

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

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

BTC



THE VULCAN RUNNER

VOL. 33

★ NOVEMBER 2009 ★

ISSUE 8



Danny Haralson (center front with dark blue shirt) and his wife and Race Director Micki (right of Danny) with participants of the inaugural 'Run For Wishes.'

INAUGURAL 'RUN FOR WISHES' PROVIDES FAMILY FRIENDLY FUN

– By Michele Parr

In a community with dozens of 5K races run every year, along came the 'Run for Wishes,' another new race vying for the time and dollars of Birmingham area runners. How does a new race, especially one in Alabama in August, pull in runners? It does it by offering something unique, something they can't get anywhere else. That's exactly what race director Micki Haralson and 'Run for Wishes' did by setting the race at Alabama Adventure and including a ticket to the park with every paid admission.

When asked how the idea for the race came about, John Sweeney, Alabama Regional Director, Make-A-Wish Foundation of Georgia and Alabama, responded, "Micki Haralson approached Make-A-Wish in April regarding the idea for the race. With Danny as our Dream Team coach and board member, the partnership was perfect."

In fact, the race became "Danny's Heroes Run for Wishes" in recognition of Danny Haralson's contributions both to Make-A-Wish and to the running com-

WISHES <continued on Page 2>





PHOTOS COURTESY OF MAKE-A-WISH

Race Director Micki Haralson (far left) gets runners ready for the start of "Danny's Heroes Run For Wishes" at Alabama Adventure.

WISHES <continued from Page 1>

munity at large through his Couch to 10K program and Run University. The race provided a reunion of sorts for "couch graduates," offering discounted entry for everyone who had been through the program.

Looking for a distinct location for the race, Haralson partnered with Brian McDuff at Alabama Adventure to create a one of a kind event. The local theme park offered runners the chance to run through both the amusement park and the water park and provided the perfect venue for the post-race festivities.

The challenging race route, designed by Scott Strand and Jeff Martinez of the Trak Shak, started in the amusement park, took an access road into the water park, continued onto the Main Street area of the park, and then headed out the front gate for a lap around the parking lot before heading back into the park. The return to the park led directly to the most difficult section of the course as the route went up and then up and then up again before going around a corner and going up a little more. After a long downhill, the course went back into the water park before heading toward the finish. In one more cruel twist, just when runners had the finish in sight, they were forced to turn left and run a lap around the kids' park before finally heading to the finish. It definitely provided a thorough tour of the park.

Woody Marcus won the race, finishing a minute and a half ahead of Prince Whatley. Joella Silvera was the first woman across the line, Sam Dillashaw was the first male master, and Lisa Combs was the first female master.

The post-race party offered live music from Tim O'Brien and from former wish kid and country music artist Kevin Sharp, as well as plenty of bagels, fruit, Bud's Best cookies, pizza, Coors beer, and Coca Cola beverages. The kids enjoyed the Wii systems set up on the stage by GameStop. Run for Wishes shirts were plentiful throughout the park after the race as runners and their families enjoyed the facility.

Like most first year races, this one had some things that worked well and other things that didn't. The 9:00 start is one thing organizers are hoping to change for next year. The intent of the late start was to spark the interest of other patrons arriving at the park as an advertisement for future races, a goal it didn't accomplish. Those outside the locked gates simply wondered why they were being kept outside while the runners went in and out the gate retrieving dry clothes or swimwear from their cars.

There is also discussion of finding a weekend earlier in the season to try to avoid the sweltering days of August and to give runners who have never been to the park an opportunity to re-visit on other occasions after the race. With the race-packed calendar around here, only time will tell if an opening can be found.

Despite direct competition from another 5K just down the road at Tannehill Park, Run for Wishes drew 250 registered runners and saw over 160 finishers.

The event raised over \$10,000, which, according to Sweeney, "will go directly toward the wish-granting efforts of the Make-A-Wish Foundation of Georgia and Alabama. Central Alabama children will benefit directly from the efforts of these



runners." With the average wish costing \$6,700 and over 100 children in Alabama alone waiting for theirs to be granted, the race made a small contribution to providing some happiness to critically ill children and their families.

Haralson extends special thanks to Brian McDuff at Alabama Adventure for all of his hard work before, during, and after the race as well as to her race committee of Cathy Colburn, Micki Myers, Michele Parr, and Julie Reuse and to John Sweeney and Tyler Watson of Make-A-Wish for all the planning, meetings, and race day execution. Burt Chandler provided invaluable help on race morning as did a host of volunteers. And naturally, the race wouldn't have been possible without the inspiration provided by Danny Haralson. Sponsors included Alabama Adventure, Trak Shak, Birmingham Beverage/Coors, Coca Cola of Birmingham, Bama Tomatoes, Red Diamond, and EBSCO Creative Concepts.

micheleparr@mindspring.com

BTC NEWEST MEMBERS

Those who've joined
since September 2009

Amanda & Paul Thompson

John Reagan

Elise Kilgore

Elise Bahr

Colleen Winstead

Katie McDaniel

Debra Hultquist

Carl Smyly

Winter Williams

Chris Horwedel

Hunter Hicklin

Elise Kilgore

Meg Waites

Peggy Bourland

Sheri Snow

Kellie Bourland

Mary Williams

Jon Smith

Tonya Nealon

Jose Rodriguez

Michelle King

Lauren Curtis

Jody Rivera

Nicole Thurmond

Christopher Grossmann

Loren Gleason

Paige Entrekin

Stacey Tuttle

Nathan & Jennifer Crowell

Tanya Hendrix

Tandi Marguez

William Carroll

Ann Pridgen

Michele Morris

Jeff Plain

Beena Thannickal

Peter Stallo

Staci Hand

Total Active Members

738

2009 Officers



President

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



Vice President

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



Secretary

Brad Clay
bradclay@aol.com



Treasurer

Debbie Cleghorn
Dwcleg@live.com



Past President

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

BTC Committees

Build A Better Club	Susan McCullum	babcb@birminghamtrackclub.com	(205) 368-5058
Historian	Arthur Black	historian@birminghamtrackclub.com	(205) 822-1993
Marathon Coach	Al DiMicco	262coach@birminghamtrackclub.com	(205) 822-0499
Marketing	Micki Haralson	marketing@birminghamtrackclub.com	(205) 972-1258
Masters Events	Frank Newland	mastersevent1@birminghamtrackclub.com	(205) 271-7553
Medical	Jack Hasson		(205) 870-1864
Media Relations	Tim O'Brien	timoalabama@aol.com	(205) 612-8780
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Mini Track Meets	Brent Cotton	cotton9394@bellsouth.net	(205) 447-9223
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Social Chair	Micki Haralson	mickiharalson@gmail.com	(205) 972-1258
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Webmaster	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

REDESIGN OF BTC WEBSITE LAUNCHED

Visit www.BirminghamTrackClub.com



"Come check out the new website, and know that even more improvements to it are on the way in the near future."

– Johnaca Kelley, BTC President



Home Beginners Training Calendar Results About the BTC Racing Info Photos Store News Contact

Danny's Heroes - August 29, 2009




☆☆☆☆ August 29, 2009 ☆☆☆☆

New BTC RACE. 9:00AM at Alabama Adventure Theme Park in Bessemer. All entrants get free day pass to park. Online registration at www.runforwishes.com

recent news

Safety Alert
Danny's Heroes - August 29, 2009

current newsletter






benefits of membership
join now

join the BTC

group runs
pace tools
how far did I go?

tools for runners


stay connected










BTC EMAIL

Sign up for BTC run/race info. via email by clicking on envelope

MEMBERSHIPS



SPONSORS




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.

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Developed by 



November BTC President's Message

– Johnaca Kelley

Do not take any aspect of your life for granted. It is easy to think that someone you love and trust will always be around. But the truth is that with life comes death. I recently had to put my 17 year old cat, Apollo, to sleep. I know I did what was best for him, but it is very hard for me to cope with the loss. I expect to hear his meows. I look for him to sprint into the kitchen, when I drop a piece of chicken. I have to try to take comfort in knowing he is with me in spirit.

The one good thing that has come from this devastating loss is an awakening to my senses on how important it is for me to be responsible for the things I care about in my life. Our club has had a tremendous impact on my life for the better. Anything difficult has been a lesson. Anything easy has been made that way thanks to the difficult. But, I have been guilty of taking the club for granted along the way. So if you have been slacking on your commitment to the BTC, now is the time to make amends. You will feel better!

I am writing this ahead of the actual race date, but I

would like to go ahead and thank all the volunteers and runners that made Vulcan Run a success this year. Plus, I would like to thank all our members for their contributions within the club. And please remember that we are a non-profit. If you cannot give of your time as a volunteer, your gift of cash is a charitable contribution that you can write-off on your taxes.

Ask yourself: "Can I give more?" The answer is usually: "Yes".

— **Paul Tergat**

Paul Kibii Tergat (born June 17, 1969) is a Kenyan professional athlete. He held the world record in the marathon from 2003 to 2007, with a time of 2:04:55, and is regarded as one of the most accomplished long-distance runners of all time.

btcpres09@gmail.com

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Workouts Start November 9 | Covered Heated Pool

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Contact

Jeff Kepler at 823.0144 or jkepler@ymcabham.org.



Vestavia Xpress Branch

2086 Columbiana Rd | Birmingham, AL 35216

823-0144 | www.ymcabham.org



Our Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.
Our Vision: We will lead our community to become the healthiest in America.

BTC Team to compete in Masters Division!

**Masterson Station Park • Lexington, Kentucky
December 12, 2009**

The USATF National Club Cross Country Championships will feature the top clubs from across the United States as they vie for honors and bragging rights as the nation's top cross country team. More than 40 clubs and 1,000 competitors are expected to compete.

Contact Scott Strand if you are interested in joining the team:
scott@trakshak.com



November Coach's Corner

– Danny Haralson

We've talked about the 'mental side' of running before, so let's talk about how to use your mental edge to make a few improvements in specific circumstances. One, injuries, injuries are a part of the game. If you run long enough or just run enough there will be an injury. Whether it's your fault (over-training), 'circumstances' (stress fracture), stepping off a curb (stupid curb's fault) or a dual wheeled pickup truck (private joke), an injury is an injury. You can try to train through it, potentially making it worse or prolonging it, or you can make the recovery a part of your training. Meaning, re-direct your thinking! There are very few injuries that call for total and complete rest. You can still (usually) swim, aqua-jog, cycle, Spin, use the elliptical or start a weight lifting (or strengthen-ing) program. You say you hate to swim, aqua-jog, cycle, etc? Well, life is about choices. You have a choice about your actions and those actions directly affect the consequences. So, suck it up and instead of dreading the workout, embrace it. I'm not saying get married to it, just embrace it until you're well enough to return to the roads. You may find that you recovered quicker, perhaps better and in some ways are stronger than be-

fore the injury. Your attitude is a little thing that can make a big difference; and that includes recovering from injury. It's a whole lot better than moping around sounding like Nancy Kerrigan, "whyyy meee?!?!?"

Another example is the late stages of a long run - in the last few weeks I've witnessed the Augusta Half IronMan and the Baltimore Marathon, and heard some first hand examples from the Chicago Marathon. I saw some athletes as they tired, their body language shouting their exhaustion while others running approximately the same pace or certainly expecting the same finishing time running strong and looking the part. For some, they knew or felt with each step they were closer to achieving their goal of finishing that particular race, or were just surviving until they could see the finish. In either case, once the finish came into sight, they perked up, got some pep in their step and bounded across the line. Some had mentally given up while others were getting stronger as they forged ahead; they had the same approximate time but who had the better race?

Lastly, an example from Chicago, a runner had a set time goal, 5 miles to go, 40 minutes left, 8 minute miles. Training

intervals had been from day one at a sub 8 minute pace, tempo runs the same but mentally they were drained and thought, "I don't know, can I, can I do it," and they told me later "I just needed someone to tell me I could do it." That someone WAS there; it was them! They should have been able draw on their attitude, their inner strength, their belief. I often tell my athletes "trust your training" and if you do you'll feel more comfortable in the race. Don't just train your body, train your mind! Weekly remind yourself you've worked hard, you hit your 'time' goals, your mileage goals, you've followed your program, it's been a good week. Do this AT LEAST weekly and daily is better. Do not ignore the mental side of training. You can't train your body for a distance run in a week, or your mind either.

Daily and weekly remind (RE-MIND.... emphasis on MIND) remind your 'self', your 'id', your 'mind' of your success, your reason for 'cross training', your actions are for injury recovery, and let it grow in strength (confidence) as your body does. It can make the difference in a successful (faster) recovery from injury and in how you feel mentally, spiritually, and physically in 'down time; not to mention a huge difference in 'almost' or 'success' on race day. Sometimes it's just not your day, and that happens. Some days you're the dog and some days you're the fire hydrant; but when given the choice....BE THE DOG! •

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

BURN 'EM BEFORE YOU EAT 'EM MONTCLAIR RUN

Come out and preview the Montclair Run course before race day and share in some BTC camaraderie afterwards at Smith's Oysters, a new restaurant off Haygood.

WHEN: Tuesday, November 24th at 6:00 p.m.

WHERE: Jewish Community Center on Montclair Road

DISTANCE: 5 miles (preview of the Thanksgiving day Montclair Run course)

Send in your nominations!

We're closing in on the **BTC Annual Party** in January and we need nominations for our most prestigious awards, the

Arthur Black/Rick Melanson Award

and the **Randy Johnson Award**.

The **Arthur Black/Rick Melanson Award** is our oldest award and annually is given to the most outstanding club member over the past year or for continued outstanding leadership and service to the BTC.

The **Randy Johnson Award** will be given to the 'newer' member who has demonstrated outstanding leadership and freely given of his or her time in volunteering capacity in ways that help further the mission of the BTC.

Submit nominations by *December 28th, 2009*

(in writing) or via e-mail to:

btcpres09@gmail.com

★ BIRMINGHAM TRACK CLUB ★ ANNUAL PARTY

★ Look for complete info. in the December issue of ★
★ "THE VULCAN RUNNER" ★

September BTC

Executive Meeting Minutes

– Submitted by Phil Min, Parliamentarian

• Meeting began @ 7:03 p.m., September 9th, 2009.

IN ATTENDANCE

Johnaca Kelley: President
Debbie Cleghorn: Treasurer
Judy Loo: Membership Chair
Micki Haralson: Social Chair
Phil Min: Parliamentarian
Rick Melanson: Road Race Chair
Charles Thompson

► **Reminder of BTC Social Run 9/10 at Trak Shak-Trussville starting at 6 p.m.** This run will be a preview of the route for the Maple Leaf 5K Run in October.

► **The main item of discussion was an update on the Maebashi runners who will be attending the Vulcan Run as part of our sister city exchange.** We must make plans for hosting these visitors and provide financing for the activities. Johnaca pointed out that there may not be runners coming this year because of the flu pandemic, but we can apply these funds to the next year.

After much discussion, it was decided that a raffle of free entries to all BTC races for a year would be a good project. Work will begin on this to start selling tickets on this as soon as possible.

► **Meeting adjourned at 7:46 p.m.**



October BTC

Executive Meeting Minutes

– Submitted by Brad Clay, Secretary

• Meeting began @ 7:06 p.m., October 7th, 2009.

IN ATTENDANCE

Johnaca Kelley: President
Tim O'Brien: Vice-President
Brad Clay: Secretary
Debbie Cleghorn: Treasurer
Danny Haralson: Vulcan Race Director
Phil Min: Parliamentarian
Judy Loo: Membership Chair

REPORTS

► VULCAN RUN - DANNY HARALSON:

Changes for this year include:

- Packet pick-up at SoHo on Thursday and Friday
- Disposable timing chips
- DJ at post-race party instead of band

Needs:

- Post-race party leader
- Post-race party food
- Suggestion for pizza – interested pizza vendor should contact Danny
- Probably need ~1000 pizzas
- Need connection to Coca-Cola – Rick Melanson and Johnaca to connect with contact

Currently:

- Race day set-up finalized
- Aid stations organized and in place
- Numbers at this point in time looking great
- After Race for Cure need publicity push
- Possible packet creation party to be held 11/1.

OFFICER REPORTS

► **PRESIDENT - JOHNAKA KELLEY:**

Halloween Social:

- Volunteers are in place

Vulcan Run:

- Preparing for publicity blast post-Race for the Cure
- Please volunteer for helping with Vulcan Run

► **VICE- PRESIDENT - TIM O'BRIEN:**

Resolution Run:

- Will occur on New Year's Day again and will follow success of last year by previewing Mercedes course

► **SECRETARY – BRAD CLAY:**

- Discussed managing member email list and new system

► **SOCIAL – MICKI HARALSON (PER DANNY):**

Upcoming Social Runs:

- October – Halloween run
- November – preview Montclair run
- December – Christmas lights tour followed by Rojo

► **MEMBERSHIP – JUDY LOO:**

Member database:

- LCC wants to purchase BTC database to use for publicity for Montclair run
- BTC historically provides this and no issue with doing so this year

► **Meeting adjourned at 7:45 p.m.**



Increase the Longevity of Your Active Life

Running is a great way to stay fit, burn off stress, meet like-minded people etc... However, training for a long distance race is strenuous and runs the risk of injury. We can help you avoid many of the potholes and provide you with tools to proactively reduce the chances of injury. Using sports massage as a complement to your training can greatly reduce occurrence of injury.

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484

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

07/10

The View from the BACK OF THE PACK

– By Michele Parr

A thousand miles, that's been a goal of mine for a couple of years. I've been trying to run at least a thousand miles in a year, but for one reason or injury or another, I've never managed to make it. Then along came the 1200-mile club. I knew I'd have to surpass that thousand miles in order to win my jacket.



I closed out the month of September with 939 miles in the log. By the time you read this I'll have broken that four-digit barrier that has stymied me for so long. It wouldn't have happened if I hadn't been training for my first marathon. It wouldn't have happened if I hadn't managed to stay healthy. It wouldn't have happened without Danny to write my training plan or without Meredith to plan long run routes and water stops every Saturday. It wouldn't have happened without Tom and Susan and Katie and Tim and Debbie

and Patty and Cherie and Dawn and Avril and Judy and Terri who ran some of those long, slow miles with me through the summer and into the fall, nearly always in the rain it seems. It wouldn't have happened without lots of early Saturday mornings and lots of Wednesday nights at Trak Shak. It wouldn't have happened if I hadn't just kept going.

What have I learned by running (and walking) all those miles? I've learned that anything over 18 miles hurts. I've learned that running in the rain beats running in triple-digit temperatures under almost every possible circumstance. I've learned that running shoes don't last very long when the weekly mileage climbs above 25. I've learned that 35+ mile weeks don't necessarily lead to weight loss. I've learned that it takes me a really long time to cover all those miles.

The other thing that will have happened by the time you read this is the 2009 New York City Marathon. It takes place on November 1 this year. I'm in. My bib number is 58622, which puts me in corral B in wave 3, starting at 10:20. That's the last wave, just in case you were wondering.

I'll be traveling to the start on the 8:00 Staten Island Ferry. This is all information available to me on the web site. I've joked that it's easy for this race to have a great site since they get about 100,000 people per year paying that \$11 application fee. That's right, \$11 just to toss your name in the hat. I've paid that four times and the race fee twice. New York doesn't let you defer, but you can cancel and be guaranteed admission the following year. I got in last year but didn't have the vacation time to make the trip. This year practically all of my vacation time is going to this race and the week afterward thanks to relatives in Queens who are putting us up for free.

There's an interesting coincidence between that thousand-mile goal and my NYC marathon. Depending on where you live in the Birmingham metro area and which route you take, it's about a thousand miles from here to there. I've run enough this year to get all the way from Birmingham to New York City. Isn't it amazing how it adds up when you keep at it week in and week out? If it's all the same to you, I think I'll take a plane on the way back. •

micheleparr@mindspring.com

THEFT ALERT

NOTICE: Recently someone got into a car and stole some stuff while the car owner was out riding. According to Police, this is not the first time this has happened recently.

Anyone who runs, or rides out of **Brownell Travel** parking lot, be careful with what you leave in your car and even more careful if you hide your key somewhere on your car. The police think someone is watching people hide their key and then coming in after they leave.

SOLUTION: If you hide your key when out for a run, consider purchasing a Shoe Pouch (\$4.99) which can carry a key, a credit card and drivers license and some emergency cash. More info. at **www.RoadID.com** for details. Or you can just unlace your shoe at least 1 eyehole, thread the key through the lace, and then relace your shoe and double-knot tie it off to secure your car key.



Race/Event Calendar (Nov. thru Dec. 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)

NOVEMBER 7

35th Annual Vulcan Run 10K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
Downtown Birmingham's Linn Park.
USATF CERTIFIED COURSE.
Register online at active.com.

Food World Senior Bowl Charity Run 10K & 5K Run/Walk

– Mobile, AL, 8:00 & 8:30.

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

NOVEMBER 8

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Contact Brent Cotton for location.

Info: (205) 447-9223

NOVEMBER 14

Vestavia Run For the Hills 5K/10K

– Birmingham, AL, 7:30 a.m.
Wald Park next to Vestavia Hills Park and Recreation.

Info: Steve Ammons (482-2700)

Huntsville Half Marathon & Heroes 5K

– Huntsville, AL, 8:00 a.m.

Hillwood Baptist Church

Info: (256-881-0331)

NOVEMBER 21

4th Annual Iron Bowl 5K

– Birmingham, AL, 8:00 a.m.

Hoover High School.

Info: hooverkiwanis@hotmail.com

Dizzy Fifties Trail Run 50K/40 mi & 50 mi

– Huntsville, AL 6:30 a.m.

Monte Sano State Park.

Info: Jeff Kyser (256-539-5428)

Dam-Bridge 10,000 Meter Race

– Florence, AL, 8:00 a.m.

Shoals Conference Ctr and Hotel.

Info: Todd Allen (256-627-0658)

Turkey 10 Miler & 5K Runs

– Creola, AL, 8:30 a.m.

Info: (251-473-7223)

NOVEMBER 24

Burn 'Em Before You Eat 'Em Montclair Run

– Birmingham, AL, 6 p.m.

LJCC - preview of the Montclair 10K run.

Complete info. on Page 7.

NOVEMBER 26

LJCC Montclair 10K Run & 1 Mile Fun Run

– Birmingham, AL, 8:30 a.m.

Levite Jewish Community Ctr. on

Montclair Rd. USATF CERTIFIED COURSE.

Info: (879-0411)

NOVEMBER 28

"Living Water's For the World 5K" & 1K

– Decatur, AL, 8:00 a.m.

Westminster Presbyterian Church.

Info: Jan Elmore (256-351-7426)

Kaiser Coastal Half Marathon, 5K, and 1 Mile Run

– Orange Beach, AL, 8:00 a.m.

Orange Beach Sportsplex

Web: team-magic.com

Info: races@team-magic.com

DECEMBER 5

Jingle Bell Run For Arthritis 5K

– Birmingham, AL, 9:00 a.m.

Underwood Park just behind St Vincents Hospital. USATF CERTIFIED COURSE.

Info: (979-5700)

Jingle Bell Run For Arthritis 5K Run/Walk

– Mobile, AL, 8:00 a.m.

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

DECEMBER 7

Holiday Half Marathon/8K Run

– Point Clear, AL, 8:30 a.m.

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

DECEMBER 14

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.

Contact Brent Cotton for location.

Info: (205) 447-9223

DECEMBER 19

Meadow Brook 5K Run

– Birmingham, AL

Animal Rescue 5K Run

– Daphne, AL, 8:00 a.m.

Info: Jim Pennington
(251-367-4599)

FUTURE (local only)

01-01 – **BTC Resolution Run**

01-09 – **Red Nose 10 Mile & 5K**

01-23 – **Village to Village 8K**

01-30 – **Conquer Cancer Run**

02-13 – **BE&K 5**

02-14 – **Mercedes Marathon & Half Marathon**

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Birmingham Track Club 2009 CALENDAR RUNS • EVENTS • SOCIALS

More info: mickiharalson@gmail.com

Online: BirminghamTrackClub.com/Calendar.aspx

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**

NOVEMBER

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

DECEMBER

- 20th — **End of the Year Run** (Oak Mtn. State Park)
- 22nd — **Christmas Light Tour Run** (Birmingham)

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 week-end 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: Danny Haralson

newrunners@birminghamtrackclub.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.

Double Trouble

For this issue **Kim** and **Kim** are taking their turn in the spotlight.
Let's see how 2 Kims compare.

**Kim
McConnell**



- 1. Last movie you liked so much, you watched it twice?**
August Rush
- 2. Name one guilty pleasure?** S'mores
- 3. Favorite place on earth?** Park City, Utah
- 4. Worst place on earth?** Running on a treadmill
- 5. One item you would want with you on a desert island?** Dessert
- 6. Most interesting person you've ever met?** My boyfriend
- 7. Coolest trophy or prize you ever won?** The age finisher awards at "Make A Wish 5K"
- 8. Favorite TV show?** "Gilmore Girls"
- 9. Favorite fast-food joint?** Chick fil A
- 10. Who would play you in a movie?** Sandra Bullock
- 11. Something unique about the town you grew up in?**
It is the fire hydrant capital of the world
- 12. If you could play an instrument, what would it be?**
Piano
- 13. Scariest thing that ever happened to you?** Being at the starting line of my first marathon and realizing what I was about to do
- 14. Favorite book?** "It's Not About Me" by Max Lucado
- 15. Favorite meal?** Anything Chinese or Thai
- 16. Why do you run?** So I can eat more
- 17. When did you start?** April 2008
- 18. What's your biggest running accomplishment?**
Actually enjoying the Tuesday morning hill run from the Y
- 19. Favorite BTC story?** Any story told by Kathleen
- 20. Words to live by or favorite running mantra?**
NEVER Give up

**Kimberly
Kuhn**



- 1. Last movie you liked so much, you watched it twice?**
Consecutively? I've never done that!
- 2. Name one guilty pleasure?** Butter Pecan Ice Cream
- 3. Favorite place on earth?** Lake House on Lake Martin
- 4. Worst place on earth?** Gynecologist office
- 5. One item you would want with you on a desert island?**
What else — my Blackberry!
- 6. Most interesting person you've ever met?** That's hard to say because I think every person has something that makes them unique and interesting!
- 7. Coolest trophy or prize you ever won?** My Baltimore Marathon medal!!
- 8. Favorite TV show?** Old re-runs of "Cheers"
- 9. Favorite fast-food joint?** TCBY
- 10. Who would play you in a movie?** Meg Ryan
- 11. Something unique about the town you grew up in?**
When I was growing up, Thomasville, Georgia was world renowned for the rose test gardens where new hybrids of roses were grown. It's known as the City of Roses.
- 12. If you could play an instrument, what would it be?**
Besides the Pan Flute? Well, I guess it would be the Piano
- 13. Scariest thing that ever happened to you?** Picking up a hitchhiker on my way back to college one Sunday afternoon. This doubles as the scariest and the dumbest!
- 14. Favorite book?** "The Journey is the Destination: The travels of Dan Elden"
- 15. Favorite meal?** Anything that Chris Hastings prepares at Hot & Hot while I'm seated at the Chef's bar watching and drinking red wine!
- 16. Why do you run?** Well, it started as a way to lose a few pounds and get in shape and has grown in to a huge circle of friends and a way of life! It's also a great stress reducer from my day job.
- 17. When did you start?** This time? Almost three years ago on a dare from a co-worker to do the "Couch to 5K" with her.
- 18. What's your biggest running accomplishment?** Finish-ing my first marathon in Baltimore
- 20. Words to live by or favorite running mantra?** "Just cover the distance." — Danny Haralson

Remember that you can also volunteer or nominate your fellow BTC members.

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

— Phil Min (pemin@mac.com)

RUNNING TIDBITS

– Compiled by Tim O'Brien

RUNNING QUOTES

Running is the greatest metaphor for life, because you get out of it what you put into it. — **Oprah Winfrey**

"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about." — **PattiSue Plumer, U.S. Olympian**

"You also need to look back, not just at the people who are running behind you but especially at those who don't run and never will... those who run but don't race...those who started training for a race but didn't carry through...those who got to the starting line but didn't in the finish line...those who once raced better than you but no longer run at all. You're still here. Take pride in wherever you finish. Look at all the people you've outlasted." — **Joe Henderson**

"Whether you believe you can or believe you can't, you're probably right." — **Henry Ford**

STRETCHING TIPS

BACK IT UP!

Often tight hips and thighs may be the result of back issues. The back muscles (including the lower back), considered part of your 'core,' are the reasons leg muscles can hurt while running or in non-run situations. A knee injury could be related to the upper IT Band which compensates for a lower back's tightness because of a less than desirable posture while running. Everything in the body is connected and almost all of it comes back to the back!

GOING YOGA ON THE BACK

Yoga positions are great for stretching the back and strengthening it, too. Taking a yoga class is a great way to stretch and strengthen the back. If you have never been to one, tell the instructor this is your first time and they will give you advice and maybe tell you certain positions you might want to change up so you don't hurt yourself. Some really good positions to use during your stretching are (google these to find more about them), Downward Facing Dog, The Cobra, The Cat, Triangle Pose and Half Spinal Twist. And don't worry, most of these poses are not that out of the ordinary and won't have other runners staring at you while you do your warm-up stretches.

Add back maintenance to your running routine to help stay strong.

Annual BTC **END-OF-YEAR RUNS**

**December 20th, 8:00 a.m.
Oak Mountain State Park**

End 2009 on the right foot!

3, 6, or 10 Mile options at the Oak Mtn. State Park. Runs start at lake, 5-7 miles from MAIN entrance. Water and snacks will be provided. Timing clock, no entry fee.

INFO:

Johnaca Kelley, President
btcpres09@gmail.com



Runners wait for the start of last year's End-Of-The-Year Runs.

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Club Merchandise NOV Item Of The Month CLUB CAR TAG

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Offer good till 11/30/09



BTC MILEAGE LOG



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MONTH GOAL	TOTAL
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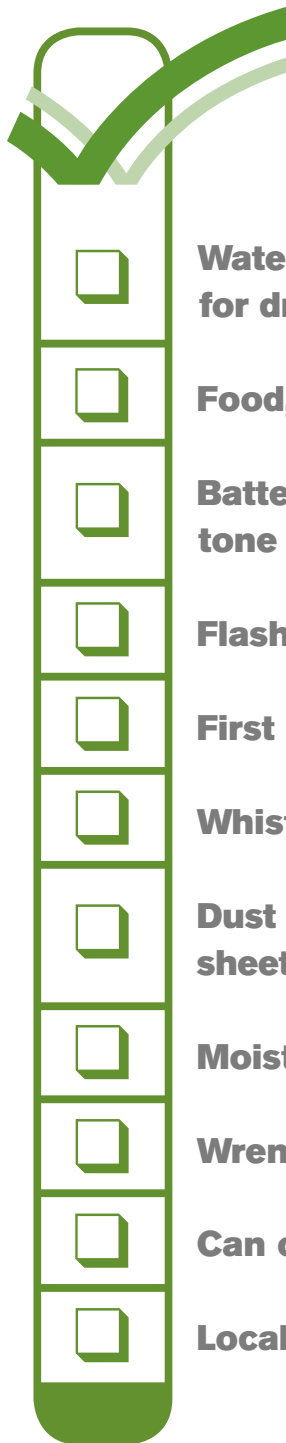
PREPARE. PLAN. STAY INFORMED.

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

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

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

Recommended Items to Include in a Basic Emergency Supply Kit:



Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

www.READY.gov

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
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