

BTC

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THE VULCAN RUNNER



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ISSUE 5



Shannon Talyor, David Armistead, Katie McGinley, Geoff Gottlieb, Christoph Berenotto, Joe Shaw, take part in a traditional Japanese drum performance. This was part of the ceremony welcoming the Birmingham runners to Maebashi by representatives of our sister city.

RUNNING JAPAN



Six local athletes travel to our 'sister city' to take part in the **Maebashi Marathon** in April

– By Geoff Gottlieb

There are a few opportunities that you get in your life that you just cannot pass up. For each of us this is different. Maybe it is marriage, or having children. Perhaps running that first marathon, or triathlon. Or maybe it's taking that dream job, or leaving the working world to pursue higher callings.

When I heard about the 2009 trip to Mae-

bashi, I immediately felt like this was one of those opportunities for me. I had talked to others who went on the trip, and listened to the experiences, and yet I had never been able to carve out the time. But this year was different. No Boston. No April race scheduled. The coast was clear. And I felt a huge draw toward the trip and a large passion to apply. So I did.

I was thus thrilled when I found out that I

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UPCOMING CLUB SOCIALS

CLUB SOCIAL

Tuesday, June 16th

Meet at Logan's Roadhouse at 6 p.m. in Fultondale, right off I-65 at the Walkers Chapel Road Exit. We'll run a 3-4 mile course, then back to Logan's for adult beverages and special appetizer pricing. This is a way to familiarize yourself with the area before Sammy's "The Stampede" on 6/20

For more info., contact Micki Haralson:
mickiharalson@gmail.com

BTC NEWEST MEMBERS

Those who joined during May 2009

- Michelle Willis**
- Chuck & Kari Self**
- Pelham Rowan**
- David & Rebecca Joyner**
- Evan Ray**
- Lynne Wilbanks**
- Bryan Meadows**
- Jennifer Sheilds**
- Angela Kessio**
- Sheila Akins**
- Katie Marchiony**
- Jeff Estes**
- Bob Apol**
- Kimberly Sherrod**
- Jim & Victoria Perry**
- Heather Letchman**

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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

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had been chosen to go, and to represent the city of Birmingham in the Maebashi Run. I really had no way of knowing then how wonderful the trip would be, and how many memories and wonderful times I would bring home with me.

My trip started on April 23, as I left Birmingham bound first for Dallas. Then, from there, I proceeded to cross the Pacific, or any Ocean for the first time. After a 17.5 hour trip, I landed at Narita International Airport in Tokyo, midafternoon on April 24. We flew completely in the daylight, and I landed the next day. So I can say that I never experienced the night of April 23, 2009. If anyone has fond memories of how that night went, please let me know! This was most definitely my weirdest ever travel experience, though it went very smoothly.

Once I landed, and made my way through customs (which is always the immediate culture shock of entering a foreign country) I found Joe Shaw, one of my fellow runners,

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Shannon Talyor, Katie McGinley, Joe Shaw and David Armistead await the race start during the opening ceremony.



Mayor Takagi Masao prepares to fire the starting gun on the 2009 Maebashi Run.

PHOTOS COURTESY OF GEOFF GOTTLIEB



Birmingham runners enjoy a traditional Japanese meal before the race.

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waiting in the airport terminal. He had already been in Tokyo for a day, and seeing a familiar face so quickly was good!

All of us but one met in the airport, and we boarded a bus. It turns out, though I know many runners, I hadn't previously met anyone on the trip, except perhaps in passing.

There was Joe Shaw, Katie McGinley,

Shannon Talyor (Not a typo!), David Armistead and me. Our 6th, Christoph, got a little mixed up on days and joined us the next morning. And of course there was Dario and Yamada, our hosts from the City of Maebashi.

Dario is an Italian who speaks Japanese and English. Turns out that Maebashi is a friendship city with two American cities and a city in Italy. Not a bad gig for an Italian who speaks Japanese and English

and thinks in Italian. (I asked). He was a great host, so great to us the entire time we were there. I was so spoiled that after I left I really wanted my own personal Dario everywhere I went after that!

And I can't forget Yamada. He only speaks Japanese, and was very quiet. I don't think he said 10 words to everyone the first 3 days we were there. He wasn't surly, he just didn't speak much English. But then we went to the karaoke bar! Within one hour, Yamada had let us in on the secret that he was a Flamenco Dancer, and then he sang every word of 'Yesterday' by the Beatles with me, in English. The Beatles bring us all together I suppose.

The first night in Maebashi consisted of a long bus ride from Tokyo, dinner, and the privilege of sitting in on an English class that about 35 people in Maebashi were taking. We felt pretty good being able to go in and speak English with them. Some of the conversations were very broken, and I know mine ended up rotating around Japanese baseball players, but nonetheless the experience was very special and I am so glad we were able to make that.

Saturday morning we awoke, and met up with our last runner, Christoph. It was a busy day! First we went to a Buddhist Temple in Maebashi. This was an interesting experience for me. If anyone has read my writing before, or read my website, you know that I am a Christian, and that I try to allow Christ to be the center of everything that I do in my life. So there was definitely a feeling of uneasiness as we entered the temple area.

I will definitely say this. The architecture of the buildings and the squares is amazing. We are so proficient at building bland shopping malls now that we have forgotten how to hand paint things for the most part. This was a breath of fresh air architecturally. And while I chose not to give any of the sacrifices or participate in any of the rituals, I was able to see the buildings and structures for the beauty that they displayed and the work and effort and skill put into them by the Japanese people.

We continued to see this as we traveled to a Kokeshi Doll Factory. The factory makes 70% of the Kokeshi dolls in Japan, and watching the dolls being produced was a very cool experience. Kokeshi dolls are traditional Japanese wooden dolls. You have probably seen them not realizing that is what they were called. This is also where Katie and Shannon were interviewed for the Maebashi newspaper and David and I were photographed, and the picture ended up in the newspaper.

After purchasing many dolls for those back home, we boarded the bus and headed to a traditional Japanese restaurant.



Accompanied by a team of hosts from Maebashi, the runners visited a Buddhist Temple in Maebashi.

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Stunning Architecture at one of the largest Buddhist Temples in Tokyo.

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I'm talking low table, take your shoes off, eat on your knees (or if you're a runner, sit indian style), and eat whatever is there. Ahhh the food. I honestly miss Japanese food badly now that I am home. I got pretty good with chopsticks (turns out you really can eat a plate of rice with them effectively) and I learned that whatever it is, pretty much just eat it. You may think this was risky. I say it was vacation!

Then it was time to actually think about the race. We met up with the race director, who gave us a bus tour of the course. We also received our shirts and programs and chips and numbers. I was so excited when I saw that most of my number was written in Japanese Kanji characters! I was already more concerned about framing them when I got home than running with them on, but I did wear them to race morning.

Then a short rest before the banquet. So this isn't just a trip where you go and experience Japan and run in a race and then head home. You are representing Birmingham, and you are valued guests of honor of the City of Maebashi. The banquet included amazing people, like Nakamura who was the chairman of the Maebashi Run-

ning Club, and Takahashi, the race director. And Tago-san, who is a master carpenter in Maebashi, which is a huge thing, and also came to Birmingham and built a tea house in Five Points that is just amazing. And there was Takagi Masao, the mayor of Maebashi. And this entire banquet was in our honor. We sat in special chairs up front. We drank sake made in Maebashi. We ate maybe the yummiest rice balls ever. We received the cheers of our hosts. And yes, we played Japanese drums. Loudly. The drummers put on a performance for us, and then at the end invited the whole group to come up. I have to say, we had a rhythmic group, those drums were sounding good!

Our Japanese hosts were so great, and so polite, and a joy to get to know. I gave gifts to Takahashi and Nakamura, Vulcan Run t-shirts, and they were so excited they literally started running around the room. I wish I were more excited about getting those types of gifts! They were such gracious hosts.

And then there was race morning. One thing I didn't mention about Saturday is that it rained. It rained all day. And when we woke up Sunday, it was raining. It

looked, honestly, like a soggy soaked run. But we got moving and got to the Green Dome and the start line around 7:30.

Our hosts had an Opening Ceremony, and we were again guests of honor, on the stage. We were treated with so much class by everyone involved from the City of Maebashi and from the marathon. I felt like a total superstar!

And then, like clockwork, as we sat under the tent, the clouds began to break and the sun began to peek out from behind the clouds. And then we could see the mountain ranges of central Japan. So majestic and so breathtaking! I was frozen in awe at the beauty of the mountain ranges.

Normally I am a pretty serious runner. On this day I packed a camera in my RaceReady shorts, and decided that it was going to be a race that I focused on enjoying, without thoughts for too much speed.

And then the gun went off and I started entirely too fast.

That momentum lasted about 6.5 miles, before I started to slow. I finished with a time of 1:49, which I was very happy with. But moreso, I was happy for Christoph,

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who ran a 1:32, and especially Shannon who set a nice, big PR. But that isn't what I will remember about the race.

I will remember being placed in the front as guests of honor among the elites, all of them looking at us with a slight disdain, because honestly we were totally in their way. It took literally seconds for us all to get swallowed by them! And I will remember the traditional dancers and drummers along the course, when I stopped to take pictures of them. And the cherry blossoms that were still fluttering by, and those that had fluttered to the street and turned it into something very picturesque and beautiful. And I will remember that we ate pork soup and drank a Japanese version of gatorade at the finish line. How many races do you have pork soup at the end of?

I will remember all these things more than the actual steps I ran. Oh and I will remember the finish line, where I got my results in approximately 3.7 seconds after I left the finish line area! The Japanese people as a whole are so precise, and this was just one example of that.

Once the race was over, we all went back to the hotel and ate Italian food for 2 hours. I think this was like a 7 course meal or something, we ate and ate and ate. Our hosts were indeed very very good to us.

Unfortunately the events of the day left my stomach a little weak, and I had to separate from the group for dinner and head back to my room to rest. But I know the dinner was a traditional Chinese meal. I did see some of it briefly, and would have loved to have eaten it, but the stomach wasn't having it.

But I am so glad I did save that energy up, because I had been begging Dario to take us to a Japanese karaoke bar, and he came through for us!

Karaoke is one thing I really wanted to do while there, and I'm so happy that our whole group got to go together. For those of you beer lovers, get this.. You could have singing and all you can drink for one hour, for about \$13. That's pretty tough to beat in the States. I know some folks in the Track Club who could probably have put this poor place out of business.

Then we awoke on Monday, and went to have coffee with the mayor. We exchanged gifts, and talked for a pretty good while. It was really a privilege to sit in the office and meet the mayor. It's not something I've ever really done in the States, but we were all so glad to meet the mayor behind the city we had seen and behind the great hosts we had experienced.

Then it was off from Maebashi to Tokyo for our last day together. Our hosts took us to the Tokyo Government Building,



A view of the Shinjuku district of downtown Tokyo, as seen from the City Government Building, 40 stories up.

where you could see the entire city, and as far as Mt. Fuji off in the distance. Tokyo really is an unbelievable city, so large, so many people, and yet such attention to detail. And the buildings are beautiful. I was able to purchase a book about the Architecture of Tokyo that lists information about many of them.

Our last stop was one of the largest temples in Tokyo. Beside it was a huge flea market, selling many traditional Japanese items, and some really touristy stuff too. Our group really had a great time with all the shopping.

And then, like that, the weekend was done. The others in the group flew out on Tuesday, while I had decided to stay in Tokyo until Friday. For me, as far as the memories go, the second half of my trip was just as wonderful as the first half. I made many friends in Tokyo, mostly Christian missionaries that I met there. There was Buddy Brents and his family who have lived in Tokyo for 14 years, preaching the gospel to the people there. And then there was the huge group of us from all different ministries and all different countries that came together at an orphanage to make it a special day for some little children. And I got to stand in one of the busiest intersections in the world with my new friend Brian, making friends and passing out Bibles among the youth of Japan, at the center of culture and fashion in Tokyo. I will never forget any of it.

I really pray that the relationship will continue between Maebashi and Birmingham, and that more of us will get to see what makes Japanese culture so unique. I

hope more people from Birmingham will get to experience Maebashi, to experience a people and a culture different from them, and that they will fall in love with the Japanese people as I did.

If you have thought of going in the past, and didn't apply, I say apply next year. If you didn't make it this year, clear out the schedule and apply next year. It's such a wonderful opportunity to see a new place and a new people first hand, with wonderful hosts who take amazing care of you, in a city where you get to be a superstar for about 3 days. I had never experienced anything like that before. I have been home for 2 weeks and I still really miss being there.

Don't be afraid. Don't be afraid of the food, it is good. Don't be afraid of the language barrier or of getting lost. You figure out your way around those things (Notice I didn't say you won't get lost.. especially if you travel Tokyo by yourself) But you figure out your way around it.

Go if you're able. Take in the sights. Take in the sounds. Get to know the people. Love your hosts. Make them take you to karaoke. Make Yamada flamenco dance again.

It was a wonderful opportunity that came at a wonderful time that I couldn't pass up. It was one of those. And I'm so happy that I took it. And I hope many of you will also get that opportunity in the future. I'll be cheering you on. Sayonara!! •

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

geoff.gottlieb@gmail.com



June BTC President's Message

– Johnaca Kelley

I would like to apologize for the BTC website / mass email / message forum / photo gallery issues we have been encountering in May. We are working to get everything corrected and improved. Also, I would like to announce that **we have a new webmaster** and host sponsor through **Chuck Self with NarrowGate Solutions**. His impressive homepage can be surfed at narrowgatesolutions.com so be sure and check it out. Chuck is also the new webmaster for Vulcan Run: www.vulcanrun.com. Chuck is very capable of getting these websites where we need them to be



New BTC webmaster **Chuck Self**.

for the further prosperity of the club and races. We look forward to working with him.

Speaking of races, I am also very sorry to the races that did not get their information out timely to our members via our newsletter, due to the website problems. We certainly did everything we could and even left the May newsletter open to the public in general for downloading from our home page, rather than password protecting it for member-only access like normal. We tried and we care! All the volunteers of the club certainly do what they can to keep the club running smoothly. But please understand that we are human and make mistakes. Also keep in mind that in addition to the countless hours we dedicate to the club, most of us also have jobs and families to take care of as well.

Speaking of volunteers, thanks to the runners that have signed up to start helping out with committees. We are putting in place a volunteer awards program so that you can get some freebies from the club as a thank you.

Our new Club Photographer is Duvergne Duffee and



New club photographer **Duvergne Duffee**, and his companion Ollie.

he is doing a fantastic job – many thanks! So if you see a guy taking pictures of you as you come across the finish line at a BTC race or as you stuff hotdogs down at a social event, that is probably Duvergne. Be sure to tell him “hello” and give him your name to put in the caption of your photo, which will be uploaded to the website and may even appear in our newsletter. If he looks at you odd and asks, “who is this Duvergne photographer person?”, RUN! ...That

may just be some weirdo. I'm just kidding! Duvergne is also an IT man that owns his own voice and data company, should you need to hire someone for those type services.

All sorts of great events are planned for June: BTC Classic Track & Field Meet on the 6th, Mini Track meet on the 14th, Social Group Run to highlight Sammy's Stampede 5K route on the 16th... and much more. But don't forget to go ahead and sign up for Vulcan Run in the Fall. The registration fee remains low, but continues to increase as we get closer to race day. You can register online with Active.com.

Lastly, Thank You to all the runners and helpers that came to our **Food Drive and Town Hall event on May 13th**. It was a HUGE success! (see Page 8 for photos) •

“It is good to rub and polish our brain against that of others.”
— Montaigne

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BTC Town Hall Meeting **SNAPSHOTS**

– Photos by Mark Baggett



On May 13th, the BTC held a **Town Hall Meeting** in front of the Homewood Trak Shak that incorporated a **United Way Food Drive**. Those who made a donation, with canned food or money, were able to enjoy a cookout provided by the club. **David Livingston** served up the dogs while **Treasurer Debbie Cleghorn** took up donations. **President Johnaca Kelley** and **Membership Chair Judy Loo** assisted runners with filling out membership applications, as well as purchasing merchandise under the club tent.



The Town Hall Meeting also served as the “official kickoff” for the **Vulcan Run 10K**, by offering a reduced race entry fee. Johnaca also gave runners a chance to voice their opinions on club activities.





May Coach's Corner

– Danny Haralson

Over the years I've worked with literally thousands of runners, both through the 'couch' running 101 programs and with others training for their various events from first marathons and half marathons through Boston qualifiers. In that time I've learned a lot about runners, their thoughts, ideas, pet peeves, and philosophies. This is not original stuff, more like my take on previously written lists. The Runner's Commandments included in 'the Gospel of Running According to Dan'.....In no particular order; I mean the 'big ones' the REAL Ten Commandments aren't in 'order'!

RUNNER'S COMMANDMENTS

1. Don't be a whiner. Nobody likes a whiner, not even other whiners.
2. Walking out the door is often the toughest part of a run.
3. Don't make running your life, make it part of your life.
4. During group runs, don't let anyone run alone.
5. Keep promises, especially ones made to yourself.
6. When doing group runs, START ON TIME, no matter who's missing.
7. All runners are equal; some are just faster than others.
8. If it was easy everybody would be a runner.
9. A 12 minute mile is just as far as a 6 minute mile.
10. When standing in starting lines, remind yourself how fortunate you are to be there.
11. Getting out of shape is much easier than getting into shape.
12. A bad day of running beats a good day at work
13. Don't always run alone.
14. Don't always run with others.
15. Approach running as if the quality of your life depended on it (it does).
16. Races aren't just for those who can run fast.
17. Speed is relative.
18. There are no short cuts to running excellence.
19. If you say "Let's run this race together" then you must stay with that person no matter how slow the pace.
20. Think twice before agreeing to run with someone during a race.
21. The best runs sometimes come on days when you didn't feel like running.
22. There is nothing boring about running; however there are boring people who run.
23. Never throw away the directions to your running watch.
24. Not all runs are equal with no rhyme or reason; some days you're the dog, some days you're the fire hydrant.
25. When given the choice, Be the Dog!
26. Without goals, training has no purpose
27. You can go for broke, but prepare to be broken.
28. Spend more time running on the roads than sitting on your couch.
29. Nobody on their death bed ever said, "I wish I had spent more time on the couch!"
30. You don't have to 'win' to be a winner.
31. Running is simple, don't make it complicated.
32. Running is always enjoyable; sometimes though the joy doesn't come until the end of the run.
33. Celebrate all achievements, no matter how great or small. •

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

BTC Classic offers glory for ages 30-up

– *The Birmingham News, (revised from 5/28/08)*

Have you been longing for the chance to relive your track and field glory, but have pretty much given up on being in the spotlight again?

Do you miss the roar of the crowd as you take the last turn and race to the finish line? Do you enjoy being surrounded by the sights and sounds of a real track meet but don't know where to find one, other than visiting a local high school meet? Have you ever wanted to compete against others in your age range in a sanctioned USATF (United States Track and Field) meet?

Well, your chance will happen **June 6th** at Hoover High School when the annual Birmingham Track Club Track & Field Classic begins, with booths opening at 7 a.m.

According to Executive Director Frank Newland, athletes come from all parts of the United States to participate in the event.

"The BTC Classic is a draw for many Alabamians, although distance is no barrier," said Newland, who has been executive director for the past six years. "I have contestants from Missouri, Tennessee and Mississippi. (In 2007), a gentleman from Minnesota came to the Classic."

"The BTC Classic has been part of the Birmingham athletic community for decades," according to Newland.

The BTC Classic is a track and field meet for masters-aged athletes (30 years and older) held in conjunction with a youth meet, headed by event director Mary Birdwell.

This is about as close to a real track meet as you'll find in the Birmingham area.

"There are avid masters track and field participants throughout the United States," Newland said. "Many major metropolitan cities host a track and field meet at least once a year. The purpose of the classic is to provide a venue for track and field enthusiasts to compete in quality sanctioned masters track and field meets."

Participants do not have to be a member of an organized team, nor do they have to be a member of the Birmingham Track Club.

Track events include 50, 100, 200, and 400 meter dashes, along with the 800, 1,500, 3,000 and 5,000 meter runs. Six different distances on hurdles will be run, along with traditional relay distances. Field events include the hammer and discus throws, the shot put, as well as the long, triple, and high jumps. The Pole vault and javelin throw will round out the events.

The entry fee for a first event is \$15.00 and each additional event costs \$5.00.

Newland encourages participants to bring their own food. "Of course, there are many commercial vendors in the vicinity too," he said. **For your convenience, there is a race application on following page of this issue. •**

For more information on the BTC Track & Field Classic on June 6 visit www.btcclassic.com online or contact Newland at newlafr@yahoo.com or call 205-621-9912.



	<p>The Birmingham Track Club presents The Birmingham Track Club 2009 Track and Field Classic Saturday, June 6, 2009 Hoover High School Hoover, Alabama</p>	
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<p>Entry Fees: \$15.00 first event, \$5.00 each additional, \$20/relay. Pre-Register by: June 1, 2009.</p> <p>Age Divisions: Open and Masters (Age 30+), M&F On-Line Registration: www.active.com event #1721240</p> <p>Information: newlafr@yahoo.com Web Site: www.btcclassic.com USATF Membership required. Membership forms will be available day of race. You may obtain membership application at www.usatf.org.</p>	<p>Directions: 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>Awards: Medals to top 3 finishers in each age group. \$100-1st Place: KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m) \$100-1st Place: Phil Mulkey Mini-decathlon (Enter as many decathlon events as you want. We will score and age-grade your top five performances.) Team Competition: Winner based on top 3 age graded performances: 5,3,1 points. Winning Team will receive Bill McClure Award.</p>																																																												
<p>Track Events: 50m, 100m, 200m, 400m, 800m, 1500m, 5K, 80H, 100H, 110H, 300H, 400H, 4x400Relay</p> <p>Schedule of Running Events: (To Be Determined)</p> <table border="1" style="width:100%; border-collapse: collapse;"> <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>Field Events: HJ, LJ, TJ, PV, Shot, Discus, Javelin, Hammer</p> <p>Schedule of Field Events: (approximate): Implementation Certification: Booth opens at 7:00am Central. Triple Jump: 8:00-11:00am, report to venue when ready to compete.</p> <table border="1" style="width:100%; border-collapse: collapse;"> <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&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 PI, 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 nd +Events x \$ 5.00	\$
3		Relays x \$20.00	\$
4			\$
5			\$
6		T-Shirts x \$10.00	\$
Make Check Payable to: BTC Classic		Total Due:	\$
Remit completed application to: BTC Classic Frank Newland 234 King Arthur PI 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:** _____

MARATHON HAMBURG 2009

– By Ekkehard Bonatz

The idea was to combine a vacation with a midsize marathon in Germany's second largest city. The music on the marathon website was electrifying, their video promising. The course was to be flat, the average temperature cool and pleasant, and the reviews were unequivocally positive if not enthusiastic.

Our group of four runners and one non-running spouse flew into Frankfurt, where we took the train to Hamburg enjoying the beautiful countryside with the many bright yellow rapeseed fields flying by at 170 mph.

We arrived a few days earlier to adjust to jet lag and different foods (rhubarb strudel and white asparagus were delicious distractions!). On the day prior to the race we took our ceremonial 2-mile-jog around the hotel neighborhood before heading for the expo and registration. German efficiency had given way to the crowd of thousands of eager runners from many countries, but we eventually were "offi-

cial", had our numbers, and our chips. We were handed the finisher's t-shirt already as it was assumed we would run anyway. The expo was large, as can be expected for a race of 20,000, and many euros were spent on mementos and souvenirs.

Race day: We had to refrain from eating too much at the vast breakfast spread of the hotel, open at 6 a.m. We walked "just a short walk" through a city park to the starting line. The morning air was fresh, not cool; the sun hesitated to come out. We had watched the local forecast with apprehension, as the temperature was to climb to a balmy 74 degrees.

We took pictures with spaces between us for our two missing friends, who did not make it to the starting line, and caught the attention of the official news and TV channel. Inspiring music, including *Sweet Home Alabama*, was playing as we lined up in our assigned corrals down the six-lane street. News helicopters assumed their position hovering a few hundred feet above



us. Precisely at 9 a.m., true to German punctuality, the race started.

The first kilometer took us along the infamous Reeperbahn in Europe's best-known red light district. Soon the road narrowed to a crowded two-lane street. There

were spectators on the balconies of the adjoining houses, and they were lining the streets two to three rows deep. There were cheers, whistles, snarls, cowbells – the noise was exhilarating and invigorating. It did not abate until 42.2km later. Over 850,000 spectators had come to watch 20,000 runners.

At 5km the first water stop appeared, and the field of runners collapsed into chaos on the right side. We dipped our sponges or our caps in basins with cold water before proceeding to the tables with the fluid cups. Everyone had to help himself to the water, as there were no volunteers standing to hand out the water to the runners. The turmoil seemed to slow

HAMBURG <continued on Page 12>

Tom and Margaret Riser, Ekkehard Bonatz, and Ed Kezar finally in possession of their Hamburg medals and refreshment!



HAMBURG <continued from Page 11>

me down by an eternity. But there was a tasty electrolyte drink available later on the course, and bananas were to be had starting around Mile 10. This was welcome nutrition in the rising temperatures. Spacing of the fluid and banana stands was just right. Some runners complained about the small numbers of portolets (it was verboten to turn to the great outdoors). There were just one or two every 5km.

We ran through Hamburg's many beautiful neighborhoods. There were handsome old homes with a fantastic view of the harbor, and we ran around the two inland lakes (the Alster) lined with picturesque Victorian buildings and expensive hotels with perfectly groomed gardens. In the heart of the city we passed many of the landmarks we had seen two days earlier during a walking tour: historical town hall, Grand Central train station, a memorial church for the bombing of Hamburg in WWII, and – last not least - the consulate of the United States. The route took us through a 1-km traffic tunnel, where the running crowd broke out into chants and waves familiar to baseball and soccer fans.

Hamburg has the most bridges of Europe, and we crossed over many of them. The beautiful tree-lined streets provided shade and shelter from the precariously rising sun. We did see a few unfortunate souls who had to be treated for heat related problems. There were also massage tables before the finish line for people with muscle cramps. The terrain was pleasantly flat, as we had expected. Only once was there a gradual but painful incline around km38. I forced myself to keep running those last kilometers while trying to count how many people I could pass (not many!). The finish arches were visible almost half a mile ahead but seemed to draw further away with every step as I tried to reach them.

And then we made it! As we wandered off the final timing mat, we received our medal, were handed a bag with an apple, a banana, two drinks, and a power bar. In the warm early afternoon we were exhausted but happy, sipping alcohol-free beer (we wanted the real thing but they did not have it there). The electrifying techno music was going again when we were reunited with friends and family. We had lived through a very special marathon and had made it to the finish line! We missed our two running friends from Birmingham who could not be there.

The most memorable impression of this marathon has been the carnival-like atmosphere surrounding the event. It was helpful to have a non-running spouse with us, as she provided a healthy counterbalance to our running minds! •

ebonatz@gmail.com



(L to R) Ed Kezar, daughter Carolyn (who could not make it but was official!), Ekkehard Bonatz, Margaret and Tom Riser at the Hamburg starting line.



This was around km30 - note the narrow road and the large crowds!



Dr. Bonatz at km 36 focusing on the home stretch.

PHOTOS COURTESY OF EKKEHARD BONATZ



Margaret and Tom Riser, Ed and Laura Kezar enjoying an authentic German meal.

The View from the BACK OF THE PACK

– By Michele Parr



A few months ago I got the opportunity to see “Menopause, the Musical.” If you’re not familiar with the show, it’s the story of four very different women who meet by chance in Bloomingtondale’s, all set

to familiar tunes with hysterical new lyrics (“I’m having a hot flash, a tropical hot flash...”). What these women have in common is that they’re all dealing with the trials and tribulations of being “a woman of a certain age.”

While I was standing in the restroom line before the show (because that’s what “a woman of a certain age” does when she arrives at her location), I couldn’t help but notice that just like me everyone around me was “a woman of a certain age.” Once I made it into the auditorium of the Alabama Theatre, having patiently waited my turn in line rather than joining the group that invaded the men’s room while one stalwart soul stood guard, I realized that almost the entire audience fell into the same category. What does all that have to do with running? When you start your road racing career at 48, you get used to waiting around a long time to hear the results in your age group. Having already landed in one “and over” age

group at a race, I got curious about how long it will be before that’s where I am for good.

Rather than go meekly to that destiny, I’ve decided to battle it. Sure, we’ll all land there one day if we’re lucky, but I’m going to try to help get the girls on a more even footing with the boys. That’s right. I’m bringing sixty back. Not right now and not all by myself but I’m working toward that every single week.

There are very few races out there that celebrate the older runner. The Stampede 5K in Fultondale is one of them. How many times have you seen an 80 and older bracket? Granted, there weren’t any women in that category last year, but the men went three deep, with Dr. Arthur Black winning his age group in his last official race.

I did a little research to see what the prognosis is for me a couple of years from now when I graduate from my current age group. Am I destined to a life of “and over” once I hit 55?

The clear answer if you look at the Mercedes Half Marathon is no. The number of older women competing is growing. In 2002, there were just 20 female finishers over the age of 54. The oldest woman was 65. This year there were 65 finishers over 54 with four of those 70 or older. The oldest finisher was 75. Yo Setser, at 71, beat my finish time by over 7 minutes.

Clearly there are women who are blazing the trail for me. I’ll gladly follow in their footsteps. •

micheleparr@mindspring.com

Advertise in THE VULCAN RUNNER

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

1/5 page – \$15

1/2 page – \$50

1/4 page – \$25

Full page – \$100

*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:

btcpresident07@gmail.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.

SOLDIERS BIKE FOR KIDS

New BTC member Chris Caughran shares a special achievement of his son and two fellow soldiers

– By Chris Caughran

My son and 2 of his buddies decided that when they returned from their 14 month deployment to Iraq, they wanted to do something positive to mark the end of their tour. With that they decided to do a 415 mile bike ride to raise money for the Presbyterian Childrens’ Home in Talladega. They had seen too many kids blown up in land mines, too much destruction and devastation during their deployment.

My son, **Britain Brown** (age 21, from Birmingham) and the other 2 boys (**Pate Cardwell**, age 23 from Foley and **Nick Wilson**, age 25 from Nebraska) came up with a way to help kids needing hope here in Alabama. Through Pate’s dad (a Presbyterian minister in Foley), they got connected to the Presbyterian Home for Children in Talladega and made plans in the last month they were in Baghdad to buy bicycles online (none of them had ridden before) and hit the road for a 415 mile ride from the top of Alabama to the southern most tip in Gulf Shores. They thought maybe they could raise, in per-mile pledges, about 10 cents/mile or about \$5,000. As the thing got rolling, however, they had hit that mark even before they left Iraq with their fellow soldiers. So far, that total has surpassed \$14,000 and is still growing.

The boys rode 12 hrs. a day for 3 days and at 5:00 p.m. on Thursday, April 16th, 2009, touched the finish line in Gulf Shores. After 3 days and after being chased by dogs, struggling up the hills of North Alabama and sometimes being lucky enough to draft behind helpful truckers, declared that despite sore muscles, extreme exhaustion and the loss of several pounds each, it was well worth it.

Word got out in Gulf Shores via TV news and newspaper articles that they were coming and the boys were surprised by a congratulation dinner by Lulu (yes, the famous sister of Jimmy Buffett) at her restaurant hours after arriving at the Gulf. Besides the free dinner for all, she also presented them with a check from her employees and got them up on the stage for the rest of the patrons to meet. •



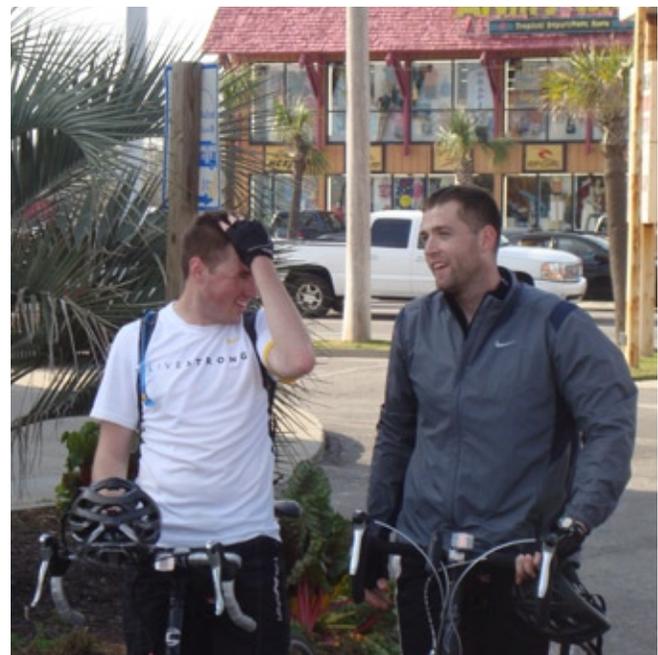
Britain (left) and Pate pass the Moundville town limits sign while on their 3 day journey to Gulf Shores, to raise funds for the Presbyterian Children’s Home.



Left: The soldier’s 415 mile route



Top left: Britain Brown
Top right: Nick Wilson, Ride Captain
Above: Pate Cardwell



Britain (left) and Pate just after finishing their journey to Gulf Shores.

Donations are still being accepted:

Visit www.phfc.org or by call the Home directly at 256-362-2114. You can also send donations to:
Presbyterian Childrens’ Home
P.O. Box 577 Talladega, AL 35161

The Birmingham Track Club proudly announces the New Runner's Society "Summer Running Series"

We are mixing things up a bit for the Summer and offering our **Group Runs** at various locations, at different times and with assorted mileage for all runners.

This will be a rotating series of runs with distances from 2 miles to China, so you can either start anew, cut back, gradually increase or pick and choose:

1st and 3rd Mondays: 6 p.m., Lakeshore Trail, distances of 2/3/4/5 +

2nd and 4th Mondays: 6 p.m., Brownell Building, 2 & 3.5 +

1st and 3rd Thursdays: 6 p.m., Western Supermarket in Mt. Brook, 2/3/4/5 + (*)

2nd and 4th Thursdays: 6 p.m., Independent Pres. Church on Highland Ave., 2/3/4/5 +

1st and 3rd Saturdays: 7:30 a.m., 5 Points Fountain, 2/3/4/5 +

2nd and 4th Saturdays: 7:30 a.m., Homewood Trak Shak, 2/3/5 +

(*) Denotes every so often there will be an exception with the run moving to a different locations.

Check the online BTC calendar at www.birminghamtrackclub.com/cal or inquire via email.

INFO: newrunners@birminghamtrackclub.com

INTERESTED IN HASHING?

Need a new twist in your running routine and training? Consider Hashing!

– By Victor Zirkelbach

Hashing combines running trail, hare hunting, and most importantly socialization. There is a 3-5 mile jog/run led by "the Hare," who is trailed by "the Pack." The trail run is followed by "The Circle" to recap the run. Unlike normal road races, awards in the Circle are beer or another beverage of your choice and the pack regales you with a song! The Circle is generally followed by social time of dining, drinks and socializing. Hashes are held in various locations. Hares can be as creative as they like in "laying the trail," the object being to keep the pack from catching him or her!

Vulcan Hash House Harriers hash weekly on Tuesday evenings and Magic City Hash House Harriers hash whenever the mood strikes.

There are a couple of annual **Magic City Hash** runs that are more of a "pub crawl" theme. These are the **RED DRESS RUN** held close to Valentine's day and the **HAL-LOWEEN HASH** where costumes are encouraged.

Vulcan Hash House Harriers (a.k.a. Vulcan H3) occasionally have a few special events that involve longer and more challenging trails in places like Mount Cheaha and Oak Mountain which take place on weekends, not Tuesday nights.

Birmingham is fortunate to have 2 active Hash Groups that work together to provide fun and entertaining hash runs and socials on a regular basis.

Weekly 'meetings' are on Thursday evenings at LaPaz in Crestline Village from 7 p.m. until whenever. This is termed our 'mismangement' meetings since we occasionally may discuss hash business while we dine and drink. **ALL RUNNERS ARE WELCOMED!**

**For more info. on Birmingham hashing visit:
www.vulcanh3.com OR www.mch3.com**



BIRMINGHAM TRACK CLUB www.birminghamtrackclub.com
BTC www.mypac.com/birminghamtrackclub
THE VULCAN RUNNER
VOL. 7 ★ SEPT./OCT. 2007 ★ ISSUE 9
The little-known world of
HASHING
– Submitted by Stacy Gordon
Hashing for me, started back in the days before the internet... when word of mouth was the only way one found out about hashing... at that time and to some extent today it has the air of something just slightly underground and subversive... This appealed to me then and still does.
I was in the US Air Force at the time, and ran regularly with several buddies... One day one of them, knowing I like to run, asked me if I liked to drink beer at an unannounced speed... "Why yes, of course I do!" I replied from my mouth... "Good!" he said... next time at a hotel place in town at 6 p.m. tonight and we'll do a little running AND beer drinking.
I figured we'd go run 6 or 7 miles then meet at a pub somewhere for a beer... That was not the case... We'll not right away... We met and I got in the car and we drove to some out of the way parking lot somewhere that was not attached to any pub that I could see... A few folks that "looked like runners" or at least they dressed like runners, had already gathered... This I noticed... I recognized a few of them... In fact, some were officers from my squadron, and a few other folks I worked with... I hardly recognized them "out of uniform and out of character"... I also noticed they were already drinking beer... albeit discreetly in paper cups... I found that a bit disturbing at the time... FOR ME beer times have changed and couldn't imagine STATING a run after a beer or two... I thought these folks were crazy... That is, I discovered.
WHAT IS HASHING?
Basically hashing is a form of non-competitive cross-country running with the main objective of working up a decent thirst... Great emphasis is placed on the social aspect at the end of the "hare-chase".
Hashing is a fun activity and not be taken at all seriously and can appeal to all levels of runners.
HASHING <continued on Page 2>

Hashing was the lead story in the Sept./Oct. 2007 issue of 'The Vulcan Runner'. Visit link to download the FREE .pdf file: birminghamtrackclub.com/vulcan-runner-newsletter

Race/Event Calendar (June thru July 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)

JUNE 6

BTC Classic Track & Field Meet

– Hoover, AL, 7:00 a.m.

Hoover High School

Info: Frank Newland (205-621-9912)

Web: www.btcclassic.com

JUNE 10

BTC Executive Meeting

– Homewood, AL, 6:40 p.m.

Salsarita's, members are welcome to attend.

Info: btcpres09@gmail.com

JUNE 13

Big Brothers Big Sisters 5K

– Birmingham, AL, 6:00 p.m.

Veterans Park on Valleydale Rd.

4-mile run to raise funds and awareness in the Hoover/Shelby County area for *Big Brothers Big Sisters of Greater Birmingham*.

Web: www.bbbsbhm.org/nightrun

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

Logan's Roadhouse, 6 p.m., Fultondale, right off I-65 (Walkers Chapel Road Exit.) We'll run a 3-4 mile course, then back to Logan's. Will highlight Sammy's "Stampede 5K" on 6/20.

Email: mickiharalson@gmail.com

JUNE 20

Stampede Run 5K & 1 Mile

Fun Run (walkers welcome)

– 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

Race to the Courthouse 5K

– Birmingham, AL, 8:00 a.m.

Starts at Downtown YMCA and finishes at Linn Park. USATF CERTIFIED COURSE. Register at Active.com.

Info: YMCA at 324-4563

JUNE 27

Helen Keller Festival 5 Mile

— Tusculumbia, AL, 8:00 a.m.

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

JULY 4

28th Annual Peavine Falls Run (8.2 miles)

– 7:00 a.m., Birmingham, AL

Oak Mtn. State Park upper picnic area. Challenging course 3.5 miles up a gravel road, back down and last 1.2 miles on Mtn. bike trail. NO STROLLERS or DOGS! Register online at active.com, at any TRAK SHAK location.

Info: Rick Melanson at 835-0030 (after 6:00 p.m.)

JULY 8

BTC Executive Meeting

– Homewood, AL, 6:40 p.m.

Salsarita's, members are welcome to attend.

Info: btcpres09@gmail.com

JULY 10

5K Run for St. Jude

– Florence, AL, 7:00 p.m.

Info: Allison Stanfield (256-4141)

JULY 12

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.

Contact Brent Cotton for location.

Info: (205) 447-9223

JULY 18

Twilight Five Retro Run 5K

– Homewood, AL, 6:00 p.m.

TRAK SHAK in Homewood. USATF CERTIFIED COURSE. Prize for best retro gear, music, adult beverages.

Info: 870-5644

HTC Twilight Women 5K & 5K Men

– Huntsville, AL, 6:30 p.m.

Info: Ashley Cain (256-533-9977)

W.C. Handy Da Doo Day Run 5K

— Florence, AL, 8:00 a.m.

Info: John Aikin (256-710-5931)

JULY 25

Outback Survivor 5K

– Sheffield, AL, 8:00 a.m.

Info: Mark Massey (256-1640)

SUMMER GROUP RUNS

COMPLETE INFO. ON PAGE 15

Info: newrunners@birminghamtrackclub.com

1st & 3rd Mondays: 6 p.m., Lakeshore Trail, distances of 2/3/4/5 +
2nd & 4th Mondays: 6 p.m., Brownell Building, 2 & 3.5 +
1st & 3rd Thursdays: 6 p.m., Western Supermarket in Mt. Brook, 2/3/4/5 +
2nd & 4th Thursdays: 6 p.m., Independent Pres. Church on Highland Ave., 2/3/4/5 +
1st & 3rd Saturdays: 7:30 a.m., 5 Points Fountain, 2/3/4/5 +
2nd & 4th Saturdays: 7:30 a.m., Homewood Trak Shak, 2/3/5 +

FUTURE (local only)

08-08 – **Shake & Bake 5K**
 09-05 – **Butter Bean Festival 5K**
 09-12 – **Paws for the Cause Society 5K**
 09-19 – **ERA Oxford Realty 8K**
 09-26 – **Are UABLE 5K**
 10-03 – **Hueytown 5K/10K**
 10-24 – **Run From Domestic Violence 8K**
 10-31 – **Maple Leaf 5K Run**
 10-31 – **Miles For Smiles 5K**
 11-07 – **Vulcan Run 10K**
 11-14 – **North Jefferson Charity 8K Run**
 11-14 – **Vestavia Run For the Hills 5K/10K**

RACE NOTES

– Submitted by Rick Melanson, Road Race Chairman

SPRING SCRAMBLE 5K



Andrea Austin, 1st Female at SPRING SCRAMBLE

The **SPRING SCRAMBLE 5K** held at the Brookwood Convenience Mall took place on April 25th with the runners circling the mall before running out on the Lakeshore path to a turn-around point and then back to the Mall. Little chance of getting lost on a course like this and it can be fun seeing who is ahead of you or how far ahead you are the rest of the runners. The race was put on by Doctors from “Children’s Hospital” with proceeds going to provide funding for needy families using their services. The winner was **Owen Bradley** in 18:02, 2nd was **Jeff Clark** in 18:39 and 3rd was **Michael Phillips** in 20:34. The 1st Female was **Andrea Austin** in 21:12 followed by **Krista Casazza** in 22:30 and 3rd was **Susan Hales** in 23:02. The Master winner was **Jeff Clark** and **Susan Hales** was the Female Master winner. 156 runners finished in all.

CASEY’S CAUSE 5K RUN

CASEY’S CAUSE 5K RUN was held in Trussville on May 2nd on a cloudy and rainy day. It did not start raining until after the run started and it was not really bad – it seemed to cool thing off more than anything. The TRAK SHAK had a large tent up at the finish line so that I did not have to worry about my time machines working. The winner was **Daniel Ross** in 17:20, **Jeff Clark** was next in 18:26 and **David Aarons** was 3rd in 18:49. The 1st Female was **Avery Franklin** in 19:58, 2nd was **Emily Waite** in 20:28, and 3rd was **Kelsey Crawford** in 20:36. The 1st Master was **Jeff Clark** and the 1st Female master was **Micki Haralson** in 24:15. 387 finished the race.

WOMEN’S HEALTH RUN

The **1st ANNUAL WOMEN’S HEALTH RUN** was run on May 9th on the JINGLE BELL RUN course at Underwood Park close to St Vincent’s Hospital. The fact that there was another race the same day in town affected the turn-out, but they were still very enthusiastic about doing better next year. They will have the traditional age group awards at next year’s event. The winner in this year’s run was **Steven Rich** in 17:37, 2nd was **Eric Sullivan** in 17:45 and 3rd was **Jeff Clark** in 18:16. The 1st Female was **Rebecca Smith** in 27:34, **Jessica Starr** was 2nd in 27:36 and 3rd was **Elizabeth Wilson** in 27:50. The 1st Master was **Eric Sullivan** and the 1st Female Master was **Michele Dunn** in 30:55. There were 57 runners in all. Another race the same day with in 5 miles had an effect on the participation.

RACE WITHOUT LIMITS 8K

The **RACE WITHOUT LIMITS 8K** was the other race on May 9th. The race was at Regions Park on their cross country course. I was not at the race but Geoff Gottlieb did the timing and results. Geoff and I were a little concerned about runners getting confused on the course but as it turns out the race organizers had a large number of volunteers who made sure that no one went off course. If there was a turn on the course that was questionable there were 20 volunteers there to form a “wall” for the runners to follow. The winner of the 8K run was **Kyle Shepherd** in 31:35, 2nd was **Wade Dunn** in 32:51 and 3rd was **Joey Bole** in 32:58. The Female winner was **Valerie Davis** in 38:01, followed by **Jane Petersen** in 40:30 and 3rd place went to **Cyndi Lyons** in 42:39. The 1st Master runner was **Wade Dunn** and the 1st Female Master was **Cyndi Lyons**. There were 167 finishers in the run.

ZOO RUN 5K

The **4th ANNUAL ZOO RUN 5K** was held under storm threatening clouds but it did not rain a drop until after the awards and prizes were given out. Pattie Frazier and her volunteers did a great job in putting this race on. The day of registration went extremely smooth with very little complications. This is not a fast course due to the many sharp turns and narrow passage ways in the Zoo, but the 1st 3 finishers finished all holding hands in a really good time of 16:45. These were team mates from the Birmingham Southern Cross Country Team, **Justin Leach**, **William Gurley** and **Forrest Boughner**. The 1st Female was **Erica Braswell** finishing 5th overall in 18:42. 2nd was **Melisa Guthrie** in 20:36 and the 3rd Female was **Misty Griffin** in 21:53. The 1st Master was **Prince Whatley** finishing 6th overall in 19:03. The 1st Female Master was **Rebecca Hutchinson** in 22:47. There were 530 finishers in all. Next year’s race will have to be modified some way because a part in the Zoo will be under construction. •



Lester Gable finishing at the ZOO RUN

PHOTOS COURTESY OF RICK MELANSON

RUNNING TIDBITS

– Compiled by Tim O'Brien

RUNNING QUOTES

"There are people who have no bodies, only heads. And many athletes have no heads, only bodies. A champion is a man who has trained his body and his mind, who has learned to conquer pain for his own purposes. A great athlete is at peace with himself and at peace with the world; he has fulfilled himself. He envies nobody. Wars are caused by people who have not fulfilled themselves."

— **Coach Sam Dee The Olympian**

"It's not 13.1 miles ... it's seven water stops."

"It is better to wear out one's shoes than one's sheets." — **Genoese Proverb**

"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit." — **George Sheehan**

"Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic." — **Tim Noakes**

DID YOU KNOW?

CHAFING – the somewhat taboo subject that most of us deal with at some point. Summer means sweat, and for a lot of us that means increased chafing. The main areas where body parts rub together or against clothing are the armpits, the inner thighs, groin area and nipples. Fun stuff!

PREVENTING CHAFING

- Wear clothing that fits well. Too tight shorts, sports bras or shirts can constrict the skin and too loose fabric can create friction with constant rubbing. Seams can be bothersome, too. Some people wear socks inside out so the seam is not touching their toes.
- Moisture wicking material helps. Cotton fiber soaks up sweat and water and keeps it, causing a heaving and closer rubbing shirt. Tech shirts wick away the moisture and help the sweat evaporate.
- Preventatives are Petroleum Jelly and Bodi-Glide which is made specifically for this problem. Slather on at the beginning and reapply as needed.
- Specifically for the nipples- Band-aids over the area or Nip Guards
- Bring an extra set of clothes with you on your training runs. If chafing starts to happen, get back to your car and change your clothes.
- To help prevent or minimize on race day...make sure you know the clothing you are wearing. As Danny Haralson has said on these pages in past issues, "Nothing new on race day."

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.

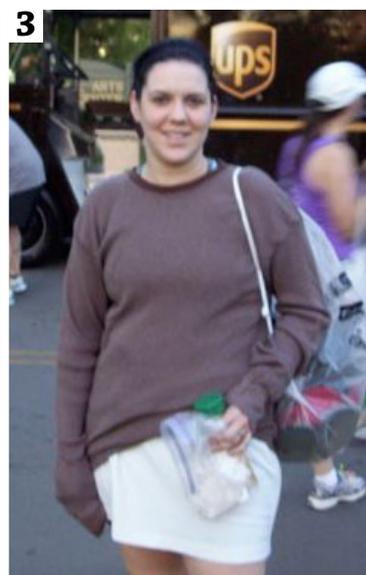
It's NOT too late to start counting those miles!!

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



Country Music Marathon **SNAPSHOTS**

– Photos by Phil Min



A big THANKS to BTC member Phil Min for snapping these shots of local runners doing the half & full in Nashville.

- 1. Jay and Charlene Young, members of Birmingham's "Regular Runners"
- 2. Brad & Bentley Sloan
- 3. Shelly Lewis
- 4. Skip Harris
- 5. 100+ Marathoner, Jim Ottinger
- 6. Vicki Harris
- 7. Marathon Maniac Laura Skladzinski running with Dane from "Biggest Loser"
- 8. Catherine Thompson



Running in the rain isn't all that bad, just wet

– By Mark Baggett,
for *The Birmingham News*

I have such fond memories as a youngster of heading outdoors when it was raining to jump in mudpuddles or for an adventurous bike ride. But at some point, later on in life, I became one of those who avoided getting wet at all costs.

I had been a runner for a good while before I had the opportunity to run in the rain. I was training for my first marathon and I had a 17 mile run planned... rain or shine. Sure, the thought of running in the rain, for 17 miles, didn't appeal to me at all. I dreaded it...and thought of every reason not to run that day.

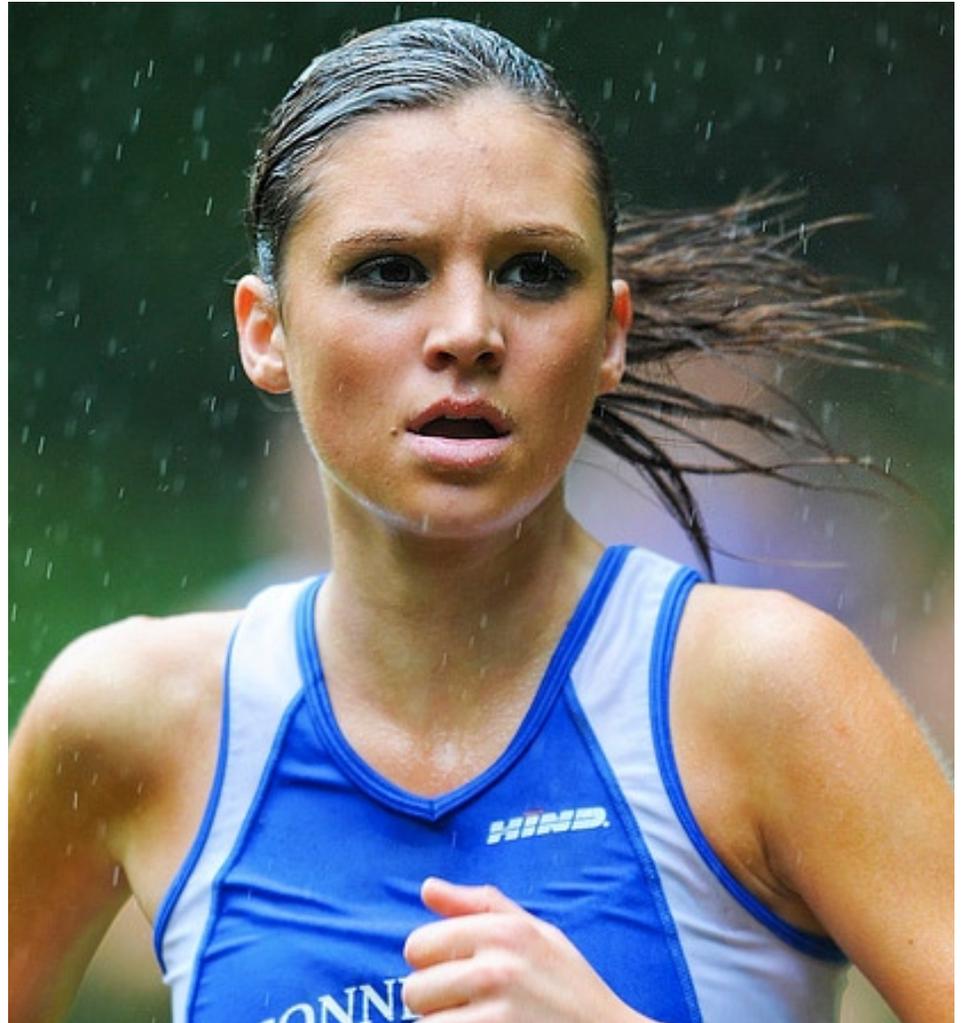
After sitting in my car for a few minutes, I came to the realization that it was just rain. It wasn't a heavy rain, although I was aware that could change in an instance, for the good or bad, during those (dreaded) 17 miles.

So, I sucked it up and headed out for the run and, honestly, the worst was just the initial part of getting completely wet. After about 10 minutes of running, I was completely soaked. I couldn't have been more wet if I'd jumped into a swimming pool. At that point, all of the dread and crazy reasons I'd thought up earlier, evaporated.

Of course, during that long, wet run I had to be more careful about avoiding standing water, in case there were hidden potholes and also being aware of oil on the road from vehicles.

Luckily I'd worn light-weight running clothes that didn't weigh me down and I'd also picked clothing that was bright colored to help with visibility.

Looking back now, that was one of the most enjoyable runs I've had. The kid in me, that had long been silenced, resurfaced that day. True, I didn't run those 17 miles at the pace I'd planned but I did finish the distance and really enjoyed the run...two things that I always hope for when lacing up my shoes.



For those of you who haven't ran in the rain, here are a few tips I've picked up along the way:

JUMP IN, FEET FIRST: Realize that you will get wet. For many people, just starting the run is the worst part.

CLOTHING: Wear bright clothes that can increase your visibility to motorists.

HEADWEAR: Wear a cap, it'll help keep the rain out of your face.

COOL-MAX: Try a synthetic fiber like cool-max that doesn't hold on to water, like cotton.

SHOE DRYING: Avoid drying your shoes with heat which can break down the rubber and glue. Stuff wet shoes with newspaper, rolled into balls, to help keep the shape of the shoe. The paper will absorb moisture.

DON'T OVERDRESS: If the day were dry, dress for that temperature. Wearing extra layers of clothes will just mean more layers get wet. I'd avoid wearing a waterproof rain slicker because it can trap moisture and heat (which might work better in colder weather).

CARRY I.D.: And the name of a person to contact in case of an emergency.

DRY CLOTHES: Keep a change in your car for afterwards.

LIGHTNING/THUNDERSTORMS: Use common sense, rescheduling a run isn't the end of the world, but just don't let a little (or a lot) water stop ya. •

btcpresident07@gmail.com



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.																																	
Feb.																																	
Mar.																																	
April																																	
May																																	
June																																	
July																																	
Aug.																																	
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Oct.																																	
Nov.																																	
Dec.																																	
Jan.-Dec. TOTAL																																	

Club Merchandise JUNE Item Of The Month CLUB CAR TAG

**FREE BTC
window
decal with
order!**

**\$4
each
+ shipping***



**Available
at BTC
CLASSIC on
June 6th!**

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

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

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

Offer good till 6/30/09

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
btcmembership@gmail.com

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

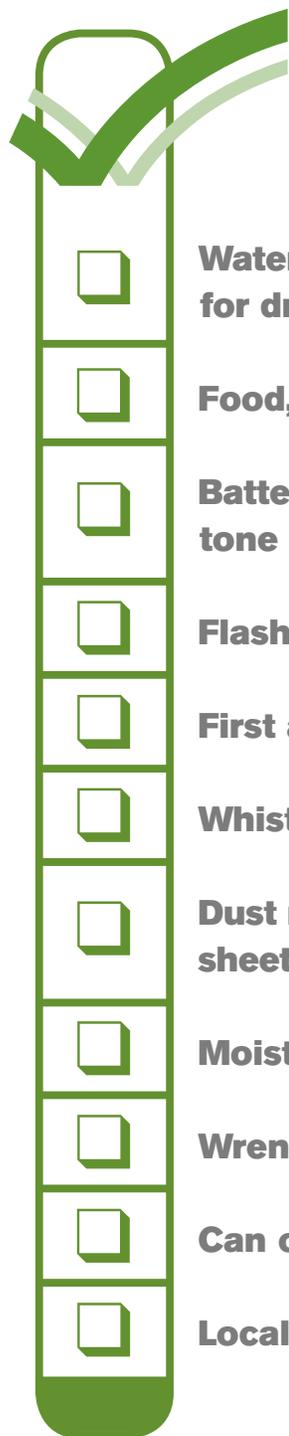
PREPARE. PLAN. STAY INFORMED.

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