

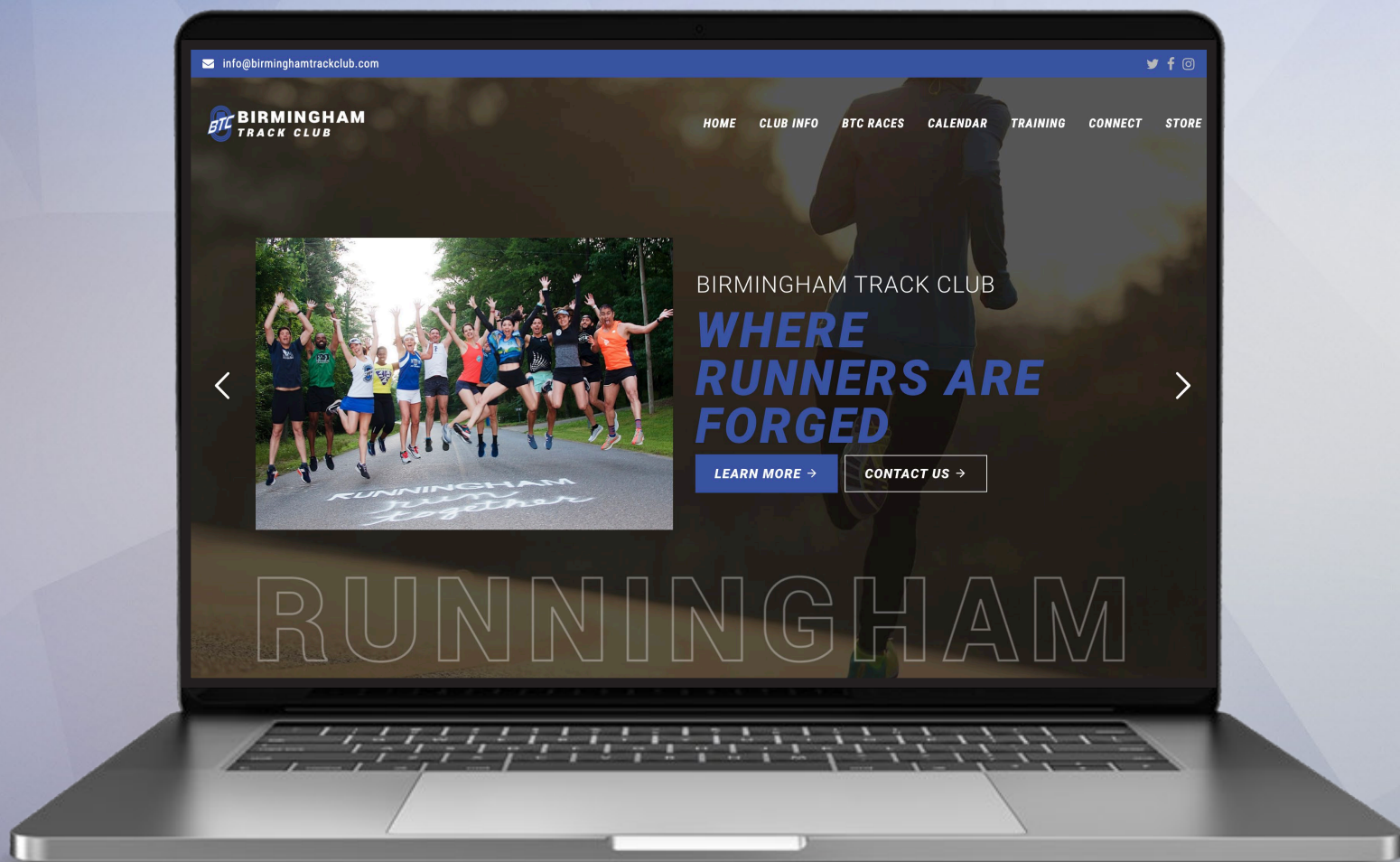


USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

September 2020 9



FORGING AHEAD

By Dean Thornton, BTC Webmaster

www.BirminghamTrackClub.com

[f/BirminghamTrackClub](https://www.facebook.com/BirminghamTrackClub)

[t/BirminghamTrackClub](https://twitter.com/BirminghamTrackClub)

[i/RunBTC](https://www.instagram.com/RunBTC)

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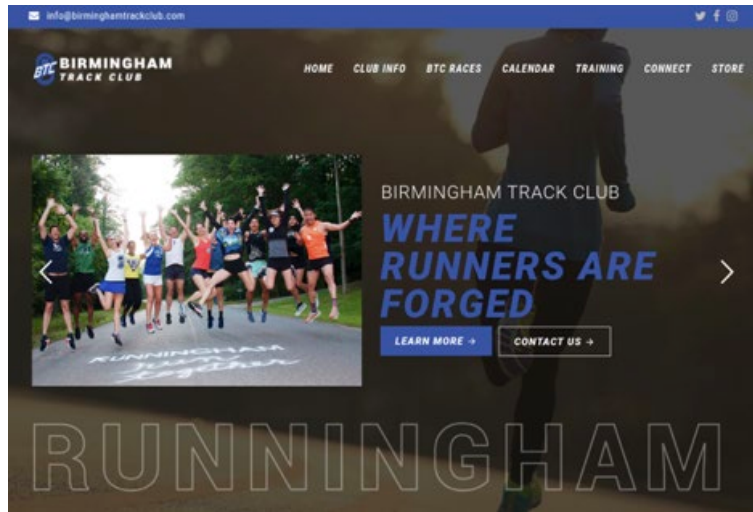
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FORGING AHEAD

In the midst of a pandemic, with few runs and even fewer races happening, what is the webmaster of a running club to do? The same thing that many of us did with our homes during the downtime -- clean up and reorganize!

Say hello to the brand new Birmingham Track Club website...

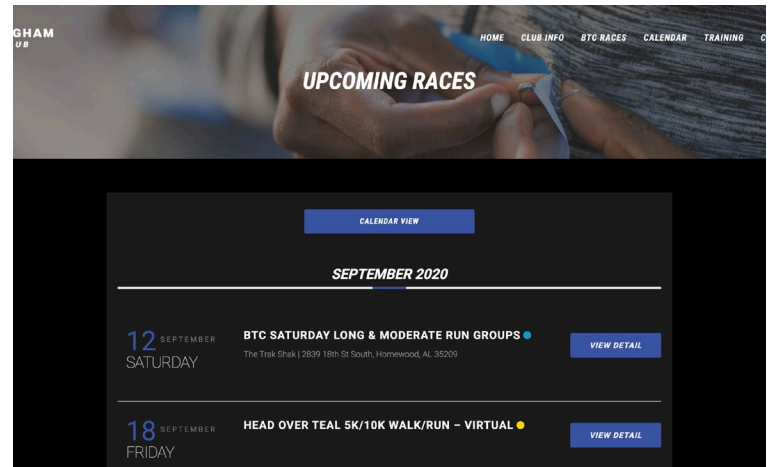


The BTC website (birminghamtrackclub.com) has been a reliable source of information for local runners for many years. In fact, the BTC website won the Road Runners Club of America (RRCA) Outstanding Website Award in 2015. In recent years, the BTC website began to show its age. It was built on a now-outdated platform that did not offer a modern interface. Our website has needed updating for several years now, but our club has been so active with so much going on that it was never quite the right time to undertake such a big project. Enter the year 2020.

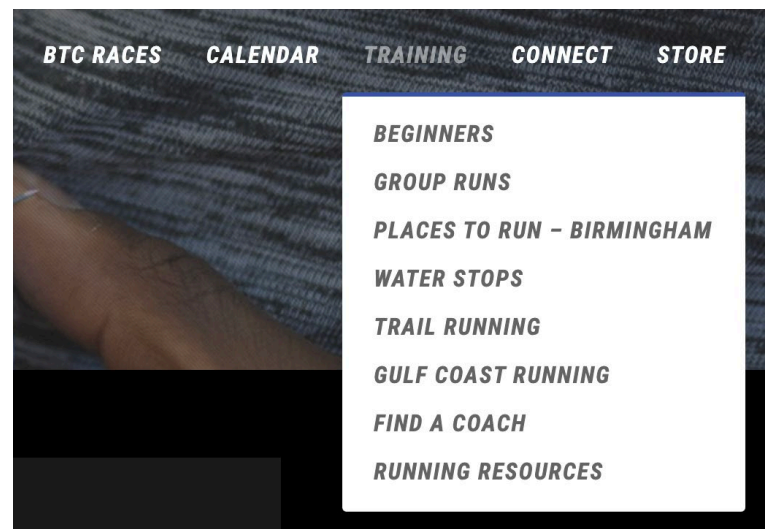
Gifted with more free time and a virtually (pun absolutely intended) non-existent calendar, the BTC Board voted to proceed with revamping its website. Partnering with Bell Media (which acquired Zeekee, BTC's former website management company), we set out to design and implement a new website that kept the best features of the old site while showcasing a new design and features.

Most importantly in the current day and age, the updated BTC website is much more mobile-friendly. The majority of visitors to the BTC site arrive on mobile devices. Mobile optimization was key to the revision process. The updated website has retained all of the best content from the previous version. All of the information our members and visitors have come to expect can still be found on the pages of the new site. One of our most viewed pages is

the [BTC Calendar](#), which features our Upcoming Runs. On the BTC Calendar are all of the BTC runs and races, including the weekly Saturday Morning Long/Moderate Run and races such as the [Vulcan Run 10k](#). In addition, many local road and trail races are listed, making the BTC Calendar the place to find your next running adventure.

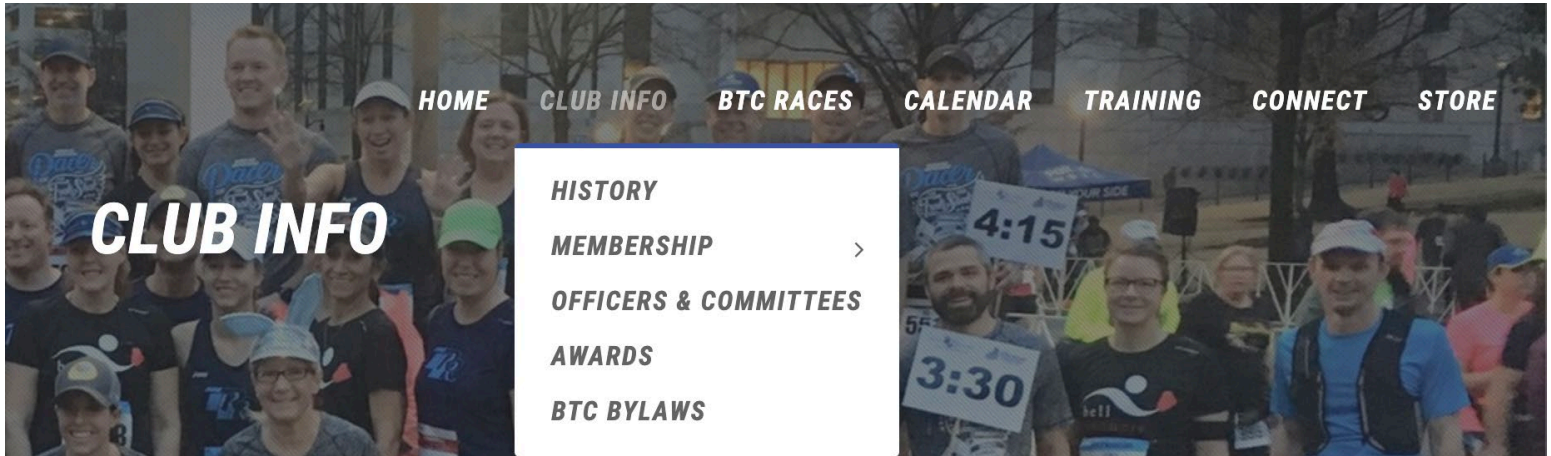


If you dig a little deeper into the website, you will find plenty of other valuable sources of information. The [Training](#) section in particular contains helpful content for all sorts of runners. New runners can get direction about how to begin their running journey as Beginners; solo runners can find new running friends under Group Runs; adventurous runners can find new Places to Run in Birmingham; thirsty runners can find local Water Stops; trail runners can learn about local Trail Running; beach runners can find a guide to Gulf Coast Running; and, runners looking to improve can Find a Coach or check out Running Resources.



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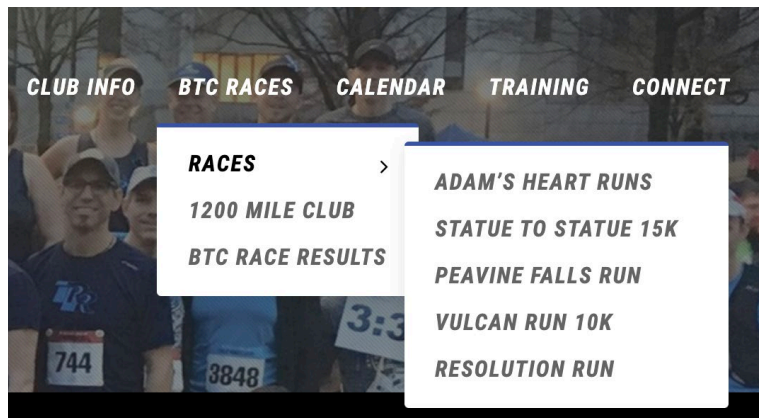
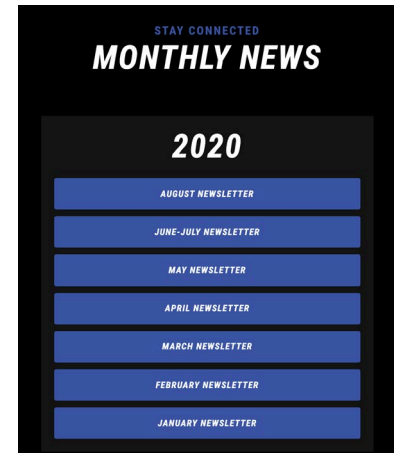
FORGING AHEAD



Of course, anything and everything related to the Birmingham Track Club can be found on the website. BTC History, past Awards, and the current slate of BTC Officers are all listed under the Club Info heading. Want to join the BTC or renew your membership? Just click the Membership link under Club Info.

If there is one shared pandemic experience amongst runners it's that we all miss racing! All of the information you need to know about the official BTC Races is easy to find. Take advantage of your BTC membership by signing up for the BTC Race Series when it becomes available again in 2021. If you missed signing up for 2020, you can still register for the final BTC race of 2020, the [Vulcan Run 10k](#). And, you can still sign up for the [BTC 1200 Mile Club](#) for 2020. Just follow the links!

We hope that the new and improved BTC website will serve our BTC members and other local runners as a trusted source of information that is fun and easy to use. Take a few moments to visit the website to check out the modern design and new features. Let us know what you like (or don't like)! Feel free to email me with any feedback at webmaster@birminghamtrackclub.com.



Of course, you will still be able to find the [current issue](#) of the BTC newsletter, *The Vulcan Runner*, on the website (as well as all of the available past issues). Simply look under the Connect tab of the main menu. You can also discover ways to serve the BTC and your fellow runners through our [Volunteer page](#).





BIRMINGHAM TRACK CLUB MEMBERSHIP DRIVE!

New members and membership renewals in the month of September will receive:

- \$10 off 2021 Birmingham Wine 10K Registration
- \$10 Gift Card from The Trak Shak



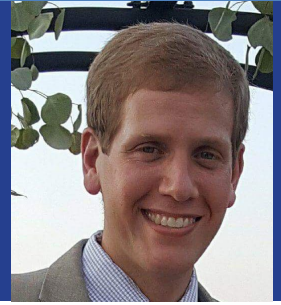
The
TrakShak
Running Shops

You will also still receive the same great BTC Membership Perks!

- An additional 10% off Birmingham Wine 10K Registration
- 10% off Trak Shak purchases
- Plus many more benefits!

PRESIDENT'S ADDRESS

By Hunter Bridwell



Fellow BTC Members,

Welcome to September, BTC! We are sooo close to cooler temps, and I can't wait. Before we dive into some exciting announcements, I wanted to take a moment to congratulate all of those that have participated in various virtual events and actual ultra races that have seen our community members run across various states. One such effort was highlighted in last month's newsletter, as Joseph Dease participated in the grueling Last Annual Vol-State Road Race. I encourage you to read his [account of the event](#). Remember, if you or another member have completed one of these events, be sure to send it in to [Julie Pearce](#) because we love to highlight BTC member accomplishments in our "Feets of Strength" section of the newsletter. We clearly have a bunch of Forrest Gumps among us!

NOW, FOR THE EXCITING ANNOUNCEMENTS!

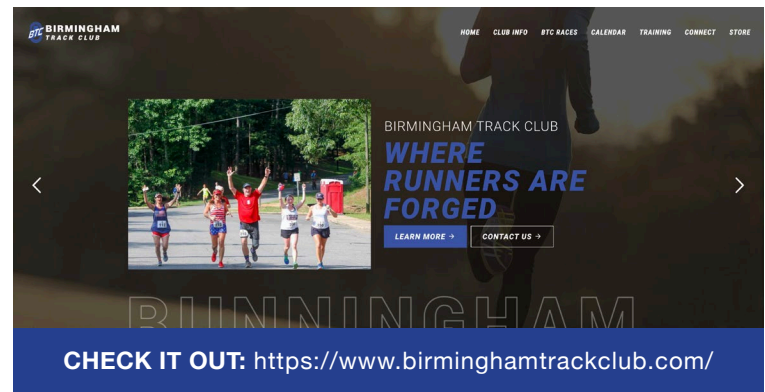
Announcement #1: The Vulcan Run 10K WILL take place this November 7! Now, where will it take place you ask? Great question. We are working on a course that likely will be somewhere in or around the Homewood area, as it doesn't appear the City of Birmingham will be permitting any events like ours through the end of the year. We plan to build on the successes of the Peavine Falls Run from a couple months ago, tweak a few things that we learned during the process, and provide a safe race experience for all who register and volunteer. Be on the lookout for more information on this iconic Birmingham race soon.

Announcement #2: Joseph Longoria approached us recently with an idea for a BTC membership drive in conjunction with The Birmingham Wine 10K race and The Trak Shak. What does that mean for you? It means a killer deal that you won't be able to resist! Here are the details:

- Register [HERE](#) to become a new BTC member or renew your membership during the month of September. Please note that you can only renew your membership six months in advance of the expiration date. I promise we'll have another good membership drive in the future if you aren't eligible to renew this time.
- Receive a \$10 off discount code to the 2021 Birmingham Wine 10K (and remember - you also receive an automatic 5% race discount just for being a BTC member!)
- Receive a \$10 gift card to The Trak Shak courtesy of Jeff Martinez and the awesome staff at our favorite local running store. If you didn't already know, this is just one more reason why we think The Trak Shak is the GREATEST!

Speaking of The Trak Shak - we continue to hold our "normal" BTC Saturday Morning Moderate and Long Runs from the front of the Homewood store at 6:00 a.m. It's going to be the same ol' song and dance on Saturday mornings until Covid is under control. We'll utilize Crestline Shell and Trak Shak water coolers. Otherwise, bring your own hydration and maintain safe practices, especially when running through tight areas like Lakeshore and Jemison Trails.

Announcement #3: FRESH, UPDATED BTC WEBSITE!! Check it out, and [let us know what you think](#). The updated website, spearheaded by our own Dean Thornton, was built by Bell Media. It was designed to be much more user friendly and interactive when accessing from your PC or your mobile device. I think it looks great, and I appreciate the time and effort Dean spent working with Bell Media to make this happen!



CHECK IT OUT: <https://www.birminghamtrackclub.com/>

Remember that we have some excellent BTC merchandise that is generally available on Saturday mornings at the BTC Long Run (when Bradley Wells is around). You can also order merchandise through our [BTC store](#) and arrange pickup at a later date. Lastly, contact me if you need to pick up your 1200 Mile Club jacket. They take up too much room in my car! 😊

Hunter Bridwell
BTC President

2020 Officers



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Hunter Bridwell

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Skylar Holland

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

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Long Run Coordinator
Medical Director
Social Chairs

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

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Membership Benefits
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"The Vulcan Runner" Newsletter
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Kim Benner volunteer@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

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.

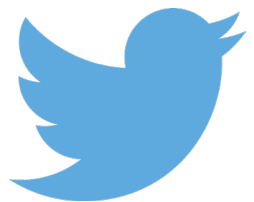
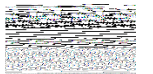
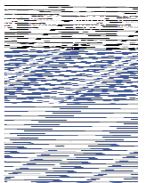
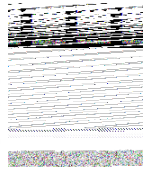
Contact BTC at:

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



STRESS DURING A PANDEMIC

By: Skylar Holland



Stress is our body's way of reacting to a challenge, signaling it to prepare to face a threat. Not all stress is bad though. A small dose of stress can enhance productivity and performance.

As runners, we know all about “good” stress. The thrill of an upcoming race is likely a stress response to which we can all relate. Personally, I love the feelings of nervous excitement I experience in the days leading up to a race. Unfortunately, it has been a while since I have been able to enjoy this “good”, pre-race stress. Instead, I have noticed the occurrence of more “bad stress” in my life and in the lives of others. We have likely all experienced some degree of “bad” stress since the beginning of the COVID-19 pandemic that disrupted our lives in March of this year. It is understandable that many people around the world and in our communities are experiencing feelings of fear, anxiety, isolation, loneliness, and frustration as a result of recent events.

When this “bad” stress lingers over time, the result can be disturbances to the immune, digestive, cardiovascular, sleep, and reproductive systems. Possible symptoms range from digestive issues to headaches, sleeplessness, sadness, anger, or irritability. When prolonged, more serious health problems may arise such as heart disease, high blood pressure, diabetes, depression, and/or anxiety. Just reading this list stresses me out!

Thankfully, there are resources to help us through this uncertain time. The Centers for Disease Control and Prevention (CDC) recommends the following healthy ways to cope with stress:

- Take deep breaths, stretch.
- Eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol and drug use.
- Make time to unwind.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. It is amazing what “getting it all out” can do for your stress level. That is what your run crew is there for! There is nothing like a good group chat during a run. Cheaper than therapy, I always say.
- Connect with your community or faith-based organization. While social distancing measures are in place, consider using alternative ways to remain connected such as video conferencing tools like Zoom or Skype.
- Know the facts to help reduce stress. Knowing the facts about COVID-19 and understanding the risk and how to protect yourself is key to avoiding exposure.

STRESS DURING A PANDEMIC

These are great ways to cope with stress, but I know from personal experience that one can run, sleep, stretch, eat well, and still be stressed. So, what gives? In addition to the tips listed above, health professionals also recommend that we check in with ourselves on a deeper level as we attempt to cope with our “new normal.” Studies around the mind-body interaction are increasingly showing that a person’s state of mind can actually have an impact on his physical health. Mental health affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices.

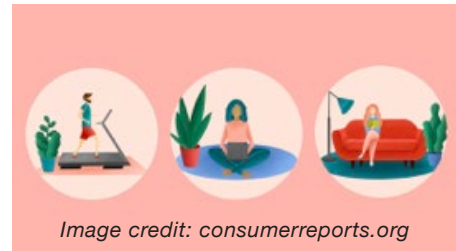
Practicing ‘mindfulness’ is a great technique to help reduce stress and support mental health, according to Joseph McGuire, Ph.D., M.A., a child psychologist with Johns Hopkins Medicine. McGuire suggests that mindfulness can be practiced by sitting quietly and focusing on breathing and senses. McGuire also recommends limiting screen time and media exposure to help manage stress. Knowledge of current events is important, but setting boundaries can prevent feeling overwhelmed by the situation.

If practicing mindfulness is not for you, then what about getting a pet? If you have been thinking about getting a cat or a dog to have around the house, now is the perfect time. Not just because you may be home a lot more this year, but also because pets come with powerful mental health benefits. According to HelpGuide.org, caring for a dog or cat can help us cope with depression, anxiety, and stress. In fact, studies have shown that pet owners are less likely to suffer from depression than those without pets.

People with pets have lower blood pressure in stressful situations than those without pets. One study even found that when people with borderline hypertension adopted dogs from a shelter, their blood pressure declined significantly within five months. Playing with a dog or cat can also elevate levels of serotonin and dopamine, which help us to stay calm and relax. Studies have also shown that pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) than those without pets. Not into dogs or cats? Not a problem, studies have also shown that by watching fish in an aquarium, muscle tension is reduced and pulse rates are lowered. If you know me, you know how much I love my dog, Lucy. We have lived in several different cities and faced many challenges together in the nine years I have had her in my life. She has helped me through it all. I wholeheartedly recommend this option to reduce stress.

If, after all of the breathing, stretching, healthy food-eating, and dog playtime, you still feel the “bad stress” impacting activities of your daily life for several days or weeks and you would like someone to talk to, there are many professional resources available (see links below).

It is so important to remember that no matter the size of your internal struggle, it is real, and it is relevant. You are not alone. One of the best parts of this running community is that it is not just about running, it is about community. We must take care of ourselves and each other to keep our community strong. We really are all in this together, and we will get through this together.



Links and Resources:

- <https://www.consumerreports.org/stress/ease-stress-during-the-coronavirus-pandemic/>
- <https://emergency.cdc.gov/coping/selfcare.asp>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/stressed-about-covid19-heres-what-can-help>
- <https://www.nimh.nih.gov/health/publications/stress/index.shtml>
- <https://www.helpguide.org/articles/mental-health/mood-boosting-power-of-dogs.htm>

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Laura Anderson	John Charles	Bethany Golden	John Lyda	Jennifer Reeves	Ron Wall
Donald Beck	Allison Clarke	Michael Greene	Andrew Marlin	Dewelena Reynolds	Ryan Walley
Rosemary Beck	Lisa Clarke	Matthew Hinshaw	Paul Mathews	Lori Beth Richey	Susan Walley
Cole Bensinger	Chris Colpack	Becky Howard	Skip Mathews	Shannon Rink	Key Warren
Jill Bensinger	Brent Cotton	Mohamed Kazamel	Will McRee	Mike Roche	Lisa Warren
Nathan Bensinger	O'Neal Crawford	Tom Kendrick	Cassandra Mickens	Lynn Roper	Madelyn Warren
Sue Ellen Bensinger	Allison Diop-Frimpong	Abigail Kessinger	Joshua Miller	Beth Rose	Ana Watters
Scott Beshany	Roberta Dunnaway	Diane Knight	Lisa Nagy	Lisa Rutledge	Heather Watters
Theresa Burst	Rayna Dyck	Jack Knight	Anthony O'Brien	Ronald Shinn	Larkin Watters
Branan Cahill	Preston Eagan	Andrew Laird	Cheryl O'Brien	Marie Smith	Robert Watters
Carol Cahill	Sam Eisa	Audrey Laird	Dallas O'Brien	Matt Spikings	Steve Wiseman
Hope Cahill	Walton Ferguson	Foster Laird	Michael O'Brien	Elana Swiney	Jason Zajac
Shelby Cahill	Eric Ford	Anna Kate Lyda	Carlos Orihuela	Seth Tibbs	
Daniel Chaplin	Shane Franklin	Beth Lyda	Ariana Parsons	Josh Wade	

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 fall 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!



MEDICATION AND MILES:

Grapefruit Juice and Medications: A Common Interaction

By Sara Breitwieser, PharmD Candidate 2023 and Kim Benner, PharmD, BCPS

Taking a medicine can be inevitable. You may not take a prescription cholesterol or blood pressure medicine, but what about a non-prescription allergy medicine? Whether you have seasonal allergies or year-round allergies, an allergy medicine may be in your future. Whatever medicine you might be taking, or eventually may take, there's a common interaction to be aware of: grapefruit juice! It may seem strange that the juice from a fruit with so many benefits like vitamin C, potassium, antioxidants, and fiber can cause an interaction with many common medications, but it certainly can.

What is the Potential Interaction with Grapefruit Juice and Medications?

There are two proposed ways in which grapefruit juice can affect certain medications.¹ The first and primary way is that grapefruit juice blocks the ability of CYP3A4 to break down these medications. Cytochrome P450 3A4 (CYP3A4) is a prominent enzyme in our body that breaks down medications to be eliminated.² The blocking results in a buildup of the medication in the body. A buildup up of certain medications in the body can lead to an increased risk of muscle and liver damage. Too much muscle and/or liver damage can sometimes even lead to kidney failure.

The second way grapefruit juice could interact with medications is by blocking transporters that bring the medication into the body. This results in not enough medication in the body, which decreases the effects of the medication.³ This second example is most commonly associated with Allegra, a common allergy medication. There are other factors that play a role in the interaction as well. These include the individual person, the medication itself, and the amount of grapefruit juice consumed.³

Though not extensive, the following table provides a list on medications that can interact with grapefruit juice.² Major interactions can be life threatening and may require a medication adjustment after consulting with your health care provider, while minor interactions are less severe and usually do not require medical attention.

What can be Done if There is an Interaction?

This interaction is so important that the Food and Drug Administration (FDA) has required that some medications, both prescription and non-prescription, be dispensed with warnings to patients about taking them with grapefruit juice.² Always talk to your physician and/or pharmacist about a possible interaction. If there is an interaction, it is recommended to avoid grapefruit juice while taking the medication. Additionally, it is best to also find out if there are any other fruits or fruit juices that can cause an interaction with any other prescription, nonprescription, or herbals you may be taking. Your local pharmacist can assist with a complete review of your medication profile and potential interactions.

Drug Class	Major Interactions	
Antiarrhythmic agents	Amiodarone (Pacerone) Dronedarone (Multaq)	
Antihistamines	Diphenhydramine (Benadryl)	Fexofenadine (Allegra)
Calcium Channel Antagonists		Felodipine Nicardipine (Cardene) Nifedipine (Procardia) Nimodipine (Nymalize) Nisoldipine (Sular) Isradipine
Cholesterol Lowering	Simvastatin (Zocor) Lovastatin (Mevacor)	Atorvastatin (Lipitor)
Cough Suppressant	Dextromethorphan (Deslym)	
Erectile Dysfunction		Sildenafil (Viagra) Tadalafil (Cialis) Vardenafil (Levitra)
Hormones		Ethinylestradiol Methylprednisolone
Immunosuppressants		Cyclosporine (Gengraf) Tacrolimus (Prograf) Sirolimus (Rapamune) Mercaptopurine (Purixan)
Sedatives, Hypnotics, and Anxiolytics	Buspirone (Buspar)	Triazolam (Halcion) Midazolam (Nayzilam) Diazepam (Valium) Zaleplon (Sonata) Alprazolam (Xanax)
Other Psychotropics		Carbamazepine (Tegretol) Trazodone (Oleptro) Quetiapine (Seroquel) Fluvoxamine (Luvox) Nefazodone

It is important to note that even foods we think are healthy could pose harm in some individuals. If you are taking other medications it may be best to avoid grapefruit juice but if you feel the need to have a glass, consult with your health care provide to ensure it is safe to do so.

References

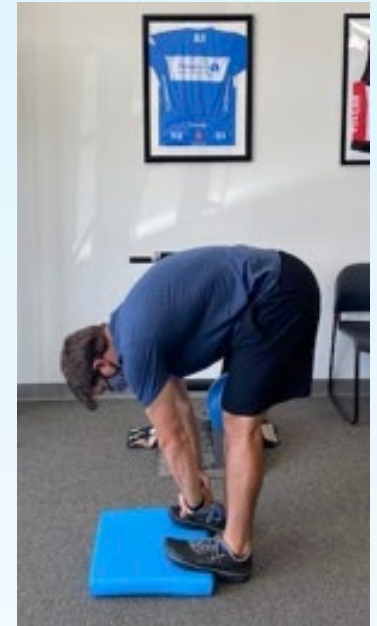
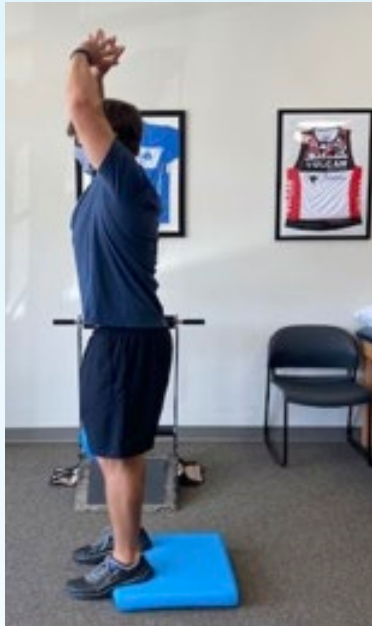
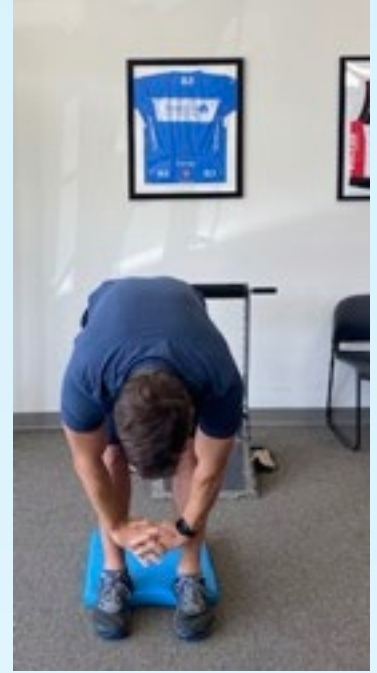
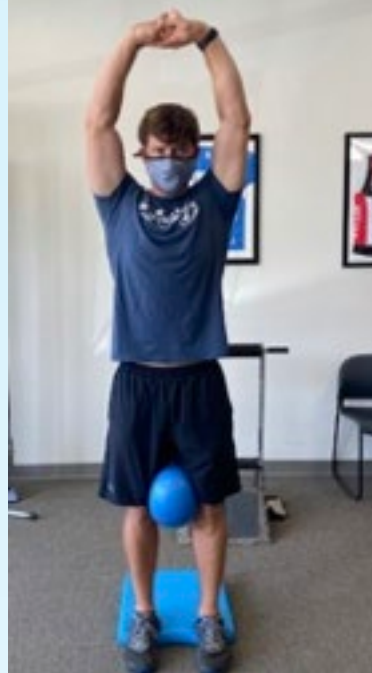
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2. Say A, Ayar A, Cakir D. Interaction Between Grapefruit Juice and Drugs. *Acta Physica Polonica A*. 2017;132:1030-1031. doi:10.12693/APhysPoA.132.1030.
3. U.S. Food and Drug Administration. Grapefruit Juice and Some Drugs Don't Mix. (2017, July 18). Retrieved May 27, 2020, from <https://www.fda.gov/consumers/consumer-updates/grapefruit-juice-and-some-drugs-dont-mix>.

NEED A STRETCH FOR HAMSTRINGS AND CALVES?



TOE TOUCH PROGRESSION

1. Start with heels up on foam disc or something similar.
2. Place a dodgeball or pillow between your knees.
3. Reach arms up overhead then segmentally crunch round your back (not flat back) while squeezing your abs and the ball.
4. Reach as far towards the floor as you can and hold at the bottom for 3 seconds.
5. Return to the start position in reverse order.
6. Repeat 10x.
7. Next place your toes up instead of your heels and repeat the process.



For any questions or exercise recommendations, please email us at tsendurance@therapysouth.net We are here to help you!

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TherapySouth - PatchWork Farms/Altadena
205-783-5270

RRCA UPDATE

By Alex Morrow, RRCA Alabama State Representative



The challenges of living in the era of COVID-19 can be a strain not only on our physical health but also on our mental health. I fully appreciate how important running is to our overall mental well-being, and when routines are disrupted, there can be adverse psychological implications. The RRCA has put together a series of mental health tips for runners, as well as a host of resources to help you in this area. Take a moment to check out the link below for a great read and a resource I believe you will find valuable.

MENTAL HEALTH TIPS FOR RUNNERS

TherapySouth 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 September 6, 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	719
Ahmed, Kabeer	1	1,188
Anderson, Kerri	4	801
Armstrong, Thomas	3	586
Austin, Scott	R	935
Baggett, Christopher	2	613
Barnes, Jimmie	6	1,426
Bartee, Samm	4	1,049
Bayush, Tori	1	956
Beasley, Cathy	3	776
Beck, Donald	1	0
Beck, Rosemary	R	0
Becker, Bryan	R	748
Benner, Kim	7	1,156
Bensinger, Cole	1	985
Bensinger, Jill	R	1,029
Benson, Wayne	6	901
Boackle, Larry	3	545
Boackle, Tomie Ann	1	80
Booher, Lisa	9	1,393
Bookout, Jason	1	918
Bookout, Kimberly	1	770
Bowman, Bill	R	619
Bowman, Brian	R	315
Bowman, Leisha	R	270
Boylan, Brittany	R	0
Boylan, Chris	R	0

Participant	Years	Total
Brakhage, Victoria	3	762
Bray, Elizabeth	R	1,129
Bridwell, Hunter	1	0
Brown, Charlie	7	847
Brown, Michael	4	842
Brown, Sean	5	584
Brown, William	1	1,012
Browne, Shannon	R	274
Bryant, Jason L.	R	255
Burks, Ross	3	693
Caine, Lawrence	1	712
Callahan, Chris	3	999
Calloway, Mariel	1	682
Carey, Christopher	6	401
Carlton, Bob	5	866
Carter, Adrienne	2	0
Carter, Jason	R	991
Chandler, Teresa	11	1,515
Channell, William Andrew	R	699
Clay, Brad	13	1,937
Cleveland, Jeff	4	1,216
Cliett, Stephanie	6	1,243
Coleman, Tim	2	1,097
Corrin, LaRonda	R	775
Corrin, Roger	3	811
Cowart, Britney	2	1,093
Cramer, Robyn	R	652
Cramer, Steve	R	420

Participant	Years	Total
Crawford, Katelyn	R	398
Creel, Mary	3	1,230
Crowson, Bill	4	902
Crumpton, Melinda	R	0
Cutshall, Hannah	2	0
Davidson, Dow	3	1,755
Davidson, Jen	1	614
Davis, Carla	R	0
Deason, Joshua	R	107
Decker, Brittany	R	714
Denton, Matt	8	1,445
Dixon, Charles	R	240
Dixon, Jonathan	1	268
Dixon, Marian	R	101
Dollins, Rachael	R	462
Donnelly, Kevin	1	335
Duke, Cindy	4	1,066
Eagerton, Emily	R	369
Edgerton, Amy	R	910
Elkins, Sydney	1	0
Estes, Cameron	1	1,149
Estrada, Steven	2	1,475
Evans, Debbie	6	918
Farrell, Marybeth	R	181
Farrell, Meg	R	85
Farrell, Ryan	R	972
Fecteau, Karin	R	0
Feldman, Jana	R	481

1200 MILE CLUB

Participant	Years	Total
Ferlito, Cindy	1	842
Fontenot, Misty	3	844
Ford, Eric	R	1,098
Franklin, Shane	8	808
Frederick, Winston	11	916
Freeman, Sheila	3	834
Gayheart, Cheryl	R	1,026
Gibson, Katie	1	733
Gilmour, Laura	R	642
Glasgow, Robert	R	138
Goode, Johnny	11	1,097
Goss, Ange	1	967
Grady, Carla	1	500
Graham, Lydia	R	928
Graham, Ryan	1	731
Grainger, Matt	1	1,330
Grall, Jeremy	1	826
Gray, Caleb	1	0
Gray, Mary Margaret	R	167
Gray, Michael	R	888
Greene, Michael	1	1,124
Griffin, Misty	R	925
Gullapalli, Satya	4	995
Guthrie, Dana	R	899
Hackney, Aimee	R	927
Haley, Jay	4	942
Hall, Thomas	1	72
Hamrick, Teresa	R	0
Haralson, Danny	11	1,009
Haralson, Micki	11	1,182
Hargrave, Alan	12	1,066
Harris, Angela	R	883
Harrison, Lisa	8	668
Harrison, Rochelle	R	51
Harry, April	2	1,047
Hartsfield, Gregory	R	900

Participant	Years	Total
Hartsfield, Kathryn	R	0
Hellenga, Meghan Ann	R	317
Henninger, Alison	5	1,091
Higginbotham, Weston	R	783
Hogue, Kari	R	0
Holcomb, Zachary	2	1,034
Holland, Skylar	2	1,034
Hollington, Kasey	1	823
Hood, Alissa	1	1,282
Hoover, Alison	8	618
House, Beth	5	811
Hutcheson, Leander	R	829
Ingle, Brandon	R	140
Izard, Georgia	3	0
Izard, Melody	3	0
Jackson, Bradley	R	1,002
Janowiak, Desirae	1	473
Jenkins, Kaki	7	1,739
Johnston, Emily	1	0
Jones, Allen	1	1,118
Juarez, Cesar	R	123
Kearley, Christy	1	0
Kearley, Stephen	2	0
Kelley, Robin	7	2,444
Kemper, Tricia	5	1,050
Kezar, Carolyn	1	1,015
Knight, David	1	1,293
Kornegay, Marla	R	879
Krick, Stefanie	R	936
Kuhn, Claire	R	660
Kuhn, Jimmy	13	1,441
Kulp, Loren	4	866
LaFon, Caroline	R	162
Lahti, Tyler	4	1,240
Laird, Audrey	5	1,081
Lamb, Patrick	R	894

Participant	Years	Total
Lancaster, Jeff	1	889
Langston, Aaron	5	0
Lawhorn, Joseph	1	292
Lee, Brian	1	175
Litz, Matthew	2	1,125
Love, Thomas	1	810
Lyda, John	1	1,179
Lyle, Randy	12	1,921
Lyles, Chris	1	19
Madaris, Brandon	R	186
Madaris, Jennifer	R	110
Malick, David	6	1,024
Mathews, Skip	R	344
McDaniel, Willie	R	290
McElroy, Catherine	R	917
McKinney, Margaret	R	275
McNair, Kelly	6	1,156
McNutt, Janie	1	858
Merry, Vicki Sue	8	1,786
Miller, Joshua	1	1,102
Miller, Justin	R	777
Miller, Rachel	R	874
Mixon, Joshua	R	701
Morgan, Cary	10	2,872
Morris, Phil	R	43
Morrow, Alex	8	981
Moser, David	1	1,194
Moses, Mike	R	707
Mystenbusch, Stephanie	R	809
Neu, Matthew	R	323
Northern, Kristie	10	915
Norton, Laura	2	1,400
O'Brien, Michael	R	876
Oechslein, Tamara	R	881
Oehrlein, Kimberly	R	271
Oliver, John	5	854

1200 MILE CLUB

Participant	Years	Total
Orihuela, Carlos	2	1,050
Ortis, Ellen	1	1,137
Panos, Dan	R	583
Parks, Charlie	7	1,287
Paschal, Paige	R	1,005
Patrick, Nicolette	1	955
Payson, Tabitha	R	54
Payson, Tommy	2	828
Peagler, Shana	7	97
Pearce, Julie	5	155
Pearson, Blake	5	0
Pearson, Mary Scott	5	0
Pegouske, Jeremy	1	762
Pegouske, Stacie	2	463
Phillely, Ron	R	0
Plante, David	7	1,075
Poh, James	1	1,008
Poole, Greg	2	855
Powell, Shane	2	1,425
Proctor, Megan	R	1,021
Rachel, Cain	R	0
Ralph, Meghan	5	400
Rawson, Brent	2	662
Reed, Kanita	R	556
Renfro, Jeff	1	1,166
Reynolds, Dewelena	R	0
Richey, Lori Beth	2	1,063
Richie, Melissa	R	956
Ritchie, Joseph	3	1,304
Ritchie, Lauren	2	1,301
Roberson, Kevin	5	479
Roberts, Fletcher	5	0
Robinson, Lyndsey	R	1,003
Robinson, Tamara	R	795
Rodgers, Jeffrey	2	762
Rodgers, Jessica	R	818
Rogers, Hannah	R	453

Participant	Years	Total
Roper, Lynn	2	837
Rose, Beth	R	858
Rose, Billy	6	1,940
Rosser, Joey	4	1,254
Routman, Cindi	R	541
Ruschhaupt, Skyler	R	247
Rutherford, Keith	13	1,431
Rutledge, Lisa	4	1,044
Sanders, Gwendolyn	1	636
Shaffield, Danny	7	1,511
Sherer, Jeremy	3	876
Sherrell, Jeff	R	922
Shinn, Ronald	7	136
Shoaf, James	1	932
Sides, Dean	3	737
Silwal, Suman	8	0
Simpkins, Randall	2	213
Simpson, Kevin	7	2,735
Sims, Cecelia	1	320
Sims, Kelly	1	204
Sims, Robert	6	1,165
Sloane, Mike	4	676
Smith, Marie	R	730
Soileau, Chester	2	578
Stevens, Johnathon	4	1,240
Stewart, Zeb	1	210
Stockton, Rick	12	1,085
Sweatt, Jason	R	0
Talley, Beau	8	1,355
Talley, Shellie	2	0
Thompson, Sara	2	834
Tidwell, Pam	R	588
Tomlin, Chace	R	935
Townes, Janelle	1	569
Trimble, Jamie	6	1,206
Turner, Amanda Blake	R	0
Valles, Tina	R	830

Participant	Years	Total
Varnes, Vickie	6	947
Waid, David	1	1,610
Walker, Caroline	1	76
Wall, Ron	6	775
Washington, Monica	R	188
Watters, Ana	1	909
Watters, Larkin	R	811
Watters, Robert	5	922
Weber, Amy	2	526
Weeks, Lance	2	556
Weimer, Jonathan	R	238
Wende, Adam	6	1,748
Whillock, Amber	R	786
White, Robin	1	1,641
Wilhite, Thomas	4	663
Williams, Shaunda	1	646
Williams, Yolanda	R	0
Williamson, Rebecca	1	760
Wilson, Mark	R	209
Wiseman, Steve	6	1,201
Wood, Heather	R	868
Wood, Scott	4	129
Woody, Bill	11	1,056
Wooten, Vance	1	1,436
Wright, Amy	3	612
York, Gary	6	574
Zajac, Jason	2	1,419
Zapata, Carlos	R	728

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!](#)



BTC EXECUTIVE BOARD MEETING

August 10, 2020

The meeting was called to order 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, Scott Wood, Jeremy Walker, and Charles Thompson.

Alan Hargrave made a motion to approve the minutes of the July 2020 Executive Board Meeting. The motion was seconded by Alex Morrow and passed without opposition.

Vulcan Run 10K Update (Hunter Bridwell, Jeremy Walker)

Currently, the City of Birmingham is not approving race permits due to Covid-19. As such, we might have to move the Vulcan Run 10K out of the city of Birmingham or look into having it at a local park that would not require the use of public roads. It appears that Homewood is still open to the idea of allowing events after September. They are supposed to discuss the possibility of allowing events starting in October at their next city council meeting. Jeremy will follow up with the City of Homewood. Discussion was held on possible safety measures to put in place to try and keep all runners and volunteers as protected as possible, including the possibility of limiting the number of participants in this year's race.

RRCA Representative (Alex Morrow)

The 2020 Vulcan 10K was selected to be the RRCA Southeast Championship race; however, due to restrictions in place due to Covid-19, Alex will check with the RRCA to see if we can defer the championship race to 2021.

Membership (Cameron Estes)

We currently have 875 members and 678 memberships. Joey Longoria, the Wine 10K race director, has very graciously offered to give a \$10 discount on any Wine 10K registration and a \$10 discount on a Trak Shak purchase for all runners who register or renew their membership with the BTC in the month of September. This discount will be in addition to the normal BTC discount offered by the Wine 10K.

Newsletter Editor (Julie Pearce)

The publication date for the next newsletter will be September 8, 2020. Please have all newsletter content to Julie by August 28, 2020. Julie received lots of good feedback from the August newsletter; thank you to everyone who provided great content.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry.

Volunteers (Kim Benner)

The Buster Britton Triathlon will be held later this month; they are looking for volunteers. We will make a post requesting volunteers on all social media pages.

Start/Finish Line (Jamie Trimble)

Lance Weeks repaired our large generator that stopped working at Peavine Falls, so it is working properly again.

Webmaster (Dean Thornton)

The new BTC website is approximately 90% complete. Dean hopes to have it live next month. The new website will be more user friendly and an updated appearance.

Long Run Committee (Alex Morrow)

The Saturday Morning Long Run group is getting bigger. Team RWB and The American Legion hosted the group for coffee and doughnuts the previous weekend, which everyone appreciated. All of the runners did a good job staying socially distant. The water fountains on Lakeshore Trail are currently on, but the fountains at Patriot Park and Jemison Trail are still turned off. We will inquire about possibly getting those turned back on due to the heat.

1200 Mile Club (Hunter Bridwell)

Both Hunter and Bradley have 2019 patches that can be picked up. Hunter also has a lot of 1200 Mile Club jackets that have still not been picked up.

Merchandise (Bradley Wells)

Bradley has the pre-ordered shirts available for pick up. He has been bringing them to the Trak Shak on Saturdays so people can pick them up after the Saturday Morning Long Run. Discussion was held regarding fall merchandise ideas such as hoodies and jackets. Bradley is planning to send a Google request form to get ideas on what kind of merchandise members would be interested in the future.

USATF Representative (Charles Thompson)

Conference USA will have a championship at the Birmingham Crossplex. The NAIA championship will be held in Gulf Shores May 26-28, 2020.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, September 14, 2020 at 6:00 p.m. Location to be determined.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	September 12, 2020	6:00 a.m.
BTC Executive Board Meeting (virtual meeting)	September 14, 2020	6:00 p.m.
Head Over Teal 5k/10k Walk/Run (Virtual)	September 18-26, 2020	12:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 19, 2020	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 26, 2020	6:00 a.m.
Backpack Buddy Run 5k (Alabaster)	September 26, 2020	8:00 a.m.
Sowing Seeds of Hope Virtual 5k	September 26, 2020	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 3, 2020	6:00 a.m.
Mutt Strutt: Dog-Friendly 5k and 1 mile Fun Run	October 3, 2020	8:00 a.m.
BHM 26.2 – Marathon, Half-Marathon, Relay, 5k and Fun Run (* BTC DISCOUNT AUTOMATICALLY APPLIED FOR BTC MEMBERS *)	October 4, 2020	

** 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