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THE VULCAN RUNNER



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THE RESOLUTION RUN

-By Mike Mahon, President, Friends of Red Mountain Park

Five years ago, Red Mountain Park was a leafy green spot on our city's map, not yet open to the public and waiting to be explored. When pioneers from the Birmingham Track Club sponsored the inaugural Resolution Run in 2011, it was the first race event ever held at Red Mountain Park. 300 intrepid racers helped spread awareness of this red dirt jewel in many runners' back yards.

What a difference five years makes! Red Mountain Park is now one of the largest urban parks in America, boasting more than 14 miles of pristine trails that are enjoyed by tens of thousands of runners each year. With ongoing support from the Birmingham Track Club, the Resolution Run has grown every year and become an annual celebration of the New Year at Red Mountain Park.

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Red Mountain Park is a 1,500 acre public-private partnership open to the public seven days a week from dawn until dusk. The park includes 14 miles of trails, a destination Adventure Area, off leash dog park, historical mining sites, primitive campground, educational outreach, goats eating kudzu, and more! More information can be found at www.redmountainpark.org.

This year, the Fifth Annual Resolution Run will be the best yet! We expect the biggest crowd ever and have lengthened our long run to 20K, kept the 10K and 5K options, and added a 1 mile Family Fun Run so that everyone can participate. We've also planned a scavenger hunt along the courses for great prizes and will have local beer and food waiting for runners at the finish line.

The Resolution Run plays an important part in life at Red Mountain Park. 100% of the race fees go toward improvements at the park, thanks to our partners at the BTC, Trak Shak, and the community. Proceeds from recent Resolution Runs have been used to expand and improve the trail system, clearing several new miles and building bridges and benches along the way.

The Fifth Annual Resolution Run returns to Red Mountain Park on Saturday, January 2, 2016. The race will offer a 20K, 10K, 5K, and 1 Mile Fun Run (new!). Registration is now open. \$20 in advance (dri-fit shirt, beer, and food included), and 100% of the registration fee goes to improvements at Red Mountain Park.

Directions to the park can be found [here](#).

The RMP trail system is that it's always growing. We have 14 miles of trails today, but by next year we'll have 17 miles, and 20 miles of trails are expected in 2017. Runners are early adopters at Red Mountain Park, and our crew has a lot of fun expanding into new territory for you to enjoy.

Red Mountain Park is a public-private partnership, open to the public seven days a week from dawn until dusk. In addition to the trail system, the park features:

- Adventure Area that draws visitors from around the world with a major zip line system, high ropes course, teambuilding course, climbing and rappelling tower with mega zip line, and even off road Segways.
- Remy's Dog Park, the largest dog park in Alabama with three different areas for large dogs, small dogs, and special needs dogs.
- Historical mining sites that tell the story of the rise of the Magic City and showcase the lives of the people who made this red dirt their home.



- Primitive campground for groups on a beautiful ridgeline (but don't worry -- if primitive camping isn't your thing there are plans for "Glamping" in the future).
- Educational outreach that brought thousands of students and summer campers to the park in 2015 to play outside, live our history, learn about the environment, and more.
- Goats! Let's be serious, people love goats. We have a herd of 150 of them feasting on privet and kudzu. They are reclaiming major acreage to be turned into beautiful fields and woods, while being environmentally friendly and cute at the same time.
- Treehouses, city overlooks, open fields, and so much more coming soon!

When you see Red Mountain Park today, you see the beginning of something special. Someone from the first Resolution Run in 2011 would not recognize Red Mountain Park today, and looking forward five more years, I can't wait to see how it continues to grow. We aspire to be a self-sustaining, award-winning park in a city that we help redefine. And most of all, we want to be a place you're proud to come back to often.

To end with a few Fun Facts, in the summer of 2015 we polled visitors and found that 50% of park guests were visiting for the first time. We also learned that 30% of park guests come multiple times a week ... many of them runners! We're glad to see so many new faces, and even happier to know that runners love the park and keep coming back. We hope to see you soon!

PRESIDENT'S ADDRESS

—Alex Morrow



Hello, fellow BTC Members

As crazy as it sounds, 2015 is almost over! I am not sure how the past year slid by so quickly, but the old saying is definitely true, "Time flies when you are having fun!" 2015 has been another amazing year for our club, and credit for our success needs to be given where it is deserved -- to our amazing membership and BTC Executive Board. I am constantly impressed by how many of you give back and volunteer for this club on a daily basis, not for compensation, but because you love what the BTC stands for. The sense of community, the amazing events, and our goal to help improve lives through our passion and love of fitness is what makes the BTC so special.

Speaking of amazing events, November 7, 2015 brought us the 41st Annual Vulcan Run 10k, the BTC's last and premiere race of the BTC Race Series. What a spectacular event and day! The early rains could not keep runners from taking to the streets of downtown Birmingham and once again participating in this iconic race. Few events offer you the opportunity to run through Downtown Birmingham, around the gorgeous Highland Parks, and then back down through Southside. Vulcan Run 10k Race Director Allison Stone planned and executed a perfect race. It is not often you get to witness a race of this size go off without a hitch, but Allison made it happen!

In addition to the Vulcan Run 10k taking place, BTC Social Coordinator Katherine Dease directed the Vulcan Kids One Mile Fun Run. I cannot begin to describe how fantastic it is to see parents who have completed the 10k going over to join their children as they ran the One Mile Fun Run! Isn't that what it is all about? Running should be a family event, and getting our children involved at an early age instills a love for our sport to be carried throughout their lives. Thank you Katherine for your hard work and passion!

I also want to give special recognition to BTC Volunteer Coordinator Kim Benner for all of her efforts to marshal and organize the dozens of volunteers who help make this event so special. From bag stuffing, to packet pick-up, to race day operations, we could not make any of this work without Kim and all of her amazing volunteers. Volunteers are the life-blood of our club and without them we would be lost. Whenever you see volunteers at BTC or other events, please take a moment to thank them for their time. It is often a thankless job, and a little recognition and appreciation goes a long way.

November also saw a successful conclusion to the 2014 BTC Triple Crown Half Marathon Challenge. We had 96 BTC members sign up for the Challenge (a new record by the way), and 79 who completed it, another new record! The Challenge of three half marathons in three months was concluded with the Magic City Half Marathon on November 22, 2015. It was a chilly, blustery day, but undaunted, our Triple Crown Challenge participants hit the road to earn the honor of completing the Challenge. And how cool was it to finish the race on Regions Field? It was quite the memorable experience,

and one I hope even more BTC members will experience next year. For the 79 BTC members who completed the Challenge, they collected their Challenge finisher's shirts the day of the race, and will be presented with their Challenge medals at the BTC's End of the Year party on January 9, 2016. Before I delve into that topic, however, I need to mention some other exciting BTC events coming up over the next month.

I hope all of you will join the BTC, along with our friends at the Trak Shak, on **December 24, 2015** for the Annual Tacky Sweater Run. The event takes place at 8:00 a.m. and starts in front of the Trak Shak Homewood location. There will be a 3 and 5 mile run option, plus the BTC will be providing coffee and snacks post run. Grab your tackiest sweater, put on your biggest smile, then come run, eat, drink and be merry with hundreds of your fellow runners! There will also be some amazing door prizes, so you will not want to miss this event.

On Saturday, **January 2, 2016** we will be returning to Red Mountain Park for the 5th Annual BTC Resolution Run. This year's event will offer a NEW family fun run as well as the traditional 5k, 10k, and 20k options. In addition, returning this year is the ever-popular scavenger hunt with awesome prizes for the lucky finders. This is a great event for first time trail runners, as well as the experienced, and portions of the proceeds benefit Red Mountain Park. This really is a great way to ring in the New Year. After the run, put on some fun hats and glasses, take your picture on the Trak Shak / BTC photo wall, enjoy some Jim 'N Nicks breakfast and hot coffee, and join in on the revelry! When we held this event the first year we had maybe 300 people show up to run. Last year, more than 600 folks came out for the festivities, and this year will be even bigger!

Finally, make sure to put **January 9, 2016** on your calendar for the BTC End of the Year Party. Social Coordinator Katherine Dease is hard at work in party planning mode, and I know she has a big evening planned for us! It is at this party that we recognize outstanding contributors to the BTC by way of the Dr. Arthur Black/Rick Melanson Award for Outstanding Member, and the Randy Johnson/Danny Haralson Award for Outstanding New Member. If you have any members that you would like to nominate for one of these awards, please email me at president@birminghamtrackclub.com.

We will also be awarding the 1200 Mile Club jackets to those BTC members who have achieved this milestone for the first time in 2015. 1200 Mile Coordinator Alison Hoover will be on hand to present you with your hard-earned awards. Speaking of awards, for the first time this year we will be handing out the BTC Triple Crown Challenge Medals in a special presentation to those who completed the Challenge. We believe the BTC members who worked so hard to earn this award deserved some extra recognition!

In addition to all the fun and awards, the BTC will elect the officers to lead the club for 2016. The BTC slate of officers is listed below, but all nominations are welcome and will be received from the floor the night of the BTC End of the Year Party. The slate of officers for 2016 is:

- President – Alex Morrow
(Current President, Peavine Falls Race Director, Past Vice President, Past Marketing Committee Chair, Past Social Media Chair)
- Vice President – Darnell Allen
(Current Vice President, Current BTC Ambassador Program Chair.)
- Treasurer – Monica Henley
(Current BTC Long Run Coordinator)
- Secretary – Leslie Bailey
(Current BTC Treasurer)

Both Darnell Allen and I will be running for a second term in our respective positions. Leslie Bailey will be moving from Treasurer to Secretary, and Monica Henley will be joining the group in the role of Treasurer.

With these moves, the BTC will be losing Kelly McNair who has served as the BTC Secretary for three years. Kelly did a wonderful job for the club and will be dearly missed, but after three years I fully understand her request to move on and let another member fill that role.

As you can see, even though the year is coming to an end, the fun is far from over. As we transition into 2016, make it a point to come out and join us for all of the great events the BTC has planned. We love seeing you, and I know you will have a great time.

Kindest Regards,

Alex Morrow

BTC President



SAVE THE DATE

BTC Annual End of the Year Party

Officer elections, annual awards, 1200 mile club recipient recognition and plenty of food and libations

Discounted tickets for BTC members

Saturday, January 9, 2016



Now accepting applications for volunteers for Spring 2016.

Be an inspiration for girls as a mentor at Girls on the Run.

This is an opportunity to lead a group of girls through the life-changing Girls on the Run curriculum over 10 weeks. Volunteer training and all materials are provided.

Find out more:
girlsontherunbham.org

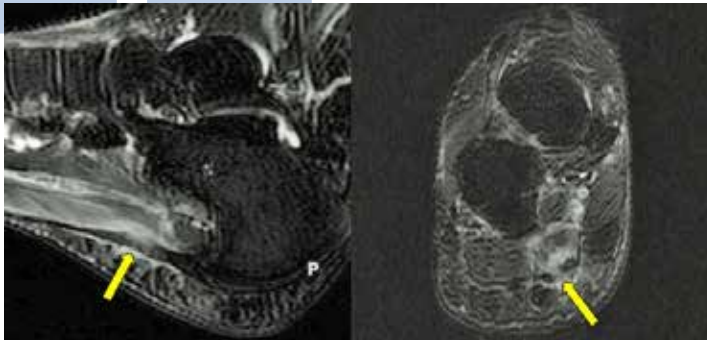




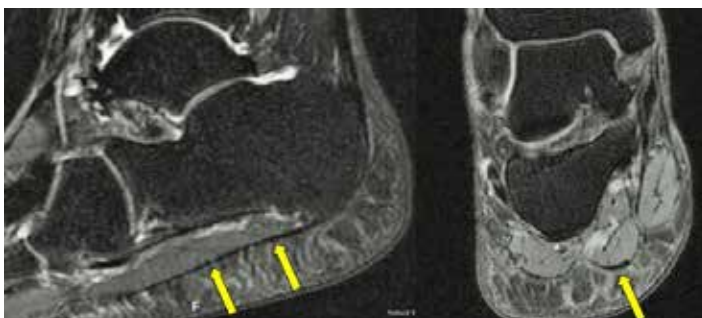
— By Dean Thornton, MD

Case 7 - "Walking on Glass"

A runner in her late 20s had been dealing with some nagging pain on the bottom of her foot for several weeks. The pain was never bad enough to go to the doctor. That is, until the day she pushed off her right foot while running and felt a "pop" and then a sensation like a shard of glass piercing her foot just in front of her heel. The foot and ankle surgeon listened to her history and noted the findings on physical exam. An MRI was ordered to confirm the diagnosis.



The first 2 MR images from our patient focus on the soft tissues of the bottom of the foot below the calcaneus (heel bone). The left image is a sagittal (from the side) projection. The linear, dark structure along the bottom of the foot is the plantar fascia [pronounced "fash-ee-uh"]. Normally, the plantar fascia is thin and smooth. Our patient, however, has a thickened plantar fascia with a focal partial disruption representing a partial tear (yellow arrow). This tear can also be seen in a coronal (from the front) image. Note the surrounding bright signal surrounding the fascia representing edema (excess fluid) and inflammation. Fortunately, the fascia has not completely torn and separated.



The second 2 MR images from another patient depict the normal appearance of the plantar fascia. Note the smooth, thin, intact appearance (yellow arrows) with no surrounding fluid or inflammation.

DIAGNOSIS: Plantar fascia tear (partial)

Tears of the plantar fascia are much less common than the dreaded, yet pervasive, plantar fasciitis. Whereas plantar fasciitis usually presents as the insidious onset of heel/foot pain, plantar fascia ruptures -- either partial or complete -- usually occur as an instantaneous event. The patient usually feels a "pop" and sudden pain with the inability to push off the affected foot. Plantar fasciosis (degeneration) or plantar fasciitis (inflammation) can precede and predispose to a tear. Treatment of a plantar fascia tear is almost always conservative. There is not much to do besides immobilize the foot, avoid weight-bearing, and wait for the fascia to scar down and heal itself. As with most conditions, prevention is easier (and much less painful) than the cure. Specific stretches for the plantar fascia and the related Achilles tendon and calf muscles can help avoid the troublesome path of plantar fascia difficulties.

For more information on plantar fascia rupture: <https://www.youtube.com/watch?v=eZF0XxUkJIM>

Runner's World article: [The Best Recovery for Partial Plantar Tear](#)

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.

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

2015 Officers



President

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Past-President

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BTC Committees

General Counsel/Parliamentarian

Long Run Coordinator

Moderate Group Coordinator

Medical Director

Social Chair

Marketing/Social Media

Membership

Membership Benefits

Merchandise

"The Vulcan Runner" Newsletter

Japan Exchange Program

1200 Mile Club

Volunteer Coordinator

Historian

Finish Line Crew

Webmaster

Race Coordinator

IT Chair

Adam's Heart Run

Statue 2 Statue

Peavine Falls

Vulcan Run

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Allison Stone vulcan@birminghamtrackclub.com



Find us on
Facebook



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
championship-racing.com

Membership News

Please welcome the following new and returning members to the Birmingham Track Club:

- Wayne Benson
- Latta Johnston
- Kristen Johnston
- Pamela Miller
- Shana Peagler
- Tabitha Crocker
- Shane Franklin
- Bradley Wells
- Dwight Coleman
- Pat Obrien
- Jimmy Kuhn
- Claire Kuhn
- Jeff Farmer
- Tony Fiore
- Chris Colpack
- Kelly Holbert
- Angie Hogeland
- John Dagnan
- Jim Wallis
- Laura Wallis
- Benjamin Wallis
- Trey Taylor
- Kelley Pitts
- David Williams
- Katie Ceasar
- Carley Burns
- Jennifer Gremmels
- Kerri Anderson
- Robin White
- Tamara Dukes
- Jenny Grice
- Anne DeBardleben
- Reginald Murchison
- Erica Speegle
- Rob Brewer
- Mary Brewer
- Debbie Evans
- N. Creighton Alexander
- Gail Lee
- Kellan Selle
- Scott Fuqua
- Denyse Thornley-Brown
- Fletcher Roberts
- Lloyd Shelton
- Valerie Esposito Brock
- Brad Arnold
- Daniel Cason
- Stephanie Cason
- Laura Kostelny
- John Engels
- Terri Engels
- Austin Weldon
- Krista Hughes
- Jamye Litty
- Bart Swecker
- Graham Brown
- Cindy Kostelecky
- Kim Yarboro
- Carlos Zapata
- Melissa Zapata
- Mauricio Zapata
- Joel Piotrowski
- Steven Trotter
- Kevin Taylor
- Ana Lewis
- Charlie Parks
- David Cooper
- Kari Bartlett
- David Hogue
- Joseph Dease
- Michael Holt
- Miko Kulovitz
- Joseph Kulovitz
- Frank Barry
- Jimmy Harrison
- Luis Pedrosa
- Kelly McNair
- James Williams
- Christy Steltenpohl
- Robert Thompson
- Mary Stewart Thompson
- Stacy Chiotakis
- Mark McTune
- Johnathan Dodd
- Dewayne Morris
- Jo T. Morris
- Janie Mothershed
- Steve Mothershed
- Jody Coombs
- Aby Stewart
- Tricia Kemper
- Susan Anderson
- Cheryl Bryson
- Jeff Estes
- Rock Stockton
- Cathy Roche
- Mike Roche
- Phillip Morgan
- Danielle Morgan
- Will Davis

Welcome new members to the best running club in Birmingham!

Lauren Weber
Membership Chair



Please join the BTC as we train for the Mercedes Full and Half Marathons on February 14, 2016.

The BTC Saturday Long Run Training Group meets at 6:00 a.m. at the Trak Shak in Homewood. See the [Group Runs Page](#) on the BTC website, or join the BTC Saturday Morning Long Runs Facebook page for updates and routes.

See you on the roads!



SOCIAL UPDATE

Tacky Sweater Run with the TrakShak

Join the BTC and our friends at the Trak Shak on Christmas Eve morning for a Tacky Sweater Run and social. Come dressed to impress wearing your brightest, most decorative sweater for a joyous Christmas social run. After the run, the BTC will provide coffee and light snacks. The TrakShak will also provide door prizes, and there's a rumor about a prize for the tackiest of the tacky. You won't want to miss this fun event!



BTC Annual Party and Elections – Saturday, January 9, 2016

Mark your calendar for the annual BTC meeting and elections. Elections and award presentations for 1200 Mile Club participants, those who completed the BTC Triple Crown, and the recipients of BTC awards will start promptly at 7 pm followed by a party that is sure to get you dancing. Party planning is still underway, so watch Facebook and your BTC weekly details for ticket details and location. You don't want to miss our favorite party of the year!



SAVE THE DATE

BTC's 5th Annual Resolution Run

At Red Mountain Park

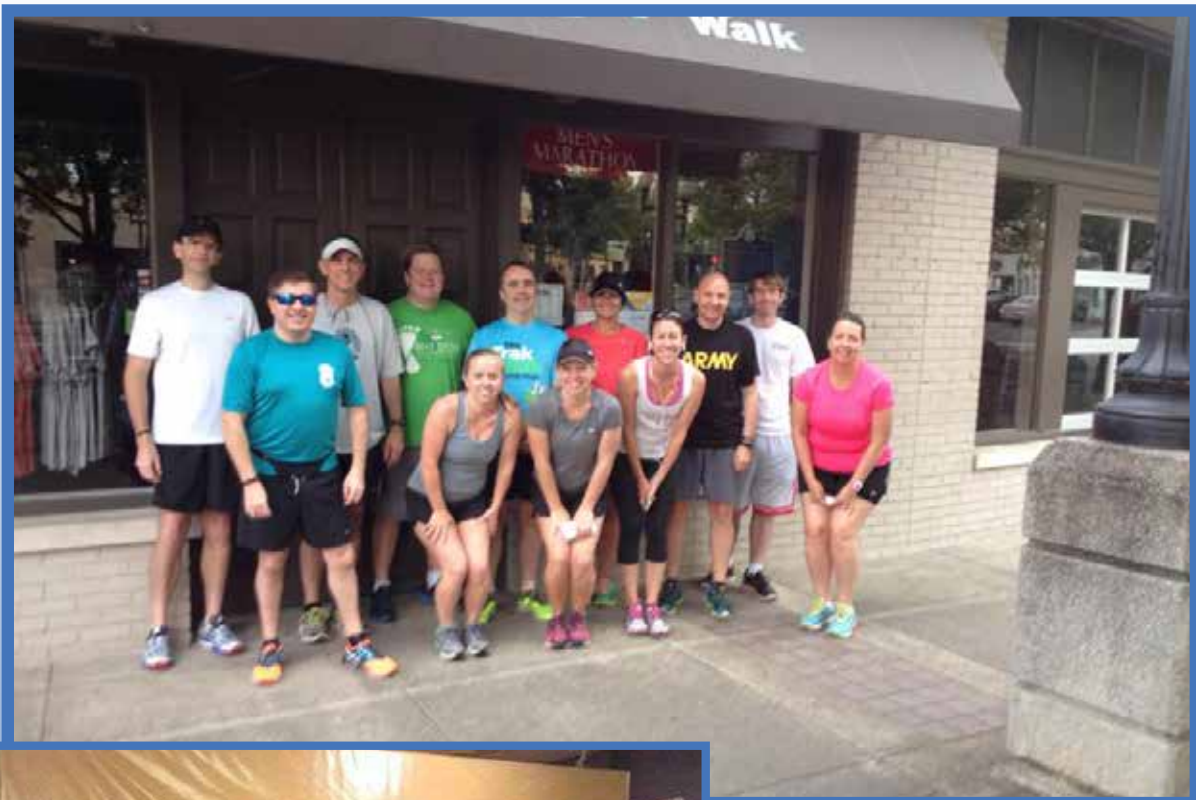
Saturday, January 2, 2016



Saturday Morning Moderate Runs

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

JOIN US!



The Pinhoti 100

The Best, The Worst, and (Most) Everything in Between

—By Tanya Sylvan

In the beginning of November I ran my first 100-mile race – the Pinhoti 100 from Heflin to Sylacauga. I honestly struggled to write this race recap. How do you put one of the best days of your life into words? How do you string enough coherent thoughts together to make people understand even a tiny fraction of what you felt?

I'll break my race down into bite-size chunks so that you can follow along without going cross-eyed or losing interest.

The Crew

Man, I don't know what to say other than my crew was a huge reason why I finished feeling so strong. A good crew is like a NASCAR pit crew—every person has a job and is 100% focused on you. Which is so weird to get used to! I'm not one for having people wait on me hand and foot. But it was actually incredible. One person would refill my hydration bladder while two others were changing my socks and at least one other person was feeding me.

The Course

Oh, Pinhoti. On a good day, the course is a strugglefest full of rocky, technical terrain and a lot of elevation change. Throw in rain, disintegrating trails, and fog, and it's a crapshoot whether you'll make it out unscathed.

The first 13 miles were now an out-and-back due to the weather-related course changes. I knew from talking to experienced Pinhoti runners to get a good start position to avoid being caught in the bottleneck and conga line that would occur the moment we got onto the narrow single track.

The course was narrow and offered little room for error; one misstep and you'd slide off the trail and down the mountain. And then it got even trickier as the leaders started to pass us heading back to Aid Station 2, and we had to step off the trail to let them pass.

Miles 13-41 actually went by rather quickly, which feels funny to say because it's such a long distance on a normal day. The course was more pretty Pinhoti single track—rugged and rooty, with a few cascading waterfalls. The creek crossings were frequent and had enough of a current to whisk a tired runner into the Gulf. Resistance to not looking like a waterlogged rat was futile.

I felt like I did well at aid stations—I stopped and changed my socks at Aid Station 3, but otherwise stuck to my plan of getting in, getting what I needed, and getting out quickly. Because of the deluge, two of the aid stations became unmanned water stops, which didn't bother me one bit—I was carrying extra Tailwind on me and could dump it into my water and keep moving.

During miles 35-41, I softly bumped into "The Wall" for the first time. After leaving unmanned Aid Station 6, I was all on my own without another runner in sight. Which I generally don't mind! Until I started the climb up to Bald Rock. And it got foggy. And dark. And rock garden-y. My headlamp wasn't doing a whole lot of good, so the going was slow and slippery.

Toward the top I ran into two other runners who didn't have their headlamps yet, so we banded together, and I led the way to the famed Bald Rock boardwalk. At the end of the boardwalk was my crew and dry clothes, so all was right with the world.

After a wardrobe change in the car (it is not easy to put tights onto wet, swollen legs), I picked up my pacer Drew and we headed toward Blue Hell. Blue Hell was as tough as I had expected, but not fatal. Drew and I picked our way down the mountain at an elderly snail's pace. Below, we could see headlamps bobbing and hear

shrieks as runners slid and fell off the trail. Not unnerving at all. But we arrived at the bottom unscathed, and we ran at a good clip down fire roads toward the Silent Trail Aid Station.

Miles 45-55 were with Sally, my #1 trail running girl. Honestly, I'm not sure this part of the race even happened if not for our selfie and my vague recollections of things along the course. These 10 miles flew by in an instant! I remember some gnarly creek crossings, some slippery rock stairs with a railing (hooray for not plummeting to my death), and runners wearing trash bags and making loud swishing sounds.

Ah, miles 55-85. The part of Pinhoti that separates the women from the girls, the trail runners from the wannabes. The part that will leave you sitting on a rock whimpering (true story—I saw it happen). I had recruited Beau to pace this section, because he's a fun, experienced ultra runner who won't take any shit or whining.

The first couple of miles were a gradual uphill on fire road—a nice walking break for me but an anticlimactic start for a pacer. We were both happy to get back running on single track! Beau did a great job sticking with me and telling me stories on fire roads, then taking the lead and pushing the pace (or so it felt) on trails. It was as if an invisible rope was tied between us and I was running just to keep up with him. I had zero concept of time and pace, which was why having pacers was so important to me.

The monster of Pinhoti lies between miles 68-85, waiting to eat haggard runners and spit their bones off Horn Mountain. I took a little extra time at Porters Gap, knowing I wouldn't see my crew again until morning. Then Beau and I set off to the BUTS party at Pinnacle. The climb going up to Pinnacle is the hardest of the race—it starts slow and gradual, then careens you uphill and onto a never-ending set of switchbacks that make you question your life choices.

For those of you unfamiliar with the race, Pinnacle is an aid station at mile 74—an oasis at the top of a mountain in the middle of the night full of good food and friendly faces. Climbing out of the woods and being bathed in the Christmas lights is like being enveloped in a warm hug from your most favorite person. It was a mental milestone for me—I knew if I made it to Pinnacle, I'd finish the race.

The bad thing about Pinnacle is that it's a false summit. The trail only continues to climb from there, only now you're navigating slippery rock gardens and a biting wind and driving rain. Because running 100 miles is all a mental game, I had prepared for this section. Or so I thought. The next 10 miles weren't spectacular for me



It doesn't get more gorgeous than this.



Creek Crossings Abound

Popping out of the woods and into Bulls Gap was such an exhilarating feeling! Only 15 “easy” miles until I was done. I was absolutely giddy with excitement and exhaustion at this point—I bounced around crewing other BUTS. I shed some layers, changed my socks (I was wearing Blaine’s at this point because I had run out of my own dry socks), stuffed my pockets with chips and espresso beans, shoved pirogies into my face, and went off with Olivia.

Or, off...I...went...Those 15 “easy” miles were on rolling fire roads, which I immediately realized did not feel so hot after 85 miles of running. I couldn’t force my legs to run at the pace I felt like I could have been running. I wasn’t hurt, I wasn’t that tired, I just did not want to run.

I did get a nice burst of energy when we “blew” past a struggling runner from California who told us that he had vastly underestimated Alabama trails. That’s right, buddy boy! We may not have elevation and mountains, but we have gnarly trails that will make you cry for your mommy.



My Mile 97 Surprise

either—my vision kept blurring from the cold and rain and exhaustion, and I kept running off the trail and shouting for Beau to come and rescue me. What a good sport.

After miles of biting wind and endless fire roads, the sun rose, marking another milestone of my race. I had survived the night! The daylight was a welcome sight, even though it only illuminated this godforsaken stretch of road. I was pumped to hit the single track, see my crew again, and get my buckle.

Because of the rain, the mile 95 aid station was closed to cars, so we weren’t sure Mary, my final pacer, would make it. But as Olivia and I trudged up the hill toward the music, my entire crew was standing at the top cheering and waiting to give me that final push to the finish line.

Mary had arguably the hardest job pacing me those final 5 miles. I’m pretty sure I didn’t say too much other than how tired I was and how much my feet hurt. She entertained me with stories about pacing Michael to the finish of his first Pinhoti and encouraged me to run for small stretches at a time.

The saving grace of



Best. Finish. Ever.

this part of the course was seeing my people along the way. Around mile 97, my BUTS friends pulled up with another car behind them. Sonia said something about having a surprise, then the other car’s doors popped open and my friends Darnell, Rachel, and Nikki ran out. Y’all. We all started to ugly cry right there in the middle of the road. It was one of my favorite parts of the race.

When I hit the stadium track, I took off like a bat out of hell. Suddenly, nothing hurt—all I could feel was this insane amount of excitement and emotion coursing through my body. After years of dreaming and months of training, the finish line was right there in front of me. I ran through cheering and crying and of course jumping, then fell into the arms of everyone.

The Food

I stuck with my tried-and-true plan of using Tailwind and then supplementing with whatever looked good at aid stations. I used a 1.5L HydraPack bladder and always had 400 calories of Tailwind in it. I ran with ziplock bags full of Cheetos, Doritos, and chocolate-covered espresso beans to get me through the overnight hours. At aid stations, I feasted on quesadillas, grilled cheese, soup, brownies, etc.

At mile 40 I started taking Tums and ibuprofen every few hours to help combat muscle soreness and stomach acid. I didn’t feel bad, but I had heard from multiple 100 veterans to take these as a preventative so that I wouldn’t feel bad. And it seemed to work well! The few times my stomach started revolting I would just take some Roloids or Tums and it would help.

The Gear

Again going with the rule of nothing new on race day, I stuck with my favorite pieces of clothing. Under Armor shorts and Athleta tank for the day, and Brooks’ new fall line for the cold night. Rather than going with a lightweight raincoat, I grabbed for my North Face Thermoball puffy to get me through the night. Great decision! It was waterproof despite the constant downpour, and I never felt that biting wind at the top of the mountains. After hearing so many stories of runners getting hypothermic at Pinhoti, I’m even more pleased with my spur-of-the-moment decision.

For shoes, I only wore my Brooks Cascadias—perfect for draining and slippery conditions! My favorite always.

The one new piece of gear I had was a Salomon SLab 12Set vest. This thing is so incredible that it will get its own review soon. But trust me, it is worth every single penny, and then some. Don’t be stupid and skimp on something as important as a hydration pack or vest. You’ll hate yourself in the middle of a race.

Will I do another 100? Yes! I feel like my strong performance means that there’s only room for improvement from here.

Did I really smile for all 100 miles? Yes. I’ll teach you my secrets in an upcoming article.

Tanya is a Jersey girl who loves to run far and eat lots. You can follow her adventures at TanyaSylvan.com

COMMUNITY CORNER

— By Jennifer Andress, BTC Past President

Happy holidays, BTC! This will be a quick update on a public health issue that came up during the last month in Homewood. I have emails and texts out on some of the other issues addresses in recent columns, but no updates as of press time.

As BTC board members, President Alex Morrow and I were asked to speak to the Homewood City Council to support a tougher anti-smoking ordinance than the one that currently existed. In the past, I have been requested to speak to our City Council as a Homewood resident and BTC officer about smoking on the patio next to Trak Shak, at Oak Hill restaurant. The existing Homewood ordinance allowed for smoking on restaurant patios, regardless of the restrictions inside the establishment. The new proposed ordinance would eliminate smoking on all restaurant patios, and increase the distance of smoking banned by a doorway from 10 feet to 20 feet.

I joined about 15 other Homewood residents who spoke in favor of the new proposed ordinance. There were several runners and triathletes that spoke in favor of the new restrictions, as well as physicians, one of the owners of Little Donkey restaurant, and even a young member of a Homewood Soccer Club team. The opposition came from representatives of the e-cigarette industry. Their concern was that "vaping" would be banned in vape shops; they wanted e-cigarettes to be treated as a regular tobacco product. Homewood currently has an exclusion to its no-smoking ordinance that allows smoking in an establishment that receives 80% of its revenue from tobacco products.

Two City Council members objected to any further restrictions on smoking, because they believed it was a business owner's right to determine if his or her patio would be open to smoking. One suggested that a patron could just leave if smoke on a patio was bothering him or her. It was also mentioned that smoking is prohibited on city property, which would include the property in front of Trak Shak.

I argued that it is extremely disruptive to remove your entire family after all have ordered and are enjoying a meal if someone begins smoking. The onus should not be on those choosing to breathe healthy air to remove themselves from a public place because someone lights up a cigarette. I told the Council that even when I am in my car with the windows rolled up, I can smell a cigarette from two lanes over. As an organization that promotes healthy living, anything we can do to protect our health and the health of our children, as well as further discourage smoking, is of paramount importance.



BTC Past President Jennifer Andress at the Homewood City Council meeting regarding a stronger no smoking ordinance. Photo Credit: The Homewood Star

After a healthy debate, the proposed ordinance was sent back to committee, where it passed and is now in place. I love that the Birmingham Track Club is a part of these conversations in our communities. I feel strongly that this is one of our highest and best uses!

If you have a public issue you would like for us to address, please email me at pastpresident@birminghamtrackclub.com. I hope to have more updates for you next month. Until then, have a wonderful holiday season!

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.

BTC Member Benefits Spotlight

As a member of the BTC, you are entitled to a whole host of benefits from area retailers – see a complete list on the BTC website. Remember to show your BTC membership card, which you can download to your phone for your convenience, and thank our wonderful partners for supporting the BTC. Membership has its privileges!



Alabama Outdoors opened its doors in Birmingham, Alabama in 1975 with the mission of providing the highest quality outdoor gear to the city and surrounding area. Since then, they have expanded to four more cities and six more locations statewide.

Alabama Outdoors stocks the best brands and products that enhance their customers' active outdoor lifestyles. Check out their selection of running gear from brands like Altra, Camelbak, Fits, Hoka, Lole, Patagonia, The North Face, Salomon, Swiftwick and more.

Whether you prefer to hit the streets or the trail, Alabama

Outdoors has the gear to take you there.

Alabama Outdoors is happy to offer a 10% discount to Birmingham Track Club members on their in-store purchases of non-discounted running gear. Show your BTC card at the time of purchase.

Alabama Outdoors

Homewood, Inverness and Trussville

AlabamaOutdoors.com

BTC GEAR MAKES GREAT HOLIDAY GIFTS!

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!



BTC Triple Crown



Congratulations to the following BTC members who completed the 2015 BTC Triple Crown Half Marathon Challenge. With 79 members completing the Challenge, this year was our biggest yet! Well-deserved Triple Crown Challenge medals will be awarded at the Annual Party on January 9, 2016.

Christopher Baggett
Mark Baker
Lisa Battaglia
Bee Marshall
Kim Benner
Vicky Brakhage
Haley Brooks
Adrienne Carter
Gena Casey
Anil Chada
Jennifer Chada
Roy Clarkson
Sam Clemons
Stephanie Cliett
Chris Colpack
Allen Crawford
Tamara Dukes
JJ Foster
Amy Gash
Izzy Gould
Jonathan Gray
Amanda Harden
Alan Hargrave
Fontaine Haskell
Gabriel Haynes
Susan Hill
Dave Hughes

Shannon Jackson
Kaki Jenkins
Heather Joe
Stephanie Jones
Brandon Kane
Tom Kendrick
Nicholas Kin
Lisa Li
Don Leopard
Alan Mathis
Kristin Mathis
Matt McKenzie
Simon McVey
Tracy Miller
Phil Morris
Abigail Morrow
Denise Moss
Lauren Naile
Carlos Orihuela
Julie Pearce
David Plante
Richard Poff
Meghan Ralph
Ginger Reeves
Amy Richards
Kevin Roberson
Fletcher Roberts

Lynn Roper
Beth Rose
Cindi Routman
Lisa Rutledge
Nathan Saturday
Danny Shaffield
Marci Sheppard
Ronald Shin
Dean Sides
Bob Sims
Angie Smith
Brandy Smith
Dean Thornton
Loren Traylor
Freddy Tse
Larry Tyson
Vickie Varnes
Judy Vatella
Kiera Walker
Lance Weeks
Karen West
Robin White
Lynn Wilkins
David Williams
Scott Winfree

Kick off the New Year at the **BTC's 5th Annual Resolution Run** Saturday, January 2, 2016 **Red Mountain Park**

It's almost time for the Resolution Run on historic Red Mountain. This year's run will offer a 5k, 10k and 20k course that will take you on various parts of Red Mountain. New this year is a one mile fun run.

Back by popular demand is a scavenger hunt along the routes with prizes for the lucky winners. You don't want to miss this fun New Year's tradition! The 20k run begins at 7:30 am, and all other runs begin at 8:00 am.

Stay tuned! Registration will open soon, so make sure to check the next issue of *The Vulcan Runner* for the link to register online.

We hope to see you there!

MEDICATION AND MILES

-By Stacy Farry, Zackary McMullan and Kim Benner

Unfortunately, cough and cold season also coincides with training season. What starts with a runny nose and sore throat oftentimes becomes a week of sneezing and coughing, leading to missed or compromised training. Different viruses can cause an upper respiratory tract infection known as the common cold.¹ Because colds are viral infections, antibiotics are not effective or appropriate because they work against bacteria, not viruses.² Many have searched for the "cure for the common cold" without success, but researchers have determined that neither exercise nor medical treatment consistently affect the duration of a cold.^{2,3} That said, treatment of the common cold is focused on symptom management rather than curing the infection. There are a few fundamental classes of medication used to treat colds: antihistamines, decongestants, expectorants, and cough suppressants. These medications will be covered in two different articles.

Runny noses and antihistamines

Antihistamines are divided into two groups: first and second generation. First-generation antihistamines include agents such as diphenhydramine (Benadryl) and doxylamine (Unisom) and may be used in cough and cold treatment. Available without a prescription, these medications help to decrease secretions, which can dry up a runny nose.⁴ Additionally, diphenhydramine can decrease cough by decreasing cough reflex sensitivity⁵ (this is particularly true if the cough is due to "post nasal drip" because the antihistamine will dry the secretions at the back of the throat that cause coughing). Despite their effectiveness, these medications may come with unpleasant side effects like drowsiness, blurry vision, dry eyes, and dry mouth. In some cases, their sedative (sleepy) effect can be beneficial, which leads to the inclusion of either of these active ingredients in many cough and cold medications designed for nighttime relief.⁴

Second generation antihistamines are newer antihistamines that have very similar side effects to the first generation medications, but with less sedation and dry mouth/eyes. They include those sold without a prescription, such as Cetirizine (Zyrtec), and those that require a prescription: levocetirizine (Xyzal) and desloratadine (Claritin). Fexofenadine (Allegra) and loratadine (Claritin) may be prescribed or simply purchased in a pharmacy (without a prescription) depending on the actual product and dosage. All of these second generation agents are more often used for allergic rhinitis ("hay fever"), dermatitis/pruritis (itchy skin) or urticaria (hives) and not so much for relief from the common cold.

Stuffy noses and decongestants

Pseudoephedrine (Sudafed) and phenylephrine (Sudafed PE) are the most common oral decongestants on the market. Although widely available over-the-counter, phenylephrine is not absorbed into the body well, and it has been shown to be no more effective in relieving nasal congestion than not treating it at all.^{6,7} Due to regulations concerning the misuse of pseudoephedrine, it is kept behind the pharmacy counter but is available for purchase for people at least 18 years of age without a prescription in Alabama. There are limits on the amount that may be purchased, a state or federal issued photo ID must be presented and a "logbook" signed at the time of purchase (to keep up with total amounts purchased). Pseudoephedrine and phenylephrine work by constricting blood vessels in the nose, which decreases blood flow to the congested area, thereby relieving nasal congestion (the "stuffy nose"). Their side effects come from blood vessel and heart stimulation, which can lead to an increase in blood pressure or an irregular heart beat (fast or abnormal rhythm), as well as central nervous system stimulation, which can lead to insomnia, anxiety, and restlessness. While these side

effects do not occur in everyone, pseudoephedrine and phenylephrine should be used cautiously, if at all, by people with high blood pressure, heart conditions, or attention deficit hyperactivity disorder (ADHD).⁸

Concern exists about pseudoephedrine's stimulant effects influencing athletic performance. Multiple studies have shown that therapeutic doses of pseudoephedrine do not affect athletic performance in endurance activities like running. Still, because of the potential for abuse, the World Anti-Doping Agency prohibits high urine concentrations of pseudoephedrine (although the prohibited concentration level is higher than an athlete taking as recommended likely would achieve).⁹ Because exercising while taking pseudoephedrine can increase heart rate, an athlete might experience an uncomfortable feeling in his chest when he exercises while taking pseudoephedrine. (Author's note: I notice that when I run while taking a stimulant such as pseudoephedrine, I have a harder time catching my breath and feel like my heart is pounding in my chest).

Next month, this column will address cough medications and their potential impact on running and other exercise. In the meantime, stay well!

Stacy Farry and Zackary McMullan, PharmD. 2016 Candidates and Kim Benner, PharmD, BCPS, FASHP, FPPAG.

Stacy Farry and Zackary McMullan are students at Samford University. Kim Benner is a distance runner and current Volunteer Coordinator for the BTC. When she's not running the streets of Birmingham, Kim is a clinical pharmacist at Children's of Alabama, a Professor of Pharmacy Practice at Samford University and a mother of two non-running boys.

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Want to Feel Better?

- Get plenty of rest, drink plenty of water and try chicken soup when you have a stuffy nose. It also may help to sleep upright.
- Suctioning with a nasal bulb syringe (purchased from a pharmacy) can offer temporary relief for congestion, particularly in young children.
- Antihistamines such as Benadryl can help with runny noses (and maybe coughs) but may make you sleepy for your run or workout.
- Limit the amount of pseudoephedrine you take due to its affect on your heart rate and blood pressure. Be mindful of this side effect in combination with exercise.
- Avoid taking combination products for symptoms you don't have or taking a variety of medications for one symptom.
- Don't hesitate to ask your pharmacist or physician for advice.

RRCA UPDATE



Buyer Beware: How to Select Your Next Event

As the popularity of running continues to grow, and more and more events are launched each year, the RRCA Board of Directors offers the following advice to help runners select events intelligently.

- **Look for events that have been run before.**

• **Look for events that are USA Track & Field Certified Courses.** Look for the USATF certification number on the event website. Among other things, certification shows that the event director has taken the required steps to ensure the course has been accurately measured.

• **Look to see if the local running club hosts the event or if the event director has a local address or phone number listed.** Events managed by someone who lives in the community where the event is taking place usually have a good track record for going off as planned. If the race is promoted by an unfamiliar promoter, or out of state company, Google the company or promoter. Do they have positive comments from other races they have directed? If not, buyer beware certainly applies.

• **If the race is an inaugural race, closely review the race website.** Even websites that are missing important information such as exact starting location, course map(s), packet pick-up information, event schedules, event rules (including refund information), etc. should be suspect. A well thought out race should include a well thought out website or at the very least, a detailed registration page.

• **Use your networks when researching out-of-town races.** Read race reviews on websites such as the Running Network, Marathonguide.com, Runner's World, Let's Run, etc. If the race has a Facebook page, check the Facebook page to see what other runners have said about prior races and/or are saying about the upcoming race. Negative comments are a red flag. Review the Facebook pages of area running clubs for local feedback. Check the Better Business Bureau to determine whether the race promoter has been the subject of complaints in connection with other races.

• **Look for signs of community support for the race on the event website.** Determine whether the race has designated a local charity as a beneficiary of the event. Does the event note how much they plan to donate to the charity or how much they have given in the past? Think twice about an event that simply says, "proceeds go to charity," without naming a specific charity partner(s). Has the race partnered with the local Parks & Rec department, local running club, local Y, local sports commission, etc. Are local merchants on board supporting the event, and are charity partners or local sponsors cross promoting the event? If not, think twice about entering or contact the partners to determine if they are really associated with or benefiting from the event.

• **Look for price gauging, especially with new events.** While location can dictate pricing especially in larger cities with significant road closures and police support, if the event price greatly exceeds an average price, especially for a first-time, unproven event, you should ask yourself, "What am I getting for my money?" When paying for an entry, the Better Business Bureau recommends paying with a credit card. Charges made on a credit card can be disputed after a purchase, whereas debit, cash or wire transfer transactions cannot.

Excerpted from RRCA's Buyers Beware Tips When Registering for Events, by Jean Knaack, Executive Director, and the RRCA Board of Directors, which first appeared in the 2012 Summer issue of Club Running magazine and is available online at: <http://www.rrca.org/education-advocacy/buyer-beware/>

1200 MILE CLUB

*Cumulative miles submitted through December 06, 2015 are listed below.
For a complete listing of monthly totals, [click here](#).*

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Adams, Clell	2	904	Cason, Daniel	R	1,165	Edge, John	1	1,435
Affuso, Olivia	3	809	Caviedes, Octavio	1	271	Edmonds, Maggie	R	144
Alexander, S Rheagan	1	1,246	Chadha, Jennifer	R	217	Elrod, Stacey	R	1,123
Armstrong, Thomas	3	142	Chambers, Ron	1	1,494	Ensminger, Stephanie	R	0
Bailey, Leslie	1	901	Chandler, Teresa	6	1,305	Estes, Jeff	R	1,148
Bailey, Tut	R	295	Chiesa, Marco	R	264	Etchison, Nikki	R	0
Baker, Mark	1	311	Christenberry, Kim	R	0	Evans, Debbie	2	1,478
Baker, Ryan	R	146	Clay, Brad	8	2,986	Fell, Amy	3	1,586
Ballard, William	4	1,190	Clayton, Yocunda	R	1,133	Feller, Beth	2	1,412
Barnes, Conan	R	132	Cliett, Stephanie	1	1,571	Ferlitto, Cindy	R	6
Barnes, Jimmie	1	1,209	Clowers, Addison	1	1,599	Fincher, Valerie	R	346
Barry, Jenny	R	1,075	Coker, Leslie	R	1,196	Fonteneau, Kira	R	107
Bartee, Samm	R	869	Colmenares, Clinton	R	1,129	Foust, Hannah	R	641
Bartlett, Kari	1	716	Colpack, Chris	1	1,277	Franklin, Shane	4	1,347
Beasley, Cathy	R	988	Connell, Daniel	R	0	Frederick, Winston	7	1,851
Beggs, Mark	R	276	Cooper, David	R	1,121	Fuller, Lisa	R	887
Belcher, Michelle	2	1,084	Cornelius, Jeff	R	101	Gann, Michael	4	1,284
Benner, Kim	3	1,353	Corrin, LaRonda	R	544	Gant, Kelli	1	151
Benson, Wayne	4	1,103	Corrin, Roger	1	928	Ganus, Jack	7	1,107
Berg, Courtney	R	50	Cox, Damon	2	1,230	Gash, John	2	1,033
Berg, Dustin	R	251	Craig, Mary	R	1,077	Gaylor, Marcie	1	1,085
Berthold, Jean-Philippe	R	539	Cramer, Robyn	R	822	Gibson, Darrell	1	1,069
Beury, Bridget	R	232	Cramer, Steve	R	358	Gilbert, John	1	1,276
Bissell, Kim	R	1,022	Crawford, Drew	R	135	Goode, Johnny	6	1,648
Black, Dylan	1	1,251	Creed, Brad	4	955	Goolsby, John	3	712
Blankenship, Barry	2	352	Creel, Mary	R	1,140	Gordon, Brittany	R	590
Bonatz, Ekkehard	7	2,881	Crumpton, Dan	3	1,501	Grabeldinger, Nikki	1	1,232
Booher, Lisa	4	1,320	Davis, Kevin	R	82	Greene, Michael	1	191
Bowman, Brian	R	0	Davis, LaJuana	R	259	Greenwald, William	R	648
Bowman, Leisha	R	129	Davis, Sarina	R	0	Grice, Jenny	1	1,569
Brakhage, Victoria	1	1,270	Dawson, Ashley	2	1,832	Grossmann, Christopher	4	1,080
Brown, Charlie	4	1,401	Dease, Katherine	1	656	Gullapalli, Satya	2	1,343
Brown, Michael	1	1,125	DeBardeleben, Anne	1	1,202	Haley, Jay	R	854
Brown, Sean	1	1,088	Dell'Italia, Louie	R	1,087	Halperin, Dave	2	2,037
Bryant, David	2	1,513	Dell'Italia, Pat	1	1,273	Haralson, Danny	6	1,110
Bunch, Bryan	R	214	Denton, Matt	3	1,408	Haralson, Micki	7	1,027
Bunch, Catherine	R	408	Dill, Greg	1	430	Hargrave, Alan	7	1,184
Busby, Madeline	1	995	DiMicco, Al	3	845	Harrelson, Heather	2	1,216
Byrd, David	R	50	Dodson, Brooke	3	154	Harris Bowser, Javacia	R	139
Callahan, Rachel	R	1,157	Dortch, Cherie	6	127	Harris, Robert	R	552
Carey, Christopher	2	1,312	Douglas, Nelle	1	1,594	Harrison, Lisa	4	1,362
Carlton, Bob	1	1,385	Dunn, Wade	7	2,240	Harvey, Gary	R	1,145
Carroll, Chad	R	105	Easterling, Natalie	R	1,134	Harvey, Gordon	1	1,753
Carter, Adrienne	R	270	Easterling, Tim	R	83	Hathorne, Chad	R	868
Casey, Barry	2	1,234	Echols, Robert	R	30	Havicus, Cari	1	1,250

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Hayes, Debbie	2	1,382	Lopez, Eric	R	0	Patterson, Carrie	1	1,162
Hayes, Mikal	R	900	Losole, Liz	5	106	Peagler, Shana	3	894
Heaton, Bryan	2	1,331	Love, Thomas	1	808	Pearce, Julie	5	1,379
Heineken, Stephanie	R	1,099	Lyle, Randy	7	2,053	Pearson, Blake	2	2,096
Henley, Monica	1	1,126	Lyles, Chris	R	1,101	Pearson, Mary Scott	1	1,260
Henninger, Alison	1	1,357	Lyles, Kimberley	R	0	Perry, Jeff	4	794
Hickerson, Patrick	3	1,198	Malec, Tim	R	1,086	Peters, Scott	1	1,493
Hill, Quinn	1	1,649	Malick, David	2	1,281	Peterson, Stacy	1	1,058
Hill, Susan	1	1,122	Martz, Adam	1	892	Pezeshkmehr, Megan	R	1,039
Hill, Tucker	R	1,166	Mason, Erin	R	799	Pezzillo, Kate	1	48
Hodges, Max	R	1,027	Maughan, Kevin	R	1,113	Pigford, Wells	R	558
Hollett, Brett	R	357	McConnell, Kim	1	575	Plante, David	3	1,635
Honea, Todd	3	813	McCoy, Jabe	1	1,401	Poole, Greg	1	0
Hoover, Alison	4	1,230	McKenna, Don	1	334	Porter, Michael	R	0
Hoover, Jim	R	1,026	McKenna, Regan	R	428	Portwood, Paul	1	1,531
House, Beth	2	1,087	Mcmahon, Mary Lee	1	0	Powell, Tim	R	934
Housler, Philip	1	733	McNair, Kelly	1	1,142	Prestridge, John	R	1,100
Hughes, David	R	863	McTune, Mark	3	1,574	Ralph, Meghan	R	1,129
Hulcher, Alison	R	0	McVey, Simon	1	1,244	Ramsey, Jamey	R	387
Hunt, Leslie	R	1,176	McWilliams, Matthew	R	965	Randall, Lisa	5	550
Hyatt, Micheal	1	480	Meadows, Bryan	2	304	Ratliff, Garnet	R	51
Ingle, Brandon	R	205	Merry, Vicki Sue	3	2,443	Richards, Amy	R	760
Izard, Georgia	1	1,593	Miller, Tracy	R	1,082	Richardson, William	1	1,547
Izard, Melody	1	1,614	Millican, Randy	2	1,103	Riner, Clint	R	1,149
Jackson, Kelly	R	17	Millsap, Lanier	1	124	Roberie, Josh	R	378
Jenkins, Kaki	2	1,373	Mixon, Joshua	R	95	Roberson, Kevin	2	1,845
Johnson, Christy	R	202	Mooney, Sylvia	R	48	Roberts, Fletcher	1	1,243
Johnston, Latta	1	1,228	Moore, Robert	1	913	Roberts, Stephen	1	1,362
Jones, Delpha	1	315	Morgan, Cary	5	2,895	Robinson, Rod	R	255
Jones, Ira	2	993	Morgan, Danielle	4	1,317	Rocha, Roger	2	1,278
Jones, Marcus	1	2,132	Morgan, Phillip	6	1,520	Rodriguez, Angie	1	1,043
Kane, Dawn	1	1,012	Morris, Dewayne	1	784	Rodriguez, Rick	R	54
Kane, Michael	1	1,075	Morris, Justin	1	1,031	Roper, Lynn	R	0
Kaplan, Justin	R	938	Morris, Matt	1	1,217	Rose, Billy	1	1,468
Kelley, Robin	2	1,812	Morrow, Abigail	R	0	Rosetta, Keith	R	0
Kemper, Tricia	1	1,205	Morrow, Alex	5	1,697	Routman, Cynthia	R	1,102
Kin, Nicholas	R	1,134	Mothershed, Janie	1	659	Rutherford, Keith	8	1,525
Knight, Diane	R	1,065	Murchison, Reginald	2	2,079	Rutledge, Lisa	R	1,130
Knight, Kristen	R	1,107	Murphy, Mandy	R	0	Sadler, Jason	R	781
Krause, Casey	R	773	Murray, Jason	1	916	Sarrett, Kemper	R	1,121
Kuhn, Jimmy	7	1,198	Norris, Beth	1	1,179	Schaefer, Todd	1	1,387
Laird, Audrey	1	1,252	Northern, Kristie	6	1,229	Secor, Debi	1	1,605
Langston, Aaron	R	1,184	Oehrlein, Kimberly	R	548	Self, Travis	R	1,139
Langston, Richard	4	1,240	Oliver, Greg	2	1,800	Shaffield, Danny	2	1,794
Leopard, Don	R	1,090	Oliver, John	1	1,227	Shaffield, Mitzi	R	1,097
Lester, Treva	R	747	Opsomer, Liliane	R	244	Shaw, John	R	234
Lichlyter, Lee	R	1,091	Osborne, Kristen	R	134	Sheppard, Gretchen	R	1,142
Lockett, Janet	R	947	Parks, Charlie	2	2,657	Shinn, Ronald	4	1,199
Longoria, Joseph	3	1,294	Patlolla, Sandeep	R	425	Shirley, Scott	2	1,256

TOTAL	YEARS	TOTAL
Sides, Dean	1	1,266
Silwal, Suman	5	1,501
Simmons, Kelly	R	0
Simpson, Kevin	2	2,004
Sims, Robert	2	1,284
Sloane, Mike	R	1,070
Slocum, Brandon	R	937
Smith, Jason	1	1,215
Smith, Jerry	7	986
Spurlock, Nivada	2	1,203
Stearns, David	7	646
Stearns, Robert	R	476
Steely, Sonia	1	1,104
Stephenson, Amber	R	10
Stewart, Stephanie	R	526
Stockton, Rick	8	1,316
Talley, Beau	3	1,359
Talley, Shellie	R	297
Taylor, Trey	1	35
Thomas, Eric	3	2,085
Thomas, Jamie	R	1,176
Thornton, Dean	4	1,415
Tichnell, Josh	R	469
Tillery, Shaun	1	1,902
Traylor, Loren	1	1,729
Trimble, Jamie	R	1,178
Varnes, Vickie	2	1,599
Vinson, Hope	R	618

TOTAL	YEARS	TOTAL
Wales, Kevin	R	446
Walker-Journey, Jennifer	R	1,195
Walker, Caroline	R	235
Wall, Ron	2	1,064
Walters, Lara	1	0
Warren, Tom	R	1,191
Watkins, Janet	R	155
Watters, Robert	1	1,565
Weber, Amy	R	1,140
Weber, Lauren	R	418
Weeks, Max	R	14
Weisberg, Scott	4	0
Wells, Whitney	R	297
Wende, Adam	1	1,876
Whatley, Prince	8	1,322
Whidden, Lisa	1	813
Whitt, Trey	2	1,190
Williams, Christopher	R	509
Williamson, Chad	2	1,125
Wilson, Teresa	1	1,057
Windle, Dale	1	1,396
Wiseman, Steve	1	1,265
Woody, Bill	7	1,631
Wright, Sean	2	1,248
Wu, Xing	6	1,391
Yates, Durand	R	0
York, Gary	2	1,814
Young, Alyse	R	859
Zehnder, Justin	5	784
Zimlich, Kimberly	R	646



SHOW US YOUR BTC GEAR!



Jenny Barry with LaRonda and Roger Corrin before the Vulcan Run



Kim Benner, Vicky Brackage and David Plante at the Vulcan Run



Ronald Shinn celebrates his Vulcan Run with family and friends



Jennifer Andress and Lisa Booher with their 5K training group



Veteran's Day run through Railroad Park



Kevin Roberson and Jennifer Address at the 5K at the Junction



Jennifer and Keith Address at the Atlanta Half Marathon



BTC Founding Member Jim Taylor and Julie Pearce



BTC Members Lauren Weber and David Jones went for a Thanksgiving Day Turkey Trot with Run Gardendale



Monica Henley placed third in her age group in the Moustache Dache 5k on December 5th.



Vicky Brakhage ran the Thanksgiving Day Turkey Trot in Shreveport, LA



Kenny McShan and his daughter visit with FOX 6 reporter Jeh Jeh Pruitt

Show us where the BTC has taken you!

Email photos to:

Newsletter@BirminghamTrackClub.com

"FEETS" OF STRENGTH

-By Lauren Weber

As you know, this is the section of The Vulcan Runner where we celebrate the accomplishments of our members. Whether it's a place on the podium, a personal record, a first race or a new distance, there are no feet too small to mention, so please send in those accomplishments (and a photo, if you'd like) each month via the [website!](#)

Let's give a great big BTC high five to **Matthew McCullough** for finishing his very first marathon! Matthew ran the Soldier Marathon in Columbus, Georgia on November 7 with a 4:21:12 finish time. Congratulations Matthew!

Congratulations to **John Andress**, son of BTC Past President **Jennifer Andress** and Keith Andress, for his stellar performance in the Vulcan Run! John was a Top 200 finisher and placed first in his age group with a 45:40 time! These things must "run" in the family, because Jennifer also placed 3rd in her age group at the Vulcan Run. Way to go, Andress Family!

Kudos to BTC Finish Line Coordinator and The Vulcan Runner contributor **Tanya Sylvan** recently earned her belt buckle at the Pinhoti 100, completing her first 100 mile race. Read more about Tanya's adventures in her Pinhoti race recap in this issue of The Vulcan Runner.

Cheers to many miles and even more smiles!

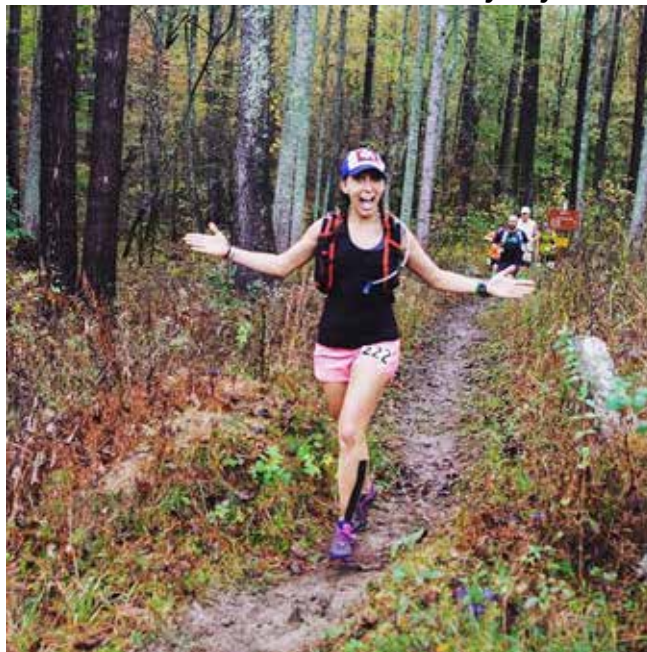
Lauren Weber is an attorney in Birmingham. She serves as parliamentarian/general counsel and membership chair for the BTC. Please stop and introduce yourself if you find her running around town.



John Andress



Tanya Sylvan



BTC MINUTES

November 09, 2015

Attendance: Alex Morrow, Darnell Allen, Leslie Bailey, Julie Pearce, Dean Thornton, Alan Hargrave, Kim Benner, Monica Henley, Lisa Booher, Charles Thompson, Katherine Dease, Kemper Sarrett, Hannah Foust, Kelly McNair

1. Approval of last month's minutes.
2. Financial Update (Leslie)
 - a. \$28,715 - checking; \$30,729 - savings; \$59,444 - combined
 - b. Financial statement will be emailed to all from Leslie
 - c. We're considering hiring a 3rd party to manage books.
3. Membership Update (Alex for Lauren)
 - a. 1250 members
 - b. Reminder emails are sent out automatically for expiring members.
 - c. Is there a notice we can send to members who have expired incentivizing them to renew?
 - d. Reports in Run Sign Up will show who has expired within a timeframe. An email can be drafted to send to all expired members.
4. Member Benefits (Kemper)
 - a. Alabama Outdoors will be highlighted in the December newsletter.
 - b. Now that the newsletter is not password protected, anyone can get a discount from the vendors, BTC member or not. To manage this, should we set up members-only section on the website?
 - c. Run sign-up offers an option to create a members only place where you have to log-in to access it (individual log-ins)
 - d. How do we protect the member benefits for the members only?
 - e. Encourage members to print their membership card to show vendors.
 - f. A members-only section is not needed now but it's available if needed.
5. 2016 Race Dates and Prices (Alan and Alex)
 - a. Refer to handout
 - b. Should there be a price increase for the Race Series?
 - c. Recommendation: \$65 from now until Dec 31; \$75.00 for 2016 - approved
 - d. Race series: on-line only registration; Charles requested fliers
6. Vulcan Recap (Alex for Allison; Kim)
 - a. 1174 registered; 922 finishers. Numbers were down due to the rain but this did not affect our revenue. We came out about the same as last year.
 - b. Strongest elite field we've had in 5-6 years
 - c. Few minor injuries, considering the rain, according to Dr. Miner.
 - d. Vulcan volunteers - internal communication issues
 - i. All need to use Run Sign Up for volunteers
 - ii. Request to have a mtg after thanksgiving to discuss issues
 - e. We need more support for the racers who are still on the course (until the course closes)
 - f. Alan: very important to submit paper applications into Run Sign Up in order to post finishing times to Run Sign Up
 - g. 15% had matching gun times and chip times - timing issue
 - h. Top 200 Finishers - piece of paper is handed to you then you turn it in for your shirt
 - i. Trak Shak covers expenses for the Top 200 program.
 - j. Suggestion: patches for certain times? And color coordinated?
7. BTC Donations (Alan)
 - a. To date: 6 donations for \$275.00
 - b. Tax deductible
 - c. What are we doing with these donations? Do we need a sub-committee to handle this? Examples include \$ for BTC scholarships, community support such as water fountain, statue; races;
 - d. We have to mind how we appropriate funds
8. End of Year Party / Social Updates (Katherine)
 - a. \$5450.00; \$1654; total: \$3796
 - b. \$7000.00 approved last year and we were way under budget
 - c. Motion to approve \$7000 - approved
 - d. Band was free in 2014 due to a conflict
 - e. January 9 is the date for the party
 - i. Band and photo wall; food
 - ii. \$10.00 for members; \$15.00 for non-members
 - f. Spring Social
 - i. March 26, 2016
 - g. December Santa Run / Social
9. Newsletter (Julie)
 - a. Our Graphic Designer is stepping down come December
 - b. The BTC pays \$125/month for this service
 - c. Do we want to continue a .pdf version of the newsletter?
 - i. .pdf still gets a lot of hits for the newsletter page
 - ii. Can the graphic designer do the on-line version and the .pdf?
 - iii. Julie is taking names for other graphic designers
 - iv. Retainer fee - \$500 / year
 - v. December edition: Resolution Run and a piece on Red Mtn. Park
10. Merchandise (Hannah)
 - a. Hooded sweatshirts - big hit
 - b. TCC shirts are being ordered
 - c. Medals will not be ready by MC
11. Resolution Run (Alex)
 - a. Jan 2; goal - 650-700 runners
 - b. All proceeds go to Red Mtn
 - c. 5K, 10K and 20K option
 - d. Trak Shak handles food, port-a-lets, etc.
 - e. BTC provides volunteers and coffee
12. TCC (Alan)
 - a. 81 people signed up
 - b. Alan: two weeks away from MC
 - c. BTC has a table with a list of the participants
 - i. An email will go out to participants telling them to stop by the BTC table for their shirt
13. 1200 Mile Club (Alan)
 - a. Ali, Hannah and Alan will coordinate jackets, patches, #'s
 - b. Topics for discussion: do we start charging a fee for the 1200 Mile Club jacket? Recommendation: join the program for free, \$20 to get the jacket; patches for free
 - c. 159 on pace to finish (340 signed up; 193 first year finishers); 75 receiving jackets
 - d. Paying for the cost of the jacket
 - e. Approved
14. Volunteers (Kim)
 - a. \$20 gift card for a random drawing for a Vulcan volunteer
 - b. Magic City and Adam's Heart needs
 - c. Incentives for volunteers on website
 - d. What can Kim offer the volunteers who meet their requirements to receive a free entry into the race series? (they've already registered for the series)
 - i. Offer them Barron's tickets or End-of-the-Party discount or a BTC credit; Alan will investigate creating BTC Bucks as an incentive for the volunteers who meet their requirements. (virtual dollars or a point system)
15. Date of Next Meeting - 12/14/15 at 6:00p.m. at the Vestavia Hills Public Library in the Treehouse Room.
16. Other: Jennifer Andress is working on the slate of officers for next year.

BTC Membership application



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

First Name:

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Last Name:

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Street:

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City:

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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
Rocket City Marathon (Huntsville, AL)	December 12, 2015	7:00 a.m.
BUTS Bearly Ultra 27 mile, 13.5 mile, Relay and 1 mile Fun Runs	December 12, 2015	7:00 a.m.
Decked Out Dash 5K/1 mile Fun Run	December 12, 2015	8:00 a.m.
Jingle Bell 5k Run/Walk for Arthritis	December 12, 2015	9:00 a.m.
Dash Away 5K and Jingle Bell Junction	December 19, 2015	8:00 a.m.
Meadow Brook 5K and 1 mile Fun Run	December 19, 2015	9:00 a.m.
Reyndeer of Hope 5K	December 20, 2015	2:00 p.m.
BTC Resolution Run – 20k, 10k, 5k, and 1 mile Fun Run	January 2, 2016	7:30 a.m.

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.