



★ BIRMINGHAM TRACK CLUB ★  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

December 2020 12



## THE IMPACT OF SOCIAL MEDIA ON RUNNERS

By Skylar Holland

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# THE IMPACT OF SOCIAL MEDIA ON RUNNERS

**RUNNING COMMUNITIES AROUND THE WORLD ARE CONNECTED MORE THAN EVER THROUGH THE USE OF SOCIAL MEDIA. BUT HOW DO SOCIAL MEDIA POSTS ABOUT RUNNING INFLUENCE US AND WHAT IS THE AFTER-EFFECT?**

A study conducted on 2,500 UK runners sought to determine whether there is a link between social posting and performance. The researchers concluded that running is contagious! The more we see friends running, the more we run, and the harder we push ourselves. And when we push ourselves harder, faster, and farther, our running friends tend to do the same. In fact, the study found that people who share their runs on social media tend to run faster than those who do not. Runners who share are also more likely to run longer distances than those who avoid posting on social media. Regularly sharing runs on social media automatically creates a running log, and seeing progress over time can act as a motivator and source of accountability.

Whatever your reasons for posting, keep it up! Connecting in this way is part of what makes this community so great! So, remember to share your runs and give positive feedback to your friends! These positive interactions lead to better feelings of self-esteem for you and the recipient of your support.

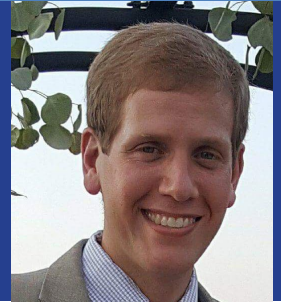
#### References:

1. Khan Amina. Exercise can be contagious, new social network analysis finds. Los Angeles Times. (2017, April). Retrieved November 27, 2020, from <https://www.latimes.com/science/sciencenow/la-sci-sn-exercise-contagious-friends-20170418-story.html>
2. Daley Jason. Social Networks May Give Runners a Motivational Leg Up to Hit the Pavement. (2017, April). Retrieved November 27, 2020, from <https://www.smithsonianmag.com/smart-news/exercise-contagious-social-media-pavement-180962968/>
3. Vasey Melody. Posting About Running on Social Media Proven to Make You a Better Runner. Runners Radar. (2018, June). Retrieved November 27, 2020, from <https://www.runnersradar.com/news-2/social-media-running/>



# PRESIDENT'S ADDRESS

By Hunter Bridwell



The end of the year is bringing cooler temperatures and more in-person races! I was excited to help this past weekend at the **Iron City Underground Marathon & Half Marathon** at Black Creek Park in Fultondale. Thanks to local runner **James Graham** for putting on this race! We have BTC members traveling to other races in the southeast including the Mississippi Gulf Coast Marathon in Biloxi (December 13th), the Louisiana Marathon in Baton Rouge (January 17th), and the Big Beach Marathon in Gulf Shores (January 31st).

The BTC is also continuing to hold half marathon and marathon training runs on Saturday mornings at 6:00 am in front of The Trak Shak in Homewood in preparation for the 20th anniversary of the Mercedes Marathon and Half Marathon, which recently was postponed until the Spring of 2021. Keep an eye out for more details about race plans for our hometown event.

## Vulcan Recap

We had an awesome day for racing as the 46th annual **Vulcan Run 10k** was held from Brookwood Mall last month. Thanks to all of our runners and volunteers for helping us hold this in-person event without any major hiccups. We are thankful that we were able to hold three of our four BTC races this year. Thanks to **Black Family Restaurants (McDonald's)** for donating our post-race grab bags of food. Thanks also go out to **Jeremy Walker** for helping us organize the event and to **Set Up Events** for continuing to provide expert timing services. We appreciate **The Trak Shak** for their continued support in providing sports drink and cups to use at our waterstops and for providing the gift card prizes for this year's Vulcan Run 10k. Please make sure you support those who support our ability to hold races!

## What's Next?

Be on the lookout for information about several upcoming events. Unfortunately, Covid-19 has required us to make a lot of last-minute calls on whether to hold certain events and has affected our ability to provide specific details about upcoming events.

We are working on details for a **Christmas Eve morning fun/social run**. I have also reached out to Red Mountain Park about holding the **Resolution Run** on Saturday, January 2nd. Skylar Holland and Britney Cowart are also working on plans to hold our **annual BTC party**. We're targeting January 23rd and are looking for a venue that has some covered outdoor space (with heaters!) to allow for us to hold the event. The BTC Annual Party is important for a number of reasons – we elect officers for the upcoming year, we recognize outstanding members with awards, we recognize our 1200 Mile Club members, and we hand out jackets to those who achieved running 1200 miles in a year for the first time. It also gives our members an opportunity to fellowship with one another. Rest assured, anything we do will be with safety in mind. Thanks again for bearing with us as we try to make these events happen.

Lastly, we thank **TherapySouth** for their continued sponsorship of the BTC. We look forward to continuing that partnership next year. If you're nursing any aches and pains, I encourage you to reach out to these folks at one of their many locations around town. They have helped many BTC members regain their health with their expertise in physical therapy.

Hunter Bridwell  
BTC President

## Need to Print Your BTC Membership Card?



It's easy!

1. Login to RunSignUp ([runsignup.com](https://runsignup.com)).
2. Click on "Profile". On a desktop browser, you'll find this among the links at the top of the page. On a mobile browser, you may have to click the icon to expand the menu to see the Profile link.
3. Click "My Club Memberships" under Account Links. You'll see your BTC membership listed.
4. Click on "Membership Card". The page displayed is a PDF file that you can either print or save to your computer or smart phone. If you have a family membership, cards for the entire family will be displayed on one page.

# 2020 Officers



## President

**Hunter Bridwell**

president@birminghamtrackclub.com



## Treasurer

**April Harry**

treasurer@birminghamtrackclub.com



## Vice-President

**Skylar Holland**

vicepresident@birminghamtrackclub.com



## Secretary

**Vicky Brakhage**

secretary@birminghamtrackclub.com

## BTC Committees

**General Counsel/Parliamentarian**  
**Long Run Coordinator**  
**Medical Director**  
**Social Chairs**

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

**Marketing/Social Media**  
**Membership**  
**Membership Benefits**  
**Merchandise**

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

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

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

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

**Webmaster**  
**IT Chair**  
**USATF Representative**

## BTC Race Directors

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

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

## BTC Mission Statement

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

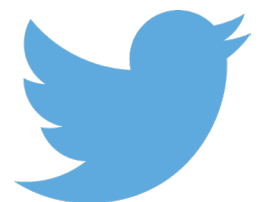
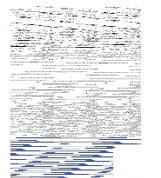
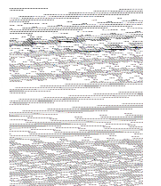
## Contact BTC at:

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

## Race Results

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

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





## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Kerri Anderson	Skylar Holland	Richard Langston	Jeff Ray
Bryan Becker	Anna Johnston	Jennifer Logan	Jennifer Ray
Shelley Brown	Cooper Johnston	Catherine McElroy	Travis Sherman
Michael Brown	Kristen Johnston	Danielle Morgan	Randall Simpkins
William Andrew Channell	Latta Johnston	Phillip Morgan	Jason Smith
Dodie Driscoll	Carolyn Kezar	Darrell Murphy	Phil Teninbaum
Patrick Driscoll	Jeff Lancaster	Kristie Northern	Amanda Wang
Mark Erdberg	Aaron Langston	Charlie Parks	Sarah Yang
Samuel Galgano	Janine Langston	Katrina Pronath	

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 exciting new merchandise you can order!** Check it out [HERE](#), or via the BTC [website link](#)!



# MEDICATION AND MILES:

## A Supplement You Can't "BEET"!

By Randall Odom, 2021 PharmD Candidate, Kim Benner, PharmD



**In recent years, there has been an increased interest in dietary supplements in the exercise community.<sup>[1]</sup> Among these supplements, there has been an increase in the use of beetroot juice (BRJ) among runners, especially endurance runners, to boost their performance.<sup>[1]</sup> Why has there been an increase in the use of this supplement?**

Beetroots are naturally full of nitrates, and BRJ used for supplementation can have higher concentrations of nitrates compared to other foods and beverages.<sup>[2]</sup> Nitrates ( $\text{NO}_3^-$ ), can be found in most leafy green vegetables and in beetroot-rich products, such as beetroots, beetroot liquid or beetroot powder supplements.<sup>[2,3]</sup> BRJ is sought after for the cardiovascular benefits associated with its consumption.<sup>[3]</sup> BRJ consumption has increased because it is rich with  $\text{NO}_3^-$ , which has an enhancing effect on runners' physiological response during exercise.<sup>[4]</sup>

Technically speaking, BRJ is a dietary source of nitrate that is ultimately reduced via the nitrate-nitrite-NO pathway into nitric oxide (NO).<sup>[5]</sup> Once ingested, dietary inorganic  $\text{NO}_3^-$  is broken down into nitrite dioxide ( $\text{NO}_2^-$ ) by the saliva and ultimately reduced to

NO.<sup>[2,3,5]</sup> Endogenous NO is produced from the conversion of L-arginine via nitric oxide synthase (NOS).<sup>[2,3,5]</sup> Dietary  $\text{NO}_3^-$  is absorbed into the blood and the gastrointestinal tract.<sup>[3]</sup> Most  $\text{NO}_3^-$  from the diet will be excreted by the kidneys, however, around 25% can be reduced to nitrite from saliva through oral bacteria, Veillonella species predominantly, from reactions with gastric acid, and in some cases found in the blood.<sup>[5]</sup> Dietary nitrate supplementation, with any of the aforementioned beetroot products, increases the plasma nitrite levels. This "new" excess increases the bioavailability of NO, which allows for greater exertion of effects.<sup>[5]</sup>

Nitric oxide is an important signaling molecule involved in several physiological processes that might effect physical activities including: vasodilation (dilation of blood vessels, which decreases blood pressure), increased blood flow to muscles, contractility of muscles, and several other benefits.<sup>[5,6]</sup> Recent studies have demonstrated that dietary supplementation with nitrates led to a significant decrease in pulmonary oxygen uptake ( $\text{Vo}_2$ ) during physical actives.<sup>[1,3,6]</sup>

BRJ supplementation should be taken around 90 minutes before the physical activity. This is due to the fact that dietary  $\text{NO}_3^-$  will reach peak effects in two to three hours after ingestion.<sup>[3]</sup> Multiple studies have demonstrated the benefits of BRJ when used for physical activities.<sup>[1-8]</sup> These studies showed that BRC diminished muscle fatigue (an increase in time to exhaustion), lowered  $\text{VO}_2$ , reduced blood pressure, and reduced  $\text{O}_2$  requirements while exercising.<sup>[1-8]</sup> Refer to the figure for a visual representation of the fore mentioned effects.<sup>[7]</sup>

The recommended dose of BRJ is 140-500mL (5 to 16 ounces), with 500mL (approximately 16 ounces) being the most commonly recommended dose.<sup>[2,3,]</sup> If you are interested in beetroots, beetroot juice, or beetroot powder supplements, they can be purchased in most grocery stores, super centers, larger retail chains, and online.

There have not been sufficient studies to assess the negative outcomes of BRJ supplementation as compared to the benefits.<sup>[1]</sup> Therefore, individuals should proceed with caution with this supplementation because there are no long term studies on the chronic negative use of BRJ.<sup>[1]</sup> It has been shown that large volume



# MEDICATION AND MILES:

## A Supplement You Can't "BEET"!

consumption of BRJ can lead to beeturia (red or pink urine); however, this is a harmless condition.<sup>[1,2]</sup> There are no documented interactions between BRJ and other medications.

In conclusion, the use of BRJ has been increasing as athletes and others learn more about its rich nitrate concentration and the positive effects that can have. BRJ has been proven to have positive effects on running economy. However, there is some conflicting data, so more research is needed to substantiate these claims further. In the meantime, BRJ generally is regarded as a safe supplement to try, but as always, ask your doctor or pharmacist for advice before proceeding.

### Graph Citation:

1. Lansley KE, Winyard PG, Fulford J, et al. Dietary nitrate supplementation reduces the O<sub>2</sub> cost of walking and running: a placebo-controlled study. *J Appl Physiol* (1985). 2011;110(3):591-600. doi:10.1152/jappphysiol.01070.2010

### References:

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2. Vanhatalo, A., Bailey, S. J., Blackwell et al. Acute and chronic effects of dietary nitrate supplementation on blood pressure and the physiological responses to moderate-intensity and incremental exercise. *American journal of physiology. Regulatory, integrative and comparative physiology*, 299(4), R1121-R1131. <https://doi.org/10.1152/ajpregu.00206.2010>
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6. Wylie LJ, Ortiz de Zavallos J, Isidore T, et al. Dose-dependent effects of dietary nitrate on the oxygen cost of moderate-intensity exercise: Acute vs. chronic supplementation. *Nitric Oxide*. 2016;57:30-39. doi:10.1016/j.niox.2016.04.004

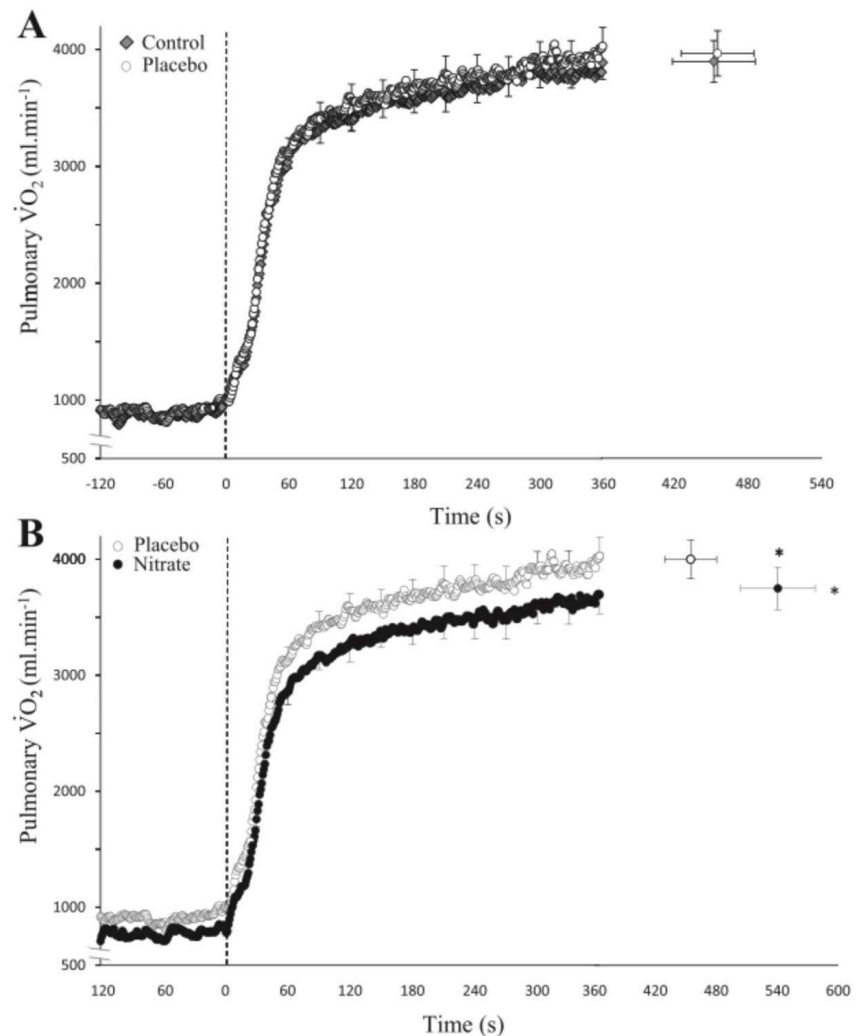


Fig. 3. Pulmonary  $\dot{V}O_2$  responses during step increments to a severe-intensity running speed. A: group mean  $\dot{V}O_2$  responses following nonsupplemented control and placebo supplementation, with error bars shown every 30 s for clarity. B: group mean  $\dot{V}O_2$  response following NO<sub>3</sub><sup>-</sup>-rich beetroot (nitrate) and placebo supplementation. Dashed vertical line represents abrupt transition from baseline walking to severe work rate. Insets: group mean  $\pm$  SE  $\dot{V}O_2$  at task failure (\*dietary NO<sub>3</sub><sup>-</sup> supplementation resulted in an increased time to task failure). O<sub>2</sub> cost of walking and running is reduced following NO<sub>3</sub><sup>-</sup>-rich beetroot juice, but not following NO<sub>3</sub><sup>-</sup>-depleted beetroot juice (placebo), supplementation.

## 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.



## Need a Gift Idea for Your Favorite Runner This Holiday Season?

Gift cards are available from the BTC Store! Your runner can renew his BTC membership, sign up for a race, or purchase some awesome BTC swag! [Click here](#) to purchase a gift card, or from the BTC website, click "Store" to purchase gift cards and BTC gear!





# 1200 MILE CLUB

Cumulative miles submitted through December 6, 2020 are listed below. For a complete listing of monthly totals, [click here](#).

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

Participant	Years	Total
Adams, Jeffrey	R	0
Adams, Sue	R	1,093
Ahmed, Kabeer	2	1,718
Anderson, Kerri	4	1,093
Armstrong, Thomas	3	710
Austin, Scott	1	1,251
Baggett, Christopher	2	847
Barnes, Jimmie	6	1,950
Bartee, Samm	5	1,380
Bayush, Tori	2	1,359
Beasley, Cathy	3	1,065
Beck, Donald	1	0
Beck, Rosemary	R	0
Becker, Bryan	R	1,090
Benner, Kim	8	1,674
Bensinger, Cole	2	1,375
Bensinger, Jill	1	1,376
Benson, Wayne	6	1,178
Boackle, Larry	3	545
Boackle, Tomie Ann	1	80
Booher, Lisa	9	1,910
Bookout, Jason	2	1,252
Bookout, Kimberly	1	1,101
Bowman, Bill	R	909
Bowman, Brian	R	315
Bowman, Leisha	R	385
Boylan, Brittany	R	0
Boylan, Chris	R	0
Brakhage, Victoria	3	945
Bray, Elizabeth	1	1,559
Bridwell, Hunter	1	0

Participant	Years	Total
Brown, Charlie	8	1,539
Brown, Michael	4	965
Brown, Sean	5	1,124
Brown, William	2	1,237
Browne, Shannon	R	274
Bryant, Jason L.	R	255
Burks, Ross	3	924
Caine, Lawrence	1	965
Callahan, Chris	4	1,369
Calloway, Mariel	1	823
Carey, Christopher	6	866
Carlton, Bob	5	969
Carter, Adrienne	2	0
Carter, Jason	1	1,403
Chandler, Teresa	11	2,162
Channell, William Andrew	R	1,192
Cheek, James	R	471
Clay, Brad	13	2,823
Cleveland, Jeff	4	1,621
Cliett, Stephanie	6	1,626
Coleman, Tim	3	1,550
Colpack, Susan	R	1,183
Corrin, LaRonda	R	1,115
Corrin, Roger	3	1,110
Cowart, Britney	3	1,200
Cramer, Robyn	R	940
Cramer, Steve	R	516
Crawford, Katelyn	R	398
Creel, Mary	3	1,584
Crowson, Bill	5	1,221
Crompton, Melinda	R	0

Participant	Years	Total
Cutshall, Hannah	2	0
Davidson, Dow	3	2,347
Davidson, Jen	1	614
Davis, Carla	R	0
Deason, Joshua	R	107
Decker, Brittany	1	1,514
Denton, Matt	8	1,950
Dixon, Charles	R	240
Dixon, Jonathan	1	460
Dixon, Marian	R	101
Dollins, Rachael	R	462
Donnelly, Kevin	1	335
Duke, Cindy	5	1,445
Eagerton, Emily	R	1,198
Edgerton, Amy	1	1,253
Elkins, Sydney	1	0
Estes, Cameron	2	1,495
Estrada, Steven	2	2,185
Evans, Debbie	7	1,493
Farrell, Marybeth	R	181
Farrell, Meg	R	85
Farrell, Ryan	1	1,317
Fecteau, Karin	R	0
Feldman, Jana	R	559
Ferlitto, Cindy	2	1,227
Fontenot, Misty	3	1,144
Ford, Eric	1	1,370
Franklin, Shane	8	1,179
Frederick, Winston	12	1,400
Freeman, Sheila	3	1,128
Gayheart, Cheryl	1	1,340

# 1200 MILE CLUB

Participant	Years	Total
Gibson, Katie	1	900
Gilmour, Laura	R	776
Glasgow, Robert	R	138
Goode, Johnny	11	1,103
Goss, Ange	2	1,271
Grady, Carla	1	887
Graham, Lydia	1	1,319
Graham, Ryan	1	1,063
Grainger, Matt	1	1,751
Grall, Jeremy	2	1,286
Gray, Caleb	1	0
Gray, Mary Margaret	R	167
Gray, Michael	1	1,220
Greene, Michael	2	1,685
Griffin, Misty	1	1,253
Gullapalli, Satya	5	1,296
Guthrie, Dana	R	973
Hackney, Aimee	R	927
Haley, Jay	5	1,398
Hall, Thomas	1	72
Hamrick, Teresa	R	0
Haralson, Danny	12	1,252
Haralson, Micki	12	1,673
Hargrave, Alan	13	1,487
Harris, Angela	1	1,204
Harrison, Lisa	8	1,109
Harrison, Rochelle	R	51
Harry, April	3	1,578
Hartsfield, Gregory	1	1,334
Hartsfield, Kathryn	R	0
Haynes, Melanie	1	1,246
Hellenga, Meghan Ann	R	317
Henninger, Alison	6	1,405
Higginbotham, Weston	R	1,107
Hogue, Kari	R	0
Holcomb, Zachary	3	1,409
Holland, Skylar	3	1,266

Participant	Years	Total
Hollington, Kasey	1	1,120
Hood, Alissa	1	1,844
Hoover, Alison	9	1,613
House, Beth	5	1,076
Hutcheson, Leander	1	1,387
Ingle, Brandon	R	140
Izard, Georgia	3	824
Izard, Melody	3	0
Jackson, Bradley	1	1,401
Janowiak, Desirae	1	863
Jenkins, Kaki	7	2,321
Johnston, Emily	1	0
Jones, Allen	2	1,581
Juarez, Cesar	R	123
Kearley, Christy	1	0
Kearley, Stephen	2	0
Kelley, Robin	7	3,851
Kemper, Tricia	6	1,470
Kezar, Carolyn	2	1,400
Knight, David	1	1,880
Kornegay, Marla	1	1,296
Krick, Stefanie	1	1,303
Kuhn, Claire	R	730
Kuhn, Jimmy	13	2,022
Kulp, Loren	4	1,188
LaFon, Caroline	R	727
Lahti, Tyler	4	1,664
Laird, Audrey	6	1,530
Lamb, Patrick	1	1,306
Lancaster, Jeff	2	1,298
Langston, Aaron	5	0
Lawhorn, Joseph	1	292
Lee, Brian	1	175
Litz, Matthew	3	1,228
Love, Thomas	1	1,011
Lyda, Beth	R	1,125
Lyda, John	2	1,676

Participant	Years	Total
Lyle, Randy	12	2,574
Lyles, Chris	1	19
Madaris, Brandon	R	186
Madaris, Jennifer	R	110
Malick, David	7	1,431
Mathews, Skip	R	442
McDaniel, Willie	R	290
McElroy, Catherine	1	1,217
McKinney, Margaret	R	275
McNair, Kelly	6	1,156
McNutt, Janie	1	1,150
Merry, Vicki Sue	8	2,219
Miller, Joshua	1	1,183
Miller, Justin	1	1,237
Miller, Rachel	R	1,146
Mixon, Joshua	R	1,031
Morgan, Cary	10	3,862
Morris, Phil	R	43
Morrow, Alex	9	1,293
Moser, David	2	1,542
Moses, Mike	R	1,047
Mystenbusch, Stephanie	R	1,114
Neu, Matthew	R	427
Northern, Kristie	11	1,234
Norton, Laura	2	1,982
O'Brien, Michael	R	1,096
Oechslein, Tamara	1	1,205
Oehrlein, Kimberly	R	271
Oliver, John	6	1,208
Orihuela, Carlos	3	1,464
Ortis, Ellen	2	1,668
Panos, Dan	R	583
Parks, Charlie	7	1,983
Paschal, Paige	1	1,301
Patrick, Nicolette	2	1,348
Payson, Tabitha	R	968
Payson, Tommy	2	1,135



# 1200 MILE CLUB

Participant	Years	Total
Peagler, Shana	8	1,251
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	1,506
Poh, James	2	1,390
Poole, Greg	3	1,212
Powell, Shane	2	2,464
Proctor, Megan	1	1,530
Rachel, Cain	R	0
Ralph, Meghan	5	400
Rawson, Brent	2	1,117
Reed, Kanita	R	1,083
Renfro, Jeff	2	1,482
Reynolds, Dewelena	R	0
Richey, Lori Beth	2	1,184
Richie, Melissa	R	956
Ritchie, Joseph	3	1,897
Ritchie, Lauren	2	1,705
Roberson, Kevin	5	479
Roberts, Fletcher	5	1,051
Robinson, Lyndsey	1	1,554
Robinson, Tamara	1	1,581
Rodgers, Jeffrey	2	1,172
Rodgers, Jessica	R	1,120
Rogers, Hannah	R	1,102
Roper, Lynn	3	1,231
Rose, Beth	R	981
Rose, Billy	6	2,657
Rosser, Joey	4	1,747
Routman, Cindi	R	954
Ruschhaupt, Skyler	R	247
Rutherford, Keith	13	1,770
Rutledge, Lisa	5	1,749

Participant	Years	Total
Sanders, Gwendolyn	1	1,077
Shaffield, Danny	7	2,342
Shaw, Michelle	R	0
Sherer, Jeremy	4	1,226
Sherrell, Jeff	1	1,341
Shinn, Ronald	7	136
Shoaf, James	2	1,408
Sides, Dean	3	1,095
Silwal, Suman	8	0
Simpkins, Randall	2	1,141
Simpson, Kevin	7	3,348
Sims, Cecelia	1	567
Sims, Kelly	1	204
Sims, Robert	7	1,493
Sloane, Mike	4	1,087
Smith, Marie	R	971
Soileau, Chester	3	1,277
Stevens, Johnathon	4	2,106
Stewart, Zeb	1	255
Stockton, Rick	13	1,449
Sweatt, Jason	R	0
Talley, Beau	8	1,537
Talley, Shellie	2	0
Thompson, Sara	2	1,077
Tidwell, Pam	R	858
Tomlin, Chace	1	1,257
Townes, Janelle	1	569
Trimble, Jamie	6	1,731
Turner, Amanda Blake	R	0
Valles, Tina	R	1,131
Varnes, Vickie	6	1,173
Waid, David	1	2,259
Walker, Caroline	1	286
Wall, Ron	6	775
Washington, Monica	R	188
Watters, Ana	2	1,264
Watters, Larkin	R	1,134

Participant	Years	Total
Watters, Robert	6	1,383
Weber, Amy	2	686
Weeks, Lance	2	828
Weimer, Jonathan	R	238
Wells, Bradley	4	1,640
Wende, Adam	6	2,427
Whillock, Amber	1	1,223
White, Robin	1	2,350
Wilhite, Thomas	4	992
Williams, Shanada	R	1,040
Williams, Shaunda	1	1,082
Williams, Yolanda	R	0
Williamson, Rebecca	1	1,123
Wilson, Mark	R	209
Wiseman, Steve	6	1,677
Wood, Heather	R	1,164
Wood, Scott	4	129
Woody, Bill	12	1,469
Wooten, Vance	1	1,955
Wright, Amy	3	866
York, Gary	6	1,073
Zajac, Jason	2	1,975
Zapata, Carlos	R	1,150

# VULCAN RUN 2020



NOVEMBER 7, 2020 Photo credit: MRuns





# VULCAN RUN 2020



NOVEMBER 7, 2020 Photo credit: MRuns





# VULCAN RUN 2020



NOVEMBER 7, 2020 Photo credit: MRuns





# FEETS OF STRENGTH



Although many races have been cancelled, reduced in size, or even turned into virtual events, BTC members are still out there setting records and taking on new goals.

Congratulations to **Kim Benner**, who recently placed as 2nd overall female at the Whiskey Run Half Marathon in Huntsville. Way to go, Kim! Kim also finished as first Grandmasters at the recent Freaky Friday 5k.

**Suman Silwal** also had a nice finish at the Whiskey Run, logging a 4th overall male finish. Nice job, Suman!

**Marla Gruber** and **Katrina Pronath** logged PRs at the Vulcan Run 10k. Way to go, ladies!

The new Iron City Underground Half Marathon proved to be a great PR course for some local runners. Big congratulations to **Marla Gruber** for her first sub-2 half marathon (1:54) and to **Ryan Graham** who also logged a great half marathon PR, breaking 1:45 for the first time.



Kim Benner



Suman Silwal (far left)



Katrina Pronath



Marla Gruber



Ryan Graham (at right)



# FEETS OF STRENGTH



**Daniel Chaplin** completed his 28th half marathon towards his goal of completing 100 half marathons (and at least one in every state) at the Iron City Underground Half Marathon. Congratulations, Daniel!

And at the full marathon distance, huge congratulations to **Megan Proctor** for completing her first marathon at the Iron City Underground Marathon. Welcome to the “marathon club,” Megan!

Although the race looked a little different than she’d planned, **Hannah Rogers** completed the Rocket City Virtual Marathon for her first marathon. Congratulations, Hannah!

In the Ultra world, big congratulations go out to **Ki Shin**, who completed her first 100-miler at the Pinhoti 100. You rocked it, Ki! And congratulations to **Lisa Booher** who finished her fifth (!) 100-miler at the Javelina Jundred Endurance Run, setting a huge PR and breaking the 24-hour mark. **Tori Bayush** completed her first 50-mile race at the Natchez Trace Trail Run in Mississippi, finishing under 12 hours as 3rd overall female. Way to go, ladies!

[Let us know](#) when you accomplish a new distance or earn a new PR – we love to celebrate your accomplishments!



Daniel Chaplin



Megan Proctor



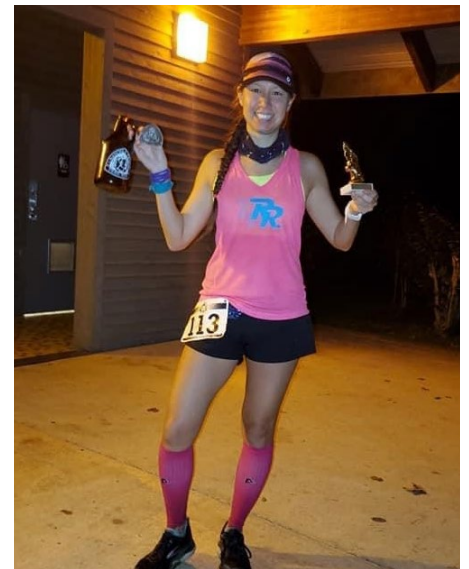
Hannah Rogers



Ki Shin



Lisa Booher



Tori Bayush



# 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!](#)





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# BTC EXECUTIVE BOARD MEETING

November 9, 2020

The meeting was called to order by President Hunter Bridwell.

**Attendance:** Hunter Bridwell, Alan Hargrave, Skylar Holland, Kim Benner, Jamie Trimble, Cameron Estes, Judy Loo, Charles Thompson, Britney Cowart, Vicky Brakhage, and Trish Portuese.

Kim Benner made a motion to approve the minutes of the October 2020 Executive Board Meeting. The motion was seconded by Cameron Estes and passed without opposition.

## **Membership (Cameron Estes)**

We currently have 882 members and 684 memberships.

## **Newsletter Editor (Hunter Bridwell)**

An email will be sent out to the Executive Board with the upcoming publication date and the date in which to submit articles to Julie Pierce.

## **Treasurer (Hunter Bridwell)**

The financial report was sent via email by April Harry. We will have a better understanding of the current financials once the final Vulcan Run 10K expenses are paid out.

## **Long Run Committee (Hunter Bridwell)**

The Saturday Morning Long Runs will continue with scheduled training for the Mercedes Marathon and Half Marathon.

## **Merchandise (Hunter Bridwell)**

We are hoping to have the new fall merchandise in very soon. Bradley Wells intends to have a few pop-up sales on Saturday mornings after the long run. The pre-orders already placed have mostly covered the costs of the new merchandise.

## **1200 Mile Club (Hunter Bridwell)**

We will need to place the order for 1200 Mile Club jackets and patches soon.

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

The Southland Conference Indoor Track and Field Championships will take place at the Birmingham Crossplex from February 28, 2021 – March 1, 2021.

## **Vulcan Run 10K Update (Hunter Bridwell)**

We had mostly positive reviews of the race. There were 524 people registered and 433 finishers. We have thirty Top 100 shirts that need to be picked up. Hunter intends to bring the shirts to the Saturday Morning Long Runs for a couple of weeks and will ask the Trak Shak if they will allow us to leave them there for pick up thereafter.

## **New Business (Hunter Bridwell)**

We will reach out to Red Mountain State Park to see if they are interested in hosting the Resolution Run. If so, a possible date for the race will be January 2, 2021.

## **IT Chair (Alan Hargrave)**

We need to finalize plans for the Adam's Heart Runs and the BTC Race Series so we can get registration open on RunSignUp. The race dates are as follows: Adams Heart Runs on January 30, 2021, Statue 2 Statue on April 3, 2021, Peavine Falls on July 4, 2021, and Vulcan Run 10K on November 6, 2021. The cost for the BTC Race Series will be \$95 for non BTC members and \$75 for BTC members.

## **Annual Party (Hunter Bridwell)**

Discussion was held regarding possible event locations. We would like a location with a large outdoor area so guests can remain socially distant. A tentative date for the party is January 23, 2021. Skylar Holland and Britney Cowart will contact possible venues to obtain pricing information.

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





# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	December 12, 2020	6:00 a.m.
BTC Executive Board Meeting (location TBA)	December 14, 2020	6:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	December 19, 2020	6:00 a.m.
<a href="#">Meadow Brook Runs 5K and Fun Run</a>	December 19, 2020	9:00 a.m.
BTC/Trak Shak Christmas Eve Fun Run - TENTATIVE	December 24, 2020	TBA
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	December 26, 2020	6:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 2, 2021	6:00 a.m.
BTC Resolution Run - TENTATIVE	January 2, 2021	TBA

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

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

Need to add a race (actual or virtual) to the calendar?

Email [Webmaster Dean Thornton](#), or visit the BTC website to [submit your race](#).





## BTC Membership application

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

First Name:

Last Name:

Street:

City:


State:

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Zip:

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

Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F  
 3. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F  
 4. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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