



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

October 2020 10



NOVEMBER 7, 2020
46TH ANNIVERSARY VULCAN RUN 10K

By Hunter Bridwell, BTC President

www.BirminghamTrackClub.com

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THE 46TH ANNUAL VULCAN RUN 10K

As promised, the BTC will be holding another in-person race, as the iconic Vulcan Run 10k takes place on November 7.

This year's race may look a little different – it will be held in Homewood instead of Birmingham – but the BTC's premier event will go on as scheduled. Speaking of holding the race in Homewood, we are buttoning up the details to finalize our course and most will likely have shared the exciting details by the time this article is published!

Let's talk about the way we're going to hold a safe race for our runners and volunteers. We are reconvening our BTC Safety Team and reviewing the guidelines we put in place back in the summer before holding the Peavine Falls Run. Having already held a race in the midst of Covid-19, we feel very comfortable in our plan to keep everyone safe. At the same time, we can look back and see what worked well and what can be modified to work better. Many of us have also experienced other live races in the last couple of months and can pull ideas from those events to help make our race even safer.

Some things you can expect to see:

- Volunteers and water stop attendants wearing masks
- Self-serve water stops (volunteers will have cups filled and you retrieve your own cup)
- A staggered start with chip time determining overall and age group winners
- Limited post-race food and beverage offerings (I know, this is a bummer for us too)
- A cap on the number of participants for the race

Here's what we need from you:

- Please be respectful of those around you and practice social distancing before and after the race
- Wear a mask when approaching our volunteers to register or pick up your packet
- Have fun and enjoy the ability to run a live race while following our guidelines so we can continue to hold these events while Covid-19 lingers

The Vulcan Run 10k was tapped to be the RRCA Southern Region 10k Championship Event for 2020, which is a big deal! Due to the craziness of this year, that designation has been deferred until next year. While we're bummed that it isn't happening this year, we can't wait to put our best foot forward (nailed it!) next year and show the Southern Region what the Birmingham running community has to offer!

Thanks to everyone for your continued patience and support this year. We always talk about how the Birmingham running community is unmatched, and I truly believe you won't find a better group anywhere!



REGISTER FOR THE VULCAN RUN 10K!

VICE PRESIDENT'S ADDRESS

By Skylar Holland



BTC President Hunter Bridwell is busy putting the finishing touches on this year's revamped Vulcan Run 10k so he has passed the baton to BTC Vice President Skylar Holland to provide this month's Address.

My Fellow BTC Members,

Happy fall, y'all! I welcome the cooler temperatures of autumn but dread the time change. As it gets darker earlier, we are left with less daylight hours for running in the evenings. We all likely know how to be safe in the dark, but even the most seasoned runners could use reminding, I say!

Important safety tips for running in the dark:

- Always run against traffic.
- Choose a well-lit route.
- Stay visible with bright colored clothing and reflective gear.
- Consider carrying identification.
- Run with a friend. Safety in numbers! Try not to run alone after dark.
- Carry a cell phone in case of emergency.

October Announcements:

Announcement #1: Who is getting excited about the Vulcan Run 10K on November 7? That's right, the race is ON! If you are having reservations about participating due to Covid-19 concerns, never fear! Your BTC Safety Subcommittee is here! The subcommittee is working, as we did for Peavine Falls, to develop a plan for ensuring safety measures are in place to keep runners and volunteers as protected as possible! We welcome and appreciate

any feedback and/or questions regarding safety measures for this and other BTC events. Please [email us](#) with any concerns or questions you may have. #weareallinthistogether

Announcement #2: The start of October means only a few months left for our 1200 Mile Club participants to reach 1200 miles for 2020! Insert applause for the awesome athletes who have already hit 1200 miles for the year -- Great job! And for those of you still working on your miles, keep up the good work!

Announcement #3: We continue to have our BTC Saturday Morning Moderate and Long Runs with BTC Long Run Coordinator Alex Morrow publishing routes each week that will incorporate The Trak Shak and Crestline Shell water coolers. BTC communal water stops continue to be on hold due to Covid-19. In the meantime, carrying a handheld to supplement the water coolers available at the Trak Shak and Crestline Shell is recommended. It is important to stay hydrated even in cooler temperatures!

Happy Running!

Skylar Holland

BTC Vice President

BTC Group Runs Update

The Saturday morning BTC Long and Moderate Group Runs are now back on the schedule, with safety precautions and modifications in place. 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!



2020 Officers



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Hunter Bridwell

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"The Vulcan Runner" Newsletter
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IT Chair
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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.

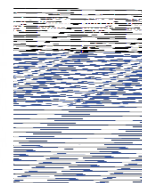
Contact BTC at:

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

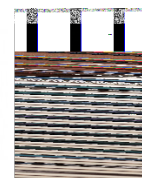
Race Results

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

birminghamtrackclub.com
championship-racing.com



 Find us on
Facebook





NOVEMBER 7, 2020
46TH ANNIVERSARY VULCAN RUN 10K

LIVE Race on a fast new course! • COVID-19 protocols will be in place

REGISTER HERE TODAY

PARTICIPANTS WILL BE LIMITED!

BTC BUSINESS SPOTLIGHT:

Express Oil & Tire Engineers

By Skylar Holland



Many races may be cancelled, but running most certainly is not! The BTC Business Spotlight is a way we can highlight some of the wonderful local businesses who do so much to support our running community. Now, more than ever, local businesses need our support. #BBTClocal!

This month, we are excited to feature Express Oil & Tire Engineers as our second BTC Business Spotlight.

Anyone who runs in the Mountain Brook area is likely familiar with running up Hollywood Boulevard and the folks at Express Oil & Tire Engineers. Service Manager AJ Fink and Store Manager Roy Ellison and their team have shown so much kindness and support to local runners over the years. Whether runners need a bathroom break, cold water, or just a wave hello and a "Good Morning!", they can find it all at Express Oil & Tire Engineers on Hollywood Boulevard.

Express Oil Change & Tire Engineers is staffed with ASE-certified (from the National Institute for Automotive Service Excellence) technicians. This team of engineers use specialized equipment to correctly diagnose your vehicle's system and determine the source of its problems. These highly trained technicians stand apart from other locations in Birmingham and surrounding areas due to their extensive knowledge and experience in servicing a broad range of different vehicles such as BMW, Lexus, Mercedes, Mini Cooper, Volvo, and others. The level of understanding of specific makes and models leads to a more accurate diagnosis of any problems and knowledge of the most effective solutions available.

Thank you, AJ Fink, Roy Ellison, and the rest of the team at Express Oil Change & Tire Engineers! We really appreciate all of you and your support of local runners!



Express Oil Change & Tire Engineers

AJ Fink, Service Manager
Roy Ellison, Store Manager

407 Hollywood Blvd,
Birmingham, AL 35209

Monday-Friday 8:00 - 6:00 pm
Saturday 8:00 - 5:00pm
Sunday Closed

205.879.3887

MEDICATION AND MILES:

Supplementing Your Lifestyle - A Holistic Approach Towards Improving Athletic and Daily Health Outcomes

By Tyler Kaliszak, PharmD Candidate 2023, Kim Benner, PharmD, BCPS, Samford University McWhorter School of Pharmacy

Natural medicines can improve health outcomes for any individual regardless of fitness level or age, with a focus on improving the mind, body, and spirit of the community. Implementing supplements into one's daily life can provide necessary nutrients not obtained through various diets, improve cognitive function, and serve as anti-inflammatory mediators and immune defense mechanisms. This issue of Medication and Miles aims to introduce three key, but perhaps lesser known, supplements that can drastically improve the health of you and your loved ones,

PQQ

Pyrroloquinoline, or PQQ, is part of a class of chemicals called quinones, which influence a multitude of physiological and biochemical processes from bacteria to humans.¹ From an endurance exercise training aspect, a 2018 study in the Journal of the American College of Nutrition showed that PQQ supplementation can boost cellular energy metabolism, mitochondrial biogenesis, and antioxidant properties within skeletal muscle.²

The ability for PQQ to enhance mitochondrial function translates much further than an athletic standpoint. One of the key diseases affecting Alabamians is type 2 diabetes mellitus (T2DM), which is characterized by a mitochondrial disorder that along with

high sugar levels, impairs insulin secretion by the pancreas and prevents outside tissues from implementing insulin.¹ A study published in the Journal of Bioscience, Biotechnology, and Biochemistry supports the role of PQQ in reversing this mitochondrial dysfunction and increasing lipid and ketone plasma levels in diabetic subjects.¹ In the same study, it was shown that PQQ can react with other chemicals naturally occurring in the body to act as a powerful antioxidant and protect healthy brain cells from stress-induced degeneration.

Neurodegeneration is widely regarded as the leading cause of diseases such as Alzheimer's and Parkinson's, and it was shown that PQQ not only acts as an anti-oxidant, but promotes the secretion of key proteins that are required for the development and maintenance of sensory and peripheral neurons (rest and digest activities).¹ The overall importance of PQQ is still being studied because it is not normally made by humans except in small amounts in human breast milk, but it can be found in many natural sources or as a supplement through various companies. Naturally, PQQ can be found in fermented soybeans, tea, green peppers, parsley, and kiwi. As a supplement, PQQ typically comes in capsule form that can be purchased online or locally.

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MEDICATION AND MILES:

Supplementing your Lifestyle- A Holistic Approach Towards Improving Athletic and Daily Health Outcomes

CoQ10

Coenzyme Q10 (CoQ10) has been studied for many years for its biochemical impact. Existing in high metabolism-dependent organs such as the heart, kidneys, and liver, natural levels of this substance are easily influenced by factors such as aging, statins, cardiovascular diseases, degenerative muscle disorders, and neurodegenerative diseases.³ Another disease that affects many Alabamians is heart disease, and a 2020 study outlined the potential roles of CoQ10 supplementation in preventing and treating heart disease and related issues. CoQ10 can be derived naturally from fatty fish such as salmon, sardines, and tuna, spinach, and nuts; however, because CoQ10 is present in high energy-use organs that are susceptible to an aging body, supplementation with over the counter products is recommended.³ Research into the role of CoQ10 in energy utilization has found that it has the potential to manage highly prevalent cardiovascular and cerebrovascular risk factors such as high blood pressure, insulin resistance, dyslipidemia, migraine, and chronic kidney disease.³ CoQ10 typically is sold as a soft gel, however liquid dosage forms of the supplement also are available online and locally.

Krill Oil

Krill are small, shrimp-like crustaceans found in the Antarctic Ocean, and they have been harvested chiefly for their high concentrations of EPA and DHA, eicosapentaenoic and docosahexaenoic acid, respectively. EPA and DHA are essentially omega-3 fatty acids (“good fat”), and unlike regular fish oil, these particular fatty acids are stored in the body as phospholipids and free fatty acids as opposed to triglycerides. This is important because every human cell membrane contains phospholipids, which allow the body to utilize krill more readily. Secondly, free fatty acids are used to make lipoprotein molecules called chylomicrons, which essentially are “food” for brain, retina, and heart tissues. In addition to this, krill oil also contains high amounts of astaxanthin (ASTA), a natural carotenoid considered to be one of the most potent antioxidants occurring in nature.

Numerous studies have proven the ability of ASTA to cross the blood brain barrier and counteract neurodegeneration from oxidative stress. Krill oil also is a notable source of choline, a precursor to the neurotransmitter acetylcholine, which has proven cognitive improvement and neuroprotective properties since neuronal membranes are contain choline.⁴ Krill oil’s source of available omega-3 fatty acids, ASTA antioxidant properties, and choline can increase cognition while decreasing the risk for neurodegenerative diseases such as Parkinson’s or Alzheimer’s.

Krill oil is sold as a soft gel and can be purchased online or locally, depending on availability.

Conclusion

The importance of maintaining a healthy lifestyle through diet and exercise does not only equate to hours in the gym or strict dietary regimens. There are many steps towards achieving athletic and lifestyle goals, and holistic supplementation can act as a tertiary avenue towards those goals. Regardless of fitness level or age, improving your health and the health of others in our community could be as easy as incorporating natural supplementation into your daily routine. PQQ, CoQ10, and krill oil are only three examples of a vast array of naturally occurring substances that can have the potential to improve physical and mental well-being. Using these supplements as a preventative or complementary measure to help treat highly prevalent diseases such as diabetes and heart disease could have a lasting impact on our community as well.

References

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3. Martelli A, Testai L, Colletti A, Cicero AFG. Coenzyme Q10: Clinical applications in cardiovascular diseases. *Antioxidants (Basel).* 2020;9(4):E341. [doi:10.3390/antiox9040341](https://doi.org/10.3390/antiox9040341)
4. Andraka JM, Sharma N, Marchalant Y. Can krill oil be of use for counteracting neuroinflammatory processes induced by high fat diet and aging? *Neurosci Res.* 2019. [doi:https://doi.org/10.1016/j.neures.2019.08.001](https://doi.org/10.1016/j.neures.2019.08.001)

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Mary Adamy	Roger Corrin	Deana Goodwine	Mohamed Kazamel	Randall Palmore	Sara Thompson
Jeff Aiken	Brent Cotton	Ange Goss	Herb Keefer	Shane Powell	Jimmy Tracy
Karen Beard	Lisa Cotton	Vincent Graffeo	David Knight	Jennifer Reeves	Jeff Troha
Cole Bensinger	Britney Cowart	Matt Grainger	Stefanie Krick	Lori Beth Richey	Taylor Tucker
Sue Ellen Bensinger	Mark Criswell	Ava Gray	Audrey Laird	Jessica Roberts	William Tudor
Nathan Bensinger	Bert Davis	Eric Gruschow	Foster Laird	Ellore Roberts	Laura Tudor
Jill Bensinger	LaJuana Davis	Mariana Gruschow	Andrew Laird	Leeona Roberts	Jeff Turner
Scott Beshany	Pat Dell'Italia	Tabitha Harper	Patty Landry	Rhodes Roberts	Tina Valles
Tony Blakeney	Lito Delmo	Lisa Harrison	Beth Lyda	Christianna Rudder	Josh Wade
Ryan Boswell	Elizabeth Doss	Melanie Haynes	John Lyda	Tammy Ruff	Caroline Walker
Richard Broome	Richard Doss	John High	Anna Kate Lyda	Leigh Anne Rula	Monica Washington
Jerome Burkes	Carla DuMontier	Matthew Hinshaw	Herman Mannings II	Lisa Rutledge	Melissa Weaver
Steven Burson	Roberta Dunnaway	Avery Holland	Brittany Marlin	Isaac Shore	Bradley Wells
Theresa Burst	Preston Eagan	Matt Holland	Sheree Martin	Madison Shore	Robin White
James Cheek	Laurie Edmondson	Missy Holland	Jason McCoy	Zoe Shore	Charlie White
Jeremy Clark	Steven Estrada	Kasey Hollington	Will McRee	Suman Silwal	Eric White
Allison Clarke	Caroline Etheriedge	Alison Hoover	Cassandra Mickens	Kent Slemmons	Birdie White
Lisa Clarke	Benjamin Etheriedge	Laura Hoover	Lisa Nagy	Malcolm Smith	Trey Whitt
Jeff Cleveland	Bill Falconer	Jim Hoover	Cheryl O'Brien	Kiersten Smith	Shanada Williams
Rafe Cloe	Walton Ferguson	Alison Hulcher	Michael O'Brien	Eric Smith	Steve Wiseman
Chris Colpack	Eric Ford	Desirae Janowiak	Anthony O'Brien	Jessica Sparks	Gary York
Susan Colpack	Shane Franklin	Kaki Jenkins	Dallas O'Brien	Erica Speegle	Jason Zajac
Jody Coombs	Katie Gibson	Michael Jenkins	Hector Orozco	Matt Spikings	
LaRonda Corrin	Bethany Golden	Allen Jones	Ellen Ortis	Rick Stockton	

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 Merchandise Update

Along with our new BTC Website, the BTC Store has a new look, a new link, and – very soon – exciting new merchandise you can order!

Check it out [HERE](#), or via the BTC [website link](#)! And get ready for fall training (and racing!) in true BTC style!



RRCA UPDATE

By Alex Morrow, RRCA Alabama State Representative



Do you love podcasts? Are you always looking for some fun and interesting content? Then look no more! Just over a year ago the Road Runners Club of America released its first podcast focused on the history of women's running in the United States as told by key influencers. There are now twelve full episodes available, featuring Olympian Amy Begley interviewing luminaries and pioneers such as Kathrin Switzer, Bobbi Gigg, and Patti Catalano Dillow. These sessions are fantastic, so make sure to check them out! <https://podcasts.apple.com/.../rrca-national-run.../id1480731750>

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UNITED WE MOVE!

By Julie Pearce

United We Move!



Many of you know local runner and BTC member Daniel Chaplin (if not, read more about him in the [April 2018 issue](#) or the [May 2020 issue](#) of *The Vulcan Runner*). Daniel is a runner, a ballroom dancer, an advocate for Downs Syndrome awareness, and now, a health and fitness influencer with the launch of United We Move!

United We Move! is a private Facebook group designed to offer encouragement and motivation to people at every fitness level. Members can share their goals, encourage each other in their efforts, and get the accountability that many of us need. Most importantly, Daniel wants to make fitness and good health accessible for everyone, regardless of abilities.

And after making a big dent in his goal of running a half marathon in all 50 states, Daniel is now training for his first full marathon, the 2021 Mercedes Marathon. Wait to join him during all or part of his marathon journey? Send Daniel a message on Facebook or on the United We Move! group page. He would love to have company - and I promise you'll have a blast too!

To join United We Move! or to purchase a t-shirt with the group's logo, please visit the [United We Move! group's page](#) on Facebook.



Daniel Chaplin (left) with Jack Knight before running the BHM half marathon 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 October 4, 2020 are listed below. For a complete listing of monthly totals, [click here](#).

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

Participant	Years	Total
Adams, Jeffrey	R	0
Adams, Sue	R	815
Ahmed, Kabeer	2	1,518
Anderson, Kerri	4	893
Armstrong, Thomas	3	650
Austin, Scott	R	1,053
Baggett, Christopher	2	697
Barnes, Jimmie	6	1,809
Bartee, Samm	4	1,168
Bayush, Tori	1	1,073
Beasley, Cathy	3	776
Beck, Donald	1	0
Beck, Rosemary	R	0
Becker, Bryan	R	817
Benner, Kim	8	1,357
Bensinger, Cole	1	1,110
Bensinger, Jill	R	1,140
Benson, Wayne	6	1,009
Boackle, Larry	3	545
Boackle, Tomie Ann	1	80
Booher, Lisa	9	1,393
Bookout, Jason	1	1,011
Bookout, Kimberly	1	866
Bowman, Bill	R	720
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	1	1,328
Bridwell, Hunter	1	0
Brown, Charlie	7	994
Brown, Michael	4	953
Brown, Sean	5	822
Brown, William	1	1,060
Browne, Shannon	R	274
Bryant, Jason L.	R	255
Burks, Ross	3	819
Caine, Lawrence	1	712
Callahan, Chris	3	1,130
Calloway, Mariel	1	735
Carey, Christopher	6	866
Carlton, Bob	5	969
Carter, Adrienne	2	0
Carter, Jason	R	1,117
Chandler, Teresa	11	1,750
Channell, William Andrew	R	892
Cheek, James	R	0
Clay, Brad	13	2,209
Cleveland, Jeff	4	1,353
Cliett, Stephanie	6	1,372
Coleman, Tim	3	1,230
Colpack, Susan	R	900
Corrin, LaRonda	R	876
Corrin, Roger	3	918
Cowart, Britney	2	1,093

Participant	Years	Total
Cramer, Robyn	R	727
Cramer, Steve	R	449
Crawford, Katelyn	R	398
Creel, Mary	3	1,230
Crowson, Bill	4	1,007
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	325
Dixon, Marian	R	101
Dollins, Rachael	R	462
Donnelly, Kevin	1	335
Duke, Cindy	5	1,212
Eagerton, Emily	R	762
Edgerton, Amy	R	1,025
Elkins, Sydney	1	0
Estes, Cameron	2	1,250
Estrada, Steven	2	1,696
Evans, Debbie	6	1,056
Farrell, Marybeth	R	181
Farrell, Meg	R	85
Farrell, Ryan	R	1,090

1200 MILE CLUB

Participant	Years	Total
Fecteau, Karin	R	0
Feldman, Jana	R	510
Ferlitto, Cindy	1	962
Fontenot, Misty	3	943
Ford, Eric	1	1,210
Franklin, Shane	8	919
Frederick, Winston	11	1,042
Freeman, Sheila	3	955
Gayheart, Cheryl	R	1,120
Gibson, Katie	1	733
Gilmour, Laura	R	642
Glasgow, Robert	R	138
Goode, Johnny	11	1,097
Goss, Ange	1	1,082
Grady, Carla	1	500
Graham, Lydia	R	1,054
Graham, Ryan	1	731
Grainger, Matt	1	1,477
Grall, Jeremy	1	986
Gray, Caleb	1	0
Gray, Mary Margaret	R	167
Gray, Michael	R	988
Greene, Michael	2	1,288
Griffin, Misty	R	1,062
Gullapalli, Satya	5	1,296
Guthrie, Dana	R	973
Hackney, Aimee	R	927
Haley, Jay	4	1,100
Hall, Thomas	1	72
Hamrick, Teresa	R	0
Haralson, Danny	11	1,127
Haralson, Micki	11	1,182
Hargrave, Alan	13	1,212
Harris, Angela	R	979
Harrison, Lisa	8	799
Harrison, Rochelle	R	51

Participant	Years	Total
Harry, April	3	1,237
Hartsfield, Gregory	R	1,100
Hartsfield, Kathryn	R	0
Haynes, Melanie	R	529
Hellenga, Meghan Ann	R	317
Henninger, Alison	5	1,195
Higginbotham, Weston	R	889
Hogue, Kari	R	0
Holcomb, Zachary	2	1,164
Holland, Skylar	2	1,142
Hollington, Kasey	1	924
Hood, Alissa	1	1,282
Hoover, Alison	8	618
House, Beth	5	910
Hutcheson, Leander	R	1,016
Ingle, Brandon	R	140
Izard, Georgia	3	0
Izard, Melody	3	0
Jackson, Bradley	R	1,149
Janowiak, Desirae	1	863
Jenkins, Kaki	7	1,739
Johnston, Emily	1	0
Jones, Allen	2	1,322
Juarez, Cesar	R	123
Kearley, Christy	1	0
Kearley, Stephen	2	0
Kelley, Robin	7	3,072
Kemper, Tricia	5	1,197
Kezar, Carolyn	1	1,160
Knight, David	1	1,457
Kornegay, Marla	R	1,017
Krick, Stefanie	R	1,062
Kuhn, Claire	R	660
Kuhn, Jimmy	13	1,441
Kulp, Loren	4	989
LaFon, Caroline	R	162

Participant	Years	Total
Lahti, Tyler	4	1,454
Laird, Audrey	6	1,218
Lamb, Patrick	R	1,031
Lancaster, Jeff	1	1,015
Langston, Aaron	5	0
Lawhorn, Joseph	1	292
Lee, Brian	1	175
Litz, Matthew	2	1,125
Love, Thomas	1	948
Lyda, Beth	R	843
Lyda, John	2	1,354
Lyle, Randy	12	2,152
Lyles, Chris	1	19
Madaris, Brandon	R	186
Madaris, Jennifer	R	110
Malick, David	6	1,150
Mathews, Skip	R	344
McDaniel, Willie	R	290
McElroy, Catherine	R	1,017
McKinney, Margaret	R	275
McNair, Kelly	6	1,156
McNutt, Janie	1	957
Merry, Vicki Sue	8	1,786
Miller, Joshua	1	1,102
Miller, Justin	R	963
Miller, Rachel	R	970
Mixon, Joshua	R	701
Morgan, Cary	10	3,206
Morris, Phil	R	43
Morrow, Alex	8	981
Moser, David	2	1,375
Moses, Mike	R	809
Mystenbusch, Stephanie	R	911
Neu, Matthew	R	427
Northern, Kristie	10	1,061
Norton, Laura	2	1,590

1200 MILE CLUB

Participant	Years	Total
O'Brien, Michael	R	988
Oechslein, Tamara	R	985
Oehrlein, Kimberly	R	271
Oliver, John	5	969
Orihuela, Carlos	3	1,202
Ortis, Ellen	2	1,300
Panos, Dan	R	583
Parks, Charlie	7	1,450
Paschal, Paige	R	1,113
Patrick, Nicolette	1	1,111
Payson, Tabitha	R	54
Payson, Tommy	2	931
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	1,125
Poole, Greg	2	959
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	680
Renfro, Jeff	2	1,249
Reynolds, Dewelena	R	0
Richey, Lori Beth	2	1,083
Richie, Melissa	R	956
Ritchie, Joseph	3	1,481
Ritchie, Lauren	2	1,448
Roberson, Kevin	5	479
Roberts, Fletcher	5	1,051
Robinson, Lyndsey	1	1,249

Participant	Years	Total
Robinson, Tamara	R	795
Rodgers, Jeffrey	2	880
Rodgers, Jessica	R	919
Rogers, Hannah	R	688
Roper, Lynn	2	958
Rose, Beth	R	981
Rose, Billy	6	2,168
Rosser, Joey	4	1,418
Routman, Cindi	R	659
Ruschhaupt, Skyler	R	247
Rutherford, Keith	13	1,571
Rutledge, Lisa	5	1,209
Sanders, Gwendolyn	1	845
Shaffield, Danny	7	1,769
Shaw, Michelle	R	0
Sherer, Jeremy	3	977
Sherrell, Jeff	R	1,042
Shinn, Ronald	7	136
Shoaf, James	1	1,057
Sides, Dean	3	856
Silwal, Suman	8	0
Simpkins, Randall	2	213
Simpson, Kevin	7	2,735
Sims, Cecelia	1	567
Sims, Kelly	1	204
Sims, Robert	7	1,311
Sloane, Mike	4	816
Smith, Marie	R	849
Soileau, Chester	2	578
Stevens, Johnathon	4	1,240
Stewart, Zeb	1	210
Stockton, Rick	13	1,249
Sweatt, Jason	R	0
Talley, Beau	8	1,355
Talley, Shellie	2	0
Thompson, Sara	2	978
Tidwell, Pam	R	680

Participant	Years	Total
Tomlin, Chace	R	935
Townes, Janelle	1	569
Trimble, Jamie	6	1,412
Turner, Amanda Blake	R	0
Valles, Tina	R	919
Varnes, Vickie	6	1,056
Waid, David	1	1,610
Walker, Caroline	1	286
Wall, Ron	6	775
Washington, Monica	R	188
Watters, Ana	1	1,079
Watters, Larkin	R	937
Watters, Robert	5	1,100
Weber, Amy	2	526
Weeks, Lance	2	655
Weimer, Jonathan	R	238
Wende, Adam	6	1,981
Whillock, Amber	R	786
White, Robin	1	1,889
Wilhite, Thomas	4	764
Williams, Shanada	R	0
Williams, Shaunda	1	646
Williams, Yolanda	R	0
Williamson, Rebecca	1	868
Wilson, Mark	R	209
Wiseman, Steve	6	1,355
Wood, Heather	R	985
Wood, Scott	4	129
Woody, Bill	11	1,191
Wooten, Vance	1	1,627
Wright, Amy	3	612
York, Gary	6	739
Zajac, Jason	2	1,593
Zapata, Carlos	R	871

BTC EXECUTIVE BOARD MEETING

September 14, 2020

Attendance: Hunter Bridwell, Alan Hargrave, Alex Morrow, Skylar Holland, Kim Benner, Jamie Trimble, Julie Pearce, Cameron Estes, Bradley Wells, Vicky Brakhage, and Jeremy Walker.

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

Membership (Cameron Estes)

We currently have 881 members and 676 memberships. We are currently doing the membership drive offering Wine 10K and Trak Shak discounts for all new members who register or current/former members who renew their memberships. So far, there have been 45 renewals as part of the membership drive. We will send out email reminders about the membership drive later in the month.

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

Jeremy Walker is waiting to hear back from the City of Homewood about permits for hosting the race at Homewood Central Park or Macy's. He will notify the board via email when he receives a response. Discussion was held about how to safely handle the start/finish line due to Covid-19. We will plan to have a safety meeting to discuss further and will present ideas at next month's executive board meeting. Hunter Bridwell will speak with Trak Shak about the Top 200 t-shirts.

Newsletter Editor (Julie Pearce)

The publication date for the next newsletter will be October 4, 2020. Please have all newsletter content to Julie by September 25, 2020. We would like to include an article about the Vulcan 10K in the newsletter.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry. We have several outstanding invoices that Hunter will follow up on.

Webmaster (Hunter Bridwell)

The new BTC website is live. So far, we have received a lot of positive feedback. A link to join the BTC has been added to the website.

Merchandise (Bradley Wells)

The new website for ordering BTC merchandise is ready. Bradley is currently working on ideas for fall merchandise. We will add a link to the new merchandise website to the new BTC website. Discussion was held about providing a gift to new members who register starting in 2021.

Long Run Committee (Alex Morrow)

The Saturday Morning Long Runs are still running loops to allow the runners to stop at the open water stops. Discussion was held about potentially starting volunteer water stops in the near future and how to safely do so.

RRCA Representative (Alex Morrow)

The RRCA has allowed the BTC to defer the Southeast Championship race to the 2021 Vulcan 10K. The RRCA basically cancelled all championship races for 2020 due to Covid-19.

1200 Mile Club (Hunter Bridwell)

Hunter has the 2019 1200 Mile Club patches. He will bring them to the Saturday Morning Long Runs for pick up.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, October 12, 2020 at 6:00 p.m. Location to be determined.



FEETS OF STRENGTH



Despite so many Covid-19 related race cancellations, BTC members have continued to meet their goals, set records, and in some cases, even break records.

Congratulations to **Misty Fontenot**, who completed her second 50k race, knocking over two hours off of her previous 50K time – and on her birthday, no less! Way to go on a strong finish at the Dam Yeti 50k Endurance Run – you rocked it!

One of the few marathons that went forward as scheduled was the 2020 Tupelo Marathon. And Birmingham runners truly dominated this year's race! Local favorite **Erica Speegle** completely dominated the course, running the fastest marathon by an American woman since the Olympic Trials in Atlanta on February 29, 2020. Erica's 2:39.45 gave her a first overall finish, first female finish, and a course record (not to mention a sweet PR!) – way to go, Erica!

Birmingham's **Jeff Turner** was the first male finisher, posting an impressive 2:42.48. Also placing at the Tupelo Marathon were **Brittany Hayden** who was 2nd overall female with a 3:21.51, and **Cary Morgan**, who finished as first male masters with a 3:13.35. Way to go, y'all!

Birmingham runners also posted impressive results in the Tupelo 14.2, with **Rachel Nichols**, **Katie Grace Criswell**, and **Robin White** sweeping the top three overall female spots, **Kaki Jenkins** taking first female grand masters, and **Alexis Kennedy**, **Ellen Ortis**, **Lisa Rutledge**, **Billy Rose**, and **Randy Lyle** placing in their respective age groups. What a fantastic showing for our local runners!

Special congratulations also are order for all of our local runners who completed the **2020 Virtual Boston Marathon**. When the race went virtual, many of our local qualifiers took on the extra challenge of running the race virtually. Thanks to The Trak Shak, Resolute Running, and all of the other groups and individuals who cheered on the Birmingham runners – you all truly made the best out of a difficult situation. If you finished this year's Virtual Boston Marathon, please let us know so we can recognize you!

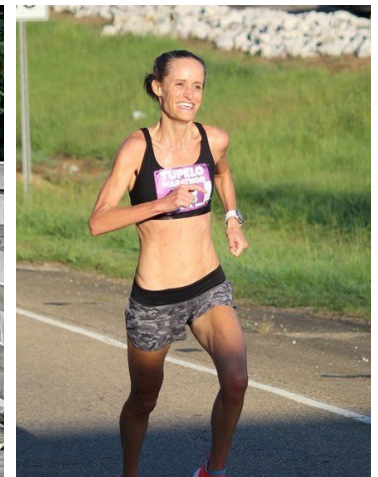
Please let us [know](#) when you reach a milestone, crush that PR, or take on a new challenge – we want to celebrate your accomplishments!



Tupelo 14.2 runners



Misty Fontenot



Erica Speegle

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	October 10, 2020	6:00 a.m.
Veterans Remembrance Ruck 10k and 5k Run	October 10, 2020	7:00 a.m.
Jimmie Hale Mission's Rescue Run 5k and Fun Run (In Memory of Doug Barnes) * BTC DISCOUNT *	October 10, 2020	8:00 a.m.
Blue Ridge Ultra 50k, 30k, 15k (Blue Ridge, GA)	October 10, 2020	8:00 a.m.
BCRFA's Pink Up the Pace Virtual Race	October 10, 2020	VIRTUAL
BTC Executive Board Meeting (virtual meeting)	October 12, 2020	6:00 p.m.
Blazer Bolt Virtual 5k	October 16, 2020	VIRTUAL
BTC Saturday Long and Moderate Run Groups	October 17, 2020	6:00 a.m.
Equal Access Birmingham's 6th Annual Heart and Sole Virtual 5k	October 17, 2020	VIRTUAL
BTC Saturday Long and Moderate Run Groups	October 24, 2020	6:00 a.m.
Pink Up the Pace 5k & Dolly Dash	October 25, 2020	
BTC Saturday Long and Moderate Run Groups	October 31, 2020	6:00 a.m.
Monster Dash Virtual 5k for Autism	October 31, 2020	VIRTUAL
Dreams Come True 5k (Cullman)	October 31, 2020	8:00 a.m.
OLV Hero Run 5k	October 31, 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:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

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

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

Initial:

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

Signature

Date

Mail this signed application and a signed check to:

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