stretching to warm up our muscles and to help avoid injury, but research has shown that not only does static stretching do little to avoid injuries; it may even decrease our performance levels. Scientific studies have concluded that static stretching before a run may reduce the ability of your muscles to store and return energy – causing a decrease in your running power. A better stretching routine would be to do dynamic drills such as high knees, heel kicks, leg sweeps and lunges before you run and save the static stretching for after your workout or race.

**5) Last one** – just from a 'looking 'cool' stand point – when running, if you get caught at a light or by traffic and it may be a few seconds before you can cross, do not do the 'pee-pee' dance or run around in a 2 foot circle. You know the pee-pee dance, when you really have to go (reference kids from ages 2 – 5). You look like a dork and it screams, "I'm trying to look cool, see me? I'm a runner!" Nothing is gained by running in place; neither your core temperature nor your heart rate will drop enough to create any change in your fitness level, training session or performance – so be cool, by not being 'cool.'

It's been said for every mile you jog, you add one minute to your life. This enables you, at the age of 85, to spend an additional five months in a nursing home at \$5,000/month. Run happy! •

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

## April BTC

# Executive Meeting Minutes

– Submitted by Brad Clay, Secretary



### IN ATTENDANCE

**Johnaca Kelley:** President  
**Tim O'Brien:** Vice-President  
**Debbie Cleghorn:** Treasurer  
**Brad Clay:** Secretary  
**Mark Baggett:** Past-President  
**Rick Melanson:** Road Race Chair  
**Micki Haralson:** Social Chair  
**Phil Min:** Parliamentarian  
**Judy Loo:** Membership Chair

• Meeting began @ 7:05 p.m., April 8th, 2009.

### OFFICER REPORTS

#### ► PRESIDENT - JOHNACA KELLEY:

##### Merchandise:

- Johnaca had S2S shirt to view
- Discussed producing automobile tags, blue BTC logo on white background
- Board voted to purchase 75 at ~\$200.
- Johnaca asked to be notified if exec hears ideas/requests for merchandise as she can research and design to order upon request.

##### Ruffner Land Use planning:

- Meeting to be held 4/13 at 4:30 p.m.

##### Discussed convention and learnings:

- Insurance rules in place require no headphones, no pets, no amusement houses, no dunk tanks, no liquor, no 15-passenger van rentals, and requires scaffolding to be professionally installed
- Johnaca distributed CD's to the board from the convention

#### ► VICE-PRESIDENT - TIM O'BRIEN:

- Discussed membership drive
- Brainstormed ways to increase membership
- Discussed placing membership forms at local gyms and selected healthcare professionals
- Discussed need to make sure membership drive exists at every

BTC race

#### ► TREASURER - DEBBIE CLEGHORN:

- Delivered financial reports for March

#### ► PAST-PRESIDENT - MARK BAGGETT:

- Deadline for newsletter inclusion is 4/15
- Next newsletter to be distributed Friday

### COMMITTEE REPORTS

#### ► SOCIAL - MICKI HARALSON:

- Thanks for help at Potluck
- Next Social run 4/16 @ Billie's Tavern - Liberty Park 6pm
- Quattro de Mayo social run @ Pablo's in Colonnade
- Make-a-Wish Foundation wants help with race in August. "Run for Wishes" part of duathlon. May take place at Alabama Adventure (Visionland) in Bessemer on Aug 29th. Park will offer free admission for participants and ½-price for friends/family. May have access to Rumpshaker database. Discussed making event a BTC race

#### ► ROAD RACES - RICK MELANSON:

- Problems with results at Rumpshaker due to using bibs with same number (and adding 1 to it)
- High Country 5K at Shades Crest BC in Hoover to be "grandfathered" in despite new Hoover road race policy
- Price for permit and police for city of Birmingham race ~\$6400

### ADDITIONAL DISCUSSION

#### ► STATUE TO STATUE 15K:

- Water stops set, bus transportation set
- Money for police and petty cash needed
- No parking at the Piggly Wiggly or Infinity dealership
- Packet pick-up at TS on Friday, 4/17; ~100 pre-registered
- Beer to be worked out

Meeting adjourned @ 8:05 p.m.

### NEXT BTC EXEC. MEETING

- 5/13 - Town Hall Meeting - Homewood

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# How **3N3** turned into **7n11**

## ~ PART 2 (of 2) ~

– Submitted by Keith Rutherford

**Park 1 of this story appeared in the April issue of “The Vulcan Runner.”**

### **#4 Mtn. Mist 50K**

(Week 6)

Billed as the toughest trail run in Alabama, I had been eyeing this trail race (and the couple that follow) every since Seed #2. This had been on the calendar and I was ready. Or, once again, so I thought. Just before the race, it was 30 degrees and raining at the top of Monte Sano Mountain. Brantley and Meredith were the only “locals” that I saw at the start. It was announced there was ice on the course as the group that ran it at midnight reported. (I didn’t know it at the time, but one of those guys turned around, after grabbing a bite to eat and some coffee, and ran it again with the rest of it!) Thankfully, at the start of the race, the rain had stopped. About 8 miles into the race, I was thinking this wasn’t too bad – it had warmed up, the trail was pretty and not too difficult. I was thinking that Oak Mountain was more difficult. I asked a guy running next to me who had run Mtn Mist before if what we had seen was representative of the course overall. He said the second half was harder. That turned out to be an understatement. I passed Phil (around mile 15 I think) coming the other way. He had shown up to run a portion of the race with Meredith. He told me I was looking strong, but at this point I was starting to slow and the worse was yet to come. The trails are tough – lined with rocks, roots and hardly a soft point on the course. I rolled my ankle many a time that day. At one point, you have to climb up the mountain – literally climb as in hands overhead pulling up on rocks and tree roots. It wasn’t that hard (really), but it was so unexpected. I got to the next to last aid station ready for this race to be over, but I had 8 miles to go. They told me it was all downhill from here and I desperately wanted to believe it. Alas, it wasn’t true. The next difficult part came with a 1 mile up hill run that seemed to last forever. At the top was the final aid station and only 1.8 miles to the finish. As I heard the small crowd cheer for the finishers down below, I picked up my pace and managed another sprint to the finish. With a time of 6:36 (about 20 minutes slower than goal), I happily accepted that time and took a long rest on the ground. As some of you may have read my report for this race, you know I was miserable after the race, but the next day there was no aches or pains and I was exhilarated by the memories and was ready to do it again.



Keith finishing the 2009 MERCEDES MARATHON.

### **#5 Mercedes Marathon**

(Week 9)

This was the start of 3 races in 13 days. I was pleased with the race being in our backyard, the weather and that I was injury free. I hadn’t made plans to race with anyone so I was mentally preparing myself to hold back. By staring at the front of the pack, that plan didn’t last long as I started out with 7 minute pace the first 3 miles. I had to force myself to slow down. I finished the first half in 1:42 even with 2 port-a-potty stops. I was pleased with how I was feeling and that I was about to repeat the second lap of this new course. That feeling was short lived as by mile 16 I was noticeably slowing. Each race, I was hitting the wall sooner. At mile 20, Natalie passed me; she was in the zone. I stayed behind her for about a mile, but just couldn’t keep going. Mentally I was pushing myself with thoughts of the Hash stop and beer. With it in sight, I grabbed a donut and then 3 beers. I felt refreshed and picked up the pace for a 3:43 finish. Much slower than I had hoped, but was just glad it was over.

### **#6 Black Warrior 50K**

(Week 10)

I spoke to the race director about the nuances of this course. He said people typically finish an hour faster on this course than Mtn. Mist. It was a great weather day – rain had cleared and weather was just perfect. Race starts with uphill run, but that is the worse of the course for the day. It is a nice cross

country run with only the mud from the previous week’s rain marring the enjoyment. I was running around much of the mud even though I knew it was slowing me down. I had just about decided to say screw it and run through it when I ran passed a guy attempting to retrieve BOTH of his shoes from the mud that had sucked them off his feet. I decided to stick with my plan to avoid the mud. By mile 13 I hit my first wall; here again, those walls were coming earlier and earlier. It was somewhere in the low 20 mileage before I regained my stride and I had lost serious time in my goal of finishing an hour faster than Mtn Mist time. With around 3 miles to go, I passed a guy whose 2 sons (ages 7 and 9) had met their dad at the last aid station to run in with him. BTW: these same 2 boys had won first and second in the 5 mile race that had started that morning along with the 50K and 25K participants. I crossed the finish line at 6:22 (only 14 minutes faster than Mtn Mist).

### **#7 Mt. Cheaha 50K**

(Week 11)

This race course is located in Mt. Cheaha State Park just outside of Anniston (about 90 minutes from my house). This is a point to point race; thus we had to be at finish line early in order to be bused to the start. It had rained all day the day before the race and all night. We got the call that the buses were stuck in the mud and we would be delayed getting

**7n11 <continued on Page 8>**



# BTC TOWN HALL MEETING & UNITED WAY FOOD DRIVE

**Wednesday May 13th at the Trak Shak in Homewood**

**FOOD DRIVE: 3 to 7 p.m. • TOWN HALL MEETING – 6:30 p.m.**

We will be staffing the Food Drive and receiving donations of non-perishable food items during the afternoon and evening as runners show up for the Wednesday Run. The BTC will also be cooking hot dogs (that's it...no sides) as we prepare for the Town Hall Meeting of members which is a great time to make suggestions, present ideas or requests for future activities of your BTC.

If you're hungry after the run or coming for the Town Hall remember you must donate a food item (checks made out to United Way Community Food Bank or just UWCFB and cash donations are acceptable) to get a dog or 2. Remember for the cookout, if you want food you must donate food (or money). Please stay for the Town Hall meeting as well, it will be fast paced, and any and all suggestions will be considered.

No time? Swing by in the 'loading lane' and we'll take your donation from your car window; it's our chance to help those who are less fortunate, it's a bad time for many so let's do what we can to make it a little better.

This will also serve as the Vulcan Run kick-off, so go ahead and register on site for the reduced amount of just \$20 for this BTC 10k. Vulcan and BTC merchandise will also be on sale at the Town Hall meeting. May's featured NEW item: license plates, will be available for purchase too.

## QUESTIONS?

Food Drive: [danny@rununiversity.com](mailto:danny@rununiversity.com) • Town Hall Meeting: [btcpres09@gmail.com](mailto:btcpres09@gmail.com)

### 7n11 <continued from Page 7>

started. That was good and bad. It was good to get a quick nap, let the rain subside and hear people talk about the course. It was bad because of what was to come. We started 90 minutes late. The sun was out and people were peeling off layers even though the cold front was on its way in and potentially brining snow. We were off with the start of Sweet Home Alabama blaring on the stereo. At 1.3 miles, I had to stop. That is right – 1 point 3 miles. I thought to myself 'this is going to be a long day'. I got to the first aid station and was caught by a train, which was a welcome rest at mile 3!! It was going to be a long day. At mile 12, I hit that damned wall again. However, I somehow got over it quickly by mile 13 and ran the next 8 miles pretty solid as I was reeling people in and leaving them behind. The course was very wet from all the rain and several creek crossings. At mile 21, there was the big river crossing in which we had to use a rope to traverse the waist deep rushing, cold water. (Quick shout out to SmartWool socks – these things dry quickly and help prevent blisters. I would definitely recommend for long, wet trail runs). Aside from the creek crossings, the other thing about Mt. Cheaha is that the run finishes at top the highest point in Alabama, which means a 1 mile run straight up at mile 28. Veterans of both Mtn. Mist and Mt. Cheaha agree that

"blue hell" (named for all the blue paint marks showing the way up) is the most difficult. I don't see how anyone can run this at any sort of pace, but given the time of the front pack, they somehow manage. At the top of "blue hell" with just over a mile to go, the day is coming to an end due to late start, fog is rolling in due to height and cold front bringing the snow. It was a cool finish running in the fog and not being able to see too far in front of you. I came in at 7:25; my worse time yet, but I was as happy as a clam at high water. It was an enjoyable race as I was mentally better prepared for what I would face and I am ready to do it again next year on a fresher set of legs.

### Summary

Although I was never injured (aside from my tender Achilles after the first race) during this endeavor, each week I found myself a little weaker. My mind was willing but my legs just didn't respond. I am not saying I won't try cramming a bunch of races in again, but I hopefully will be more selective so that I can be a bit more competitive in the runs. There are just so many races to do. During this run, I've talked with a number of people about various races (Decatur 12 Hour Run, Beer to Beer in Kansas, Stump Jumper in Chattanooga, Swamp Stomper in Memphis, Canadian Death Race) and I want to do them all, but time, money, reality all have to come in play.

In the end I will say that trail runs are by far the most enjoy-



able. Although they are longer and usually tougher, I believe they are "easier" because one doesn't run as fast, you aren't pounding the asphalt and I don't hurt the day (or days) after the race like I do with a marathon. The scenery is fantastic and I like the smaller size (although you may have to sign up early as many races fill up fast). There is plenty of time to run alone and soak it all in. (Aside – I was pleased with myself for not getting lost on any of the trails when I was alone. For those of you that have run with me in the past, you know I can be directional challenged. The volunteers at the aid stations are great and offer to do everything for you except run (or give you a ride to the finish). I know I will still run "regular" marathons and try to qualify for Boston, but I will be more selective – what is the angle (all left turns, exciting location, running at night, etc)?

Lastly, I am now convinced that Phil Min must carry a recording device with him for his runs to provide the detailed race reports that he does. During my races, I think about how I will write a race report, but by the time I get to the end only fragments and hazy memories remain. Maybe too much post-race beer.

### Epilogue

Since submitting the article initially, I ran the Oak Mountain 50K after a three week break from the above races. I thought I was rested and ready, but it was tough in the middle and I was pleased by coming in under 7 hours (even if by seconds). I am taking a longer break and running some 5K races (21 minutes vs. 6-7 hours is nice), but come end of May, Sweetwater 50K in GA beckons...

[kruther@centurytel.net](mailto:kruther@centurytel.net)



# THE FIRST ANNUAL Women's Health 5K Run & 1 Mile Mother-Daughter Walk (All family members welcome)

USATF CERTIFIED COURSE

## Saturday, May 9, 2009

St. Vincent's Downtown | 810 St. Vincent's Drive | Birmingham, AL

### Registration Fees:

**Runners – \$15.00 until race day,  
\$20.00 race day**

**Walkers – \$5 for one or for family  
(all family members welcome)**

**Ages 5 and under Free**

**Race t-shirts for 1<sup>st</sup> 200 registered**

### Schedule: (Rain or Shine)

**7:00 a.m. Late Registration**

**8:00 a.m. 5K to Begin**

**9:00 a.m. 1 Mile  
Mother/Daughter Walk**

**10:00 a.m. Awards**

### Registered Packet Pick-up

May 7th & 8th  
St. Vincent's 119 location

### Make Checks payable to:

The Alabama Office of Women's Health (EID#63-1106545)

Register on-line at [www.active.com](http://www.active.com)

or

### Mail form & entry fee to:

Dechelle Merritt / RSA Tower Suite 710  
201 Monroe Street / Montgomery, AL 36104  
For more information call (334) 206-5669



### RELEASE TO COMPLY WITH GCC S 12-5-27 (a)

#### STATE OF ALABAMA

For the sole consideration of being allowed to participate in the Women's Health 5K Run & 1 Mile Mother-Daughter Walk in Birmingham, Alabama, the undersigned hereby release the City of Birmingham, the Alabama Department of Public Health, St. Vincent's Health System, volunteers, sponsors, its agents, servants and employees from any and all claims, demands, damages, actions, causes of action or suits of any kind or nature whatsoever, and particularly on account of all injuries, known and unknown, both to person and property, which may result or may in the future develop from the Women's Health 5K Run & 1 Mile Mother-Daughter Walk on or about the 9th of May, 2009, at or near Birmingham, Alabama.

The undersigned hereby declares that the terms of this settlement have been completely read and are fully understood and voluntarily accepted for purpose of making a full and final compromise, adjustment and settlement of any and all claims, disputed or otherwise, on account of the injuries and damages above mentioned, and for the express purpose of precluding forever any further or additional claims arising out of the aforesaid event.

Participant \_\_\_\_\_

Guardian \_\_\_\_\_

Witness \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Age as of May 9, 2009

☐ Male

☐ Female

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

T-shirt Size

S

M

L

XL

Amount Paid \_\_\_\_\_

Date \_\_\_\_\_

Check one ☐ 5K Run

☐ 1 mile Walk




**"ON THE MOVE  
TO IMPROVE  
WOMEN'S HEALTH"**



OFFICE OF  
WOMEN'S HEALTH  
ALABAMA DEPARTMENT  
OF PUBLIC HEALTH

[www.alabamahhealthywomen.com](http://www.alabamahhealthywomen.com)

	<p>The Birmingham Track Club presents  <b>The Birmingham Track Club</b>  <b>2009 Track and Field Classic</b>          Saturday, June 6, 2009          Hoover High School          Hoover, Alabama</p>	
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<p><b>Entry Fees:</b> \$15.00 first event, \$5.00 each additional, \$20/relay. Pre-Register by: <b>June 1, 2009.</b></p>	<p><b>Directions:</b> I-65, Take I-459 South to Tuscaloosa. Take AL-150 (exit 10-Hoover Met Stadium), Turn Left off Exit Ramp, Right on Stadium Trace Pkwy, Left on Learning Lane, Left on Buccaneer Dr.</p>																																																												
<p><b>Age Divisions:</b> Open and Masters (Age 30+), M&amp;F  <b>On-Line Registration:</b> <a href="http://www.active.com">www.active.com</a> event #1721240</p> <p><b>Information:</b> <a href="mailto:newlafr@yahoo.com">newlafr@yahoo.com</a>  <b>Web Site:</b> <a href="http://www.btcclassic.com">www.btcclassic.com</a>  <b>USATF Membership required.</b> Membership forms will be available day of race. You may obtain membership application at <a href="http://www.usatf.org">www.usatf.org</a>.</p>	<p><b>Awards:</b> Medals to top 3 finishers in each age group.  <b>\$100-1<sup>st</sup> Place:</b> KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m)  <b>\$100-1<sup>st</sup> Place:</b> Phil Mulkey Mini-decathlon (Enter as many decathlon events as you want. We will score and age-grade your top five performances.)  <b>Team Competition:</b> Winner based on top 3 age graded performances: 5,3,1 points. Winning Team will receive Bill McClure Award.</p>																																																												
<p><b>Track Events:</b> 50m, 100m, 200m, 400m, 800m, 1500m, 5K, 80H, 100H, 110H, 300H, 400H, 4x400Relay</p>	<p><b>Field Events:</b> HJ, LJ, TJ, PV, Shot, Discus, Javelin, Hammer</p>																																																												
<p>Schedule of <b>Running</b> Events: (To Be Determined)</p> <table border="1" style="width: 100%;"> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </table>													<p>Schedule of <b>Field</b> Events: (approximate):  <b>Implementation Certification:</b> Booth opens at 7:00am Central.  <b>Triple Jump:</b> 8:00-11:00am, report to venue when ready to compete.</p> <table border="1" style="width: 100%;"> <thead> <tr> <th>Time</th> <th>HJ</th> <th>PV</th> <th>LJ</th> <th>Shot</th> <th>Discus</th> <th>Javelin</th> <th>Hammer</th> </tr> </thead> <tbody> <tr> <td>8:00</td> <td>open-m45</td> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td>9:00</td> <td>W,M70+</td> <td>WM70+</td> <td>M50-60</td> <td>M50-65</td> <td>Open-M45</td> <td> </td> <td>All ages M&amp;W</td> </tr> <tr> <td>10:30</td> <td>M50-65</td> <td>M50-65</td> <td>Open-M45</td> <td>W,M70+</td> <td>Women-M70+</td> <td> </td> <td> </td> </tr> <tr> <td>Noon</td> <td> </td> <td>Open-M45</td> <td>W,M70+</td> <td>Open-M45</td> <td>M50-65</td> <td>Open-M45</td> <td> </td> </tr> <tr> <td>1:30</td> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> <td>W,M70+</td> <td> </td> </tr> </tbody> </table>	Time	HJ	PV	LJ	Shot	Discus	Javelin	Hammer	8:00	open-m45							9:00	W,M70+	WM70+	M50-60	M50-65	Open-M45		All ages M&W	10:30	M50-65	M50-65	Open-M45	W,M70+	Women-M70+			Noon		Open-M45	W,M70+	Open-M45	M50-65	Open-M45		1:30						W,M70+	
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Send Completed form and entry fee to: **BTC Classic, Frank Newland, 234 King Arthur Pl, Alabaster AL 35007**

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ USATF# \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_ Shirt Size: S M L XL

	Events	Entry Fees:	Cost:
1		First Event: \$15.00	\$
2		2 <sup>nd</sup> +Events x \$ 5.00	\$
3		Relays x \$20.00	\$
4			\$
5			\$
6		T-Shirts x \$10.00	\$
	<b>Make Check Payable to: BTC Classic</b>	<b>Total Due:</b>	\$
	Remit completed application to: BTC Classic Frank Newland 234 King Arthur Pl Alabaster, AL 35007		

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2009 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns, hereby release and discharge any and all claims against the BTC, Hoover High School, USATF, and the Knights of Columbus, agents or representatives arising from my participation in the 2009 BTC Track and Field Classic.

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



# The View from the BACK OF THE PACK

– By Michele Parr

Hindsight, they say, is 20/20. And lately I've been looking back at my last two races, the Rumpshaker 5K and the Talladega 21000, trying to get that clear focus.

In retrospect this back of the pack runner probably should have given a little more thought to signing up for a race called Rumpshaker. What was I thinking? Clearly I hadn't focused on what it would be like to run at the back in a race devoted to, well, rears. It was hard to run behind people in that race without thinking about that.

What would you expect for participation in an inaugural 5K? After all, there are plenty of them around the area from March to October. I heard they were hoping for 250 registrants. They passed that by over 1000. With no hope to park that many cars in Crestline, this new race secured parking a mile away at the JCC and arranged for shuttle bus service between there and the start/finish. Success wasn't going to kill this race. Neither was the weather. With the threat of severe storms, the police were all for calling off the race, but race director Amanda Vandegrift insisted they wait and see. Sure enough, the bad weather passed and the racers raced without getting washed out.

Rumpshaker was a big time team event. I haven't done the math to see if there were more team runners than independents, but my glance at the results leans toward teams. The names were creative: 'Rrhoid Rage, Princeton Go-Lytes, The Money-makers, The Crack Ups, Asphalt Pounders. My favorites had to be Buns of Steel for having the good humor to put Vulcan on their shirts and Running Rumps for wearing hospital gowns with clearly displayed fake bare bottoms. Imagine running behind them for a few miles!

A funny thing happened to this slow girl on the way to the finish line. Sure, lots of people ran past me in the first mile because I ended up way too far toward the front when the gun sounded, and the winners, as usual, finished before I passed the finish line at the midway point on the outbound side of the figure-eight course, but along the way I found myself passing people. At the end of the run at the end of the day, I ended up finishing ninth in my age group. A top 10 finish just doesn't happen for me unless it overlaps with the bottom 10. Even more amazing to me was the discovery that

I was 294th overall in a race with 702 finishers, hardly the back of the pack for this race.

The Talladega 21000 for me was as lonely as Rumpshaker was crowded. Over 700 runners make for a crowded 5K. Cut the number in half and quadruple the distance, and the very fast and the very slow get lots of quality time alone. This race provided a grand tour of the Super Speedway. We ran on the track, above the track, outside the track, through the grandstands, through the tunnel to the infield, and around the infield before finishing at the real finish line. The post-race party took place in one of the garages, complete with racing slick tires piled in the corner. I've heard that the winners had pictures made in victory lane. Since I was still running through the grandstands then, once again at the midway point when the winners finished, I can't say for sure.

Both of these inaugural races did what new races have to do to draw a crowd. Each had a hook, one in a race name and the other in venue and both supported worthy causes. Each was well-organized, well-executed, and well-attended. For me the eeriest similarity came when I checked the Talladega race results. In a weird bit of cosmic reality, I finished ninth in my age group and 294th overall. Whoa! The beauty of Talladega, though, is that 294th out of 324 finishers put me right back in the back, a place that feels a lot like home. •

*micheleparr@mindspring.com*



## Get involved in the BTC!

Looking for a way to be more involved and give back to the BTC without making an enormous commitment of time? While volunteering to help at a weekend road race of one's choice is extremely valuable to the race director, another option to consider is joining one the Birmingham Track Club's committees. The following are recruiting new members:

### NEW RUNNER'S SOCIETY

**Chair:** Meredith Farrell

*meredith@themortgagecenterinc.com*

The New Runner's Society welcomes new runners into the track club, attends regular runs, introduces them to other runners in their pace, and shows them regular running routes. Several individuals that normally attend the different runs every week are needed to be "run captains" so that the committee is represented at every single run.

### SOCIAL

**Chair:** Micki Haralson

*mickiharalson@gmail.com*

The social committee is designed to bring more fun into our running community by scheduling events that bring the members together for fellowship and camaraderie. We plan monthly group runs with activities afterwards every month of the year. Approximately once a quarter, this committee also plans a non-running event and the tentative events scheduled for this year are the Spring Potluck Social at the Trak Shak, a bus trip to see a Braves game this summer, bowling in the fall, then the annual party next January.

### MERCHANDISE

**Chair:** Johnaca Kelley

*btcpres09@gmail.com*

Loading and unloading, setting up booth or tent, selling, creative design ideas or art for printing... all of these abilities are welcomed on the merchandise committee. Merchandise will be present at one weekend race and one week-day social monthly, minimum, through the running season and most of the year 2009. Having a full committee makes these things happen, 1-3 people cannot do it all. So please join us.

### MEMBERSHIP

**Chair:** Judy Loo

*judy.loo@healthsouth.com*

The membership committee maintains the BTC's membership list and actively recruits new members at races, other running events, and social events. Charismatic personalities, bubbly-friendly nature and/or computer database skills nice to have for this service.

# Race/Event Calendar (May thru June 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 )

## MAY 2

### Casey's Cause Run 5K & 1 Mile FR

– Trussville, AL, 8:00AM

In park across from Trussville Chamber of Commerce and Trussville Middle School.

Info: Kari Self (966-6635) USATF CERTIFIED COURSE. Register online at active.com.

### Senior Cup 5K/1 Mile

– Decatur, AL, 8:00 a.m.

**Info:** Daniel Fanning (256-303-1046)

### Run for Valley Haven School 5K

– Valley, AL, 8:15 a.m.

**Info:** Tony Edmondson (334-756-2868)

## MAY 4

### Quattro de Mayo Run (club social)

Pablo's at The Colonnade, Hwy. 280 right off I-459. 4 mile run at 6 p.m., then back to Pablo's.

**Email:** mickiharalson@gmail.com

## MAY 9

### Laranda Nichols Memorial Run For Hope 5K

– Guntersville, AL

**Info:** Gina McCoy (256-582-1015)

### Gurley Library Challenge 5K & 1 Mile Fun Run

– Gurely, AL, 8:00 a.m.

**Info:** Sharon Cissell (256-7769)

### The First Annual Women's Health 5K Run

– Birmingham, AL, 8:00 a.m.

Underwood Park on St.Vincent's Drive. US-TATF CERTIFIED COURSE (Jingle Bell course). Register on Active.com.

**Info:** (334-206-5669) Dechelle Merritt/RSA Tower Suite 710, 201 Monroe St., Montgomery, AL 36104

### 2009 Race Without Limits 8k & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.

Veterans Park at Spain Park High School. Register on Active.com (event #1700799)

**Email:** whitts-end@charter.net

## MAY 10

### BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.

Contact Brent Cotton for location.

**Info:** (205) 447-9223

## MAY 12

### Community Speed Work

– Colonial Bank parking lot, 6:00 p.m.

Contact Danny for more info. *No fee.*

**Email:** danny@rununiversity.com

## MAY 13

### BTC Town Hall Meeting & Food Drive

– Trak Shak in Homewood,

Meeting at 6:30 p.m., Food Drive 3-7 p.m.

See page 8 for complete info.

**Info:** btcpres09@gmail.com

## MAY 16

### ZOO Run 5K and (4) Children's Runs

– Birmingham, AL, 7:30 a.m.

Birmingham Zoo. Register on active.com ONLY

**Info:** Katie Dever and Patti Frazier (879-0409)

**Email:** aazki@birminghamzoo.com

### Jesse Owens Memorial 10K, 2 Mile & 1 Mile

– Moulton, AL, 8:00 a.m.

**Info:** DeWayne Key (256-974-0176)

**Email:** ace1key@aol.com

### Butterflies and Bridges Run 4 Mile/2 Mile

– Selma, AL, 7:00 a.m.

**Info:** Bill Potter (334-875-0409)

**Email:** Bpotter4u@aol.com

### Freedom Run 6K

– Chickasaw, AL, 8:00 a.m.

**Info:** George Givens (251-666-5566)

## MAY 18

### Community Speed Work

– 6:00 p.m., contact Danny for more info. and location. *No fee.*

**Email:** danny@rununiversity.com

## MAY 24

### XTERRA @ Oak Mountain – 21K/10K/5K Trail Runs

– Pelham, AL, 7:00 a.m.

## MAY 25

### Mercedes-Benz Cotton Row Run 10K/5K & 1 Mile Kid's Run

– Huntsville, AL

Register on Active.com

**Info:** 256-650-7063

**Web:** www.huntsvilletrackclub.org

## MAY 26

### Community Speed Work

– 6:00 p.m., contact Danny for more info. and location. *No fee.*

**Email:** danny@rununiversity.com

## MAY 30

### Vestavia Fireman's 5K for MDA

– Birmingham, AL, 8:00 a.m.

Liberty Park Vestavia Elementary School, 17051 Liberty Pkwy.

**Info:** Scott Phillips (529-5240)

### Senior Citizens Center 5K Run/Walk

– Mobile, AL, 8:00 a.m.

**Info:** (251-401-8039)

## JUNE 6

### BTC Classic Track & Field Meet

– Birmingham, AL, 7:00 a.m.

Hoover High School

**Info:** Frank Newland (205-621-9912)

**Web:** www.btcclassic.com

## JUNE 13

### Big Brothers Big Sisters 5K

– Birmingham, AL, 6:00 p.m.

Veterans Park on Valleydale Rd.

### Alabama A&M Road Race 10K

– Harvest, AL, 7:30 a.m.

A&M University Old Gym

**Info:** Mike Green

## JUNE 14

### BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.

Contact Brent Cotton for location.

**Info:** (205) 447-9223

## JUNE 16

### (Club social in Fultondale)

Will highlight area for Sammy's Stampede 5K.

*More info. to come.*

**Email:** mickiharalson@gmail.com

## JUNE 20

### Stampede Run 5K

– Fultondale, AL, 8:00 a.m.

Walker Chapel Baptist Church on 1525 Briscoe St. USATF CERTIFIED COURSE. This is the race that has 3,036 door prizes for those who stay around.

**Info:** 585-6066 or 849-5740.

## JUNE 27

### Helen Keller Festival 5 Mile

– Tuscumbia, AL, 8:00 a.m.

**Info:** Joy Harbin, 212 W. Queensbury Ln., Florence, AL 35630.

## MAY WEEKLY GROUP RUNS

**Info:** newrunners@birminghamtrackclub.com

### MONDAYS

**5:45 p.m.** – Independent Presbyterian Church, 3, 4.5, and 6 mile routes.

### TUESDAYS

**5:30 a.m.** – Mtn Brook YMCA, 5 mile hill run or sunrise run.

**6:00 p.m.** – Brookwood end of Lakeshore trail.

### WEDNESDAYS

**5:30 p.m.** – Trak Shak in Homewood

### THURSDAYS

**5:45 a.m.** – Corner of 18th and University (across from UAB gym), 4.5 and 6 mile routes.

### FUTURE (local only)

07-04 – Peavine Falls Run

08-08 – Shake & Bake 5K

09-12 – Paws for the Cause Society 5K

09-19 – ERA Oxford Realty 8K

09-26 – Are U Able 5K09-26 – Are U Able 5K

10-03 – Hueytown 5K/10K

10-24 – Run From Domestic Violence 8K

10-31 – Maple Leaf Run



# RACE NOTES

– Submitted by Rick Melanson, Road Race Chairman

First and foremost I want to apologize to all of the runners who hung around for the finish results after the RUMPSHAKER 5K and the RUN TO THE CROSS 5K. It's bad enough to sit for 2 hrs., but there are runners who did that both weekends. The main problem at the RUMPSHAKER was that no one was prepared for that many runners and we just had communication problems with the race numbers and registration. Some of the registration people had to go the school class rooms to "make" race numbers to pin on the runners. I knew that I could eventually figure the results out but it took me almost 2 days to reconstruct the race. The 2nd race was the RACE TO THE CROSS 5K where I just simply had computer problems. Again I knew that I would eventually be able to come up with the results but it was after 3 hrs at home with out any distractions. It is hard enough to come up with results "fast and accurate" on race day, but there always seems to be runners who come over 10 minutes after the race saying that they have to be somewhere and really need to know how they did! (I tell them that they did fine). Plus, it always seems to be someone who had never once in their life offered to help with a race. I will try to do better in the future and I appreciate your patience.

## FITNESS IN MOTION



FITNESS IN MOTION over-all winners Daniel Ellis and Deanna Frank.

The 3rd Annual FITNESS IN MOTION on March 21st dropped the 10 Mile Relay feature they had the previous years and now offer a 5K out and back on West Lakeshore Dr. They had more people there this year than any of the other runnings, so I guess they did the right thing by dropping the 10 Mile Run. The out and back on Lakeshore Drive sure makes for a simple course. The overall Male and overall Female still received \$250 for winning, just like the years before. **Daniel Ellis** was first in 17:24, **David Aarons** was 2nd male in 19:14 and **Tim Bush** was 3rd in 19:41. The 1st Female and 2nd overall was **Deanna Frank** in 18:51, 2nd was **Jane Skov** in 24:16 and **Ivey McLain** was 3rd in 28:39. There were 37 runners in all. One would wonder if more people would show up if they had age group awards.



A group of runners finish the first-ever RUMPSHAKER 5K.

## RUMPSHAKER 5K

The RUMPSHAKER 5K had nearly 1,700 people signed up in their first year's event on March 28th! This has to be a record for a first time run anywhere in AL. The number of Teams they had was a mind boggling 81 in all! Only the top 4 were scored, but some teams had 28 people on their team. Some of the teams were really creative in their teams – Team ButtOX, RROID Rage, Team Flatulators, Assphalt Pounders, Rearenders, We got the runs for running, Mom's gone wild, Crack up, etc. The 1st 3 runners were directed off course by a policeman on Dexter Ave. They ran about 20 seconds short which did not affect the outcome anyway since the 4th runner was 1:33 behind. The winner was **Scott Strand** and **Daniel Ellis** crossing the finish line together in 15:02, 3rd was **David Humon** in 15:26. The 1st Female was **Mary Jo Schmaltz** in 19:26, **Lori Goldwebber** was 2nd in 19:57 and **Julie Croushorn** in 20:26. Scott was the 1st Master and Mary Jo was the 1st Female. 702 runners finished in all.

**RACE NOTES** <continued on Page 14>

**RACE NOTES** <continued from Page 13>**HIGH COUNTRY 5K**

The HIGH COUNTRY 5K got a reprieve from the HOOVER CITY HALL by letting them run their course on the roads in Hoover after just announcing that this would not be possible. The weather was great and people really enjoyed the free spaghetti dinner the night before and the pancake and sausage breakfast after the run. Also, as an extra bonus, they had Jeff Galloway there to conduct a mini course on his unique Marathon training involving run/walk techniques for finishing a marathon "Feeling good". I don't think I ever felt good finishing a Marathon! His class was sold out. The winner in the race was **Scott Strand** in 16:58, 2nd was **Michael Marquardt** in 18:02 and 3rd was **Joey Bole** in 20:07. The 1st Female was **Thersa Burst** in 22:23, 2nd was **Lisa McCormick** in 23:23 and **Kristin Mathis** was 3rd in 23:23. The 1st Master was Scott and the 1st Female Master was Theresa.



BTC member Regina Dies with Jeff Galloway at the HIGH COUNTRY 5K.

**RUN TO THE CROSS 5K**

The RUN TO THE CROSS 5K was held on April 11th on a day that started out cool and got colder as the day progressed. The Church has a day long carnival with live music, rides for the kids, food, etc. Course loops around Spain Park High School twice. The awards ceremony is inside out of the weather (although there were no awards) this year. The winner was **Drake Ott** in 17:22, 2nd was **Michael Marquardt** in 17:42 and 3rd was **Eric Sullivan** in 17:57. The 1st Female was **Erica Braswell** in 18:54, 2nd was **Jane Skov** in 22:58 and 3rd was **Georgia Izard** in 23:41. The 1st Master was Eric and the 1st Master Female was **Ann Hemley** in 24:57. 258 runners finished in all.

## 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)



# Ellis Porch State Farm STATUE 2 STATUE

## 2009 RACE REPORT



– Michele Parr

The 19th annual Statue to Statue road race, affectionately known as “The South’s Toughest 15K,” had another great run this year. With perfect racing weather on their side, the runners took to the streets of Birmingham and Mountain Brook, making their way from the shadow of Vulcan to the home of Lady Liberty at Liberty Park.

Kyle Shepherd smoked the course, finishing in 57:53, over a minute ahead of second place runner Jeff Clark, who finished just 15 seconds behind his race-winning time of 2008. First female

was Emily Hardin, who finished fourth overall in just over an hour. The youngest runner, 10-year-old Jase Bell, finished the course in 1:08:31, the 21st runner to cross the finish.

The post-race party featured Golden Rule Barbecue and a quickly-drained keg of beer. Cries of “water, Gatorade, downhill run, beer in a mile and a half” by the volunteers at the final aid station clearly paid off.

A total of 339 runners finished the race.

[micheleparr@mindspring.com](mailto:micheleparr@mindspring.com)



Kyle Shepherd was the overall winner of the 2009 Ellis Porch STATUE 2 STATUE 15K.



Jeff Clark was the 2nd Male Finisher of the 2009 Ellis Porch STATUE 2 STATUE 15K.



Over-all winners Emily Hardins and Kyle Shepherd with the RRCA Championship banner after the race..

PHOTOS COURTESY OF JOHNACA KELLEY & MICHELE PARR

# RUNNING TIDBITS

– Compiled by Tim O'Brien

## RUNNING QUOTES

*"It's at the borders of pain and suffering that the men are separated from the boys."*

— **Emil Zatopek**

*"Believe in yourself, know yourself, deny yourself, and be humble."*

— **John Treacy's four principles of training prior to Los Angeles 84**

*"Mind is everything: muscle - pieces of rubber. All that I am, I am because of my mind."*

— **Paavo Nurmi**

*"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired...You've always got to make the mind take over and keep going."*

— **George S. Patton, U.S. Army General and 1912 Olympian**

## DID YOU KNOW?

### TIPS for running with Dogs...

- Check with your vet to make sure your dog is good to go
- Feed your dog high nutrition food, after a run- not before
- Carry extra water- dogs dehydrate sooner than we do
- Train your dog to run beside you, not out in front
- Try to avoid pavement- it can retain more heat and damage your dogs pads
- Never run with your dog in the heat of the day
- After a run always check their paws for damage or blisters
- Keep their nails clipped
- Be willing to cut your run short if your dog seems tired or over exerted (dailyruns.com)

### TIPS for running with Cats...

- Ha! If you know of any, please e-mail me at [timoalabama@aol.com](mailto:timoalabama@aol.com) and know that you are likely to become very famous if you have a cat that lets you take it on a run with you!

## MARK IT ON YOUR CALENDAR

**September 18th, 2009, is RRCA National Run@Work day!**

RRCA members and individuals across the country host community based events that encourage people to incorporate at least thirty-five minutes of walking or running into their daily lives. For more information contact go here: <http://www.rrca.org/programs/runatwork/>

## 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)**



# 2009 Antarctica Marathon

– By Gary Morgan

Going to Antarctica was a real adventure. It was beyond my wildest dreams. It started out in Buenos Aires, Argentina as the gathering point for everyone on the marathon tour group. We all flew to Ushuaia, Argentina, the southernmost city in the world and then boarded a former Russian spy ship that had been converted to an expedition ship. The crew was Russian so I don't know if they are still spying now. We went across the Drake Passage which is where the Pacific and Atlantic oceans meet. A rough body of water to navigate, it was an 800 mile journey to King George Island just off the tip of the Antarctica Peninsula. Penguins and seals were there to greet us. This was our marathon spot. There are four scientific bases there, a Russian, Chinese, Chilean, and Uruguayan. We would run through these four bases, plus a quick run up and down the Glacier on the island. The night before the race we get details of the race route. It's a 13 mile loop that we would run twice for the marathon.

Morning comes and we take the zodiac boats over to the island and do our pre-race warm ups in balmy 37 degree weather by Antarctica standards. The gun goes off and my marathon adventure race starts. It's a hilly, rocky, muddy, course with a glacier to run up through, all that scenery was awesome. The ship in the bay, penguins clapping for us and base personnel cheering us on. It was a special feeling being there. The first loop on the course wasn't to bad, but running it a second time wore me out. It really hurt, running up that glacier a second time. At 20 miles the wind picked up a little and I was bonking. It was a long 10k at the end. At the 23 mile mark, I got a coke from the Chinese and that really helped me to finish. When I crossed that finish line I thought I was



going to die but I recovered 15 minutes later. My time was 4:03, 10th overall and 3rd in my age group. It was a real thrill to be there and do something like that in such a remote place. It felt good.

Everyone finished and re-boarded the ship. We started the rest of our journey on the Antarctica Peninsula. We saw whales, seals, penguins, lots of them along with the magnificent blue icebergs. We rode on zodiac boats all through the ice floes as humpback whales would appear. It was fantastic. Seals would be resting on the small icebergs. It was awe inspiring beauty for 5 days as we cruised up and down the peninsula. It would be so white on all the mountains from the snow and ice that

it was blinding when the sun came out. I'll never forget that scenery.

The ship headed back to Argentina through the Drake Passage. It was a rougher trip coming back as the waves made it a rock-n-roll ship. Very high waves even by Drake passage standards. We got back to Ushuaia two days later, and then headed back to Buenos Aires where everyone headed there separate ways. I went to Igauza Falls in Northern Argentina. They were absolutely spectacular. What a great way to end my trip. It truly was an adventure of a lifetime that I'll have great memories for years to come. •

Email Gary at [morgansden@yahoo.com](mailto:morgansden@yahoo.com)



# Double Trouble

For this month's Double Trouble, I volunteered a couple of "Mad Men" not the advertising kind but the running kind. Enjoy!

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

– Tim Roberts (Tim71@charter.net)

## Jason Murray

Age: 28

Status: Single

Hometown:  
Birmingham, Alabama



## Adam Martz

Age: 25

Status: In a relationship

Hometown:  
Birmingham, Alabama

1. **Last movie you liked so much, you watched it twice?** Wedding Crashers. That movie cracks me up every time I watch it.
2. **Name one guilty pleasure?** Cookies and cream milkshakes from Chic Fil A.
3. **Favorite place on earth?** Adam told me to say Bryant Denny stadium (Roll Tide!) but I would have to probably say any secluded golf course on a bright sunny day. I love to play!
4. **Worst place on earth?** I love my job, but the worst place on earth is being stuck inside behind a computer on a bright sunny day in the middle of summer.
5. **One item you would want with you on a desert island?** I love the show "Lost" and have wondered what I would like to have with me should I ever get stuck on an island.
6. **Most interesting person you've ever met?** Well the most interesting person I've met recently was Art Laffer. He was the economic advisor for Ronald Reagan in the 80's and is about as far right as you could possibly be. Extremely controversial but incredibly entertaining. We had him speak at a recent conference and several people got up and walked out in the middle of his talk!
7. **Coolest trophy or prize you ever won?** Most definitely the infamous "Belt". If you haven't heard about the belt, it's quite a coveted prize among a few fellow BTC'rs. Back in the fall, Geoff Gottlieb bought a plastic wrestling belt from Toys R Us and every week we would decide who earned the belt based on how well they ran.
8. **Favorite TV show?** See #5
9. **Favorite fast-food joint?** If I want something just really bad for me, I go to Krystals (with cheese of course!)
10. **Who would play you in a movie?** Matthew Broderick in Ferris Beuller.
11. **Something unique about the town you grew up in?** Well I lived in Alabaster throughout high school, and if you've been to Alabaster, you'll know what I'm talking about when I say it's pretty boring. J. Maybe I'm wrong too, but there's not a lot of great places to run either!
12. **If you could play an instrument, what would it be?** I actually play (or used to) the Clarinet and Tenor Sax but I would love to know how to play the piano.
13. **Scariest thing that ever happened to you?** Not necessarily to me, but a few years ago my Brother and Grandmother were in a terrible car accident when they got blindsided by a cement truck. They ultimately were ok, but my grandmother was in serious condition and in the hospital for several weeks.
14. **Favorite book?** Unfortunately I don't get to do a lot of pleasure reading, but I love the Dale Carnegie book "How to Make friends and influence people."
15. **Favorite meal?** Either some chicken alfredo or a homemade red sauce with beef (and pasta).
16. **Why do you run?** I stay extremely busy during the week with work and other things, so it's kind of my get-away. Great for clearing the cobwebs from my head. The second reason is definitely social. The friends I've made running are something I truly treasure.
17. **When did you start?** I started in December 2006. For whatever reason, I decided the Mercedes half would be my first ever race. I trained for about 2 months, ran it and almost got a stress fracture in my left foot! After having problems after that, I was led to the BTC running community and finally was able to get the proper gear to keep me from getting hurt!
18. **What's your biggest running accomplishment?** Adam and I trained for a Boston qualifier back in the fall (Rocket City Marathon) and ended up sputtering at around mile 21. To make it that far at a 7:15 pace still blows my mind given where I was two years ago. We finished at around 3:23, which was a 17 minute PR for me.
19. **Favorite BTC story?** That would probably be related to BTC Karaoke night a year ago at Starz. When you mix alcohol, singing on a stage and runners, you get a hilarious night. People that you never would expect to sing on a stage just get up there and bellow it out.
20. **Words to live by or favorite running mantra?** Find the good in whatever circumstances come your way. Don't waste your life wishing for what you don't have. Embrace what's around you.

1. **Last movie you liked so much, you watched it twice?** Can't remember, probably some comedy or action movie.
2. **Name one guilty pleasure?** Either Red Velvet or Carrot Cake.
3. **Favorite place on earth?** Haven't found one yet, any place with family and friends will work.
4. **Worst place on earth?** Being sick on a 24-hour plane ride back from South Africa.
5. **One item you would want with you on a desert island?** Some sort of tool, a knife or hatchet, that way I could make anything I needed.
6. **Most interesting person you've ever met?** I don't think I can narrow that down to just one. Everyone has something interesting about them. I haven't met any one person who stands out above the rest.
7. **Coolest trophy or prize you ever won?** "The Belt" during Huntsville Marathon training
8. **Favorite TV show?** Deadliest Catch and House.
9. **Favorite fast-food joint?** Wendy's
10. **Who would play you in a movie?** Matt Damon, although I have been told I look like Brett Farve!
11. **Something unique about the town you grew up in?** It's Birmingham, not too much unique here except Vulcan's "Full Moon."
12. **If you could play an instrument, what would it be?** I've always wanted to play the guitar.
13. **Scariest thing that ever happened to you?** I almost drowned once that was pretty scary.
14. **Favorite book?** The Bible and Beyond Band of Brothers: The War Memoirs of Major Dick Winters
15. **Favorite meal?** Lasagna, salad, and this chocolate cake my Grandmother makes!
16. **Why do you run?** It started with running in Honor of my Mom at ING Atlanta. After that the great people in Birmingham's running community had me hooked on running.
17. **When did you start?** December 2007 in preparation for ING Atlanta Marathon. Thanks Amanda.
18. **What's your biggest running accomplishment?** I would have to say finishing my first marathon. I used to think it was crazy people wanting to run that far, now I can't imagine not running.
19. **Favorite BTC story?** That's a hard one, I can't think of any particular story, just about the great times that are had at all BTC events.
20. **Words to live by or favorite running mantra?** For Running: "No Pain"; For Life: "Believe in yourself, Trust God, Accomplish anything."





# BTC MILEAGE LOG



		MONTH	
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31			
	GOAL		
	TOTAL		

# Club Merchandise MAY Item Of The Month

# CLUB CAR TAG

**FREE BTC  
window  
decal with  
order!**

**\$4  
each**  
+ shipping\*



## VEHICLE TAG DETAILS:

- Plate size is 12 inches wide by 6 inches tall (standard size). Fits most all makes/models.
- Plate is thick white plastic with royal blue logo and print (as pictured)
- Limited quantity available so order while supplies last!
- Orders will be mailed regular post or UPS, depending on quantity ordered.



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

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

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

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

**Quantity    Item name**


\*Please add **\$1.75** shipping per plate.

**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)**

**More merch.at May 13th Town Hall and Zoo Run on 16th of May.**

Offer good till 5/30/09



# 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**  
membership@gmail.com

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

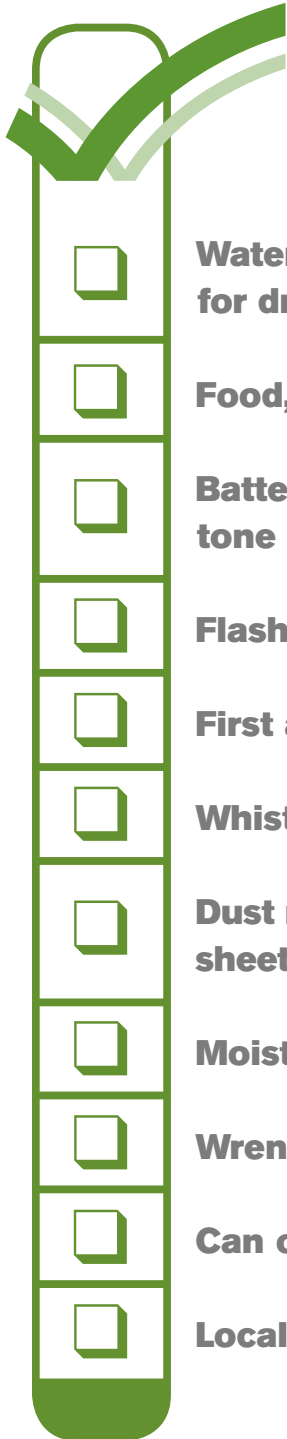
# PREPARE. PLAN. STAY INFORMED.

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