

Birmingham's Area Running Club

**BIRMINGHAM TRACK CLUB**

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

# BTC



# THE VULCAN RUNNER

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ISSUE 6

## Birmingham's **Medals 4 Mettle**



– By Matthew Burgess,  
M4M Birmingham Site Coordinator

**I**t all started with Ty Pennington, really.

During the early days of “Extreme Makeover: Home Edition,” as Ty and his maudlin band of faux-carpenters went about enriching the lives of those struck by unforeseen tragedy, I discovered a very soft spot in my heart for disabled and hospitalized children. Any episode that involved children provoked a Pavlovian reaction, only it was my tear-ducts doing the drooling. With every scholarship handed out, every space age germ-scrubbing HEPA air conditioner installed, I would think how cool it must feel to make a kid smile. I wanted some of Ty’s charity vibe.

Five years and one “Runner’s World” article later, I found that charity vibe. I am honored to formally introduce the Medals 4

**MEDALS** <continued on Page 3>

**LEFT:** A sampling of medals donated to Birmingham’s M4M program.

**BELOW:** Matthew Burgess next to a recipient of one of M4M’s donated medals.



PHOTOS COURTESY OF MATTHEW BURGESS

# BTC NEWEST MEMBERS

Those who joined during June 2009

**James Graham**

**Joshua Firth**

**Ray Gildea**

**Robbie Puskarich**

**Melanie Johnson**

**Justin Zehnder**

**Kelly Dunham**

**Landon Jones**

## 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**

## 2009 Officers



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



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timoalabama@aol.com  
(205) 612-8780



**Secretary**  
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bradclay@aol.com



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Dwcleg@live.com



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btcpresident07@gmail.com  
(205) 422-7055

## BTC Committees

<b>Build A Better Club</b>	Susan McCullum	babc@birminghamtrackclub.com	(205) 368-5058
<b>Historian</b>	Arthur Black	historian@birminghamtrackclub.com	(205) 822-1993
<b>Marathon Coach</b>	Al DiMico	262coach@birminghamtrackclub.com	(205) 822-0499
<b>Marketing</b>	Micki Haralson	marketing@birminghamtrackclub.com	(205) 972-1258
<b>Masters Events</b>	Frank Newland	mastersevent1@birminghamtrackclub.com	(205) 271-7553
<b>Medical</b>	Jack Hasson		(205) 870-1864
<b>Media Relations</b>	Tim O'Brien	timoalabama@aol.com	(205) 612-8780
<b>Membership</b>	Judy Loo	btcmembership@gmail.com	(205) 612-4335
<b>Merchandise</b>	Johnaca Kelley	btcpres09@gmail.com	(205) 540-1372
<b>Mini Track Meets</b>	Brent Cotton	cotton9394@bellsouth.net	(205) 447-9223
<b>New Runner's Society</b>	Meredith Farrell	newrunners@birminghamtrackclub.com	(205) 873-1214
<b>Parliamentarian</b>	Phil Min	pemin@mac.com	(205) 849-6840
<b>Club Photographer</b>	Duvergne Duffee	photos@birminghamtrackclub.com	
<b>Road Race Chair</b>	Rick Melanson	rrc@birminghamtrackclub.com	(205) 979-1731
<b>Social Chair</b>	Micki Haralson	mickiharalson@gmail.com	(205) 972-1258
<b>Vulcan Run Director</b>	Danny Haralson	past-president@birminghamtrackclub.com	(205) 380-1779
<b>V. Run Assis. Director</b>	Johnaca Kelley	vpresident@birminghamtrackclub.com	(205) 540-1372
<b>'The Vulcan Runner' Editor</b>	Mark Baggett	btcpresident07@gmail.com	(205) 422-7055
<b>Walking/Race Walking</b>	Jim Richey	walking@birminghamtrackclub.com	(205) 870-3977
<b>Webmaster</b>	Chuck Self	webmaster@birminghamtrackclub.com	

## BTC Mission Statement

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

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

**MEDALS** <continued from Page 1>

Mettle (M4M) Birmingham Chapter to the BTC. Medals 4 Mettle is a non-profit organization based in Indianapolis, IN that collects and redistributes half-marathon, marathon and triathlon finisher's medals to individuals who have demonstrated mettle – courage – in facing life's handicaps, sickness and disabilities. Donated finisher's medals are sewn to special M4M ribbons and awarded to those who, although unable to compete in a marathon, are running much longer, more difficult races for their lives. The mission of M4M can be summed with two words: encouragement and inspiration.

On a recent trip to Children's Hospital, I visited with an eight-year-old girl named Addy (name changed) who is suffering from leukemia. Bald, rail-thin, surrounded by digital readouts and high-tech medical machines that sounded like Darth Vader attempting to whisper, she described how badly she hates needles, how the chemotherapy cocktail administered by the Darth Vader machine burns. Tears rimmed her little eyes. And yet, with the simple act of a donated marathon medal, she smiled. Actually, she beamed. She proudly rolled over to show her prize, the finisher's medal from the Cincinnati Flying Pig Marathon, to her grinning parents.

This scenario was repeated last week as a large gold Mickey Mouse Walt Disney World Marathon medal adorned the neck of seven-year-old Eli (name changed) as he completed his last round of shots in his battle against cancer. Hopefully, his race is complete. He's definitely earned that medal.

The courage these kids demonstrate is superhuman and is truly an inspiration to behold. For such a little investment and encouragement on your part, you get inspiration ten-fold. How inspiring? I realize that you've been mentally picturing your author as some hybrid of Scott Strand's speed and Hugh Jackman's looks, but in reality I'm a bespectacled, dorky engineer with an all-time-consuming newborn, a Wii-Fit age 21 years too high and a BMI hovering just south of Biggest Loser status. The only way I could run slower than my current marathon PR would be to go backwards. And yet, after only two hospital visits with M4M I registered for the 2010 Walt Disney World Marathon just to get another Mickey Mouse medal to donate. It's THAT inspiring.

Addy and Eli are but two examples. Children's Hospital is bursting with opportunities to spread the love. And we've not even gotten to UAB yet. Although



"The courage these kids demonstrate is superhuman and is truly an inspiration to behold," said Matthew.

still a fledgling local organization – officially begun in November 2008 - M4M Birmingham is building momentum and has fostered several quality relationships with the Child Life and Community Activity departments at Children's Hospital. We now receive calls weekly for hospital visits to encourage patients and help them celebrate treatment milestones. Currently, we're working toward setting up distribution points at the Trak Shaks and trying to generate funding for inserts in local race

goodie bags and for a booth at next year's Mercedes Marathon Expo. Another major step would be establishing a strong network of volunteers willing to answer last-minute calls for visits to Children's. Let's shoot for the stars get local celebrities to help with medal distribution. Miley Cyrus is visiting Birmingham in October....how great would it be for her to give a deserving little girl your medal? The possibilities are limited only by our own imagination and manpower. And that, dear reader, is

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**MEDALS** <continued from Page 3>

where you get involved.

The members of the BTC have already proven their generosity during the first BTC medal drive. Recently I picked up 42 long-distance endurance event medals and countless more 5K/10K medals donated by BTC members. However, there are plenty of things to do even if you can't part with your 2001 Freeze Your Half Off medal. For every medal awarded, someone has to sew on that ribbon. Someone has to pay for that ribbon. Someone has to fund-raise for the money. We desperately need volunteers to visit the hospital and award some medals. Perhaps the most important thing one could do is generate free publicity. Help get the word out and get the medals in. Tell your running friends. Call your brother in Atlanta and get his running buddies involved. Pass on this newsletter article. Or do what you're already doing – train for a race with the goal of donating that finisher's medal.

Medals 4 Mettle presents an opportunity to have some very positive impact on the adults, children and families visiting our city under unthinkable circumstances. I urge you to join me and get involved, no matter how little you may think your contribution matters. Think of it as a giant group run – ultimately, we're all in this together.

For more information visit [www.medals4mettle.org](http://www.medals4mettle.org) or to get involved or donate medals, contact Matthew Burgess, Site Coordinator for Medals 4 Mettle – Birmingham Chapter ([matthew.burgess@medals4mettle.org](mailto:matthew.burgess@medals4mettle.org), 205.218.8713) or see Cherie Dortch with the BTC. •



"Medals 4 Mettle presents an opportunity to have some very positive impact on the adults, children and families visiting our city under unthinkable circumstances."

# 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 of 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.



# July/August BTC President's Message

– Johnaca Kelley

**O**K, let's talk about club merchandise. This is the area of the club where I first took a title and started playing a role to better our club. Back then we had a small amount of inventory, but even so, it took up a large area of my condo. Now we have free storage with EBS-CO Creative Concepts and an agreement to keep quality high and prices low. BTC merchandise is sold through the club often at and sometimes below cost. Because we are a non-profit, we do not wish to make any mark up off of your club running gear purchase. So feel good about buying BTC merchandise and display you club logos proudly. Wade Dunn did just that at the Country Music Marathon, after he purchased a few BTC singlets.

Recently, I gained two volunteers for merchandise committee: Chris Brown and Karen Kasuba. I'd like to officially name them as part of merchandise committee because they have more than proven themselves at this point. You may have seen them working at Statue2Statue or at the BTC Track & Field Classic. They are bringing fresh ideas and great smiles / attitudes to the committee. Thanks a million to both of you!

Now often BTC members outside of actual merchandise committee help with creating and/or proofing art ideas, moving the bins and pitching the tent. I hope I do not leave anyone out, but thanks to Brad, Phil, Tom, David, Mark, Judy, Tim, Debbie, Danny, Micki, Cindy, Jason, Rick and Frank as well.

We have a new, vintage style "I'm a Runner" t-shirt that you should check out. And, we are currently working on a "BTC Runs Birmingham" t-shirt. This t-shirt will be printed in the style of a concert t-shirt. It will be a great way for you to remember your BTC event experiences from 2009 and to keep up with when events should happen again in 2010, approximately. We will print a limited number of these shirts, so be sure to grab one quick and look for them to be available in July.

If you have ideas for BTC merchandise and would like to become a member of merchandise committee, please send me an email, [btcpres09@gmail.com](mailto:btcpres09@gmail.com). If you are putting on a race or event and need help with items to promote your event, contact one of our sponsors, EBSCO Creative Concepts, <http://www.ebscocreativeconcepts.com/>. Our BTC website is still under renovation and ultimately we will sell BTC merchandise online. For now, you can call, email or US Postal mail me an order. Also, we try to be available at one social and one race or event per month, to sell BTC merchandise.

**PRESIDENT'S MESSAGE**  
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(L to R) Judy Loo, Johnaca Kelley, Chris Brown and Karen Kasuba at Statue to Statue.



New, vintage style "I'm a Runner." t-shirt.



A limited number of "BTC Runs Birmingham" t-shirts, with all year-long events listed on the back, like a concert t-shirts, will be available in July for purchase.



Wade Dunn sporting a BTC singlet at Nashville's Country Music Marathon.

**PRESIDENT'S MESSAGE**

&lt;continued from Page 5&gt;

Often I am asked about the benefits of joining the BTC. Well, a great race that is a benefit of membership because members can enter for just \$5 instead of \$25 is happening in August – **Fat Danny's Trial by Trail**. Not only is a **5 mile trail run** in beautiful Oak Mtn. incentive enough to sign up, this year's race shirt is a technical, moisture wicking singlet as well. These will go to the first 144 runners present on race day. For those of you that came last year, Yes, we will give out very practical Awards again this year. And those from Danny's couch group will be able to pick up their "I'm a Runner" shirts. All BTC merch. will be available for purchase on race day. And following the race we will have our traditional **cook-out**. Rain will not stop the race, but lightning could be an issue. However, the picnic area is covered. There are also restrooms close to the picnic area. So come to **Oak Mtn. at 7:00 a.m.** at the **Upper Picnic Area** (Terrace Drive) on, **Saturday, August 15th**, bring a side dish to add to the cook-out and enjoy a great 5

mile trail run.

Please note that if you have the new "BTC Runs Birmingham" shirt (mentioned in the first part of my message) it has the original date for Fat Danny's listed on it and is not current. We had to change the date of the race due to a scheduling conflict. Normally the race falls on Labor Day weekend.

**Speaking of Danny's Couch Group, two things:**

First, the next Couch to **10K Fall Edition** will start in August! The information meeting is **Saturday, Aug. 22nd at 9:00 a.m.**, outside of Trak Shak in Homewood. The running program starts Monday, Aug. 31st at 6:00 p.m. The "Goal 10K" race for this edition is Vulcan Run, so come hear about the fun! Go to [www.rununiversity.com](http://www.rununiversity.com) for more info and/or to register.

Years ago, this is exactly how I became involved with the BTC... what an adventure and Vulcan Run rocks!

Second, did you know that as a Coucher Alumni you are entitled to a discounted registration fee into **"Run for Wishes"?!?**

Go to [www.runforwishes.com](http://www.runforwishes.com) for more information and to register. The website is awesome and works much the same way the Race for the Cure website works. As an added bonus to signing up for any of the race options, you will receive FREE admission to **Alabama Adventure** on race day. I plan to run and then go splash around in the water park, ride some rides... and all this will be done with my favorite BTC members. If you have never been to the park, this is a great day to check it out. We hope to grow this race on behalf of Make A Wish Foundation in the same manner Race for the Cure has become a tremendous event in support of Komen Foundation. I hope to see you on the morning of **Saturday, August 29th** at the start line.

*"Vision without action is a daydream. Action without vision is a nightmare."*

— Japanese Proverb



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

Mark your calendars now for the BTC's newest 5K...

# RUN for WISHES

on Saturday morning, August 29th, 2009 at Alabama Adventure  
benefitting the Make-A-Wish organization

All registered runners get into the park for free after the race. The course winds through the park and grounds of Alabama Adventure, with no need to hit the streets. There are special discounts for any runner who was a participant in one of Danny Haralson's couch/RUN University groups, and for teams. We are also encouraging walkers to participate, so invite everyone you know out to do this new race and spend the day at Alabama Adventure. (We even have a category called "Stay on the couch" so you enter the race, but you don't have to run it AND you still get in the park for FREE!) There is a kids fun run after the 5K and every child that enters that will get entry into the park at no charge as well. This is a great time to run a new race, have a family day of fun, and reunion with all former couch group or RUN University participants. You don't want to miss it...see you there!



**Register now at [www.RunForWishes.com](http://www.RunForWishes.com)**  
(Application also available on Page 7 & 8 of this issue)

**One more thing...the first 500 entrants receive a tech tank —  
made with great wicking fabric for the hot summer runs.**



☆☆☆☆☆☆ 2009 ☆☆☆☆☆

Join us for the inaugural **Danny's Heroes Run For Wishes** at Alabama Adventure on 8/29/09 at 9am. We will have a fun 5K course winding in and around the park and a fun run course contained in the park following the 5K. All race entries receive one free all-day pass for Alabama Adventure for that day, 8/29, as well as an opportunity to purchase one extra ticket for the low price of \$12.50 (of which \$2.50 benefits the Make-A-Wish Foundation). Age group prizes will be awarded post race.

Register online at [www.runforwishes.com](http://www.runforwishes.com) or fill out this form and mail to Danny's Heroes Run for Wishes, c/o The Make-A-Wish Foundation, 244 Goodwin Crest Drive, Suite 200, Birmingham, AL 35209. Make your check out to Make-A-Wish and note Danny's Heroes in the memo line.

Individual Entry fee 5K:

<input type="checkbox"/> Danny's Couch Group/Run University <b>Alumni</b> for the 5K	\$20
<input type="checkbox"/> Non-alumni 5K Registration before 7/31	\$25
<input type="checkbox"/> Non-alumni 5K Registration between 8/1-8/26	\$30
<input type="checkbox"/> Race day 5K registration	\$35
<input type="checkbox"/> "From the couch entry" – don't run, just contribute (and enjoy Alabama Adventure for the day!)	\$25
<input type="checkbox"/> Fun Run registration	\$15

Walk/Run (3 person) Team Entry fee 5K:

<input type="checkbox"/> Danny's Couch Group/Run University <b>Alumni</b> for the 5K for 3	\$45
<input type="checkbox"/> 5K Registration before 7/31 for 3	\$54
<input type="checkbox"/> 5K Registration between 8/1-26 for 3	\$60
<input type="checkbox"/> Race day 5K registration for 3	\$75
<input type="checkbox"/> One extra ticket to Alabama Adventure for 8/29/09	\$12.50

Name ( or guardian's signature if under 18)	Date
Name for second team member	Date
Name for third team member	Date
Age	Gender

\*Be sure to sign the waiver/release on the reverse of this application.

**PARTICIPANT LIABILITY RELEASE/CONSENT AND INFORMATION RELEASE**

I, \_\_\_\_\_, (the "Participant") intending to be legally bound, understand and agree that I am voluntarily participating in Make-A-Wish® Foundation ("MAW") Run For Wishes (the "Ride") and all of its activities including, but not limited to, training for and participating in the following event Run For Wishes 2009 (collectively, the "Event") at my own request and at my own risk. I acknowledge that I am aware of the risks inherent in training for and participating in the Event and certify that I am physically fit, have not been otherwise informed by any physician and know of no restrictions imposed on me by any physician that would in any way prevent me from actively participating in the Event.

In consideration of MAW's sponsorship of this Event and my being permitted to participate in the Event, I, on behalf of myself, my successors in interest, heirs, assigns, and representatives, hereby fully release and hold harmless MAW and its chapters, their Officers, Trustees, agents, employees, volunteers, any medical providers working for or on behalf of the Ride, and representatives, successors and assigns (be they individuals or organizations), together with their insurers and sponsors (collectively, the "Foundation"), of and from any and all liability, claims, damages, actions and causes of action whatsoever on account of any loss, damage or injury to person (including death) or any other loss or inconvenience whatsoever, suffered by me at any time hereafter arising out of my voluntary participation in this Event, whether resulting from the Foundation's negligence or otherwise (collectively, "Liabilities").

I also give permission to the Foundation to freely use of my name, picture and voice in any broadcast, telecast, print account, or any other account in any medium of this Event (the "Personal Release"). I understand that this Personal Release is perpetual in time and that it encompasses, without limitation, any copyright or right of publicity or privacy that I may have in my name, picture and voice.

Consent and Information Release ("Consent"): I hereby grant permission to the Foundation to render preventative or first-aid assistance or seek treatment or medical care that it seems reasonably necessary, including hospitalization, for my health and well being. I also give permission to the Foundation to use and disclose my personal health information ("PHI") in the ways described in this form. I allow the Foundation to use my PHI as necessary for purposes related to my treatment. I also allow the Foundation to give out my PHI to doctors, hospitals, ambulance companies, coaches, family members, and others involved in my care and treatment. My PHI may also be used and given out as necessary to run the Event or as necessary for the proper management and administration of the Foundation.

This Release and Consent will be governed by and subject to the laws (except the choice of law principles) and exclusive jurisdiction of the courts of the State of Alabama.

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

Signature of Participant

\*Must be signed also by parent or legal guardian if the Participant is under age 18 on the date this Release and Consent is signed.

I, the undersigned, hereby certify that I am the parent or legal guardian of the Participant, and as such and on behalf of myself and the Participant, I agree to the terms of this Release, including the Consent, on behalf of the Participant and I hereby, in accordance with the terms of such Release, release and hold harmless the Foundation (as defined above) from all Liabilities (as defined above).

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

Signature of Parent/Guardian

Name: \_\_\_\_\_

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

Email Address: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_ T- Shirt Size: \_\_\_\_\_



# The Cleveland Experience

**“The Hot Dog Shoppe, Nan (my grandma), The Mocha House.”**

Strangely enough these were the first thoughts that entered my head when I saw the pamphlet for the Cleveland Marathon and Half Marathon.

– By Sarah Russ

The words fast, flat course and 50 degree average for start time had little effect on me. I was consumed with the thoughts of seeing family and eating food I have missed for the past five years. I mean, where else can you get the best hot dog ever and only spend \$.89? And of course my grandma had never seen me race before. So with a quick call to my grandma and figuring dinner and dessert were taken care of, I signed up to run the Cleveland Half Marathon.

After visions of hot dogs and cheesecake subsided I started thinking about the race. I had to run well. After all I didn't know when the next time my grandma would get to watch me run. I put together a training plan, one I decided I would actually stick to, and started training. One minor detail: three weeks into training (which, by the way, I was following that training plan to the letter) a calf injury made me slow it down.

The pain had started as a dull ache in the upper portion of my right calf. Thinking it was nothing I kept running. Bad idea. A few runs later the pain intensified and when I would finish a run, walking was extremely painful. So it was off to the doctor's and off with the training plan.

My first trip to the orthopedic specialist left me mildly hyperventilating. My doctor threw the terms compartment



**TOP:** The Cleveland Marathon and Half Marathon Starting Line  
**ABOVE:** Sarah Russ and her Grandma (Sally Carr) after the race

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**CLEVELAND** <continued from Page 9>

syndrome, fascia hernia and MRI around quite seriously. That was about the time I tuned out and starting making a mental list of all the things I needed to do in order to prevent any more pain and make this go away. Aleve. A trip to Walgreens would fix that. The Stick. Straight to the Trak Shak to buy one of those. Compression Socks. Really? Okay, I could order them online. YMCA Membership. Call tonight. Time to start cross-training.

By the next afternoon I was loaded with my new gear (minus the compression socks on order) and headed to my first spin class. For the next two weeks I was popping pills, massaging my leg like a crazy person and wearing those compression socks as if my life depended on it. But, it worked. By the time I went back for my MRI the pain was nearly gone. My MRI showed nothing in my calf, just some inflammation around my IT Band. So I was given the okay to “ease back into” running. For once I listened to my doctor and kept the running to three or four days a week and cross-training on two other days. I had four weeks before my race.

Finally race weekend arrived. My sister and I flew up to Ohio on Friday morning and spent the day visiting family in Niles, Ohio. Saturday afternoon I packed my gear and my grandma, my sister and I drove to Cleveland, about an hour away. The rain followed me from Birmingham. All afternoon gloomy storm clouds lingered overhead and an annoying mist kept us all damp. Leaving my family in the car I dashed into the Cleveland Convention Center to pick up my race packet and peruse a few of the booths. It was a fairly large expo and the set up was great. With my bib number in tow, and the extra t-shirt I found too cute to pass up, I headed back out into the mist.

Race day dawned bright and sunny. And did I mention chilly? At 6 a.m. the temperature outside was a brisk 40 degrees. And unlike Birmingham, the humidity is virtually non-existent. So dressed in my tank top and shorts and mentally kicking myself for not bringing gloves, I made my way out to the start line with my sister and grandma in tow. The place was crowded with runners and spectators. Music was blaring from the speakers, people milled around in winter coats and every five minutes the race director announced the race was about to start. At precisely 7 a.m. the gun went off and we all took off, for about a minute. The start line was quite crowded and as we all made our way across the starting line runners would suddenly stop as they tried to squeeze through the narrow opening. For those not paying attention a few minor collisions did occur. I passed the starting line collision-free and settled into a nice pace.

The course was great. The first two miles wound around downtown near the Rock



and Roll Hall of Fame with many views of Lake Erie. From there we crossed over a bridge into residential areas. The course was mostly flat with the exception of mile twelve. For the full mile we ran up a bypass that overlooked Lake Erie. Yes, that meant we also had a headwind for the full mile. Once we ran down the other side of the bypass we were back downtown and running near Quicken Arena (home of the Cavs) and back up E. 9th Street to the finish. People were cheering us on as we passed and cowbells were shaken incessantly. My sister and grandma found great spots to watch at the finish line and as I passed I could hear my sister screaming “Go Sarah!”

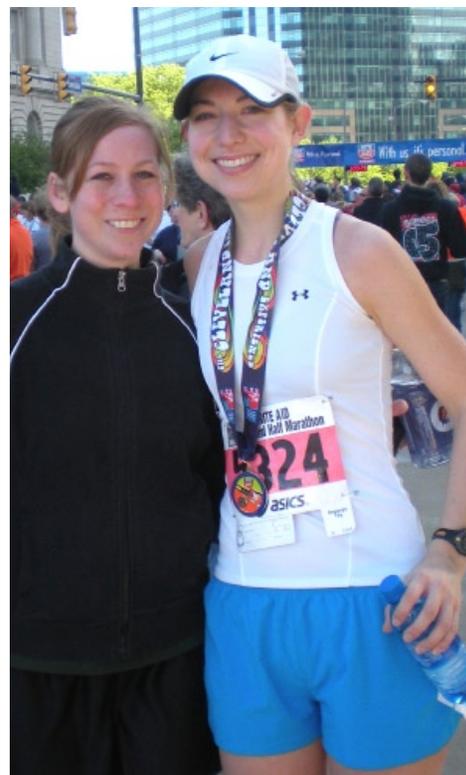
Overall the race was great. Volunteers were friendly, the course was very nice and it was extremely well run. Results were posted on the web within an hour of finishing. The finisher’s medal was pretty cool too. All decked out in bright colors, it had a spinning guitar in the center in honor of the Rock and Roll Hall of Fame

The best part about the race for me was that I was able to share the experience with my family. To have my grandma and my sister be there was the most memorable part about the weekend. Oh, and I did get my hot dog and cheesecake! •

*sarah.russ77@gmail.com*

**ABOVE:** The Hot Dog Shoppe in Warren, Ohio – one of the place’s that drew Sarah to the Cleveland Half.

**BELOW:** Sarah and her sister Jenn after the race.



# Executive Meeting Minutes

– Submitted by Brad Clay, Secretary

## June Meeting

• Meeting began @ 7:08 p.m., 6/10/09

### IN ATTENDANCE

**Johnaca Kelley:** President  
**Tim O'Brien:** Vice-President  
**Brad Clay:** Secretary  
**Mark Baggett:** Past-President  
**Micki Haralson:** Social Chair  
**Phil Min:** Parliamentarian  
**Charles Thompson**

### OFFICER REPORTS

#### ► PRESIDENT - JOHNACA KELLEY:

##### **Ruffner Land Use Planning:**

- Ruffner Mt. Land Use Committee approached BTC asking for support in developing trails and trail runs. They are looking for financial and volunteer support.
- Sunday, June 7th, Johnaca, Tim, Brad, Danny, and Micki given tour of some of "Irondale" side of Mt. trails
- Discussed idea of moving Fat Danny's to Ruffner - may be too soon for this year
- C. Thompson mentioned history of former BTC members/officers holding trail runs and "prediction" races at Ruffner and provided list of names

##### **NEXT STEPS:**

- Plan another day of exploration
- Discover if BTC has members/resources to help "trailblaze"
- If decided to engage, BTC will need to present and negotiate at the Land Use Committee's meeting

##### **Merchandise:**

- Johnaca had "social tee's" shirt to view
- Concert/world tour theme with all 2009 BTC events on back
- Board voted to purchase ~72

#### ► VICE-PRESIDENT - TIM O'BRIEN:

##### **Membership Drive:**

- Continued discussion of membership drive
- Some local gyms have agreed to post flyers for BTC
- Mark and Tim discussed creating 11x17 mini-poster

##### **Hoover road race policy:**

- Hoover non-written "policy" (i.e., not ordinance) no races on "access" roads
- High Country 5K "grandfathered" in MeadowBrook 5k probably OK
- Tim will continue to follow
- Tim made motion to remove Brad Clay

as secretary but received no 2nd so motion failed

#### ► SECRETARY - BRAD CLAY:

- Questioned/discuss email distribution list
- Website and all its functions – transition ongoing
- For now, all mass distribution should go through new webmaster, Chuck Self

#### ► PAST-PRESIDENT - MARK BAGGETT:

- Deadline for newsletter inclusion is 6/15
- Discussed willingness to receive newsletter submissions

## July Meeting

• Meeting began @ 7:02 p.m., 7/8/09

### IN ATTENDANCE

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

### OFFICER REPORTS

#### ► PRESIDENT - JOHNACA KELLEY:

##### **Fat Danny's:**

- Fat Danny's typically awards BTC merchandise as age group prizes
- Currently, no older merchandise available to use as prizes
- Proposed purchasing running hats to be used for prizes with excess to be sold
- Board approved purchase of ~50 @ \$7.50/hat

##### **Website:**

- Transition of new website and newsletter ongoing
- Web should be up by weekend

#### ► VICE-PRESIDENT - TIM O'BRIEN:

##### **Springville Chamber of Commerce:**

- Approached by Misty Fowler, Springville COC, asking for help to set up local 5K
- Per Rick Melanson, BTC will certify local race if feasible but not "lay-out" course as local issues and sensitivities may be at stake
- Rick referred to "Race Director's Checklist" available from BTC



#### **Race for the Cure:**

- BTC team needs team captain
- Will distribute email for recruiting purpose
- Will check into sponsoring water stop
- Race for the Cure regulations prohibit large presence and sale of merchandise

#### ► TREASURER - DEBBIE CLEGHORN:

- Delivered financial reports through June
- Notes that cash flow is improving

#### ► ROAD RACES - RICK MELANSON:

##### **North Jefferson Charity Run:**

- Moved to October 17 to avoid conflicts

##### **UltraRun:**

- Approached by individual wanting to host 6, 12, 24 hour ultra-run in Birmingham
- Discussed the challenges such an event would bring
- Will follow-up

##### **Race Results:**

- Dedicated data entry person would help expedite results at races
- Race directors adding late entries at last minute increase risk for problems

#### ► SOCIAL - MICKI HARALSON:

##### **Run for Wishes:**

- Taking place August 29th at Alabama Adventure – 5K
- Trak Shak signed on as sponsor
- Runners receive free entry to Alabama Adventure and additional half-price entry
- Partnering with UAB – MetroWest Hospital/medical center
- Goal of 500 runners

##### **Social Run:**

- Taking place Tuesday, July 14th at Spain Park then OnTap on Valleydale Road
- Discussed willingness to receive newsletter submissions

#### ► MEMBERSHIP - JUDY LOO

##### **Active:**

- Discussed issues with membership renewals on Active.com
  - Unclear as to whether BTC publicizes active as means to join/renew
  - New website should address issue
- Meeting adjourned ~7:37pm

## NEXT EXEC. MEETING

- 8/12 - Salsarita's in Homewood

# 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 **HALLOWEEN 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**



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](http://birminghamtrackclub.com/vulcan-runner-newsletter)



## Southlake Orthopaedics

Sports Medicine & Spine Center, P.C.

Board Certified Orthopaedics

**Michael T. Ellerbusch, M.D.**

Sports Medicine & Rehabilitation, Board Certified

**William D. Krauss, D.O.**

Fellowship Trained in the Foot & Ankle

**William P. Bryant, M.D.** († 2006)

**C.J. Talbert, M.D.**

**Michael F. Blum, M.D.**

**Ekkehard Bonatz, M.D.**

Brookwood Medical Plaza  
513 Brookwood Blvd. Suite 402  
Birmingham, AL 35209  
(205) 503-4060

MedPlex Medical Building  
4517 Southlake Pkwy. Suite 202  
Birmingham, AL 35244  
(205) 985-4111

Inverness Center  
One Inverness Pkwy. Suite 204  
Birmingham, AL 35242  
(205) 503-5544



# Birmingham Track Club

## 2009 CALENDAR

### RUNS • EVENTS • SOCIALS

**More info:** mickiharalson@gmail.com

**Online:** birminghamtrackclub.com/cal

#### JANUARY

- 1st **Resolution Run** (Birmingham)
- 24th **BTC Annual Party** (Vestavia)
- 7th **Adam's Heart Runs** (Oak Mtn. State Park)
- 23rd **Fat MONDAY Run** (Trussville)

#### MARCH

- 7th **Knights of Columbus Run** (Crestline Village)
- 14th **Perseverance 5K Run** - (Homewood)
- 16th **St. Patrick's Eve Run**, (Lakeview District)

#### APRIL

- 1st **April Fools Spring Potluck** (Homewood)
- 4th **High Country 5K Run** (Hoover)
- 16th **"Taxes are done." Run** (Liberty Park)
- 18th **Statue2Statue 15K** (Homewood to Vestavia)

#### MAY

- 4th **Quattro de Mayo** (Colonnade)
- 16th **Zoo Run** (Birmingham)

#### JUNE

- 6th **BTC Track & Field Classic** (Hoover)
- 16th **Stampede Preview Social Run** (Fultondale)

#### JULY

- 4th **Peavine Falls Run** (Oak Mtn. State Park)
- 14th **Pelham Pace Preview Run** (Pelham)

#### AUGUST

- 15th **Fat Danny's Trial by Trail** (Oak Mtn. State Park)
- 18th **Back to School UAB Run** (Birmingham)
- 29th **Run for Wishes** (Ala. Adventure Theme Park)

#### SEPTEMBER

- 17th **Trak Shak Trek Run** (Trussville)

#### OCTOBER

- 3rd **Hueytown 5K/10K** (Hueytown)
- 31st **Annual Halloween Costume Run** (Cosmo's Pizza, Birmingham)

#### NOVEMBER

- 7th **Vulcan Run 10K** (Birmingham)
- 14th **North Jefferson Charity Run** (Gardendale)
- 24th **Burn 'em before You eat 'em Montclair Run** (Birmingham)

#### DECEMBER

- 19th **End of the Year Run** (Oak Mtn. State Park)
- 22nd **Christmas Light Tour Run** (Birmingham)

# The View from the BACK OF THE PACK

— By Michele Parr

Depending on which myth you've encountered, the story goes that the Eskimo language has 30, 40, even 50 different words for "snow." When a Southerner first hears that, it seems too amazing to be true. Take a minute, then, and think about how many different words we have for "hot." Even taking out those of the four-letter variety, I can come up with a lot: sweltering, muggy, oppressive, blazing, roasting, scorching, steaming, you get the picture. If early June is any indication of what summer 2009 is going to be like, we're in for a tough time.



People in other parts of the country just don't understand the Southern summer. They don't get how it can start in April and stretch into October. They definitely don't understand the combination of heat and humidity and the toll they take on runners. When the nightly low is 75, even an early morning run is tough.

Still, my friends and I continue to choose fall races. Fall races are great. There's nothing quite like lining up with the crowd on one of the first crisp days of fall. Somehow that must be so appealing that we forget from year to year that to race in the fall we have to train in the summer.

I've had two tough long runs in a row recently, each one awful but in different ways.

Were you out there on June 13th? I started early to get in a few miles before I met the rest of the group I run with. It was a beautiful morning to run the Trak Shak 3 miler with enough doubling back to make it 4. At least it was until Dawn and I approached the fire station and got a look at the sky to the north and spotted the black, roiling clouds. Back at the Trak Shak most folks were looking at the sky and chatting about power outages. There was no thunder so off we went. As usual, the bulk of the group was well ahead by the time I made it halfway down Saulter. It was raining pretty hard by then, and Susan and I had already talked about changing course when we hit Broadway if things didn't improve. About that time we spotted a large group of runners coming up the hill toward us. We often see other runners out there, just not large groups of them. As we were puzzling this, we realized those were our runners. They'd seen cloud to ground lightning and had made a quick about face. We hot-footed it back to the safety of the awnings at the Shak to wait it out. I did manage to finish my miles eventually, getting caught in yet another downpour and finishing soaked from head to toe.

The next Saturday was as different as it could be: not a cloud in the sky but already in the 80s at the start. The route was different, too, over the mountain to Linn Park and back along Highland before coming back over the mountain to finish. All I'll say is I was pretty much soaked from head to toe after that one also, but I didn't smell nearly as good at the finish as I had the week before.

Both weeks our group was smart. At the first hint of lightning, we got off the roads. When the heat and humidity soared, we doubled our water stops and slowed our pace. It's going to be long, hot summer. Let's make sure we survive it so we can run those fall races. •

micheleparr@mindspring.com

# Race/Event Calendar (August thru Sept. 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 )

## AUGUST 1

### Hope Bryant Smith Memorial Run 5K & 1 Mile Fun Run

– Montevallo, AL 8:00 a.m.

University of Montevallo – Mc-Chesney Student Activity Ctr.

**Info:** Jeremy Ward (205-665-6215)

### Woodstock 5K & 1 Mile

– Anniston, AL, 7:30 a.m.

RRCA 5K Championship

**Info:** Brooke Nelson (256-239-9001)

**Email:** brookenelson@amcvets.com

## AUGUST 7

### Sunset Run 5K & 1 Mile

– Sheffield, AL, 7:30 a.m.

**Info:** Mark Massey (256-386-4747)

**Email:** pflaming@helenkeller.com

## AUGUST 8

### Shake & Bake 5K

– Birmingham, AL, 8:00 a.m.

USATF CERTIFIED COURSE all in Mt. Laurel. (Hwy. 41, 3 miles off Hwy 280)

**Info:** Bill Kreis (281-1946)

### Life is a Beach 5K Trail Run/Walk

– Dothan, AL, 7:30 a.m.

Westgate Park running trail.

**Info:** Larry Dykes (334-792-6021)

### 6th Annual Woodland

#### Wallahatchie 10K/5K

– Pike Road, AL, 7:15 a.m.

**Info:** Barbara White (334-244-6499)

**Email:** 1jmbw357@charter.net

## AUGUST 10

### BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.

Contact Brent Cotton for location.

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

## AUGUST 14

### EVA Midnight 5K Run

– Cullman, AL, 11:59 p.m.

Cullman Community Center.

**Info:** Jeremy Oden (866-EVA-BANK)

## AUGUST 15

### Fat Danny's Trail By Trail Run

– Birmingham, AL, 7:30 a.m.

Oak Mtn. State Park upper picnic area. About 5 miles. Cookout after run.

**Info:** Danny Haralson (380-1779)

### Greystone 5K & 1 Mile Family F.R.

– Birmingham, AL, 8:00 a.m.

Founders Clubhouse Aquatics Complex in Greystone on 4100 Greystone Dr.

**Info:** Christy Johnson (986-5139)

**Email:** cjohnson@greystonecc.com

### Watermelon Festival 5K & 1 Mile

– Russellville, AL, 6:00 p.m.

**Info:** Sherry James ((256-332-3079)

## AUGUST 22

### Killen Founders Day 5K & 1 mile

– Killen, AL, 7:00 a.m.

**Info:** Joe Quilen (256-0040)

### Brook Hill Run for Awareness 5K

– Decatur, AL, 8:00 a.m.

**Info:** John Elmore (256-351-7426)

**Email:** jklca5@charter.net

## AUGUST 29

### Run For Wishes 5K

– Bessemer, AL, 9:00 a.m.

NEW BTC RACE at Alabama Adventure theme park in Bessemer. All entrants get free day pass to park. Online registration.

**Web:** www.runforwishes.com

### Got Creek 5K

– Birmingham, AL, 7:30 a.m.

Cross Country Run at Herdmont Park on Hwy. 119.

**Email:** d2sutton@yahoo.com

## SEPTEMBER 5

### Alabama Butterbean Festival 5K & 1 Mile Run

– Pinson, AL 7:00 a.m.

Both the 5K & 1 mile runs are USATF CERTIFIED COURSES. Large festival with arts, crafts, food, car show, music, etc.

**Info:** Shane Shellnut (413-9024)

**Web:** www.butterbeanfestival.com

## 9th Annual Vision Run 5K

– Alabaster, AL, 8:30 a.m.

Thompson Intermediate School on SR119. USATF CERTIFIED COURSE. Register on active.com.

**Info:** Steve Cranich (915-6237)

## Ross Bridge 8K

– Birmingham, AL

Info. to follow.

## Monte Sano State Park Road Race 5K & 10K

– Huntsville, AL, 8:00 a.m.

**Info:** Beth Beth Benefield (256-881-2642)

## SEPTEMBER 6

### RAW Artic - 111 Mile Race

– Greenland, 8:00 a.m.

3 day race in unforgiving tundra conditions. Not for the faint-hearted. Field limit 50. Fee: \$450.00. T-shirts, finisher's award, pre and post dinners, tented acc.

**Info:** Barry Newman (+27 21 551 7785)

**Web:** http://arctic.ruanacrossthe-world.com

## SEPTEMBER 7

### River Region Runners (R3) Budweiser 27th Annual Labor Day 5K & 1 Mile

– Montgomery, AL, 7:30 a.m.

Union Station Train Shed, downtown Montgomery, 300 Water St.

**Info:** West Marcus (334-263-2424)

**Email:** westgrahare@aol.com

## SEPTEMBER 12

### Paws for the Cause - 5K Run & Fun Run/Pet Walk

– Birmingham, AL, 8:00 a.m.

Veterans Park on Valleydale Rd. Register on active.com

**Web:** www.shelbypaws4thecause.com

## Hurricane 5K Run/Walk

– Dauphin Island, AL, 8:10 a.m.

**Info:** Port City Pacers (251-473-7223)

**RACE CALENDAR**

< continued on Page 15 >

**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](http://www.birminghamtrackclub.com/cal) or inquire via email.

**INFO:** [newrunners@birminghamtrackclub.com](mailto:newrunners@birminghamtrackclub.com)

**RACE CALENDAR**

<continued from Page 14>

**SEPTEMBER 13**

**BTC Mini Track Meet**

– Birmingham, AL, 4:00 p.m.

Contact Brent Cotton for location.

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

**SEPTEMBER 19**

**ERA Oxford Realty 8K & 1 Mile FR**

– Birmingham, AL, 8:00 a.m.

Homewood Central Park, next to swimming pool. USATF CERTIFIED COURSE.

**Info:** Liz Montgomery (531-7735)

**Canine Classic 5K**

– Tuscaloosa, AL, 8:00 a.m.

**Info:** Ed Freeman(205-342-0028)

**Power of Pink 5K**

– Rogersville, AL, 7:30 a.m.

**Info:** Cathy Isbell (256-788-8429)

**Trot with SWAT 10K/5K**

– Dothan, AL, 8:00 a.m.

Starts downtown near Civic Center.

**Info:** Brian Goguen (334-794-9029)

**Email:** [cgoguen@sw.rr.com](mailto:cgoguen@sw.rr.com)

**Gate to Gate Run**

– Ft. Rucker, AL, 9:00 a.m.

**Info:** Kelly Szymczyk (334-255-0308)

**Go 5K Run/Walk**

– Mobile, AL, 8:00 a.m.

**Info:** Port City Pacers (251-473-7223)

**SEPTEMBER 26**

**Are UABle 5K Run/Walk**

– Birmingham, AL, 8:00 a.m.

Oak Mtn. State Park upper picnic area.

**Web:** [www.uab.edu/pt](http://www.uab.edu/pt)

**Info:** Jennifer Christy (934-5903)

**AUM Senator Stampede Runs – 5K & 1 Mile**

– Montgomery, AL, 8:30 a.m.

**Info:** Jeffrey Vinzant (334-244-3576)

**ElkmoInt Lions Club Rails to Trails 10K**

– Elkmont, AL, 8:00 a.m.

**Info:** Susan Pylant (256-732-4493)

**Jubilee Race for Life 5K & 1 Mile Fun Run**

– Daphne, AL, 8:00 a.m.

Register on active.com

**Bayfest 5K Run/Walk**

– Mobile, AL, 8:00 a.m.

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

**FUTURE (local only)**

10-03 – Hueytown 5K/10K

10-17 – North Jefferson Charity 8K Run

10-24 – Run From Domestic Violence 8K

10-24 – Cross Point 5K

10-31 – Maple Leaf 5K Run

10-31 – Miles For Smiles 5K

11-07 – Vulcan Run 10K

11-14 – Vestavia Run For the Hills 5K/10K

11-21 – 4th Annual Iron Bowl 5K

12-12 – Village to Village Run

12-19 – Meadowbrook 5K Run

# RACE NOTES

– Submitted by Rick Melanson, Road Race Chairman

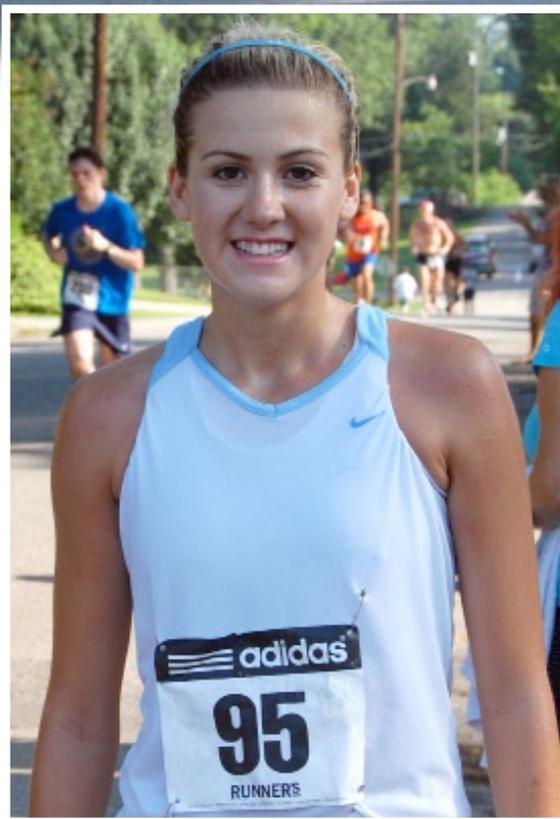
## FIREMAN'S 5K FOR MDA

I was not at the **FIREMAN'S 5K FOR MDA** on May 30th at Greystone, but I heard that it was a great race with over 150 people signing up. The winner was **William Gurley** in 17:17, 2nd was **Kyle Shepherd** in 17:48 and 3rd was **Jeff Clark** in 18:26. The 1st Female was **Julia Martin** in 23:30 followed by **Jane Skov** in 24:01 and **Ingram Worley** in 24:01. The 1st Master was **Jeff Clark** and the 1st Female master was **Anne Helmly** in 26:24. 150 runners finished in all.



ABOVE: Start of the 2009 **STAMPEDE 5K RUN**, held on June 20th in Fultondale.

RIGHT: 1st Female **Palee Myrex**, who finished in 20:51.



## STAMPEDE 5K RUN

The famous **STAMPEDE 5K RUN** held in Fultondale on June 20th was run in really hot, humid conditions but with almost a record crowd of finishers. Sammy Morris, Race Director, always has a huge array of door prizes, which was especially good since they did that while I was still trying to figure out the results. I went out with, what I thought, were the correct results, but I knew there were some serious problems when I had the 1st place Female finishing as the 3rd over all finisher. I had to tell everyone to just wait and see the final results on the website Monday. Most runners understood, but then there were those who were not too happy standing around for 2 ½ hours for results. All I can say is "I am sorry." I will however like to address the runners who arrive 25 seconds before the race starts who fill out only half of the entry form in "horrible" scribbling. Not only can I not read their names, they leave off "gender" and "age." If you cannot fill out an entry form in it's entirety you may not be on the results! The winner was **Nathan Lewis** in 16:29, 2nd was **Nick Lewis** in 16:55 and 3rd was **Owen Bradley** in 16:58. The 1st Female was **Palee Myrex** in 20:51, 2nd was **Kelsey Crawford** in 21:46 and 3rd was **Rachell Eubanks** in 22:04. The 1st Master was **Eric Sullivan** in 18:41 and the 1st Female Master was **Julie Elmer** in 22:55. Over 300 people registered for the Run.

PHOTOS COURTESY OF RICK MELANSON

**RACE NOTES** <continued on Page 17>

**RACE NOTES** <continued on Page 16>Start of the 2009 **RETRO RUN 5K**, held in downtown Homewood.

PHOTOS COURTESY OF RICK MELANSON

**RETRO RUN 5K**

The **RETRO RUN 5K** was held on July 18th in the evening in downtown Homewood where the Police actually barricade the streets off and for this festive race. After running the participants can enjoy a meal from J 'Nick's BBQ, listen to music, partake in adult beverages and socialize with most every one who runs in Birmingham. There was a huge "walk-up" crowd which delayed the results for about 30 minutes, but I am not so sure that many people even noticed. The winner was **Matthew Martin** in 15:55, 2nd was **Dewayne Miner** in 15:54 and 3rd was **Hunter Hicklin** in 16:54. The 1st Female was **Emily Harden** in 17:39, 2nd was **Emily Waite** in 19:59 and 3rd was **Halie Blunck** in 20:59. The 1st Master was **Jeff Clark** in 17:58 and the 1st Female Master was **Cathy Marcus** in 21:29. There was a record number of finishers this year – 480 in all (not counting the Kid's Run).

**RACE TO THE COURTHOUSE 5K**

The **RACE TO THE COURTHOUSE 5K** was held in downtown Birmingham on June 27 with over 200 runners enjoying the relative cooler weather for the summer. The "walk-up" registration was a lot more than we expected and the awards were not able to be completed until that afternoon. The winner of the race was **Eric Sullivan** in 18:10, 2nd was **Jeff Clark** in 18:38 and 3rd was **David Aarons** in 18:46. (this says a lot for "Masters" runners in Birmingham since the top 3 were all over 40!) The 1st Female was **Natalie Lockart** finishing 6th overall in 20:48, 2nd was **Jane Skov** in 23:51 and 3rd was **Georgia Izard** in 24:22. The 1st Master was **Eric Sullivan** and the 1st Master Female was **Micki Haralson** in 24:43.

**Micki Haralson** 1st Master Female at the RACE TO THE COURTHOUSE 5K.**PEAVINE FALLS RUN**

Another cool day was welcomed at the 28th Annual **PEAVINE FALLS RUN** (8.2 miles) run on the 4th of July where a record number of runners (412) showed up. I really expected the race to be smaller since the 4th fell on a week-end and usually people take advantage of a 3 day week-end, but the economy must be keeping more people at home. I was not even able to give the "pre-registered" their right size shirt. I guess I will need to order more shirts next year. I think most everyone enjoyed the new tee shirt, but my son told me that the logo on the front of the shirt needs updating for next year. Those of you who ran the race missed the most exciting finish that I have ever seen! **Scott Strand** and **Jordan Davis** (Collegeiate Runner from Syracuse) came out of the woods next to each other and they both turned on the after burners with Scott edging Jordan out by a hair. Scott's time was 44:44 and Jordan's time was 44:45 with **Daniel Ellis** finishing 3rd in 44:46. The 1st Female was **Erica Braswell** in 52:12, 2nd was **Bekah Ellis** in 59:43 and 3rd was **Mary Rosser** in 1:03. The 1st Master was **Scott Strand** and the 1st Female Master was **Ann Eller** in 1:04.49. I want to really thank all of the volunteers who always helps with this race – if not for them it would not go off. One thing for sure, we did not run out of water. I had planned on 30 gallons at each water stop and **Trish Portreus** brought 6 extra 10 gallon coolers, plus I had about 80 gallons in the parking lot. We could have watered every yard in Shelby County. •

**Bekah Ellis**, 2nd female finisher in the PEAVINE FALLS RUN, held on July 4th at Oak Mtn. State Park.



# July/August Coach's Corner

– Danny Haralson

As many of us look toward our Fall Marathons some are thinking/hoping for a BQ (Boston Qualifier), others may be looking for a PR, while many want to finish strong and feeling good. Worthy pursuits all, and all with one strong common trait necessary for success, in the words of Sammy Davis Jr (from the theme song to Baretta - now there's an obscure TV reference), "Don't do the crime, if you ain't got the time."

And by that I mean there are no short cuts to marathon success, none – zip, zero, nada! Don't sign up for it if you 'aint' got the time' to train properly. That's a recipe for a long and embarrassing day!

What spurred that line of thinking was

a baseball article I read where it discussed in part Texas Rangers President Nolan Ryan, a Hall of Fame pitcher well known for his tremendous work ethic suggesting that the Ranger pitchers 'work out' a little harder to build residual strength to aid in durability and performance as the season wears on (makes sense to me). The reply of another baseball exec was, and I quote, "It won't work, we're a soft society today," a baseball man told Randy Galloway of the Fort Worth Star-Telegram.

True words unfortunately, and while it may be so for the bulk of society, it cannot be said of anyone serious about training for the marathon or other distance race and perhaps that what makes mara-

thoning 'special'; the fact that it requires discipline, time management, perseverance and determination.

Calvin Coolidge once said, "Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."

We know getting our 'runs' in is of paramount importance for marathon success (or any running success for that matter) but what else can we do to increase our chances for success? I've written before about the mental aspect, staying positive and mentally tough as you approach the final miles, anything else?

Yep, core exercises will help, by these I mean exercises that will strengthen your 'trunk', your core, shoulders to hips so to speak.

## A few simple suggestions...

### THE PLANK

Laying on a mat your hands folded like praying and meeting at your forehead, elbows out like a triangle under or close to your shoulders and legs out straight, push up forming a 'plank' and hold for 15 seconds (in the beginning), release, recover, repeat. Try to build to 60 seconds and 3 – 5 repetitions.

1. Lie face down on mat resting on the forearms,
2. Push off the floor, raising up onto toes and resting on the elbows.
3. Keep your back flat, in a straight line from head to heels.
4. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air.
5. Hold for 20 to 60 seconds, lower and repeat for 3-5 reps.



### SIDE PLANKS

Alternate 'planks' with 'side planks' (on each side). 'Side planks' are done on your side (like watching TV), legs out straight, elbow under shoulder legs stacked, hips stacked, elbow under shoulder raise hips off the floor forming a straight line, hold 15 seconds, release – per side build up to 2 -3 sets of 30 seconds.

These will stand you in good stead towards the end of your run when you are tired and your natural inclination is to 'fold' or slump as opposed to maintaining good posture. The more you slump, the less efficient you are requiring more not less effort to run and you restrict your oxygen intake at a time when your muscles really require as much as they can efficiently get.



### WALKING LUNGES

Lastly for your leg strength 'walking lunges' are terrific for your butt, hamstrings, quads, and to some degree your hip flexors. As with any exercise form is essential, better to do a few right (correctly) than many wrong. Also start with just a few lunges, maybe 5 'steps' each leg (long steps) and build to maybe 20 - 30 yards or 20 steps per leg twice a week. You start 'easy' to avoid soreness; and if you've ever been sore from lunges you know that getting in and out of a chair (and yes the 'potty') is NOT fun – trust your coach here! Note the form in the picture – knee straight over ankle (NOT over toe) ... long step, good posture – take a step, regain your balance, then push up and forward from mid foot as in a slow motion run, long stride (not overlong) land, regain balance, go...

Stay consistent, build a solid foundation and your marathon will truly be a celebration of your efforts. You are not a part of the 'soft society' and the proof is in the fact that you get out there most every day and challenge yourself. Not many people have the guts to do that, you do! Run happy! Shoot for the moon, even if you miss you'll still land among the stars!" •



# RUNNING TIDBITS

– Compiled by Tim O'Brien

## RUNNING QUOTES

*"I was born to be a runner. I simply love to run. It's almost like the faster I go, the easier it becomes."* — **Mary Decker Sloan**

*Ask yourself: "Can I give more?" The answer is usually: "Yes."* — **Paul Tergat**

*"Everybody and their mother knows you don't train hard on Friday, the day before a race. But a lot of runners will overtrain on Thursday if left on their own. Thursday is the most dangerous day of the week."* — **Marty Stern**

*"Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit."*

— **Aristotle**

## DID YOU KNOW?

### BODY FAT

Body fat is an essential part of our body make-up. There are two kinds of body fat, essential and storage.

1.) **Essential fat** is what it is – essential. There are small amounts in our bone marrow, muscles and organs and helps regulate our internal temperature. Storage fat is what is underneath our skin, and some amounts are around our internal vital organs and in our muscles. Some of this is necessary for protection of the insides of our bodies. Men and women's essential are different. A man's is around 3% of total body weight while a woman will have around 12% of total body weight. Women have a higher essential because of their reproductive functions.

2.) **Storage fat** is necessary to some degree, this is also the fat that we can have too much of. It's what we gain & want to lose. Women's body fat percentage (BFP) between 10%-24% falls in the fitness category. Up to 31% is considered normal and 32% and higher is considered obese. Men's range is 2%-17% for fitness, 25% for normal and anything higher is in the obese category. Each person has their own criteria, but this is a general range that is followed. If someone weighs 150 pounds and has a (BFP) of 15 that means that 22.5 pounds of their weight is fat.

### HOW DO I FIND OUT MY PERCENTAGE?

Most gyms have a system. Some use a tape measure or a computerized scanner. Ask them and they will do it for you. This is by far the best way. There are also several websites that can give you a close estimate with their own calculators. [www.healthcentral.com](http://www.healthcentral.com), [www.changingshape.com](http://www.changingshape.com) And there are websites that have you enter your measurements using a tape measure and calculate it that way. [www.healthstatus.com](http://www.healthstatus.com) has this calculator. These website ways are not as accurate, but can give you an idea.

### ALL ABOUT ME!

I had mine tested at on June 9th, 2009, and it was 16%. A little high for me, 14% would be great, but makes sense because I have gained a few pounds since marathon season ended, oh, and the fact I have been lazy! Knowing this, I can, and will, change up my eating habits, and work a little more on speed work and lean muscle strength (low weight/ high rep weights workouts). Plus, I have wanted to add swimming to my program and this is a reminder that I need to do it.

**Finding out your body fat percentage can really help you fine tune your fitness and health goals.**

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# 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	
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<b>Jan.-Dec. TOTAL</b>																																		

# Club Merchandise JULY/AUG 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

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

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

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

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

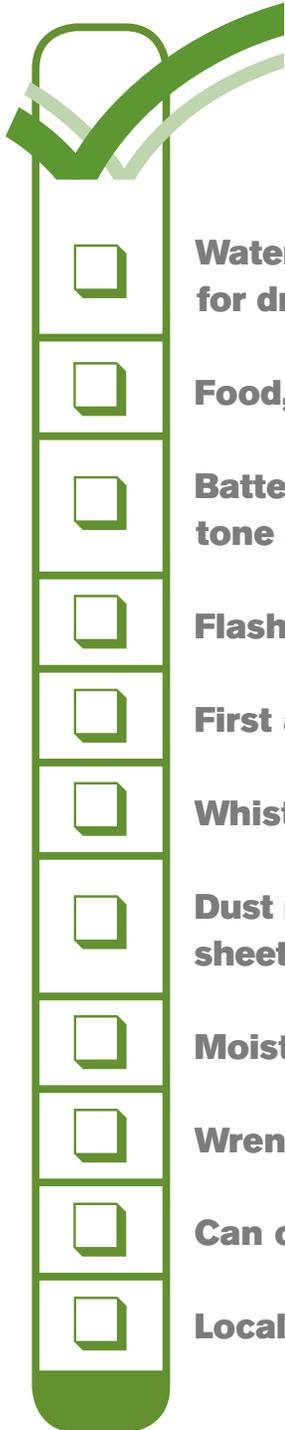
Offer good till 8/31/09

# PREPARE. PLAN. STAY INFORMED.

Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: **1) Get an emergency supply kit 2) Make a family emergency plan 3) Be informed about the different types of emergencies that could occur and their appropriate responses.**

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



## Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation**
- Food, at least a three-day supply of non-perishable food**
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**
- Flashlight and extra batteries**
- First aid kit**
- Whistle to signal for help**
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- Moist towelettes, garbage bags and plastic ties for personal sanitation**
- Wrench or pliers to turn off utilities**
- Can opener for food (if kit contains canned food)**
- Local maps**

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

### 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)