

MEMBERS' ANNUAL PARTY on Jan. 22nd

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Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

www.birminghamtrackclub.com
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BTC VULCAN RUNNER



VOL. 33

★DEC. 2009 / JAN. 2010★

ISSUE 9

~THE VIEW FROM THE 'BACK OF THE PACK'~

Manhattan Street to the Streets of Manhattan: A New York City Tale

- By Michele Parr

What's your experience been with things you look forward to for a really long time? I don't mean looking forward for a few weeks or a few months. I'm talking about years. For me those sorts of experiences almost always end in disappointment. They can never live up to what I've built them up to be in my imagination. The New York City Marathon shattered that pattern, far exceeding my expectations.

Why New York? I was a dedicated half-marathoner until I learned about the route of the NYC Marathon. Having been to the city only once before on a quick weekend trip, I knew little about it, but I was fascinated by the chance to tour all five boroughs on foot. What better way to see it! I couldn't pass up the opportunity to meet New York and New Yorkers at ground level. That's what hooked me and kept me applying year after year. My mantra of "The half, always the half" changed to "Only New York and only once."



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Heading up the Verrazano-Narrows Bridge at the start of the NYC Marathon.

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I first tossed my name into the NYC lottery in 2006, made the field in 2008, and canceled with the plan to run this year. That means I knew in June 2008 I would be running in the 2009 race. Four years of anticipation had a target date but miles to go before race day. I ran through the summer of 2008. I ran through the summer of 2009. I questioned my sanity as I ran on those early Saturday mornings and as I limped through all those Saturday afternoons. I counted down the long runs remaining, smiling a bit when I could count them on one hand. Then it was down to four, three, two, one and done. It was time to do what I'd been preparing for.

I stayed with relatives in the Bayside area of Queens on this trip, another great opportunity to see more than just the tourist side of New York. To get to the expo at the Javits Center in Manhattan, we walked to the station to take the Long Island Railroad to Penn Station and then walked down 34th Street until we saw the huge building with all the marathon signs outside. It was easy to know we were headed in the right direction by all the people passing us carrying race packets. I confess I got a little misty when I got in the packet pick-up line. After all that time, after all the anticipation, the race had finally arrived.

Packet pick-up was incredibly efficient. Spotters directed runners to the next available person at the first station where identification was verified. After checking my driver's license and stamping my registration verification, the volunteer wished me luck and directed me on to the packet station. I found the section for the green 58000s and handed over my form. "Have you been eating?" she asked. I spotted the grease stains on the form that prompted the question and confessed to the peanut butter cookie from the neighborhood bakery in Bayside that was in my backpack. She found my packet, ensured I understood how the D-chip worked, and sent me on to the next station, shirts. Unlike so many other races, I didn't have to commit to a shirt size in advance. The volunteer helped me pick what we thought would be the right size, but I did try it on before



TOP: Michele outside the Staten Island Ferry Terminal, transportation to the start.
ABOVE: Race advertisement at a subway entrance.

NYC <continued on Page 4>

BTC NEWEST MEMBERS

Those who've joined since Nov. 2009

Pamela Muchiri
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Steven Davis
Angela & Jim Pewitt
Misty Ralyea
Rick Lewis
Jane Geiger
Stacy Kadle
Barry Hamric
Brett Camp
Jane Kelly
Chesley Gamotis
Mike Goff
Mike Mccutchin
Carla Waddell
Vivian (Tess) Street
Matt Veal
Julie Pearce

Total Active Members
755

Advertise in THE VULCAN RUNNER

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

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BTC Mission Statement

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

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

Race Results Find the latest and most complete local race results at the following:
birminghamtrackclub.com trakshak.com run42k.com

ATTENTION BTC MEMBERS!

'Vulcan Runner' is available **MONTHLY** in color!!

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo, Membership Chair, at btcmembership@gmail.com so that you can receive (via email) the monthly password in order to download the newsletter (.pdf format) from the below webpage link (including past issues which require NO password):

www.birminghamtrackclub.com/vulcan-runner-newsletter



UPPER LEFT: Yes, he ran with this. **TOP CENTER/RIGHT:** New York icons Michele saw while sightseeing (but were not on the race route) - the Statue of Liberty and Empire State Building. **ABOVE:** A Bronx drum line.

NYC <continued from Page 2>

moving on. I wasn't leaving there with a shirt I couldn't wear! The entire packet pick-up took about ten minutes because I had taken advice from someone who had run the race before to go early. When I left the expo, the line waiting for packets was incredibly long.

As expected, the expo was huge. Even so, I was disappointed by it. Easily a third of the space was devoted to Asics race gear, all of it very expensive. I bought a couple of t-shirts from the Adidas booth since I thought the 1/\$20 and 2/\$30 was a pretty good deal, and I

did find a pair of the insoles I run in for \$9 less than retail. What I didn't find was any of the kitschy stuff I love to browse through at expos. There were no funny shirts, no Christmas ornaments, and not a single 26.2 sticker anywhere. With nothing really grabbing my attention, all I wanted to do was find Ann and her niece and get out of the crowd and off my feet, a wish that was easier said than done. Even with cell phones, I couldn't find them. I wandered and wandered and wandered. Ann finally checked her phone at her niece's suggestion and discovered eight missed calls!

When we got back to Bayside, we stopped at a deli/butcher shop and picked up some great sandwiches for lunch on our five minute walk back from the train station. Later that afternoon I walked to a park with the niece and her husband for my last pre-race jog. Again I was delighted by the neighborhood with lots of Halloween decorations around. In the park there were adults playing flag football and kids playing soccer, busy tennis courts and park benches overlooking the water. Two laps around on the paved path gave me two miles,

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good enough to grease the wheels.

Back at the apartment I pinned my bib to my shirt, attached my chip to my shoe, and got all of my gear ready for morning. Since we would be dealing with train schedules to get to Penn Station where we would take the subway to the Staten Island Ferry Terminal the next morning, running late would not be an option. A home-cooked dinner of baked pork chops and spaghetti with marinara was a perfect race-eve meal.

I slept well but still woke with race day nerves. Those were calmed a bit when we headed out and I realized that the overnight rain had stopped and that it had lowered the temperature and reduced the humidity. After our wet summer, it might be fitting to have a rainy race day, but I was really hoping that wouldn't be the case. Instead we got a cool, overcast day, perfect for a road race. Another ride on the Long Island Railroad got us back to Penn Station and the 1 train got us to the ferry terminal. Seeing the neon sign for the ferry and the runners making their way inside made the whole thing real for me. After all the anticipation, all the training, all the looking forward, I was finally there. I was really going to do this!

Kim McConnell, a runner in my training group, planned to run the race with me. She had already committed to run the marathon in Baltimore when she found out she got into New York. With only three weeks between the two races, she was going to treat Baltimore as a race and New York as an event. The only problems with this plan were finding each other at the ferry terminal and dealing with the fact that we were assigned to different starting areas. Cell phones solved the first problem. I called her when I got to the terminal, she called me when she got there, and we managed to board the same ferry together. The ferry took us to Staten Island where buses took us to Fort Wadsworth, the staging area for the race.

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TOP RIGHT: The city skyline from the top of the Verrazano-Narrows Bridge.

RIGHT: Rowdy race fans in Brooklyn. **BOTTOM:** Nearing the finish, Michele (gray cap, near center left) and Kim (pink shorts) on right.



NYC <continued from Page 5>

The NYC Marathon divides the non-elite runners into three waves with three different starting lines. Kim and I were both in wave three, but she was assigned to the blue start while I was assigned to green. We decided to get the lay of the land and figure out what we were going to do from there. There was lots to look at, including a guy wearing a replica of the Eiffel Tower on his shoulders as part of his running outfit. Each start has its own runners' village where runners can hang out until it's time to line up in the corrals. We got to the blue village first. There wasn't a gatekeeper checking bibs, so I went in there along with Kim. After the second wave got called to the corrals, we wandered over that way to see how those were organized. While there were volunteers at the entrance to each corral, they weren't keeping people out, just helping people find their way. Kim's corral was overcrowded, so they asked the people waiting to get in to move to a corral farther back. I just went where she went and ran from the blue start.

Each wave gets its own starting ceremony with someone singing the national anthem and a cannon instead of a starting gun. Sightseeing buses lined the start with crowds of noisy spectators. The sign at the toll plaza for the Verrazano-Narrows Bridge welcomed runners. The three waves and the three starts split the crowd into so many pieces that the start of this race was less crowded than the start of many smaller races I've run. It didn't feel like a 43,000 runner race, and I mean that in the best possible way.

The blue start runs on the top level of the Verrazano-Narrows Bridge. I wasn't sure how that was going to work for me since I've always struggled with a fear of heights, especially tall bridges, but the bridge is big enough that it wasn't scary. The vibration caused by thousands of runners that I had worried about wasn't noticeable on the paved portions of the bridge. I felt it only when I braced a foot on the metal edge to take a picture of the Manhattan skyline. Urban legend said it was better to run on the top level of the bridge because runners on the bottom level were subject to backwash from guys urinating off the top. I can't confirm the backwash part of the legend, but I can confirm that despite the best efforts of NYRR to stop the practice by threatening lifetime expulsion from the race, despite the thousands of porta-potties in the staging area, guys do pee off the bridge.

The orange start was on the other side of the bridge, the green start down below. At one point after we left the bridge, orange and blue ran across an overpass while green ran perpendicular to us on the road underneath. The mile markers reflected the differences in the starts, and the green start didn't merge in with the rest of us until the eight mile point. The effort to work out the logistics of what are basically eleven races (elite women, elite men, and three waves from three starts) has to be phenomenal.

I ran in a crimson and white shirt with "Alabama" emblazoned across the chest, something that turned out to be a great choice. All along the route, New Yorkers called out "Go Alabama!" and "Roll Tide!" I admit to expending more energy than I should have early in the race responding to all of those shouts. In the first few miles I hollered back and did a bit of fist pumping. In the last few miles my response tended more toward a feeble wave.

If you're unfamiliar with the race, it's point to point, starting in Staten Island and ending in Central Park. Along the way it goes through Brooklyn, Queens, and the Bronx. The only real hills are the bridges. The bulk of the race is in Brooklyn and Manhattan, reaching the midway point as it moves from Brooklyn into Queens and going through Manhattan to the Bronx before returning to finish in Central Park. We were still in Brooklyn when the first person encouraged us by telling us we were almost done. I don't know in what universe mile 8 is almost done. We just grinned and kept running.

Different sections of Brooklyn seem like different corners of the world. Our entry was met with a homemade sign that read, "Yo! Welcome to Brooklyn." The sign makers were there to greet us, and thousands of



Spectators near the finish of the 2009 ING New York City Marathon.

people lined the route and cheered for us as we passed. I ran down the street telling total strangers, most of whom didn't speak English, that this was the most amazing thing I'd ever done. Our exit from Brooklyn was as different from our entrance as possible. The Williamsburg section is home to a large Hasidic Jewish population, a group of people who seemed determined to ignore the fact that thousands of people were running past their homes, schools, and businesses. We passed dozens of uniformed schoolgirls and many men in traditional dress, some talking on cell phones, an odd sight to see. The girls would venture a shy wave back at us from time to time, but the quiet there after the noise a few blocks back was rather eerie.

The Pulaski Bridge welcomed us to Queens. At the midway point Kim was still hanging with me, true to her word but much to my surprise. We hit 13.1 in just under three hours. I knew any dream I had of finishing in under six hours was gone and that she would be way off her sub-five hour time of three weeks before. By mile 15 we were on the Queensboro Bridge heading into Manhattan. Thanks to the wave start everyone else was walking up the incline of the bridge along with us. When I looked over my shoulder to see if everyone behind us was walking as well, I spotted a runner who was juggling as he ran. At least we'd passed Eiffel Tower man around mile five.

The entry into Manhattan is exhilarating and depressing at the same time. No spectators are allowed on the Queensboro Bridge, so runners are greeted by a wave of noise when they leave the bridge. But the route turns right and heads to the Bronx before the homestretch takes runners around three sides of Central Park. We had reached Manhattan, borough four of five, but we had a long way yet to go.

Race organizers have changed the route a bit to give the Bronx more of a role in the race, but still we were there for only about a mile. The metal grid Willis Avenue Bridge took us from Manhattan into the Bronx. It was odd crossing a bridge covered in carpet for the race, but I'm sure that was better than looking through the grid at the water below. It was in the Bronx that the second person encouraged us by telling us we were almost done. "You're there!" she hollered. "You've done it! You've made it!" Just beyond mile 20, all I could do was turn to her and ask, "Then can I stop now?" She told me no so I kept plodding on. What sounded like a drum line but turned out to be an Asian band was our farewell to the Bronx.

A gospel choir greeted us as we entered Harlem in northern Manhattan. Unfortunately, I was too tired to snap a picture when doing that

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NYC <continued from Page 6>

seemed so easy back on the Verrazano-Narrows Bridge. Another 25 blocks got us to Central Park, but we still had three miles to go. Even though the race winners had finished over four hours earlier, people still lined the route. I was still getting "Roll Tide" shouts though by this point most of the shouters seemed to be pretty mellow. All those hours of drinking can do that to people.

The race runs along the east side of Central Park until about halfway down and then runs through the park for about a mile and a half before running back out and along the south side. We were about to head back into the park from the west side when I noticed an Achilles guide ahead of us running with an older Japanese woman. The sign she carried read, "This is Seiko. She is blind." That sign, that runner, and the New York crowd calling out, "Way to go, Seiko!" gave me the lift I needed to push on to the finish. The "800 meters to go" sign also helped, as did the other signs every 100 meters along the way.

I'd touched base with Ann and her niece enough during the race to know that they had made their way between mile 26 and the finish. They spotted me and got a couple of pictures as I made my way to the end. The reserved seating in the bleachers was empty when Kim and I passed them after the elites and 90% of the other runners had finished, but the volunteers were still there greeting every runner like a winner. I crossed the finish and picked a volunteer to drape my medal around my neck. Another one wrapped a mylar blanket around

me and taped it closed while another handed me a bottle of water. My only disappointment with the race came when I discovered they had run out of food. How could that be? This race feeds runners by handing them a bag at the end of the race. They knew how many people they let in. They knew how many picked up their packets. This surprised me in a race that was otherwise brilliantly executed.

Finishers are routed out of the park by way of a ten block walk north (farther for the faster people) through the park, making reunions with friends and family difficult. I'd arranged to meet Ann and her niece at 77th and Columbus Avenue, so I limped off in that direction. Before Kim and I parted ways, she checked that I knew what to do for recovery. I didn't. I'd never thought beyond the finish line. She instructed me on getting some carbs soon and a full meal within a couple of hours. Ann's niece found me at our meeting place a few minutes after I arrived, but Ann was waiting on a bench several blocks back. They may not have traveled 26 miles since they left me at the ferry terminal, but they'd had a long day also. When I sat down on the bench to put on the sweats they'd kept for me, a man with a marathon volunteer ID stopped to see if I was okay. We took advantage of his concern to ask where the nearest subway entrance was. Munching on the sugar-coated cashews Ann had bought for me, I shuffled to the subway, back onto the Long Island Railroad, and back to the apartment, where a warm shower, pepperoni pizza, and a real Coke helped me feel human again.

I had to laugh when I showed my medal to

Ann's niece's children. Since this was the fortieth running of the marathon, the medal is emblazoned with a large "40" on the front. The youngest girl's eyes got big when she saw the 4 and exclaimed, "You finished fourth?" No, Paula Radcliffe finished fourth in the women's race, Ryan Hall fourth overall. I was finisher 41,962. There were over a thousand people behind me.

Other runners I have talked to are either intrigued or repelled by the idea of the NYC Marathon. If you've avoided it because you hate large races in big cities, this is unlike any I've ever seen. There are crowds to contend with at the expo and in the staging area, but I was never crowded during the race. The route itself was more like running through a series of small towns than like running in a large city, and the volunteers and spectators were as friendly as any I've encountered. Seriously, when a volunteer who has finished his duties stops on the sidewalk because he sees someone wearing a silver blanket and a medal sitting on a bench, the race definitely has some small town flavor.

The most common question I've been asked by my running friends since my return has been, "Will you run another one?" They ask because New York was to be my first and last, but as marathoners themselves they understand the temptation to do it again (and again and again). My answer at this point is that I can imagine running another one. I just can't imagine training for another one. For now I think I'll just focus on the Mercedes half. .

micheleparr@mindspring.com



Local marathoners (L to R) Tanya Beck, Kim McConnell, Ira Jones, Michele Parr, and Laurel Whitt show off their NYC Marathon medals.

Dec./Jan. BTC President's Message

— Johnaca Kelley

Lately, I have changed my running time to directly before work rather than after work, during the work week. The time change has prompted this shift, so I can run in the daylight. But even in daylight, there are hazards. Be particularly careful of the leaves on the ground and pooled water left by rain. In the Fall and Winter the conditions for slippery mold to grow on Birmingham sidewalks also seems to be a valid concern for runners and walkers. I am not sure which got me and it may have been a combination, but on the 11th of November I almost had a running accident. I was enjoying the morning run after the big storm, gearing up for the work day ahead. I reached the turn around point in my route and my feet went in the opposite direction of my intended route. I did quite the dance and after turning a circle or two, came down to a sudden stop with my left hand. I was very fortunate that my head did not hit the sidewalk. And I can only imagine how incredible my "dance" looked, because after I was upright and OK, every car at the intersection beside my turn around point was honking at me. One guy was even hanging out his window, giving me the thumbs up. So I did the only thing to do in a situation like that, I signaled a thumbs up back (I promise it was my thumb.) and re-started my run. I also warned the next runner coming toward me that the sidewalk was very slippery up ahead. Was I embarrassed? No, not really. The quote from the Fat Danny Trial by Trail shirt below is not only true for trail runners, but any runner:



TRIAL BY TRAIL 5 MILES

THERE ARE TWO KINDS OF TRAIL RUNNERS:
THOSE THAT HAVE FALLEN AND THOSE THAT ARE ABOUT TO

Johnaca Kelley

btcpres09@gmail.com

8

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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

The screenshot shows the homepage of the Birmingham Track Club website. At the top, there's a banner featuring a city skyline silhouette and the text "BTC Birmingham Track Club". Below the banner is a photo of a running race. A navigation bar below the photo includes links for Home, Beginners, Training, Calendar, Results, About the BTC, Racing Info, Photos, Store, News, and Contact.

Danny's Heroes - August 29, 2009

A large graphic for "Run for Wishes" is displayed, featuring yellow stars and the text "Run for Wishes" in blue script. Below the graphic is the "MAKE-A-WISH" logo for Georgia & Alabama Chapter. There are five yellow star icons above the date "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

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BTC Mission Statement

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

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Developed by

★ BIRMINGHAM TRACK CLUB ★ ANNUAL PARTY

Catered Food • Drinks • Music and Dancing
BTC Yearly Elections & Awards

WHEN:

Friday, January 22nd, 2010

7:00 p.m. to 11:00 p.m.

WHERE:

Vestavia Lodge

1973 Merryvale Road, Vestavia Hills 35216

(Located behind Vestavia Hills Park & Rec.,
same location as last year's party)

ADMISSION:

\$5/person (before 7:30 p.m.)

\$10/person (after 7:30 p.m.)

Members can bring 1 guest. Those who are not guests or
current members must purchase/renew a membership at
the door before entrance. See Page 25 for application.

QUESTIONS:

social@birminghamtrackclub.com

* Business Casual Attire requested *

Send in your nominations!

The **BTC Annual Party** is on January 22nd (see Page 10) 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



December/January Coach's Corner

– Danny Haralson

There's a wonderful old song about summer entitled, "In the Good Ol Summertime" and of course Jimmy Buffet has made a fortune singing about the Caribbean and 'boat drinks' all reminders of warm weather, water and good times. Nobody ever wrote anything about the 'good ol winter time'...I mean even holiday tunes say stuff like, "O the weather outside is frightful...." so what is one to do when the weather turns nasty? Well, if you're training for an event you still have to get the miles in and there's just no substitute for road miles. The treadmill won't get it, the elliptical - nope, and Spin (cycle class) won't either. So layer up, suck it up, and get out there. If you don't have an event and want to remain 'fit' through the winter there's nothing wrong with substituting one of your shorter runs with an indoor session on one of the aforementioned. If you're tired or 'road' (running) weary, Spin and the elliptical are great, no impact and good cardio workouts. Personally (and it's just me) I just can't see the treadmill for any reason, really. If the weather is that bad it's just a 'bonus' off day for me. If you do Spin, it is not a substitute for running in any shape form or fashion, honestly (and I'm a certified 'Spin' Instructor), it's barely a substitute for cycling. However, it WILL burn calories, accelerate your heart rate and with effort (yours) keep you in a 'fat burning' (for lack of a better term) zone. What it does best in my mind is provide a diversion, something different,

something new and fresh. It helps break up the 'all running all the time' mindset. You have music, someone giving you the workout, it's timed, and you can't get lost! Different can be good, it can be really good and it will help keep you fresh mentally and physically, as well as your love of running. The elliptical? Well, you can watch TV, listen to your IPOD, set your own schedule (a little more freedom) and the length and difficulty of your workout. Always, always, something is better than nothing - even 20 minutes on the treadmill or elliptical will give you some benefit, certainly way more than blowing off workouts for the week. During the winter, on those nasty wet or cold days head to the gym and try out a Spin class, get on the elliptical or treadmill, or better yet get with a coach or trainer for about a month and get some ideas for plyometrics and/or strength specific training for runners. There is a right way and sooo many wrong ways to do exercises but usually, once instructed (assuming normal intelligence) you can remember proper form and mechanics. It is always better to do a few right than many wrong. Mixing up plyometrics, some strength training and some fresh cardio may be just the ticket to coming out of hibernation and hitting the road fresher, more excited, stronger, and better than ever! .

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

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



PHOTO COURTESY OF GEOFF GOTTLIEB

November BTC Executive Meeting Minutes

- Submitted by Brad Clay, Secretary

- Meeting began @ 7:00 p.m., November 11th, 2009.

IN ATTENDANCE

Johnaca Kelley: President
Tim O'Brien: Vice-President
Brad Clay: Secretary
Debbie Cleghorn: Treasurer
Danny Haralson: Vulcan Run Director
Phil Min: Parliamentarian
Judy Loo: Membership Chair
Rick Melanson: Road Race Chair
Mark Baggett: Past President
Frank Newland: BTC Classic Director
Charles Amos Thompson

REPORTS

► **VULCAN RUN - Danny Haralson:**

- Final numbers registered ~2200
- ~1800 finishers which is improved finished to registered ratio compared to last year
- First female missed course record by 7 seconds
- Overall race went well
- Most bills in but not all
- Area of improvement is need for more volunteers especially in packet pick-up and post-race party
- DH estimates ~25 volunteers needed
- Group discussed need for systematic way to call on members
- Suggestion made for volunteer coordinator for Vulcan Run to be in place by Oct 1st.

► **SOCIAL - Danny Haralson (for Micki Haralson):**

- Montclair Preview run of 5 miles on 11/24
- Followed by time at Smith's Steak and Oyster
- Suggestion made for 1st drink on BTC



Beginning of Year (Annual) Party:

- Same venue (as 2009) in Vestavia park
- La Cocina to cater, wine has been donated
- Need DJ, door prizes, and to determine date

► **BTC CLASSIC - Frank Newland**

- Needs new logo for race which would be ~\$300
- Discussed other, local options for graphic design
- Group decided to weigh options and make decision via email later
- Birmingham and Atlanta have agreed to host track meet on different dates which hopefully will lead to more participation
- Charles Amos Thompson raised issue of more certified officials may be needed for some events.

OFFICER REPORTS

► **TREASURER - Debbie Cleghorn**

- Delivered financial reports through October
- Noted that RRCA insurance is a major expense at end of year
- Needs BTC Road race dates for next year for insurance

► **PRESIDENT - Johnaca Kelley**

- Master's CC National meet
- BTC will provide singlets for team Scott Strand puts together. All participants will be BTC members
- BTC has made arrangements with Coca-Cola for joint sponsorship at Race for the Cure next year

Ruffner:

- Scott Green, marketing, and Bart Crawford, land use, from Ruffner want a meeting with BTC to plan a 2010 trail race.
- Group will coordinate meeting via email

► **PAST-PRESIDENT - Mark Baggett**

- Next Vulcan Runner edition is printed
- Important to get submissions in by 15th.

► **Meeting adjourned at 7:47 p.m.**

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07/10

Celebrating Indianapolis!

—By Charles McCalley

I've run plenty of Marathons in the fall but to experience the season of autumn during running a race is in itself a true joy to be a part of. That is what me and seven of my running buddies (Jim Bonds, Brad Creed, David Walters, Mike Hathorne, Chad Hathorne, Ron Wall and Tony Fiore) experienced on October 17th as we ran the 14th annual Community Health Network Indianapolis Marathon and Half Marathon in historic Fort Harrison State Park. Not only did it look like fall, it felt like fall with temperatures starting at 34 degrees and peaking to the low 40's by the end of the race. But we almost didn't make it to the start line on time...

A day off from work was on order for the eight of us as we have been planning this trip for several months. Friday, October 16th was travel day as we rented a 15 passenger van and struck out for Indy at 5:20 a.m. heading north on I-65. After a Cracker Barrel stop at mile 90 satisfied our hunger and a scurry through the downtown Metropolises of Nashville and Louisville, the tires hit Indiana. We made it to our Hotel at 3:00 p.m. (2:00 p.m. Birmingham time) in beautiful Lawrence, Indiana, a suburb 15 miles northeast of the city. A 500 mile one way trip that is all interstate makes for pleasant travels especially when you keep the company that we did. This was a group that when this trip was getting off the ground had 5 planning on running the full marathon and 3 running the half. (These numbers change later!)

I've only been to one prerace pasta dinner before and didn't think much of it but I encouraged our group to sign up for it so we could at least all break bread together and experience as much flavor of what the marathon organizers had put together. After



(Left to Right) David Walters, Brad Creed and Charles McCalley, upon completion of the Indianapolis Half Marathon.



A photo showing off the beautiful trees runners saw during the Indianapolis race appeared in the Sunday paper the next day.

a mediocre Expo at the local YMCA gym (though packet pick up was very well organized), we ventured off to the Sterret Center ½ mile away for our pasta. The food was great and there was plenty of it. The line moved fast, seconds were encouraged and the atmosphere was cozy. There was a small town feel to this dinner that felt like at any moment, they were going to start passing out bingo cards. I liked it!

This was a Saturday marathon, so after dinner the question was..."so, what time should we leave the hotel in the morning?" This race had an 8:30 start and most of our crew felt like leaving at 7:15 would do. Now, I like to get to a start line well in advance of the start and felt this departure time may be pushing it but conceded anyway. After a beverage run and some last minute supplies, we settled into some Friday night college football. (I think Rutgers and Pitt were playing). After lights out and then discovering that my roommate snores "a little", (it was one of the seven I mentioned earlier...I don't have the heart to say which one) we were up and at 'em for race day. I pulled the van around to the front of the hotel after scraping the windshield for about 5 minutes. We just left 80 degree weather in Alabama. What gives! Off we headed to the race.

As I approached the exit ramp off the interstate, I noticed a rolling sea of brake lights ahead of me and that was "all" that separated us from our vehicle and the start line. With the van clock reading 8:00 o'clock and the start just 30 minutes away, I knew this was going to be close. People were walking past us, cars were trying to cut into my lane in front of me.....By this time I had put two gripped hand indentations into the steering wheel. To make a

INDIANAPOLIS <continued on Page 15>

INDIANAPOLIS <continued from Page 14>

long story short, we pulled into a parking space about 600 yards from the start line. The clock on the van read 8:29. Mike wanted to get a group picture as we flung the doors open on the van. You would have thought there was a bomb on board with the way we spilled out of that tank. Any pre planned arrangements about who was running with who was thrown out the window. And sorry Mike, we're not taking a picture! Everyone scattered for the start line. I reached the start line during the national anthem and paused briefly to catch my breath and take it all in. I looked at the beautiful color of the foliage and observed a flock of Canadian Geese in V-formation flying overhead as the Anthem wrapped up. What timing! Chad and Ron made it with me to the start from the "Great Van Escape". The whereabouts of the rest of us... who knows. Did they make it? I guess I'd find out when this was all over. The gun went off and that was it! Off I started on my Half-Marathon and wished Chad and Ron well. I found David and Brad during my run and knew the others must be on the course as well. As I said earlier, the colors were awesome, the course was flat (for the most part) and the weather was ideal. Aid stations were well manned and the hospitality was warm. If you are ever considering a Fall Marathon, I highly recommend this one. You'll never see the skyline of Indy since this race is run in the suburb

of Lawrence. It's not too big and not too small. You'll love the State Park and its scenery, the post race cookout, and the fire pits to stay warm by. You leave feeling like you've run a marathon and camped out, except instead of a tent, it's the Indianapolis Hilton.

I titled this article "Celebrating Indianapolis" for several reasons:

1. Each of us finished a race. From what started as 5 marathoners and 3 Half marathoners turned into 6 Half Marathoners and 2 Marathoners.
2. Several of us were coming off injuries to run this race. Mine, a lower back setback.
3. Our two marathoners both PR'd ...Ron and Tony by 5 minutes and 8 minutes respectively)
4. Mike, one of our Half Marathoners, had just undergone quadruple bypass heart surgery 4 months earlier.
5. You couldn't help but celebrate the weather!

I also celebrate running and how it has brought together our group who come from varied backgrounds and careers. So, we celebrate Indy and everything it had to offer and look forward to our next trip!

Where are we heading next, guys? •

Join the BIRMINGHAM TRACK CLUB'S 1,200 Mile Club

The Birmingham Track Club promotes fitness and a healthy running lifestyle for its members. Part of this involves consistency and the BTC wants to reward its members for that consistency.

**In 2010 the BTC will be continuing its 1,200 Mile Club program.
It's great to set goals....and not too early or too late to start them!**

HERE'S THE WAY IT WORKS:

- You keep a training log of all mileage you run during each month (see Page 23).
- At the end of the month, you communicate that mileage to the 1,200 mile club coordinator, who keeps a record of your mileage for each month. See email address below.
- The results will be posted monthly on the BTC web site so that you may track your progress.
- If you have completed at least 1,200 miles by Jan. 1, 2011, then you will receive a BTC '1,200 Mile club' jacket! Repeat members will receive a prized patch for each year they complete the 1,200 mile year that they can sew to their jacket to let others know how many years they've completed that goal.

RULES AND REQUIREMENTS:

- Participants **MUST be a BTC member in good standing** to participate in the 1,200 mile club. Not a member and want in on this deal? Then join (see Page 25 for a Membership Application)
- It is the runner's responsibility to keep accurate track of all mileage. It is the runner's responsibility to communicate mileage run each month to the 1,200 mile club coordinator. There will be a monthly deadline for submissions.
- Races count. Training miles count. Walkers count. Just as you would count in a normal training log, count here.

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

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

Race/Event Calendar (Dec. '09 thru Jan. '10)

- 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)

DECEMBER 5

Jingle Bell Run For Arthritis 5K Run/Walk & 1 Mile Fun Run

- Birmingham, AL, 9:00 a.m.

Underwood Park just behind St Vincent's 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 12

Holiday Half Marathon/8K Run

- Point Clear, AL, 8:30 a.m.

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

Dashing Through the Springs 5K Run/Walk & Childrens Run/Walk

- Talladega, AL, 8:00 a.m.

Shocco Springs. USATF CERTIFIED COURSE.

Web: www.shocco.org

Info: 256-299-0350

DECEMBER 14

BTC Mini Track Meet

- Birmingham, AL, 2:00 p.m.

Contact Brent Cotton for location.

Info: (205) 447-9223

DECEMBER 19

Meadow Brook 5K Run & 1 Mile FR

- Birmingham, AL, 9:00 a.m.

Aliant Bank across from Brook Highland on Hwy. 280.

Animal Rescue 5K Run

- Daphne, AL, 8:00 a.m.

Info: Jim Pennington (251-367-4599)

DECEMBER 20

BTC End-Of-Year Runs

- Pelham, AL, 8:00 a.m.

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

Info: btcpres09@gmail.com

DECEMBER 22

Christmas Light Tour Run (4 miles)

- Birmingham, AL, 6:00 p.m.

Meet at Rogue Tavern (2312 2nd Ave. N.) Christmas cheer at Rogue afterwards.

Info: social@birminghamtrackclub.com

JANUARY 1

BTC Resolution Run

- Birmingham, AL, 9:00 a.m.

3, 5, 10 Mile run, starting at Five Points Fountain in Southside. No entry fee.

Email: timoalabama@aol.com

JANUARY 9

Red Nose Run

- Birmingham, AL, 7:00 a.m.

10 mile start, 8:30 a.m. 5K start, 9:30 a.m. Fun Run. 10 Miler is ALABAMA RRCA STATE 10 MILE CHAMPIONSHIP. 5K & 10 Miler are USATF CERTIFIED. Start and end at Linn Park in downtown Birmingham. Register at active.com, at TRAK SHAK or by mail.

Web: http://rednoserun-bham.com

JANUARY 11

BTC Mini Track Meet

- Birmingham, AL, 2:00 p.m.

Contact Brent Cotton for location.

Info: (205) 447-9223

JANUARY 22

BTC Annual Party

- Vestavia Lodge, 7 p.m. to 11 p.m.

Food, drinks and dancing, annual service awards, elections. This is the ONE club event members don't want to miss.

Complete info. on Page 10

Email: social@birminghamtrackclub.com

JANUARY 23

Village To Village 10K & 1 Mile FR

- Birmingham, AL, 8:00 a.m.

Mountain Brook Village close to Post Office. New USATF CERTIFIED COURSE running through Mt. Brook, English Village and Crestline. Park in the Zoo and walk to the start in Mt. Brook. Register on active.com.

JANUARY 30

Conquer Cancer 8K Run & 1 Mile FR

- Birmingham, AL, 8:00 a.m.

St. Vincent's One Nineteen (back entrance to Greystone). USATF CERTIFIED COURSE through beautiful Greystone neighborhoods. Register on active.com. (search key word Brenda Ladunn).

Info: Kate Kelley (930-8869)

FUTURE (local only)

02-13 - BE&5K

02-14 - Mercedes Marathon & Half Marathon

02-27 - Heart Run 10Mi/10K/5K

03-06 - Knights of Columbus 5K

03-13 - Perseveance Run 5K

03-20 - Fitness in Motion 5K

03-27 - Rumpshaker 5K

03-27 - UPC Run

04-03 - Run to the Cross 5K

04-10 - High Country 5K

04-17 - Statue To Statue 15K

04-24 - Casey's Cause 5K

04-01 - Spring Sprint 5K

04-08 - Cancer Run

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Contact

Jeff Kepler at 823.0144 or jkepler@ymcabham.org.



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Our Vision: We will lead our community to become the healthiest in America.



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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!**

Birmingham's Area Running Club BIRMINGHAM TRACK CLUB www.birminghamtrackclub.com www.myspace.com/birminghamtrackclub www.vrxs.org

BTC **RRCA**

THE VULCAN RUNNER

VOL. 31 * SEPT./OCT. 2007 * ISSUE 9



Submitted by Stacey Gordon

Hashing for me started back in the days before the internet... when word of mouth was the only way one could find out about it. At that time and to this extent today, it has the feel of something just slightly underground and subversive. This appealed to me then and still does.

I was in the US Air Force at the time, and ran regularly with the 101st Combat Control Team. One evening I liked to run, asked my friends if there was a hash house I could go to. They said there was one in a place in town at 6 p.m. tonight and we'd do a little running after dinner.

I figured we'd go run for 7 miles then meet at a pub somewhere for a beer. That was not the case. Well not right away. We met and I got in his car and we drove

to some out of the way parking lot somewhere that was not at all what I expected to see. A few folks that "looked like runners" were there. I had no idea what hashing was. I had never heard of it. I had never seen anyone dressed like runners, had anybody purchased. Then I realized I was the only one who had never heard of it. In fact, some were officers from the 101st. I was shocked. I had never heard of hashing before I worked with them.

Stacey Gordon

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WHAT IS HASHING?

Basically hashing is a form of competitive cross-country running with the exception of working up a decent sweat. The social aspect is placed on the social aspect at the end of the run.

Hashing is a fun activity and not be taken at all seriously. It is meant to appeal to all levels of runners.

HASHING <continued on Page 2>

1

**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://www.birminghamtrackclub.com/vulcan-runner-newsletter)



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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 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: 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

Like mother like son? Let's see how Will Jackson compares to his running mom, Cissy.

Cissy Jackson

- 1. Last movie you liked so much, you watched it twice?** *The Bourne Identity*
- 2. Name one guilty pleasure?** Going back to sleep on a rainy day after my husband goes to work and my children go to school.
- 3. Favorite place on earth?** Lake Rabun, in north Georgia
- 4. Worst place on earth?** Traffic
- 5. One item you would want with you on a desert island?** My husband
- 6. Most interesting person you've ever met?** My children
- 7. Coolest trophy or prize you ever won?**
When I was about 7 years old, we won a radio contest and Rick Dees picked us up in a limo and took us to dinner at McDonald's.
- 8. Favorite TV show?**
The Australian Open, the French Open, Wimbledon and the U.S. Open
- 9. Favorite fast-food joint?** *Moe's*
- 10. Who would play you in a movie?** Meryl Streep
- 11. Something unique about the town you grew up in?** Elvis lived there
- 12. If you could play an instrument, what would it be?** Guitar
- 13. Scariest thing that ever happened to you?** I was chased by an attacker while running alone on Thanksgiving morning, 2002.
- 14. Favorite book?** *"To Kill a Mockingbird"*
- 15. Favorite meal?** Steak, baked potato, salad
- 16. Why do you run?** So I can eat steak and baked potatoes with my salad
- 17. When did you start?** In high school
- 18. What's your biggest running accomplishment?**
The 2004 Boston Marathon
- 19. Favorite BTC story?** After #13 above, several running groups took me in so that I didn't have to run alone.
- 20. Words to live by or favorite running mantra?**
"No guts, no glory - go for it."



Will Jackson

- 1. Last movie you liked so much, you watched it twice?** *"Monty Python and the Holy Grail"*
- 2. Name one guilty pleasure?** Chocolate
- 3. Favorite place on earth?** Lake Rabun
- 4. Worst place on earth?** School
- 5. One item you would want with you on a desert island?** A boat
- 6. Most interesting person you've ever met?** My dad
- 7. Coolest trophy or prize you ever won?** Winning a medal in a cross country race or winning a tennis tournament
- 8. Favorite TV show?** Anything on ESPN
- 9. Favorite fast-food joint?** *Zaxby's*
- 10. Who would play you in a movie?** Will Ferrell
- 11. Something unique about the town you grew up in?** Home of world's largest cast iron statue
- 12. If you could play an instrument, what would it be?** Guitar
- 13. Scariest thing that ever happened to you?** When I was running in the rain, a driver talking on her cell phone almost hit me.
- 14. Favorite book?** *"Rammer Jammer Yellow Hammer"*
- 15. Favorite meal?** Steak, baked potato, and salad
- 16. Why do you run?** It's faster than walking.
- 17. When did you start?** When I was 7
- 18. What's your biggest running accomplishment?** Taking over ten minutes off my Vulcan Run time last year
- 19. Favorite BTC story?** When I was eight years old, I dunked Scott Strand in a dunking booth at the Trak Shak.
- 20. Words to live by or favorite running mantra?** *"My sport is your sport's punishment."*



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)

BTC RESOLUTION RUN

Start 2010 off on the right foot...a BTC annual event!

New Year's Day (JANUARY 1st) @ 9:00 a.m.

3, 5 or 10 Mile casual run, previewing part of the Mercedes course.

Starts at Five Points Fountain in Southside. No entry fee. All runners welcomed!

Info: timoalabama@aol.com

RUNNING TIDBITS

— Compiled by Tim O'Brien

RUNNING QUOTES

“The gun goes off and everything changes... the world changes... and nothing else really matters.”

— Patti Sue Plummer

Frustration is the first step towards improvement. I have no incentive to improve if I'm content with what I can do and if I'm completely satisfied with my pace, distance and form as a runner. It's only when I face frustration and use it to fuel my dedication that I feel myself moving forwards.” — John Bingham

“Running helps me stay on an even keel and in an optimistic frame of mind.” — Bill Clinton

“All top international athletes wake up in the morning feeling tired and go to bed feeling very tired.”

— Brendan Foster

“A coach can be like an oasis in the desert of a runner's lost enthusiasm.” — Ken Doherty

DID YOU KNOW?????

WHERE IS THE PORTA-POTTY? FOODS TO AVOID BEFORE RUNNING

Most everybody has their own story about what didn't work well for them, but here are some general items....

- High fiber foods like vegetables, beans/legumes, fruits and whole grains that are high in fiber can cause the good ole' gastrointestinal pains or flat out diarrhea.
- High fat foods like bacon, greasy burgers and fried items take longer to digest and will slow you down
- Milk has sugar lactose that is harder for the body to digest and can cause the internal pains and diarrhea, too.
- Caffeine is a diuretic and for some can cause stomach issues

Don't let this scare you. Some are immune to all of these and can run just fine on a triple cheese burger, milkshake, prune juice and 5 cups of coffee. There is plenty to eat that will be just fine. Low-fiber fruits and veggies like grapes, zucchini, and tomatoes are good; white rice, pasta and bagels are great refined carbs that aren't as nutritious as whole grain, but are easier to digest; and certain types of yogurt with active cultures in them as well as milk alternatives such as soy and almond milk are items that will help reduce any stomach distress. (Source: running.about.com)

SUN EXPOSURE FOR THE RUNNER

University of Graz in Austria found that long distance runners have a much higher risk of developing melanoma than non-runners. They actually did tests to prove what would seem to be an obvious conclusion. The exposure to the sun's ultra violet rays, clothing that leaves arms and legs exposed and the possibility that the runner's weakened immune system while running led to more visible spots on the test subjects. Some of the runners used sunscreen and they had less damage than the ones that didn't use it. Even though it is winter right now and a lot of running takes place in the dark, when running during daylight, apply sunscreen to exposed body part.

The Birmingham Track Club Presents

Saturday, February 27, 2010
All Races begin at 9:00am



The 32nd Adam's Heart Runs **5K-10K-10Mile**

• 10-mile course is USATF Certified •

Date: Saturday, February 27, 2010

Place: Oak Mountain State Park: Dogwood Pavillion

Race Time: 9:00am CST

On-line Registration: www.active.com event #180144

Registration Begins: 7:30am CST

Inquire: newlafr@yahoo.com

Contact Info: Frank Newland, 205-621-9912

AHR Website: www.btcclassic.com

Fees: **\$20.00** mail postmark by 2/22/10

\$20.00 early on line. Register by 2/22/10

\$23.00 late on line. Register by 2/25/10

\$25.00 on site race day registration.

Family Registration: \$15/adult and \$9/youth *

* Pre-register only. Same household, youth <= 18yrs

Pay Checks to: Heart Run

Send Form to: Rick Melanson, 5365 Creekside Loop
 Hoover AL 35244

Expected Race Weather:

49% chance of clear and cold mid 30's warming to 50's by noon.

49% chance of cloudy and cool mid 50's warming to mid 60's by noon.

Awards: Top 3 finishers, Male and Female, Top 3 each age group.

Age Groups: (14 and younger, 15-19, 20-29, 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and wiser).

T-shirt guaranteed to all who pre-register, limited quantities for late registration.

Please circle one: 5K 10K 10 Mile

Name: _____ **Age:** _____ **Sex:** _____ **DOB:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

T-Shirt Size: _____ **EMail** _____

Checks payable to : Heart Run. **Remit to:** Rick Melanson, 5365 Creekside Loop , Hoover AL 35244

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Birmingham Track Club, Oak Mountain State Park, the City of Pelham, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____

Parent (if under 18 years old)

Application and waiver required for each runner

Club Merchandise DECEMBER/JANUARY Item Of The Month

SAFETY FLASHERS

GREEN



PURPLE



BLUE



RED



ORANGE

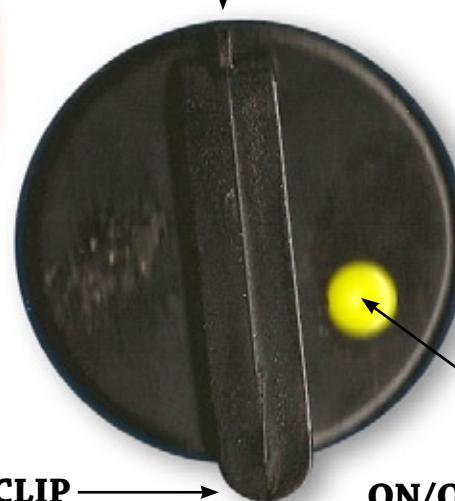
FLASHER DETAILS:

- Approx. 2" in diameter.
- Flasher can be pulled apart for watch style battery replacement.
- Flashers have on/off button and clip on back.
- Come in 5 colors.
- Limited quantities in some colors, close substitution will be made if not available.
- There is an area to run a string through the back, so you can wear as a necklace if you prefer.



**\$3
each**
+ shipping*

**AREA TO RUN STRING
FOR NECKLACE**



Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Phone _____ Email Address (print clearly) _____

Quantity	Color/Description

*Please add **\$1.00** shipping per flasher. Flashers will be \$5 after Jan.

**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

Offer good till 1/31/10



BTM MILEAGE LOG

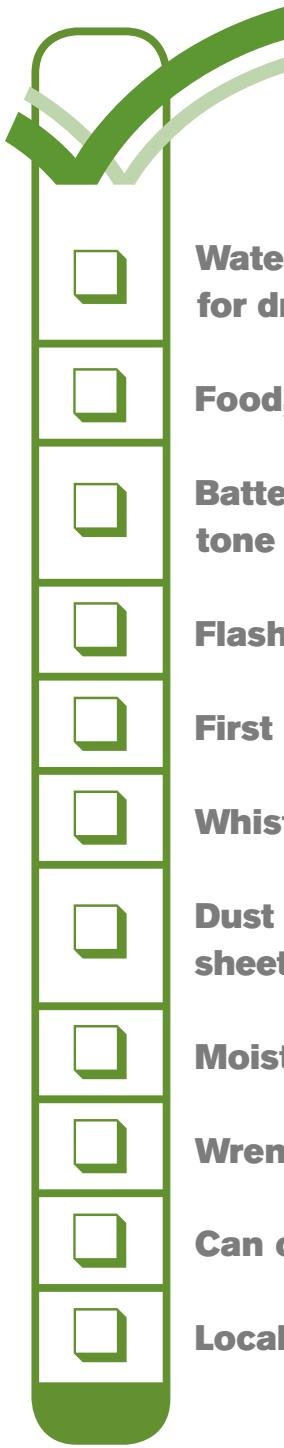


PREPARE. PLAN. STAY INFORMED.

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
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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)