



BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

November 2020 11

IT'S VULCAN RUN TIME!



www.BirminghamTrackClub.com

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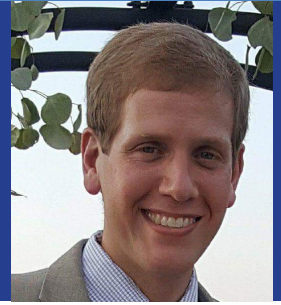
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PRESIDENT'S ADDRESS

By Hunter Bridwell



Y'all, we had this amazing tease of cooler temps a couple weekends ago. . .and then our third summer hit us! I promise it will get cooler at some point -- it always does. While the first blast of cooler air was short lived, it brought with it some amazing performances at the 7 Bridges Marathon – which didn't run over any of the bridges in Chattanooga! It also led to an amazing weekend for some tremendous athletes to show unreal stamina and endurance at The Endless Mile.

David and Marye Jo Tosch put on an awesome series of races, and this one is a personal favorite of mine! There were state records set for various age groups for the 6-hour, 12-hour, 24-hour and 48-hour races. It was cool to see Cary and Micah Morgan getting it done in their respective races. Lauren Ritchie had an awesome 6-hour race and a new state age group record! Nicolette Patrick came home from college (Mississippi State) to take on her first 48-hour race and took down 104+ miles and a new state age group record! Just stupid good stuff all over the place! There were many more great performances too (read more in this month's Feets of Strength column beginning on page 20). I love seeing everyone else achieve such awesome accomplishments. It really reminds me, as we approach the Thanksgiving holidays, how thankful I am for all of the amazing people I've met in our running community.

Now, let's talk the **46th Annual Vulcan Run 10k**. It will be live and in person, starting and ending at the Macy's parking lot in Brookwood Mall. This race, like almost everything else in 2020, will look nothing like the 45 previous races. However, your BTC board was determined to close out 2020 with another live event, and we'll

be following similar protocols that were established at the Peavine Falls race back on July 4th to keep our participants and volunteers safe. We need your help as well – wear a mask before the race, don't huddle in large groups, and stay away if you're sick. Here is our complete **Safety Plan** for you to check out: <https://runsignup.com/Race/Vulcan10KRun/Page-26>. You all know the drill at this point, and we must remain vigilant. Hand sanitizer will be placed at all locations that involve potential touch points. Feel free to [reach out to us](#) if you have any questions about the race environment. Our Safety Committee put together this Safety Plan to keep you safe, and that is our #1 priority.

We would love to have each of you [REGISTER](#) to run the race, [REGISTER](#) to volunteer or do BOTH!

Mercedes Marathon and Half Marathon training is off and running! Training runs coinciding with both distances are posted each week on the BTC Long Run and Moderate Run Facebook pages. We had a spooktacular costume themed run this past Saturday. [Check out the Facebook pages](#) for pictures and to see who won the contest for best costume!

1200 Mile Club jackets and 2019 patches will be available for pickup at The Vulcan Run! Make sure to grab your hard-earned swag!

Hunter Bridwell
BTC President

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!





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!

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President

Hunter Bridwell

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Skylar Holland

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com

BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Medical Director
Social Chairs

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

Marketing/Social Media
Membership
Membership Benefits
Merchandise

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

"The Vulcan Runner" Newsletter
Japan Exchange Program

1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

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

Webmaster
IT Chair
USATF Representative

BTC Race Directors

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

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

BTC Mission Statement

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

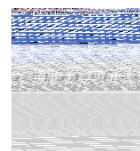
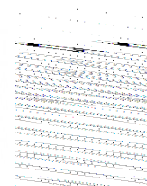
Contact BTC at:

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

Race Results

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

birminghamtrackclub.com
championship-racing.com



GRASSHOPPER: AN 18-YEAR-OLD'S 104-MILE TREK AT THE ENDLESS MILE ULTRAMARATHON

By: Nicolette Patrick



It's a warm Sunday night, Nicolette had just gotten back from an easy run around the beautiful campus that is Mississippi State University, and she was ready to cozy up and register for a race. The race is The Endless Mile: a fixed time race in which participants sign up for a specific amount of time and "run" as many 1-mile laps as possible. Nicolette opens up Ultrasignup (a dangerous website she vowed never to peruse again after a previous 50k) -- she'll never learn! On the screen are the four options that will determine her fate: 6-hour, 12-hour, 24-hour, and 48-hour. Now, we can all agree that the most reasonable option would be to go with the 6-hour race, run a few miles, and chill with her lovely BTC friends for the rest of the weekend...

The fact that I'm writing in third person to question my decision-making skills related to running hints I did not go with the 6-hour option. Rather, I signed up to run for 48 hours. Here's how that went:

Leading up to the race, I had no goals or expectations regarding my performance. I had only run one ultramarathon back in June, and although I don't regret running the race, it was a traumatic experience.

I knew I would stick out like a sore thumb because of my age. I was the youngest by 20 years at least. However, that didn't bother me too much. I'm often the only "minor" at marathons as well. Also, most people were quite skeptical of my decision to run the 48-hour race. The responses I got from most family and friends were along the lines of: "are you sure about that?" or "aren't you overdoing yourself?"

Regardless of the uncertainty about whether I would survive or not, it was time to start getting ready for race weekend. On Thursday night (the night before the race), I had the most amazing waffles with Hannah, Kim, and Jamie who also were running other time variations of the race. I was ready to roll!

On Friday morning, I arrived at the race with some Starbucks and some chemistry homework. I sat in my lounge chair under the Resolute Running tent and worked on some chemistry as I was waiting for my teammates to show up. The race started at 9:00 am, and my amazing running friends sent me on my way.

Miles 1-10: "So you want to run 100 miles. . ."

These were some of the easier miles. I ran slow and steady as the laps accumulated. Aside from the 48-hour race, I was also part of the team #brAvery relay, and I enjoyed socializing with my teammates as I passed by our camp every lap. They made sure I was well fed and in good health. By the end of these miles, I was determined I would come out of the race with 100 miles and an age group state record.

Miles 11-20: "Smooth Sailing"

Miles 11-20 went by even smoother than the first 10 miles. The attitude I had adopted during these miles was "don't think about the finish because it's not coming any time soon." That mantra worked surprisingly well. The weather was amazing, I was enjoying socializing with different people every lap, and there was always food to be eaten. At this point, my only worry was when my watch was going to die.

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GRASSHOPPER: AN 18-YEAR-OLD'S 104-MILE TREK AT THE ENDLESS MILE ULTRAMARATHON

Miles 21-30: "Bust out the calculus"

I did some walking here, mostly to hold myself back from wasting energy because I didn't know what the night would bring. I decided to watch calculus lectures on my phone while I was cruising along. Turns out, college doesn't care about me running a 48-hour race! Luckily, videos on derivatives and linear approximation made the time fly. I was also approaching the 50k mark, and that added some excitement into the mix. This 50k definitely went a lot smoother than the previous 50k I completed in the heat of June. I remember saying "no more ultras" after that first one. Awkward! The main struggle during these miles was to be conservative with energy. I tried to mimic all of the veteran runners around me. Long story short: I was trying not to act like the young whippersnapper everyone probably thought I was.

Miles 31-40: "Calm before the storm"

It took me about 35 miles into the race to start feeling discomfort. I had done a good job of conserving energy and going slow even when I had the facilities to go faster. Around this time some of my friends started showing up to do their segments of the relay component. I was much more focused on socializing than feeling pain, so I wasn't very bothered during these miles. Also, I was getting a lot of encouragement from all of the amazing BTC members who were there.

Miles 41-50: "Second wind and bacon ramen soup"

This was where certain excrement started to hit the fan. Most of my friends went home for the night, and I was running alone. I was very concerned about whether I would make it through the night. It also started to get cold. I was interested in sleeping, but I knew if I stopped running, I would be uncomfortably cold no matter how many layers I was wearing. So I decided to keep running.

Miles 41-46 were absolutely unbearable. I was dealing with cold, blossoming blisters, foot pain, chafing, and isolation. Running in the day was so much easier just because other people were there. I knew if I could make it through the night, I would be able to finish the rest of the race no matter how ugly it got. As I finished my 46th lap, I came by our camp and sat down for a few minutes. I applied some menthol to my hurting knees and drank some coffee that my boyfriend had brought me earlier. I stood up ready to approach the 50-mile mark. I put in my headphones and started going. As soon as the music started, I began to run like I didn't have a single mile on me.

It was like magic. I felt like the pain had completely disappeared. I was flying by everyone -- I had to have been going at a 9:30 pace. I'm sure it would have been smart to chill a little bit on the pace, but I was thinking about the 50-mile mark rather than future Nicolette

facing the consequences. I rode this high as long as I could, and I made it to 50 miles before midnight. The race volunteers who were grilling out the whole time were shocked I was running so strong. I talked to them for a while as they made me some bacon and ramen noodles. It was at this point where I invented bacon ramen soup which got me through the next 10 miles.

Miles 51-60: "#\$@! VIRTUAL MARATHONS!"

While I was finishing up mile 50, BTC president Hunter Bridwell showed up for his relay slots. He was going to run his virtual Marine Corps Marathon between the hours of 12:00 am-5:00 am. I thought he was absolutely insane a) for running a virtual marathon in the first place, and b) for doing it at these hours. But, I was the one running a 48-hour race, so I had no room to judge.

Another runner, Mike Jenkins, had completed his virtual Marine Corps Marathon before Hunter, but at least he ran at a reasonable time of day. Long story short, there was lots of crazy was happening between 7 pm and 5 am.

As I was running to mile 60, I would occasionally cross paths with Hunter trudging through his marathon (he was obviously going a lot faster than I was). I was encouraged by him to keep going. I couldn't disappoint the president of our fine organization. Once I reached mile 60, I decided it was time for me to "sleep." I put on as many layers as possible and sat in my lounge chair with an alarm ready for 5:00 am. I obviously didn't get much sleep at all. I was waking up randomly and falling back asleep. Even melatonin couldn't save me here. When it was actually time for me to wake up, Hunter finished the last lap of his marathon and exchanged some words I'm pretty sure I'm not allowed to include in this publication. I found it very funny and relatable.



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GRASSHOPPER: AN 18-YEAR-OLD'S 104-MILE TREK AT THE ENDLESS MILE ULTRAMARATHON

Miles 61-73: "The 70-mile improv"

These were the absolute worst miles of the entire race. I was at my lowest low. When I got up from my lounge chair around 7:00 am after a cold, restless "sleep," I was in severe pain, and I was stiff from lying down for so long. My blisters were worse, and my knee was hurting significantly more. I struggled to walk a few laps, and by this point I was sure that running was out of the question for the rest of the race. Luckily, I wasn't mentally hurt to the point of throwing in the towel. I was more than halfway to 100 miles, and I wanted that belt buckle even if I had to pitifully walk 27 miles.

I entered my darkest point of the race at 9:00 am when they were starting the 6-hour, 12-hour, and 24-hour variations of the race -- you know, the ones that reasonable people do. Everyone had fresh legs and was cheerful while I looked like I came straight out of The Walking Dead along with the other 48-hour runners. I was unable to run, so I was getting lapped by practically everyone. This broke my soul, and it was time for the first crying session of the race. If I had been thinking rationally, I would accept I was being lapped by people who didn't have almost 65 miles on them and move on. However, there isn't much rational thinking at mile 65 of a 48-hour race. I was jealous. I wanted to run! Eventually, I had to sit back down and deal with a debilitating blister. This brought on crying episode number 2. I put on some ointment that burned so badly, I burst into tears. After some fellow BTC-ers comforted me and dealt with my drama, I decided to get back out there and start walking laps.

I duct taped my Oofos sandals to my socks so they would stay on, and Hannah applied KT tape to my knee. I called this the 70-mile improv.

Luckily one of my fellow Resolute Running friends, Laura Anderson, had shown up to come support people. I needed that support more than I realized. She walked with me for a few laps, and we talked about random stuff. Eventually, Hannah slowed down from her 12-hour race to walk a few laps with me and Laura. I was feeling better with the much-needed social interaction. I decided I would try and run again around mile 73.

Miles 73-80: "Run o'clock"

The stars must have aligned at mile 73 because I needed 7 miles to reach 80 miles, and my good friend and Resolute Running teammate, Lauren Ritchie, needed 7 miles to reach her 30-mile goal for the 6-hour race. Earlier that morning, she was lapping me more times than I could count, so I was very pleased I was able to run with her so far into my race. We pushed each other through those 7 laps until Lauren reached her goal and I could take my 80-

mile break. She happened to get an age group state record in the 6-hour event! I was surprised I was able to run for 7 miles straight after being so sure there was no more running in my future.

Miles 81-88: "The 80-mile toe mishap"

The day was coming to an end, and most everyone was happy with their races. There were lots of smiles, PRs, and state records. Our 48-hour relay team and the 48-hour individual runners were about to take on the night, and luckily for me, this night wasn't nearly as bad as the first. I did some walking and running up to mile 88, but pain started to accumulate in my foot from overcompensating over blisters. One of the blisters on my toe got so bad, it started bleeding into my sock. I was also still dealing with knee pain. I had been applying so much menthol gel throughout the race my body was immune to its effects. If I had taken more ibuprofen at this point, my stomach would have had a fit. I was left with no choice but to suffer through the miles. I was struggling to keep my attitude in check. Running in the dark simply isn't the same upbeat environment as running in the day. Once I got to mile 88, I was in immense pain. I was trying to keep from crying because I knew if I started, I wouldn't finish the race.



Miles 88-100: "The Blanket Squad"

I had about 12 miles to go when my reinforcements showed up to help me. I was in poor mental condition, and 12 miles seemed like eternity, especially since I didn't have the facilities to run. I was

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GRASSHOPPER: AN 18-YEAR-OLD'S 104-MILE TREK AT THE ENDLESS MILE ULTRAMARATHON

hoping a second wind would hit me, like the ones I had around miles 45 and 73. Until then, I had to walk. Walking was more painful than running, but I was left with no option. My boyfriend, Owen, showed up for his section of the relay, but he was nice enough to walk some laps with me instead of running. He did his best to keep me in good spirits, but I was struggling. I wasn't exactly thinking straight at this point in the race, so he made sure I remembered to eat and drink every lap.

When we got to mile 90, Hannah came back to help Owen deal with my 90 miles worth of drama. It started to get cold, so the three of us wrapped up in blankets and walked more laps. I started getting distracted by the hilarious conversations we were having. We were talking about exes, old high school memories, and life in general. I'm sure the veteran 48-hour runners were amused by us loud, obnoxious teenagers. We eventually were recognized as "the blanket squad" by mile 95.



At this point, I decided I wanted to trudge through a lap by myself. Owen and Hannah hesitantly agreed. I put on my headphones, and headed out for lap 96. And there it was: my second (or should I say 4th?) wind. I was able to run after practically being held up by Owen during the past 5 miles. I ran miles 96-98 pain free. I was overjoyed because I knew 100 miles was going to happen for me. After I finished mile 98, Owen, Hannah, and I walked until I reached 100 miles. The race director, David Tosch, handed me my infamous ultramarathon belt buckle. The job was done. Or was it?

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GRASSHOPPER: AN 18-YEAR-OLD'S 104-MILE TREK AT THE ENDLESS MILE ULTRAMARATHON

Miles 101-104: "100 ain't enough"

After I slept through the rest of the night, I woke up with time to walk a few more laps before the race was officially over. Another one of my Resolute Running teammates, Marla Kornegay, spent her Sunday recovery miles helping me get through the rest of the race. I'm sure if you asked her, she would tell you I was unable to have conversations past elementary school level. Nonetheless, I grabbed a flag on my final lap to mark my age group state record at 9:00 am. Race Complete.

Now, if someone were to ask me how I completed a 48-hour race, I would say "It just kind of fell into place." The odds were not exactly in my favor. Ultrarunning is extremely uncommon in my age category, hence the state record I set. Also, I had never ran more than 33 miles. I showed up to The Endless Mile with nothing but some decent physical fitness and high hopes.

The long answer as to how I completed the race is the following:

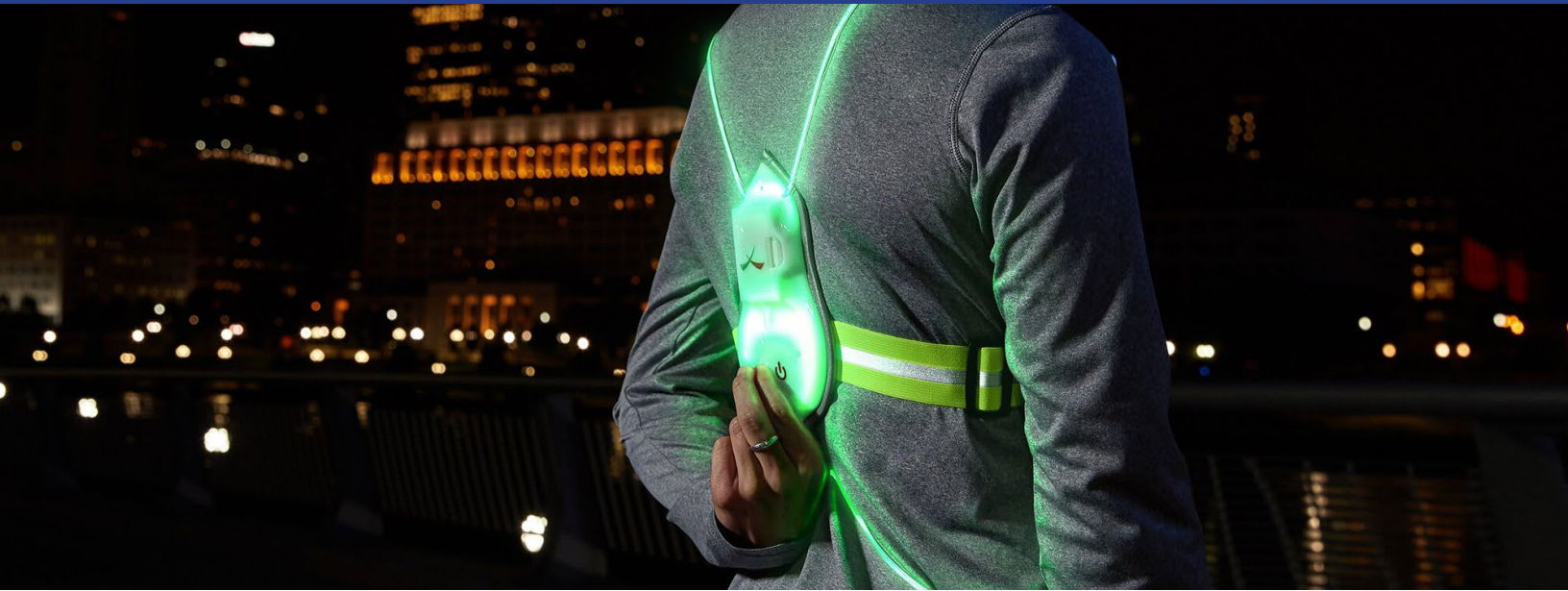
- It was Hannah, Kim, Jamie, and I having the most amazing pre-race waffles
- It was when a few BTC members said I was capable of the 100-mile distance
- It was Robin White telling me that I have a bright running future
- It was Kim Benner checking in on me throughout the whole weekend
- It was at least relay team #brAvery members being there for me (and each other) at all hours
- It was sheer impulsivity
- It was the chicken biscuits that Marla Kornegay and Kim gave me in the mornings
- It was Owen Wenning determined to stay until I got to mile 100
- It was Micah Morgan letting me borrow her watch charger
- It was Diane Coffin letting me borrow her watch charger
- It was Lauren Ritchie being the best example of strength I have ever seen
- It was Hannah Rogers nursing my knees back health with KT tape
- It was a phone call I had with Lydia Graham before her first marathon that weekend
- It was Chris Callahan chilling in his bathrobe after his 100 miles
- It was my hope that I would be able to be half as cool as these older runners
- It was going from struggling with 2 loops of the Mercedes Marathon to a mile loop 104x
- It was learning from the more experienced runners I've met through the BTC

- It was my Resolute Running Coach, Ann Stalvey, who is determined to help me improve
- It was the Blanket Squad and the fun conversations we had
- It was Natalie Easterling telling me that people look up to me
- It was Mike Jenkins letting Hannah and I borrow his tent the second night
- It was Mike and Hunter Bridwell pushing through their virtual marathons like champs
- It was Hunter, Brittany Cowart, and Roberta Dunnaway dealing with my blister drama.
- It was Cameron Estes reminding me "I can do hard things"
- It was that amazing Theragun
- It was Laura Anderson walking with me at one of my lowest points of the race
- It was Skylar Holland just being fun to be around
- It was the new love of running I discovered out there
- It was all the kids that Chris and friends brought out to run the 6-hour race
- It was the amazing camp that Hunter and Chris set up
- It was Hannah's famous bread
- It was my amazing anti-gravity chair
- It was the unholy amount of menthol gel I applied
- It was the lady who aided my blisters with insulin needles and cleansing wipes
- It was the delicious bacon and ramen soup
- It was David Tosch and his volunteers
- It was the girl who prayed for me when I was at my lowest point
- It was the amazing weather
- It was the calculus lectures I was watching at mile 22
- It was Vicky Brakhage and her legendary dog, Killian, encouraging me as they passed me by
- It was Hannah's mom who supplied me with body armor
- It was the indoor bathroom as opposed to a porta potty
- It was the lows I had to endure
- It was the highs I got to enjoy
- It was 10% fitness and 90% all of the above.

I think back to my original training group for my first marathon. Back then, they referred to me as a young "grasshopper." I have moved so far since then, and I hope to go further still.

BE SAFE AND BE SEEN: OUR FAVORITE TIPS AND GEAR FOR RUNNING IN THE DARK

By: Julie Pearce



The much-anticipated cooler weather brings with it reduced daylight hours and an enhanced need for safety and visibility on the roads and trails we frequent. Although the City of Mountain Brook currently is the only local municipality we could find with an ordinance governing the use of city streets in the dark (see sidebar), it is important to be safe and be seen no matter where you are running.

We've gathered our favorite "tricks of the trade" and surveyed some local runners to keep you safe this winter.

Jennifer Andres, Past BTC President and current Homewood City Councilor reminds runners to use sidewalks when available, run facing traffic, and avoid running several abreast across roads. She also recommends that runners steer clear of headphones and dark and to make sure they are "brightly lit up" while running.

Trish Portuese, BTC Historian, provided some great common-sense advice that too many of us tend to forget.

- Wear light colored clothing.
- Wear a reflective vest (including your dog, if he runs with you).
- Wear a head lamp – so you see the road and others can see you (how many of you have twisted an ankle or worse because you couldn't see?)
- Wear flashing lights in front AND back (you may have a headlamp to light your wear, but if you don't have lights on your back, you are difficult to see from behind).

- Always run facing traffic – yes, we learned this in elementary school, but it's still the right thing to do!
- Be careful of cars at stop signs and traffic lights – drivers cannot always see you and might cut close to the corner.
- Don't run in the middle of the road.
- Don't run more than two runners across (and don't take up half the road).
- Wear a Road ID (shoe tag, bracelet, etc.) -- in case an accident happens, someone will know how to reach your emergency contact.
- Think like the driver of a car at 5 a.m. – what would help you see a runner in the distance? More lights? Reflective clothing?



Rebecca Williamson got the women in my running group hooked on **BioLite rechargeable [headlamps](#)**. They are lightweight and comfortable, but most importantly, they hold a charge for 40+ hours, even on high (perfect for those of us who forget to charge them).

The **Noxgear Tracer 360** is a favorite of **Cameron Estes, Marla Kornegay, and Robin White** – they are super lightweight and can change colors to match your outfit (or maybe that's just me. . .). They also make a similar product for your 4-legger running partner. Bonus: Products are currently on sale if you [order online](#) during Noxgear's Daylight Savings sale.

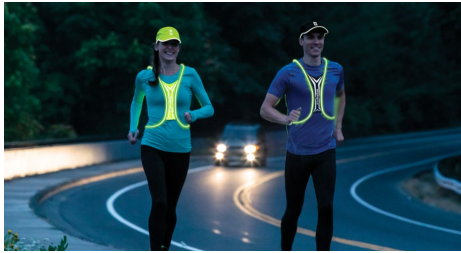
BE SAFE AND BE SEEN: OUR FAVORITE TIPS AND GEAR FOR RUNNING IN THE DARK

My personal favorites? I love a little reflectivity for my ponytail – the cute **Light Locks Scrunchies** from Lululemon give an extra flash of reflectivity that are surprisingly visible when car lights hit them. Most shoes have at least some reflective components, but up the ante with **reflective shoelaces**, available from a variety of sources. And over the past few years, Nike, Lululemon, Gap, Athleta, and others have made running gear out of a highly reflective fabric that seems to glow from within – I highly recommend it.

When I need the latest in running gear, **Jeff Martinez of The Trak Shak** is my go-to. So naturally, I reached out to him for a list of his current favorites. Jeff recommended several great products for low light times (available at any of the Trak Shak's three locations).

- **Amphipod Xinglet Optic Beam** –

Ultra-Lightweight, bright green optic beam, 360° LED illumination with a fully adjustable USB rechargeable design. \$50



- **Amphipod Full-Visibility Reflective Vest** – 3M Scotchlite™ reflective material, extra-large real capacity zip front pocket in two custom sizes with adjustability for perfect fit.



- **Nathan Terra Fire 400 RX Hand Torch** – grip-free, rechargeable, running specific flashlight with 400 lumen front lamp and rear strobe ensures motorists and cyclists will be aware of your presence. \$60

- **Nathan Strobe Light LED Safety Light Clip** – “Tiny But Mighty” the easiest and least expensive way to been seen on the roads! \$10



And finally, once you're geared up and ready to run, consider running in a group if you run in the dark – mom was right about safety in numbers, and the same applies to running in the dark! If you do run alone, consider using the safety or tracking functions that come with your running watch. Be alert, be bright, and be safe out there, friends!



The Code of the City of Mountain Brook, Alabama, Section 46-7 - Use of City Streets and Roadways by Pedestrians.

During the hours of 4:30 a.m. to 6:30 a.m., individuals shall be permitted to walk, jog, or run along and upon city streets and roadways, as long as said individuals are within six feet of the edge of the street or roadway, and provided that said individuals shall wear either:

(1) Reflective clothing between the waist and shoulders on the front and back that covers at least 50 square inches; or

(2) Strobe style continuously flashing lights at least two inches in diameter between the waist and shoulders that are visible from the front and back.

(Ord. No. 1665, § 1, 6-13-2005); [Click here to view online.](#)

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Jessica Allen
Justin Allen
Evan Baggett
Kim Blackmon
Hank Brown
Katelyn Crawford

Tracy Ellis
Patricia Holbrook
Chris Holmes
Jerry Kent
Charles McCalley
Paula McClure

Anoop Mishra
Manisha Mishra
Tabitha Payson
Tommy Payson
Ki Shin
Lauren Slaughter

Daryl Smith
Erin Smith
Jennifer Walker-Journey
Bill Woody

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.

You have *individual goals* that deserve an *individualized approach*.

Our team's concierge concept takes care of every aspect of your training in one stop.



2020 Olympic
Marathon Trials

**Big Welcome to our newest run coach,
Samantha Bluske-Palmer
(2:29 Marathon PR)**

aspirebhm.org

RUNASPIRE

MEDICATION AND MILES:

Ibuprofen vs. Acetaminophen

By Lauren Cummins, 2022 PharmD Candidate, Kim Benner, PharmD, BCPS



While medicine is advancing at a light speed pace, and more and more new medications with strange names are being advertised in commercials each day, there are two tried and true medicines that many people know and love: ibuprofen and acetaminophen.

Ibuprofen (sold as Advil, Motrin and by other names) has been gracing the shelves of pharmacies and stores since the late 1960s. Originally created to be a safer alternative to aspirin, it has since been deemed the safest drug of the NSAID class (non-steroidal anti-inflammatory drugs) in the context of not causing spontaneous adverse effects.¹

Acetaminophen (sold as Tylenol and in many other products), has been around for little longer than its counterpart, as it was first discovered and used as a pain reliever in 1878.² Acetaminophen has been marketed under multiple brand names, and has clearly been trusted by consumers for many years. So what is the difference between these two nonprescription MVPs? And as runners, should we even be concerned about the difference?

What is the Difference?

Ibuprofen belongs to a widely used class of drugs known as NSAIDs. This class includes some well-known products such as aspirin and naproxen (Naprosyn), but also ketorolac (Toradol), meloxicam (Mobic) and others. You also may be familiar with drugs such as methylprednisolone (the steroid dose pack that you take for six days) or prednisone; those are steroidal anti-inflammatory drugs and are available by prescription only.

Steroids can do wonders to reduce inflammation, but they can carry some undesirable side effects with them. NSAIDs, as described by their name, are non-steroidal, and for that reason, they generally are a much more benign alternative used primarily for pain management or as a fever reducer. The reason ibuprofen works so well is because it decreases the synthesis of prostaglandins – compounds in our body that are involved in the pathways of pain, inflammation, and fever. It decreases their synthesis by inhibiting an enzyme called cyclooxygenase (COX), which is responsible for producing the prostaglandins.^{1,3,4}

Acetaminophen on the other hand, isn't so easily understood. Although this drug has been around for over a century, scientists are still unsure of its exact mechanism of action. The current leading hypothesis is that acetaminophen is involved in the activation of descending nerve pathways from our brain that inhibit pain sensations. The fever reducing effects are thought to be due to inhibition of the heat-regulating center in our hypothalamus.⁵ However, we do know that acetaminophen is heavily metabolized by our liver, which contributes to some of its adverse effects. You might have heard that you shouldn't take acetaminophen because it can hurt or even destroy your liver. However, this will generally only happen if you take much more than the recommended dosage or had a chronic liver disease that might inhibit the normal metabolism of the drug.^{4,6,7}

The dose that is recommended for acetaminophen is 1000 mg every 6 hours, not to exceed 3000 mg in one day (24 hours). The recommended dose for ibuprofen is 200-800 mg, 3-4 times a day, not to exceed 3200 mg in 24 hours. In general though, ibuprofen and acetaminophen should have only mild side effects, if any, as long as they are taken appropriately. While it is recommended to take ibuprofen with food, acetaminophen can be taken on an empty stomach.

Which One is Better?

The answer to this question is one that you likely have formed your own opinion about simply from personal experience. The scientific answer depends on the definition of "better". Ibuprofen was proven superior to acetaminophen for acute pain, migraine, and osteoarthritis according to a meta-analysis of 16 systematic reviews and four patient data meta-analyses. Ibuprofen has shown significant anti-inflammatory effects, yet both ibuprofen and acetaminophen are very effective and commonly utilized for pain and fever reduction. In direct comparison, ibuprofen will generally be effective for mild to moderate pain, whereas acetaminophen is most effective against minor pain.^{8,9}

There are specific instances where one might be used over the other though. For instance, if you have an injury associated with

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swelling, ibuprofen will be more effective at reducing that swelling than acetaminophen due to its anti-inflammatory effects and its longer duration of action than acetaminophen. If you have an injury more consistent with a tendon strain or other muscle/ligament injury, acetaminophen might be a better option because it does not interfere with the healing process the way other drugs might.¹⁰ But there are specific situations in which you should not take either ibuprofen or acetaminophen, and these are extremely important to know and understand.

When Should You NOT Take Ibuprofen?

Unfortunately, there are many cases in which ibuprofen is cautioned against if not outright contraindicated (which means should not be used unless under direct medical supervision).^{1,4,9} Here are some examples:

- Kidney disease or kidney failure
- Heart disease or high risk of heart disease, including hypertension
- History of stomach ulcers or GI bleeds
- Use of ACE inhibitors or ARBs (drugs that end in -pril or -sartan)
- Use of anticoagulation therapy, often referred to as blood thinners
- Pregnancy

Another situation in which ibuprofen is not recommended is before a race or long endurance run in a warm environment. Because of its inhibitory effects on your kidneys, physical exertion plus dehydration would put an even worse strain on your kidneys.

There also is a slight increase in blood pressure when taking ibuprofen. For a healthy patient who is taking normal doses in a conventional setting, this is nothing to worry about. However, exercise naturally increases blood pressure as well, so the combination would see an even higher rise in blood pressure. This can be especially harmful if you already have hypertension or other heart diseases – and can even result in a heart attack or stroke. If you are running a marathon or other long distance race, ibuprofen potentially could cause hyponatremia which is an electrolyte imbalance that, if not treated, can result in brain swelling.^{4,7,10} Ultimately, although ibuprofen is still a very safe drug, it should be used with caution in certain situations. On the bright side, acetaminophen is much safer for these conditions, and is still absolutely effective in reducing pain and fever. This is why running events will (should) preferentially distribute acetaminophen instead of ibuprofen.

When Should You NOT Take Acetaminophen?

The contraindications (reasons to not use) for acetaminophen – though no less important – are definitively shorter in length. The primary problems associated with this drug concern the liver. Liver damage or failure is generally experienced in patients who take much more than the recommended dose (correct dosing is extremely important, and should not exceed 3000 mg in a day), as well as patients who have concomitant liver disease such as hepatitis or cirrhosis, or people who drink alcohol more than four times per week. In these three situations, ibuprofen would be recommended over acetaminophen (while still keeping in mind the cautions listed for ibuprofen).^{4,6} Generally, acetaminophen is heralded as a safer drug than ibuprofen, although it should still be used with the same consideration and care as any other drug.

What Should You Do as a Runner/Walker?

- Consider non-pharmacologic alternatives such as ice baths. These are proven to be effective at both pain reduction and decreasing inflammation, and you don't have to worry about any of the above side effects.¹¹
- Try to avoid taking either medication before a race or other sustained activity.^{7,10}
- When you do take either ibuprofen or acetaminophen, take only the recommended amount with food and when you are well hydrated.
- If you have questions about which drug might be more appropriate for you that wasn't answered in this article, give your pharmacist a call. He or she will be happy to give you advice on what is best for your specific needs.

COVID-19 and Ibuprofen

While not specific to running, this is certainly a hot topic in the world lately. Earlier this year, The Lancet journal published an article stating that ibuprofen could worsen symptoms of COVID-19.¹² Acetaminophen subsequently flew off the shelves in pharmacies everywhere, and many people stopped taking ibuprofen altogether. Since then, it has been established that this is not, in fact, the case. While the proposed mechanism was plausible, any reactions that took place were found to be more likely due to co-morbid conditions, or co-administration of hypertension medications.¹³

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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.



Volunteer Vibes

Hello BTC Volunteers!

Our annual Vulcan Run 10K is a go! It will be Saturday, November 7, and we will need all hands on deck for this one!

Like Peavine and BHM 26.2/13.1, we are requiring volunteers to wear masks and for those giving out food and drink, gloves. The BTC will have masks and gloves available for our volunteers, but you are welcome to bring and use your own (clean) mask. These protocols will keep our volunteers and runners safe, but they also mean we will need many more hands to help! Volunteer opportunities are available for packet pick up on Friday, as well as race day on Saturday.

Please let BTC Volunteer Coordinator Kim Benner know how you can help by signing up at this link: <https://runsignup.com/vulcan/volunteer>



TO TAPE OR NOT TO TAPE, THAT IS THE QUESTION

Should I use Kinesiotape? This is a frequently asked question by all of my athletes who come into our clinic. What does it do? Does it really work? At every race you see runners wearing some brand of Kinesiotape. Some runners love it so much, they cover their body in it. Let me just say, for those people "Less is more!" There are also people who think tape is a bunch of voodoo.

Does Kinesiotape Really Work?

Here is my professional opinion. I have used KT tape and RockTape in my practice for over 11 years; Yes, it works. Patients with plantar fasciitis, patellar tracking issues, tendonitis issues, and edema have benefitted from the use of Kinesiotape. I have always explained to patients that this is not a brace type of taping. Most patients think all I did was just put a piece of tape on their injured area and respond with, "What is this going to do for me?" Upon their return visit, they are surprised it helped. Our athletes have benefited from taping 90% of the time we have utilized it.

What Does it Do?

The goal of Kinesiotape is not to provide stability like taping an ankle before an athletic event. Kinesiotape provides biofeedback through tactile cuing, relieves tension off the muscle belly or tendon, and improves lymphatic drainage. For example, if I have a runner with patellar tracking issues, taping can reduce the stress on the quadriceps tendon. By taping the bottom arch of the foot, you can reduce the stress tension on an athlete battling plantar fasciitis.

Does it Work?

The degree of success with taping can depend on the application of the tape. If you are taping correctly with the guidance of a trained professional, you should see the desired results. Taping looks easy,

but it is important to remember before you tape to answer the most basic question correctly: "What am I taping for?"

I know that sounds very basic, but I have seen too many patients that self-diagnosis incorrectly which can do more harm than good. You may be the best GoogleMD and YouTube Therapist, but when it comes to optimal performance, consult your real MD and therapist so you can have the right solution to the right diagnosis.

How Long Does the Tape Last?

Typically, most taping lasts for two to three days. I have seen greater success with the extra sticky tape versus regular tape that may only last for a day. For those patients performing high level athletics and swimming, extra sticky tape or H2O tape simply is better. The two brands most often used include KT tape and RockTape, and my patients have shown success with both. I use RockTape in our clinic because of personal preference based on my experience. We have other TherapySouth clinics that prefer to use KT tape. Not to state the obvious, but color and designs have no added benefit on performance unless you get some mental boost from a particular design or color. You can buy tape in bulk or smaller precut lengths. Most tape comes with an application guide or website to reference. As mentioned earlier for the best results talk to a trained professional (your physical therapist) about application, not just a friend or Google.

To tape or not to tape? The answer is "Yes, tape." But remember to answer this question first, "What am I taping for?" Kinesiotape is not for stability. Less is more.



For any questions or exercise recommendations, please email us at 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
TherapySouth - PatchWork Farms/Altadena
205-783-5270

1200 MILE CLUB

Cumulative miles submitted through November 1, 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	956
Ahmed, Kabeer	2	1,518
Anderson, Kerri	4	988
Armstrong, Thomas	3	650
Austin, Scott	R	1,173
Baggett, Christopher	2	794
Barnes, Jimmie	6	1,809
Bartee, Samm	4	1,168
Bayush, Tori	2	1,221
Beasley, Cathy	3	776
Beck, Donald	1	0
Beck, Rosemary	R	0
Becker, Bryan	R	817
Benner, Kim	8	1,357
Bensinger, Cole	2	1,242
Bensinger, Jill	R	1,140
Benson, Wayne	6	1,089
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	814
Bowman, Brian	R	315
Bowman, Leisha	R	385
Boylan, Brittany	R	0
Boylan, Chris	R	0
Brakhage, Victoria	3	829
Bray, Elizabeth	1	1,328
Bridwell, Hunter	1	0

Participant	Years	Total
Brown, Charlie	8	1,367
Brown, Michael	4	965
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	807
Callahan, Chris	3	1,130
Calloway, Mariel	1	735
Carey, Christopher	6	866
Carlton, Bob	5	969
Carter, Adrienne	2	0
Carter, Jason	1	1,242
Chandler, Teresa	11	1,750
Channell, William Andrew	R	1,136
Cheek, James	R	215
Clay, Brad	13	2,209
Cleveland, Jeff	4	1,514
Cliett, Stephanie	6	1,497
Coleman, Tim	3	1,392
Colpack, Susan	R	900
Corrin, LaRonda	R	998
Corrin, Roger	3	1,022
Cowart, Britney	2	1,093
Cramer, Robyn	R	811
Cramer, Steve	R	477
Crawford, Katelyn	R	398
Creel, Mary	3	1,230
Crowson, Bill	4	1,127
Crumpton, Melinda	R	0

Participant	Years	Total
Cutshall, Hannah	2	0
Davidson, Dow	3	1,915
Davidson, Jen	1	614
Davis, Carla	R	0
Deason, Joshua	R	107
Decker, Brittany	R	714
Denton, Matt	8	1,628
Dixon, Charles	R	240
Dixon, Jonathan	1	325
Dixon, Marian	R	101
Dollins, Rachael	R	462
Donnelly, Kevin	1	335
Duke, Cindy	5	1,314
Eagerton, Emily	R	762
Edgerton, Amy	R	1,148
Elkins, Sydney	1	0
Estes, Cameron	2	1,373
Estrada, Steven	2	1,949
Evans, Debbie	6	1,188
Farrell, Marybeth	R	181
Farrell, Meg	R	85
Farrell, Ryan	R	1,193
Fecteau, Karin	R	0
Feldman, Jana	R	510
Ferlitto, Cindy	1	1,106
Fontenot, Misty	3	1,045
Ford, Eric	1	1,340
Franklin, Shane	8	1,042
Frederick, Winston	11	1,166
Freeman, Sheila	3	1,053
Gayheart, Cheryl	1	1,231

1200 MILE CLUB

Participant	Years	Total
Gibson, Katie	1	733
Gilmour, Laura	R	642
Glasgow, Robert	R	138
Goode, Johnny	11	1,097
Goss, Ange	1	1,194
Grady, Carla	1	887
Graham, Lydia	R	1,195
Graham, Ryan	1	731
Grainger, Matt	1	1,624
Grall, Jeremy	1	986
Gray, Caleb	1	0
Gray, Mary Margaret	R	167
Gray, Michael	R	1,100
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	12	1,252
Haralson, Micki	12	1,350
Hargrave, Alan	13	1,382
Harris, Angela	R	979
Harrison, Lisa	8	934
Harrison, Rochelle	R	51
Harry, April	3	1,237
Hartsfield, Gregory	R	1,186
Hartsfield, Kathryn	R	0
Haynes, Melanie	R	529
Hellenga, Meghan Ann	R	317
Henninger, Alison	6	1,287
Higginbotham, Weston	R	1,028
Hogue, Kari	R	0
Holcomb, Zachary	3	1,281
Holland, Skylar	2	1,142

Participant	Years	Total
Hollington, Kasey	1	1,027
Hood, Alissa	1	1,447
Hoover, Alison	8	618
House, Beth	5	1,012
Hutcheson, Leander	1	1,249
Ingle, Brandon	R	140
Izard, Georgia	3	0
Izard, Melody	3	0
Jackson, Bradley	1	1,260
Janowiak, Desirae	1	863
Jenkins, Kaki	7	1,916
Johnston, Emily	1	0
Jones, Allen	2	1,322
Juarez, Cesar	R	123
Kearley, Christy	1	0
Kearley, Stephen	2	0
Kelley, Robin	7	3,539
Kemper, Tricia	5	1,197
Kezar, Carolyn	2	1,305
Knight, David	1	1,674
Kornegay, Marla	R	1,158
Krick, Stefanie	R	1,188
Kuhn, Claire	R	660
Kuhn, Jimmy	13	1,822
Kulp, Loren	4	1,094
LaFon, Caroline	R	162
Lahti, Tyler	4	1,454
Laird, Audrey	6	1,374
Lamb, Patrick	R	1,162
Lancaster, Jeff	1	1,159
Langston, Aaron	5	0
Lawhorn, Joseph	1	292
Lee, Brian	1	175
Litz, Matthew	2	1,125
Love, Thomas	1	948
Lyda, Beth	R	1,012
Lyda, John	2	1,514

Participant	Years	Total
Lyle, Randy	12	2,152
Lyles, Chris	1	19
Madaris, Brandon	R	186
Madaris, Jennifer	R	110
Malick, David	7	1,305
Mathews, Skip	R	344
McDaniel, Willie	R	290
McElroy, Catherine	R	1,117
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	1,065
Mixon, Joshua	R	1,031
Morgan, Cary	10	3,566
Morris, Phil	R	43
Morrow, Alex	8	981
Moser, David	2	1,375
Moses, Mike	R	809
Mystenbusch, Stephanie	R	1,013
Neu, Matthew	R	427
Northern, Kristie	10	1,141
Norton, Laura	2	1,792
O'Brien, Michael	R	988
Oechslein, Tamara	R	1,088
Oehrlein, Kimberly	R	271
Oliver, John	5	1,099
Orihuela, Carlos	3	1,202
Ortis, Ellen	2	1,477
Panos, Dan	R	583
Parks, Charlie	7	1,652
Paschal, Paige	1	1,200
Patrick, Nicolette	1	1,111
Payson, Tabitha	R	914
Payson, Tommy	2	1,023

1200 MILE CLUB

Participant	Years	Total
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
Phille, Ron	R	0
Plante, David	8	1,365
Poh, James	1	1,125
Poole, Greg	2	1,094
Powell, Shane	2	1,899
Proctor, Megan	R	1,183
Rachel, Cain	R	0
Ralph, Meghan	5	400
Rawson, Brent	2	970
Reed, Kanita	R	948
Renfro, Jeff	2	1,376
Reynolds, Dewelena	R	0
Richey, Lori Beth	2	1,101
Richie, Melissa	R	956
Ritchie, Joseph	3	1,701
Ritchie, Lauren	2	1,568
Roberson, Kevin	5	479
Roberts, Fletcher	5	1,051
Robinson, Lyndsey	1	1,249
Robinson, Tamara	R	795
Rodgers, Jeffrey	2	1,037
Rodgers, Jessica	R	919
Rogers, Hannah	R	1,025
Roper, Lynn	2	958
Rose, Beth	R	981
Rose, Billy	6	2,440
Rosser, Joey	4	1,594
Routman, Cindi	R	744
Ruschhaupt, Skyler	R	247
Rutherford, Keith	13	1,681
Rutledge, Lisa	5	1,375

Participant	Years	Total
Sanders, Gwendolyn	1	845
Shaffield, Danny	7	1,769
Shaw, Michelle	R	0
Sherer, Jeremy	3	1,101
Sherrell, Jeff	R	1,179
Shinn, Ronald	7	136
Shoaf, James	1	1,057
Sides, Dean	3	856
Silwal, Suman	8	0
Simpkins, Randall	2	1,141
Simpson, Kevin	7	2,735
Sims, Cecelia	1	567
Sims, Kelly	1	204
Sims, Robert	7	1,493
Sloane, Mike	4	958
Smith, Marie	R	849
Soileau, Chester	2	578
Stevens, Johnathon	4	2,106
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	1,077
Tidwell, Pam	R	752
Tomlin, Chace	R	935
Townes, Janelle	1	569
Trimble, Jamie	6	1,566
Turner, Amanda Blake	R	0
Valles, Tina	R	919
Varnes, Vickie	6	1,103
Waid, David	1	2,058
Walker, Caroline	1	286
Wall, Ron	6	775
Washington, Monica	R	188
Watters, Ana	2	1,264
Watters, Larkin	R	937

Participant	Years	Total
Watters, Robert	5	1,100
Weber, Amy	2	611
Weeks, Lance	2	655
Weimer, Jonathan	R	238
Wells, Bradley	3	0
Wende, Adam	6	1,981
Whillock, Amber	R	1,046
White, Robin	1	1,889
Wilhite, Thomas	4	875
Williams, Shanada	R	0
Williams, Shaunda	1	646
Williams, Yolanda	R	0
Williamson, Rebecca	1	990
Wilson, Mark	R	209
Wiseman, Steve	6	1,520
Wood, Heather	R	985
Wood, Scott	4	129
Woody, Bill	11	1,191
Wooten, Vance	1	1,627
Wright, Amy	3	866
York, Gary	6	905
Zajac, Jason	2	1,787
Zapata, Carlos	R	871

FEETS OF STRENGTH



WOW! Do we have lots to celebrate this month or what? The BHM 26.2 Marathon and Half Marathon yielded some great results for Birmingham runners:

Daniel Chaplin set a new PR at the half marathon distance, finishing in 3:14:40.5. Daniel currently is training for his first full marathon (Mercedes 2021). He also plans to be the first person with Down Syndrome to complete a half marathon on all 50 states – he is well on his way to his goal!

Laurie Edmondson ran her first sub-1:50 in the half marathon, and **Steven Estrada** finished first in his AG in half marathon. **Mike Gray** and **David Lea** set PRs at the half marathon distance, as did **Hannah Rogers** (2:01), and **Robin White** (1:38:14), which gave her an impressive third place finish in her age group.

And after completing her first full marathon at the Mercedes Marathon earlier this year, **Carmen Michael** completed her first sub-2 half marathon at the BHM 26.2 half marathon. Way to go, runners!



Daniel Chaplin



Laurie Edmondson



Steven Estrada



Mike Gray



David Lea



Hannah Rogers



Carmen Michael

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FEETS OF STRENGTH



This year's 7 Bridges Marathon was moved from Chattanooga to Georgia, due to Covid-related restrictions, but the change didn't deter our local runners! **Ellen Ortis** placed third in her age group in the marathon distance – awesome work, Ellen! And **Robin White** ran a PR marathon (3:39:44), which gave her a BQ and a 2nd overall female finish! Way to go, Robin!

At the half marathon distance, **Charlie Brown** finished second in his age group (when asked for a quote, he said the lack of bridges made him run a little faster).

Other notable race results include **Laura Norton's** first place age group finish at the Great Smoky Mountains Half Marathon and **Katie Pirkle's** impressive 3:30:12 time at the Indy Marathon in 2019, which earned her a nice, shiny BQ!

In the virtual race world – which many of us would find much more difficult – **Sheila Freeman** completed the 124th (virtual) Boston Marathon. Sheila also raised over \$10,000.00 for the American Red Cross in the process. Way to go, Sheila!

Amy Griffin jumped into the distance world with both feet – she recently completed her first marathon AND her first ultra-marathon. Nice job, Amy! And **Adele Pitts** recently “survived the Narrows,” which certainly looks daunting!

In the ultra-long distance world, **Rachel Nichols** completed her first 100-miler at Cloudsplitter 100, finishing as the second overall female with a time of 33:44:43. And **Brittany Hayden**, in her second 100-miler, was the first overall female finisher. Way to represent Birmingham ladies!



Ellen Ortis



Robin White



Charlie Brown



Laura Norton



Sheila Freeman



Adele Pitts



Rachel Nichols



Brittany Hayden

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FEETS OF STRENGTH



Closer to home, this year's Endless Mile race yielded some impressive results and new state records!

Kim Benner completed her first 50k/31-mile race in 5:52, which gave her a third overall female finish in the 6-hour challenge and set a new state record for a 51-year-old female. In the 24-hour race, **Meredith Farrell** completed 77.47 miles, nabbing a state record and 36 more miles than her previous longest run. Nice job, Meredith!

Don Leopard completed 100 miles in the 48-hour race, just two months after breaking his back in an accident and with no training since that time. There's proof that runners are a resilient group – way to do, Don!

Nicolette Patrick logged an impressive 104 miles, with gave her a 15th overall and 6th overall female finish, as well as an age group state record – congratulations, Nicolette! (Be sure to read her account of the race earlier in this issue too).

Kristen Osborne took on the 24-hour race, completing 45 laps and her longest race distance to date. Congratulations, Kristen!

And although she has yet to complete an official marathon, **Hannah Rogers** completed 44 miles and nabbed a 3rd overall finish in the 12-hour race. This was the first time Hannah had run more than 18 miles – nice work, Hannah!

And perhaps the most impressive finish belongs to **Jim Barnes**, who completed the 48-hour run. Jimmie had hoped to take a shot at his friend Doyle Carpenter's new world record of 144.6 miles, but he began having back pain and stopped at 30 hours, and 101 miles. But as he says, "I cannot complain since I ran my age of 82 in 24 hours and set a potential new American [Age Group] record of 29:27 for 100 miles/" (yes, let that sink in – Jimmie Barnes is 82 years of age and still running circles around most of us). Jimmie's finish at Endless Mile likely will count as the #2 World Record for the 80-84 age group, but as he quipped, "#1 in the world is 24:05 so there is some room for improvement." Keep on running, Jimmie!



Meredith Farrell at right with Brooke Weaver



Nicolette Patrick and Hannah Rogers



Kim Benner



Kristen Osborne



Jim Barnes

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!](#)



Katie and Michael Brown hiked a piton during their honeymoon in St. Lucia.



7 Bridges Marathon and Half Marathon



Charles Thompson in a vintage Vulcan Run shirt



Happy birthday, Jamie Trimble!



Endless Mile

BTC EXECUTIVE BOARD MEETING

October 12, 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 (via telephone), Rebecca Williamson, Scott Wood, Charles Thompson, and Vicky Brakhage.

Kim Benner made a motion to approve the minutes of the September 2020 Executive Board Meeting. The motion was seconded by Alex Morrow and passed without opposition.

Membership (Cameron Estes)

We currently have 889 members and 687 memberships. There were 142 new and returning members that signed up during the membership drive in September.

Newsletter Editor (Julie Pearce)

The publication date for the next newsletter will be November 2, 2020. Please have all newsletter content to Julie by October 23, 2020. Discussion was held concerning an article about safety gear recommendations since the days are getting shorter and more runners will be out in the dark.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry. We have several outstanding invoices that Hunter is handling.

Webmaster (Hunter Bridwell)

There have been several updates made to the new web site.

Long Run Committee (Alex Morrow)

We have officially started Mercedes Marathon training during the Saturday Morning Long Runs. Alex Morrow will likely include additional miles on some Saturdays for those who are participating in the Iron City race in December. Discussion was held about potentially starting volunteer water stops in the near future and how to safely do so.

Merchandise (Bradley Wells)

New fall merchandise will be added to the website for pre-order. Bradley Wells will send an email to members about the new merchandise.

1200 Mile Club (Hunter Bridwell)

Registration for the 1200 Mile Club for 2020 is now closed. Hunter Bridwell has the 2019 patches, as well as jackets that still have not been picked up. He will bring them to the Saturday Morning Long Runs for pick up.

Japan Exchange (Rebecca Williamson)

As of now, the 2021 Maebashi Marathon is still scheduled to take place. A new director has been appointed to the Sister City program here in Birmingham.

USATF Representative (Charles Thompson)

There will be an AAU track meet at the Birmingham Crossplex on December 13, 2020.

IT Chair (Alan Hargrave)

We will need to discuss the Resolution Run in the near future so that we can get registration open on RunSignUp.

Vulcan Run 10K Update (Hunter Bridwell and Scott Wood)

This year the Vulcan Run 10K will be very similar to the BHM 26.2 race that was held the previous weekend. The course will start at Brookwood, go out the Lakeshore Trail, and then back. The course will not be certified this year due to the circumstances with Covid-19 and having to change the course. Permits have been submitted to the City of Homewood. There are currently 295 people registered. Depending on how quickly that number increases, there is a possibility that the number of participants will be capped. A t-shirt design has already been submitted and the shirts must be ordered by Monday, November 2, 2020. We will be doing Top 100 shirts this year instead of Top 200 since we are not anticipating a large number of participants. Unfortunately, we are not able to present medals this year since the medals needed to be ordered months ago, but we were not certain if we would be able to have the race at that time. Instead, Scott Wood is looking into possibly doing a finishers gift such as a tumbler with the BTC logo. There will be one water stop that participants will hit twice on the course at approximately miles two and four. Packet pickup will be held the Friday before at the Trak Shak. Due to Covid-19 restrictions, we will not have an award ceremony and we will not be presenting monetary awards to the overall winners this year. Hunter Bridwell will look into possibly doing Trak Shak gift cards instead. The race will start at 7:30; however, walkers will be allowed to start early if they choose to do so. Alan Hargrave will adjust the volunteer registration through RunSignUp. We plan to send an e-mail blast and update social media to provide details about the race.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, November 9, 2020 at 6:00 p.m. Location to be determined.

Upcoming Events

EVENT	DATE	TIME
46th Annual Vulcan Run 10K *BTC Race Series * * BTC DISCOUNT *	November 7, 2020	8:00 a.m.
The Hammies Trail Runs at Trussville Sports Complex	November 8, 2020	7:00 a.m.
BTC Executive Board Meeting (location TBA)	November 9, 2020	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	November 14, 2020	6:00 a.m.
Maximum Physical Therapy Pelham City Center 5K	November 14, 2020	8:00 a.m.
Run for Water 5K	November 14, 2020	
44th Annual Sam Lapidus Montclair (Virtual) 10K, 5K, and 1 Mile Fun Run	November 14, 2020 – November 29, 2020	VIRTUAL
The Hammies Trail Runs at the Hoover Met	November 15, 2020	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 21, 2020	6:00 a.m.
Skinny Turkey 5K/10K (Boaz, AL)	November 21, 2020	8:00 a.m.
3 Mayor 5K for VMHS (Vincent)	November 21, 2020	8:00 a.m.
19th Annual Cross Point 5K (Trussville)	November 21, 2020	8:00 a.m.
Magic City Half Marathon and 5K	November 22, 2020	VIRTUAL
WCCH 2020 Turkey Trot 5K and Family Fun Run (Jasper)	November 22, 2020	VIRTUAL
Cornerstone Ranch Gobble Wobble 5K (Mount Olive)	November 26, 2020	7:50 a.m.
BTC Saturday Long and Moderate Run Groups	November 28, 2020	6:00 a.m.
The Downtown YMCA Noojin & White Race to the Courthouse 5K	November 29, 2020	VIRTUAL
Jax Jingle Virtual Virtual 5K	December 4, 2020	VIRTUAL
BTC Saturday Long and Moderate Run Groups	December 5, 2020	6:00 a.m.
St. Jude Memphis Marathon Weekend (Marathon, Half Marathon, 10K, 5K, Kids Marathon/Family Race)	December 5, 2020	7:00 a.m.
Iron City Underground Marathon and Half Marathon (Fultondale)	December 5, 2020	7:00 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:

--	--

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:

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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