



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
★ WHERE RUNNERS ARE FORGED ★

THE VULCAN RUNNER

March 2021 **3**

**NEW
LOCATION!**

The Ellis Porch

STATUE 2 STATUE

The South's Toughest 15k

April 3, 2021

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THE SOUTH'S TOUGHEST 15K IS BACK, AND IN A NEW LOCATION FOR 2021!

Statue to Statue is moving to Oak Mountain State Park, but we promise all of the hills and thrills you've come to love will remain! BTC COVID protocols will be in place to keep runners and volunteers safe.

APRIL 3, 2021

Start time is 7 am at the Discovery Shelby Pavilion (use the beach parking lot and the main parking lot).

OAK MTN STATE PARK

Runners will need to pay the entrance fee to the park (entrance fees are charged per person and are based on age: age 3 and under are free, ages 4-11 are \$2 each, ages 12-61 are \$5 each, and age 62 and up are \$2. Veterans, retired military, and active military are all free. Only cash will be accepted).

JOIN US FOR THIS YEAR'S STATUE TO STATUE, OAK MOUNTAIN EDITION!

**REGISTER
HERE!**



PRESIDENT'S ADDRESS

By Hunter Bridwell



We missed having our usual BTC Annual Party this January but hope to have a gathering later this year. One of the most fun parts of that night each year is awarding all the first time 1200 Mile Club finishers with their coveted blue jacket. I'm pretty sure it's the most coveted jacket in sports followed closely by that green jacket they hand out in Augusta each April.

1200 Mile Club coordinator Kelly Sims and I recently had the chance to start handing out this year's jackets. It's great to see the excitement of those who were able to slip on that jacket for the first time after working so hard to achieve this goal. In a year that was so challenging for so many, it was great to see the accomplishments of all our BTC members who successfully completed 1200 miles – and many, many more miles in some cases. I'm proud of each of them, and I enjoyed sharing miles with many of them also! For those who haven't yet been able to pick up your jackets, we will continue to announce opportunities to pick them up. We'll also have the 2020 patches in very soon and will announce when those can be picked up.

ASPIRE Wine 10k and Benchmark First Responder 5k

The BTC's Saturday morning long and moderate runs have been targeting several races in the southeast this winter. One such race is the ASPIRE Wine 10k, which will be held in Hoover, Alabama this year. This is always a fun event, and Joey Longoria does a great job hosting it. If you're looking for a fun local race, check this one out on March 6 at the Finley Center/Hoover Met in Hoover.

Statue to Statue 15k

Next up in the BTC Race Series is the Statue to Statue 15k, to be held on April 3. It will look a little different this year due to issues securing race permits along the normal race path. Race Director Judy Loo is working with Jeremy Davis of Set Up Events to put together a new, challenging course. We want to make sure you don't miss out on those hills that make Statue to Statue the South's Toughest 15k!

Stay safe and keep moving, everyone!

Hunter Bridwell
BTC President

What's the key to preventing injury? **An Annual Screening with your PT!**



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your next
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"The Vulcan Runner" Newsletter
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Adam's Heart Run
Statue 2 Statue
Peavine Falls
Vulcan Run

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Hunter Bridwell
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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
P.O. Box 530363
Birmingham, AL 35223
secretary@BirminghamTrackClub.com

Race Results

Find the latest and most complete local race results at the following:
birminghamtrackclub.com
championship-racing.com



COMMUNITY CORNER

By Jennifer Andress, Homewood City Council, 2016-Present; Red Mountain Greenway and Recreational Area Commission, 2019-Present; BTC President, 2012-2014

GREETINGS BTC!

It has been a while since I last updated you on the roads and trails that you frequent on your runs. I have a lot to catch you up on!

I'll jump right into the Homewood projects underway and coming in the future:

- 18th Street - I am sure you have seen that we have been undergoing a big beautification project on 18th Street, from 28th to the terminus of Red Mountain Expressway. The idea behind this project was to take down seven lanes of asphalt, adding medians, landscaping and crosswalks. We added a bigger pedestrian landing on the southeast corner of 28th and 18th, and parking headed north on 18th in front of the new hotel. More parking is coming on the west side of that stretch as well.
- A vehicle recently took out the traffic light in the middle of downtown on 18th and 29th. While we installed stop signs temporarily until we could have the light replaced, we have gotten feedback from the downtown merchants that traffic flow has improved with the three-way stop signs. We are studying that intersection now to determine how to proceed.
- Sidewalks are about to be in design for Saulter Road, connecting the existing stretch of sidewalk headed east to a brand new pocket park that we will be building in conjunction with Samford University.
- We have a beautification project underway on Green Springs from Berry Road to Valley. That road is now under the ownership of Homewood (previously it was an ALDOT road), so we are adding medians and landscaping, more attractive lighting and cycle lanes. ▼



- We have a new crosswalk and stop sign at La Prado and Hollywood Boulevard (this was my project; it took two different efforts over a couple of years to get this passed, as there was opposition on the Council to adding another stop sign on this road. After four accidents in 12 months, my Co-Councilor John Hardin and I began the work again and had an outpouring of support from the neighborhood that changed the minds of the opponents).
- We have a new crosswalk at the Marriott on Lakeshore, connecting the Brookwood area to Hollywood and the Shades Valley YMCA (this was my project and took 3.5 years to get approved through ALDOT, which owns Lakeshore Parkway). ▶
- We have a pedestrian crosswalk coming at Windsor Drive and Lakeshore (in front of Macy's, connecting Brookwood to the sidewalks headed to Jemison Trail). Currently there is a traffic light and a crosswalk, but no pedestrian light. The light is on order and expected imminently (this is my project, and it has taken 20 months so far).
- While you are running along Shades Creek by Target or across Griffin Creek on Saulter at Broadway, look for our Litter Gitters! This was a great project with our friends from Freshwater Land Trust, and they have been collecting over 100 pounds of trash per month, some of which can be recycled. ▼



CONTINUED ON NEXT PAGE

COMMUNITY CORNER

- Also notice the work we have been doing for the last two years removing invasive species along Shades Creek and the Lakeshore Trail. This was a great project I worked on with Homewood City Schools and Samford University, improving the view of the creek and our beautiful new addition to our high school!
- We are working on a mural for the tunnel under Highway 31 at Shades Cahaba Elementary School, with art teacher Lisa Holland and Shades Cahaba students. Look for that work to begin later in March. ▼



Future Projects:

- Phase 2 of the Shades Creek Greenway (Lakeshore Trail) had to be delayed until the next fiscal year (October 2021), due to the I-65 Lakeshore interchange that ALDOT bumped up on its schedule. It is teed up and ready to go though!
- My Co-Councilor Andy Gwaltney and I commissioned a study for a potential greenway along Griffin Creek, from Homewood Central Park to Rosedale. We will take a closer look as we head into next year's budget-planning, in late August. This could be a really neat project!
- I am also exploring an ALDOT grant to improve pedestrian access and add a crosswalk at Ventura and Highway 31. This will be a very long process, as is any ALDOT project.
- Speaking of ALDOT projects, please know I continue to work almost daily on the bridge over Highway 280 at Hollywood Boulevard. Here is an update on that project:
 - We presented ALDOT with a bridge design in April 2018, a standalone pedestrian bridge that abutted the existing bridge, with two drop-in pieces and a middle support structure. We were asked to move 20 feet out for future bridge inspections, and incorporate a single-span with no structure in the middle of the highway median.
 - This proved untenable due to cost and an Alabama Power pole, so Jefferson County Roads and Transportation looked for a solution that would improve the traffic flow at this under-designed bridge.
 - We are now in design with an expanded lane on the east side, adding protected pedestrian access on the west side.
 - We have support for this project from all of our Mayors, State Representatives, Senators, our County Commissioner and all of our City Councilors.
 - We have over \$800,000 raised so far (including a \$10,000 donation from the BTC), with another \$225,000+ committed.

As a Commissioner on the Red Mountain Park state commission, I traveled to Montgomery this week to ask state lawmakers for increased funding for this local treasure. Park attendance hit an all-time high in 2020, as folks sought refuge in the outdoors during the COVID-19 pandemic. The park saw over 20,000 visitors each month, which is extraordinary!

The new three-mile high line to Bessemer and the new park entrance on the Wenonah side have been great new additions to the park.

At the same time, we saw our funding cut out of every city budget except for Homewood's. We lost revenue from closing the zip lines and rope course. So at a time when we are serving more area residents than ever, we have lost significant funding.

Please consider a donation or a membership! You can do that here: <https://redmountainpark.org/membership/>

From our friends in Mountain Brook, I know they are working on acquiring right-of-way to construct the Hagood sidewalk to Montclair in Crestline. And Vestavia Hills has gone out to bid for the construction of the pedestrian bridge across Highway 31 at the library and the new sports complex. There is even going to be an elevator!

Whew! I think that is it for now. Things may take a while to happen, but they do happen! I look forward to updating you again soon!

MEDICATION AND MILES:

Probiotics and Gut Health

By: Menet Elbahrawi, 2022 PharmD Candidate, Kim Benner, PharmD

“Probiotics” is a topic you tend to hear a lot about when it comes to gut health. Probiotics are live microorganisms that help balance the microbiome in our gut. Sometimes probiotics are referred to as the “good bacteria” of the gut because they promote healthy bowel function and digestion. They are found naturally in common foods such as fermented foods and yogurt, as well as in supplements. Probiotics are named by their group, species, and then strain. Not all probiotics are created equal and therefore, not all probiotics will be used for like illnesses. When looking for a probiotic, it is important to know which species and strains target the conditions you are seeking to treat. Most probiotic supplements currently available will have a mix of different probiotic strains.



HOW SHOULD A PATIENT CHOOSE A PRODUCT?

A few common probiotics found nonprescription or “over-the-counter” include Align, Culturelle, Florastor, Digestive Advantage, and Nature’s Bounty Probiotics. With so many products to choose from, it can be hard to decide which one to purchase. Luckily, the American Gastroenterological Association (AGA) has four tips to help patients choose:

1. Check the label: when looking at the label, you want to notice the group, species, and strain of the probiotic and how many microorganisms will be alive by the expiration date.
2. Call the company if the strain of the probiotic is not mentioned on the product label.
3. Beware of the internet: There may be inauthentic and falsely advertised products. So it is best to know the company from which you will be buying your products.
4. Stick to well-established companies: some well-known ones include: Attune Foods, Biodex, BioGaia, Culturelle, Dannon, General Mills, Kraft, Nestle, Procter & Gamble, VSL Pharmaceuticals, and Yakult.

When trying to choose a probiotic, knowing which species or strain to look for will be helpful. Talk to your physician or pharmacist to determine what species and strain will be best for you and your symptoms.

WHO SHOULD TRY PROBIOTICS?

It is important to realize that probiotics should not be used instead of an approved or widely accepted treatment, but they can be used in addition to a treatment. The AGA guidelines state that probiotics could possibly help with the following three health issues:

1. Probiotics can help prevent damage to the intestine and poor outcomes in preterm newborns and infants with low birth weights.
2. Patients taking antibiotics that may be prone to getting *Clostridioides difficile* (C.diff), an infection due to too much “bad bacteria” being in the gut. Taking probiotics can be helpful in preventing the C. diff infection.
3. In patients who have ulcerative colitis, an inflammatory bowel disease, probiotics may be helpful in managing pouchitis that can occur after surgery. Pouchitis is inflammation that occurs at the lining of a j-pouch; this can cause diarrhea, abdominal pain, and cramps.

There has been additional research to suggest that probiotics can help other health conditions. A common condition that probiotics can be used for is antibiotic-related diarrhea. If you are under the age of 65, certain strains of probiotics may be effective in decreasing the chance of getting antibiotic-related diarrhea when started early. While you may hear about probiotics helping with other conditions such as high cholesterol and obesity, more research is needed to establish whether they will actually be helpful.

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MEDICATION AND MILES:

Probiotics and Gut Health



ARE PROBIOTICS RECOMMENDED FOR EVERYONE?

While the most common side effect of probiotics is gas and bloating, it could potentially cause an infection in people who are immunocompromised. Therefore, it is recommended that immunocompromised patients NOT take any probiotics. Although probiotics are usually advertised for many digestive illnesses, the AGA's recommendation says the opposite. For digestive illnesses such as Crohn's disease, ulcerative colitis, and irritable bowel syndrome the AGA does not recommend starting any probiotic because it is not clear if it is beneficial for those illnesses. It is also recommended to stop probiotics if you are currently taking them and have one of the mentioned digestive illnesses. While probiotics may be helpful in the prevention of C.diff infection, they have not been found effective to treat C.diff after the infection has occurred. Even though probiotics may pose no harm it is important to talk to your physician or pharmacist before starting a new supplement.

WHAT ABOUT RUNNERS OR THOSE WHO EXERCISE?

Sometimes runners develop fatigue, which makes it challenging to keep running. Supplementing your diet with probiotics could potentially reduce that fatigue and help keep you going. One reason for the fatigue could be linked to something called oxidative stress, an imbalance between antioxidants and free radicals in the body, which could happen in long-distance running. Probiotics may help reduce oxidative stress in the body, allowing you to keep going!

ARE YOU CONSIDERING PROBIOTICS?

While probiotics can be beneficial for you, do not take them as a way to avoid seeing your physician. When starting probiotics, it is important to remember to read the instructions on the package on how to properly take them as it could differ between each brand. Talk to your pharmacist or physician about which probiotic is right for you.

References:

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NATURAL ARCH SUPPORT

By Ryan Hunt, DPT, CSCS, ASTYM certified provider, Dry Needling practitioner
Service Director, TherapySouth - PatchWorks Farms/Altadena



Tired Feet? Collapsed Arches? These are two complaints I hear quite often. Most of us do a fairly good job of training big muscle groups, but very few train smaller muscles. Let's talk about one very important overlooked muscle that can help with flat arches, prevent plantar fasciitis and tired feet.

Posterior tibialis

The tibialis posterior muscle originates from the tibia and fibula, which make up your lower leg. This muscle is very deep; however, the tendon surfaces just inside the medial ankle bone or malleolus. The tendon then runs inside the arch of your foot to the bottom of your foot. The main function of the posterior tibialis is to support and hold up the arch of your foot.

When it is weak or overused, the posterior tibial tendon may not effectively support the arch of your foot. As a result, your arches may fall, resulting in flat foot with standing, walking or running. Once the arches collapse, the knee and hip will follow suit to correct your leg position. This can place pressure on the knee and hip, leading to further pain up the leg.

Posterior tibial tendon dysfunction can also occur if the posterior tibialis tendon becomes inflamed or torn. Symptoms include pain on the inside arch of the foot along with ankle pain and swelling. Pain usually increases with activity. As a result, walking or running can become difficult. Other common causes of posterior tibialis dysfunction include weak hips, poorly fitted or worn out running shoes.

TherapySouth can help prevent injury to your posterior tibial tendon with strengthening exercises and manual hands-on therapy. We can also help improve the arch support in your foot, evaluate your footwear and guide you through questions about inserts/orthotics.

One simple exercise is the Runner's Step Up/Down:

- Begin in a standing position with one-foot resting on a platform or step in front of your body.
- Slowly step up, raising your knee to a 90-degree angle and moving your opposite arm at the same time. Then lower your foot to the ground and repeat.
- Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.
- Practice with shoe on and off.

For any questions or exercise recommendations, please email us at tsendurance@therapysouth.net

Source:

https://www.medbridgeeducation.com/patient_care/posteriortibialisdysfunction



April 17 - 8 AM Start
Free kid's FUN RUN at 9 AM

Presented By

Shades Crest Baptist Church

Pre-registration costs are the following:

- \$30 prior to April 5
- \$35 from April 5 to April 16
- \$40 on Race Day
- Rain or Shine: No Refunds



Entrance fee includes:

- T-shirt (guaranteed only to first 300 registered runners)
- Post-race medal ceremony

REGISTER ONLINE at RunSignup.com
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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.

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](#)!



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

By Alex Morrow, RRCA Alabama State Representative



It's official! The Road Runners Club of America (RRCA) National Convention will officially take place on April 15-18, 2021 in Orlando, Florida.

Numerous safety protocols are being utilized, and while the convention will look different than in years past, 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.

The event will be held at the [Sheraton Orlando Lake Buena Vista Resort](#) and rooms are going quickly. To reserve your room, as well as register for the event, visit: <https://www.rrca.org/convention>



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Darrin Abernathy	Dalis Collins	Stephanie Hubbard	Nacho Sanchez
Christopher Baggett	Dow Davidson	David Malick	Lori Lynn Short
Kelly Boyer	Jen Davidson	Nicolette Patrick	Kevin Simpson
Annabelle Boylan	Misty Fontenot	Shana Peagler	Mary Ann Smith-Janias
Brittany Boylan	Reed Forbus	Zach Peagler	Jason Sweatt
Chris Boylan	Jay Haley	Veronica Pettaway	Brenna Sweetman
Evelyn Boylan	Deb Hargrave	Kelley Pitts	Terralance Thurman
Mary Catherine Boylan	Alan Hess	Shelby Rowan	Richard Vandrell
Christopher Boylan, Jr.	Scott Howard	Keith Rutherford	

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 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.



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!

Cumulative miles submitted through February 28, 2021 are listed below.

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Adams, Jeffrey	R	163	Brown, Katie	R	211	Cramer, Robyn	R	0
Adams, Sue	1	206	Brown, Michael	4	101	Cramer, Steve	R	0
Adwell, Stephen	R	242	Brown, Sean	6	116	Crawford, Katelyn	R	182
Ahmed, Kabeer	2	225	Browne, Shannon	R	81	Creed, Brad	4	109
Allen, Jessica	R	139	Bryant, Jason L.	R	210	Creel, Mary	3	0
Anderson, Kerri	5	73	Burks, Ross	4	85	Crowson, Bill	5	195
Baggett, Christopher	2	0	Burruss, Anne	R	13	Cutchen, Cindy	R	99
Barnes, Jimmie	6	0	Burruss, John	R	92	Cutshall, Hannah	2	199
Bartee, Samm	5	170	Burson, Steven	R	167	Davidson, Dow	3	0
Bayush, Tori	2	343	Caine, Lawrence	1	0	Davidson, Dow	3	0
Beard, Karen	R	6	Callahan, Chris	4	0	Davidson, Jen	1	0
Becker, Bryan	1	150	Carden, Melissa	R	100	Deffenbaugh, Todd	R	290
Benner, Kim	8	156	Carlton, Bob	6	214	Delmo, Lito	R	0
Bensinger, Cole	2	132	Carter, Adrienne	2	0	Dixon, Jonathan	1	126
Blackmon, Kim	R	222	Carter, Jason	1	0	Dowling, April	1	68
Boackle, Larry	4	0	Caviedes, Octavio	1	251	Duke, Cindy	5	229
Boackle, Tomie Ann	1	0	Chaffinch, Violet	R	113	Dyck, Rayna	R	0
Booher, Lisa	9	171	Chandler, Teresa	11	288	Edgerton, Amy	1	227
Bookout, Jason	2	84	Channell, William Andrew	1	222	Edmondson, Laurie	R	0
Bookout, Kimberly	2	222	Cheek, James	R	0	Estes, Cameron	2	146
Boswell, Ryan	1	116	Childers, Melissa	R	3	Estrada, Steven	2	422
Bowman, Bill	R	174	Clay, Brad	13	230	Evans, Debbie	7	125
Boylan, Brittany	R	0	Cleveland, Jeff	4	0	Ferlitto, Cindy	2	40
Boylan, Chris	R	0	Cliett, Stephanie	6	227	Fontenot, Misty	4	224
Brakhage, Victoria	4	0	Coleman, Tim	3	0	Forbus, Reed	R	0
Bray, Elizabeth	1	0	Colpack, Susan	1	0	Ford, Eric	1	0
Bridwell, Hunter	1	102	Corrin, LaRonda	1	132	Franklin, Shane	9	138
Brown, Charlie	8	119	Corrin, Roger	4	138	Frederick, Winston	12	143

1200 MILE CLUB

Participant	Years	Total
Freeman, Sheila	4	114
Gayheart, Cheryl	1	264
Gilmour, Laura	R	324
Glasgow, Robert	R	0
Goode, Johnny	12	78
Goss, Ange	2	124
Grady, Carla	2	0
Grainger, Matt	1	305
Gray, Mariel	R	155
Gray, Michael	1	203
Greene, Michael	2	0
Griffin, Misty	1	0
Gruschow, Mariana	R	0
Gullapalli, Satya	5	0
Hale, Katie	R	0
Haley, Jay	5	0
Hall, Thomas	1	0
Haralson, Danny	12	95
Haralson, Danny	12	0
Haralson, Micki	12	0
Hargrave, Alan	13	302
Harris, Mindy	R	35
Harrison, Lisa	9	237
Harry, April	3	299
Hart, Laree	R	86
Hartsfield, Gregory	1	336
Hartsfield, Kathryn	R	0
Henley, Monica	5	0
Henninger, Alison	6	264
Hilson, Brandi	R	25
Hogeland, Angie	2	116
Holcomb, Zachary	3	153
Holland, Skylar	3	129
Hollington, Kasey	2	142
Hoover, Alison	9	0
House, Beth	6	92
Hubbard, Stephanie	1	0

Participant	Years	Total
Ingle, Brandon	R	0
Izard, Georgia	3	382
Jackson, Bradley	1	175
Jenkins, Kaki	7	202
Jenkins, Michael	R	153
Kemper, Tricia	6	275
Klasner, Ann	R	292
Kornegay, Marla	1	291
Krick, Stefanie	1	287
Kuhn, Jimmy	13	322
Kulp, Loren	5	198
Laird, Audrey	6	291
Lamb, Patrick	1	147
Lancaster, Jeff	2	265
Langston, Aaron	5	0
Lawhorn, Joseph	1	0
Logan, Jennifer	R	31
Love, Thomas	2	0
Lyda, Anna Kate	R	143
Lyda, Beth	1	292
Lyda, John	2	276
Lyle, Randy	12	376
Madaris, Brandon	R	0
Malec, Bonnie	R	0
Malec, Zachariah	R	0
Malick, David	7	136
Martin, Sheree	R	163
Mathews, Skip	R	71
McElroy, Catherine	1	287
McGriff, Colton	R	71
McIntyre, Morgan	R	123
McLain, Chase	R	129
Merry, Vicki Sue	8	109
Mickens, Cassandra	2	132
Miller, Joshua	2	0
Mishra, Anoop	R	292
Moman, Ashley	R	201

Participant	Years	Total
Morgan, Danielle	5	0
Morgan, Phillip	8	0
Morris, Gordon	R	197
Morrow, Alex	9	391
Moses, Mike	1	77
Murchison, Reginald	6	0
Newkirk, John Allen	R	70
Noerager, Brett	1	280
Noerager, Felicia	R	176
Northern, Kristie	11	363
Norton, Laura	2	319
Oechslein, Tamara	1	272
Oehrlein, Kimberly	R	0
Oliver, John	6	198
Orihuela, Carlos	3	343
Orihuela, Catheryn	R	0
Ortis, Ellen	2	215
Padgitt, Scott	1	221
Parks, Charlie	7	612
Parsons, Christy	R	0
Patrick, Nicolette	2	0
Payson, Tabitha	R	0
Payson, Tommy	3	216
Peagler, Shana	8	0
Peagler, Zach	1	256
Pearce, Julie	5	54
Poh, James	2	0
Powell, Shane	2	0
Proctor, Megan	1	0
Pronath, Katrina	R	56
Purvis, Jeffrey	R	0
Randolph, Megan	R	172
Rawson, Brent	3	261
Renfro, Jeff	2	216
Richardson, Brent	R	138
Richey, Lori Beth	3	135
Ritchie, Joseph	3	278

1200 MILE CLUB

Participant	Years	Total
Ritchie, Lauren	2	337
Roberson, Kevin	5	0
Roberts, Fletcher	6	0
Robinson, Lyndsey	1	345
Rodgers, Jeffrey	3	181
Rogers, Hannah	1	0
Roper, Lynn	3	196
Rose, Billy	6	500
Ross, Cara	R	107
Rosser, Joey	4	166
Routman, Cindi	R	0
Rutherford, Keith	13	0
Rutledge, Lisa	5	0
Salter, Shannon	R	0
Sanders, Gwendolyn	2	133
Shaffield, Danny	7	267
Sherer, Jeremy	4	254
Sherman, Travis	R	91
Sherrell, Jeff	1	186
Shin, Ki	R	0
Shinn, Ronald	7	31
Shoaf, James	2	120
Short, Lori Lynn	R	202
Sides, Dean	4	106
Silwal, Suman	9	0
Simpson, Kevin	7	611
Sims, Bob	R	0
Sims, Cecelia	1	0
Sloane, Mike	5	216
Smith-Janias, Mary Ann	R	0
Smith, Daryl	R	304
Smith, Erin	R	215
Smith, Jason	1	0
Smith, Jerry P.	11	122
Smith, Kelly	R	221
Soileau, Chester	3	0
Spikings, Matt	R	219

Participant	Years	Total
Stockton, Rick	13	112
Swiney, Elana	R	132
Thurman, Terralance	R	0
Tibbs, Seth	1	177
Tomlin, Chace	1	42
Trimble, Jamie	6	159
Tucker, Taylor	R	65
Valles, Tina	1	0
Vaughn, Lora	R	0
Wade, Josh	R	0
Walker, Caroline	1	150
Warren, Key	R	69
Watters, Ana	2	200
Watters, Larkin	1	265
Watters, Robert	6	273
Weber, Amy	2	180
Weeks, Lance	2	0
Wende, Adam	6	92
Whatley, Prince	8	110
White, Robin	1	0
Wilhite, Thomas	5	101
Williams, Shanada	1	92
Williamson, Rebecca	2	133
Wiseman, Steve	6	306
Wood, Heather	1	0
Woody, Bill	12	163
Wright, Amy	3	0
Wu, Xing	9	0
York, Gary	7	291
Zajac, Jason	2	342
Zapata, Carlos	1	75

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



Congratulations to **Hannah Rogers** for completing her first trail race AND her first 50k race (that's what we call jumping in with both feet) on February 13, 2021! Hannah ran the Eagle Ridge 50k in Lake Guntersville on February 13, 2021. Way to go!

We love seeing all of the rookie 1200 Mile Club members in their well-earned jackets! We missed having the opportunity to hand those out to each of you personally at the BTC Annual Party, so keep sending

us pictures of you enjoying your new gear! Congratulations to **Eric Ford** and **Megan Proctor**, who recently earned their jackets. And big congratulations to **Paige Paschal** and **Amber Whillock**, who not only earned their jackets, but also completed the Cheaha 50K! Way to go, everyone!

Keep [sending in](#) your photos and accomplishments, and let's celebrate YOU!



Hannah Rogers



Eric Ford



Megan Proctor



Paige Paschal and Amber Whillock

BTC EXECUTIVE BOARD MEETING

February 8, 2021

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Alan Hargrave, Skylar Holland, Kim Benner, Kelly Sims, Jamie Trimble, Cameron Estes, Judy Loo, Julie Pearce, Vicky Brakhage, Rebecca Williamson, Bradley Wells, Trish Portuese, Britney Cowart, and Charles Thompson.

Julie Pearce made a motion to approve the minutes of the January 2021 Executive Board Meeting. The motion was seconded by Alan Hargrave and passed without opposition.

Membership (Cameron Estes)

We currently have 819 members and 632 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on March 1, 2021. Please have all content to Julie by February 19, 2021.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry. There are a couple of outstanding expenses from Adam's Heart Runs and one from the Vulcan 10K, but those should be handled this week. Once the final expense from the Vulcan 10K have been paid, we will determine the donation amount to be paid to Vulcan Park.

Long Run Committee (Hunter Bridwell)

There are no changes to the Saturday Morning Long Runs. The target races are still Myrtle Beach, Little Rock, and the Wine 10K.

Merchandise (Bradley Wells)

All hoodies/sweatshirts have been sold. Bradley is currently looking into spring and summer merchandise ideas.

1200 Mile Club (Kelly Sims)

The 1200 Mile Club Jackets for those who ordered them should arrive this week. Kelly plans to bring the jackets to some Saturday Morning Long Runs and the Wine 10K for distribution. Currently, there are 249 registered for the 1200 Mile Club in 2021. Registration for 2021 will likely close mid-year (June).

Japan Exchange (Rebecca Williamson)

Unfortunately, Maebashi has decided not to host any Birmingham Track Club runners this year due to Covid-19. It will likely be the fall before they can confirm if they will host any runners for the 2022 race. The current plan is to keep the same runners that were selected last year.

USATF Representative (Charles Thompson)

The Alabama state championships were held February 5-6 at the Birmingham Crossplex. Ethan Strand set a new state record in the 800 meters. There are a lot of USATF events coming up at the Birmingham Crossplex and they are looking for volunteers.

Adam's Heart Runs (Hunter Bridwell)

The race was a success. Special thanks to all the wonderful volunteers.

Volunteers (Kim Benner)

In 2020, we had 91 volunteers. We plan to award four of those volunteers with a one-year free membership and eight with a free Birmingham Track Club t-shirt. Bradley Wells will set-up a \$20 discount code for the free t-shirts. Kim will notify those who were selected for the free memberships and t-shirt.

Statue 2 Statue (Judy Loo)

It was decided to host this year's race at Oak Mountain State Park since Mountain Brook is not issuing any race permits. Judy is looking into a route that will be different from Adam's Heart Runs and Peavine Falls. We don't plan to host an awards ceremony to avoid a large gathering, but we can have the awards available for pickup like we did at Adam's Heart Runs. There will be no beer this year, but we will have some post-race food.

BTC Race Series (Hunter Bridwell)

Discussion was held about temporarily reopening the race series registration through RunSignUp.

New Business (Hunter Bridwell)

Scott Wood is working on the annual awards/nominations. We hope to announce the award winners in time for the April newsletter.

Vicky Brakhage received an email from a PhD student with Old Dominion University looking for running volunteers to participate in a research study. Discussion was held about confirming it is an IRB approved study before notifying members and determining if anyone is interested in volunteering. Hunter offered to reach out to the PhD student for additional details.

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



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	March 6, 2021	6:00 a.m.
Aspire Wine 10k & Benchmark First Responder 5k * Virtual Option *	March 6, 2021	7:00 a.m.
Greg Stone Memorial Pancake Run	March 6, 2021	8:00 a.m.
BTC Executive Board Meeting (location TBA)	March 9, 2021	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	March 13, 2021	6:00 a.m.
Montgomery Half Marathon and 5k	March 13, 2021	7:00 a.m.
Greenwise Market Village 2 Village 10k/7.5k Virtual Race	March 13, 2021	VIRTUAL
BTC Saturday Long and Moderate Run Groups	March 20, 2021	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 27, 2021	6:00 a.m.
Tuscaloosa Tourism & Sports Half Marathon + 5k	March 27, 2021	7:00 a.m.
Rumpshaker 5k	March 27, 2021	8:00 a.m.
BTC Ellis Porch Statue to Statue 15k (Oak Mountain State Park) * BTC DISCOUNT*	April 3, 2021	7:00 a.m.

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

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

Need to add a race (actual or virtual) to the calendar?
Email Webmaster [Dean Thornton](#), or visit the BTC website to [submit your race](#).



