




★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

June / July 2020 ⑥



39TH ANNUAL RICK MELANSON PEAVINE FALLS RUN

By Hunter Bridwell,
BTC President and Peavine Falls Race Director

www.BirminghamTrackClub.com

 /BirminghamTrackClub

 @BirminghamTrackClub

 @RunBTC

2 39th Annual Rick Melanson
Peavine Falls Run

3 President's Address

5 This Ain't No Marathon

9 COVID-19 and Medications

11 RRCA Update

12 1200 Mile Club

39TH ANNUAL RICK MELANSON PEAVINE FALLS RUN



We are so excited to present the 39th running of the Rick Melanson Peavine Falls Run on the 4th of July, named after one of the originating members of the BTC. Rick was a legend in the Birmingham running community, and he is greatly missed. Mr. Jim Taylor sent me a funny anecdote that Rick would say whenever someone would complain about how tough the race was. With a surprised look on his face, Rick would exclaim, “it’s only got one hill in it!” And you know what, he wasn’t wrong!

There is added excitement for me with this year’s race, seeing as how we are actually getting back to real-life, in person racing. I’ve loved the virtual races, including the BTC’s virtual race, which collected over \$4,000 in donations for CareHealth, but it will be really good to see so many friendly faces out there.

With Covid-19 very much still in the picture, the race will look much different than past races. We take your safety and well-being very seriously, and we will be taking every precaution to make sure you are as healthy leaving Oak Mountain as you were when you arrived (except for some sore muscle). A BTC Safety Sub-Committee was convened to discuss a race plan to ensure all local health directives are followed before, during, and after the race. I encourage you to review this plan [HERE](#). We don’t want there to be any surprises when you show up to packet pickup or race day. We will have volunteers enforcing social distancing policies before the race, at the start line, and after the race. Please don’t see this as “fussing” at you – we are only trying to ensure we are all being responsible and respectful of our neighbors.

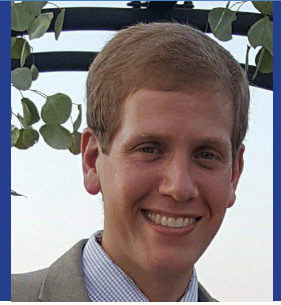
Here are SOME of the measures we are taking to make sure we all have a safe race experience:

- All runners are encouraged to wear masks at packet pickup, as well as pre and post-race.
- Any runners, volunteers, and spectators are asked not to attend if they have been sick or have been near someone who has tested positive for Covid-19.
- Volunteers with masks and gloves will be the only ones handling food and beverages.
- Hand sanitizer will be available for use by all at various locations around the start/finish line area.
- Race results will be recorded by chip time this year rather than the traditional gun time. This will allow runners to be sent off in waves to assist in practicing social distancing.
- One water stop will be eliminated leaving only the water stop at the half-way point, and runners will be encouraged to carry their own hydration.
- Tables at registration and water stops will be spaced further to assist with social distancing.
- Awards will be announced via email and social media and will be mailed or presented to participants off site to avoid a large gathering of people post-race.

For those planning to run, please try to register as early as possible this year (You can [REGISTER HERE](#)). Even with all of the extra precautions we are taking, we need everyone’s help to make this race run smoothly and safely – please be as flexible and understanding as possible. The race begins from the upper picnic area on Terrace Drive in Oak Mountain State Park. All bathrooms and bath houses at Oak Mountain State Park will be open. We will be setting up in the large open field across the street from Dogwood Pavilion this year to help us with our social distancing efforts. Those who wish to walk the course are invited to start at 6:30 am. Runners will start in waves beginning at 7:00 am. We will have further details for you about the wave start with your race instructions the week prior to the event. We hope to see many of you out there on the July 4!

PRESIDENT'S ADDRESS

By Hunter Bridwell



Fellow BTC Members,

I want to thank all of you who participated in the BTC Virtual Run and Local Support Day back in May. We have such a great running community and y'all showed out, allowing the BTC to donate over **\$4,000** to **CareHealth**, an **Urban Avenues initiative**. This organization continues to do great work in support of our healthcare professionals, and we are so thankful to have them in Birmingham. Bradley Wells did most of the heavy lifting for this event, and he did a fantastic job with the t-shirt design and the graphics on the social media posts. Thanks, Bradley!

Global Running Day was June 3, and a great group led by Lululemon Ambassadors took off from Brookwood Mall. It was great seeing so many others out celebrating the day on their own as well. I am so thankful that we can still go outdoors and enjoy the sport we love.

We are so excited that the **39th Annual Rick Melanson Peavine Falls Run** is going to take place as planned on July 4th! Please check out my article in this newsletter to learn more about all of the steps we are taking to ensure we have a safe and fun race. I truly

cannot wait to see many of you at the race – from an appropriate distance, of course! We have a lot of folks putting in extra time to make sure we do this the right way. [Register here](#).

Don't forget that the BTC is highlighting local businesses that show support for our local runners. The first business highlighted was Crestline Shell, where great care is taken to keep the water coolers clean and stocked with water. Let us know others that should be highlighted for treating us so well. Send your submissions to Julie Pearce (newsletter@birminghamtrackclub.com).

Finally, please remember to maintain social distancing when out on the streets or trails. We need to continue taking good care of ourselves and being respectful of others around us. Get outside and stay active, BTC!

Hunter Bridwell
BTC President



The BTC donated over \$4,000 to CareHealth, thanks to your support of the BTC Virtual Run and Local Support Day!

2020 Officers



President

Hunter Bridwell

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Skylar Holland

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com

BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Medical Director
Social Chairs

Lauren Weber parliamentarian@birminghamtrackclub.com
Alex Morrow longruns@birminghamtrackclub.com
Dr. Cherie Miner medical@birminghamtrackclub.com
Britney Cowart social@birminghamtrackclub.com
and Kaki Jenkins

Marketing/Social Media
Membership
Membership Benefits
Merchandise

Jennifer Andress marketing@birminghamtrackclub.com
Cameron Estes membership@birminghamtrackclub.com
Sara Thompson benefits@birminghamtrackclub.com
Bradley Wells store@birminghamtrackclub.com
Julie Pearce newsletter@birminghamtrackclub.com
Rebecca Williamson japan@birminghamtrackclub.com

"The Vulcan Runner" Newsletter
Japan Exchange Program

1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

Kelly Sims 1200@birminghamtrackclub.com
Kim Benner volunteer@birminghamtrackclub.com
Trish Portuese historian@birminghamtrackclub.com
Keith Henley finishline@birminghamtrackclub.com
Jamie Trimble finishline@birminghamtrackclub.com
Dean Thornton webmaster@birminghamtrackclub.com
Alan Hargrave itchair@birminghamtrackclub.com
Charles Thompson usatfrep@birminghamtrackclub.com

Webmaster
IT Chair
USATF Representative

BTC Race Directors

Adam's Heart Run
Statue 2 Statue
Peavine Falls
Vulcan Run

Lisa Booher adamsheart@birminghamtrackclub.com
Judy Loo statue2statue@birminghamtrackclub.com
Hunter Bridwell peavinefalls@birminghamtrackclub.com
Scott Wood vulcan@birminghamtrackclub.com

BTC Mission Statement

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

Contact BTC at:

Birmingham Track Club
P.O. Box 530363
Birmingham, AL 35223
info@BirminghamTrackClub.com

Race Results

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

birminghamtrackclub.com
championship-racing.com



THIS AIN'T NO MARATHON: MY FIRST ULTRA

By: Nicolette Patrick

I SIGNED UP FOR A 50K ULTRAMARATHON AT THE LAST MINUTE. SO HERE'S HOW THAT WENT.

As I'm writing this, I'm starting to think that signing up for this race was my personal version of the "quarantine impulse hair change" -- just with a bit more pain involved.

Around March, when life as I knew it seemed to be cancelled, I started running a TON more to make up for everything I seemed to be missing post-Covid-19. I know the vast majority can relate (Strava doesn't lie). I pretty much ran full time considering I was a newly "graduated" high school senior without much to do before moving on to college.

As my weekly mileage increased, so did my time on (dare I say it) the Lakeshore Trail. It wasn't long before I was running the same route every day and looking for a change. I saw on Strava that a few people had been running trails, and I was intrigued. I had minimal experience with trail running: I could count the times I'd been trail running on my two fingers



Nicolette relaxing before the race

I reached out to Lauren Ritchie and asked if she would take my inexperienced self out for a trail run at Red Mountain Park. To my luck, she said yes! We went out one Monday morning for seven miles. It was awesome but difficult. Our pace was obviously much slower than it would be on the roads; I was no stranger to this.

Usually after all my runs, I give myself a hard time about all the numbers my watch spits back out after I upload the data to my phone. However, I was proud of myself after this trail run, regardless of the data. I just seemed not to care about any of it, which was a feeling I was not used to having. A first-time accomplishment. . . kind of like setting only one goal for a first marathon: finishing. I also didn't feel pressured to run at any certain pace because I was having good conversations and preoccupied about not falling. My mind was too occupied to be concerned about pace. I was ready for more!

I went for my second trail run with Lauren two weeks later. We ran another seven miler at Red Mountain Park. It was a bit slower than the first one, but neither of us seemed too concerned. We were both tired from the previous week. During our run, Lauren told me about a 10k trail race she was signed up to run at Shoal Creek Park in Montevallo. Apparently, it was a flat and "easy" course, and most importantly -- it had not been cancelled. I was instantly interested. I hadn't run a race since early March, and I had all this fitness ready to cash in. My original plans for that weekend had been cancelled anyway, so I went home and visited ultrasignup (a dangerous website!)

The Run For Kids Challenge had three race options: a 10k, 50k, and a 12 hour. I knew my best bet would be to run the 10k like the inexperienced trail runner that I am. However, I am a teenager. And the thing about teens is that they make impulsive decisions, whether that be drinking alcohol illegally or signing up for an ultramarathon without proper training. They make impulsive decisions, and I am no exception. I signed up for the 50k just two weeks before race day.

During those two weeks, I did my best to gain as much knowledge as possible in order to survive. I ran a solid week, and I rested well the week before the race. Luckily, I knew that I had a 20 miler with an efficient pace under my belt. If I had to walk 11 miles, "so be it" was my attitude.

Before I knew it, it was race day. My boyfriend, Owen, drove me to the start. I spent the 30-minute ride doing my best to stay calm. I was extremely nervous about this choice I had made. It was quite

CONTINUED ON NEXT PAGE

THIS AIN'T NO MARATHON: MY FIRST ULTRA



Nicolette and Lauren
before the race

bold of me to just assume I could run 31 miles. I kept telling myself "It's only five miles more than a marathon" (I would later learn this is not the case). I've run two marathons, so I knew I was capable of the distance. Despite the stress flowing through my mind, I had already paid, and I was running the race no matter what. Owen played the song "Seminole Wind" by John Anderson, and I instantly felt at ease with the situation. Whatever happens,

happens, I thought. It's pretty much the mentality I had adopted with the coronavirus, and it would have to prove useful for this race.

"blow, blow Seminole wind

Blow like you're never gonna blow again"

I set up my water and "anti-death supplies" at the tent with the rest of my BTC friends. It was time to start the trek.



Anti-death supplies

The first loop went by quickly, and I ran without water or music. Each loop I made some change: during one loop I would carry my water bottle, or on another loop I would remove my compression socks. For some reason, these changes kept me going. After I completed about four loops, I was at the 15 mile mark driving the struggle bus. My heart rate was low, but my legs were not equipped to take the trails. I had essentially zero motivation to keep running. I was in the same situation only a few months prior at mile 15 of the Mercedes marathon -- I guess looping courses are not my thing. When I made it back to the start for another loop, I received some needed support from Alex Morrow, Hunter Bridwell, and Vicky Brakhage. Also, I began the next four loops with Rebecca Williamson. Looking back, there is no way I would have been able to finish the rest of the race running by myself.

I told myself that the race wasn't ending anytime soon, so I might as well stop thinking about it. That attitude worked. Rebecca and I struggled until the end of the race. The both of us were so mentally drained that we were unable to have a conversation that made sense. I was not thinking straight. When people talk about the "runner's high," I sure hope this isn't what they mean.

I realized as we were starting our eighth and final loop, I was already at 30 miles. The last loop would be at least three miles. Neither of us were happy, but we had no choice but to finish the last loop. I started laughing uncontrollably near the end of the race. The situation was comical to me: here I was, facing the repercussions of my hasty decision. And I was also too tired to communicate my emotions with actual speech. I tried to pull myself together. I finished the race, and it was the absolute opposite of glamorous. I also completed 33 miles instead of 31. I was way too drained to properly celebrate. In fact, I was in disbelief that it happened in the first place.



Stop looking, Nicolette. Your watch is still there.

THIS AIN'T NO MARATHON: MY FIRST ULTRA



Nicolette, Robin, and Rebecca pretending that didn't hurt at all!

Regardless, I am now an ultra-marathoner, and not one second of it was pretty. Should you sign up for a 50k with minimal training? Probably not. But I do not regret my decision even though I'll probably never look at trees the same again. The whole thing was a lot of work for a cup with the wrong date (I got a 2019 cup). I guess this time the experience is the medal. If so, then it is one of my biggest, most important medals to date.



Nicolette proudly holding up her trail shoes. Glad those are off the feet.

Lessons Learned:

- Run trails before your race
- A 50k is not simply "5 miles more than a marathon"
- It may not even be a 50k at all! (I can't find a 53k sticker)
- Don't expect the race to end because it doesn't
- Rely on other people for morale

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Tori Bayush
Cathy Beasley
Brian Bowman
Leisha Bowman
Barbie Cleino

Diane Coffin
Henry Collins
James Collins
Sara Collins
Robert Cope

Cindy Cutchen
Steve Easley
Cheryl Gayheart
Anthony Green
Joel Isenberg

Joseph Longoria
Phil Morris
Denise Moss
James Poh
Megan Randolph

Kelly Sims
Tangie Smith
Tommy Watkins
Bradley Wells

If you are a prospective member, welcome! We hope you will decide to [join the BTC](#) – the [benefits](#) are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. [Visit the BTC website](#) for more information.

BTC Group Runs Update

The Saturday morning **BTC Long and Moderate Group Runs** have been cancelled until further notice. We will continue to post suggested routes to accommodate different distances on the BTC [Long Run Facebook page](#); however, water stops will not be provided. If you choose to run one of the suggested routes, **please observe all social distancing guidelines** (very small groups, run at least six feet away from other runners, and allow other runners space when passing).

You can find a variety of running routes on the [BTC website](#), including [local parks and trails](#), as well as a list of places to run along the [Gulf Coast](#). Have a new route you'd like to share? Please [let us know](#), and we'll add it to our website.

Stay safe, runners!



BTC Merchandise is Available Online!

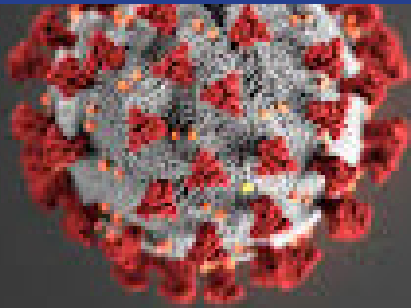
Our new BTC merchandise designs are live and available for order on the [BTC website](#)! Stock up now for your spring races. We will soon have new spring and summer merchandise available for pre-order and for sale. Show your #BTCspirit, and don't forget to [send us a photo](#) of you in your snazzy new gear!



COVID-19 AND MEDICATIONS:

What Have You Heard?

By Clay Hayes, 2022 PharmD Candidate, Kim Benner, PharmD, BCPS



Since the advent of the novel Coronavirus, theories have abounded about existing medications that might be used to treat the symptoms of the virus, shorten its duration, or even make symptoms worse. The purpose of this article is informational only. We do not promote the use of any of these medications to treat Coronavirus symptoms, but we want to educate our readers about the different medications they may have heard about in the media. Of course, off-label use of any medication should be carefully considered and discussed with your healthcare provider.

NSAIDs

Non-steroidal anti-inflammatory drugs (NSAIDs) are staples for the self-treatment of aches and pains and may be found in most household medicine cabinets. Ibuprofen, aspirin, and naproxen, to name a few, are some of the most commonly used over-the-counter (OTC) medications. Concerns have been publicized alleging that NSAID use may be associated with an increased risk for adverse events in patients with COVID-19 and other acute viral respiratory infections. The World Health Organization (WHO) conducted a study of the relationship between NSAID use and severe adverse events, healthcare utilization, quality of life, and long-term survival related to COVID-19 and similar infections. The results of the study showed no evidence of a relationship between NSAID use and COVID-19-related adverse events.¹ Similarly, the Food and Drug Administration (FDA) is not aware of a connection between NSAID use and adverse events related to COVID-19. At this time, FDA recommends that those who do not feel comfortable using NSAIDs speak to their physician or pharmacist about trying other medications, such as acetaminophen, for pain and fever reduction.² Acetaminophen (Tylenol) is also available over-the-counter, and is not tied to any allegations related to COVID-19.

RAAS Inhibitors

RAAS inhibitors are a group of drugs that exert their effects on a pathway within the human body known as the renin-angiotensin-aldosterone system (RAAS). An enzyme within this pathway, called angiotensin-converting enzyme 2 (ACE2) is required for entry of the

novel coronavirus into the human body.³ Medications that block the RAAS pathway include ACEIs and ARBs, both highly effective drug classes for lowering blood pressure. ACEIs, or angiotensin-converting enzyme inhibitors, include commonly prescribed medications such as lisinopril (Zestril) and enalapril (Vasotec). ARBs, or angiotensin-II receptor blockers, include medications such as losartan (Cozaar) and valsartan (Diovan). Treatment of high blood pressure with these medications may result in an increased amount of ACE2 in the body, which could potentially increase susceptibility for a COVID-19 infection. The results of a retrospective study published in the European Heart Journal revealed no connection between the use of RAAS-inhibiting medications and the risk of mortality in patients with COVID-19. In fact, discontinuation of such medications for high blood pressure was actually related to increased mortality among COVID-19 patients.³

Hydroxychloroquine

Hydroxychloroquine (Plaquenil) is a prescription medication commonly used for rheumatoid arthritis, lupus erythematosus, and the prevention or treatment of malaria. It is an analog of chloroquine, which is strictly used for the treatment of malaria. Early reports showed that chloroquine may have some effectiveness against the novel coronavirus, thus many U.S. health organizations and institutions began clinical trials using hydroxychloroquine as a treatment for patients with the virus.⁵ Due to the risk for serious heart-related adverse effects, FDA has limited the use of hydroxychloroquine for COVID-19 to patients enrolled in a clinical trial. However, as of June 15, 2020, the emergency use authorization (EUA) that permitted the use of these drugs outside of a clinical trial has been removed.⁶ At this time, neither chloroquine nor hydroxychloroquine are FDA-approved for the prevention or treatment of COVID-19.

Remdesivir

Remdesivir is an anti-viral agent that works by inhibiting enzymes needed for viral replication. The drug was developed to treat viruses with the potential to cause a global pandemic. While being studied during the 2014 Ebola outbreak, remdesivir showed anti-

COVID-19 AND MEDICATIONS:

What Have You Heard?

viral activity against several viruses, including the MERS strain of coronavirus.⁷ Due to a lack of alternative therapies, many clinical trials have been initiated to observe the effectiveness of remdesivir against COVID-19. While initial data looks promising, there is limited information about the safety and effectiveness of remdesivir; therefore, its use for COVID-19 has been limited to patients enrolled in clinical trials under the Emergency Use Act (EUA) authorized by the FDA.⁸ Unfortunately, many hospitals are unable to enroll patients in a clinical trial due to short supply of the drug. Similar to hydroxychloroquine, remdesivir does not have FDA-approval for the prevention or treatment of COVID-19.

Conclusion

Many claims have been made related to medications and COVID-19. Some may prove themselves as true, but many have been proven false after professional investigation. As further research is conducted, trusted organizations such as WHO and FDA will continue to release updated information related to medications and COVID-19. As recommended by FDA, always speak to your physician or pharmacist about your medication concerns.

Resources

1. *The use of non-steroidal anti-inflammatory drugs (NSAIDs) in patients with COVID-19.* World Health Organization. [https://www.who.int/news-room/commentaries/detail/the-use-of-non-steroidal-anti-inflammatory-drugs-\(nsaids\)-in-patients-with-covid-19](https://www.who.int/news-room/commentaries/detail/the-use-of-non-steroidal-anti-inflammatory-drugs-(nsaids)-in-patients-with-covid-19). Accessed June 6, 2020.

2. *Center for Drug Evaluation and Research. FDA advises patients on use of NSAIDs for COVID-19.* U.S. Food and Drug Administration. <https://www.fda.gov/drugs/drug-safety-and-availability/fda-advises-patients-use-non-steroidal-anti-inflammatory-drugs-nsaids-covid-19>. Accessed June 6, 2020.
3. *Gao C, Cai Y, Zhang K, et al. Association of hypertension and antihypertensive treatment with COVID-19 mortality: a retrospective observational study.* *European Heart Journal*. 2020;41(22):2058-2066. doi:10.1093/eurheartj/ehaa433. Accessed June 12, 2020.
4. *Hydroxychloroquine.* Lexi-Drugs. Lexicomp. Wolters Kluwer Health, Inc. Riverwoods, IL. <http://online.lexi.com>. Accessed June 12, 2020.
5. *NIH begins clinical trial of hydroxychloroquine and azithromycin to treat COVID-19.* National Institutes of Health. <https://www.nih.gov/news-events/news-releases/nih-begins-clinical-trial-hydroxychloroquine-azithromycin-treat-covid-19>. Published May 14, 2020. Accessed June 12, 2020.
6. *Center for Drug Evaluation and Research. Coronavirus (COVID-19) Update: FDA Revokes Emergency Use Authorization for Chloroquine and Hydroxychloroquine.* U.S. Food and Drug Administration. <https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-revokes-emergency-use-authorization-chloroquine-and>. Accessed June 19, 2020.
7. *Eastman RT, Roth JS, Brimacombe KR, et al. Remdesivir: A Review of Its Discovery and Development Leading to Emergency Use Authorization for Treatment of COVID-19.* *ACS Central Science*. 2020;6(5):672-683. doi:10.1021/acscentsci.0c00489
8. *Update: FDA Issues Emergency Use Authorization for Potential COVID-19 Treatment.* U.S. Food and Drug Administration. <https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-issues-emergency-use-authorization-potential-covid-19-treatment>. Accessed June 12, 2020.

Volunteer Vibes

Hello BTC Volunteers!

The Annual Peavine falls race on Saturday, July 4th is coming up, and we will need all hands on deck for this one! If you have read our safety plan, you know that we are requiring volunteers to wear masks and for those giving out food and drink, gloves. The BTC will provide masks and gloves to our volunteers but you are welcome to bring and use your own (clean) mask.

Changes include not having refreshments simply laid out for runners - they will be handed out by volunteers. Additional changes include leaving water cups on the tables (placed six feet apart) at our one water stop - we will not hold out water cups for runners to grab when they run by. We will be utilizing a wave start so we will need folks to help keep our runners socially distant. All of these changes are detailed in our published safety plan. These changes will keep our volunteers and runners safe, but they mean we will need many more hands to help! Please let Kim Benner know how you can help by signing up via this link:

<https://runsignup.com/Race/Volunteer/AL/Pelham/PeavineFallsRun>



RRCA UPDATE

By Alex Morrow, RRCA Alabama State Representative



Recent events have led to a dialogue about inclusion in the sport of running and what can be done to welcome all to the sport we love. The RRCA, in an effort to help lead this effort, has provided some ideas for local run groups and clubs. This article by Randy Accetta, RRCA Director of Coaching Education, is an easy first step in that endeavor.

11 Things the Running Community Can Do to Be More Intentionally Inclusive

As I travel the country in my role with the RRCA, I hear time and again that run clubs & run crews are often seen as cliquish, friendship-groups that are not welcoming to others. In my role as RRCA's Director of Coaching Education, I offer some specific action-items for those of who have asked how the local and national running community can address some of the important national issues. Based on conversations and lots of listening to others around the country, here's my take on 11 things that running communities can do to be more intentionally inclusive:

1. Actively recruit board members for the local running club from multiple communities, not just the tried-and-true friendship circles;
2. Actively recruit different voices for strategic planning;
3. Actively recruit new charity partners for the charity aspect of races so that new charity communities get engaged with our sport;
4. On social media, follow people and communities that you have not regularly followed (as an example, for majority white clubs, follow communities of color; for able-bodied runners, follow adaptive athletic sports and run clubs; and so on) with the goal of learning what other people are talking about;
5. Invite a more diverse set of guest speakers to speak at running store and running club social events;
6. Hold events in new and different race locations to engage with and highlight different communities;
7. Offer land acknowledgments, including by pre-race announcements and maps to recognize that race routes take place on tribal and indigenous lands;
8. Provide public declarations of solidarity;
9. Actively engage with younger runners of color so they stay in the sport after youth and high school years;
10. Everybody share -- have a broad list of contacts so that news about upcoming events, news about needs, and news about successes can be shared across communities;
11. Finally, on a personal level, don't be afraid to just be a nice person -- introduce yourself, smile, say hello, invite people to run with you, talk about running and life, and just be a warm, welcoming person.



OPTIONS FOR PHYSICAL THERAPY AND HAND THERAPY SERVICES

during the Coronavirus Pandemic

1 IN-CLINIC VISITS - WE'RE OPEN!

We are still open to see any patient who would like to come to the clinic.

We continue to follow precautions outlined by the CDC for:

- Screening patients
- Screening our own employees
- Disinfecting the clinic.

Each clinic has a "clean room" available for those who prefer an isolated care area.



2 IN-HOME VISITS

In-Home PT and OT visits are available to most patients (including those with Medicare) and select workers compensation payors.

To find out about in-home visits, please call your local TherapySouth clinic for more details. Click [HERE](#) for our website location page.

We are practicing the same safeguards for in-home care as in our clinics as well as screening entire households before proceeding with in-home care. Everyone in the home must pass screening for you to qualify for an in-home visit.



3 TelePT/OT

All BCBS of Alabama and select Work Comp patients can receive TelePT/OT services. Those with other insurances can call our clinics to check and see if your provider covers this service. (*Medicare patients are not eligible.)

If you can't come to the clinic or don't feel that is your best option for now, we can help you maintain your gains and progress through your course of physical/occupational therapy through online visits until we can see you in the clinic again.

HOW TO REQUEST A TELEPT/OT APPOINTMENT - OPTIONS

1. Call your clinic to request a TelePT/OT appointment OR
2. Click [HERE](#) to schedule online through BetterPT



YOUR HEALTH AND WELL-BEING AND CONTINUED CARE ARE PRIMARY TO US. PLEASE REACH OUT TO YOUR LOCAL CLINIC WITH ANY QUESTIONS OR CONCERNS. WE ARE HERE FOR YOU.

We'll get through this together

1200 MILE CLUB

The rules are the same as last year: any miles that you would put on your training log can be counted towards your goal of 1200 Miles (elliptical, rowing machine and biking miles do not count). If you think you have what it takes to complete the challenge, [sign up](#) when registration opens. Registration is free to all active BTC Members. Not a BTC member? Or, has your membership lapsed? [Join or renew now](#), and register for the 1200 Mile Club!

Register for the 1200 Mile Club [here](#).

Cumulative miles submitted through April 4, 2020 are listed below. For a complete listing of monthly totals, [click here](#).

Please remember to submit your miles early in the month so that they are reported correctly in *The Vulcan Runner*. Reporting miles is easy: simply click on the link provided in the email you will receive at the end of each month, select your name from the drop down menu, and hit "submit" – done!

Participant	Years	Total
Adams, Jeffrey	R	0
Adams, Sue	R	476
Ahmed, Kabeer	1	817
Anderson, Kerri	4	505
Armstrong, Thomas	3	316
Austin, Scott	R	601
Baggett, Christopher	2	478
Bartee, Samm	4	535
Bayush, Tori	1	647
Beasley, Cathy	3	591
Beck, Donald	1	0
Beck, Rosemary	R	0
Becker, Bryan	R	599
Benner, Kim	7	592
Bensinger, Cole	1	646
Bensinger, Jill	R	711
Benson, Wayne	6	588
Boackle, Larry	3	545
Boackle, Tomie Ann	1	80
Booher, Lisa	8	864
Bookout, Jason	1	600
Bookout, Kimberly	1	460
Bowman, Bill	R	408
Bowman, Brian	R	315
Bowman, Leisha	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	0
Brakhage, Victoria	3	561

Participant	Years	Total
Bray, Elizabeth	R	710
Bridwell, Hunter	1	0
Brown, Charlie	7	400
Brown, Michael	4	516
Brown, Sean	5	260
Brown, William	1	664
Browne, Shannon	R	274
Bryant, Jason L.	R	255
Burks, Ross	3	528
Caine, Lawrence	1	391
Callahan, Chris	3	641
Calloway, Mariel	1	508
Carey, Christopher	6	401
Carlton, Bob	5	560
Carter, Adrienne	2	0
Carter, Jason	R	624
Chandler, Teresa	10	670
Channell, William Andrew	R	377
Clay, Brad	12	1,154
Cleveland, Jeff	3	768
Cliett, Stephanie	5	777
Coleman, Tim	2	673
Corrin, LaRonda	R	434
Corrin, Roger	3	450
Cowart, Britney	2	693
Cramer, Robyn	R	466
Cramer, Steve	R	327

Participant	Years	Total
Crawford, Katelyn	R	398
Creel, Mary	2	675
Crowson, Bill	4	535
Crumpton, Melinda	R	0
Cutshall, Hannah	2	0
Davidson, Dow	2	1,127
Davidson, Jen	1	493
Davis, Carla	R	0
Deason, Joshua	R	107
Decker, Brittany	R	714
Denton, Matt	7	897
Dixon, Charles	R	240
Dixon, Jonathan	1	147
Dixon, Marian	R	101
Dollins, Rachael	R	462
Donnelly, Kevin	1	335
Duke, Cindy	4	598
Eagerton, Emily	R	369
Edgerton, Amy	R	584
Elkins, Sydney	1	0
Estes, Cameron	1	669
Estrada, Steven	1	873
Evans, Debbie	6	653
Farrell, Marybeth	R	181
Farrell, Meg	R	85
Farrell, Ryan	R	637
Fecteau, Karin	R	0
Feldman, Jana	R	351

1200 MILE CLUB

Participant	Years	Total
Ferlito, Cindy	1	610
Fontenot, Misty	3	464
Ford, Eric	R	602
Franklin, Shane	8	554
Frederick, Winston	11	670
Freeman, Sheila	3	540
Gayheart, Cheryl	R	465
Gibson, Katie	1	436
Gilmour, Laura	R	434
Glasgow, Robert	R	138
Goode, Johnny	11	738
Goss, Ange	1	609
Grady, Carla	1	500
Graham, Lydia	R	580
Graham, Ryan	1	287
Grainger, Matt	R	819
Grall, Jeremy	1	561
Gray, Caleb	1	0
Gray, Mary Margaret	R	167
Gray, Michael	R	571
Griffin, Misty	R	558
Gullapalli, Satya	4	442
Guthrie, Dana	R	568
Hackney, Aimee	R	696
Haley, Jay	4	597
Hall, Thomas	1	72
Hamrick, Teresa	R	0
Haralson, Danny	11	654
Haralson, Micki	11	770
Hargrave, Alan	12	595
Harris, Angela	R	545
Harrison, Lisa	8	341
Harrison, Rochelle	R	51
Harry, April	2	557
Hartsfield, Gregory	R	686
Hartsfield, Kathryn	R	0

Participant	Years	Total
Hellenga, Meghan Ann	R	317
Henninger, Alison	5	726
Higginbotham, Weston	R	509
Hogue, Kari	R	0
Holcomb, Zachary	2	663
Holland, Skylar	2	661
Hollington, Kasey	1	553
Hood, Alissa	R	844
Hoover, Alison	8	618
House, Beth	5	478
Ingle, Brandon	R	40
Izard, Georgia	3	0
Izard, Melody	3	0
Jackson, Bradley	R	616
Janowiak, Desirae	1	473
Jenkins, Kaki	6	889
Johnston, Emily	1	0
Jones, Allen	1	583
Juarez, Cesar	R	123
Kearley, Christy	1	0
Kearley, Stephen	2	0
Kelley, Robin	7	1,241
Kemper, Tricia	5	636
Kezar, Carolyn	1	469
Knight, David	R	722
Kornegay, Marla	R	532
Krick, Stefanie	R	579
Kuhn, Claire	R	338
Kuhn, Jimmy	12	903
Kulp, Loren	4	463
LaFon, Caroline	R	162
Lahti, Tyler	3	736
Laird, Audrey	5	660
Lancaster, Jeff	1	509
Langston, Aaron	5	0
Lawhorn, Joseph	1	292

Participant	Years	Total
Lee, Brian	1	175
Litz, Matthew	2	685
Love, Thomas	1	503
Lyda, John	1	694
Lyle, Randy	11	1,066
Lyles, Chris	1	19
Madaris, Brandon	R	186
Madaris, Jennifer	R	110
Malick, David	6	669
Mathews, Skip	R	335
McDaniel, Willie	R	290
McElroy, Catherine	R	545
McKinney, Margaret	R	153
McNair, Kelly	6	449
McNutt, Janie	1	550
Merry, Vicki Sue	7	898
Miller, Joshua	1	725
Miller, Justin	R	589
Miller, Rachel	R	568
Mixon, Joshua	R	578
Morgan, Cary	10	1,878
Morris, Phil	R	43
Morrow, Alex	8	0
Moser, David	1	703
Moses, Mike	R	397
Mystenbusch, Stephanie	R	504
Neu, Matthew	R	323
Northern, Kristie	10	553
Norton, Laura	1	842
O'Brien, Michael	R	545
Oechslein, Tamara	R	548
Oehrlein, Kimberly	R	271
Oliver, John	5	512
Orihuela, Carlos	2	608
Ortis, Ellen	1	641
Panos, Dan	R	583

1200 MILE CLUB

Participant	Years	Total
Parks, Charlie	6	953
Paschal, Paige	R	610
Patrick, Nicolette	1	529
Payson, Tabitha	R	54
Payson, Tommy	2	530
Peagler, Shana	7	97
Pearce, Julie	5	155
Pearson, Blake	5	0
Pearson, Mary Scott	5	0
Pegouske, Jeremy	1	471
Pegouske, Stacie	2	463
Phillely, Ron	R	0
Plante, David	7	613
Poh, James	1	627
Poole, Greg	2	427
Powell, Shane	1	826
Proctor, Megan	R	578
Rachel, Cain	R	0
Ralph, Meghan	5	400
Rawson, Brent	2	475
Reed, Kanita	R	393
Renfro, Jeff	1	747
Reynolds, Dewelena	R	0
Richey, Lori Beth	2	668
Richie, Melissa	R	584
Ritchie, Joseph	2	732
Ritchie, Lauren	1	766
Roberson, Kevin	5	373
Roberts, Fletcher	5	0
Robinson, Lyndsey	R	771
Robinson, Tamara	R	795
Rodgers, Jeffrey	2	479
Rodgers, Jessica	R	477
Rogers, Hannah	R	453
Roper, Lynn	2	489
Rose, Beth	R	0
Rose, Billy	5	1,145

Participant	Years	Total
Rosser, Joey	3	705
Routman, Cindi	R	297
Ruschhaupt, Skyler	R	247
Rutherford, Keith	12	640
Rutledge, Lisa	4	730
Sanders, Gwendolyn	1	461
Shaffield, Danny	6	822
Sherer, Jeremy	3	530
Sherrell, Jeff	R	571
Shinn, Ronald	7	136
Shoaf, James	1	732
Sides, Dean	3	448
Silwal, Suman	8	0
Simpkins, Randall	2	213
Simpson, Kevin	7	1,778
Sims, Cecelia	1	320
Sims, Kelly	1	190
Sims, Robert	6	732
Sloane, Mike	4	396
Smith, Marie	R	415
Soileau, Chester	2	578
Stevens, Johnathon	3	0
Stewart, Zeb	1	210
Stockton, Rick	12	638
Sweatt, Jason	R	0
Talley, Beau	7	749
Talley, Shellie	2	0
Thompson, Sara	2	381
Tidwell, Pam	R	439
Tomlin, Chace	R	361
Townes, Janelle	1	569
Trimble, Jamie	5	643
Turner, Amanda Blake	R	0
Valles, Tina	R	515
Varnes, Vickie	6	777
Waid, David	R	937
Walker, Caroline	1	76

Participant	Years	Total
Washington, Monica	R	188
Watters, Ana	1	483
Watters, Larkin	R	452
Watters, Robert	5	542
Weber, Amy	2	416
Weeks, Lance	2	376
Weimer, Jonathan	R	238
Wende, Adam	5	1,099
Whillock, Amber	R	400
White, Robin	R	709
Wilhite, Thomas	4	460
Williams, Shaunda	1	377
Williams, Yolanda	R	0
Williamson, Rebecca	1	530
Wilson, Mark	R	209
Wiseman, Steve	5	724
Wood, Heather	R	429
Wood, Scott	4	129
Woody, Bill	11	677
Wooten, Vance	R	1,004
Wright, Amy	3	0
York, Gary	6	338
Zajac, Jason	1	886
Zapata, Carlos	R	313

FEETS OF STRENGTH



Despite Covid-19, our members are still out there trying new things and excelling at all things running!

Several members have been running virtual challenge races, including the Great Virtual Race Across Tennessee (GVRAT) – a 635-mile race. After starting the race on May 1, BTC member **Jimmie Barnes** finished the race on May 27, tying for 57th place out of a total of 19,500+ runners from around the world. A veteran of numerous ultra-distance events (read our December 2018 article about Jimmie [here](#)), Jimmie described the GVRAT as the “toughest race I have ever done.” He credits the support of his wife Deborah and daughter Rebecca who ran some miles with him, with his finish.

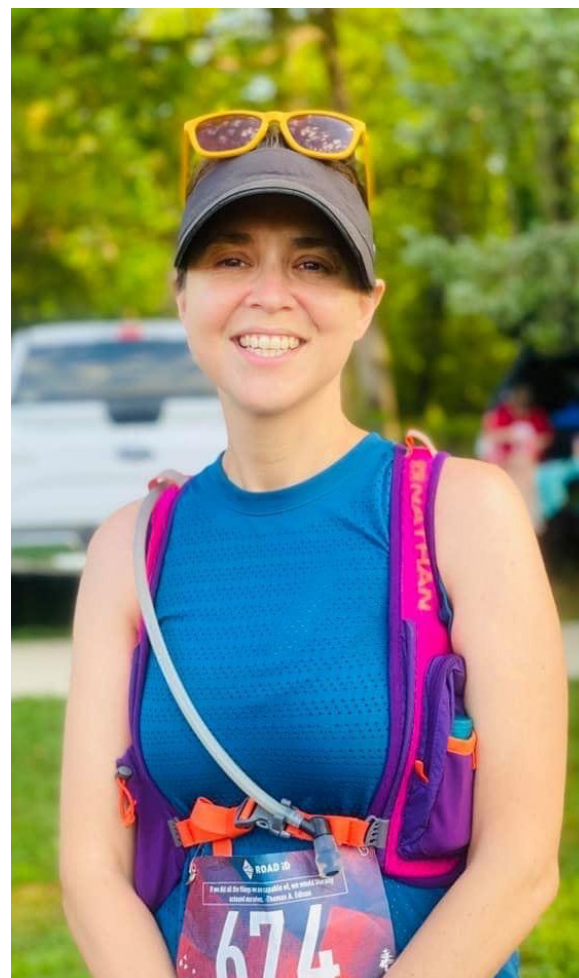
Cary Morgan also completed the Great Virtual Race Against Tennessee on May 30. I’m no math whiz, but 635 miles over thirty

days...that’s over 21 miles per day – every day. Way to go, Cary!

GVRAT continues until August 31 for those of you who are still looking for a summer challenge!

One of the few actual races held locally was the 2020 Run for Kids Challenge. Many BTC members tackled the 10K, 50K or 12-hour races, but several completed their first 50K ultra distance. Big congratulations to **Britney Cowart, Alison Henninger, Kaki Jenkins, Carlos Orihuela, Nicolette Patrick, Lori Beth Richey, Robin White, and Rebecca Williamson** – great work, you all!

Keep sending in those running-related accomplishments – we love celebrating YOU!



BTC EXECUTIVE BOARD MEETING

May 11, 2020

The meeting was called to order at 6:03 PM by President Hunter Bridwell.

Attendance: Hunter Bridwell, Alan Hargrave, Alex Morrow, Skylar Holland, Kim Benner, Jamie Trimble, Julie Pearce, Cameron Estes, Bradley Wells, April Harry, Kelly Sims, Dean Thornton, and Charles Thompson.

The minutes of the April 13, 2020 meeting were approved unanimously, on Hunter Bridwell's motion, as seconded by Alex Morrow.

BTC Virtual Race (Hunter Bridwell and Bradley Wells)

The race was a success. There were 154 registered runners and 161 shirts ordered. We donated over \$4,000 to Care Health to support local healthcare workers.

Membership (Cameron Estes)

We currently have 902 members and 692 memberships. Hunter will run a report on the membership drive that was done with the virtual race.

Newsletter Editor (Julie Pearce)

Due to so many races being cancelled, we are a little low on content for the newsletter. Discussion was held about possibly combining the June and July newsletters into one. Last month we highlighted Jack's Shell as a local business and they really appreciated it, so discussion was held regarding additional businesses that we can feature in upcoming newsletters.

Peavine Falls (Hunter Bridwell)

Hunter has prepared a survey to send to past participants and BTC members to get their thoughts on participating in Peavine Falls this year due to Covid-19. As of now, the race is still scheduled, but we will likely have to make some changes to keep runners and volunteers safe.

Webmaster (Dean Thornton)

Dean archived a list of award recipients, officers, and past newsletters going back to 2008 on the website. We now own birminghamtrackclub.org domain. Dean made a motion to allocate \$4,000-\$6,000 for a new website. The motion was seconded by Alan Hargrave and approved. Discussion was held about a possible committee for setting up the new website.

Vulcan Run 10K (Alex Morrow)

Due to Covid-19, all of the RRCA championship races have been moved to the fall. To comply with safety standards, we will likely have to make changes to the starting corral and aid stations, and we will likely need additional volunteers for the race.

Merchandise (Bradley Wells)

Shirts from the virtual run are anticipated to arrive by Monday, May 18, 2020. Bradley plans to hand them out from his house. Bradley is planning to place an order for new shirts by June 1 so we will have them in time for Peavine Falls. We still have a lot of old shirts, so Bradley would like to donate those to be used to make masks due to Covid-19.

1200 Mile Club (Kelly Sims)

Registration for the 1200 Mile Club is still open, and we still have people registering. The 2019 patches have finally arrived. Bradley mentioned the possibility of ordering new 1200 Mile Club shirts.

USATF Representative (Charles Thompson)

Cross country and indoor track seasons are anticipated to move forward, though they might reduce the number of meets.

Volunteers (Kim Benner)

Discussion was held about ordering masks and gloves for volunteers to wear at upcoming events.

Long Run Committee (Alex Morrow)

Due to continued health concerns, it was decided that we would not begin formal Saturday morning long runs at this time. We might consider resuming them after Memorial Day.

Miscellaneous Business (Alan Hargrave)

RunSignUp saw a reduction in profits due to so many races being cancelled, but they were able to secure a government loan and it does not appear that it will affect the services they provide to us.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, June 8, 2020 at 6:00 p.m. Location to be determined.

BTC EXECUTIVE BOARD MEETING

June 8, 2020

The meeting was called to order at 6:04 PM by President Hunter Bridwell.

Attendance: Hunter Bridwell, Alan Hargrave, Alex Morrow, Skylar Holland, Kim Benner, Jamie Trimble, Julie Pearce, Cameron Estes, Bradley Wells, Dean Thornton, Rebecca Williamson, and Charles Thompson.

The minutes of the May 11, 2020 meeting will be sent via email for approval at our next meeting.

Monthly financials will be sent via email.

Membership (Cameron Estes)

We currently have 899 members and 693 memberships.

Newsletter Editor (Julie Pearce)

It was decided to combine the June and July newsletters into one. The publication date will be June 22, 2020. Please have all newsletter content to Julie by Friday, June 12, 2020. Hunter will submit an article regarding the safety plans that are being put in place for Peavine Falls.

Peavine Falls (Hunter Bridwell and Skylar Holland)

A safety committee met to discuss safety plans for Peavine Falls. Suggestions included the following: space out volunteers to allow for social distancing, provide hand sanitizer, masks and gloves for all volunteers, send a safety email to participants, no race day registration or requiring that they register on their own device, staggered start, recommend runners bring their own hydration, only provide one water stop at the top of the hill and have multiple water tables spread out, place volunteers at the finish line to remind runners to social distance, encourage runners to wear a mask before and after the race, space out the water tables at the finish, and mailing awards rather than holding a ceremony. Hunter has already submitted a safety plan that was approved by Oak Mountain State Park. We will not be using Dogwood Pavilion this year, but we will have the open field which will allow for more space to social distance. Pre-race packet pick up will still be held at the Trak Shak, but discussion was held about it possibly being outside to allow for easier social distancing and to limit number of people entering the store. Discussion was held about possible safety items like hand sanitizers or reusable water bottles that can be provided to runners in their race packets.

Volunteers (Kim Benner)

Additional volunteers will be needed for Peavine Falls due to the new safety protocols. It will be required that all volunteers wear a mask and gloves, which will be provided to them. Kim will update the number of volunteers needed through RunSignUp and a social media post will be made requesting volunteers.

Start/Finish Line (Jamie Trimble)

Jamie will pick up the truck and bring supplies for Peavine Falls. Volunteers will be needed to help set up and break down before and after the race. It was noted that people who are racing can assist with set up and break down.

Webmaster (Dean Thornton)

We have started setting up the new BTC website. Please provide Dean with any graphics or pictures that can be used on the website. Dean is hopeful that the new website will be completed in two months.

Long Run Committee (Alex Morrow)

We had our first official post-Covid-19 Saturday morning long run this past Saturday, which had a good turnout. There will be no BTC sanctioned water stops for now, so the long runs will be looping back around to Jack's Shell and the Trak Shak for hydration.

Merchandise (Bradley Wells)

Members have already purchased approximately \$1,100 worth of pre-sale shirts and other items. Discussion was held about setting up a BTC Venmo or other payment account to accept merchandise payments. Bradley plans to order 200 shirts in the new design.

1200 Mile Club (Hunter Bridwell)

The 2019 patches are in and Hunter plans to have them available for pick up at Peavine Falls and possibly some Saturday morning long runs.

USATF Representative (Charles Thompson)

Due to Covid-19, all USATF events currently are cancelled.

RRCA Representative (Alex Morrow)

It is the RRCA's opinion that larger races may not be safe at this time due to Covid-19.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, July 13, 2020 at 6:00 p.m. Location to be determined.

Upcoming Events

Most races have been or will be cancelled, so out of an abundance of caution, we have not included “traditional” races on our calendar. We have, however, included some fun virtual races and opportunities to keep you motivated. Please [let us know](#) of any other virtual opportunities we can promote to our members!

EVENT	DATE	TIME
BTC's Peavine Falls Run * BTC RACE SERIES * Review our Safety Plan .	July 4, 2020	7:00 a.m. (wave start)
BTC Executive Board Meeting (virtual meeting)	July 13, 2020	6:00 p.m.
Gone For a Run Virtual Races (choose your distance, theme, bling, and charity) – click here for details and registration.	Pick your date	Anytime

** While the non-virtual races listed on the BTC Calendar were accurate at press time, please confirm with race organizers, as plans are subject to change.*

BTC discounts are applied automatically for all current BTC members when registering through RunSignUp. Need to join or renew your membership? [Click here!](#)

Need to add a race (actual or virtual) to the calendar?
[Email Webmaster Dean Thornton](#), or visit the BTC website to [submit your race](#).





BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

--	--

Zip:

--	--	--	--	--	--

Birthdate:

--	--	--	--	--	--

Cell:

--	--	--	--	--	--	--	--	--	--

e-mail:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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:

--

	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