

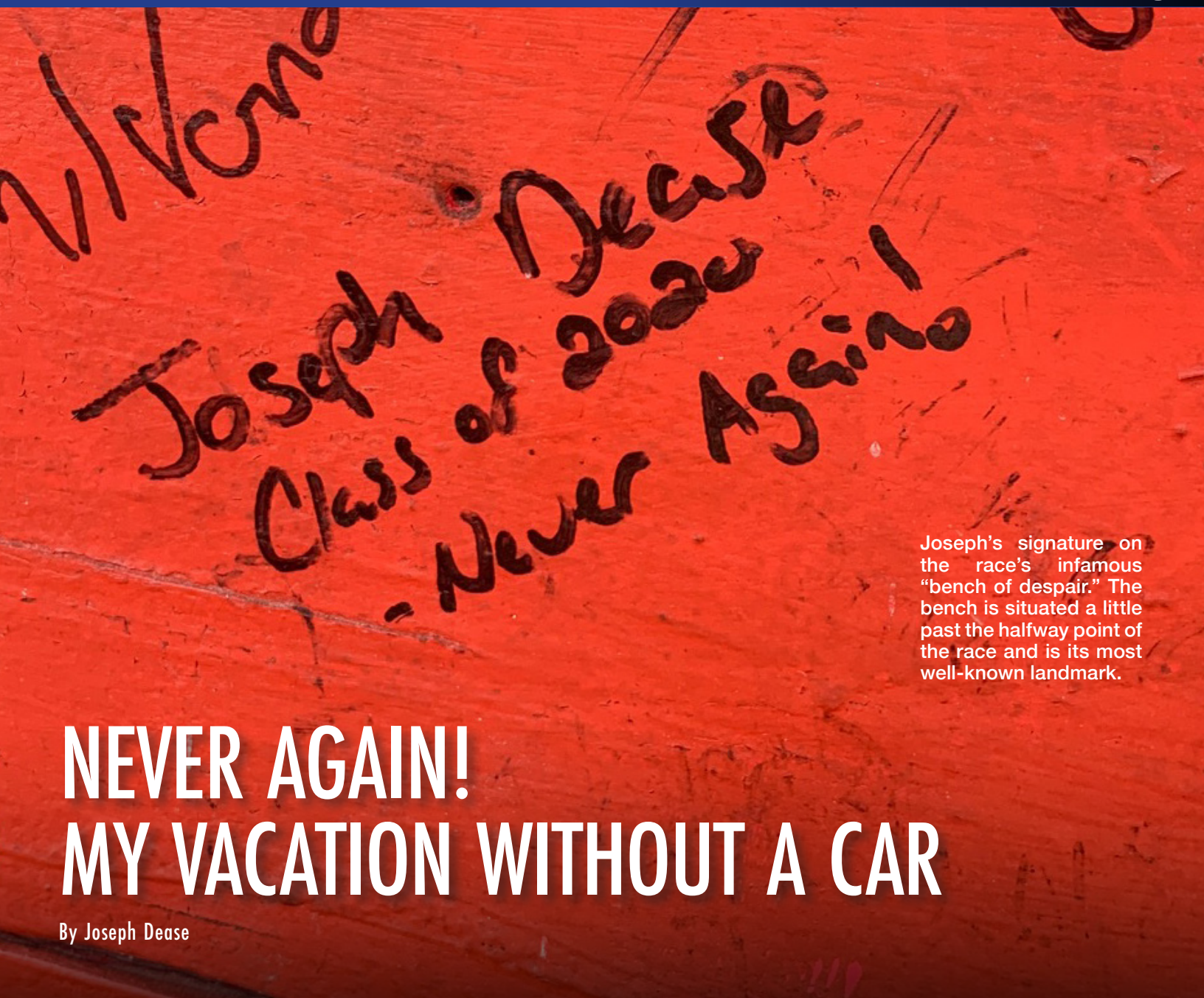


USATRACK & FIELD

BIRMINGHAM TRACK CLUB  
★ WHERE RUNNERS ARE FORGED ★

# THE VULCAN RUNNER

August 2020 8



Joseph's signature on the race's infamous "bench of despair." The bench is situated a little past the halfway point of the race and is its most well-known landmark.

## NEVER AGAIN! MY VACATION WITHOUT A CAR

By Joseph Dease

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# NEVER AGAIN! MY VACATION WITHOUT A CAR

From the comfort of my living room, a 314-mile trek across Tennessee sounded like an awesome adventure. Sign me up. So in August of 2019, that is exactly what I did. I signed up for the Last Annual Vol State Road Race (Vol-State). Vol-State is a 500k (314 mile) foot race from Missouri to Georgia with the vast majority of the race winding through the backroads and small towns of Tennessee. The race is the creation of Lazarus Lake whom most runners know as the man behind the infamous Barkley Marathons. Runners are divided into two categories: crewed or screwed. I was part of the latter category meaning I had to be self-sufficient and totally reliant upon my physical and mental resources. I could not accept help from anyone I knew or anyone associated with the race. Thankfully, this did not prevent me from accepting aid from the gracious and kind people of Tennessee. There were many people along the way, whose names I do not know, but whose generosity I will never forget.

Training for this race took the greater part of a year with the last four months consisting of high mileage in the heat. Was I ready? Did I pack the right gear? Had I selected the right pair of shoes? These are debates I had with myself up until the moment I stepped off of the ferry. In fact, up until two days before the race I was still unsure which shoes I would even wear. I almost exclusively run in Nike Vomeros, but have switched to HOKAs during some ultras on paved courses due to the extra cushioning they provide. Ultimately I decided “to dance with the one that brought me” and chose a pair of Vomeros.

## JULY 7TH – ONE DAY OUT.

Vol-State competitors meet at the finish, a scenic overlook in Castle Rock, Georgia, the day before the race begins and take charter buses to Union City, Tennessee. The buses leave at 7:00 am sharp. People have been left behind in the past, so I arrive early and hike to the loading area where there is already a large crowd gathered. Many of those gathered are Vol-State veterans or know each other from previous races. Although there were a few people whose names were familiar to me, there was not one person I knew. I felt like the new kid at school.

The busses follow the course in reverse, giving participants an opportunity to see what lies before them. The ride takes all day. Trying not to think of the distance we covered in the bus and the time it took became increasingly difficult as the hours passed. I was about to do this on foot. After more than eight hours on the road, I heard others let doubt start creeping into their minds. “Stay positive” I tell myself.



We finally arrived at our hotel around 5:00 pm. After a turkey wrap from Arby's, I quintuple checked my gear and laid out my race day clothing.

## JULY 8TH – RACE DAY IS HERE!

I had set my alarm for 5:00 am however this turned out to be completely unnecessary as I found myself entirely awake at 4:40. I got dressed, checked my gear three more times, and then headed to the hotel lobby for breakfast. As I sat eating, the gravity of the situation really began to hit me. This was it. This is why I spent the last year training, and I was about to find out how well I had prepared. We loaded onto the buses one last time and headed to Hickman, Kentucky. From Hickman, we crossed the Mississippi River arriving at the starting line – a telephone pole in Dorena Landing, Missouri.

As with all of Laz's races, the race begins with the lighting a cigarette. When this occurred, we all made our way to a ferry that shuttled us across the river. Certainly, this was the easiest mile of the 314-mile course. Although it was relatively early in the day, the heat was impressively oppressive. Training in Birmingham, I had developed the false belief that I knew humidity. In addition, due to my work schedule, almost all of my runs are typically in the middle of the day.

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# NEVER AGAIN! MY VACATION WITHOUT A CAR

I thought these things would have me well prepared for Tennessee in July. I WAS WRONG. The Mississippi River Delta is a different type of humid. The only way I can describe it is that it is what I imagine the Amazon feels like.

The first sixteen miles do a great job of throwing participants into the Vol-State deep-end. We were in a very rural farming area on a very busy two-lane road with no shoulder. There was a constant stream of large semi-trucks but for the most part, they were very considerate and did what they could to slow down and move over when there wasn't opposing traffic. With no shoulder, I was constantly having to stop to step off the road. With the heavy traffic, I basically was running in thirty second increments. Run, step off the road, wait for the truck to pass, and run again. Repeat for the next 16 miles. On top of that, the heat index reached 108° during the first afternoon. Oh, and during this stretch there were no gas stations or restaurants. Thirsty, anyone?

I made it to Union City and stopped at Subway. The line was fairly long, and I garnered some odd looks when I grabbed a chair from an empty table, walked to the end of the line, and sat in the line while I waited. Having gotten my first meal on the road, I was ready to keep moving. Leaving Union City, we passed a well-known course landmark – the stinky bridge. The name is well earned due to the fact that the nearby rendering plant creates a smell, that when combined with the heat, is so intense that it made it hard to hold down lunch.

## DAY ONE 7:00 PM – EVERYONE HAS A PLAN UNTIL THEY ARE PUNCHED IN THE FACE.

At the forty- mile mark, I reached the Dresden Farmers Market. The locals were having a party and using the race as an excuse to host it. There was pizza and beer, fans and mats, and runners sprawled out everywhere. I plugged my phone in to charge and saw an error message: “Moisture in charging port – unable to charge.” I didn't really think much of it at the time. Thinking that it was a result of the humidity and possibly sweat, I placed my phone in front of a fan until I headed back down the road.

A few hours later, I reached Gleason. The local volunteer fire station had opened the bay doors and were letting runners rest and relax in the station. I plugged my phone in again only to get the same message. This repeated itself everywhere I stopped throughout the night; in each successive town I reached, I plugged in my phone only to get the same message. Because my phone was such a crucial piece of equipment, I started to get worried. I began to think of all the implications: not being able to check in as required, not having maps and navigation, not having a phone in the event of an emergency. By

morning it was dead. This almost beat me mentally. ALMOST.

It was time to improvise and overcome. So, I started working through the issues one by one. 1. Navigation. I stopped at a business and explained my situation, they let me use a computer and print the course maps. 2. Required check-in. At the morning check-in, I called race staff and explained my situation. I told them that I would do my best with check-ins, but if I missed one by a few hours not to worry. 3. Katherine. A random runner let me use his phone to call Katherine so that I could advise her of the situation. I'm sure this only added to her stress level, but she was super supportive and told me not to worry about it. 4. The unknown. As much as the lack of navigation sucked, the biggest issue would turn out to be logistical. Each time I found food or drinks, I had no idea if the next source was four miles away or fourteen. Thus, going forward I carried much more than I often needed.



I covered sixty-eight miles the first day. This is a distance that in previous races I have covered in half of that time. Yet, I was more exhausted than I have been after any other race. The heat, the constant starting and stopping, and the lack of aid were eye opening. And this was just the first day.

## JULY 9TH – DAY TWO

In Huntingdon, I stopped and got my first bit of sleep. There was a park just off the roadway with a picnic table that I slept on for two hours. Believe it or not, a wooden picnic table is not really that comfortable. Day two at Vol-State introduced me to another issue, the road camber. The day would be spent on a four-lane highway with a nice wide emergency lane. I thought this would be a refreshing

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# NEVER AGAIN! MY VACATION WITHOUT A CAR

change from the tiny rural farming roads. After eight hours on the road I began to experience severe pain in my left leg. I soon realized it was due to the camber of the road to facilitate water run-off. I began to debate which was worse; busy two-lane roads with no shoulder or busy four lane roads that are tilted. Luckily, I had the next two-hundred and twenty miles to debate it because the entire course fell into one of these two categories.

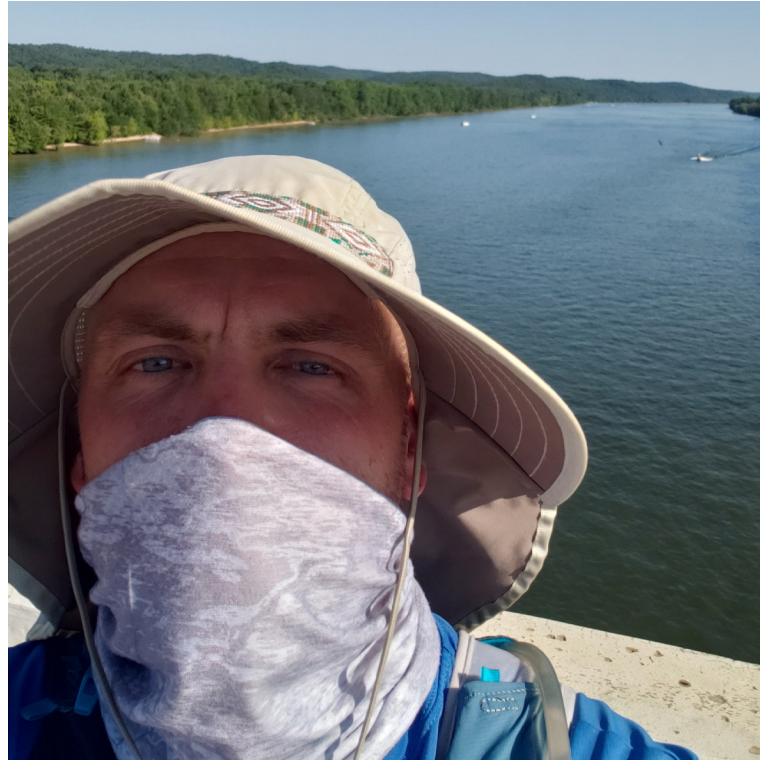
Heading into Lexington, I ran into Jan Walker at a gas station. Jan is a Vol-State veteran who in 2016 completed a transcontinental run. But this year she is an enemy of sorts as she is the driver of the meat wagon. She informs me that several people have already dropped and reminds me that she is just a call away. A few miles later, I arrived in Lexington where I had planned on stopping at a church that always opens its gymnasium for runners. Unfortunately, when I arrive, I learn that due to COVID the gym isn't open this year. So onward I go. COVID closures - just another issue that a phone with access to the Facebook chatter would have revealed. Sadly, the COVID closures would intermittently present themselves as a challenge throughout the rest of the race.

## DAY? THROUGH DAY?

An interesting thing happens at Vol-State; because there were no normal dividers between the days, everything runs together, and the race just seems like one long event. I cannot begin to describe the amount of misery and suffering I experienced during this race. I thought I knew what to expect from reading race reports, but there is no way to express it adequately. It sounds so cliché, but the only way to actually understand is to do it. So instead of spending pages and pages detailing my suffering over the next four days of the race (many of which I don't remember), I am going to share a few stories and the invaluable lessons that I learned along the way.

Don't worry about the way that you look. After a week in the same outfit I looked and smelled like I had been kicked out of a homeless shelter. I slept on picnic tables next to a church, a rocking chair in front of a hardware store, and even under the awning of a crematorium. To be honest, I am really surprised I didn't have the police called on me. But in spite of the way I looked (or maybe because of it), the generosity I received from strangers was very refreshing and reminded me how wonderful most people are.

In a multi-day race, as with life, time spent with others is paramount. There were nights that I spent alone with hours and hours to think about how miserable I was, to think about how much each step hurt, and to wonder why I would do this to my body. But there also were nights I spent with other runners. It is amazing how sharing time with someone



keeps time from dragging on, how it distracts you from your pain, and how it pushes you not to stop and let down (or slow down) the people you are with. Time spent with others is of the greatest importance.

I learned that I can truly adapt to and overcome what seem like insurmountable obstacles. As I said earlier, when I lost my phone it almost beat me mentally. Staying positive, I focused on the fact that this race has been going on much longer than smart phones have existed. I know runners in the past would use payphones, but I just looked at this as a bonus Vol-State challenge. I thought of Matt Damon's speech in *The Martian* and slightly modified it. "You work the problem. You solve one problem and then you solve the next one, and then the next. And if you solve enough problems, you get to complete the race."

Most importantly, I learned that I have a level of strength I never knew was there - if only I have the will to call on it. I learned that my mind can push me beyond the limits my body attempts to set. One evening around 3:00 am, I was in a really dark place both literally and figuratively. I was convinced I could not make it ten more feet. I was on a road with no shoulder at all, and I had enough wits about me to know that I could not sit down, or I would fall asleep on the roadway.

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# NEVER AGAIN! MY VACATION WITHOUT A CAR

"I'll take a break at the next driveway," I thought. However, being in an area surrounded by farms, I walked almost ¼ mile just to make it to the next driveway. When I got there, I felt like I was punched in the gut because the driveway was gravel. I decided to push on until the next one, which unbeknownst to me, was another ¼ mile up the road. When I got there, an epiphany struck me. I realized that a few minutes ago, I had convinced myself I could not go another ten feet, yet here I was ½ a mile down the road. As Laz says: "For those who find the steely will and muster the sheer dogged tenacity to overcome the impossible obstacles, and reach the rock on foot, the Vol-State can be a transcendental experience." It. Truly. Was.

## THANK YOU.

I would like to take this time to thank all of the people who made my finish possible and cheered for me along the way. Of course, I must thank my wife Katherine for putting up with such crazy adventures. As most of you know, she is responsible for starting my running career, but more importantly she has been my everything for 26 years. I want to thank Laz, Sandra, Jan, Carl and everyone else that make this race possible. Although I will never choose to subject myself to this hell

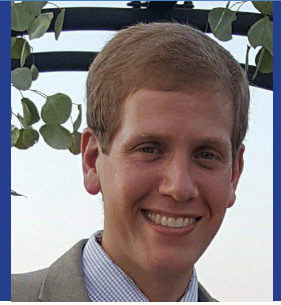
again, the lessons learned were life changing. A former Vol-Stater said it well: "314 miles is every bit as hard as it sounds. The muscles ache. The feet cry out in pain. There are sunburns and blisters. Hunger and thirst. Bleary, sleepless eyes that long to close. Sometimes there is loneliness – sometimes despair." Under easier circumstances, I would not have had the opportunity for these lessons to have been learned. Former Vol-Stater, Barry Crumrine probably summed up the Vol-State experience as well as it can be put into words: "I found in myself something that I never knew was there."

P.S. - If you are thinking about doing this race I have one bit of advice - DON'T. If you are still thinking about doing this race, part of your training should be running after eating Hunt Brothers Pizza and gas station corn dogs, because that will be your diet during your Vol-State adventure.



# PRESIDENT'S ADDRESS

By Hunter Bridwell



## Fellow BTC Members,

There's a reason these are called the "dog days of summer" -- for me, it's because I feel like a dog after every run. Hot, sweltering, sauna-like days are standard for Alabama during the month of August. It is important now, more than ever, to hydrate before, during, and after your runs. With 2020's track record thus far, let's not take unnecessary changes!

Now that we got that PSA out of the way. . .thank you, thank you, THANK YOU to all who came out to participate in the 39th Annual Rick Melanson Peavine Falls Run. It was great to see everyone out there running and volunteering and enjoying being at a real-life race. I want to thank everyone for being so understanding of the special considerations that were taken to hold the race – from the time trial socially distanced start line setup to the limited post-race activities and the deferred awards ceremony. I also want to thank all of our volunteers for facilitating all of the changes to the race plan. I'm very appreciative of the Safety Committee that was formed to come up with a thoughtful, feasible plan that would allow the BTC to hold the race. I would be lying if I said I wasn't concerned about how we would hold the race while keeping everyone safe. It truly is thanks to all of YOU that we were able to pull it off so safely.

With Peavine now in our rearview mirror, we'll look forward to exploring what can be done to hold The Vulcan Run 10K. We are committed to investigating all options that may allow us to host our signature race safely and appropriately. However, this is your official warning that it probably won't look like any previous Vulcan races, assuming we are able to hold the race.

We continue to hold our "normal" BTC Saturday Morning Moderate and Long Runs. Alex Morrow will continue to publish routes each week that utilize the coolers at The Trak Shak and Crestline Shell. Thank you to both of these supporters for continuing to sanitize the coolers and provide cool water for us every day. Running each day would be a lot tougher without them. We will continue to refrain from having BTC communal water stops until we get to the other side of Covid-19, whenever that may be.

I want to welcome a new class of UAB graduate students who have joined us on Saturday mornings. Our future doctors and dentists are out braving the heat with the rest of us, and we're happy to have them experience the greatest running club in the world. I also want to bid farewell to a couple of our graduates who are heading off to college elsewhere. They know who they are, and we appreciate the youthful exuberance they have brought to the BTC. Where else can you find 18-year-old students mixing it up with several generations of folks? All of us are brought together by the common love of running, and ALL are welcome to experience this awesome sport!

Please continue to be respectful of each other and maintain proper social distancing. We will all get through this together, and when we finally do, we are going to have a BTC Saturday Morning Social that puts all other socials to shame!

**Hunter Bridwell**  
*BTC President*





# 2020 Officers



## President

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## Vice-President

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## Secretary

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**Long Run Coordinator**  
**Medical Director**  
**Social Chairs**

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**Britney Cowart** social@birminghamtrackclub.com  
**and Kaki Jenkins**

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**"The Vulcan Runner" Newsletter**  
**Japan Exchange Program**

**1200 Mile Club**  
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**Historian**  
**Finish Line Crew**

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**Keith Henley** finishline@birminghamtrackclub.com  
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**Webmaster**  
**IT Chair**  
**USATF Representative**

## BTC Race Directors

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

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**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.

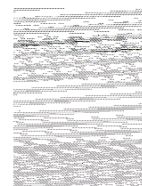
## Contact BTC at:

Birmingham Track Club  
P.O. Box 530363  
Birmingham, AL 35223  
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## Race Results

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

**birminghamtrackclub.com**  
**championship-racing.com**



 Find us on  
**Facebook**



# MY STRUGGLE WITH COVID-19

By: Rebecca Williamson



When friends have asked “how are you doing?” my response has been an honest “not good.” I have been fighting COVID-19 for almost a month now. Full disclosure, when news of the Coronavirus came out, I thought of it as a flu-like virus affecting older people or those with prior heart or lung disease, so I felt pretty safe. In fact, the thought of being quarantined for two weeks after having home schooled three elementary school aged kids while trying to work from home for my food business during a shut down, sounded like a vacation. I had the flu in November, but I was still able to run Rocket City three weeks later. All in all, the virus didn’t seem that bad. I certainly was worried about those who were vulnerable, but not myself.

As the weeks turned into months, news about the virus was changing. Healthier people were getting infected. I still was vigilant about wearing masks and keeping social distance, but I was not worried about myself. I was fit, running some of my best times, and even completing my first Ultra Marathon in June. I was feeling good.

After July 4th, I started to feel really run down and a little achy. I dismissed my symptoms and thought I needed more rest. Soon thereafter, my husband came home from work early, and informed me that a co-worker had tested positive for COVID. He was not feeling well, and his doctor wanted to test him right away. Within 24 hours of his positive test results, I knew I was sicker than I realized. Within a couple of days, my positive test came back too.

This was not like the flu. It was much more painful. My whole body hurt all day long with no relief. After the first week of pain and shortness of breath, my doctor put me on steroids and things started to improve. I was even able to walk/run some, and I was in less pain and had more energy. I assumed I was getting well and would soon be back to normal, getting in my runs and going about my daily routine.

But COVID had other plans. Rather than continuing to improve, things turned worse again. Before I knew it, I was in the ER with severe chest pains and unable to breathe. Lying in the ER by myself (my husband wasn’t allowed in), I couldn’t believe what was happening to my body. How could this be happening? I’m healthy and active. I exercise, I eat well, I do the things we are supposed to do to be healthy. I was released from the ER after it was confirmed that I had not had nor was I having a heart attack. Despite having an abnormal EKG and some fluid around my lungs that caused pressure, I was told “this is COVID” and advised to get rest and drink plenty of fluids. I left the hospital feeling hopeless and in shock. I kept thinking how awful I felt and that people all around the world were feeling just like me -- hundreds of thousands of people and we were considered the lucky ones.

The next couple of days were some of the hardest in my life. I still couldn’t breathe, my chest was hurting, and the pain was preventing me from sleeping. I started reading up on the long-term side effects of this virus, which only made things seem bleaker.

Then I remembered: I am a runner. I immersed myself in documentaries and videos about ultra-runners and all the things they had to overcome to finish their races. We are taught that the battle is in our head. Earlier this year, I read Deena Kastor’s book, Let Your Mind Run. I went back to the principles that she emphasized: keep a positive attitude in your day-to-day life and it will translate to the quality of health and strength throughout your body to make you a stronger and faster runner. It was time for me to have an attitude change. I am focusing now on learning from great runners and setting new goals. They may be small goals for now, but they are attainable, and I am moving forward.

I certainly am aware that I need to follow the advice of my doctor about returning to running, but I know that I will get back. I know that I will get stronger again. I may feel winded walking these days, and I may have more setbacks to come, but I will not let this define me. The fear of the unknown will not overcome me. I have no control over this virus, but I can control my attitude and be grateful for the health I do have right now. I will continue to fight the mindset that “I can’t” because “I can.” I am a runner, and that is what we do.





# Recipe

## Fudgy Black Bean Brownies *Recipe*

By: Dr. Joel Fuhrman

Image Credit: doctoroz.com



### INGREDIENTS

- 2 cups canned no-salt-added or low-sodium black beans, drained
- 1 1/4 cups pitted dates
- 2 tbsp raw almond butter
- 1 tsp pure vanilla extract
- 1/2 cup natural, non-alkalized cocoa powder
- 1 tbsp ground chia seeds

### DIRECTIONS

1. Preheat the oven to 200 degrees F.
2. Combine the black beans, dates, almond butter and vanilla in a food processor or high-powered blender. Blend until smooth.
3. Add the remaining ingredients and blend again.
4. Pour into a very lightly oiled 8-x-8-inch baking pan. Bake for 90 minutes.
5. Cool completely before cutting into small squares. Makes 16 squares.

Link: <https://www.doctoroz.com/recipe/fudgy-black-bean-brownies>

# Recipe

## Black Bean Chili *Recipe*

From Forks Over Knives Family, Darshana Thacker



Image Credit: forksoverknives.com

### INGREDIENTS

- 5 medium tomatoes, diced, or 3 (15-ounce) cans diced tomatoes, with their juice (5 cups)
- 2 red bell peppers, cored, seeded, and cut into 1/2-inch dice (2 cups)
- 1/2 medium red onion, finely chopped (1 cup)
- 4 small garlic cloves, roughly chopped (2 teaspoons)
- 4 teaspoons dried Mexican oregano
- 2 teaspoons ground cumin
- 2 (15-ounce) cans black beans, rinsed and drained (3 cups)
- 3 large celery stalks, cut into 1/4-inch dice (1 1/2 cups)
- 1 green bell pepper, cored, seeded, and finely chopped (1 cup)
- 1 cup fresh or frozen corn kernels
- 1/2 bunch kale, stemmed and roughly chopped (2 cups)
- 1/4 cup finely chopped fresh cilantro
- 2 tablespoons fresh lemon juice (from 1 lemon)
- 2 teaspoons smoked paprika
- 1/4 teaspoon chili powder, or to taste
- Sea salt

### DIRECTIONS

1. In a large stew pot or Dutch oven, place the tomatoes, red bell peppers, onion, garlic, oregano, and cumin, and cook over medium heat, stirring occasionally, for 20 minutes (the juices from the onion and tomatoes will be enough to keep the sauce from burning).
2. Remove from the heat and let cool for 10 to 15 minutes. In a blender in batches or using a hand blender, blend the sauce until smooth. Return to the pot.
3. Add the black beans, celery, green bell pepper, corn, kale, cilantro, lemon juice, paprika, chili powder, salt to taste, and 2 cups water to the pot. Bring to a boil over high heat. Reduce the heat to low and simmer until the greens are tender and the chili thickens, 10 to 15 minutes.
4. Serve hot over steamed grains or with warm tortillas.
5. Chef's note: For storing, cool the soup completely and transfer to an airtight container. Store in the refrigerator for 4 to 5 days or in the freezer for up to 1 month.

Link: <https://www.forksoverknives.com/recipes/vegan-soups-stews/black-bean-chili/>



# ANOTHER PEAVINE FALLS RACE IS IN THE BOOKS

Photo credits: MRuns.com



The 39th annual Rick Melanson Peavine Falls Run may have looked quite different, but this year, on a warm (okay, hot), sunny Fourth of July, we gathered together safely to celebrate our nation's birth, our love of running, and our perseverance in the face of less-than-ideal circumstances. The Safety Committee convened by BTC President Hunter Bridwell carefully considered all available options to keep participants and volunteers safe, and runners were respectful of the new rules. All in all, it was a wonderful morning. For many, it was a little bit of normalcy we needed more than we realized.





# ANOTHER PEAVINE FALLS RACE IS IN THE BOOKS

Photo credits: MRuns.com





## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Bryant Adams  
Stephen Adwell  
Abby Bowers  
Bill Bowman  
Tina Brown  
Shannon Browne  
Randy Buchanan  
Randy Chaffinch  
Violet Chaffinch  
Ryan Gackle  
Bob W Garner  
Brandi Hilson  
Leander Hutcheson

Bradley Illuminate  
Catherine Jared  
Donald Leopard  
Mona Leopard  
Margaret McKinney  
James Mersmann  
Pamela Moser  
John Allen Newkirk  
Janis Posey  
Brandon Reaves  
Brittany Reaves  
Joey Rosser  
Shannon Salter

Elizabeth Sellers  
Chloe Shaffield  
Danny Shaffield  
Mitzi Shaffield  
Casey Shaw  
Michelle Shaw  
Samuel Thompson  
Rhonda Truett  
Morgan White  
Brian Wright

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!



# MEDICATION AND MILES:

## Running on Fumes – The Importance of Sleep Quality and the Dangers of Common Sleep Aids

By Alivia D. Price, PharmD Candidate, 2021 and Kim Benner, PharmD, BCPS



Sleep plays a major role in our physical health, cognitive function, and quality of life. In fact, the average person spends one-third of his or her life asleep! As athletes, a good night's sleep is vital to our overall health and wellbeing. Each night, we have the opportunity to replenish our body tissues, repair our muscles, and restore our brain's neuronal pathways through quality sleep. Optimal sleep health allows our body to prepare itself for the next day's challenges and adventures.

### How Much Sleep Do We Really Need?

The National Sleep Foundation recommends seven to nine hours of sleep per night for the average adult. However, sleep is not a "one size fits all" function. Individual needs for sleep vary based on genetic makeup, physiological factors, age, and gender. Although it is impossible to calculate the exact amount of sleep each person needs to function optimally, our bodies are constantly communicating our sleep needs to us; we just have to learn to listen!

According to the Centers for Disease Control and Prevention (CDC), signs of poor sleep quality include feeling tired even after

sleeping an adequate amount, waking up throughout the night, and experiencing symptoms of sleep disorders such as snoring or gasping for air. Repeated yawning throughout the day or a midday headache could be a sign that the body is requesting more hours or better quality of sleep.

### Five Tips to Improve Sleep Hygiene

Sleep hygiene is the practice of keeping healthy sleep habits. Practicing the following tips can improve sleep quality:

1. *Maintain a regular sleep schedule*
2. *Avoid naps, caffeine, alcohol, and excessive fluids or large meals before bedtime*
3. *Engage in daily exercise and a healthy diet*
4. *Make your bedroom a place of rest: dark, quiet, and free of distractions*
5. *Use air conditioning – we sleep better in slightly cooler temperatures!*

CONTINUED ON NEXT PAGE



# MEDICATION AND MILES:

## Running on Fumes – The Importance of Sleep Quality and the Dangers of Common Sleep Aids

### Common Sleep Aids and Their Dangers

Because sleep is important for our daily functioning, there are treatments available to help with falling asleep in a timely manner or staying asleep throughout the night. Management of these signs of poor sleep include improving sleep hygiene, cognitive behavioral therapy, and, in more serious cases, pharmacologic sleep aids. These sleep aids include medications such as eszopiclone (Lunesta), zaleplon (Sonata), and zolpidem (Ambien, Ambien CR, Edluar, Intermezzo, or Zolpimist).

In April of 2019, the Food and Drug Administration (FDA) added a new “black box warning” (the most serious warning a drug can receive) to eszopiclone, zaleplon, and zolpidem. This warning states that “serious injuries and death have occurred during complex sleep behavior episodes,” alerting prescribers and consumers of the potential for serious side effects of these medications. In addition, the FDA added a new contraindication for patients who have previously experienced a complex sleep episode or behavior after taking any of these medications. This means, in specific patients, these sleep aids should be avoided due to an increased risk of life-threatening harm.

These warnings were added in response to 46 cases of non-fatal injuries and 20 deaths related to the complex sleep behaviors from these medications. Some of these behaviors include sleepwalking or driving, falls, burns, and drowning. These cases were reported to the FDA's Adverse Event Reporting System or found through medical literature reviews.

### Maximizing Benefits and Safety in Sleep Treatment

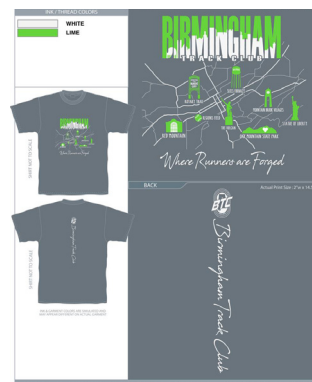
Each day, our bodies perform incredible tasks for us, whether those tasks are lifting heavy groceries, finishing a day's work, or running a marathon. Our bodies deserve to be fueled with rest in the form of a good night's sleep. If your sleep is hindering your daily functioning, you should talk to your doctor about your sleep habits and your sleep needs. Sleep hygiene tips, cognitive behavioral therapy, or even a pharmacologic sleep aid may be right for you. If you receive a pharmacologic sleep aid, it is important to read the patient medication guide each time you receive a refill of your medicine in order to fully understand its uses, benefits, and risks. If you experience a complex sleep behavior while taking your medication, be sure to discontinue your medication and tell your doctor promptly. As always, healthcare providers and consumers should report adverse events from eszopiclone, zaleplon, zolpidem, or other medications to the FDA's MedWatch Program.

### References

1. Center for Drug Evaluation and Research. (2019, May 14). *Boxed Warning for risk of serious injuries caused by sleepwalking*. Retrieved May 21, 2020, from <https://www.fda.gov/drugs/drug-safety-and-availability/fda-adds-boxed-warning-risk-serious-injuries-caused-sleepwalking-certain-prescription-insomnia>
2. Sateia MJ, Buysse DJ, Krystal AD, Neubauer DN, Heald JL. Clinical practice guideline for the pharmacologic treatment of chronic insomnia in adults: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med*. 2017;13(2):307–349.
3. Brain Basics: Understanding Sleep. (2019, August 13). Retrieved May 21, 2020, from <https://www.ninds.nih.gov/Disorders/patient-caregiver-education/Understanding-sleep>

## 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!



# BONE SPURS: A REAL PAIN IN THE FOOT

Healthy feet are essential to longevity for all runners. As a result of repetitive trauma to the feet, conditions such as plantar fasciitis, Achilles tendonitis, tarsal tunnel, Jones's fracture and bone spurs can occur. These conditions are among the most frustrating for runners. The old tag line of "just push through it" will only make things worse.

## What are Bone Spurs?

Bone spurs are not well understood by many patients. It is commonly assumed that nothing can be done to help alleviate the problems caused by bone spurs. So, what exactly is a bone spur? A bone spur is bony growth that usually occurs on the back of the heel or bottom of the heel near the arch of the foot. These spurs occur as a result of tendons or fascia pulling or rubbing over the bone. Spurs can also be caused by improperly fitting shoes that rub on the backside of the heel. A bone spur caused by an improperly fitting shoe may cause a bump or thickening of tissue on the backside of the heel. Not all bone spurs are painful; some may never cause any symptoms or pain. Bone spurs are confirmed using an x-ray. Some topical agents can help reduce bone spurs in certain patients. A tailored program of strengthening, stretching and proper fitting shoes will help.

## Can Bone Spurs Result from Poor Running Biomechanics?

As a physical therapist, I look at the whole kinetic chain (Pelvis, Hip, Knee, Ankle and Foot). During a run, a person's whole kinetic chain exerts a force into the ground, then the body must absorb another force from the ground back up through the body. The body can compensate for weaknesses in the kinetic chain while running. But as the miles and training add up, your body may show you its weaknesses. The weaknesses may show up in signs such as early fatigue, the feeling of dragging your leg, pain and medial hip collapse. This can also lead to muscle imbalance and decreased power output. As you continue to push through poor running mechanics and muscle imbalance, your force exertion may not be equal at foot strike. This can result in an asymmetrical run, which can lead to higher risk for bone spurs.

Running analysis, proper fitting shoes, proper stretching of calves and foot intrinsic muscles and strengthening the posterior tibialis muscle are just a few things you can do to prevent bone spurs. Bottomline: you can do something about bone spurs. For any questions or exercise recommendations, please email us at [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net) We are here to help you!



Ryan Hunt DPT, CSCS, ASTYM certified provider, Dry Needling practitioner, BFR certified  
Clinic Director [rhunt@therapysouth.net](mailto:rhunt@therapysouth.net)  
TherapySouth - PatchWork Farms/Altadena  
205-783-5270



## 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 August 2, 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	642
Ahmed, Kabeer	1	987
Anderson, Kerri	4	698
Armstrong, Thomas	3	520
Austin, Scott	R	704
Baggett, Christopher	2	513
Barnes, Jimmie	6	1,312
Bartee, Samm	4	749
Bayush, Tori	1	647
Beasley, Cathy	3	676
Beck, Donald	1	0
Beck, Rosemary	R	0
Becker, Bryan	R	735
Benner, Kim	7	958
Bensinger, Cole	1	885
Bensinger, Jill	R	914
Benson, Wayne	6	793
Boackle, Larry	3	545
Boackle, Tomie Ann	1	80
Booher, Lisa	8	1,062
Bookout, Jason	1	711
Bookout, Kimberly	1	656
Bowman, Bill	R	531
Bowman, Brian	R	315
Bowman, Leisha	R	270
Boylan, Brittany	R	0
Boylan, Chris	R	0

Participant	Years	Total
Brakhage, Victoria	3	683
Bray, Elizabeth	R	922
Bridwell, Hunter	1	0
Brown, Charlie	7	677
Brown, Michael	4	814
Brown, Sean	5	352
Brown, William	1	795
Browne, Shannon	R	274
Bryant, Jason L.	R	255
Burks, Ross	3	693
Caine, Lawrence	1	497
Callahan, Chris	3	760
Calloway, Mariel	1	625
Carey, Christopher	6	401
Carlton, Bob	5	763
Carter, Adrienne	2	0
Carter, Jason	R	858
Chandler, Teresa	11	1,254
Channell, William Andrew	R	527
Clay, Brad	13	1,683
Cleveland, Jeff	3	1,074
Cliett, Stephanie	5	1,101
Coleman, Tim	2	963
Corrin, LaRonda	R	670
Corrin, Roger	3	706
Cowart, Britney	2	973
Cramer, Robyn	R	562

Participant	Years	Total
Cramer, Steve	R	365
Crawford, Katelyn	R	398
Creel, Mary	2	1,042
Crowson, Bill	4	796
Crumpton, Melinda	R	0
Cutshall, Hannah	2	0
Davidson, Dow	3	1,342
Davidson, Jen	1	614
Davis, Carla	R	0
Deason, Joshua	R	107
Decker, Brittany	R	714
Denton, Matt	7	1,093
Dixon, Charles	R	240
Dixon, Jonathan	1	147
Dixon, Marian	R	101
Dollins, Rachael	R	462
Donnelly, Kevin	1	335
Duke, Cindy	4	918
Eagerton, Emily	R	369
Edgerton, Amy	R	806
Elkins, Sydney	1	0
Estes, Cameron	1	987
Estrada, Steven	2	1,239
Evans, Debbie	6	783
Farrell, Marybeth	R	181
Farrell, Meg	R	85
Farrell, Ryan	R	856
Fecteau, Karin	R	0

# 1200 MILE CLUB

Participant	Years	Total
Feldman, Jana	R	460
Ferlitto, Cindy	1	721
Fontenot, Misty	3	695
Ford, Eric	R	765
Franklin, Shane	8	713
Frederick, Winston	11	796
Freeman, Sheila	3	736
Gayheart, Cheryl	R	888
Gibson, Katie	1	645
Gilmour, Laura	R	434
Glasgow, Robert	R	138
Goode, Johnny	11	935
Goss, Ange	1	837
Grady, Carla	1	500
Graham, Lydia	R	771
Graham, Ryan	1	287
Grainger, Matt	R	1,165
Grall, Jeremy	1	661
Gray, Caleb	1	0
Gray, Mary Margaret	R	167
Gray, Michael	R	777
Griffin, Misty	R	794
Gullapalli, Satya	4	995
Guthrie, Dana	R	789
Hackney, Aimee	R	927
Haley, Jay	4	694
Hall, Thomas	1	72
Hamrick, Teresa	R	0
Haralson, Danny	11	783
Haralson, Micki	11	899
Hargrave, Alan	12	886
Harris, Angela	R	796
Harrison, Lisa	8	538
Harrison, Rochelle	R	51
Harry, April	2	880
Hartsfield, Gregory	R	900

Participant	Years	Total
Hartsfield, Kathryn	R	0
Hellenga, Meghan Ann	R	317
Henninger, Alison	5	971
Higginbotham, Weston	R	587
Hogue, Kari	R	0
Holcomb, Zachary	2	918
Holland, Skylar	2	907
Hollington, Kasey	1	737
Hood, Alissa	R	996
Hoover, Alison	8	618
House, Beth	5	721
Hutcheson, Leander	R	641
Ingle, Brandon	R	140
Izard, Georgia	3	0
Izard, Melody	3	0
Jackson, Bradley	R	866
Janowiak, Desirae	1	473
Jenkins, Kaki	6	1,143
Johnston, Emily	1	0
Jones, Allen	1	751
Juarez, Cesar	R	123
Kearley, Christy	1	0
Kearley, Stephen	2	0
Kelley, Robin	7	1,849
Kemper, Tricia	5	771
Kezar, Carolyn	1	645
Knight, David	R	1,118
Kornegay, Marla	R	779
Krick, Stefanie	R	831
Kuhn, Claire	R	603
Kuhn, Jimmy	12	1,100
Kulp, Loren	4	715
LaFon, Caroline	R	162
Lahti, Tyler	3	1,116
Laird, Audrey	5	917
Lamb, Patrick	R	786

Participant	Years	Total
Lancaster, Jeff	1	791
Langston, Aaron	5	0
Lawhorn, Joseph	1	292
Lee, Brian	1	175
Litz, Matthew	2	685
Love, Thomas	1	623
Lyda, John	1	847
Lyle, Randy	12	1,339
Lyles, Chris	1	19
Madaris, Brandon	R	186
Madaris, Jennifer	R	110
Malick, David	6	782
Mathews, Skip	R	344
McDaniel, Willie	R	290
McElroy, Catherine	R	801
McKinney, Margaret	R	223
McNair, Kelly	6	449
McNutt, Janie	1	742
Merry, Vicki Sue	8	1,511
Miller, Joshua	1	952
Miller, Justin	R	680
Miller, Rachel	R	766
Mixon, Joshua	R	701
Morgan, Cary	10	2,544
Morris, Phil	R	43
Morrow, Alex	8	0
Moser, David	1	992
Moses, Mike	R	640
Mystenbusch, Stephanie	R	605
Neu, Matthew	R	323
Northern, Kristie	10	790
Norton, Laura	2	1,217
O'Brien, Michael	R	660
Oechslein, Tamara	R	769
Oehrlein, Kimberly	R	271
Oliver, John	5	734



# 1200 MILE CLUB

Participant	Years	Total
Orihuela, Carlos	2	936
Ortis, Ellen	1	782
Panos, Dan	R	583
Parks, Charlie	6	953
Paschal, Paige	R	872
Patrick, Nicolette	1	821
Payson, Tabitha	R	54
Payson, Tommy	2	753
Peagler, Shana	7	97
Pearce, Julie	5	155
Pearson, Blake	5	0
Pearson, Mary Scott	5	0
Pegouske, Jeremy	1	578
Pegouske, Stacie	2	463
Phillely, Ron	R	0
Plante, David	7	914
Poh, James	1	876
Poole, Greg	2	668
Powell, Shane	2	1,425
Proctor, Megan	R	741
Rachel, Cain	R	0
Ralph, Meghan	5	400
Rawson, Brent	2	558
Reed, Kanita	R	556
Renfro, Jeff	1	1,060
Reynolds, Dewelena	R	0
Richey, Lori Beth	2	1,009
Richie, Melissa	R	696
Ritchie, Joseph	2	1,142
Ritchie, Lauren	1	1,133
Roberson, Kevin	5	373
Roberts, Fletcher	5	0
Robinson, Lyndsey	R	1,003
Robinson, Tamara	R	795
Rodgers, Jeffrey	2	648
Rodgers, Jessica	R	599
Rogers, Hannah	R	453

Participant	Years	Total
Roper, Lynn	2	599
Rose, Beth	R	607
Rose, Billy	6	1,688
Rosser, Joey	3	1,073
Routman, Cindi	R	424
Ruschhaupt, Skyler	R	247
Rutherford, Keith	12	917
Rutledge, Lisa	4	882
Sanders, Gwendolyn	1	551
Shaffield, Danny	6	989
Sherer, Jeremy	3	764
Sherrell, Jeff	R	795
Shinn, Ronald	7	136
Shoaf, James	1	895
Sides, Dean	3	539
Silwal, Suman	8	0
Simpkins, Randall	2	213
Simpson, Kevin	7	2,114
Sims, Cecelia	1	320
Sims, Kelly	1	204
Sims, Robert	6	870
Sloane, Mike	4	550
Smith, Marie	R	611
Soileau, Chester	2	578
Stevens, Johnathon	4	1,240
Stewart, Zeb	1	210
Stockton, Rick	12	783
Sweatt, Jason	R	0
Talley, Beau	7	893
Talley, Shellie	2	0
Thompson, Sara	2	381
Tidwell, Pam	R	543
Tomlin, Chace	R	361
Townes, Janelle	1	569
Trimble, Jamie	5	1,008
Turner, Amanda Blake	R	0
Valles, Tina	R	638

Participant	Years	Total
Varnes, Vickie	6	867
Waid, David	1	1,406
Walker, Caroline	1	76
Wall, Ron	6	0
Washington, Monica	R	188
Watters, Ana	1	747
Watters, Larkin	R	667
Watters, Robert	5	652
Weber, Amy	2	503
Weeks, Lance	2	490
Weimer, Jonathan	R	238
Wende, Adam	6	1,544
Whillock, Amber	R	786
White, Robin	1	1,333
Wilhite, Thomas	4	563
Williams, Shaunda	1	646
Williams, Yolanda	R	0
Williamson, Rebecca	1	627
Wilson, Mark	R	209
Wiseman, Steve	5	1,040
Wood, Heather	R	664
Wood, Scott	4	129
Woody, Bill	11	926
Wooten, Vance	1	1,292
Wright, Amy	3	612
York, Gary	6	461
Zajac, Jason	2	1,223
Zapata, Carlos	R	431

# SHOW US YOUR BTC GEAR

Show us where the BTC has taken you! Submit photos of you and your friends in BTC gear or BTC race shirts [here!](#)





# FEETS OF STRENGTH



While many traditional races have been cancelled, postponed, or converted to virtual events, it is clear that runners won't be deterred. #RunningIsNotCancelled, indeed! Many BTC members have embraced the virtual run concept, with some taking on some pretty big challenges.

Several BTC members have been working hard to complete the **Great Virtual Race Across Tennessee (GVRAT)**, the 635-mile race we mentioned in the last issue. Congratulations to **Kaki Jenkins**, **Robin White**, and **Andrea Austin** on their accomplishments (and a special shout out to Andrea – we'll miss seeing you on the roads and trails around here!).

It seems most of our local participants went “all in” and virtually ran BACK across the State of Tennessee or are in the process of doing so. Good luck to Kaki, Robin, and Andrea as they head back to that virtual start line!

**Robin White** also recently completed another virtual run – the 2020 Run Forest Run Virtual 717 miler – way to go, Robin!

What have been your favorite accomplishments during the age of the pandemic? Have you completed a new distance or a virtual race? Or maybe you started a run streak? [Let us know](#), and let's celebrate those milestones!



# BTC EXECUTIVE BOARD MEETING

## July 6, 2020

The meeting was called to order at 6:00 PM by President Hunter Birdwell.

The minutes of the June, 2020 meeting were approved on Hunter's motion, as seconded by April.

Monthly financials will be sent via email.

### **Vulcan Run (Hunter Bridwell)**

We will discuss potential alternatives for the Vulcan Run race location if the City of Birmingham decides not to allow events this fall.

### **Newsletter (Julie Pearce)**

We published a combined June/July issue, which we have done in the past as well. The next issue publishes on August 3; content is needed by July 24. Hunter suggested Joseph Dease's recent race across Tennessee would be a good topic for an upcoming issue.

### **Volunteers (Kim Benner)**

Matt Grainger won the volunteer gift card for Peavine Falls.

### **Finish Line (Jamie Trimble)**

Thanks to all for assisting with setup and teardown of Peavine race. He has identified a finish line helper to assist with responsibilities.

### **Long Runs (Alex Morrow)**

We will continue with our current setup (utilizing existing waterstops and no communal waterstops, encouraging social distancing, masks pre and post run, etc.)

### **Merchandise (Bradley Wells)**

The "Nice to Have You in the Birmingham Track Club" shirts are for sale; merchandise will be brought to the BTC long runs for pickup

### **1200 Mile Club (Kelly Sims)**

Discussion was held about the possibility of ordering patches for 5 and 10 year awards in lieu of coins; no decision was made.

### **USATF (Charles Thompson)**

Samford will have an indoor meet at the Crossplex, as well as a one day outdoor meet

### **Peavine Falls recap (Hunter Bridwell)**

Overall, the race went very well. The BTC's safety plan was well-executed, and runners seemed happy to be in a race. A suggestion was made to reinstate the mid-race water stop. This certainly will be done if we feel it is safe to do so. Other suggestions were made to use caution tape to better mark the trail at the intersection with the road and to include a marshal on the course to point runners to the trail.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, August 10, 2020 at 6:00 p.m. Location to be determined.

## Upcoming Events

EVENT	DATE	TIME
<b>BTC Executive Board Meeting (virtual meeting)</b>	August 10, 2020	6:00 p.m.
<a href="#">Save the O's Virtual 5k and 1 mile run</a>	August 10, 2020	12:00 a.m.
<a href="#">Gracee's Race 5k</a> (Coaling, AL)	August 29, 2020	8:00 a.m.
<a href="#">Ross Bridge 8k and Health Expo</a>	September 5, 2020	8:00 a.m.

*\* 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:

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Zip:

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

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:

--

	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**