



BIRMINGHAM TRACK CLUB WHERE RUNNERS ARE FORGED THE VULCAN RUNNER

February 2021 (2)

1200 MILE CLUB CHALLENGE

CONGRATULATIONS TO THE FOLLOWING NEW MEMBERS OF THE BTC'S 1200 MILE CLUB!

Sue Adams
Scott Austin
Bryan Becker
Jill Bensinger
Elizabeth Bray
Jason Carter
William Andrew Channell
Susan Colpack
LaRonda Corrin
Brittany Decker
Emily Eagerton
Amy Edgerton
Ryan Farrell
Eric Ford
Cheryl Gayheart
Lydia Graham
Matt Grainger
Michael Gray
Misty Griffin

Angela Harris
Gregory Hartsfield
Melanie Haynes
Alissa Hood
Leander Hutcheson
Bradley Jackson
David Knight
Marla Kornegay
Stefanie Krick
Patrick Lamb
Beth Lyda
Catherine McElroy
Justin Miller
Rachel Miller
Mike Moses
Stephanie Mylenbusch
Michael O'Brien
Tamara Oechslein
Dan Panos

Paige Paschal
Megan Proctor
Lyndsey Robinson
Tamara Robinson
Jessica Rodgers
Hannah Rogers
Jeff Sherrell
Chace Tomlin
Tina Valles
David Waid
Larkin Watters
Amber Whillock
Robin White
Shanada Williams
Heather Wood
Vance Wooten
Carlos Zapata

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1200 MILE CLUB CHALLENGE



SINCE 2008, BTC members have logged hundreds of thousands of miles through the 1200 Mile Club Challenge. The following members have met the challenge every year since its inception:

Brad Clay
Alan Hargrave
Jimmy Kuhn
Keith Rutherford
Rick Stockton

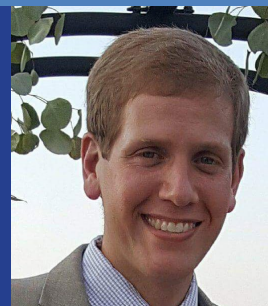
For a complete list of all 2020 finishers, please [click here](#).

2020 saw the highest number of 1200 Mile Club finishers – 189 – with the highest number of total miles (349,100) of any year in the history of the 1200 Mile Club Challenge. To put that number in perspective, that's like running a giant relay around the world – 14 times! Or a relay from Earth to the moon – with over 100,000 extra miles to spare.

Don't miss out on the chance to join the 1200 Mile Club Challenge for 2021. Participation is FREE and open only to BTC members. Ready to wear the coveted jacket? [Sign up here](#), and make those miles count! Need to renew your BTC membership to participate? There's no time like the present – click here to [sign up or renew](#) your membership!

PRESIDENT'S ADDRESS

By Hunter Bridwell



Well, 2021 is already flying by as we head into February! It was so good to see everyone who came out to support Red Mountain Park for the Resolution Run. Thanks to Jeff Martinez and The Trak Shak for providing the awesome shirts for the race.

Speaking of races, this past weekend we kicked off the BTC Race Series with Adam's Heart Runs. Lisa Booher did a phenomenal job as always directing the race. She has always had coolest finish line gifts and awards for the race winners over the years, and this year was no exception. We are thankful to Oak Mountain State Park for allowing us to hold two of our signature races in the park. It certainly can be a challenge holding a large gathering in these times, so I am especially thankful to all of our volunteers and participants for doing what it takes to stay safe while we hold these events. Rest assured we will continue to take the necessary precautions when holding other races until Covid is under control.

As you all saw, our area was affected by a devastating tornado recently. The BTC has reached out to the City of Fultondale about helping with cleanup efforts at Black Creek Park, a favorite running trail for many of you. Keep an eye out for more news on a service opportunity once the city, the EMA, and other entities have fully assessed the needs of the area. We would love to be able to bring a huge contingent of our local running community to help clean up the trail and show our support for our friends and neighbors.

BTC Annual Party

This is just a reminder, as mentioned in the last newsletter, that the BTC Executive Board decided it was unwise to hold the BTC Annual Party right now. We are hopeful that we will be able to

hold a celebration later in the year once the Covid vaccine has been more widely distributed. BTC members should soon be on the lookout for information about officer elections – since we are unable to hold them at the annual party typically held in January.

Statue to Statue 15k

Judy Loo is working hard on Statue to Statue, the second race in the BTC Race Series. We are unfortunately running into some roadblocks with permits through the City of Mountain Brook so we are working on some contingencies for the race. Be on the lookout for an opportunity to provide feedback on potential options for the race.

Remember that BTC Saturday morning runs are still happening at 6:00 am. Meet in front of the Trak Shak in Homewood. All distances and paces are welcome. We're providing three routes each Saturday morning and are targeting races in Myrtle Beach, South Carolina and Little Rock, Arkansas for marathon and half marathon distances and The Wine 10k for those looking for a shorter route.

Have a great February!

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.

2021 Officers



President

Hunter Bridwell

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Skylar Holland

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com

BTC Committees

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Long Run Coordinator
Medical Director
Social Chairs

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Alex Morrow
Dr. Rachel Henderson
Britney Cowart
and Kaki Jenkins

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Membership Benefits
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"The Vulcan Runner" Newsletter
Japan Exchange Program

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Historian
Finish Line Crew

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Trish Portuese
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Webmaster
IT Chair
USATF Representative

Dean Thornton
Alan Hargrave
Charles Thompson

BTC Race Directors

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

Lisa Booher
Judy Loo
Hunter Bridwell
Scott Wood

adamsheart@birminghamtrackclub.com
statue2statue@birminghamtrackclub.com
peavinefalls@birminghamtrackclub.com
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



WANT TO ADD A NEW DIMENSION TO YOUR RUNNING? JOIN THE TRAIL SISTERS!

By Kristi Confortin, Birmingham Group Leader



WHAT IS TRAIL SISTERS?

Trail Sisters' mission is to increase womxn's participation and opportunity in trail running and hiking through inspiration, education, and empowerment. Trail Sisters was created to constitute for an equitable outdoors both recreationally and throughout the industry. Female voice and representation are essential in the future of our outdoors, impacting the role we play both on and off the trails. To break through long-standing barriers, Trail Sisters generates educational content and resources, while fostering an inspirational community that encourages self-advocacy and life-long friendships.

WHAT DOES TRAIL SISTERS OFFER?

- **Website:** an information and education platform
- **Communities:** connect with local and regional discussion groups
- **Race Calendar:** a listing of races that meet the TS-approved standards
- **Events:** hosted panel discussions, workshops, and retail store events
- **Adventure Grants:** funding opportunities for womxn to explore
- **Teams:** the ability to join a team of like-minded womxn to support your goals
- **Retreats:** curated to inspire confidence and build camaraderie
- **Road Tours:** because who doesn't love a road trip to visit other TS communities?

HOW CAN I GET INVOLVED?

Become part of the Trail Sisters community for free. [Sign up here](#). Then [request access](#) to the private Birmingham local group!

Trail Sisters is a place where we come together to inspire, educate and empower one another. Want to read more?

[CLICK HERE](#)

You can reach Kristi at:
kristialexiss@gmail.com

MEDICATION AND MILES:

A New Look at An Old Friend: Vitamin C

By Colter G. Sheveland, PharmD Candidate; Kim Benner, PharmD



WHAT IS VITAMIN C?

It is probably safe to assume that most of us have heard about vitamin C and its proposed uses in cancer, prevention and treatment of the common cold, and even for the prevention of COVID-19. This article serves to explain some of the benefits of vitamin C and elucidate some of the mysteries that revolve around this seemingly magical antidote.

Vitamin C is a vital molecule that is classified as a cofactor and is integrally involved in the formation of bone, muscle, blood vessels, and cartilage. Vitamin C plays a pivotal role as an antioxidant in the body, helping to protect our normal functioning cells from damaging free radicals that ultimately can lead to cancer, cardiovascular disease, and many other conditions.^[1,2,3] This molecule is found in various citrus fruits and vegetables, including lemons, limes, oranges, Brussels sprouts, spinach, etc. The reason that vitamin C is so often used as a supplement is because it is an essential vitamin, meaning we must obtain it from our diet and cannot make it “from scratch” within our bodies.^[4]

TREATMENT OF THE COMMON COLD WITH VITAMIN C

The common cold is an acute upper respiratory tract infection caused by a handful of viruses. Although some symptoms are similar, the common cold is separate from other respiratory infections including acute bronchitis, influenza, and bacterial

pharyngitis. Over the last several decades, there has been clinical controversy over the effectiveness of vitamin C in the prevention and treatment of the common cold and other viral infections.

A meta-analysis in 2013, involving 29 individual clinical trials, found that vitamin C does not significantly reduce the incidence of colds when taking vitamin C daily as a supplement. That means that the currently available data does not support the use of daily supplementation as a preventative means for the common cold. However, the same large study also found a significant decrease in the duration of the common cold in individuals exposed to high physical stress, such as long-distance runners, skiers, and soldiers operating in sub-arctic conditions. These findings are especially interesting and pertinent for those running long-distances as they may show a clearer benefit for daily vitamin C supplementation to combat the common cold. Additionally, this study found that there was a small, yet statistically significant decrease in the duration

of the common cold and severity of symptoms among individuals taking an average dose of 1000-2000 mg/day.^[5]

How much vitamin C is recommended? The large systematic review mentioned above showed that there is no clear benefit to taking greater than 200 mg of vitamin C daily for those who catch a common cold.^[5] The recommended daily allowance (RDA) is the amount of dietary intake to meet the nutritional needs of 98% of individuals. According to the NIH, the RDA for vitamin C is 75 to 90 mg per day. The upper tolerable limit (UL) is defined as the maximum dietary intake that is likely not to pose adverse health effects. The NIH sets the UL for vitamin C at 2000 mg. Exceeding a daily vitamin C intake of 2000 mg per day may result in side effects such as diarrhea, nausea, and abdominal pain.^[6]

TREATMENT OF COVID-19 WITH VITAMIN C

Although there is no evidence to support the proposition that vitamin C can be used to effectively treat cancer, enhance athletic ability, or eradicate bacterial or viral infections, it shows promising associations with shortening the duration of certain diseases and conditions. Additionally, it is exciting to see what this common and affordable, yet important, vitamin can do in the treatment of our family, friends, and fellow runners with COVID-19.

CONTINUED ON NEXT PAGE

MEDICATION AND MILES:

A New Look at An Old Friend: Vitamin C

To date, there is only anecdotal evidence that supports the effectiveness of vitamin C against SARS-CoV-2 (COVID-19).^[7] It seems logical that that because vitamin C is a potent antioxidant, and the SARS-CoV-2 causes oxidative imbalances/disturbances within our bodies, that it may serve as an inexpensive and effective treatment method for those who become infected. Several clinical trials are being conducted to analyze specifically the usefulness of oral and IV vitamin C in coronavirus-infected patients. Some existing trials looking into vitamin C's use in coronavirus patients include a study that is investigating IV vitamin C for those infected with coronavirus and decreased oxygenation (ClinicalTrials.gov ID NCT04357782), and another study underway by the Cleveland Clinic (USA) is investigating the use of vitamin C and zinc gluconate for the management of COVID-19 (ClinicalTrials.gov ID NCT04342728).^[8]

It is exciting to know there are studies that continue to look at this "old friend" we all know as vitamin C. Furthermore, it is intriguing to see what may precipitate from the ongoing trials involving vitamin C and the novel coronavirus, in hopes that this agent will prove to be effective in helping those who are infected. For now, we can continue to take the recommended dose of vitamin C and overdose on our beloved sport of running.

References

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7. Vitamin C infusion for the treatment of severe 2019-nCoV infected pneumonia. *Clinical Trials.gov*. Available at: <https://clinicaltrials.gov/ct2/show/NCT04262533>. Accessed January 6, 2021.
8. Hoang BX, Shaw G, Fang W, Han B. Possible application of high-dose vitamin C in the prevention and therapy of coronavirus infection. *J Glob Antimicrob Resist*. 2020;23:256-262. doi:10.1016/j.jgar.2020.09.025.



JOIN US

TRAIL SISTERS®

WOMEN'S TRAIL RUNNING AND HIKING GROUP!

Enjoy time on the trails while making new friends and learning more about hiking and trail running.

Join us here: communities.trailsisters.net
Search for Group: Birmingham, Alabama

ADAM'S HEART RUNS



Photo credit: **Just4Running**



ADAM'S HEART RUNS



Photo credit: **Just4Running**



ADAM'S HEART RUNS



Photo credit: Just4Running



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Donna Arrington	April Dowling	Susan Hill	Mike Moses	Megan Saalwaechter
Megan Barnes	Amanda Ennis	Beth House	Matthew Neu	Finn Sherer
Dylan Black	John Bryan Ennis	Mike House	Harris Nickoles	Jeremy Sherer
Sean David Brown	Matthew Ennis	Jerry Keith	Ricky Nickoles	Ryland Sherer
Jason L. Bryant	Will Ennis	Susan Keith	Sarah Nickoles	Bob Sims
Anne Burruss	Sheila Freeman	Dale Landefeld	Brett Noerager	Joshua Sisk
Bailey Burruss	Melissa Gazi	Joseph Lawhorn	Felicia Noerager	Kelly Smith
Jack Burruss	Kim Gerlach	Carlos Luzuriaga-Ortiz	Kate Oatman	Chester Soileau
John Burruss	Kendall Gibson	Brandon Madaris	Tamara Oechslin	Lynsey Tibbs
Melissa Carden	Michael Gray	Jennifer Madaris	Catheryn Orihuela	David Tosch
Stephanie Cliett	Thomas Hall	Bethany Malec	Christy Parsons	Taylor Tucker
Brad Creed	Teresa Hamrick	Bonnie Malec	Jeffrey Purvis	Amanda Blake Turner
Jennifer Croker	April Harry	Timothy Malec	Lisa Randall	Lora Vaughn
Bill Crowson	Blake Harry	Zachariah Malec	Brent Rawson	Sydney Walker
Madeline Crowson	Gracie Harry	Cary Martin	David Redden	Dennis White
Melinda Crumpton	Jamie Harry	Audrey Martin	Brent Richardson	Thomas Wilhite
Emmagene Crunk	Matt Harry	Chase McClain	Joseph Ritchie	Amy Wright
Hannah Cutshall	Laree Hart	Colton McGriff	Lauren Ritchie	Xing Wu
Amy Davis	Meghan Ann Hellenga	Janie McNutt	Cara Ross	
Jacqueline DeMarco	Michael Hellenga	Ashley Moman	Glenn Ross	
Jonathan Dixon	Alison Henninger	Gordon Morris	Duran Rosy	

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](#)!



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.



63RD RRCA NATIONAL CONVENTION: APRIL 15-18, 2021, ORLANDO, FLORIDA

By Alex Morrow, RRCA Alabama State Representative



The Road Runners Club of America (RRCA) is optimistically planning for an in-person convention in Orlando, Florida, from April 15-18, 2021. We are committed to protecting the health and safety of our attendees, RRCA staff, board members, and venue staff throughout the planning and event hosting process.

Over the coming months, we will be monitoring the status of the COVID-19 pandemic and will remain in regular communication with the team at [Sheraton Orlando Lake Buena Vista Resort](#) to ensure we can produce a safe, in-person function that meets the guidelines for group gatherings in the event's jurisdiction.

For information about the event and to register, visit: <https://www.rrca.org/convention>



1200 MILE CLUB

2021 REGISTRATION OPEN UNTIL MARCH!

It's time to register for the 2021 edition of the BTC's 1200 Mile Club. Registration is now open and will be available to all BTC members 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 now](#). 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!

If you are a current BTC member, you may register through the link you received via email. Didn't receive a link (or need to renew your membership)? No worries! [Click here](#) to register!

Final 2020 cumulative miles are listed below.

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
Ferlitto, 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
Oechslein, 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



We hope 2021 is off to a good start for all of you, running-wise and otherwise!

Several Birmingham runners had a great showing at the Apollo 13.1 in Madison, Alabama on January 10: **Suman Silwal** brought home a shiny new half marathon PR, finishing as second Male Masters and fifth overall – way to go, Suman! **April Harry** finished as third overall female (and logged a nice new PR as well), and **Kim Benner** finished as first Female Masters and fourth overall female. Not to be outdone, **Jamie Trimble** finished as first Male Grand Masters and ninth overall. Congratulations!

We suppose we can forgive **Cat McElroy** and **Rebecca Williamson** for abandoning us in favor of the woods while they trained for Mountain Mist 50k, especially now that Cat is now an official ultramarathoner, and Rebecca has completed her second – way to go, ladies!

Marla Gruber has been on a roll lately, knocking out PRs like they were bowling pins! Her latest was a 14-minute PR at the Adam's Heart Runs 10-miler on January 30. That's awesome, Marla!

And although they hated to miss Adam's Heart Runs, a group of BTC members traveled to Biloxi, Mississippi this past weekend to participate in the Triple Diamond Challenge, which consisted in running the Casino Bridge Run 10k and 5k races back-to-back, followed by the Harley Half Marathon the next morning. Big congratulations to **Jamie Trimble**, **Lisa Harrison**, **Kim Benner**, **Hannah Rogers**, and **Nicolette Patrick** for completing the challenge and bringing home the bling!

Please [let us know](#) when you log a new PR, complete a new challenge, or take on a new running adventure! Happy running!



Cat McElroy and Rebecca Williamson



Marla Gruber



Jamie Trimble, Lisa Harrison, Kim Benner, Hannah Rogers, and Nicolette Patrick

TACKY CHRISTMAS SWEATER RUN



TACKY CHRISTMAS SWEATER RUN



BTC EXECUTIVE BOARD MEETING

January 12, 2021

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Alan Hargrave, Skylar Holland, Kim Benner, Kelly Sims, Dean Thornton, Alex Morrow, Jamie Trimble, Cameron Estes, Judy Loo, Lisa Booher, Julie Pearce, Vicky Brakhage, Rebecca Williamson, Bradley Wells, and Trish Portuese.

Julie Pearce made a motion to approve the minutes of the December 2020 Executive Board Meeting. The motion was seconded by Alan Hargrave and passed without opposition.

Membership (Cameron Estes)

We currently have 832 members and 653 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on February 1, 2021. Please have all content to Julie by January 22, 2021. The next newsletter will include the Resolution Run and the Santa Shuffle.

Website (Dean Thornton)

Information regarding the BTC Race Series will be highlighted on the main page of the BTC website.

Long Run Committee (Alex Morrow)

The Snickers Marathon and Half Marathon have been postponed; therefore, the Myrtle Beach and Little Rock races have been selected as the new target races. The Wine 10K training program kicked off this past Saturday. As of now, the Montgomery and Tuscaloosa Half Marathons have indicated that they will still be hosting in-person races.

Merchandise (Bradley Wells)

There are still some hoodies/sweatshirts available in sizes small and large. There are no current plans for summer merchandise. The new Square site has been very good for merchandise sales.

Statue 2 Statue (Judy Loo)

Judy is checking with Mountain Brook Police about potential changes to permitting for the race, as they have indicated that no permits are being allowed right now for races.

1200 Mile Club (Kelly Sims)

There are 75 registered for the 1200 Mile Club so far. 45 jackets have been ordered through RunSignUp. The cut off date for entering 2020 miles will be on Sunday, January 24, 2021. An email notice will be sent to all participants notifying them of the cutoff date.

Japan Exchange (Rebecca Williamson)

A meeting is planned for later this week to determine if the Maebashi race will move forward for 2021. We would love to invite runners from Japan to come run a local race. We will need to meet with the new Sister City liaison in Birmingham to discuss further.

USATF Representative (Alex Morrow)

Dave Milner would like to partner with the BTC to do some professional races at the Birmingham Crossplex.

Adam's Heart Runs (Lisa Booher)

Volunteers for the race will be admitted to Oak Mountain State Park for free. All water stops for the race are covered by volunteers. There will be different start times for each race to allow for better social distancing. Each race will have a staggered start based on anticipated finish times submitted through RunSignUp. The staggered start times will be printed on each runners' bibs. We will only play U.S. National Anthem once before the first race (the 10-miler). We will not be doing an awards ceremony, but Lisa will have the awards with her at the race, so winners can come to her and she can give them their award. Any awards not handed out at the race will be at the Trak Shak for pick up. Dr. Henderson will be there as the race physician. Packet pick-up will be on Friday at the Trak Shak. Donuts and biscuits will be available for post-race snacks.

Resolution Run (Hunter Bridwell)

We will determine how much of a donation will be made to Red Mountain Park once all expenses have been paid.

IT Chair (Alan Hargrave)

An email will be sent to all members advising about BTC Race Series registration.

New Business (Hunter Bridwell)

Discussion was held about hosting a fundraising event to support the Fresh Water Land Trust (FWLT) for sponsorship of a portion of the trail system.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, February 8, 2021 at 6:00 p.m. Location to be determined.



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	February 6, 2021	6:00 a.m.
BTC Executive Board Meeting (location TBA)	February 8, 2021	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	February 13, 2021	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 20, 2021	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 27, 2021	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 6, 2021	6:00 a.m.
ASPIRE Wine 10k and Benchmark First Responder 5k	March 6, 2021	7:00 a.m.
Greg Stone Memorial Pancake Run (5k)	March 6, 2021	8:00 a.m.

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

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

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

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





BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

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

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

Initial:

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

Signature

Date

Mail this signed application and a signed check to:

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