



★ BIRMINGHAM TRACK CLUB ★  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

July 2017

7



***so•cial me•di•a: (noun)***  
WEBSITES AND APPLICATIONS THAT ENABLE  
USERS TO CREATE AND SHARE CONTENT OR  
TO PARTICIPATE IN SOCIAL NETWORKING.

By Scott Wood, BTC Vice-President

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# so•cial me•di•a: (noun)

Websites and applications that enable users to create and share content or to participate in social networking.

By Scott Wood, BTC Vice-President (with special thanks to  
BTC Treasurer Trey Whitt for his assistance with the help with the Top Ten)



become an expert quick! Until that day I could count on one hand how many 'notifications' I had received on Facebook. By that evening, my Facebook account had melted! New friend requests, tagged pictures, posted pictures, IT WAS AWESOME!!!

Social media has become a tool so powerful, that, if used correctly, will provide you with the fuel you need to blast through that wall and look spectacular doing it. But, with great power comes great responsibility, so we at the Birmingham Track Club offer the following observations, free of charge, of things you need to be publishing and posting on the World Wide Web! I'm sure some of these we can agree on, some may hit a little close to home, and some of them are just, well, read on .....

## "Picture or it didn't happen."

Thanks to the running boom that has taken over the country and most certainly Birmingham, there is no shortage of coaching options for those of us looking to PR our next 5K, half marathon, marathon or ultra. Coaching programs incorporate various combinations of speedwork, hills, tempo runs and, my favorite, LSD (ah yes, long slow distance) to transform an otherwise fun-loving run group into a community of stone cold assassins on race day.

It was October of 2009. I was running my first ever 5K, the very popular 'Race For The Cure' in my beloved hometown of Birmingham. I had trained for months, had a blast, was very pleased with my time, absolutely hooked on running and discovered my very first runner's high at the very moment I crossed the finished line. I felt like a Rock Star! To this day, this is one of my very favorite running memories. And, I discovered something that day: runners love taking pictures. I mean, runners love taking pictures more than new parents love taking pictures of their first born! I had barely discovered Facebook, but realized I had better



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# so•cial me•di•a: (noun)

Websites and applications that enable users to create and share content or to participate in social networking.

1. When you run at 4am, please be sure to take a group selfie to let your followers know how CRAZY you are to be running so early in the morning. It is truly an original thought and your followers will admire how clever you are. #Vampires #YallNeedSomeSleep
2. We see you posting those pictures of your post-run meals, coffees, donuts, and beers. No, a 15 mile run does not give you the right to take in 4,579 calories at your next meal. One, maybe two beers – max. Side note, do not go run Rock 'n' Roll New Orleans with Mike Jenkins and Charlie Brown. #Guilty #ImHungry #ImAlwaysHungry
3. Humblebrag your accomplishments at all times. Example: "OMG! I can't believe I set an Alabama state record on my training run! #Humbled #Honored" Your fake sincerity will be the envy of all who read your post. #Guilty #DidIJustPRAgain
4. This is one we can all agree on, whether it's at the water cooler, or a nonrunning friend commenting on a running post, DO NOT CALL ME A JOGGER! We are all runners; some just faster than others. #ByTheWayCongratulationsOnYour5KMarathon
5. Guys, the ladies love your post-run shirtless selfies, especially when you are rockin' the dad bod. Your lack of self-awareness is attractive. #Guilty #KingOfSelfies
6. Stop referring to your 5 mile run at a 7:27 pace as "Easy Miles." Listen to me, never, in the history of time, has a 7:27 pace been "Easy Miles" except for the elite runners out there. #NotGuilty #JustJealous
7. Strava users, make sure the description of your super-speedy interval workout is impossible to figure out. You don't want your less gifted followers to be able to translate your formula for greatness. Example: WU > 800x8 (3:15) (60s RI) > CD w/ a Unicorn Frappuccino (limited time only). #NotGuilty #PleaseDoNotmakeMeDownloadStrava #IHaveEnoughSocialMediaApps
8. Listen to me, do I have your attention? You post one more picture -- or worse -- a video of you removing a black toenail or popping a blister, and I AM GONNA CUT YOU! Do you hear me?!?! #IWillDeleteYou #StopIt
9. We saw your first picture of your post-run – post workout in the full-length mirror. We do not need to see one per month for the rest of our lives. We get it: you run, you work out. Now go shower and put your camera away. #Guilty #IJustWantToProveI Sweated
10. Complain more about the heat/cold/wind/rain. These conditions are unique to you. How will your followers know how tenacious you are if you don't tell them? Answer: They won't...so tell them twice. It's hot and humid in Alabama nine months out of the year, we don't need you to give us a weather forecast every day. #Guilty #ItsAlabamaHot #IHateSummertime

So here's my confession: I love social media! And, I love the sport of running! Running has brought many friends into my life, and I like to post those memories on social media -- it's just that simple. So if I get a vote, I say keep posting, every day, keep posting!

One of my best friends shared a story with me last week where someone reached out to him on social media and said, "Because of you I started running, got in much better shape, started living a healthy life style, and am now training for my first half marathon!" So to the BTC, the CCOG's, Cadence Running, the BRATS, RunningLane, Run University, the Hobby Joggers, Resolute Running, and BUTS, and all of the rest of Birmingham running community -- keep posting to Facebook, Twitter, Strava, Runkeeper, Garmin, flickr, YouTube, foursquare, and my favorite, Instagram. Keep posting -- you're funny, inspiring, a little gross, a bit dramatic, and I LOVE IT and YOU!



# so•cial me•di•a: (noun)

Websites and applications that enable users to create and share content or to participate in social networking.

**“Picture or it didn’t happen.”**

**See you at Peavine!**

Scott Wood is a self-described below average runner who can be found walking the hills of Homewood and Mountain Brook on Saturday mornings with the BTC. He enjoys selfies with the CCOG’s and his Springer Spaniel. He might or might not be Superman, but he’s definitely the King of Hashtags. #ScottInBamaRuns #KingOfSelfies #LoveMeSomeSocialMedia #LoveMeSomeHashTags #KeepDoingYourThing #LoveTheBTC #LoveTheBirminghamRunningCommunity #LoveMyCity

## run•fie

/rʌnfɪ/

noun *informal*

*A photograph that you take of yourself before, during, or after a run to share your runner’s high, your latest running fashion statement, or to show off some form of badassery.*



# BLAZER

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The camp is open to any and all entrants (limited only by age grade level, and/or gender).



# PRESIDENT'S ADDRESS

By Monica Henley



## Hello, BTC!

As I write this month's letter, we are in our final preparations for our favorite July 4th tradition: the Rick Melanson Peavine Falls Run! Peavine Falls is not an easy race, but it is always a fun one – maybe its proximity to the trails makes it a bit more laid back and fun than its “all road” big cousin in the Peach State next door? Regardless, it is one of my favorite days of the year, and I hope to see many of you there.

**Peavine Race Director Alex Morrow and Assistant Race Director Brian Atkins** have some treats in store for the runners (and walkers) – including free photos (smile when you see the photographer – make those hills look easy!) Although online registration is not closed, you may register on site on the day of the race beginning at 6:15 a.m. Have questions about the race? [Click here](#) for all the Peavine information you need to know.

The [BTC's Summer Sizzling 5K Challenge](#) is well underway. Thanks to our presenting sponsor, TherapySouth, participants will get an exclusive, soon-to-be-coveted BTC beach towel. The towels have arrived, and they are awesome! To help our newest runners prepare for the series (or other 5K races this summer), we are pleased to present a “5K 101” article from Dr. Jim Partridge of Runners High – Dr. Partridge has some great advice to make your

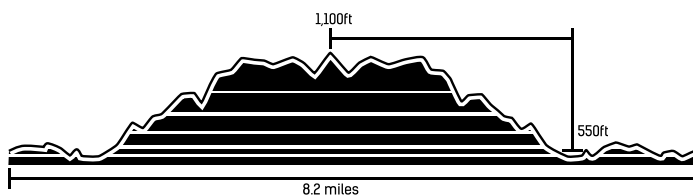
5K experience a positive one. Look for more 5K tips and advice throughout the summer as we tackle the remaining races in our challenge!

It's just about time to pull out those 70's track shorts and 80's jelly bracelets -- the second race in the Summer Sizzling 5K Challenge is [The Trak Shak Twilight 5K Retro Run](#) on July 29. Whether you're participating in the race or volunteering at the BTC's water stop, you don't want to miss this fun tradition.

And speaking of challenges, you know we love a good contest over at the BTC! We look forward to featuring your photos of BTC gear in races and on your travels in each issue of The Vulcan Runner. Now let's see whose BTC gear travels the furthest this summer! The photo taken “furthest from the ‘ham” will win a gift card, but we may have some fun prizes for more creative BTC photos as well. [Full contest rules are available here.](#)

Here's to staying cool this summer

**Monica Henley**  
BTC President



## The Rick Melanson PEAVINE FALLS RUN

Oak Mountain State Park

**JULY 4 • 7 a.m.**

# 2017 Officers



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## 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  
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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:**

Lindsey Austin	Richard Chaffinch	Nancy Grundhoefer	Jonathan Madison	Melissa Schiffer
Steve Austin	Violet Chaffinch	Skip Harris	Madeline Mandy	Nicole Smith
Bill Bowman	James Culver	Vickie Harris	James Mersmann	Tina Smith
Clay Burt	Rachel Culver	Alison Henninger	Tricia Neura	Thomas Watson
Morgan Chaffinch	Claire Gray	Bill Host	Jay Pruett	Justin Zehnder
Randy Chaffinch	Patrick Gray	Edwin Kezar	Michelle Pruett	

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.

**Vicky Brakhage**  
Membership Chair

**JOIN OR RENEW YOUR MEMBERSHIP ONLINE TODAY!**

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# MEDICATION AND MILES

## Running with Asthma

By Lauren N. Hammond, PharmD Candidate 2019 and Kim Benner, PharmD

"It turns out it wasn't my asthma that was stopping me. It was just me," said 36-year-old asthmatic, Alan Leitch, after completing the London Marathon.<sup>1</sup>

Asthma is a disease that can affect athletes of all ages. Whether its allergic asthma or exercise-induced asthma, adult-onset asthma or asthma suffered since childhood, it is something that can affect performance and can even be dangerous if it is not well controlled.<sup>2</sup> Asthma is an inflammatory airway disease that can cause symptoms like wheezing, shortness of breath, chest tightness and coughing, making it difficult to get air out of and into the lungs.<sup>3</sup> These symptoms are less than desirable in any exercise, particularly short, middle, and long distance running, so the proper medications are key in preventing and treating them.

A study of runners in the 2008 Atlanta Marathon found that 12% of runners have asthma. 68.4% of those runners reported that there are environmental factors that make their asthma symptoms worse, and nearly 90% agreed that having an "asthma action plan" could prevent dangerous symptom worsening.<sup>4</sup> With an estimated exercise-induced asthma prevalence of 90% in patients that have asthma, it is important for those athletes, especially runners, to have a prevention and treatment plan going into a run or any kind of exercise.<sup>5</sup>

So, how does one prevent and treat mid-race asthma attacks, also termed exercise-induced bronchospasm (EIB)? A proper warm-up may be good enough for some runners to prevent EIB. If running in cold and/or dry air, exercise-induced bronchospasm is more likely, so extra care must be taken.<sup>3</sup> Often times, a medication like a beta-2 agonist may be taken in the form of an inhaler before a run or race. This type of medication opens up airways, allowing for adequate airflow while exercising.<sup>3,7A</sup> Short-acting beta agonist (SABA) can be used for a run lasting less than 3 hours. Albuterol is a very commonly seen and utilized SABA. For any intensive cardiovascular exercise lasting longer than 3 hours, a long-term beta agonist (LABA) can be used. Table 1 shows commonly inhaled beta-2 agonists. As an alternative, a 10mg dose of montelukast (Singulair) can be taken two hours before exercise if prescribed by a physician.<sup>3</sup>

Commonly Inhaled Beta-2 Agonists:	
Short-Acting (SABA's)	Long-Acting (LABA's)
Albuterol (ProAir, Ventolin)	Salmeterol (Serevent)
Levalbuterol (Xopenex)	Formoterol (Foradil, Perforomist)

A common discussion regarding these inhaled medications is whether they are considered "performance-enhancing" or not. The World Anti-Doping Agency (WADA) includes all beta-2 agonists on the "banned substances" list. But, a few common ones can be used with a "therapeutic use exemption" only in the form of an inhaler.<sup>6</sup> A study in the Journal of Sports Science and Medicine

set out to show the effect of these inhaled beta-2 agonists on athletic performance. In the study, athletes performed vigorous exercise before inhalation of a beta-2 agonist and then performed the same exercise after inhalation of a beta-2 agonist. Results showed no significant difference in the volume of oxygen, volume of carbon dioxide, or expired air before and after inhalation of the medication. In effect, this study showed that inhalation of a beta-2 agonist did not significantly enhance athletic performance.<sup>7</sup> While there is an upper limit on the amount of inhaled medication set by the WADA, there does not seem to be any "doping"-type effect in runners or other athletes.

All this being said, running with asthma can be difficult, but is very common and very treatable. Whether it's a 5k, a marathon, or anything in between, management of symptoms with proper warm-ups, cool-downs, and medications is important for health and adequate race performance. Approximately 8% of Olympians have asthma and still manage to compete at this level and often medal in their events.<sup>8</sup> Symptoms of asthma can be inconvenient, or even dangerous, but if handled properly, they should not be a limiting factor in the completion of any type of exercise – particularly running.

### CITATIONS:

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## ASTHMA ABBREVIATED

- Asthma is an inflammatory airway disease with symptoms like coughing, wheezing, and shortness of breath.
- Asthma affects people of all ages and athletic levels.
- Taking steps to prevent asthma symptoms before a run or race is very important.
- Asthma does not have to limit athletic ability or endurance.



# INCREASE STRENGTH TO PREVENT RUNNING INJURIES

By Sandy Edwards, PT, MS, MTC, OCS, CWcHP. Service Director, Therapy South, McCalla

*A 2009 Runners World survey revealed that 66% of runners suffered from a running related injury that year. While injuries from running are fairly common, there are steps we can take to prevent them. Injuries are usually multifaceted in nature, requiring more than one strategy to prevent them. However, most experts agree that a strong body is a runner's best protection against injury.*

Having strong muscles, ligaments, and tendons will help to lessen the impact of running. Strong glutes and core muscles will stabilize the pelvis, improve posture, and help to keep the hips level. Strong foot and ankle muscles help to achieve a solid foundation on which to land. While a strength program alone cannot change faulty movement patterns, stronger muscles can improve running form by preventing faults caused by muscle imbalance. It will ensure that your aerobic fitness does not outpace your body's structural ability to withstand the stress of running.

The following exercises will help to strengthen key muscle groups.



## WALL PRESS

This exercise activates the gluteus medius in a bent knee position, similar to the way it functions in running. Stand with your left side near a wall. Bend your left knee to 90 degrees and make contact with the wall. Push your knee into the wall and hold while keeping your body stable (don't press your shoulder into the wall). Hold for 20-30 seconds. Do 2-3 sets on each side.



## SINGLE LEG BALANCE ON FOREFOOT

This exercise increases the strength of the entire chain – big toes, calves, ankles and hips. Balance on one leg and raise up on your forefoot, lifting the heel off the ground (barefoot is best). Hold for as long as you can, keeping the body tall. When you lose balance, rest, then repeat 3-4 more times. Switch legs.



## ECCENTRIC HEEL DROPS

This exercise strengthens calves, ankle muscles and Achilles tendons. Stand on one leg on a curb or step with your heel off the edge. Lift up onto your toes, then slowly lower down until your heel is below the step. Do 10-15 reps on each side.

# INCREASE STRENGTH TO PREVENT RUNNING INJURIES



## CLAM SHELLS

This exercise strengthens the gluteus medius to improve knee and hip stability. Lie on the floor on your side, hips and knees bent to 45 degrees with hips stacked. Keeping feet together, raise the top knee, making sure the top hip does not roll backwards. Do two sets of 30 reps on each side. To increase intensity, add a resistance band.



## STABILITY BALL BRIDGE

This exercise strengthens the gluteus maximus and the multifidus (small stabilizing muscles in the back that aid in stability). Lie on the ground with calves on a stability ball, arms extended out. Lift your hips off the floor so that your body forms a straight line from the ankles to the shoulders. Hold for as long as possible without your hips dropping. Once you can hold for 60 seconds, challenge yourself by crossing your arms over your chest or by lifting one leg at a time.



## STABILITY BALL WALKOUT

This exercise strengthens core, arm and shoulder muscles for improved running posture. Lie face down with stomach on stability ball, palms on the floor in a push up position. Walk your arms out, keeping your abdominals tight, until your shins are on the ball. Keep your back straight. Hold for 30 seconds. Build up to 2 sets of 60 seconds.

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By incorporating a strengthening program into your training, you will improve your overall strength, reduce muscular fatigue, and make yourself more resilient to injury. If you are struggling with an injury, or need some help in preventing an injury, one of the highly skilled therapists at TherapySouth will be glad to help you!

# RUNNING YOUR FIRST 5K?

By Jim Partridge, Professional Running Coach at [www.RunnersHigh.com](http://www.RunnersHigh.com)



*Are you a new(er) runner planning for your first 5K, or tackling the BTC's Summer Sizzling 5K Series? Here's what you need to know to ensure a successful race.*

## 5K 101: Race Day

By Coach Jim Partridge

What does it take to run your first 5K race (3.1 miles)?

First, congratulations on even considering the idea. You may be thinking about participating in a "5K Walk/Run" for a charity or just to prove to yourself (and others) you can do it. Cool beans, whatever your reason, kudos to you!

As you probably know, a 5K isn't really a race at all; it's actually a personal challenge. Sure there will be a few runners going all out and competing for time, but the vast majority will be walkers or runners who simply want to challenge themselves "to finish". If this is you, read on.

The 5K distance is by far the most popular race distance. According to [www.runningusa.org](http://www.runningusa.org), in 2013, there were 15,800 local 5K races with 8.3 million participants. Women made up the majority at 58%, with an average age of 33.0, and an average finish time of 34 minutes 53 seconds. The men average age was 33.6 with average finish time of 28 minutes 46 seconds.

"Okay, so tell me what I should do and what to expect".

Most average folks can manage a 5K walk but even that can be a huge challenge if you're not in shape. But here's the good news; it's not that difficult...if you do it right. In general terms, if you can walk for an hour you can probably finish a 5K. If you want to "run" in a 5K you should train for a few weeks. How much training depends on many factors. The best approach is to sign up with a 5K group at a local running store, gym, community center, or hire a coach.

But you say, "I'm not a runner". Listen, even if you can only run for a few seconds, YOU'RE A RUNNER! And since every runner started as a non-runner, you're going to be welcomed and cheered every step you take. It's a beautiful community of like-minded people. So enjoy it. You ARE a runner.

Okay, so you've done some training and think you're ready but you still don't know what to expect.

On race day: Get dressed as if you're about to go out the front door for a run. You can add a layer for comfort and peel it off when you get there, but get into your car like you're about to run. Bring a towel to cover your car seat on the ride back home. Pack a small bag with your essentials; cash, driver license, sunglasses, cell phone...you get the idea. Double check everything before you leave home.

As people crowd around the starting line you'll see an amazing collection of running gear and smiling faces. They are as nervous as you are, even if it's not their first race. There will be a lot of chatting and even a few anxious runners cutting their way to the front. That's okay, let them get by, you're not racing them anyway. Now is the time to double check yourself; shoelaces (double tied!), watch, sunglasses, launch app on phone, etc.



# RUNNING YOUR FIRST 5K?

**BANG!** When the race starts the crowd will surge and seem to march in place as the runners get going. It can be tricky to avoid trips and collisions. The front runners will be like a herd of antelope taking off but the rest of the crowd will march out at a slower pace for the first few minutes. Don't get caught up in the excitement and start off too fast. Look around and enjoy the sights and sounds of dozens or even hundreds of runners taking off in your first 5K race. Be sure to wave and smile for your family and crew as you pass by them.

The turns typically have barricades, cones, signs, or a volunteer pointing the way. Again, just follow the crowd. You won't get lost, I promise (they never leave a runner behind, that's the rule). There will be some runners going up on sidewalks or cutting cones for a clear path but it's usually not allowed so, don't be "that guy".

There will be one or two water stations (tables) along the route with volunteers handing out small paper cups of water. Grab a cup or two as needed but keep moving swiftly, waiting until you clear the area to walk to drink. Yes, it's perfectly normal to throw the cup on the ground. They will have volunteers to pick them up -- that's just what they do in races.

As the race goes on there will be more and more people walking but they will become further spaced out, usually enough to easily get around them. When the finish line finally comes into view you'll notice a growing number of spectators lining the course. The excitement and cheering will intensify. Again, be sure to smile and wave at your family as you enter the final "chute" to the finish line. Try to look good, raise your hands and smile for the cameras!

Congratulations! You just completed your first 5K race!

Keep moving after you cross the finish line or there will be a collision from behind. Depending on the race, it may be a tradition for a line of volunteers to hand out "Finisher" medals in the exit chute so be sure to get yours. There will likely be a table with bottled water and "recovery snacks" like bananas and bagels for runners to enjoy. And yes, there are always a few runners loading up on the free goodies, but that may take away from the late finishers, so again -- don't be "that guy".

If the race was a timed event, they will post the results on a bulletin board or computer screen, usually even before all the runners come in, and update it every few minutes. Try to take a photo of the results so you can back away from the crowded bulletin board area. Stick around for the awards and cheer those speedy runners, take pictures and meet other friendly people.

## JUST A FEW MORE TIPS

**WHAT TO EAT, WHAT NOT TO EAT.** You won't need to "carbo load" the night before your first 5K, but you do want to eat a dinner that won't haunt you in the morning. Avoid high fiber foods before the race. It's best to start your race day with a light meal about 2-3 hours before, such as a bagel, toast, oatmeal, granola, etc. Drink only about 8 oz of water or sports drink, and small doses of coffee are okay. Give yourself time to use the bathroom before leaving home. The lines at the porta-potties can be long.

**WHAT TO BRING, WHAT NOT TO BRING.** Many races allow dogs and strollers but if this is your first race you may want to tell Rex that you'll check things out, and he can go next time.

**DRESS AS IF IT'S 10 DEGREES WARMER.** Sure you may be chilly at the start but you'll quickly warm up. If you must wear an extra layer make it something you don't mind losing. It's a common practice to shed a layer near the start but those throwaways are usually collected and given to a homeless shelter. (Editor's Note: I can't help but hear the voice of Danny Haralson here, preaching, "Nothing new on race day." Excellent advice).

You won't need to carry any water on the course, and you certainly won't need any food. You'll look like a total newbie if you wear a hydration belt with gel-packs and bottles, so go ahead and leave all that behind -- you definitely don't want to be "that guy". Some races don't allow earbuds/headphones, and even fewer enforce it, but you may want your first race to be without them anyway. Bring your phone if you like; just don't take any calls during the race -- that's bad luck. It's a good idea to use a small pocket type belt to carry I.D., car key, etc. Don't forget your sunscreen, hat and sunglasses. If you have any doubts, just look around and do what everyone else is doing...except for the oddballs, don't do that.

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**Author Jim Partridge is a Professional Running Coach at [www.RunnersHigh.com](http://www.RunnersHigh.com) based in Southern California. He is a U.S.A. Track & Field Certified Running Coach, an RRCA Road Runners Club of America Certified Running Coach, a Dr. Daniels VDOT Certified Coach, and an HRCC Healthy Running Certified Coach. Follow CoachJimPartridge on Instagram.**

**Coach Jim Partridge**  
**RRCA Certified Running Coach**  
**USA Track & Field Certified Coach**  
**Daniels VDOT Certified Coach**  
**Healthy Running Certified Coach**  
**[www.RunnersHigh.com](http://www.RunnersHigh.com)**

# THE NATIONAL SENIOR GAMES IN BIRMINGHAM

By Ronnie Blakney



I was very fortunate to be able to volunteer at four different events and venues when the National Senior Games recently were held in Birmingham. It was a celebration of fitness, fun and fellowship by the athletes, volunteers and supporters, culminating in unforgettable moments of effort and skill. The games, held every two years, will be in Albuquerque next. Each year the number of participants has grown, from 300+ the first year and 500+ two years ago, to over 900 this year.

My first event was working the Pickleball matches at the BJCC. It's a little different; whacking a whiffle ball with a Ping Pong paddle that's three times normal size over a short tennis net. I was both the announcer and responsible for placing players into the display tournament brackets, which was hectic and fast; the matches usually only lasted 15 minutes, and they were being played on 30 different courts. A 91 year old lady played an 89 year old lady for titles.

My second event was working the Team Magic NSG Triathlon (an event with which I have a little more experience than Pickleball). There were so many folks well over 80



*Long time BTC member and BTC USATF Representative Charles Amos Thompson (71) met Mobile's legendary ageless runner David Jeffrey (75) at the National Senior Games. David holds over 90 State of Alabama age group records for road racing. Charles was in charge of the start/finish line set up as a race volunteer. David competed in the 10K and 5K and won the 75 to 79 age group awards in both of these events with times of 45:25 and 22:19. (Thank you to BTC member Bill Bowman for the photograph and information).*

years old who participated. The oldest competitor was 88, and as he walked up and down the swim start he told everyone, "I'm here to kick all of your butts". He finished last but with the same great spirit that he started.

I also volunteered at the water stops for the 5K with good friends Judy Loo, Trish Portuese, Jerry Smith and the Rumpshaker 5K folks. The oldest competitor, a 93 year old lady, finished strong in 53 minutes.

And finally, I volunteered during three days of the golf tournament as a Course Marshal and Rules Official for those '80 and above' players at Highland Golf Club. There were two 98 year olds (one had his 76 year old son-in-law as his walking caddie). And an 82 year old shot under par every day to win the overall best score.



CONTINUED ON NEXT PAGE

# THE NATIONAL SENIOR GAMES IN BIRMINGHAM

The backdrop of the beautiful downtown Birmingham skyline was complimented by many of the golfers.

It was inspiring to see all these mature, experienced athletes compete. The Games provided great encouragement to stay active, and the athletes were inspirational for us all with their enthusiasm and the positive attitudes they displayed. So many times I was told by athletes that they thoroughly enjoyed their time in Birmingham and that the helpful, encouraging volunteers had made the event even more special.



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## Long Run Training Group

The BTC Long Run Group meets each Saturday at 6:00 a.m. in front of the Trak Shak in Homewood. Come join your fellow BTC members as we get ready for various upcoming races. Each week's mileage, routes and water stops can be found at <http://birminghamtrackclub.com/member-events.php> or on our Facebook page, BTC Saturday Morning Long Run.

For those of you who are not accustomed to training with a group (or those who haven't trained with our group, specifically), give us a try! Visit the [Group Runs Page](#) on the BTC website, or join the BTC Saturday Morning Long Runs Facebook page for updates and routes.

**Happy running, y'all!  
See you on the roads!**





## BTC Member Benefits Spotlight

Remember, as a member of the BTC, you are entitled to a whole host of benefits from area retailers – see a complete list on the BTC website. Remember to show your BTC membership card, which you can download to your phone for your convenience, and thank our wonderful partners for supporting the BTC. Membership has its privileges!



**Missed out this time?**

[Join the BTC or renew your membership today!](#)

## BTC Merchandise

Our unpredictable weather may still yield some cold snaps, so there's still time to restock your shelves with the latest in BTC cool weather tech gear! Represent your club at home and especially when you travel to out of town races. BTC Merchandise Chair Karen West will keep us outfitted in style!

[Email us to purchase](#), or look for the BTC table at Peavine Falls and all upcoming social runs.

Have a great idea for BTC logo merchandise? [Share your ideas with Karen](#).

## 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.

## Volunteer Vibes

**We have two volunteer events in July:** Peavine Falls on July 4 at Oak Mountain AND The Retro Run on Saturday evening, July 29 in Homewood. Please reach out to [BTC volunteer coordinator Kim Benner](#) to let us know how YOU can be involved in either or both events! #weheartourvolunteers



**Thank you to the BTC member and their families who volunteered at the National Senior Games. Although many of you volunteered at a whole host of events around the city, the BTC sponsored the two water stops for the 10K race.**

# RRCA UPDATE

As a member club of the Road Runners Clubs of America, the BTC – and its members – are entitled to take advantage of the many resources offered by the RRCA. Many of you are familiar with the “RRCA” certification seen on many race websites, and some of you even work with running coaches who are certified through the RRCA. But the benefits offered to the BTC and out members go beyond those benefits. Through the [RRCA website](#), BTC members can access a list of running clubs or even local running events throughout the country – this is a great perk when traveling to an unfamiliar place.

Other resources that are available via RRCA include discounts through corporate partners for rental cars, life insurance, etc. And, the website has a nicely edited list of [resources for runners](#) with training tools, pace calculators, mapping programs and nutrition guidance – this is a great way to sort through all of the online resources out there with some assurance that the recommended programs have been vetted by other runners.

So whether you’re traveling and need assistance with local running routes, want to hire a running coach, or plan to start your own 5K race, the RRCA website is a great resource.

## Moderate Distance Run Group

**Looking for a fun group run opportunity with a few less miles than the BTC Long Run routes?** The Moderate Distance Run Group is for you! The group meets at 6:30 a.m. each Saturday and typically runs routes ranging from 5-7 miles. These routes often are similar to the Long Run routes.

Interested in fun volunteer position with the BTC? Moderate Distance Run Coordinator Mark Criswell could use a partner to assist him with coordinating the group, which would entail coordinating water stops and selecting routes as appropriate. Please contact [Mark](#) to volunteer. Help us keep this group running strong!



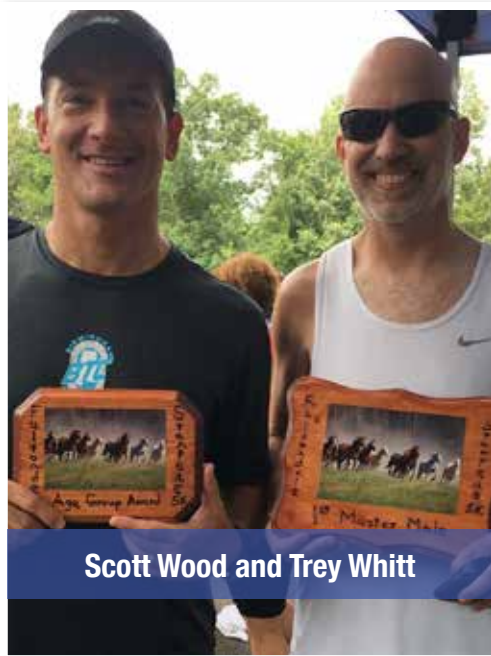
**Hotter 'N Hell Trail Race**  
**9 MILE AND 18 MILE TRAIL RACE**  
**JULY 15, OAK MOUNTAIN STATE PARK, PELHAM, AL – 7:30 AM START**  
**USE THE BTC DISCOUNT CODE "BTC-17STR" AND SAVE 10% – SOUTHEASTERN TRAIL RUNS.COM**



# FULTONDALE STAMPEDE 5K RACE



**BTC members had a great showing at the Fultondale Stampede 5K race, which was the first offering in the Summer Sizzling 5K Series.**



**Scott Wood and Trey Whitt**



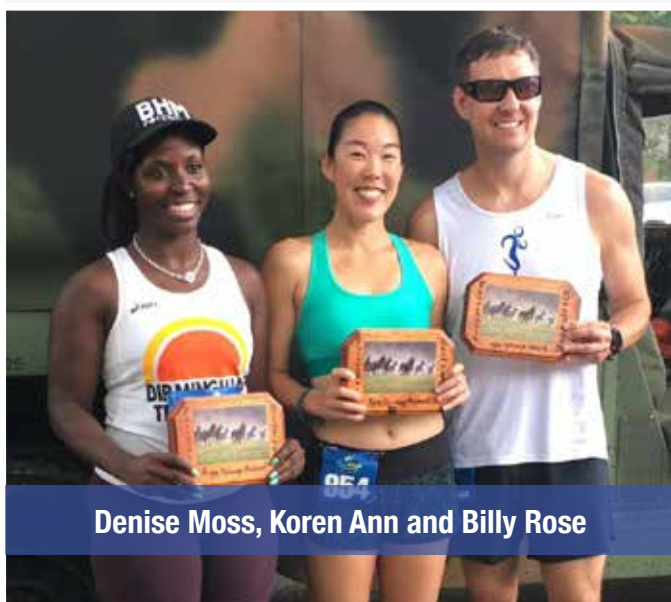
**First Female – Elana Kidd**



**Michelle Parr**



**James Shoaf**



**Denise Moss, Koren Ann and Billy Rose**



**Angie Hogeland, Kristen Long and Lisa Rutledge**



# SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Email photos to: [Newsletter@BirminghamTrackClub.com](mailto:Newsletter@BirminghamTrackClub.com)

**We love seeing where the BTC takes you on your travels – we've seen BTC shirts in the Arctic, Japan and at least a dozen island nations. .BTC mugs on the beach and hats in the mountains. Let's have a little fun and see how far the BTC can go this summer! Here are the rules:**

- [Send your photos](#) of BTC gear from your vacation travels this summer – shirts, towels, hats – any BTC gear goes. Don't forget to include your name and location! We'll share your photos in The Vulcan Runner.
- You must be a BTC member to enter. Not a BTC member? That's an easy fix – [click here to join](#).
- A group of highly qualified geography experts from our panel of Map My Run aficionados (well, okay – the BTC Executive Board) will determine the “furthest from the ‘ham” winner from the photos submitted.
- Photos must have been taken between May 1 and August 31, 2017 and must be submitted by September 1, 2017 to be considered.
- Our winner will receive a gift card and, naturally, the accolades and admiration of your fellow runners.

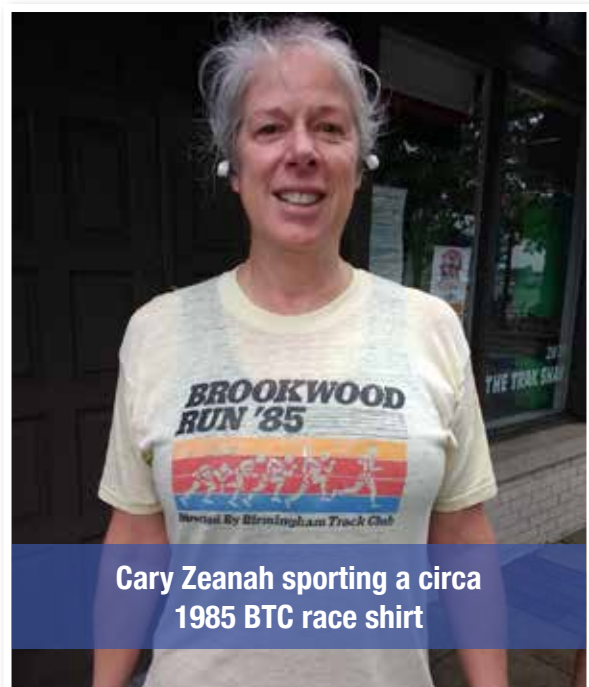
Who knows – we may even give some awards for most creative BTC photos, so start planning those photo ops today! Questions? Or need to send us your entries? [Email Julie Pearce, The Vulcan Runner Editor](#).



Bill Crowson and Madeline Mandy at the Rock n Roll Seattle Half Marathon



Chris and Rachel Callahan

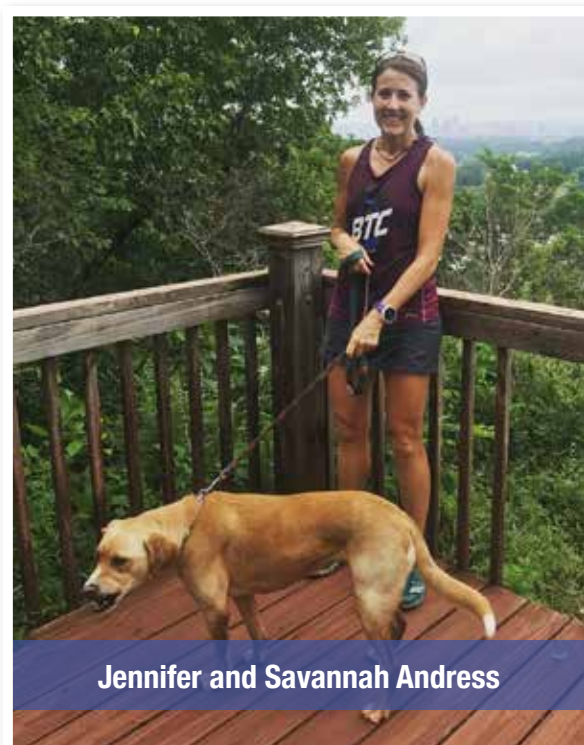
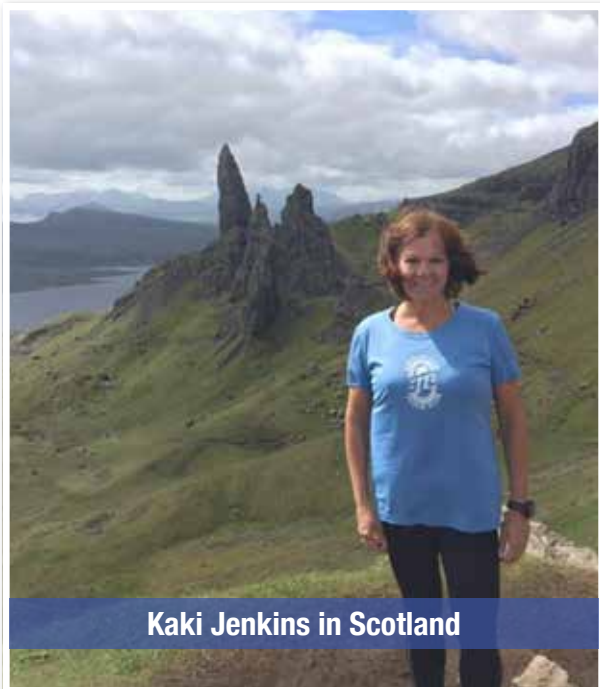


Cary Zeanah sporting a circa 1985 BTC race shirt

# SHOW US YOUR BTC GEAR



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# FEETS OF STRENGTH



**Kristie Northern** had quite a birthday this year. To celebrate her 40th, she completed 61.2 total miles (a 30 mile PR) in the Run for Kids 12 Hour Challenge, on May 6, 2017, finishing as 2nd overall female and 3rd overall. Way to go, Kristie – we'd say your 40's are off to a great start!

Also celebrating successful runs at the Run for Kids 10K were **Jennifer Andress**, who finished as First Female, **Madeline Mandy** and **Scott Padgitt**, who finished as First Female and First Male Masters, respectively. Congratulations, y'all!

**Melody Izzard** placed first in her age group at the June 17 Rainsville Freedom Run 5K – way to go, Melody!

Running may be an individual sport, but we all know that the support of our fellow runners can keep us motivated and enthusiastic about reaching our goals. Keep sending in your "feets" of strength so the BTC can help you celebrate those milestones. Have a friend with an accomplishment to celebrate? Let us know (provided you have her permission, of course).

Keep running strong, running healthy, and most importantly – keep having fun out there, folks!



Kristie Northern



Melody Izzard



## BTC EXECUTIVE BOARD MEETING

June 12, 2017

**Attendance:** Brian Atkins, Alan Hargrave, Monica Henley, Julie Pearce, Dean Thornton, Charles Thompson, Loren Traylor, Karen West, Trey Whitt and Scott Wood

The meeting was called to order at 6:00 PM by President Monica Henley.

The minutes of the May meeting were approved unanimously, on Trey's motion, as seconded by Scott, with one change (Karen West should be listed as such rather than Karen Wood).

#### 5K SUMMER SIZZLING 5 (SCOTT WOOD)

Therapy South has committed to a \$1,000 sponsorship. The breakdown for age groups likely will be in 10 year increments, with first overall for male and female. We likely will give awards three deep in each group, with other awards as well. Thus far, we have approximately 50 registrants. Julie will send out an email blast to announce the sponsorship once it is finalized.

National Senior Games Water Stop (Monica for Karen West/Vicky Brakhage) The BTC provided approximately 15 volunteers, which was enough to cover both water stops. Thank you to the volunteers.

#### RACE REPORTS

##### • Peavine Falls (Brian Atkins/Alex Morrow)

Brian and Alex will be meeting next week. Registration numbers are down a little, but still on par with last year. This race typically has many last minute registrants.

##### • Vulcan Run (Allison Stone)

Scott and Monica have discussed the Vulcan Run and the growing challenge it has presented, both from a revenue standpoint and from growing participation. In follow up to the Board's earlier discussions, Allison Stone has submitted a proposal through Cadence 180 to provide race consulting and directing services for the Vulcan Run. Discussion followed about the merits of paying for such services for one race but not for all four of BTC races. The Vulcan Run is the BTC's largest and most visible race, and it has the potential to make more revenue for the BTC.

Alan expressed concern that the race needs to remain a BTC race (rather than a race so closely identified with the race director or company that provides those services), and the BTC should maintain ownership of the race. When we began discussing outsourcing portions of the Vulcan Run administration, we were primarily focused on marketing; the other companies with whom Monica and Scott have spoken would only provide marketing services. The Cadence 180 proposal is more comprehensive and provides consulting and administration services, although the BTC would still need to provide a race director. Scott Wood has agreed to serve as the Race Director for Vulcan Run, so he would be the primary contact for Cadence 180.

Monica recommended we carve out registrants who have registered for the BTC Race Series because they are already registered for the Vulcan Run.

Scott made a motion that we approve the Cadence 180 proposal for a one year term, with the following modifications: (1) a "carve out" for runners who have signed up for the BTC Race Series; (2) the budget for the 2017 race must be approved by the Board; and (3) any changes made to the RunSignUp page must be coordinated with the BTC's IT Administrator (Alan Hargrave). The Motion was seconded by Trey Whitt. Further discussion was had about capturing the on-line registration data through RunSignUp, which can be accomplished easily by keeping on-line registration open until approximately 15 minutes prior to the race. Scott mentioned trying to tie in Vulcan Run to Magic City (possibly offer a discount for signing up for both). The motion was approved unambiguously. Addendum: Following the meeting, further discussions were held concerning the potential "carve out" for Race Series runners. It was agreed that these runners would still benefit from race administration services, so the Board subsequently voted to remove this restriction.

#### MERCHANDISE UPDATE (KAREN WEST)

Karen will have BTC Race Series shirts at Peavine.

#### MEMBERSHIP REPORT (VICKY BRAKHAGE)

We are down 150 members who have not yet renewed between January and April. She will send out reminder emails. Current membership: 1009 members and 787 memberships.

#### FINANCIAL REPORT (TREY WHITT)

Total assets as of (up approximately \$3,000 in assets from this time last year). Statue to Statue lost about \$1,300 this year (last year, the race turned a modest profit). We are almost at break even for this year. Accounts receivable has been cleaned up and has been zeroed out at this point.

#### NEWSLETTER (JULIE PEARCE)

Prepay/advertising discounts were circulated to current advertisers; thus far, one has committed to a full year for a discounted rate. Volunteers are needed to help distribute advertising opportunities to potential sponsors/advertisers.

Deadline for July issue is June 19th. We need volunteers to write articles – Julie has a list of topics, resources, etc. she can provide.

#### PRESIDENT'S REPORT

Discussion regarding the Baron's game and whether this is an event we can continue. Possibility of hosting this on a weeknight rather than a weekend, as well as subsidizing the price as a member benefit.

#### OTHER UPCOMING EVENTS:

July 4 – Social following Peavine.  
August – Potential membership "open house"  
October -- Social with the Tri Club  
November -- Vulcan Run

#### NEW BUSINESS

There was no new business at this time.

The meeting was adjourned at 7:30 pm. Our next board meeting is on July 10, 2017.



# 1200 MILE CLUB

Cumulative miles submitted through June 1, 2017 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
Abernathy, Darrin	R	93
Anderson, Adrianna	R	106
Anderson, Kerri	1	543
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	R	563
Baggett, Christopher	R	127
Barnes, Jimmie	2	637
Bartee, Samm	1	650
Bass, Andy	1	638
Beasley, Cathy	R	497
Belcher, Michelle	4	845
Benner, Kim	4	610
Benson, Kip	R	0
Bittle, Anna Marie	R	458
Black, Dylan	1	342
Boackle, Larry	1	0
Boackle, Tomie Ann	1	341
Boger, Joe T	R	540
Bonatz, Ekkehard	8	648
Booher, Lisa	5	531
Boswell, Ryan	R	467
Bowman, Brian	R	0
Bowman, Leisha	R	21
Bradley, Lee	R	0
Brakhage, Victoria	1	258
Bridwell, Hunter	R	0
Bromstad, Murray	1	700
Broome, Mary	R	379
Brown, Charlie	5	482
Brown, Dana	R	0
Brown, Michael	3	430
Brown, Sean	3	485

Participant	Years	Total
Bryant, David	3	659
Burks, Ross	R	629
Caine, Lawrence	R	543
Callahan, Chris	R	558
Callahan, Rachel	2	654
Carey, Christopher	3	659
Carlton, Bob	2	634
Carter, Adrienne	R	520
Casey, Barry	2	356
Chadha, Jennifer	R	446
Chambers, Gay	R	542
Chandler, Teresa	7	566
Cirilli, Katerina	R	357
Clarkson, Roy	R	285
Clay, Brad	9	677
Clayton, Yocunda	2	432
Clemons, Sam	1	0
Cleveland, Jeff	R	560
Cliett, Stephanie	2	828
Clowers, Addison	2	805
Collins, Helen	1	262
Collins, Nathan	R	0
Connors, Michael	R	210
Constant-Jones, Michelle	R	0
Cornelius, Jeff	R	332
Corrie, David	1	810
Corrin, LaRonda	R	391
Corrin, Roger	1	514
Crain, Teresa	1	423
Cramer, Robyn	R	278
Cramer, Steve	R	99
Crawford, Allen	1	616
Crawford, Kimberly	1	442

Participant	Years	Total
Crowson, Bill	1	649
Crompton, Dan	3	756
Crompton, Melinda	R	350
Cuthbert, Misty	R	564
Cutshall, Hannah	R	630
Darville, Nathaniel	1	980
Davidson, Dow	R	180
Dease, Joseph	1	724
Dease, Katherine	2	576
Deering, Anna Katherine	R	0
Deering, Chris	R	120
Dell'Italia, Pat	1	568
Denton, Matt	4	743
Deuel, Jan	R	576
Dortch, Cherie	6	332
Dowling, April	R	533
Duke, Cindy	1	548
Dunnaway, Roberta	1	550
Easterling, Natalie	1	511
Edge, John	1	316
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	3	416
Fontenot, Misty	R	540
Franklin, Shane	5	579
Frederick, Winston	8	880
Freeman, Sheila	R	523
Gann, Michael	5	929
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	103
Goode, Johnny	7	535
Graham, Jonathan	R	18

# 1200 MILE CLUB

Participant	Years	Total
Grammas, Marianthe	R	788
Graves, Brady	R	54
Grossmann, Christopher	5	532
Gullapalli, Satya	3	427
Haley, Jay	1	393
Hall, Thomas	R	503
Halperin, Dave	3	0
Haralson, Danny	8	533
Haralson, Micki	9	631
Harbison, Brookie	1	367
Hargrave, Alan	9	412
Harley, Charlotte	R	375
Harrelson, Heather	3	623
Harris, Ashley	R	274
Harris, Robert	R	427
Harris, Vickie	1	563
Harrison, Lisa	5	646
Harry, April	R	518
Hathorne, Chad	R	146
Havicus, Cari	1	401
Hayden, Brittany	R	536
Heaton, Bryan	2	785
Henley, Monica	3	648
Henninger, Alison	2	532
Hightower, Rylie	R	6
Hill, Susan	3	390
Hill, Tucker	2	0
Hogeland, Angie	1	268
Hogue, Kari	R	276
Holmes, Chris	R	452
Hoover, Alison	5	0
House, Beth	4	491
Hubbard, Stephanie	R	340
Huff, Anne	R	629
Hunter, Bob	R	516
Ingle, Brandon	R	158

Participant	Years	Total
Ingram, Joseph	4	291
Izard, Georgia	1	630
Izard, Melody	2	578
Jefferson, Tracy B.	1	543
Jenkins, Kaki	3	685
Johnson, Christy	R	0
Johnston, Latta	1	454
Joseph, Jeremy	R	0
Kearley, Christy	1	352
Kearley, David	R	472
Kearley, Stephen	1	567
Keefer, Herb	1	619
Kelley, Robin	3	0
Kemper, Tricia	2	708
Kendrick, Tom	R	29
Kile, Shelby	R	492
Kirchmer, Shannon	R	536
Knight, Diane	2	369
Kuhn, Jimmy	9	914
Kulp, Loren	1	709
Lahti, Tyler	R	612
Laird, Audrey	2	679
Langston, Aaron	2	455
Langston, Richard	4	551
Lauderdale, Beth	R	472
LeCroy, Sarah	R	756
Lee, Koren	R	492
Leopard, Don	1	0
Lockett, Janet	R	385
Long, Kristin	R	0
Lyle, Randy	8	528
Lyles, Chris	1	0
Madison, James	R	607
Malick, David	3	592
Mandy, Madeline	R	517
Massey, Christopher	R	501

Participant	Years	Total
McCombs, Chris	R	317
McNair, Kelly	3	363
McTune, Mark	4	318
McVey, Simon	2	543
Melvin, Robby	R	0
Merry, Vicki Sue	4	1,010
Mickens, Cassandra	1	434
Millsap, Lanier	2	545
Misch, Julie	R	0
Miyasaki, Nathan	1	905
Morgan, Cary	6	1,175
Morgan, Danielle	5	275
Morgan, Phillip	7	369
Morris, Gordon	R	543
Morris, Heather	R	491
Morris, Justin	3	889
Morris, Phil	R	282
Morrow, Alex	6	426
Mote, Darrell	1	452
Mount, Brian	R	569
Murchison, Reginald	3	943
Murphy, Amy	R	121
Nagy, Lisa	1	373
Nichols, Jessica	R	484
Northern, Kristie	7	660
O'Brien, Ebony	R	0
Oehrlein, Kimberly	R	367
Oliver, Greg	3	932
Oliver, John	2	578
Orihuela, Carlos	1	351
Ortiz, Amber	R	480
Padgitt, Scott	R	623
Paradiso, Michelle	1	319
Parks, Charlie	3	865
Parks, Melinda	R	150
Pate, Lisa-Marie	1	0



# 1200 MILE CLUB

Participant	Years	Total
Pavey, Cecil	R	0
Payson, Tabitha	R	288
Payson, Tommy	1	425
Peagler, Shana	5	515
Pearce, Julie	5	241
Pearson, Blake	3	404
Pearson, Mary Scott	2	622
Pelkey, Lauren	R	288
Penley, Steve	1	275
Peters, Scott	1	394
Plante, David	4	533
Poole, Greg	1	328
Portwood, Paul	2	365
Ralph, Meghan	2	726
Randall, Lisa	5	454
Renn, Deanna	1	567
Richards, Amy	R	245
Richardson, William	2	670
Roberson, Kevin	2	625
Roberts, Fletcher	2	624
Robinson, Niki	R	52
Robinson, Rod	R	393
Rocha, Roger	3	617
Rodgers, Jessica	R	271
Rogers, Tammy	1	301
Roper, Lynn	R	368
Rose, Billy	2	778
Rosser, Joey	R	597
Routman, Cynthia	1	275
Rutherford, Keith	9	752
Rutledge, Lisa	2	180
Ryan, Meaghan	1	450
Sanchez, Melissa	R	0
Schaefer, Todd	2	691
Schonhoff, Aubrey	R	310
Schor, Mike	1	911

Participant	Years	Total
Secor, Debi	1	799
Seeley, Mimi	R	75
Shaffield, Danny	3	850
Shaffield, Mitzi	1	420
Sheppard, Gretchen	2	466
Sherer, Jeremy	R	525
Shinn, Ronald	6	260
Shirley, Scott	3	1,003
Sides, Dean	2	544
Silwal, Suman	6	0
Simpson, Kevin	4	1,327
Sims, Cecelia	R	534
Sims, Robert	3	768
Sloane, Mike	2	430
Smith, Jerry P.	9	494
Smith, Justin	R	292
Snow, Sheri	1	554
Spears, Kari	R	291
Stark, Patrick	R	469
Stevens, Johnathon	R	850
Stockton, Rick	9	487
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	336
Talley, Beau	4	783
Talley, Shellie	R	467
Talley, Sydney	R	436
Thomas, Eric	4	327
Thornton, Dean	5	399
Trimble, Jamie	2	639
Tyler, Kim	R	347
Varnes, Vickie	3	849
Walker-Journey, Jennifer	2	492
Walker, Caroline	1	435
Wall, Ron	3	372
Watkins, Janet	1	582

Participant	Years	Total
Watson, Thomas	R	583
Watters, Robert	2	294
Wayman, Meghan	R	1,122
Weber, Amy	1	555
Weber, Lauren	R	629
Weeks, Lance	2	576
Wells, Bradley	1	577
Wende, Adam	2	679
Whillock, Amber	R	220
White, Dennis	R	246
White, Robin	R	0
Whitt, Trey	3	703
Wilhite, Thomas	1	539
Williams, Avis	1	0
Williamson, Chad	2	741
Windle, Dale	2	588
Wiseman, Steve	2	600
Wood, Scott	1	691
Woody, Bill	8	666
Wright, Amy	1	388
Wu, Xing	7	714
York, Gary	3	820
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	320
Zehnder, Justin	6	654

# BTC Membership application



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

First Name:

Last Name:

Street:

City:


State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

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

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

Initial:

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

Signature

Date

Mail this signed application and a signed check to:

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

# Upcoming Events

EVENT	DATE	TIME
<a href="#">Peavine Falls Run</a> – BTC Race Series Race	July 4, 2017	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 8, 2017	6:00 a.m.
The Dam 5K (Ohatchee)	July 8, 2017	7:30 a.m.
BTC Board Meeting	July 10, 2017	6:00 p.m.
UAB Blazer Distance Running Camp	July 12, 2017	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	July 15, 2017	6:00 a.m.
<a href="#">Hotter 'N Hell Trail Run</a> (18 mile and 9 mile )	July 15, 2017	7:30 a.m.
Sun Festival Slip-n-Slide 5L (Alex City)	July 15, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 22, 2017	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 29, 2017	6:00 a.m.
<a href="#">Trak Shak Twilight 5K Retro Run</a> – BTC Summer Sizzling 5K Challenge Race	July 29, 2017	7:00 p.m.
Midnight Run 5K (Cullman)	August 4, 2017	11:55 p.m.
Woodstock 5K and Kidstock 1 mile (Anniston)	August 5, 2017	7:30 a.m.
LUPUS 5K FITathlon Challenge	August 5, 2017	8:00 a.m.

Submit races and other running-related events to [Webmaster Dean Thornton](#) to be included on the BTC Events page in *The Vulcan Runner* and online.