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THE VULCAN RUNNER



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October 2015 Issue 10

VULCAN RUN

10K Set for the
41st Running
on Nov. 7th

-By Allison Stone, Race Director

Held on November 7th in downtown Birmingham, the Vulcan Run has long been considered Alabama's most prestigious 10k, as well as one of the South's premier running events. In addition, the Vulcan Run is the longest running road race in the Birmingham area, and currently holds the title of the RRCA Alabama State 10k Championship event.

BRIEF HISTORY

In order to truly appreciate the Vulcan Run of today, it is important to understand and reflect upon her rich history. The Birmingham Track Club's inaugural 10k race was held on November 27, 1975. Originally named the U.S. Bicentennial 10,000 Meter Run, it was a small event by today's standards, with a mere 104 participants. The following year, the event was renamed the Vulcan Run and included a 10k as well as a 2 Mile option.

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In 1979, the Vulcan Run Weekend was born with the addition of a marathon on Sunday, while the 10k and 2 Mile events remained on Saturday. In 1996, the 2 Mile event was discontinued and replaced with a 1 Mile, a 5k, and a marathon relay. A half marathon was added to the Sunday line-up in 1999, but it proved to be short-lived when the marathon bid farewell the following year to join the Freeze Your Half Off Half Marathon in February. That partnership ultimately would become the Mercedes-Benz Marathon Weekend.

THE COURSE

The Vulcan Run 10k course has remained virtually the same, with a few minor modifications throughout the years. The start and finish lines have shifted a time or two, and in years one and two the race was run in the opposite direction from today. Currently, the race begins in the heart of downtown Birmingham and guides runners through Highland Park and Five Points South before finishing by Linn Park.

The Vulcan Run remains in early November, which often yields ideal running conditions in Birmingham as well as breathtaking scenery along the course. In the weeks leading up to the event, runners are tempted by the possibility of cool temperatures, and often are treated to a vibrant, colorful display during the peak of fall's changing leaves.

THE PARTICIPANTS

Throughout the years, the Vulcan Run has seen such famous names as Bill Rogers, Ed Leddy, Marty Liquori, Stephen Bolt, and hometown hero Scott Strand. In recent years, 2012 U.S. Olympian Janet Cherobon-Bawcom has claimed headlines as the four-time female champion in the 10k.

This year, elite athlete co-chairs Kile Putman and Erica Speegle (an elite athlete in her own right, as well as the 2014 Vulcan Run 10k female champion) have recruited top runners from across the Southeast to compete against our local standouts. The event's reputation, paired with a cash prize purse provided by the Trak Shak, continues to draw a tremendous amount of talent to Birmingham in early November.

Not an elite athlete? Not to worry, the Vulcan Run truly has something for everyone. For the past 41 years, Vulcan has graciously hosted athletes of all ages and paces. In recent years, the Birmingham Track Club has offered 10k training programs tailored for the true beginner, the accomplished athlete, as well as everyone in between. The BTC is proud to offer this training to club members free of charge. With the event just around the corner, training is currently well under way. If you missed out this year, be sure to mark your calendar for 2016!

WHAT'S NEW IN 2015?

The Vulcan Run is bringing to the table some exciting new offerings in 2015! First and foremost, we are re-introducing competitive teams to the event. Participants in the 10k now have the option to register and compete as part of a five-person team. The three team category offerings are All Male, All Female, and Co-Ed. Each team must have five members (no more, no less), and the Co-Ed team must include at least one male and one female. Finish times of all five team members will be averaged, and awards will be given to all five members of the 1st place team in each category.

We also are excited to provide all registered participants with a buttery soft, short-sleeved crew neck tee by Next Level! This top-of-the-line shirt is offered in both men's and women's styles and is certain to be an instant favorite.

Participants, family and friends are sure to enjoy the instant-results texting service we are offering this year. Simply text



the bib number to the phone number provided, and you will receive instant results as soon as you or your loved one cross the finish line!

VULCAN RUN HALLMARKS

In addition to the 10k, the Vulcan Run is well known for its numerous other event features and activities. For kids and adults alike, we continue to offer a 1 Mile Fun Run complete with finisher medals and a fun zone.

Back by popular demand, the Trak Shak is once again offering "Top 200" shirts to the first 200 runners to cross the finish line!

Most notably, the Vulcan Run again boasts a stellar post-race celebration that is second to none. Held inside Historic Boutwell Auditorium, the after-party is where runners, family and friends gather and are treated to a selection of cold brews from Good People and Cahaba Brewing, a variety of Coca-Cola products, and breakfast offerings provided by Waffle House, as well as a wide selection of post-run snacks.

We anticipate 1500-1750 runners will hit the streets of downtown Birmingham to participate in the 41st running of the Vulcan Run 10k. Are you ready to join them? Click [here](#) to register. Remember, you can register as an individual or as part of a team. As in recent years, proceeds of the Vulcan Run will benefit Vulcan Park and Museum and Girls on the Run.

Not quite ready to run, but would like to get involved? Click [here](#) to sign up to volunteer for the event. The Vulcan Run is managed and operated solely by volunteers, so every set of hands is greatly appreciated!

I look forward to seeing each of you cross the finish line on November 7th!

PRESIDENT'S ADDRESS

—Alex Morrow



Hello, fellow BTC Members

Can you feel that? The telltale signs that fall and winter are right around the corner are here. Lower temperatures, cool breezes, and most importantly, no more squishy shoes on your long runs! The change in weather also denotes racing season for many of our long distance running members. By the time you read this, many of you will be in a full taper for your big fall race. Many BTC members will be tackling Chicago, Chattanooga, Marine Corps, and New York, just to name a few.

For those of you training for half and full marathons, this time of year is especially exciting. You have worked hard all summer and now you begin to wonder if you are ready. You start double-checking your travel plans to make sure everything is buttoned-up. And tiny butterflies begin to occasionally visit your stomach and make you tingle all over. I don't know about you, but I love that feeling!

I mention all of this simply to say that even though running is an individual sport and we all become focused on OUR race, OUR travel plans, OUR finish time, it actually takes a team to achieve your goals and dreams. Every Saturday nearly 200 runners come out to the BTC long and moderate runs to get in their miles, as a group. Every time you visit a water-stop on the route, the camaraderie between everyone is evident. After the run, dozens of runners stick around to chat and drink coffee and to talk about the day's run, their upcoming races, and whether they feel prepared or scared out of their mind. It is that team environment that is invaluable and one the BTC excels at providing.

On a recent long run I was asked to lead one of the pace groups. In that group were two visitors from out of town. A gentleman from Georgia and one from Mississippi were in town visiting family, and they were thrilled to learn there was an organized group run they could join. We chatted for nearly 13 miles, getting to know each other better, and simply enjoying the company of other runners on a beautiful morning. Upon finishing they both exclaimed they wished the cities they lived in had a running club as active and well organized as the BTC. As David said, "If I had the support of a group like this to help me train, I think I would have reached my running goals long ago."

I loved hearing this! The sentiment David expressed is exactly why the BTC exists, not only to foster lasting relationships between like-minded people, but to help you achieve your goals and offer support along the way.

This will never be more evident than at the upcoming 4 Bridges Half and 7 Bridges Full Marathon in Chattanooga, TN on October 18, 2015. All summer long, the BTC has been training as a club for these two races. Through much laughter, a few tears, and a lot of miles, the race is just about upon us. Hundreds of BTC members,

either taking part in the BTC Triple Crown Challenge or utilizing the 15% discount on race registration offered to BTC members, will be hitting Chattanooga to undertake these events. We are going to have a huge presence, both on the course and at the finish line!

While out on the course, shout out your support to other BTC members, slap a few high-fives when you can, offer a kindly smile to those who may need it, and most importantly, have fun! This race is the celebration of all your hard work. If it is not fun, you are missing the point. Lastly, once your race is done, grab your family and friends and make sure to stop by, hang out, and celebrate your accomplishment at the BTC tent in the finish area. It is going to be a great time, and I can't wait to see all of you there!

As I said earlier, running may be a solitary sport, but it sure helps to have a team helping you the entire way.

Kindest Regards,

Alex Morrow

BTC President



Vulcan 10K Registration is now open!

REGISTER TODAY

**BTC Members get \$5 off online
registration.**

For more details visit the [BTC Website](#)

CHATTANOOGA CHALLENGE

BTC Runs Scenic City in Triple Crown Chase

— By Cassandra Mickens

Bham Track Club members will run the scenic street of Chattanooga, TN on October 18, completing the marathon or the second leg of the Triple Crown Half Marathon Challenge – the 4 Bridges Half Marathon.

The race will be held in conjunction with the 7 Bridges Marathon, the 2 Bridges 5K, a 1K family fun run, and, for the first time this year, a two-person half marathon relay and a four-person marathon relay.

Starting at Coolidge Park in downtown Chattanooga, the half marathon and marathon courses traverse along the Tennessee River. As the names suggest, marathoners will cross seven bridges during the race, while half marathoners will cross four. Runners also will cruise by several landmarks like the Tennessee Aquarium, AT&T Field (home of the minor league Chattanooga Lookouts baseball team) and the city's arts district. According to the race website, the USATF-sanctioned course is "fast and would not be considered hilly for East Tennessee, but would certainly not be considered flat."

"The biggest highlight is probably just the scenery," said race spokesman Jeff Clem. "We're very proud of how well our race shows off this beautiful city. All of our coordinators are from Chattanooga, so it's a point of pride. ... We're just confident this is going to be our biggest year yet and are so excited for race day!"

Clem said organizers estimate a turnout of about 2,600, more than double the turnout in 2011 – the races' inaugural year. Clem said partnerships with regional running clubs like BTC contribute to the steady uptick in participation as well as Chattanooga's reputation as an outdoor recreation destination.

"We're always submitting to the race calendar in hopes to have more Birmingham runners running races in Chattanooga," Clem said. "To be featured with our marathon, which is our heart and soul race, is a real privilege, and we're looking forward to having lots of Birmingham runners in our city!"

BTC President Alex Morrow said Birmingham runners also are looking forward to their time in the Scenic City. The BTC selects a fall destination race each year and members train throughout the summer months. The 4 Bridges race also happens to be part of this year's BTC Triple Crown Half Marathon Challenge, which includes the Whistlestop Half Marathon in Irondale (September 26) and the Magic City Half Marathon in Birmingham (November 23).

"This year we picked Chattanooga not only because the location was within driving distance, but also because they offer a half marathon, which would make the event more inclusive for BTC members because not everyone runs full marathons," Morrow said.



Morrow added, "In addition to the event being well organized, when I spoke to [race director] Jay Nevans, he was extremely receptive to the idea of working with the BTC. Not only did he extend a large 15 percent registration discount to BTC members, he also agreed to allow us to set up our tent, flags and chairs at the finish line so we could celebrate everyone's accomplishments as a group."

"A great race with southern hospitality ... What more could you ask for?"

For more information or to register, visit www.7bridgesmarathon.com.

2015

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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:

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Race Results

Find the latest and most complete
local race results at the following:

birminghamtrackclub.com
championship-racing.com



**TRIPLE CROWN
HALF-MARATHON
CHALLENGE**

BTC Triple Crown 2015

The BTC Triple Crown Half Marathon Challenge is back for another year!

We have included two different races in our schedule this year. Our first stop was a brand new race right here in Birmingham, the Whistlestop Half on September 26th. We then travel to Chattanooga for the 4 Bridges Half Marathon on October 18th (in conjunction with the 7 Bridges Marathon). Finally, we come back to town for our now traditional final race, the Magic City Half on November 23rd.

Sign up for the Triple Crown to receive an awesome shirt and medal. Last year we had 74 BTC members successfully complete the challenge. Let's top that this year!

Reminders: (1) You must be a BTC member to participate. Join now! (2) You must still register for each race on your own, but once you register for the challenge, you'll receive discount codes for each race.

- Whistlestop Half Marathon -- www.team-magic.com/events/56 in Irondale, AL, on September 26th (15% off registration until June 30th, 10% off from then until race day for BTC Members).
- 4 Bridges Half Marathon -- www.sevenbridgesmarathon.com in Chattanooga, TN, on October 18th (15% discount to BTC Members)
- Magic City Half Marathon -- www.magiccityrun.com in Birmingham, AL on November 23rd (10% discount to BTC Members)

If you ran the Whistlestop Half, but have not yet signed up for the Challenge, It's not too late to do so! Please click [HERE](#) to get in on the fun!



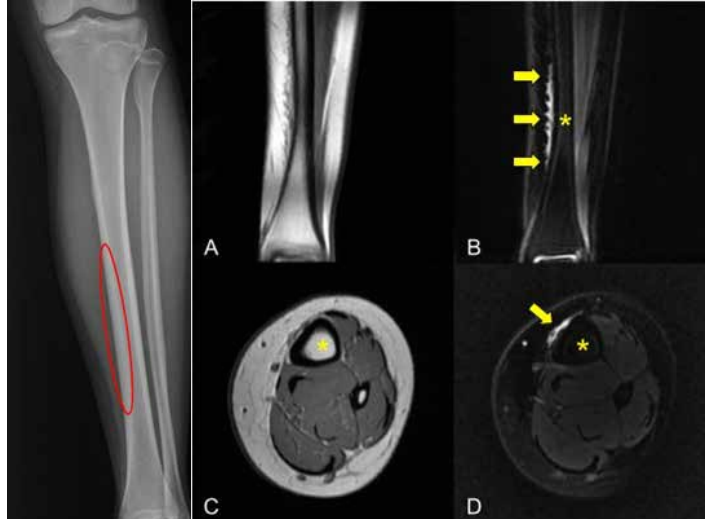


—By Dean Thornton, MD

Inside the Runner will use medical imaging to offer readers a chance to see what is going on inside their bodies when something breaks down. From fractures to tendinitis to muscle injuries, this series will explore the imaging studies used to help doctors and other medical professionals treat running injuries.

Case 6 - "Stressing Me Out"

A high school cross country runner begins the season with high hopes, but soon finds that her runs are being cut short by a throbbing pain in her left shin. When she rests for a day or two, the pain gets better, but it returns when she resumes full activity. Her coach doesn't want this nagging injury to become serious, so the runner is sent to a sports medicine physician. The doctor makes the diagnosis based on her symptoms and the physical exam but orders x-rays and an MRI just to be thorough.



The first x-ray image shows no fracture or other acute abnormality. (The area of the runner's pain is indicated by the red oval). The second set of images from the MRI, however, reveal the cause of the pain. Figures A and B are coronal (front) images of the lower leg. There is a small amount of edema (excess fluid) along the anteromedial (front/inside) of the tibia (shin bone) as shown by the yellow arrows. This edema (yellow arrow) can also be seen on the axial (cross-section) image in Figure D. This edema corresponds to the area of the patient's pain. Importantly, there is no edema within the tibia bone itself (yellow asterisks), which would indicate a more severe stress reaction. Even more importantly, there is no fracture line that would indicate a stress fracture.

DIAGNOSIS: Medial Tibial Stress Syndrome

Medial Tibial Stress Syndrome (also known as Shin Splints) is a common malady for athletes. Shin splints most often present as pain along the front-inside (anteromedial) shin, but some patients can experience pain along the front-outside (anterolateral) or along the back-inside (posteromedial) of the shin. Stress reactions of the tibia constitute a spectrum of injuries ranging from a purely soft tissue injury (as in this case) to a well-defined stress fracture. Obviously, the more severe the injury, the greater the recovery time. Predisposing factors are the same as most overuse injuries: rapid increase in the duration or intensity of runs, incorrect or insufficient footwear, or inherent body factors such as flat feet or low bone mineral density. Addressing these predisposing factors can be helpful in preventing shin splints. Treatment of shin splints is similar to the treatment of other overuse injuries: rest, anti-inflammatory measures (such as ice or non-steroidal medications), compression (including compression calf sleeves), and appropriate footwear and orthotics (if necessary).

Learn more about [Shin Splints](#) from the American Academy of Orthopaedic Surgeons, or review this article "[The Truth About Shin Splints and Running](#)" from Competitor.com.

Dean Thornton, MD

Dean is a Musculoskeletal Radiologist with Radiology Associates of Birmingham and a Clinical Associate Professor of Radiology at UAB. He works with many local orthopedists and sports medicine physicians. He also likes to run.

Membership News

Please welcome the following new and renewing members to the Birmingham Track Club.

Santwan Swain
Scott Winfree
Casey Fannin
Boyd and Janice Peters
Nathaniel Darville
Temeka Hudson
Kristie Jones
John Straka
Jennifer Clayton and Bill Miller
Alan and Kristin Mathis
Emma, Anja, and Dylan West
JJ Foster

Esther Strong
Jeremiah Culwell
Rebecca Sgambati
Gorman Jones
Megahan Caudill
Cheryl Mattrella
John High
Christopher Baggett
Zachary Holcomb
Gideon Waithe
Hilary Moreno
James Jackson
Nicole Pixley
Elizabeth Holmes

Amy Merk
Beau Beard
James Strong
Myrna Rodriguez
Jordan Smith
Christy McNeil
Tracey May
Walter and Anne Moreland
Matthew and Heather Bonner

Welcome to our new members -- it's always nice to have new faces running with the BTC! And to our renewing members, thank you for your continued support.
Cheers to many miles and even more smiles!

Lauren Weber
Membership Chair

COMMUNITY CORNER

— By Jennifer Andress, BTC Past President

I have several exciting updates to share with you this month. I have been in regular communication with the City of Homewood about some improvements to the Lakeshore Trail.

I first contacted the city about trash cans and port-a-potties. I had emailed the BTC Executive Committee about my suggestions, and Vulcan Runner Editor Julie Pearce recommended a safety phone for those in need of assistance. I added that to our list of proposed items.

I immediately heard back from Fire Chief John Bresnan. We met in his office at City Hall, and then later we climbed aboard the Fire Department's golf cart and rode up and down the Lakeshore Trail. We took pictures and notes, and gathered information about access points to the trail.

After the tragic death of Sterling Edwards, who was out on a run when he suddenly passed away, the issue of medical assistance for runners has become a priority. Chief Bresnan recognizes this need, and is investigating the best system to put into place for those on the Lakeshore Trail who might need an EMT or ambulance. I was thoroughly impressed by his attention to detail and his concern for the safety of the runners and walkers in his jurisdiction.

We are still gathering information about what kind of system the city could put into place, and I am excited to be working on this project with Chief Bresnan in order to keep you informed.

As far as the other items proposed, as you can see in this photo, Homewood immediately installed a doggie bag dispenser after receiving our request. The port-a-potties are still under investigation because Lakeshore Trail is situated in a flood plain, which raises some difficulties. I will keep you posted as we further research this dilemma.

We also are still looking at gaining support again for a pedestrian bridge over Highway 280 on Hollywood Boulevard. A BTC officer made me aware of a fall that a BTC member recently had on the bridge trying to get out of the way of oncoming traffic. She sent me pictures

of the member's swollen and cut knee, and I forwarded them to the Homewood City Council. We need a Mountain Brook resident to help gather support from the Mountain Brook City Council as well. If you are a Mountain Brook resident willing to approach your City Council on our behalf, please email me at pastpresident@birminghamtrackclub.com.

Finally, BTC officer Darrell Gibson reported a broken metal signpost that was a hazard on the access road leading away from Mountain Brook Village towards the YMCA. I contacted Mountain Brook City Manager Sam Gaston about the problem, and he informed me that the signpost is located either on Homewood, Birmingham or ALDOT property. I will keep you posted on our progress with getting this hazard removed.

As always, if you or any member of your running group has suggested improvements for our running area and routes, please send them my way, and we will begin contacting the appropriate city or elected official. Again, my email address is pastpresident@birminghamtrackclub.com. Together, we can keep our routes safe for all runners and walkers!



WHISTLE STOP HALF REVIEW

-By Kristen Osborne



The first race in the BTC Triple Crown Series successfully launched on September 26, 2015. This was the very first running of the Whistlestop Half Marathon. I know I can't be the only runner to worry about first races, as they tend to be disorganized. However, I was pleasantly surprised and impressed by Saturday's showing.

The Community Development Agency for the City of Irondale was one of the major sponsors of the race. Mayor Tommy Joe Alexander kicked off the event. Several city officials were present, both volunteering and running. The races were designed to finish at the Whistlestop Festival, a downtown crafts and food fair to bring attention and interest to the city of Irondale.

City Councilman John London was very excited to be hosting a major long-distance race.

"We used to have the Ironman. But we don't have that anymore and wanted a new race to focus on," London said. "We're hoping we can build this and then bring the Ironman back."

The race also included a 5k and a dog friendly fun run. The 5k began at 7:30am, with the half marathon following at 8:15am. I think it would make more sense to switch these times next year. An earlier half starting time would

benefit the runners with cooler morning weather. Additionally, family members doing the 5k would not have to wait as long at the finish line.

Team Magic hosted the race, providing the timing and race support. Therese Bynum, founder and co-director of Team Magic, explained that her company hosts 20 events per year, mostly triathlons.



Bynum is also the proud owner of two therapy goats involved in Birmingham's Hand-in-Paw animal therapy charity. The goats were on scene to provide entertainment and support to the runners. One of them got frisky and broke loose right before the 5k, with a short, highly entertaining goat chase ensuing.

Other than the momentary goat escape, the race ran smoothly. The professionalism and experience of the race team was evident – this was much needed and appreciated by runners. The half marathon course could have been very confusing, but ample volunteers were on hand to guide runners. The course began with a short out-and-back leg, immediately followed by another out-and-back leg. The course then took runners into the quaint downtown neighborhoods and school zone of Irondale. It was filled with two large loops, several turnarounds, and some small repeat loops as well.

I often felt lost in relation to the start and finish lines as I do not know the city of Irondale very well. However, I was always certain that I was on the course and going the correct direction. Team Magic, in conjunction with the Irondale Police Department, did an excellent job of marking the course with clear signs, hundreds of cones, and friendly volunteers





along the entire route.

Ask anyone who was there: the course was extremely hilly. There is a particularly brutal hill at mile 5. And, because it was part of the large loop, again at mile 10.

This was not a race to set a PR. But do not let this scare you away. Not every race has to be a flat, fast course to be enjoyable. Indeed, we would get quite bored and lose a lot of necessary fitness if we never encountered hills. This is an excellent course to test your hill conditioning. I came away very thankful for my recently increased cross-training efforts.

This is also an excellent opportunity to get to know a small community on the outskirts of Birmingham. Irondale has seen its share of the economic downturn and is fighting the same struggle of many small towns to keep its local business thriving and community culture vibrant.

The finish line of the Whistlestop Half ended at the historic railroad station downtown and spilled straight into the Whistlestop Festival. Results were constantly updated and posted on a scrolling digital screen. Each runner was provided with plentiful food, including hamburgers, chips, pasta salad, fruit, and more.

Overall, this race was a fantastic success for a first running. While some runners may complain about the hills, I would hope they keep the course the same. It was interesting and challenging. I also sincerely enjoyed the welcoming atmosphere and excitement of the Irondale community to be hosting this race. I have had numerous experiences with less than enthusiastic race volunteers and downright grumpy locals who couldn't understand why their roads were blocked. Irondale wanted us there, and it showed with their hospitality and hard work.

Kristen S. Osborne is an attorney and home fitness coach from Cahaba Heights. Tell us about your experience at the Whistlestop Half Marathon on the BTC Facebook page or tweet with #BTCTripleCrown.



#WhyIRun

— By Kristen Osborne

The “#Why I Run” series focuses on the different reasons that drive us to run. We want to know why YOU run. Health, charity, awareness, friendship? Email Kristen Osborne at kosborne@ggh-law.com, or tweet your comments [@bhamtrackclub](https://twitter.com/bhamtrackclub) using the hashtag #WhyIRun to tell YOUR story. We'll select runners to be featured each month in *The Vulcan Runner* or online.

Name: Samm Bartee

Occupation: Operations Manager, Animal Resources, UAB

Hometown: I'm originally from the Auburn area. In 2003, I took a job at UAB, and because I had horses, I moved to Montevallo. Now that I no longer have horses, I'm moving to downtown Birmingham. I'm really excited about that because I love it here!

Favorite Post-Run Food: At the finish line, I really appreciate a piece of orange or banana, but after I recover, nothing beats a really crispy French fry!

When did you start running and why?

I ran as a kid and as a young adult, but then I started power lifting and quit running. I started running again about 3 ½ years ago to lose some weight. I have been seriously addicted to it since then. My first goal was to run to my stop sign and back -- 1.4 miles -- without walking. That took nearly a month to achieve. A year into my running, I set a goal to run a half marathon, and I did it. This past May, I ran in a 12 hour trail run and managed 40 miles for the day! I've had a lot of help and encouragement from the Birmingham running community, both road and trail, and for that, I'm very grateful.

What do you struggle with as a runner?

I had gastric bypass surgery in November of 2011. Between it and running, I originally lost around 140 lbs. The struggle to keep it off and stay healthy is very real. I'm trying to meet and beat that head-on! It's been one of the best decisions I've ever made, but I realize it's not the right choice for everyone. I have also had issues with my feet and ankles. I've broken my left ankle twice, and I have Achilles issues that will likely be with me for the rest of my life. I manage it with stretching and PT.

What has running done for you?

HA, everything!! Running helps me keep my sanity, regardless of what's going on in my life. I've made some terrific friends and discovered my love for downtown Birmingham and the people here.

What are your upcoming goals?

The half marathon distance is my favorite distance to run, and I have a few of those and several trail races on my dashboard. I would really like to seriously train for a 50 mile race in the next few months.

Kristen is an attorney and home fitness coach from Cahaba Heights.



#WhyIRun: Update

— By Kristen Osborne



The August 2015 edition of *The Vulcan Runner* featured local runner Phil Morris, detailing his amazing health and fitness journey through running. He set a goal to run the BTC Triple Crown Half Marathon Series, despite never having run a half marathon before. Phil successfully completed his first half marathon at the Whistle-stop Half. He crossed the finish line at 2:27 on an extremely tough course. Congratulations Phil, and see you at the next race in October!

Run Ambassadors Social with BPRBS

The BTC Run Ambassadors hosted a social run with Black People Run Bike and Swim (BPRBS) on Saturday, September 19 in downtown Birmingham. We had a blast exploring routes with friends both old and new – in fact, we had so much fun, the groups are already planning more meet ups in the future.

BPRBS was formed to promote an active lifestyle and fitness activity for African-Americans. Says BTC and BPRBS member Eric Thomas, “it is imperative that our community members address our health and engage in activities to improve it.” BPRBS hopes to see many BTC members at its 4th annual 5K at the Junction fundraiser on November 14!



Introducing TWO new BTC Member Benefits Partners!

We are pleased to announce the BTC's new partnerships with two area businesses: Mountain High Outfitters and The MindSide, LLC.



· The Summit · The Galleria · Cahaba Village · The Shops at Grand River

Mountain High Outfitters is your go-to source for favorite brands like: True Grit, Southern Marsh, Chaco, Patagonia, Hoka, Altra, ENO, Yeti Coolers, Barbour, Sorel, and Hunter Boots. As an active lifestyle company, Mountain High Outfitters can outfit everyone for any adventure, whether it be hiking, backpacking, camping, paddle boarding, fly fishing, trail/road running, yoga, ham mocking, spending a day at the park, or heading to the beach.

Mountain High is pleased to offer all BTC members a free pair of Smartwool or FITS socks with the purchase of any footwear.



The MindSide, LLC is a sport and performance psychology consulting firm working with athletes and teams to enhance performance and achieve goals in sport and in everyday life. The MindSide works with athletes of all ages and all sports, as well as with businesses teams and leaders, seeking to perform at the next level. The MindSide is pleased to offer services to BTC members AND their family members at a 40% discount. To schedule a consultation, please call 205-209-2462.

The MindSide, LLC
7350 Cahaba Valley Road, Suite 103
Birmingham, AL 35242
(205) 492.0234
www.themindside.com

An up-to-date listing of all current member benefits partners and the discounts and perks they offer to BTC members is listed on the [BTC website](#). As always, please contact Kemper Sarrett, Member Benefits Coordinator, to recommend new member benefits partners.

Need to Print Your BTC Membership Card?

It's easy!

- 1) Login to RunSignUp (runsignup.com).
- 2) Click on "Profile". On a desktop browser, you'll find this among the links at the top of the page. On a mobile browser, you may have to click the icon to expand the menu to see the Profile link.
- 3) Click "My Club Memberships" under Account Links. You'll see your BTC membership listed.
- 4) Click on "Membership Card". The page displayed is a PDF file that you can either print or save to your computer or smart phone. If you have a family membership, cards for the entire family will be displayed on one page.



HOMWOOD, ALABAMA - Saturday December 12, 2015



www.MustacheDache.com

RRCA UPDATE



Fall is here, which means the return of cooler temperatures and shorter days. Fall also means it is time to dust off your headlamps and reflective gear for those early morning and evening runs. It's easy to become complacent of the rules of the road, particularly while running with a group, but please take a minute to review these important safety guidelines, courtesy of RRCA:

- Run against traffic if running on the road. If running on the sidewalk or multi-use trails, travel on the right and pass on the left.
- Never run more than two abreast if you are running in a group.
- Don't run down the middle of the road or trail.
- If you are running an out-and-back route, don't make a sudden u-turn at your turn around point. Stop, step to the right to allow oncoming traffic the opportunity to pass. Ensure the road or trail is clear of oncoming traffic (runners, cyclists, in-line skaters, etc.) then make your u-turn. Making a sudden u-turn without looking over your shoulder is a good way to get hit (and has resulted in litigation in other states).
- Alert pedestrians when you are passing them – don't assume they are aware of their surroundings. A simple "on your left" warning will suffice.
- Be alert on blind curves.
- Stop at stop signs and ensure oncoming traffic yields to you before proceeding across a road. Don't assume cars will stop if you are entering a cross walk, even if the walkway is equipped with flashing lights.

Source: <http://www.rrca.org/education-advocacy/etiquette-for-runners/>

In addition, some of the municipalities where BTC members often run have specific lighting/reflectivity requirements. For example, the City of Mountain Brook restricts access to city streets during early morning hours except to those wearing proper gear:

Sec. 46-7. - Use of city streets and roadways by pedestrians.

During the hours of 4:30 a.m. to 6:30 a.m., individuals shall be permitted to walk, jog, or run along and upon city streets and roadways, as long as said individuals are within six feet of the edge of the street or roadway, and provided that said individuals shall wear either:

- (1) Reflective clothing between the waist and shoulders on the front and back that covers at least 50 square inches; or
 - (2) Strobe style continuously flashing lights at least two inches in diameter between the waist and shoulders that are visible from the front and back.
- (Ord. No. 1665, § 1, 6-13-2005).

Several of our BTC [partners](#) carry the gear you need to stay safe and in compliance. Be alert, be safe, and be seen!

BTC GEAR IS NOW AVAILABLE ONLINE!

The weather is getting cooler, and fall race season is upon us. Time to update your wardrobe with some snazzy new BTC gear! We have a great selection of long and short sleeved shirts, Headsweats logo hats and other gear now available to order on the [BTC website](#).

If you are registered for the BTC Race Series and have not yet picked up your race series shirt, please coordinate with [Hannah Foust](#) to make arrangements to get it from her at a BTC long or moderate distance run or at another event. This year's shirt is great-looking, so don't miss out adding one to your collection!



BE A PART OF THE VULCAN RUN: VOLUNTEER!

Thank you to all of our GREAT volunteers for the Retro Run in August – we definitely had the best water stop. . . even if it was the ONLY water stop, we still rocked it! Next up is the Vulcan Run on November 7. Many, many volunteers are needed to pull off this race, from working packet pick up to manning the water stops or helping at the finish line. Go to www.runsignup.com/vulcanrun; click on "Volunteer" on the left column and choose how you would like to volunteer (I will be tracking runsignup for thank you rewards). Contact [Kim Benner](#) with any questions. See you on November 7!





THE MINDSIDE

Body, Mind, and Athletic Performance

An athlete's understanding of his own body is the most powerful tool he possesses. The extent to which an athlete understands his or her own body plays a major role in how hard that athlete can push, how long that athlete can train, and how much that athlete can get out of his or her efforts.

But our understandings of our own bodies are complicated. Those understandings get formed by messages we receive from all of the people and happenings around us. They get formed by the ways we learn to see ourselves in relation to those people and happenings. They get formed by the ways we talk to ourselves as we try to make sense of it all.

Our understandings of our own bodies drive us down the path to higher performance. But often it is a whole lot easier for those understandings to become road blocks. How we assess ourselves in response to demands of work, home, and family – and how we assess ourselves in terms of social media “likes” or split time expectations -- can add to or take away from the kind of body understanding that enables high performance.

In sport and performance psychology, we talk about the daily cognitive deposits and withdrawals we make into our well being.

Positive thoughts and interactions build us up and build up what we have to fall back on in hard times. Negative thoughts and interactions can remove what we've worked to build. Unless we reframe them. At the MindSide, that's what we do.

The MindSide works with athletes and teams to build the kind of mindset that yields a net positive understanding of bodies, of athletic potential, and of opportunity for high performance. We can help you make sense of the everyday deposits and withdrawals that are affecting your athletic performance. We can help you achieve your athletic goals and find the joy of feeling like a champion in your own body.



The MindSide is now part of the Birmingham Track Club's Member Benefits program. The same services we provide to professional athletes across the country are now available to BTC members - and their families - at a 40% discount. Call or email to schedule a consultation.

Margaret Smith, Ph.D. is Athletic Performance Coach at The MindSide, LLC. Call Margaret at 205-209-2462 or email her at margaret@themindside.com.

BTC Officer Email Updates

With this issue of The Vulcan Runner, you may notice the new, simplified contact information for the BTC officers, committee chairs and race directors. Through a special Google program called Google for Non-Profits, the BTC is able to take advantage of many of the services that Google sells to businesses – for free. Among these services is the ability to create and manage our own email addresses in the birminghamtrackclub.com internet domain. This will give us several benefits:

- We can create and delete email accounts as needed, such as for special events.
- We can manage the association between the email address and who holds that address.
- Official email coming from these individuals will come from an address associated with the BTC instead of coming from personal email addresses.
- Members can direct email to standard addresses without having to remember or look up personal email addresses.
- Spam filters for member email systems can be set to accept any email from our internet domain and know that email from BTC addresses will be delivered.

The new email addresses are now live, so feel free to start using them right away.

	Description	Email Address	Name
Officers			
	President	president@birminghamtrackclub.com	Alex Morrow
	Vice-President	vicepresident@birminghamtrackclub.com	Darnell Allen
	Secretary	secretary@birminghamtrackclub.com	Kelly McNair
	Treasurer	treasurer@birminghamtrackclub.com	Leslie Bailey
	Past-President	pastpresident@birminghamtrackclub.com	Jennifer Address
Committees			
	1200 Mile Club	1200@birminghamtrackclub.com	Alison Hoover
	Finish Line Crew	finishline@birminghamtrackclub.com	Tanya Sylvan
	Historian	historian@birminghamtrackclub.com	Trish Portuese
	IT Chair	itchair@birminghamtrackclub.com	Alan Hargrave
	Japan Exchange Coordinator	japan@birminghamtrackclub.com	Mary Lee McMahon
	Long Run Coordinator	longruns@birminghamtrackclub.com	Monica Henley
	Marketing/Social Media	marketing@birminghamtrackclub.com	Lauren Floyd
	Medical Director	medical@birminghamtrackclub.com	Cherie Miner
	Membership	membership@birminghamtrackclub.com	Lauren Weber
	Membership Benefits	benefits@birminghamtrackclub.com	Kemper Sarrett
	Merchandise	store@birminghamtrackclub.com	Hannah Foust
	Moderate Group Coordinator	moderateruns@birminghamtrackclub.com	Mark Criswell
	Newsletter Coordinator	newsletter@birminghamtrackclub.com	Julie Pearce
	Social Chair	social@birminghamtrackclub.com	Katherine Dease
	Volunteer Coordinator	volunteer@birminghamtrackclub.com	Kim Benner
	Webmaster	webmaster@birminghamtrackclub.com	Dean Thornton
Race Directors			
	Adam's Heart Run	adamshheart@birminghamtrackclub.com	Lisa Booher
	Peavine Falls	peavinefalls@birminghamtrackclub.com	Alex Morrow
	Statue 2 Statue	statue2statue@birminghamtrackclub.com	Judy Loo
	Vulcan	vulcan@birminghamtrackclub.com	Allison Stone

VULCAN RUN



★ BIRMINGHAM, AL ★

NOVEMBER 7TH, 2015

41ST ANNIVERSARY VULCAN RUN 10K
ALABAMA STATE 10KM CHAMPIONSHIP



"FEETS" OF STRENGTH

Set a new PR? Complete your first marathon or endurance race? Let the BTC know about it! This new feature of *The Vulcan Runner* is intended to acknowledge the accomplishments of the people who make our club so awesome - you, our members. So please congratulate the following members on their Feets of Strength.



Jimmie Barnes

the 10.5 mile distance. Way to go Nathaniel!

Pat Dell'Italia of Homewood set an 8 minute PR in the Oregon Wine Country Half Marathon on August 8, 2015. You "crushed" it, Pat!



Nikki Grabeldinger

Jimmie Barnes finished 2nd in his age group (75-79) in the Northcoast 24 Hour Endurance Run, a 2015 USTAF National Championship Race. He ran an incredible 68.5 miles in 24 hours. Jimmie was the 2nd oldest runner in the race. He accumulated more mileage than several runners in their 40s and 50s. Race was held on September 19-20, 2015

Teresa Chandler from Birmingham completed the Bear Lake Endurance Races, running three marathons in three days in three states – June 19, 20, and 21 in Idaho, Utah, and Wyoming. That is quite a "Feet," Teresa!

Nathaniel Darville of Birmingham raced the Ridge 2 Ridge Trail Race where he placed 7th overall and won the 30-39 age group in

in the Xterra 9-mile Trial Race. She finished as the 7th overall female and won First Place Grand Master. Awesome job Loren!



Gary York

related "feets" so the BTC can celebrate YOU!

It's the dedication and enthusiasm of members like you who make our club outstanding. Way to go everyone! Please submit your own running related accomplishments for next month's Feets of Strength through the [BTC website](#).

Gary York from Hoover ran the Last Chance BQ.2 in Geneva, IL where he set a new personal record and qualified for the Boston Marathon with a time of 3:35:54. Congratulations Gary!

I love seeing this list grow every month so that we can all celebrate in the accomplishments of our fellow members. Please submit your latest running

Nikki Grabeldinger of Alabaster completed the Tupelo Marathon – her first! – on September 6, 2015. Way to go, Nikki! We know you'll be back for more.

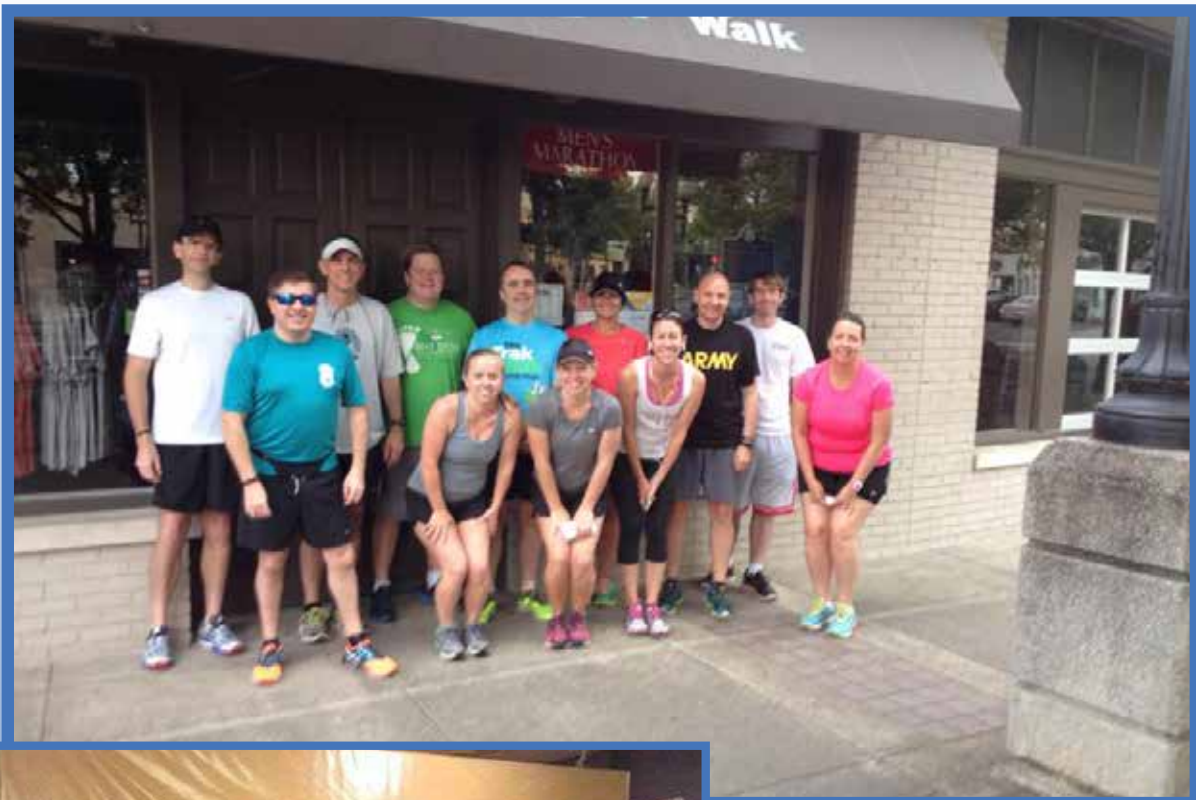
Angie Hogeland finished second in her age group at the Hartselle Half Marathon on September 19, 2015.

Loren Traylor from Birmingham set a new PR

Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell
at mcriswell@american-usa.com
for more information

JOIN US!



BOO HALLOWEEN PARTY

B O O 2 0

FRIDAY.OCTOBER 30.2015

B & A WAREHOUSE.1531 FIRST AVENUE SOUTH
LIVE BAND.M80'S.DJ MARK AD.SCARYOKE KARAOKE
FREE PHOTOS.HORROR MOVIE LOUNGE.FREE T-SHIRTS
MIDNIGHT COSTUME CONTEST.\$1,000.00 CASH & PRIZES
WWW.BOOHALLOWEENPARTY.COM

The BTC Trail Race

Free to all Birmingham Track Club Members

October 17th - Oak Mountain State Park - Redbud Pavilion (by BMX Track)

Choose either the 4, the 7 or the 14 mile trail race

Hang around afterwards for the Post Trail Race Party with food and drink and "Beer"

Presented by: Mountain High Outfitters - Birmingham Ultra Trail Society (BUTS) and Southeastern Trail Runs
Race Shirts to first 200 entries.



Registration is open at Ultrasignup.com or Printable Registration form at SoutheasternTrailRuns.com

1200 MILE CLUB

*Cumulative miles submitted through August 20, 2015 are listed below.
For a complete listing of monthly totals, [click here](#).*

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Adams, Ciell	2	904	Cason, Daniel	R	839	Edge, John	R	874
Affuso, Olivia	3	647	Caviedes, Octavio	1	271	Edmonds, Maggie	R	144
Alexander, S Rheagan	R	954	Chadha, Jennifer	R	217	Elrod, Stacey	R	707
Armstrong, Thomas	3	142	Chambers, Ron	R	1,105	Ensminger, Stephanie	R	0
Bailey, Leslie	1	713	Chandler, Teresa	5	1,150	Estes, Jeff	R	907
Bailey, Tut	R	295	Chiesa, Marco	R	264	Etchison, Nikki	R	0
Baker, Mark	1	311	Christenberry, Kim	R	0	Evans, Debbie	2	1,209
Baker, Ryan	R	146	Clay, Brad	8	2,309	Fell, Amy	3	1,232
Ballard, William	4	896	Clayton, Yocunda	R	905	Feller, Beth	2	1,229
Barnes, Conan	R	132	Cliett, Stephanie	1	1,274	Ferlitto, Cindy	R	6
Barnes, Jimmie	R	1,103	Clowers, Addison	1	1,323	Fincher, Valerie	R	346
Barry, Jenny	R	872	Coker, Leslie	R	943	Fonteneau, Kira	R	107
Bartee, Samm	R	694	Colmenares, Clinton	R	925	Foust, Hannah	R	494
Bartlett, Kari	1	716	Colpack, Chris	R	1,127	Franklin, Shane	3	974
Beasley, Cathy	R	733	Connell, Daniel	R	0	Frederick, Winston	7	1,399
Beggs, Mark	R	276	Cooper, David	R	160	Fuller, Lisa	R	887
Belcher, Michelle	2	854	Cornelius, Jeff	R	101	Gann, Michael	3	1,006
Benner, Kim	2	1,088	Corrin, LaRonda	R	544	Gant, Kelli	1	151
Benson, Wayne	4	866	Corrin, Roger	1	878	Ganus, Jack	7	680
Berg, Courtney	R	50	Cox, Damon	1	927	Gash, John	2	791
Berg, Dustin	R	251	Craig, Mary	R	1,077	Gaylor, Marcie	1	845
Berthold, Jean-Philippe	R	396	Cramer, Robyn	R	616	Gibson, Darrell	1	917
Beury, Bridget	R	232	Cramer, Steve	R	250	Gilbert, John	R	1,038
Bissell, Kim	R	768	Crawford, Drew	R	135	Goode, Johnny	6	1,367
Black, Dylan	R	1,122	Creed, Brad	4	796	Goolsby, John	3	635
Blankenship, Barry	2	352	Creel, Mary	R	940	Gordon, Brittany	R	590
Bonatz, Ekkehard	7	2,440	Crumpton, Dan	3	1,250	Grabeldinger, Nikki	R	0
Booher, Lisa	3	1,047	Davis, Kevin	R	82	Greene, Michael	1	191
Bowman, Brian	R	0	Davis, LaJuana	R	259	Greenwald, William	R	607
Bowman, Leisha	R	129	Davis, Sarina	R	0	Grice, Jenny	R	995
Brakhage, Victoria	R	1,184	Dawson, Ashley	2	1,740	Grossmann, Christopher	4	883
Brown, Charlie	3	1,156	Dease, Katherine	1	656	Gullapalli, Satya	1	1,110
Brown, Michael	1	833	DeBardleben, Anne	R	940	Haley, Jay	R	639
Brown, Sean	1	874	Dell'Italia, Louie	R	738	Halperin, Dave	2	1,718
Bryant, David	2	1,247	Dell'Italia, Pat	R	965	Haralson, Danny	6	989
Bunch, Bryan	R	214	Denton, Matt	2	1,150	Haralson, Micki	7	905
Bunch, Catherine	R	408	Dill, Greg	1	430	Hargrave, Alan	7	971
Busby, Madeline	1	931	DiMicco, Al	3	706	Harrelson, Heather	1	976
Byrd, David	R	50	Dodson, Brooke	3	154	Harris Bowser, Javacia	R	139
Callahan, Rachel	R	975	Dortch, Cherie	6	127	Harris, Robert	R	416
Carey, Christopher	1	822	Douglas, Nelle	1	1,346	Harrison, Lisa	3	1,131
Carlton, Bob	R	1,047	Dunn, Wade	7	1,833	Harvey, Gary	R	857
Carroll, Chad	R	105	Easterling, Natalie	R	817	Harvey, Gordon	1	1,401
Carter, Adrienne	R	270	Easterling, Tim	R	83	Hathorne, Chad	R	733
Casey, Barry	1	1,004	Echols, Robert	R	30	Havicus, Cari	R	1,013

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Hayes, Debbie	1	1,188	Lopez, Eric	R	0	Patterson, Carrie	1	955
Hayes, Mikal	R	863	Losole, Liz	5	106	Peagler, Shana	3	698
Heaton, Bryan	1	831	Love, Thomas	1	715	Pearce, Julie	4	1,020
Heineken, Stephanie	R	519	Lyle, Randy	7	1,817	Pearson, Blake	2	1,558
Henley, Monica	1	973	Lyles, Chris	R	684	Pearson, Mary Scott	R	1,027
Henninger, Alison	R	1,113	Lyles, Kimberley	R	0	Perry, Jeff	4	794
Hickerson, Patrick	3	943	Malec, Tim	R	722	Peters, Scott	1	1,212
Hill, Quinn	1	1,268	Malick, David	1	1,026	Peterson, Stacy	1	733
Hill, Susan	1	857	Martz, Adam	1	817	Pezeshkmehr, Megan	R	857
Hill, Tucker	R	839	Mason, Erin	R	661	Pezzilla, Kate	1	48
Hodges, Max	R	782	Maughan, Kevin	R	848	Pigford, Wells	R	558
Hollett, Brett	R	357	McConnell, Kim	1	575	Plante, David	2	1,136
Honea, Todd	3	724	McCoy, Jabe	1	1,401	Poole, Greg	1	0
Hoover, Alison	3	1,087	McKenna, Don	1	334	Porter, Michael	R	0
Hoover, Jim	R	917	McKenna, Regan	R	428	Portwood, Paul	1	1,334
House, Beth	2	826	Mcmahon, Mary Lee	1	0	Powell, Tim	R	586
Housler, Philip	1	658	McNair, Kelly	1	984	Prestridge, John	R	899
Hughes, David	R	602	McTune, Mark	3	1,377	Ralph, Meghan	R	817
Hulcher, Alison	R	0	McVey, Simon	R	975	Ramsey, Jamey	R	387
Hunt, Leslie	R	1,081	McWilliams, Matthew	R	723	Randall, Lisa	5	550
Hyatt, Micheal	1	480	Meadows, Bryan	2	304	Ratliff, Garnet	R	51
Ingle, Brandon	R	205	Merry, Vicki Sue	3	1,975	Richards, Amy	R	665
Izard, Georgia	1	1,263	Miller, Tracy	R	837	Richardson, William	1	1,236
Izard, Melody	1	1,315	Millican, Randy	2	921	Riner, Clint	R	972
Jackson, Kelly	R	17	Millsap, Lanier	1	124	Roberie, Josh	R	378
Jenkins, Kaki	1	980	Mixon, Joshua	R	95	Roberson, Kevin	2	1,526
Johnson, Christy	R	174	Mooney, Sylvia	R	48	Roberts, Fletcher	R	1,033
Johnston, Latta	R	982	Moore, Robert	1	913	Roberts, Stephen	R	1,090
Jones, Delpha	1	315	Morgan, Cary	5	2,237	Robinson, Rod	R	255
Jones, Ira	2	761	Morgan, Danielle	3	1,087	Rocha, Roger	1	1,049
Jones, Marcus	1	1,720	Morgan, Phillip	6	1,242	Rodriguez, Angie	1	899
Kane, Dawn	1	818	Morris, Dewayne	1	784	Rodriguez, Rick	R	54
Kane, Michael	1	878	Morris, Justin	1	805	Roper, Lynn	R	0
Kaplan, Justin	R	938	Morris, Matt	R	877	Rose, Billy	R	1,082
Kelley, Robin	2	1,338	Morrow, Abigail	R	0	Rosetta, Keith	R	0
Kemper, Tricia	R	1,038	Morrow, Alex	5	1,492	Routman, Cynthia	R	853
Kin, Nicholas	R	876	Mothershed, Janie	1	647	Rutherford, Keith	8	1,244
Knight, Diane	R	816	Murchison, Reginald	2	1,687	Rutledge, Lisa	R	880
Knight, Kristen	R	907	Murphy, Mandy	R	0	Sadler, Jason	R	647
Krause, Casey	R	652	Murray, Jason	1	682	Sarrett, Kemper	R	935
Kuhn, Jimmy	7	918	Norris, Beth	1	962	Schaefer, Todd	R	1,150
Laird, Audrey	R	1,053	Northern, Kristie	5	1,033	Secor, Debi	1	1,278
Langston, Aaron	R	1,002	Oehrlein, Kimberly	R	263	Self, Travis	R	774
Langston, Richard	3	891	Oliver, Greg	2	1,363	Shaffield, Danny	2	1,462
Leopard, Don	R	861	Oliver, John	R	977	Shaffield, Mitzi	R	812
Lester, Treva	R	747	Opsomer, Liliane	R	244	Shaw, John	R	234
Lichlyter, Lee	R	832	Osborne, Kristen	R	134	Sheppard, Gretchen	R	788
Lockett, Janet	R	723	Parks, Charlie	2	2,123	Shinn, Ronald	4	954
Longoria, Joseph	2	1,041	Patlolla, Sandeep	R	425	Shirley, Scott	1	987

TOTAL	YEARS	TOTAL
Sides, Dean	R	1,015
Silwal, Suman	5	1,501
Simmons, Kelly	R	0
Simpson, Kevin	2	1,385
Sims, Robert	1	864
Sloane, Mike	R	935
Slocum, Brandon	R	892
Smith, Jason	R	1,163
Smith, Jerry	7	790
Spurlock, Nivada	1	1,044
Stearns, David	7	581
Stearns, Robert	R	476
Steely, Sonia	1	828
Stephenson, Amber	R	10
Stewart, Stephanie	R	526
Stockton, Rick	7	1,073
Talley, Beau	2	1,146
Talley, Shellie	R	297
Taylor, Trey	1	35
Thomas, Eric	3	1,732
Thomas, Jamie	R	953
Thornton, Dean	3	1,164
Tichnell, Josh	R	469
Tillery, Shaun	1	1,431
Traylor, Loren	1	1,546
Trimble, Jamie	R	1,030
Varnes, Vickie	2	1,290
Vinson, Hope	R	618

TOTAL	YEARS	TOTAL
Wales, Kevin	R	446
Walker-Journey, Jennifer	R	914
Walker, Caroline	R	235
Wall, Ron	2	969
Walters, Lara	1	0
Warren, Tom	R	975
Watkins, Janet	R	155
Watters, Robert	1	1,287
Weber, Amy	R	863
Weber, Lauren	R	418
Weeks, Max	R	14
Weisberg, Scott	4	0
Wells, Whitney	R	297
Wende, Adam	1	1,619
Whatley, Prince	7	1,200
Whidden, Lisa	1	813
Whitt, Trey	2	851
Williams, Christopher	R	509
Williamson, Chad	2	1,064
Wilson, Teresa	1	983
Windle, Dale	R	1,130
Wiseman, Steve	R	906
Woody, Bill	7	1,386
Wright, Sean	1	927
Wu, Xing	5	943
Yates, Durand	R	0
York, Gary	2	1,568
Young, Alyse	R	632
Zehnder, Justin	5	784
Zimlich, Kimberly	R	646



SHOW US YOUR BTC GEAR!



BTC Newsletter Coordinator Julie Pearce got in a cooler run on the Southern coast of Maine



You know the Andress Family loves the BTC when mother and son show up in matching shirts!



Saturday morning long runs are more fun with friends.



Gotta love those early morning runs!



The Cool Chicks and Old Guys group celebrated Labor Day with a hike to King's Chair at Oak Mountain State Park



Fletcher Roberts and Rachel McPhillips got in a long run on campus prior to the Alabama football game on September 19, 2015.



Julie Pearce and Ki Shin logged some shakeout miles before the VIA Marathon, Lehigh Valley, Pennsylvania, September 12, 2015



Julie Pearce and Ki Shin with Bart Yasso prior to the VIA Marathon in Lehigh Valley, PA, September 13, 2015



Carb Loading before the Tupelo Marathon and Half, September 6, 2015



Robin Crane White and Angie Hogeland at the Hartselle Half Marathon, September 19, 2015, where Angie placed 2nd in her age group



Robin White Crane and Scott Wood at the Hartselle Half Marathon, September 19, 2015

Show us where the BTC has taken you!

Email photos to:

Newsletter@BirminghamTrackClub.com



Stephanie Cliett and Robin Crane White at the Hartselle Half Marathon, September 19, 2015

BTC MINUTES

September 14, 2015

Attendance: Darnell Allen, Alan Hargrave, Kim Benner, Charles Thompson, Katherine Dease, Lauren Floyd, Tanya Sylvan, Hannah Foust, Dean Thornton, Julie Pearce, Kemper Sarrett, Monica Henley, Mary Lee McMahon, Kelly McNair

1. Approval of last month's minutes

2. Financial Update (Darnell)

- a. Revenue - 2014 to date: \$42,000; current \$50,000
- b. Expenses: 2014 to date: \$28,000; current \$31,080
- c. Refer to document provided by Leslie

3. Membership (Darnell)

- a. Current: 1276

4. Web / Blog / Newsletter Update (Dean, Julie, Alan)

- a. August - newsletter - 691 unique visitors (highest of the year); 2848 page views on the blog; 580 visits this month
- b. Most viewed: why I run - Moose shared the newsletter which led to a lot of views
- c. Need someone to profile this month
- d. We will profile Sam Bartee next month
- e. Looking to profile someone who is not well known amongst the running group, yet is a BTC member
- f. Including aspects that RRCA recommends for newsletters, such as highlighting (listing) all new members.
- g. Webpage: fully integrated, responsive website with Zeekee. Working out details to move in this direction, rather than just mobile.
- h. FB and Twitter - Twitter: 1306 followers; picking up ~ 1 per day over the last month. Top tweet was the TCC post; last month, newsletter post. FB - 4246 likes (followers) - steadily increasing.
- i. How can we get all runners who run with us on Saturdays engaged / members? Let them know the benefits and value they get out of being a member. Discounts, end of the year party, etc.
- j. Newsletter submissions due on Friday.

5. Member Benefits Update (Kemper)

- a. No report this month
- b. The list on the website is up to date but does not include Mountain High at this time. Kemper will follow up with Mountain High to confirm their benefit offer.

6. Vulcan Run Social (Katherine)

- a. Difficult to find a location that is on the run course that is not O'Henry's and has food. Edgars is not an option as it's no longer open on Saturdays.
- b. Katherine has left 2 VM's with Linn Park asking about having our social there.
- c. Suggested locations: The Abbey (2 blocks off the course); Satellite is across from the Abbey; Avondale Park.
- d. In this order, Katherine will try to secure a location at (1). Linn Park, (2). Avondale Park, (3). The Abbey
- e. Usually, there is a high fee (\$600) associated with parks.

7. Ambassadors (Darnell)

- a. Great social at Lifetime; big turnout.
- b. The program is doing well.
- c. All ambassadors need to be up to date with membership. Alan is checking on this.
- d. Next social is this Saturday; downtown (across from the courthouse) 6am start. They will have routes and Gu; BP run, bike, swim - group hosting the social. BTC will have a booth set up - table, coolers, flags.
- e. Open invitation to all
- f. 5, 6, 11 mile routes
- g. Include on Constant Contact

8. Run Sign Up (Alan)

- a. Positive changes occurring: every race gets its on website
- b. We have the freedom to build our own website - Alan has done this for Vulcan; customized image on top of page - needs a better image for Vulcan; Alan is primarily focused on getting the Vulcan site up and going
- c. Mobile friendly
- d. Google: some still need to sign up before we make the switch
 - i. Initiate the process now with Zeekee
 - ii. Email will not be received until this account is active

- iii. Add to newsletter this month

9. Marketing / Whistle-stop Contest (Lauren)

- a. 6 comp entries for WS
- b. Contest: Trivia questions posted on FB
- c. BTC has 71 for TCC; 86 signed up in 2014, 74 completed

10. Merchandise (Hannah)

- a. Long sleeve tech shirt (winter apparel)
 - i. 1200 Mile Club
 - ii. Quote for a Nike shirt for 3 implants (1200 Mile Club on sleeve, BTC logo on front, Where Runners are Forged on back)
 - iii. LS version for non-1200 Mile Club (New bBalance)
- 1. similar, excluding the 1200 mile club imprint
 - b. order for Vulcan Social
 - c. Visors - \$30.00 - sold fast; can order more for social
 - d. Another option: sport tech pullover - \$40 or a sweatshirt
 - e. Have new apparel for the Vulcan Race
 - f. 2-3 weeks is needed to order and print
 - g. Hannah will email pics with apparel for a vote of approval prior to ordering. This (new shirts) can also be included in the newsletter
 - h. Triple Crown Challenge - need to order shirt for participants
 - i. Side note: deadline for registration for TCC will be moved to October 20 (2 days after 4 Bridges)
 - j. Shirt for Chattanooga - Andrew is reworking the design to increase the size of the states.
 - k. Patriotic shirt kits - need to work out the details here
 - l. Top 200 Vulcan finishers shirts need to be ordered

11. Vulcan Update (Darnell)

- a. 400 registrants to date; 362 at this time in 2014
- b. Executive Committee - volunteer to work this event. All must be involved
- c. Volunteer positions coordinated by Kim and it is up on Run Sign Up
 - i. Runsignup.com/vulcanrun
- d. Yard signs coming soon
- e. Top 200 Finisher's shirts
- f. Charles has asked for 5 signs for Lakeshore Trail
- g. He needs 30 entry forms when available
- g. promote teams
 - i. co-ed - 1 member of the opposite gender
 - ii. all male
 - iii. all female
 - iv. all must run the 10K
 - v. team registration ends Halloween
 - vi. scoring will be based on overall times of all 5 team members
 - vii. awards will be given to all members of the top teams of all categories
- h. Katherine working on sponsors for Vulcan
 - i. She needs help calling potential sponsors
 - ii. Potential sponsors - Athleta, Trak Shak, BBVA, Compass and Chik-fil-a; Cahaba Breweries and Good People, Alabama Power
 - iii. Title and small sponsors needed
 - iv. \$1500, \$750, \$250 - sponsorship levels

12. Japan Exchange (Mary Lee McMahon)

- a. This program will continue
- b. We need to offer accommodations to our guest coming in for the(?) race
 - i. Lodging: 3-4 families host them for 3-4 days
- c. We need to lay out this program
- d. Is Mercedes an option because it's not a BTC race?
- e. Not enough time to coordinate for Vulcan

13. Next Meeting - October 12, 2015 at the Vestavia library at 6pm

BTC Membership application



Single: ☐ Family: ☐ Renewal: ☐ Gender: ☐

First Name:

Last Name:

Street:

City:

State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F
 3. _____/_____/_____/_____/ M F
 4. _____/_____/_____/_____/ M F

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

Birmingham Track Club, P.O.Box 530363, Birmingham, AL 35253

UPCOMING EVENTS

EVENT	DATE	TIME
BTC Saturday Social - Vulcan 10K Preview	10/3/2015	6:00 AM
Gadsden Rock N Run 15K, 5K and 1 Mile Run	10/3/2015	7:00 AM
Butter Bean Festival 5K (Pinson)	10/3/2015	7:00 AM
JOHO 5K	10/3/2015	8:00 AM
East Walker Chamber 10K & 5K (Dora)	10/3/2015	8:00 AM
Color Me Chi O 5K Fun Run (Montevallo)	10/3/2015	8:00 AM
Tour de Brewers 7: Oktoberfest 10K	10/3/2015	10:45 AM
BTC Saturday Long & Moderate Run Groups	10/10/2015	6:00 AM
Running with the Goats 10k, 5k, and Fun Run (Elkmont)	10/10/2015	7:00 AM
Ruffner Mountain Crusher Ridge 21K & 42K	10/10/2015	8:00 AM
Fall Frenzy Run 10k, 5k & 1 mile fun run (Rogersville)	10/10/2015	8:00 AM
Hopewell Community Center 5K (Centre)	10/10/2015	8:00 AM
Little River Canyon Half Marathon (Fort Payne)	10/10/2015	8:00 AM
BTC Trail Race	10/17/2015	8:00 AM
Komen Race for the Cure 5K	10/17/2015	9:00 AM
7 Bridges Marathon & 4 Bridges Half Marathon (Chattanooga, TN)	10/18/2015	7:00 AM
BTC Saturday Long & Moderate Run Groups	10/24/2015	6:00 AM
Blazer Bolt 5K	10/24/2015	8:00 AM
Kid One Trick or Trot 5K	10/24/2015	8:00 AM
BTC Saturday Long & Moderate Run Groups	10/31/2015	6:00 AM
Life Without Limits Half Marathon (Florence)	10/31/2015	8:00 AM
Run for Down Syndrome 5K, 10K and 1 Mile Fun Run	10/31/2015	8:00 AM
Maple Leaf Run 5K & Kids Fun Run	10/31/2015	8:00 AM

Submit races and other running-related events to [Webmaster Dean Thornton](#) to be included on the BTC Events page in The Vulcan Runner and online.