



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

January 2021 1

ADAM'S HEART RUNS: RACE FOR YOUR HEART'S SAKE!

By Lisa Booher, Race Director



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2 Adam's Heart Runs:

4 President's Address

6 COVID-19 Vaccination Facts

9 The 2021 BTC Race Series

12 Medication and Miles

15 1200 Mile Club

ADAM'S HEART RUNS: RACE FOR YOUR HEART'S SAKE!



**OAK MOUNTAIN
STATE PARK**
January 30, 2021
5K (9:00 a.m. start)
10k (8:30 a.m. start)
10-mile (8:00 a.m. start)



Social distancing? Oak Mountain State Park is the perfect place to accomplish spacing six feet apart, and usually much more! Home of the Adam's Heart Runs for 44 years, Oak Mountain has been at the heart of outdoor recreation in this state since it was created in 1927. For those of you new to the area or for those of you who want to know more about this crown jewel of Alabama, read on for our Top 10 Fun Facts about Oak Mountain and reasons you should put it at the top of your must-visit list.

10. Oak Mountain is Alabama's largest park at 9,940 acres with over 50 miles of trails for hiking and biking.

9. In the 1930s, the National Park Service acquired 8,000 acres adjacent to the original Oak Mountain State Park's 940 acres, with the intent to create a national park. In 1943, the NPS abandoned the national park quest and deeded the acreage to the state park. We almost had a national park in our back yard!

8. Also in the 1930s, the Civilian Conservation Corps built foundations and bridges from stones quarried from within the park. They also built culverts, shelters, and cabins that you still see throughout the park today.

7. This year, EBSCO nominated Alabama Forever Wild Land Trust to receive 1,600 acres adjacent to Oak Mountain, allowing the park to expand to 11,540 acres. This process could take up to two more years.

6. Since the beginning of the pandemic, park visits have gone up 50%.

5. At the Treetop Nature Trail, a local eagle scout (fittingly) built a life-size interactive eagle's nest, where you can imagine the impressive size of eagles. The nest is 6-feet wide and 2.5-feet deep.

4. Oak Mountain's Alabama Wildlife Center houses Shelby, the only bald eagle in all of northern and central Alabama who is on educational display. After being hit by a car, Shelby lost vision in her left eye, leaving her unable to hunt well enough to survive in the wild. She has a wingspan of 8 feet and weighs 14 pounds. She is 4 years old and could live to be 50.

3. In the 1920s, Oak Mountain was a bootlegger hotspot, providing most of the illegal alcohol for Birmingham. Explorers have found remnants of approximately 50 stills throughout the park, discovering three additional stills just this year.

2. The park includes one of the oldest longleaf pine stands in the Southeast. The stand is several hundred acres, and a few of the pines may be two centuries old.

1. In 1977, founding members of the Birmingham Track Club made Oak Mountain State Park the home of the Birmingham Heart Run, now renamed Adam's Heart Runs after long-time race director, Dr. Adam Robertson. We have a [safety plan](#) in place and are ready to space out and enjoy the beauty of this wondrous state park. To join us for this event on January 30, [REGISTER HERE](#).

5K, 10K, 10 MILE

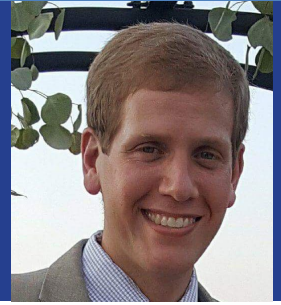


8 A.M. | JANUARY 30, 2021

OAK MOUNTAIN STATE PARK

PRESIDENT'S ADDRESS

By Hunter Bridwell



Y'all, we made it!! A new year is upon us, and 2021 surely will bring a return to some normalcy, right?!? Even with the challenges faced in 2020, most of the runners I know made the best of it and even excelled – running personal bests in mileage for the year or setting new PRs in various distances. Our running community showed that opting outside and putting in the work was very much still on the table in 2020. Congrats to all of you for making it through what is sure to go down as one of the most challenging years we will face.

Speaking of accomplishments, congrats to our first time and repeat 1200 Mile club members who completed their 1200 miles this year! For all the first timers, check your inbox for the exciting email with instructions for ordering your very own 1200 Mile club jacket! You will be the envy of all other runners. 😊 And for our repeat qualifiers, we will have 2020 patches ordered soon and will let everyone know when they arrive.

As the calendar turns to 2021, what better way to kick off a new year than to head out to Red Mountain Park for the Resolution Run? The BTC was once again happy to team up with The Trak Shak to help host this awesome event with all proceeds benefitting Red Mountain Park! What a gem we have in our very own backyard! This event is always fun, and we were so happy to see so many out supporting RMP on Saturday. It was a beautiful morning and a great way to start 2021.

BTC Race Series

The BTC Race Series is back in 2021, and it is the best deal around! Bundle the four BTC races – Adam's Heart, Statue to Statue, Peavine Falls, and Vulcan – and save BIG! BTC members and non-members alike can save with the bundle, but our members save

an additional \$20. If you're not already a member, make sure you [JOIN THE BTC NOW](#) so you can save BIG! Sign up for the race series by visiting the Adam's Heart Runs race page [HERE](#).

Registration for the series remains open up until the first race of the series, Adam's Heart Runs, which takes place on **January 30, 2021**. The race series cost is \$95 for non-BTC members and \$75 for BTC members (additional member discount applied at checkout). Make sure your BTC membership is current to receive the best deal!

BTC Annual Party

In our December BTC board meeting, we decided that we need to postpone any in-person gathering for the annual party. We researched several options such as having the gathering at a venue with a sizeable outdoor seating area that would prevent close contact indoors, but we couldn't find the right fit. We still have some business that needs to take place in January – officer elections and recognition of award winners and 1200 Mile Club members – so we anticipate hosting a virtual gathering to recognize award winners and to elect a slate of officers for 2021. We'll keep everyone posted and will supply final details via email. I fully expect to be able to gather later in the year to have "the party".

I wish each of you a prosperous new year full of many miles on the roads and trails, in-person races, and PRs!

Hunter Bridwell
BTC President

Need to Print Your BTC Membership Card?

It's easy!



1. Login to RunSignUp (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



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"The Vulcan Runner" Newsletter
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IT Chair
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Statue 2 Statue
Peavine Falls
Vulcan Run

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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.

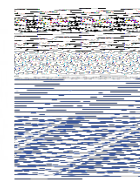
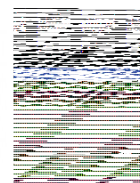
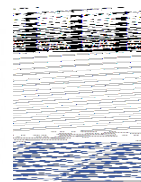
Contact BTC at:

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



COVID-19 VACCINATION FACTS

By Savannah N. Elliott, PharmD/MBA Candidate 2022; Sara Breitwieser, PharmD Candidate 2023; Kim W. Benner, PharmD, BCPS



Coronaviruses are a large family of viruses that often cause illnesses such as the common cold. COVID-19 is from a new coronavirus known by the scientific name “severe acute respiratory syndrome coronavirus 2” (SARS-CoV-2). This particular virus is thought by experts to have originated in bats.

The Pfizer vaccine against coronavirus was approved for emergency use on December 11, 2020, and the Moderna vaccine was approved for emergency use on December 18, 2020. While patients are recommended to take whichever vaccine is readily available to them, both of the vaccinations are very similar in efficacy and side effects. The Pfizer vaccine must be stored at very low temperatures that only some institutions can accommodate. Moderna’s vaccine only has to be stored at low temperatures that can be accommodated by most standard medical freezers. In addition to solving the cold-storage issue, Moderna’s smaller shipment sizes are more suitable for smaller, remote vaccination sites, such as rural hospitals. Currently, two more vaccines are in production and could be available in 2021; this will help to speed up vaccination of the entire country, although likely not until mid-2021.

HOW DOES THE COVID-19 VACCINE WORK?

The new COVID-19 vaccine has made history. It will be the first mRNA vaccine on the market. The current vaccine has the genetic coding sequence (“makeup”) of the COVID-19 virus. This genetic information is encoded as messenger RNA (mRNA). For this genetic sequence to be delivered, it is packaged in a tiny lipid nanoparticle. The other

non-COVID-19 vaccines on the market contain a weakened version of a virus. So one need not worry about getting the virus from the new COVID vaccine as the vaccine does not introduce any infectious material into an individual.

Patients who are administered the vaccine will receive the critical protein to which their immune systems will respond. Once the protein is injected into a patient, the patient’s cells will recognize the mRNA as foreign and will create an immune response against the virus. The mRNA protein specifically in the COVID-19 vaccine codes for a

surface protein also known as a spike protein. The spike protein is the best protein to create an immune response, which may be why the vaccine has such a high efficacy rate.¹

From what we know right now, the COVID vaccine likely will not need to be re-dosed annually, like the annual flu vaccine; this is because COVID is being driven by humans and doesn’t contain much variation. Influenza, on the other hand, is driven from animal sources and enters the human population. COVID-19 initially was from an animal, but from what we know, there appears to be more back and forth transmission between humans and animals with the flu. There is still a possibility that the COVID-19 vaccine will need to be modified as time goes on, depending on whether the virus mutations (of note, there appears to be mutations already appearing in COVID-19). The mRNA vaccine is easily modified, and future generations of it can be modified to add different aspects to make it more efficient and durable.

The current COVID-19 vaccine works because a patient’s immune system recognizes several sites on the protein rather than just one single response to the mRNA administered. If one of these sites is lost, there will still be other sites available in the vaccine that will still allow it to work well.¹

Do not be afraid by the seemingly quick development of this vaccine. One reason why scientists have been able to develop the COVID-19 vaccine so quickly is because researchers didn’t have to

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COVID-19 VACCINATION FACTS

grow anything in cells to produce the vaccine. When dealing with biological entities such as cells there is a lot of potential for error. The COVID-19 vaccine is basically synthetic and very straightforward. As soon as the genetic information of a virus or pathogen is available, a mRNA vaccine can be developed. This rapid process trims off years of work that we have seen with other vaccines. The genetic sequence of COVID-19 was first released by the Chinese back in January 2020. This allowed for more time to create a mRNA against the virus.¹ Additionally, the “fast track” seemed accelerated because the FDA moved the vaccine application to the “top of the stack,” eliminating months to years of red tape for needed approval.

Will the mRNA vaccine change your DNA? This is a factor that many people are nervous about when receiving the vaccine. The biological process of DNA starts with your DNA and your DNA makes the mRNA and then the mRNA makes proteins. The mRNA can only make proteins and cannot go backwards. It is a one way process and a normal process that happens every day in your body.¹ Think of the mRNA as a little blueprint that is already present in your body so that it teaches your body how to make its own vaccine against COVID-19.

WHO IS ELIGIBLE FOR THE COVID-19 VACCINE?

The CDC provides recommendations for the following patient populations concerning administration of the vaccine:

- Age: Anyone 16 and older may receive the Pfizer vaccine.² The newly approved Moderna vaccine is approved for patients 18 years and older. Studies in younger children are ongoing.
- Pregnant mothers: According to the CDC guidelines, while the absolute risk is low based on observational data, pregnant women should be offered the vaccine but should be informed that it has not yet been tested in this population. Pfizer preliminary data from animal studies revealed no safety concerns; animal developmental and reproductive studies are ongoing. Pregnant patients should talk to their healthcare providers about the risks and benefits of the vaccine.² (Of note, Britain has advised against giving the vaccine to pregnant women).
- Lactating mothers: There is no documented evidence of safety or potential harm of the Pfizer or Moderna vaccine to breastfeeding mothers; therefore, a lactating mother is recommended to receive the vaccine. This is because there is no known risk of the vaccine to a breastfeeding infant.²

DOSING

To have complete immunity patients should receive both doses of the COVID-19 vaccine. Data suggests that efficacy after a single dose is 52.4%, but after two doses, the efficacy increases to 95% for the Pfizer vaccine and 94.1% for the Moderna vaccine. Timing of the second dose is within 17-21 days after the first injection of the Pfizer vaccine and 25-28 days after the Moderna vaccine.²

COVID-19 MYTHS

It is hard to keep up with the amount of information that comes out about COVID-19 each day. It is even harder to distinguish which of that information is accurate and which is not. Here, we debunk some of those myths commonly associated with COVID-19 and the COVID-19 vaccine with facts:

MYTH	FACT
Antibiotics treat COVID-19	COVID-19 is caused by a virus, not bacteria. This means that antibiotics will not work against COVID-19. It is possible that people who fall ill to COVID-19 can become sicker and develop a bacterial infection in which case they would need an antibiotic. ³
Wearing a mask for too long leads to CO2 intoxication	While it may be uncomfortable to wear a medical or cloth mask for prolonged amounts of time, it does not lead to CO2 intoxication nor a lack of oxygen to our bodies. ³
The COVID-19 vaccine is not safe because it was rushed	While companies have been responding quickly in making a vaccine for COVID-19, they still had to go through the same safety protocols as other vaccines. The COVID-19 vaccine had to pass safety protocols via the Food and Drug Administration (FDA) and is continually being monitored. ⁴
Getting a COVID-19 vaccine gives you COVID	The current COVID-19 vaccines in development do not use a live virus. Instead, they use an inactivated virus that our body will begin to recognize and build immunity to within a few weeks. ⁴
Getting a COVID-19 vaccine means no more mask wearing	It can take a few weeks for our bodies to build up immunity to a vaccine once received so it is advised to take precautions which include wearing a mask and practicing social distancing. A mask is not a substitute for social distancing. ⁴ Additionally for our communities to develop a “herd immunity” (which protects us all), it is estimated that 75-80% of the population will need to be immune, by either having had COVID-19 or the vaccine.
I don't need to get both doses of the vaccine to be protected	It is important to get both doses of the COVID-19 vaccine in order to maximize the immunity benefits. Efficacy rose from 52% with the first dose to 95% with the second dose of the Pfizer vaccine. ⁵

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COVID-19 VACCINATION FACTS

COVID-19 SIDE EFFECTS

As with any vaccine, there are side effects of which you should be aware. For the COVID-19 vaccine, these side effects are similar to those of the flu shot and can include pain at the injection site, joint and muscle pain, headache, tiredness, chills, and fever.⁴ It is important to note that these side effects are most common after the second dose required for the COVID-19 vaccine but can occur with either dose. It also is noteworthy to mention that having a reaction to the vaccine is not a bad thing – a reaction actually is your body working for you and helping build your immunity, which is exactly what we want to achieve after being vaccinated! Always be sure to talk to your primary care provider or pharmacist if you have any issues or questions after receiving the COVID-19 vaccine.

HOW AND WHEN TO GET THE VACCINE

The most impending question at hand is, “when will I receive the vaccine?” What we know so far is that there are far fewer vaccines in this first rollout than there are people who need them. The plan is to work from tiers, with healthcare workers who are at a direct risk of exposure to be vaccinated first. The rest will follow. You can get a general idea of where you stand in the line of receiving vaccine at the link. <https://www.nytimes.com/interactive/2020/12/03/opinion/covid-19-vaccine-timeline.html>.

While we wait to see what else will unfold in regard to receiving the vaccine, continue to practice social distancing, wear masks appropriately, and practice good hygiene. This will keep you running and the rest of the community safe and healthy for many days to come!

References

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IT'S BAAAAACK! THE 2021 BTC RACE SERIES

By Alan Hargrave, BTC IT Chair

That's right folks. It's time to get your race on again, and we have just the ticket to get you to the starting line. The Birmingham Track Club organizes four races every year, and the BTC Race Series is a convenient way to sign up for all four races at a discount over what you would pay for all four races individually. Come on... You know you really want to do this!

Highlighted at the end of this article are the four races in the 2021 BTC Race Series. Simply visit the web site for any of the four races and click the 2021 BTC Race Series Bundle "Sign Up" link. Registration is open to everyone, but the discounts get even better with BTC membership -- the regular price of the bundle is \$95; however, BTC members receive a discount of \$5 per race. That adds up to a hefty \$20 total discount, bringing the member price to only \$75. An individual BTC membership is only \$24 a year, so you almost get the cost of your membership back - not to mention all of the other great perks of membership. You won't find a better race registration deal anywhere!

As with most special offers, there are a few things to keep in mind:

- The BTC Race Series is a bundle that groups the races together and streamlines the registration process. You are actually registering for all races, so no further registration is necessary (so you're saving time AND money). You will receive a confirmation email from each race.
- There is no extra benefit (t-shirt, medal, etc.) or competition for the BTC Race Series. It simply is a way to register for all four races at the same time and with a significant discount.
- Registration for the BTC Race Series is only open until registration closes for the first race in the series. This year, that means registration for the Series closes on January 30.

Here are the four races in the 2021 BTC Race Series. Click on a race name to go to the web site for the respective race to get more detailed information and to register for the race series.



[Adam's Heart Runs](#) - January 30, 2021 Come run the roads of Oak Mountain State Park. Pick your race distance from our 5k, 10k or 10-mile options.



[Statue to Statue](#) - April 3, 2021 Starting in the shadow of Vulcan's statue and finishing near the Statue of Liberty, this race is known as "The South's Toughest 15k". You haven't run Birmingham until you run this race!



[Peavine Falls Run](#) - July 4, 2021 This is our annual July 4th party in Oak Mountain State Park - that is if you consider running up and back down the mountain a party. This is another signature race that any Birmingham runner needs to have on his or her running resume.



[Vulcan 10k](#) - November 6, 2021 This is one of the finest 10k races you will ever run. Starting and finishing in downtown Birmingham, this race draws elite runners from around the country.

21 FOR 2021!



Ryan Hunt DPT, CSCS, ASTYM certified provider,
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2020 has come to an end. Suffice it to say I think many of us have been looking forward to the turn of the year even more than usual! We hope 2021 will be the start of a great new year for you and your families. Before you begin 2021, here are 21 things to consider.

21 Things to consider for the New Year (based on patient/client feedback and questions)

1. Why do you run that way? Is there a better way?
2. Stretch your Calves.
3. Stretch your Hip flexors.
4. Ice, Ice, Baby!
5. Dynamic Warm-up -- not static stretch -- before a race or training run.
6. Make sure the shoe fits before you wear it!
7. Consult professionals not just social media "experts".
8. Don't wait! If it hurts get answers.
9. Don't just take Advil to fix your aches and pains – find out why you're having them.
10. Avoid the excuse "I don't have time!"
11. Resistance training! 33% of your muscle mass will atrophy by age 70 if you don't. (See the Research)
12. Lacrosse Balls, RockTape, Hypervolt, the Stick, the Wand, the Tiger Tail... They all work.
13. Consider the Alter-G treadmill for stress fractures.
14. Sleep! Everyone needs more.
15. Hydration. Lack of hydration can lead to injury.
16. Your IT band is not the problem -- it is weakness in your hip (Glute Med and TFL).
17. Money spent on a running coach is money well spent.
18. Pushing through it will lead to your body pushing back.
19. Running with a group is more fun than struggling by yourself.
20. Birmingham Track Club is awesome.
21. 2020 is over. Here is to hope that 2021 will be better.

From our TherapySouth Family to yours, Happy New Year?



**FOR ANY QUESTIONS OR EXERCISE RECOMMENDATIONS,
PLEASE EMAIL US AT tSENDURANCE@THERAPYSOUTH.NET**

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Wayne Benson

Jon Graham

Whittley Hopper

Vince Schilleci

Adrienne Carter

Ryan Graham

Krista Hughes

Katherine Walcott

Hernando Carter

Alex Hale

Melanie Jackson

Vance Wooten

Debbie Evans

Mindy Harris

Reginald Murchison

Beth Gilbert

Kelly Holbert

Katie Panos

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:

Is Your Testosterone Keeping Pace With You?

By Alex Elmore, Pharm.D. Candidate 2022, and Kim Benner, Pharm.D.

THE ROLE OF TESTOSTERONE

When people think of testosterone, they often picture the male sex hormone that stimulates muscle growth and increases desire for sexual activity. However, testosterone serves many vital roles in the male body. The benefits that testosterone provides to men are particularly important in athletic performance, including running. While runners may not commonly possess bulky, musclebound physiques, muscular strength and endurance are vital to achieving and maintaining peak running performance. The muscles that provide the main driving force for running include the glutes, quadriceps, hamstrings, calves, and abdominals. Testosterone plays a vital role in building and preserving these muscles and a loss of testosterone will lead to their deterioration. Naturally, loss of muscle leads to loss of strength, which results in increased fatigue and loss of performance.

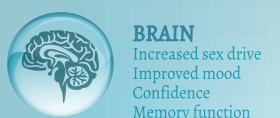
Testosterone also helps promote healthy levels of red blood cells and deficiency can result in anemia.^{1,2} Anemia, a lack of healthy

red blood cells, causes a decrease in oxygen delivery to muscles used when running and sprinting. Without proper muscular oxygen delivery, runners will experience early-onset fatigue and decreased performance. United States half marathon record holder and two-time Olympian Ryan Hall cited testosterone deficiency as the primary reason for his early retirement at 33 years old. In multiple interviews the decorated marathoner describes how the resulting chronic fatigue ground his training to a halt ahead of the marathon at the 2016 Summer Olympics. After previously averaging over 100 miles a week, he struggled to run 12 weekly miles and decided to give up further Olympic aspirations.³ Additionally, normal testosterone levels assist in the maintenance of healthy, strong bones through promoting bone formation and inhibiting bone loss.^{1,2} This function is particularly important to endurance athletes due to the constant impact involved in distance running. Continuing to run regularly with low testosterone increases risk for bone fractures and could eventually lead to the development of osteoporosis which results in brittle, weak bones.^{1,2}

HOW TESTOSTERONE LEVELS CHANGE WITH AGE

Testosterone levels in males usually peak after puberty, around the age of eighteen, and begin to slowly decline once they reach thirty years of age. Most men may start to notice the effects of decreased testosterone as they progress into their thirties.⁴ However, men of any age can develop low testosterone levels due to a variety of factors. Common symptoms of low testosterone include fatigue, erectile dysfunction, loss of strength, decreased lean muscle mass, and even depression.^{1,2} It is easy to see how the development of these factors can negatively affect athletic performance. An increase in general fatigue will negatively affect strength and endurance in any sport. Add a loss of lean muscle mass and strength and making progress as an athlete becomes extremely difficult.⁵

THE EFFECTS OF TESTOSTERONE



BRAIN
Increased sex drive
Improved mood
Confidence
Memory function



MUSCLES
Muscle growth
Increased strength
Increased endurance



BONES
Bone mass density
maintenance



SEX ORGANS
Sperm production
Erectile function
Prostate growth



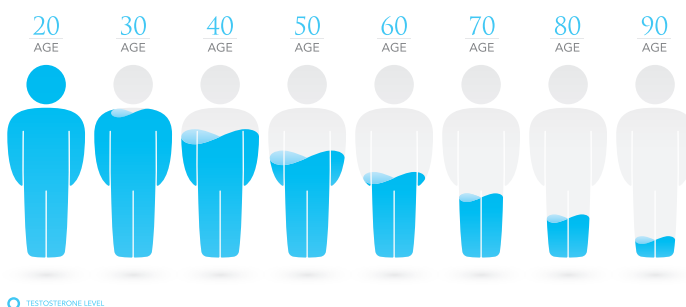
BONE MARROW
Red blood cell
production



SKIN
Hair growth
Collagen growth



GRADUAL HORMONAL DECLINE OF TESTOSTERONE IN MAN BODY



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MEDICATION AND MILES:

Is Your Testosterone Keeping Pace With You?

IMPROVING TESTOSTERONE LEVELS NATURALLY

Fortunately, there are ways to increase testosterone levels naturally or, if needed, with prescription hormone replacement therapy. Studies have shown that regular exercise increases testosterone levels in men.^{6,7} Weighted resistance training has been highlighted to be particularly effective in boosting testosterone.⁷ A balanced diet of protein, carbohydrates, fats, vitamins, and minerals is also beneficial in promoting optimal testosterone production as well as for health in general. And, of course, keeping stress levels low and getting an appropriate amount of uninterrupted sleep each night is crucial to maintaining healthy hormone levels.^{8,9}

DO OVER THE COUNTER TESTOSTERONE BOOSTERS REALLY WORK?

Over the counter supplements that claim to have testosterone boosting properties are constantly being promoted to men. None of these products contain actual testosterone. Testosterone itself can only be sold to a patient with a prescription from a physician. Over the counter testosterone boosters are usually a combination of herbals and vitamins. The vast majority of these supplements have little scientific backing and have failed to achieve results that can be replicated across repeated studies. Testosterone supplements are also not regulated by the FDA as drugs; they are only subject to the same regulations mandated for foods. Therefore, companies that produce these supplements are not forced to subject their products to the same rigorous safety and efficacy testing required of prescription and non-prescription drugs. They are considered safe until proven unsafe under the Dietary Supplement Health and Education Act. These agents can also interact with other prescription medications and possibly decrease their effectiveness. These supplements, often promoted by athletes and celebrities, promise to revitalize the consumer and provide fantastic results in the gym and the bedroom. They are also usually quite expensive. Overall, the science just does not back the general recommendation and patient use of these products.

WHEN TO SEEK MEDICAL HELP

If a male is exercising regularly while watching his diet and sleep quantity closely and is still experiencing negative symptoms that may be associated with low testosterone, he should consult a physician and have his hormone levels checked. If the physician decides the patient is a candidate for testosterone replacement therapy, he can choose to provide a prescription testosterone replacement product. Some men are hesitant to pursue prescription testosterone replacement therapy because they want to avoid intramuscular injections. For those wanting to avoid needles, testosterone is now available in patch and topical gel prescription

products.¹⁰ With commercial insurance coverage these products have generic equivalents that can be affordable on most plans. After being prescribed one of these products, patient results can be monitored and therapy can be individualized to ensure that they are being treated safely and effectively.

All things considered, optimal testosterone levels play a pivotal role in maintaining peak athletic performance and overall quality of life. As males age, the previous factors of diet, sleep, stress, and exercise become even more important to combating gradual changes in hormone levels. Yearly physicals and bloodwork can also catch downward trends that allow healthcare providers to actively assist patients in improving their health. If you are considering buying and consuming an over the counter health supplement of any kind, please do not hesitate to discuss it with your local pharmacist or physician who will gladly assist you in making the best possible decision for your health!

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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.



STATUS OF 2021 RRCA ALABAMA STATE CHAMPIONSHIPS

By Alex Morrow, RRCA Alabama State Representative

While a difficult decision, the RRCA Championship Series remains on hiatus through the first quarter of 2021 (January 1, 2021 - March 31, 2021). We are hopeful the Championship Event Series can resume again on April 1, 2021. The RRCA will provide an update roughly six weeks ahead of that date, so events held after April 1, 2021 will provide ample notification about their status.

The coming year is going to be unconventional for races and the Championship Event Series. The RRCA is willing to be as flexible and nimble as possible while safeguarding the safety of runners and event organizers. Events after March that were canceled in 2020 will once again be named as a 2021 RRCA Championship race.

Please stay safe and here's to a much improved 2021!



1200 MILE CLUB

2021 REGISTRATION OPENING SOON!

It's almost time to register for the 2021 edition of the BTC's 1200 Mile Club. Registration will open in mid-January (after we've finished tallying 2020 results) and will remain open until March. First-time finishers are entitled to purchase a coveted 1200 Mile Club jacket for a nominal fee. Recurring finishers receive patches to display for the years they complete the challenge.

The rules are the same as last year: any miles that you would put on your training log can be counted towards your goal of 1200 Miles (elliptical, rowing machine and biking miles do not count). If you think you have what it takes to complete the challenge, [sign up](#) when registration opens. Registration is free to all active BTC Members. Not a BTC member? Or, has your membership lapsed? [Join or renew now](#), and register for the 1200 Mile Club!

All BTC members will receive a registration link via email when 2021 registration is open.

Cumulative miles submitted through January 4, 2021 are listed below. For a complete listing of monthly totals, [click here](#).

Participant	Years	Total
Adams, Jeffrey	R	0
Adams, Sue	1	1,201
Ahmed, Kabeer	2	1,848
Aiken, Jeff	R	0
Anderson, Kerri	5	1,201
Armstrong, Thomas	3	766
Austin, Scott	1	1,441
Baggett, Christopher	2	941
Barnes, Jimmie	6	2,012
Bartee, Samm	5	1,454
Bayush, Tori	2	1,480
Beasley, Cathy	4	1,264
Beck, Donald	1	0
Beck, Rosemary	R	0
Becker, Bryan	1	1,204
Benner, Kim	8	1,827
Bensinger, Cole	2	1,506
Bensinger, Jill	1	1,506
Benson, Wayne	7	1,256
Boackle, Larry	3	1,175
Boackle, Tomie Ann	1	80
Booher, Lisa	9	1,910
Bookout, Jason	2	1,382
Bookout, Kimberly	2	1,243
Bowman, Bill	R	1,009
Bowman, Brian	R	315
Bowman, Leisha	R	385

Participant	Years	Total
Boylan, Brittany	R	0
Boylan, Chris	R	0
Brakhage, Victoria	3	945
Bray, Elizabeth	1	1,577
Bridwell, Hunter	1	0
Brown, Charlie	8	1,684
Brown, Michael	4	1,005
Brown, Sean	6	1,221
Brown, William	2	1,237
Browne, Shannon	R	274
Bryant, Jason L.	R	255
Burks, Ross	4	1,219
Caine, Lawrence	1	1,037
Callahan, Chris	4	1,448
Calloway, Mariel	1	898
Carey, Christopher	7	1,224
Carlton, Bob	5	969
Carter, Adrienne	2	0
Carter, Jason	1	1,403
Chandler, Teresa	11	2,403
Channell, William Andrew	R	1,192
Cheek, James	R	646
Clay, Brad	13	2,823
Cleveland, Jeff	4	1,770
Cliett, Stephanie	6	1,751
Coleman, Tim	3	1,709
Colpack, Susan	1	1,318

Participant	Years	Total
Corrin, LaRonda	1	1,208
Corrin, Roger	4	1,204
Cowart, Britney	3	1,424
Cramer, Robyn	R	1,060
Cramer, Steve	R	573
Crawford, Katelyn	R	398
Creel, Mary	3	1,754
Crowson, Bill	5	1,293
Crumpton, Melinda	R	0
Cutshall, Hannah	2	0
Davidson, Dow	3	2,501
Davidson, Jen	1	614
Davis, Carla	R	0
Deason, Joshua	R	107
Decker, Brittany	1	1,882
Denton, Matt	8	2,145
Dixon, Charles	R	240
Dixon, Jonathan	1	565
Dixon, Marian	R	101
Dollins, Rachael	R	462
Donnelly, Kevin	1	335
Duke, Cindy	5	1,596
Eagerton, Emily	1	1,314
Edgerton, Amy	1	1,361
Elkins, Sydney	1	0
Estes, Cameron	2	1,624
Estrada, Steven	2	2,255

1200 MILE CLUB

Participant	Years	Total
Evans, Debbie	7	1,624
Farrell, Marybeth	R	181
Farrell, Meg	R	85
Farrell, Ryan	1	1,420
Fecteau, Karin	R	0
Feldman, Jana	R	582
Ferlito, Cindy	2	1,291
Fontenot, Misty	4	1,232
Ford, Eric	1	1,411
Franklin, Shane	9	1,295
Frederick, Winston	12	1,400
Freeman, Sheila	4	1,202
Gayheart, Cheryl	1	1,425
Gibson, Katie	1	1,105
Gilmour, Laura	R	840
Glasgow, Robert	R	138
Goode, Johnny	12	1,260
Goss, Ange	2	1,335
Grady, Carla	2	1,204
Graham, Lydia	1	1,453
Graham, Ryan	1	1,181
Grainger, Matt	1	1,912
Grall, Jeremy	2	1,286
Gray, Caleb	1	0
Gray, Mary Margaret	R	167
Gray, Michael	1	1,320
Greene, Michael	2	1,685
Griffin, Misty	1	1,290
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	1,481
Haralson, Micki	12	1,794
Hargrave, Alan	13	1,606

Participant	Years	Total
Harris, Angela	1	1,204
Harrison, Lisa	9	1,213
Harrison, Rochelle	R	51
Harry, April	3	1,689
Hartsfield, Gregory	1	1,451
Hartsfield, Kathryn	R	0
Haynes, Melanie	1	1,246
Hellenga, Meghan Ann	R	317
Henninger, Alison	6	1,507
Higginbotham, Weston	R	1,107
Hogue, Kari	R	0
Holcomb, Zachary	3	1,509
Holland, Skylar	3	1,472
Hollington, Kasey	2	1,216
Hood, Alissa	1	2,012
Hoover, Alison	9	1,613
House, Beth	6	1,201
Hutcheson, Leander	1	1,387
Ingle, Brandon	R	140
Izard, Georgia	3	824
Izard, Melody	3	0
Jackson, Bradley	1	1,525
Janowiak, Desirae	1	863
Jenkins, Kaki	7	2,501
Johnston, Emily	1	0
Jones, Allen	2	1,689
Juarez, Cesar	R	123
Kearley, Christy	1	0
Kearley, Stephen	2	0
Kelley, Robin	7	4,082
Kemper, Tricia	6	1,563
Kezar, Carolyn	2	1,450
Knight, David	1	2,007
Kornegay, Marla	1	1,412
Krick, Stefanie	1	1,460
Kuhn, Claire	R	790
Kuhn, Jimmy	13	2,181

Participant	Years	Total
Kulp, Loren	5	1,302
LaFon, Caroline	R	727
Lahti, Tyler	4	1,664
Laird, Audrey	6	1,672
Lamb, Patrick	1	1,422
Lancaster, Jeff	2	1,431
Langston, Aaron	5	0
Lawhorn, Joseph	1	292
Lee, Brian	1	175
Litz, Matthew	3	1,228
Love, Thomas	2	1,228
Lyda, Beth	1	1,237
Lyda, John	2	1,811
Lyle, Randy	12	2,574
Lyles, Chris	1	19
Madaris, Brandon	R	186
Madaris, Jennifer	R	110
Malick, David	7	1,554
Mathews, Skip	R	478
McDaniel, Willie	R	290
McElroy, Catherine	1	1,365
McKinney, Margaret	R	275
McNair, Kelly	6	1,156
McNutt, Janie	2	1,250
Merry, Vicki Sue	8	2,330
Miller, Joshua	2	1,329
Miller, Justin	1	1,237
Miller, Rachel	1	1,213
Mixon, Joshua	R	1,054
Morgan, Cary	10	4,222
Morris, Phil	R	43
Morrow, Alex	9	1,422
Moser, David	2	1,542
Moses, Mike	1	1,209
Mylenbusch, Stephanie	1	1,214
Neu, Matthew	R	427
Northern, Kristie	11	1,405

1200 MILE CLUB

Participant	Years	Total
Norton, Laura	2	2,167
O'Brien, Michael	1	1,201
Oechslin, Tamara	1	1,325
Oehrlein, Kimberly	R	271
Oliver, John	6	1,294
Orihuela, Carlos	3	1,589
Ortis, Ellen	2	1,668
Panos, Dan	1	4,532
Parks, Charlie	7	2,371
Paschal, Paige	1	1,381
Patrick, Nicolette	2	1,448
Payson, Tabitha	R	1,026
Payson, Tommy	3	1,242
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
Phillely, Ron	R	0
Plante, David	8	1,506
Poh, James	2	1,516
Poole, Greg	3	1,335
Powell, Shane	2	2,464
Proctor, Megan	1	1,655
Rachel, Cain	R	0
Ralph, Meghan	5	400
Rawson, Brent	3	1,225
Reed, Kanita	R	1,083
Renfro, Jeff	2	1,608
Reynolds, Dewelena	R	0
Richey, Lori Beth	3	1,229
Richie, Melissa	R	956
Ritchie, Joseph	3	2,038
Ritchie, Lauren	2	1,836
Roberson, Kevin	5	479
Roberts, Fletcher	6	1,263

Participant	Years	Total
Robinson, Lyndsey	1	1,679
Robinson, Tamara	1	1,730
Rodgers, Jeffrey	3	1,253
Rodgers, Jessica	1	1,201
Rogers, Hannah	1	1,210
Roper, Lynn	3	1,340
Rose, Beth	R	981
Rose, Billy	6	2,820
Rosser, Joey	4	1,860
Routman, Cindi	R	954
Ruschhaupt, Skyler	R	247
Rutherford, Keith	13	1,849
Rutledge, Lisa	5	1,954
Sanders, Gwendolyn	1	1,077
Shaffield, Danny	7	2,637
Shaw, Michelle	R	0
Sherer, Jeremy	4	1,302
Sherrell, Jeff	1	1,522
Shinn, Ronald	7	136
Shoaf, James	2	1,526
Sides, Dean	4	1,207
Silwal, Suman	9	1,710
Simpkins, Randall	3	1,351
Simpson, Kevin	7	3,686
Sims, Cecelia	1	567
Sims, Kelly	1	204
Sims, Robert	7	1,767
Sloane, Mike	5	1,216
Smith, Marie	R	1,021
Soileau, Chester	3	1,372
Stevens, Johnathon	4	2,106
Stewart, Zeb	1	381
Stockton, Rick	13	1,557
Sweatt, Jason	R	0
Talley, Beau	8	1,537
Talley, Shellie	2	0
Thompson, Sara	3	1,221

Participant	Years	Total
Tidwell, Pam	R	940
Tomlin, Chace	1	1,275
Townes, Janelle	1	569
Trimble, Jamie	6	1,887
Turner, Amanda Blake	R	0
Valles, Tina	1	1,234
Varnes, Vickie	7	1,238
Waid, David	1	2,435
Walker, Caroline	1	286
Wall, Ron	7	1,201
Washington, Monica	R	188
Watters, Ana	2	1,424
Watters, Larkin	1	1,239
Watters, Robert	6	1,527
Weber, Amy	2	686
Weeks, Lance	2	900
Weimer, Jonathan	R	238
Wells, Bradley	4	1,786
Wende, Adam	6	2,622
Whillock, Amber	1	1,223
White, Robin	1	2,511
Wilhite, Thomas	5	1,206
Williams, Shanada	1	1,259
Williams, Shaunda	2	1,200
Williams, Yolanda	R	0
Williamson, Rebecca	2	1,258
Wilson, Mark	R	209
Wiseman, Steve	6	1,825
Wood, Heather	1	1,215
Wood, Scott	4	129
Woody, Bill	12	1,604
Wooten, Vance	1	2,158
Wright, Amy	3	866
York, Gary	7	1,210
Zajac, Jason	2	2,133

SHOW US YOUR BTC GEAR

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



FEETS OF STRENGTH



Happy New Year, BTC friends! We have made the most of virtual events and solo challenges, but I know we all hope 2021 will bring more in-person races, as well as some new PRs and challenges!

This year's Meadowbrook Runs provided a great opportunity for some local "Vulcan Run legends" to meet up and show us they've still got what it takes! Four of the greatest runners from the "glory days" of the Vulcan Run from the 1980's and early 1990's on gathered Saturday December 19, 2020 for the Meadowbrook 5k Run.



L to R (with their best Vulcan 10K times) are Dave Micale, 72 (33:23 in 1986), Jim Upton, 76 (36:02 in 1984), and Johnny (Ironman) Montgomery, 75 (33:27 in 1985). On the right is Susan Keith, 58, who among other things, won the Vulcan Marathon women's division in 1987 and 1990 (with a 2:58:34). Dave, Jim and Susan all won their age groups at the Meadowbrook Run, and Johnny was the MC with his megaphone. It was great to see these incredible racers together again (and a big thank you to BTC member Bill Bowman for the submission)!

Unseasonably warm weather proved to be a good luck charm for local runners at the Mississippi Gulf Coast Marathon on December 13, 2020. Huge congratulations to **Kaki Jenkins** for snagging a new marathon PR and a first place finish in her age group – way to go, Kaki! Congratulations also are in order for **Lisa Rutledge**, who got herself a shiny new marathon PR as well. We're proud of you, Lisa!

The warm weather also was favorable for **Charlie Brown**, who brought some nice bling back to the 'ham following his second place age group finish in the Ronnie's Run 10 Mile Race in St. Petersburg, Florida on January 2, 2021 – that's a great way to start off the year, Charlie!

Please [let us know](#) when you log a new PR, complete a new challenge, or take on a new running adventure! Best of luck and happy running to each of you in 2021!



Kaki Jenkins



Lisa Rutledge



Charlie Brown

BTC EXECUTIVE BOARD MEETING

December 14, 2020

Attendance: Hunter Bridwell, Alan Hargrave, Skylar Holland, Alex Morrow, Kim Benner, Jamie Trimble, Cameron Estes, Julie Pearce, Charles Thompson, Kelly Sims, Dean Thornton, Vicky Brakhage, Lisa Booher, and Bradley Wells.

Alan Hargrave made a motion to approve the minutes of the November 2020 Executive Board Meeting. The motion was seconded by Cameron Estes and passed without opposition.

Membership (Cameron Estes)

We currently have 858 members and 670 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be January 4, 2021. The normal content deadline would be December 25, 2020, but since that is Christmas day, please have all newsletter content to Julie by the Monday after Christmas (December 28, 2020). We would like to include articles on Adam's Heart Runs, the BTC Race Series, the annual party, and Resolution Run.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry. There are a couple of outstanding expenses from Vulcan Run. Once these expenses are paid/reimbursed, we will be able to determine an amount to be donated to Vulcan Park.

Long Run Committee (Alex Morrow)

Because the Mercedes Marathon and Half Marathon have been rescheduled for the spring, we have selected the Snickers Marathon and Half Marathon and the Wine 10K as the new goal races for Saturday morning long runs. Both races are scheduled for March 6, 2021, so official training will begin on Saturday, January 9, 2021.

Merchandise (Bradley Wells)

The new fall merchandise is in. If you pre-ordered anything and would like to pick it up, please email Bradley and schedule a time to pick it up. So far, there have been \$2,900 in sales through Square.

1200 Mile Club (Kelly Sims)

Alan Hargrave and Kelly Sims will get together to send an email to those who will earn the 1200 Mile Club jacket so that we can get the order in. They will also look into those that have earned the five and ten year awards. Discussion was held about doing a patch for the five year award instead of a coin. This is the 13th year we have done the 1200 Mile Club.

USATF Representative (Charles Thompson)

A schedule for the Birmingham Crossplex was passed around. They are now requiring participants to sign a Coronavirus/Covid-19 waiver.

Annual Awards (Hunter Bridwell)

Please have all nominations for the Dr. Arthur Black/Rick Melanson Annual Service Award, Randy Johnson/Danny Haralson Annual Service Award, and the BTC Lifetime Achievement Award to Scott Wood before Christmas. Jennifer Andress have very kindly offered to order the awards for us, so we need to have votes in time for her to order the awards. A list of past winners can be found on the BTC website.

Adam's Heart Runs (Lisa Booher)

In order to allow for social distancing, we will have separate start times for each race. The 10 miler will start at 8:00, the 10K will start at 8:30, and the 5K will start at 9:00. Hunter will reach out to McDonalds about providing post-race food like what they provided for Vulcan Run.

Resolution Run (Hunter Bridwell)

We will host the Resolution Run on Saturday, January 2, 2021, at Red Mountain State Park. The Trak Shak has agreed to provide shirts, but they will be handed out as first come, first served basis. Lisa Booher has offered to contact Logan to see about providing post-race food. We will just need a couple of volunteers for race-day registration. Bradley Wells will bring merchandise to sell. We will need the BTC arch, a couple of tables, and the BTC tent.

IT Chair (Alan Hargrave)

Registration for the BTC Race Series is open on RunSignUp. For those that were registered for the 2020 Race Series, there is a separate registration at a discounted price due to their free entry into Statue 2 Statue. All of the 2020 participants received an email with a password for the discounted registration. Alan added a "Safety Plan" to all of the races due to the Covid-19 safety procedures and all registrations requested an expected finish time for the staggered starts. The cost for the race series is \$95 for non-BTC members and \$75 for BTC members.

Annual Party (Skylar Holland)

Discussion was held regarding safety concerns with holding the BTC Annual Party at this time and a decision was made to postpone the party. A future date will be determined. Further discussions were held regarding how to hold elections and hand out awards and the 1200 Mile Club jackets. It might be possible to announce awards and distribute 1200 Mile Club jackets after a Saturday morning long run. Further discussions will be held at the January meeting.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, January 11, 2021 at 6:00 p.m. Location to be determined.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	January 9, 2021	6:00 a.m.
Forging Families 5k and 1 Mile Fun Run	January 9, 2021	
BTC Executive Board Meeting (location TBA)	January 11, 2021	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	January 16, 2021	6:00 a.m.
MLK Day 5k Drum Run (Virtual Event)	January 16, 2021	VIRTUAL
BTC Saturday Long and Moderate Run Groups	January 23, 2021	6:00 a.m.
2020 Recovery Run – 5k trail run (Red Mountain Park)	January 23, 2021	7:30 a.m.
Adam's Heart Runs – 5k, 10k and 10 Mile	January 30, 2021	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	February 6, 2021	6:00 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