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THE VULCAN RUNNER

April 2021 (4)

A RUNNER'S ATTEMPT ON KILIMANJARO

By Kristen Osborne



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adding a new member to the crew, due in February 2019. Well-meaning friends and family kept telling us that we wouldn't have any more adventures after having a child. Though we were whole-heartedly ready to embrace a new family lifestyle, we wanted to prove that life wasn't "over" when you become a parent. The adventurous spirit that made us US wouldn't just disappear...right?

So, in the midst of setting up a nursery, we started talking about our next trip, trying to decide where to go and what to do. Maybe Morocco? Possibly Ireland? Then Josh (my travel buddy/husband) suggested something crazy. What if we climbed a mountain? The first images in my mind were of frostbitten noses and frozen bodies on Everest and K2. But he suggested Kilimanjaro. In AFRICA. Rainforests, volcanos, lions, Maasai warriors, mud boma huts. Immediately, my adventurous spirit, buried under many extra hormonal pregnancy pounds, clawed to the surface and started yelling, "YES. When can we go?"

As runners, we tell the stories of the great feats, the photo finishes, the triumphant winners. The individuals who persevere to the end through all manner of challenges. These stories inspire us to reach higher, push harder, run longer. They tell us that we can overcome anything and achieve all goals -- we only have to want it bad enough. This is not that story. This is the story of what happens when you accept a challenge with an uncertain end, when very little, if anything, is in your control, and when you get completely in over your head. This is the story of realizing that the price of success is sometimes too high to pay. It's my story of coming to terms with what failure means.

On January 28, 2021, I woke in pitch black at 3:00am, slightly above 16,000 feet altitude, to the sound of screaming wind and blowing snow buffeting against the side of our tent at Arrow Glacier Camp perched on the side of Mt. Kilimanjaro. It was summit day, and within the hour we would begin climbing the Western Breach, the most dangerous and technical section on the hardest route of the mountain.

That journey began way before 3 am, though. In fact, it began at 643 feet above sea level in Birmingham, Alabama, more than two years prior to that night. After several years of marriage, traveling, and adventures with just the two of us, my husband and I were

We all know what happened to the best laid plans of 2020. The initial intention was to try out some high altitude mountaineering closer to home on Mt. Rainier in Washington during the summer of 2020, then follow with Kilimanjaro about a year later. After Covid cancellations wreaked havoc on our timeline, we flipped the trips, moving Kili to January 2021 and pushing Rainier to the next June. Our first venture above 6,643 feet (the height of Clingman's Dome in the Smoky Mountains) would be in Africa attempting the summit at 19,341 feet. Talk about jumping in the deep end.

While Kilimanjaro is nowhere near the tallest peak in the world, it is the tallest on the African continent, making it one of the "Seven Summits" as well as the tallest freestanding mountain in the world. It's not part of a larger mountain range; rather, a dormant volcano that rises from the plains of Tanzania. The trek through the massive national park takes several days, no matter which of the seven routes you choose. We settled on Lemosho-Western Breach, a long nine day route that prioritizes acclimatization time and beautiful scenery, and is known to be one of the least crowded. In addition to choosing a route, you also have to select a guide service, a requirement for a climbing permit. After much research, we put our trust in Kiliwarriors to arrange everything from the moment we landed.

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Our choice of Kiliwarriors would serve us well as they took control of everything in-country. We just had to get there. Which was way more difficult than it sounds thanks to Covid. We would question many times whether this entire thing should be scrapped, but decided to push forward as it really was a now-or-never moment. Other than booking flights, the only thing left for me to do was train.

This is where the adventure becomes a running story. As a regular half-marathoner and postpartum new mom, I felt my big weakness was endurance. The guides and porters carry most of your things for you as you hike Kili, so strength wasn't quite as important as other mountains. But continuous hiking for nine days, much of that in high altitude atmosphere, would be a huge endurance test. I had struggled to string together even three miles for much of 2019. If I could train to run regular long distances again, maybe even on trails, I could build the muscle endurance I would need for this. Enter Coach Alex Morrow, Resolute Running, and the Southeastern Trail Series. Thanks to expert advice (and my new-found running buddy Anika Paperd), 2020 would lead to much time spent outdoors, several new trail races, and 45 total miles in 24 hours at The Endless Mile in October. I was as ready as I could be. Which is to say, I was in great physical shape now, but still entirely mentally unprepared for what was about to occur.

We knew the travel part was going to be hard. But it was ridiculous. Our airline sent me an email twenty minutes before our first flight took off to notify us that Covid testing requirements had changed in the UK, our first international connection. While negative test results were not required just to connect through the airport, suddenly they were. We had a 24 hour delay, more flight changes than I can count, and misplaced bags that we had to retrieve ourselves via an epic sprint through London-Heathrow. All in masks with massive amounts of Lysol wipes and hand sanitizer. If I'd only know that this was just the beginning of our adventures...

What follows are direct excerpts from my journal/social media posts for each day of our trip...

JANUARY 20, 2021

We FINALLY arrived in Tanzania late this afternoon after 4 days of traveling. There was basically no sleep the last 3 of those, so we are struggling. But it's so worth it.

This country is beautiful. Everything I never imagined and more. The landscape of the plains is somehow a dry, dusty desert and verdant all at the same time. We are on the cusp of the short, dry season, so the riverbeds and ponds that had formed over the past few months are starting to dry up for the moment. It's warm and humid, but still nothing like the hellscape that is Alabama in August.

Kiliwarriors picked us up in their legit safari Land Rover (now my dream vehicle) and treated us to a drive through the fields and towns around Mount Meru and Arusha as we made our way to the Kibo Palace Hotel. Meru said hello, but Kili was hiding in the clouds, as usual. She rarely comes to you, so we must go to her.

We had our gear check immediately upon arrival, made sure we had all we needed (we would leave what we don't need in the storage room), and are prepped for a 9 am launch from the hotel. Showers and sleep in a true bed for the last time for nine days.

JANUARY 21, 2021

We met in the lobby of Kibo Palace (our hotel) first thing in the morning. Kibo let us leave bags in their secure storage, which is awesome to store anything you don't need for the expedition but will want after, like our safari clothes or travel electronics. We loaded up the Land Rovers and launched.

The drive to the gate where we would start was long but very beautiful. Kilimanjaro is a massive national park with only a handful of gates to enter. I kept the window down almost the whole way and realized that was a mistake. The dirt roads kicked up a good bit of dust, making my hair extremely dirty before we even began the hike. As I ran my fingers through my hair, trying desperately to detangle it, my fingers became caked with the red dirt from the vast plains and park roads. As an Alabama girl,, this red dirt is both familiar and completely foreign.

Our route, called the Lemosho-Western Breach Route, is a less-traveled, longer route up the mountain. (I would later find out why so few people attempt the Western Breach.) There are a few big benefits in that. First, less people at your camps. The most popular route, Machame, is also called the Coca-Cola route, thanks to the hordes of westerners shuffling along its path during the busy season. Second, a longer route is supposed to give you a higher chance at successful summiting because you have more time to acclimatize to the altitude. We made the decision not to take the popular altitude medication as we were worried about its potential side effects and had never taken it before.

Starting on the trail in the rain forest was surreal. This is what we've been training and planning for all these many months. That first step onto the path is almost anticlimactic. It's just a step, one of many that will carry you up the mountain, but it's also so much more. The beginning of the end to all of the preparation and training.

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The rainforest was humid and verdant, heat seeping through the moisture hanging heavy in the air. It cooled through the afternoon as we rose higher slowly. The lush vegetation provided shade and interesting views. It took about three hours to get to camp one, Mti Mkubwa. The porters had shot up the trail and had everything set up by the time we arrived. They provided hot water in bowls for “washy-washy” as well as tea and popcorn in the mess tent. Dinner was served around 6. And I mean actual dinner, not some bare bones camp food. There was chicken, coconut rice with peanut pea sauce, green beans and mushrooms, avocado salad, butternut soup, and dessert. I was shocked at first but then quickly became accustomed to having three-course meals at breakfast, lunch, and dinner. Cooking for myself back at the house is going to be a rude awakening.

We also saw our first monkeys hanging out above the tents at camp. I felt good and strong today. No altitude symptoms so far. I started to get to know our fellow hikers. Two guys, Costa and George, were from New York had come representing an amazing charity foundation that memorialized Costa’s daughter Joanna who passed from SUDEP. Then there was a legit adventure influencer couple, Mike and Eva, with YouTube channels, media deals, and

a BBC travel show. I was expecting them to be intimidating, but fell in love with them very quickly, especially as Mike decided to carry a watermelon up the entire mountain. Yes, a watermelon. Their curiosity about the ecosystem, local culture, and logistics of an expedition was infectious.

We made a group of six total, though our party easily reached 50 by the time you added the amazing porters and guides of Kiliwarriors. Before you think this is excessive, the Tanzanian government requires certain numbers of porters, limiting the weight they can carry, to provide jobs for the local economy. Assuming the company provides good pay and proper conditions (like Kiliwarriors), these can be very good jobs.

One of my big challenges for this trip is to stay in the present, to fully absorb and experience every single moment. I’m constantly looking to the future, planning and anticipating the next step. While that isn’t necessarily bad, and planning gives me great joy, I need to learn to turn it off on demand. I wonder sometimes if I have a faulty memory. Josh will recall details of events that are lost to me mere months later. But I’m probably just not paying attention. So I’m trying. As I sit in my tent with my headlamp and notebook on

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this first night, the wind whips across the ridge every so often. I can hear the low murmuring of the porters as well as the not-so-insignificant snoring of Costa in the tent next to us. Sleep comes oddly easy.

JANUARY 22, 2021

We started this morning in the lush rainforest, filled with honeybees and monkeys. The camp was a hive of activity itself, porters buzzing around packing up and getting ready to move out. I slept pretty well but both Josh and I were wide awake by 4:30 am. It's either jet lag or Costa's snoring. Or both.

Today's hiking definitely felt a little harder. I felt out of breath, but moving from the rainforest zone into the Heather Moorland zone was an incredible inspiration to keep going. Because Kilimanjaro is the world's largest freestanding mountain, and near the equator, you get the experience of moving through four distinct climates. After a couple hours of shade in the rainforest, we topped the Shira Ridge and abruptly changed vegetation types. The tall tree cover is gone, replaced by much shorter shrubs and scrubby bushes. The sun beat down, burning my neck and hands despite my constant efforts to keep sunscreen on them. I later realized no one else had this problem, and my face (which had different sunscreen) wasn't burned either, so it was actually my little sunscreen stick that was defective. Lovely.

We arrived at Shira 1 camp, a large open field with a river to the side. We finally caught views of Kibo (Mount Kilimanjaro is actually a group of three volcanic peaks: Shira, Mawenzi, and Kibo. Kibo is the highest with Uruhu Peak, and it is what is usually pictured when someone mentions Kilimanjaro). I ventured into the kitchen tent this evening and watched "Mama" Lewis (actually a tall skinny guy) prep the onion soup from scratch. This guy consistently provides fresh, restaurant quality food, almost always in three distinct courses, from a dirt floor tent, three propane tanks, and a cutting board on his knees. I'm suggesting that Kiliwarriors start marketing their treks as foodie adventures as well. I also investigated the river to the side of the camp and saw a rainbow that ended at the summit. After dark, Kibo practically lit up the sky, white snow on its peak and crags reflecting the light from the moon and stars. Being a mostly sea level creature, I'm feeling the altitude at Shira. It's begun to get cold and windy as well. It was so cold that I put my batteries and electronics at my feet in my sleeping bag to keep the cold from leaching the power. I'll have to keep doing this for the rest of the climb.

After this second day, I definitely realized a couple mistakes I made in packing. 1) I almost got a Garmin or Coros watch and should have. I talked myself out of what I thought was an unnecessary expense. The Apple Watch lacks any useful trekking features and

has a junk battery life. 2) I should've left my big Nikon at the hotel storage for the safari later. iPhone cameras have gotten so good. Big equipment isn't worth the pack weight if you don't need the zoom and you're not shooting professionally. Live and learn.

JANUARY 23, 2021

Today was beautiful and hard. The altitude definitely takes my breath and makes it hard to exert myself fully. I feel like I'm not keeping up, but I'm still moving. Leaving Shira camp was kind of sad. It was such a beautiful landscape, with long, swishy grass in an open plain surrounded by mountain ridges. The river to the side of the camp provided a constant rushing noise that was soothing. The more lush early Heather zone with its grasses and large shrubs dwindled as we climbed. My hands got even more burned this morning despite using Josh's sunscreen and trying to cover them with my sleeves.

We stopped at the Simba caves on our way, looking at the dirty, small caves where porters slept before they had their own tents. Primitive but not that long ago. Our route up the mountain let us have lunch close to the Scott Fisher camp. This camp has a plaque commemorating Scott Fisher, who died in the 1996 Everest disaster. Wilbert climbed with Scott and remains close to his company, Mountain Madness. It was Scott Fisher who actually blazed this particular Lemosho - Western Breach route.

Lunch was delicious with mushroom soup, beef stew over fries, and avocado cabbage salad. All in a tent on the side of a mountain. The hike from lunch to Moir camp was shorter but rocky and steep. It was like climbing through an ice fall of sorts but made of lava rock and shale. The volcanic nature of this mountain becomes more apparent with each step.

Moir Hut camp is basically a plateau of bare rock surrounded by jutting cliffs. There is little vegetation past some stubborn patches of scrub grass. There was a large creek running at the base of one of the cliffs, providing water for the camp. Josh found some rocks down by the river that had been laid out to spell "K + J." Of all letters for us to find. Tonight, tucked in our tents, the fog is spitting rain. It doesn't feel like actual rain though; rather, it's like living inside of a cloud. I'm struggling to stay positive about my performance in hiking. I was pushing today, hard, and it just didn't seem to be enough. All of the other hikers are taking altitude medication, so I thought that was the difference. I should've had the strength and stamina necessary for the task, but it felt like it abandoned me when I started to need it the most.

JANUARY 24, 2021

Last night's sleep was broken, but apparently normal for altitude. My blood ox number was

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good, which makes me think that I'm acclimatizing. The hike from Moir Hut to Lava Tower started out better but was very long and hard. We left the few scrubs and plants behind as we crossed into the full Alpine Desert zone. A surreal, Martian landscape.

We crossed ridge after ridge, each time thinking the camp was surely just on the next side. We had a great view of Lava Tower at one point and were convinced it was so close. Wrong. As we hiked for another hour after even spotting our destination, I became increasingly out of breath and light-headed. The temperature dropped sharply as clouds rolled in. The last steep push to Lava Tower was brutal. As we finally arrived at the camp sign, we didn't see our tents. One of the guides said it was still 30 minutes away. It was actually just around the corner from the sign, but I wasn't the only one on the verge of tears before they said they were joking.

Climbing the tower was out of the question as it was misty and wet. Even dry though, I would want ropes, harnesses, and bolts. My struggle to breathe and the headache that had set in out ruled out any further crazy adventures. I chose a nap instead and then watched Mama Lewis cook in the kitchen tent. I managed to "washy-washy" but have a feeling this may be the last bird bath from a bowl I take. It's just getting too cold.

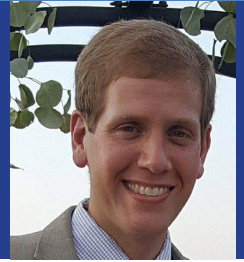
Tonight, the fog has finally cleared. You can see the lights of Moshi from the ridge next to Lava Tower. We are literally above the clouds.

STAY TUNED FOR PART II IN THE MAY ISSUE!



PRESIDENT'S ADDRESS

By Hunter Bridwell



Hey, everyone --

The ground, buildings, cars, and everything else around has turned yellow, which can mean only one thing...springtime in Alabama! Clocks have sprung forward giving you evening runners more daylight to work with, and temps are starting to rise. Make sure you stay hydrated as you start to tackle runs with increased heat and humidity. Some of our favorite local water stops have also been opening back up for our use. If you see one of these locations pop up around the area, please share it [with us](#) so we can highlight it for our local runners. The community is so good to its runners by sharing these water stops.

There's some more good news to discuss this month: We are starting to see more and more local races take place in-person. Make sure you check out the BTC race calendar ([online](#) or on page 23 of this issue of *The Vulcan Runner*) to see many race options available to you in the coming months.

Statue to Statue 15k

Speaking of local in-person races – the second race in the BTC Race Series took place last weekend, albeit at a new, temporary location. We are so thankful to Oak Mountain State Park for allowing us to hold another race this year, especially considering the storm damage that Park staff had been dealing with at the park. We are thankful that their cleanup efforts have been going well. Permitting restrictions along the normal S2S course route necessitated the change in venue this year, but we are so fortunate to have Oak Mountain in our backyard – it provided a wonderful venue that still maintained some of S2S's (in)famous hills!

Next year, we fully anticipate getting back to the course that has earned the nickname "The South's Toughest 15k". Thanks as always to our participants who had to patiently wait for the race after Covid caused deferral of last year's race entries. Also, thank you to our many volunteers and sponsors who help make things go smoothly at each race. And as always, Race Director Judy Loo always puts on a first-class event.

BTC Officer Elections

BTC members will soon be seeing some correspondence via email regarding officer elections for 2021. I apologize for the delay as this task normally is handled at the BTC Annual Party. We are nearing a final solution that will allow everyone to vote for officers this year virtually – this information will be shared with our members shortly.

ASPIRE Wine 10k and Benchmark First Responder 5K

The BTC had a lot of fun setting up shop in the finisher's area at the ASPIRE Wine 10K and Benchmark First Responder 5K. It's always great to see an in-person race in our area, and the BTC

was happy to man one of the waterstops at the race. Congrats to Joey Longoria and others involved for another great event and a great setup at the race's first-time venue, The Hoover Met/Finley Center.

Lastly, let us hear from you if you have some amazing accomplishments to share. We're starting to see more and more races again, so please share those PRs and podium finishes so we can celebrate YOU and your accomplishments in our next newsletter. Special shoutout to Billy Rose who broke the tape for the first time, taking home the win in the Tuscaloosa Half Marathon! That's an amazing feat! Feel free to send in those accomplishments to any of your BTC officers or to [Julie Pearce](#).

Stay safe and keep moving, everyone!

Hunter Bridwell
BTC President



April 17 - 8 AM Start
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- Post-race medal ceremony

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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.

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Race Results

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

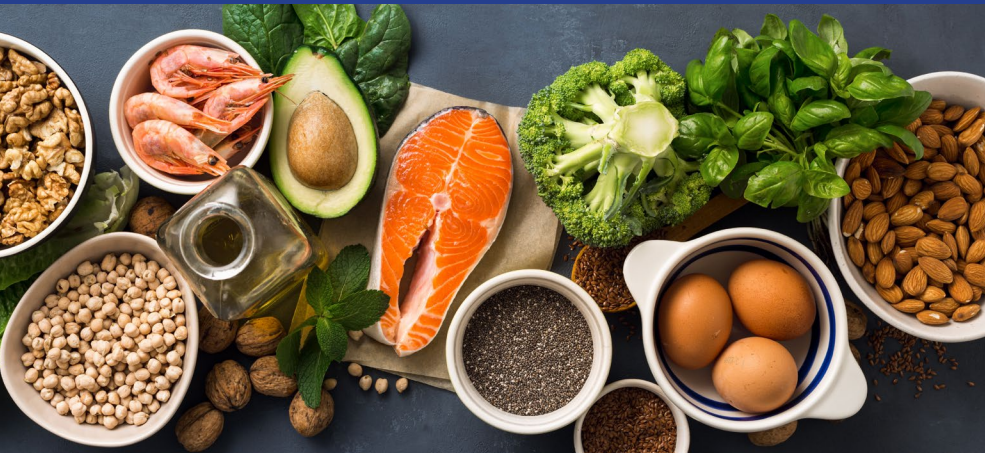
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MEDICATION AND MILES:

Herbal and Dietary Supplements for Anxiety & Stress

By April Jones, PharmD Candidate 2021 and Kim Benner, PharmD



With each day comes numerous events and responsibilities that can lead to stress and anxiety. Stress and anxiety, to an extent, are normal feelings and emotions to have and can even be healthy at times. A small amount of stress may motivate us to meet deadlines, but too much stress and anxiety can result in trouble completing daily tasks and meeting deadlines.

The Anxiety and Depression Association of America (ADAA) reports that anxiety disorders are the most common mental illnesses diagnosed in the United States. The ADAA estimates that about 40 million adults in the United States are affected by anxiety disorders each year, but less than half of those affected receive treatment.¹ Some of the common anxiety disorders include generalized anxiety disorder (GAD), panic disorder (PD), and social anxiety disorder (SAD). Treatment of these anxiety disorders typically includes use of therapy and prescription medications. Other treatment strategies include exercise, yoga, meditation, and complementary/alternative therapies.

There are multiple complementary therapies or natural supplements that are thought to help relieve stress, anxiety and depression, but it is important to consult with your pharmacist or other health care provider before using these. This article will review some common supplements for stress and anxiety.

OMEGA-3 FATTY ACIDS

There are two main types of omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Omega-3 fatty acids have been proven to reduce triglyceride levels if taken at high doses in clinical studies. There have also been numerous studies conducted to attempt to determine the effectiveness of omega-3 fatty acids as an anti-anxiety supplement and antidepressant. In one study, it was determined that patients taking an omega-3 fatty acid supplement containing higher amounts of EPA had a better

improvement in depressive symptoms compared to those taking supplements with lower EPA content.² Other studies have found mixed evidence and concluded that the improvement seen with omega-3 fatty acids was very minimal.³

VITAMIN B

There are multiple B vitamins including B1, B2, B3, B5, B6, B7 and B12. These are commonly found in multivitamins and can also be bought individually, often touted as “energy vitamins”. Vitamin B12 shots are a common injection that boosts patients’ B12 levels and their overall energy when these levels are low. While potentially effective for increasing energy, there

is little evidence to support the proposition that the B vitamins improve depression and anxiety. However, while the evidence is lacking for depression and anxiety, there is some evidence that supplementation of B vitamins and sufficient levels of B vitamins may improve overall mood and relieve stress.⁴

KAVA

Kava is a member of the pepper family that has been marketed as a complementary treatment for anxiety and insomnia. There have been some studies with positive results demonstrating that kava did reduce anxiety, but this improvement was minimal. Studies to demonstrate kava’s effectiveness for insomnia have not had positive results like the ones for anxiety. While there may be a small improvement in anxiety with the use of kava supplements, there is a risk of liver injury.⁵ Therefore, caution should be used when supplementing with kava; consult your health care professional for further advice.

OTHER SUPPLEMENTS

There are numerous other supplements that are thought to have some anti-stress and anti-anxiety effects including chamomile, lavender, and melatonin. While chamomile has evidence to support its ability to calm an upset stomach, there is limited evidence demonstrating its effectiveness for reducing stress and anxiety.⁶ Likewise, lavender has been studied and shown some improvement in anxiety when taken orally, but the studies are limited and were undertaken with very small patient populations.⁷ Melatonin supplementation has been shown effective for reducing insomnia, but it has also been shown to reduce anxiety in patients about to undergo surgical procedures.

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MEDICATION AND MILES:

Herbal and Dietary Supplements for Anxiety & Stress

CONCLUSION

Those experiencing high amounts of stress and anxiety that interfere with activities of daily living should talk to a healthcare provider. While the supplements mentioned above have some evidence that show their effectiveness for reducing stress and anxiety, stress and anxiety should not be self-treated. It is important that a patient be under the supervision of a healthcare provider when using any of these supplements to reduce stress and anxiety. Remember, small amounts of stress and anxiety are normal and can even be healthy. Running and other exercise are great outlets to relieve some of that stress and anxiety!

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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.

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Check it out [HERE](#), or via the BTC [website link](#)!



RRCA ANNOUNCES 2020 NATIONAL RUNNING AWARD RECIPIENTS



Since 1971, the RRCA has honored the service and dedication of outstanding leaders in the running community. Even the face of a global pandemic, individuals and organizations made significant contributions to the sport in 2020 by keeping runners engaged and motivated; by having outstanding performances in events that occurred, by raising awareness about improving racial inclusion in the sport, and much more.

The BTC is thrilled to report that our own Alex Morrow has been selected as this year's Outstanding RRCA State Representative. As State Representative, Alex has represented the RRCA at races across the State of Alabama. He serves as an ambassador of the RRCA to promote RRCA programs and services to RRCA members, non-members, and individual runners throughout Alabama, and he also keeps the RRCA apprised of trends and issues that affect Alabama runners.

Alex will be recognized at the upcoming RRCA National Running Awards Breakfast and Ceremony on April 17, 2021 in Orlando, Florida, along with the other RRCA National Running Award recipients. Congratulations, Alex – this is a well-deserved honor indeed!



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

| | | | |
|------------------|-----------------|--------------------|-------------------|
| Jeffrey Adams | Julie Croushorn | Herb Keefer | Dean Sides |
| Sue Adams | Matt Denton | David Knight | Chassi Waddell |
| Brittany Bailey | Marian Dixon | Bruce Korf | David Waid |
| Cameron Bookout | Jonathan Fague | Christian Pegouske | Amy Weeks |
| Jason Bookout | Ashraf Fouad | Jeremy Pegouske | Lance Weeks |
| Kaylee Bookout | Graham Godfrey | Madison Pegouske | Adam Wende |
| Kimberly Bookout | Minda Hogstrom | Stacie Pegouske | Angela Williams |
| Lilah Bookout | William Jones | Niki Robinson | Jonathan Williams |
| Bob Carlton | Cesar Juarez | Michael Routman | Shaunda Williams |

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

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 April 4, 2021 are listed below.

| Participant | Years | Total |
|----------------------|-------|-------|
| Adams, Jeffrey | R | 163 |
| Adams, Sue | 1 | 290 |
| Adwell, Stephen | R | 400 |
| Ahmed, Kabeer | 2 | 225 |
| Allen, Jessica | R | 139 |
| Anderson, Kerri | 5 | 109 |
| Baggett, Christopher | 2 | 244 |
| Barnes, Jimmie | 6 | 0 |
| Bartee, Samm | 5 | 267 |
| Bayush, Tori | 2 | 494 |
| Beard, Karen | R | 38 |
| Becker, Bryan | 1 | 403 |
| Benner, Kim | 8 | 448 |
| Bensinger, Cole | 2 | 132 |
| Benson, Wayne | 7 | 274 |
| Blackmon, Kim | R | 324 |
| Boackle, Larry | 4 | 0 |
| Boackle, Tomie Ann | 1 | 0 |
| Booher, Lisa | 9 | 475 |
| Bookout, Jason | 2 | 183 |
| Bookout, Kimberly | 2 | 356 |
| Boswell, Ryan | 1 | 116 |
| Bowman, Bill | R | 254 |
| Boylan, Brittany | R | 177 |
| Boylan, Chris | R | 120 |
| Brakhage, Victoria | 4 | 0 |
| Bray, Elizabeth | 1 | 487 |
| Bridwell, Hunter | 1 | 102 |

| Participant | Years | Total |
|--------------------------|-------|-------|
| Brown, Charlie | 8 | 418 |
| Brown, Katie | R | 308 |
| Brown, Michael | 4 | 164 |
| Brown, Sean | 6 | 165 |
| Browne, Shannon | R | 264 |
| Bryant, Jason L. | R | 313 |
| Burks, Ross | 4 | 163 |
| Burruss, Anne | R | 13 |
| Burruss, John | R | 289 |
| Burson, Steven | R | 242 |
| Caine, Lawrence | 1 | 304 |
| Callahan, Chris | 4 | 179 |
| Carden, Melissa | R | 298 |
| Carey, Christopher | 7 | 107 |
| Carlton, Bob | 6 | 316 |
| Carter, Adrienne | 2 | 0 |
| Carter, Jason | 1 | 322 |
| Caviedes, Octavio | 1 | 679 |
| Chaffinch, Violet | R | 325 |
| Chandler, Teresa | 11 | 473 |
| Channell, William Andrew | 1 | 536 |
| Cheek, James | R | 32 |
| Childers, Melissa | R | 3 |
| Clay, Brad | 13 | 670 |
| Cleveland, Jeff | 4 | 418 |
| Cliett, Stephanie | 6 | 335 |
| Coleman, Tim | 3 | 431 |
| Colpack, Susan | 1 | 415 |

| Participant | Years | Total |
|-------------------|-------|-------|
| Corrin, LaRonda | 1 | 209 |
| Corrin, Roger | 4 | 197 |
| Cramer, Robyn | R | 419 |
| Cramer, Steve | R | 134 |
| Crawford, Katelyn | R | 264 |
| Creed, Brad | 4 | 301 |
| Creel, Mary | 3 | 347 |
| Crowson, Bill | 5 | 302 |
| Cutchen, Cindy | R | 258 |
| Cutshall, Hannah | 2 | 274 |
| Davidson, Dow | 3 | 398 |
| Davidson, Dow | 3 | 0 |
| Davidson, Jen | 1 | 0 |
| Deffenbaugh, Todd | R | 432 |
| Delmo, Lito | R | 0 |
| Dixon, Jonathan | 1 | 335 |
| Dowling, April | 1 | 68 |
| Duke, Cindy | 5 | 352 |
| Dyck, Rayna | R | 0 |
| Edgerton, Amy | 1 | 346 |
| Edmondson, Laurie | R | 577 |
| Estes, Cameron | 2 | 380 |
| Estrada, Steven | 2 | 673 |
| Evans, Debbie | 7 | 230 |
| Ferlitto, Cindy | 2 | 146 |
| Fontenot, Misty | 4 | 361 |
| Forbus, Reed | R | 109 |
| Ford, Eric | 1 | 108 |

1200 MILE CLUB

| Participant | Years | Total |
|---------------------|-------|-------|
| Franklin, Shane | 9 | 379 |
| Frederick, Winston | 12 | 266 |
| Freeman, Sheila | 4 | 329 |
| Gayheart, Cheryl | 1 | 352 |
| Gilbert, Beth | R | 45 |
| Gilmour, Laura | R | 481 |
| Glasgow, Robert | R | 0 |
| Goode, Johnny | 12 | 310 |
| Goss, Ange | 2 | 235 |
| Grady, Carla | 2 | 0 |
| Grainger, Matt | 1 | 469 |
| Gray, Mariel | R | 155 |
| Gray, Michael | 1 | 303 |
| Greene, Michael | 2 | 0 |
| Griffin, Misty | 1 | 363 |
| Gruschow, Mariana | R | 0 |
| Gullapalli, Satya | 5 | 0 |
| Hale, Katie | R | 70 |
| Haley, Jay | 5 | 390 |
| Hall, Thomas | 1 | 0 |
| Haralson, Danny | 12 | 180 |
| Haralson, Danny | 12 | 0 |
| Haralson, Micki | 12 | 362 |
| Hargrave, Alan | 13 | 429 |
| Harris, Mindy | R | 35 |
| Harrison, Lisa | 9 | 347 |
| Harry, April | 3 | 460 |
| Hart, Laree | R | 86 |
| Hartsfield, Gregory | 1 | 452 |
| Hartsfield, Kathryn | R | 0 |
| Henley, Monica | 5 | 0 |
| Henninger, Alison | 6 | 376 |
| Hess, Alan | R | 380 |
| Hilson, Brandi | R | 116 |
| Hogeland, Angie | 2 | 338 |
| Holcomb, Zachary | 3 | 399 |
| Holland, Skylar | 3 | 140 |

| Participant | Years | Total |
|--------------------|-------|-------|
| Hollington, Kasey | 2 | 183 |
| Hood, Alissa | 1 | 545 |
| Hoover, Alison | 9 | 0 |
| House, Beth | 6 | 241 |
| Hubbard, Stephanie | 1 | 0 |
| Ingle, Brandon | R | 0 |
| Izard, Georgia | 3 | 382 |
| Jackson, Bradley | 1 | 286 |
| Jenkins, Kaki | 7 | 400 |
| Jenkins, Michael | R | 153 |
| Jones, Allen | 2 | 425 |
| Keefer, Herb | 2 | 0 |
| Kelley, Robin | 7 | 0 |
| Kemper, Tricia | 6 | 419 |
| Klasner, Ann | R | 448 |
| Knight, David | 1 | 306 |
| Kornegay, Marla | 1 | 396 |
| Krick, Stefanie | 1 | 476 |
| Kuhn, Jimmy | 13 | 322 |
| Kulp, Loren | 5 | 326 |
| Laird, Audrey | 6 | 451 |
| Lamb, Patrick | 1 | 271 |
| Lancaster, Jeff | 2 | 407 |
| Landefeld, Dale | R | 267 |
| Langston, Aaron | 5 | 0 |
| Lawhorn, Joseph | 1 | 0 |
| Logan, Jennifer | R | 31 |
| Love, Thomas | 2 | 76 |
| Lyda, Anna Kate | R | 143 |
| Lyda, Beth | 1 | 439 |
| Lyda, John | 2 | 419 |
| Lyle, Randy | 12 | 576 |
| Madaris, Brandon | R | 299 |
| Malec, Bonnie | R | 0 |
| Malec, Zachariah | R | 0 |
| Malick, David | 7 | 267 |
| Martin, Sheree | R | 388 |

| Participant | Years | Total |
|---------------------|-------|-------|
| Mathews, Skip | R | 115 |
| McElroy, Catherine | 1 | 406 |
| McGriff, Colton | R | 71 |
| McIntyre, Morgan | R | 213 |
| McKinney, Margaret | R | 10 |
| McLain, Chase | R | 284 |
| Merry, Vicki Sue | 8 | 345 |
| Mickens, Cassandra | 2 | 132 |
| Miller, Joshua | 2 | 0 |
| Mishra, Anoop | R | 438 |
| Moman, Ashley | R | 260 |
| Morgan, Danielle | 5 | 215 |
| Morgan, Phillip | 8 | 265 |
| Morris, Gordon | R | 314 |
| Morrow, Alex | 9 | 391 |
| Moses, Mike | 1 | 224 |
| Murchison, Reginald | 6 | 502 |
| Newkirk, John Allen | R | 107 |
| Noerager, Brett | 1 | 460 |
| Noerager, Felicia | R | 431 |
| Northern, Kristie | 11 | 471 |
| Norton, Laura | 2 | 442 |
| Oechslein, Tamara | 1 | 428 |
| Oehrlein, Kimberly | R | 0 |
| Oliver, John | 6 | 285 |
| Orihuela, Carlos | 3 | 470 |
| Orihuela, Catheryn | R | 0 |
| Ortis, Ellen | 2 | 351 |
| Padgitt, Scott | 1 | 339 |
| Parks, Charlie | 7 | 729 |
| Parsons, Christy | R | 191 |
| Patrick, Nicolette | 2 | 0 |
| Payson, Tabitha | R | 254 |
| Payson, Tommy | 3 | 315 |
| Peagler, Shana | 8 | 245 |
| Peagler, Zach | 1 | 363 |
| Pearce, Julie | 5 | 181 |

1200 MILE CLUB

| Participant | Years | Total |
|--------------------|-------|-------|
| Plante, David | 8 | 315 |
| Poh, James | 2 | 389 |
| Poole, Greg | 3 | 221 |
| Powell, Shane | 2 | 422 |
| Proctor, Megan | 1 | 347 |
| Pronath, Katrina | R | 56 |
| Purvis, Jeffrey | R | 228 |
| Randolph, Megan | R | 519 |
| Rawson, Brent | 3 | 369 |
| Renfro, Jeff | 2 | 313 |
| Richardson, Brent | R | 374 |
| Richey, Lori Beth | 3 | 269 |
| Ritchie, Joseph | 3 | 407 |
| Ritchie, Lauren | 2 | 492 |
| Roberson, Kevin | 5 | 0 |
| Roberts, Fletcher | 6 | 0 |
| Robinson, Lyndsey | 1 | 345 |
| Rodgers, Jeffrey | 3 | 290 |
| Rogers, Hannah | 1 | 287 |
| Roper, Lynn | 3 | 322 |
| Rose, Billy | 6 | 740 |
| Ross, Cara | R | 288 |
| Rosser, Joey | 4 | 372 |
| Routman, Cindi | R | 354 |
| Routman, Michael | R | 307 |
| Rutherford, Keith | 13 | 171 |
| Rutledge, Lisa | 5 | 480 |
| Salter, Shannon | R | 0 |
| Sanders, Gwendolyn | 2 | 133 |
| Shaffield, Danny | 7 | 813 |
| Sherer, Jeremy | 4 | 374 |
| Sherman, Travis | R | 151 |
| Sherrell, Jeff | 1 | 432 |
| Shin, Ki | R | 0 |
| Shinn, Ronald | 7 | 90 |
| Shoaf, James | 2 | 233 |
| Short, Lori Lynn | R | 311 |

| Participant | Years | Total |
|------------------------|-------|-------|
| Sides, Dean | 4 | 313 |
| Silwal, Suman | 9 | 0 |
| Simpson, Kevin | 7 | 611 |
| Sims, Bob | R | 334 |
| Sims, Cecelia | 1 | 279 |
| Sloane, Mike | 5 | 336 |
| Smith-Janias, Mary Ann | R | 235 |
| Smith, Daryl | R | 463 |
| Smith, Erin | R | 356 |
| Smith, Jason | 1 | 397 |
| Smith, Jerry P. | 11 | 321 |
| Smith, Kelly | R | 221 |
| Soileau, Chester | 3 | 0 |
| Spikings, Matt | R | 330 |
| Stockton, Rick | 13 | 321 |
| Swiney, Elana | R | 203 |
| Thurman, Terralance | R | 234 |
| Tibbs, Seth | 1 | 272 |
| Tomlin, Chace | 1 | 42 |
| Trimble, Jamie | 6 | 310 |
| Tucker, Taylor | R | 65 |
| Valles, Tina | 1 | 301 |
| Vaughn, Lora | R | 275 |
| Wade, Josh | R | 0 |
| Waid, David | 1 | 593 |
| Walker, Caroline | 1 | 150 |
| Warren, Key | R | 236 |
| Washington, Monica | R | 238 |
| Watters, Ana | 2 | 555 |
| Watters, Larkin | 1 | 380 |
| Watters, Robert | 6 | 465 |
| Weber, Amy | 2 | 273 |
| Weeks, Lance | 2 | 188 |
| Wells, Bradley | 4 | 0 |
| Wende, Adam | 6 | 191 |
| Whatley, Prince | 8 | 300 |
| White, Robin | 1 | 544 |

| Participant | Years | Total |
|---------------------|-------|-------|
| Wilhite, Thomas | 5 | 305 |
| Williams, Shanada | 1 | 92 |
| Williamson, Rebecca | 2 | 337 |
| Wilson, Mark | R | 243 |
| Wiseman, Steve | 6 | 465 |
| Wood, Heather | 1 | 0 |
| Woody, Bill | 12 | 442 |
| Wright, Amy | 3 | 0 |
| Wu, Xing | 9 | 203 |
| York, Gary | 7 | 427 |
| Zajac, Jason | 2 | 489 |
| Zapata, Carlos | 1 | 275 |

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



Virtual races and challenges have been a great way to get through 2020 and the uncertainties of Covid. But now that Spring race season is upon us, it is so exciting to see many races moving back to in-person events. Congratulations to the following BTC members for their recent accomplishments!

Kabeer Ahmed, Kim Benner, and Jamie Trimble completed the Atlanta Track Club Saturday evening 5K and Sunday morning half marathon on the Atlanta motor speedway as a part of Atlanta marathon weekend, February 27-28, 2021. Congratulations, y'all!

Katie Brown was the 12th overall and 3rd female finisher at the Viking Half Marathon in Greenwood, Mississippi on March 20, 2021, earning both a 1st in age group finish AND a nice 8 minute PR. Way to go, Katie!

Since moving into the masters division on March 3, **Billy Rose** has been racking up the podium finishes: He placed as 2nd masters at the ASPIRE Wine 10K on March 6, 2021 with a 37:41 10k PR AND was the first overall male finisher at the Tuscaloosa Half Marathon on March 27, 2021. He was especially excited to see that turning 40 didn't cause him to completely fall apart!

Congratulations to **Julie Croushorn** and her husband, **Ekkehard Bonatz**, for their first place age group finishes at the Tuscaloosa Half Marathon on March 27, 2021. That is one speedy couple!

And another speedy husband-wife duo recently took on the Montgomery Half Marathon on March 13, 2021. Congratulations to **Beth Lyda**, who logged a nice PR, paced by her husband, **John**. Nice teamwork, Lydas!

Please [let us know](#) about your PRs and running-related accomplishments – we love to celebrate you!



Katie Brown



Julie Croushorn and Ekkehard Bonatz



Billy Rose



Jamie Trimble



Kim Benner



Beth and John Lyda

ASPIRE WINE 10K & BENCHMARK FIRST RESPONDER 5K



STATUE TO STATUE 15K



Thank you to everyone who helped make this year's Ellis Porch Statue to Statue 15K a big success!



STATUE TO STATUE 15K



STATUE TO STATUE 15K

Photo credit: Just4Running



BTC EXECUTIVE BOARD MEETING

March 8, 2021

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

Julie Pearce made a motion to approve the minutes of the February 2021 Executive Board Meeting. The motion was seconded by Skylar Holland and passed without opposition.

Wine 10K (Skylar Holland)

There was a great group of BTC volunteers for the water stop at the Wine 10K. Kelly Sims handed out quite a few 1200 Mile Club jackets at the BTC tent.

Membership (Cameron Estes)

We currently have 801 members and 619 memberships. We hope to have another membership drive in the spring.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be the first Monday in April. Please have all content to Julie by March 26, 2021.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry. All expenses from the Vulcan 10K have been paid. Hunter Bridwell made a motion to donate \$1,000 dollars each to Vulcan Park and Girls on the Run. The motion was seconded by Trish Portuese and passed without opposition. All expenses from the Resolution Run have also been paid and we will be donating \$2,116.87 to Red Mountain Park since we donate all proceeds from that event to the park after paying expenses.

Long Run Committee (Alex Morrow)

There will be a long run social hosted by the Bell Center this Saturday. There will be some food and beverages at the Bell Center after the run. Alex will create a poll for members to vote on a fall goal race to focus our long runs for training purposes. As of now, the BHM 26.2 race is planning for an in-person race.

Merchandise (Bradley Wells)

Bradley plans to have a sale for all remaining, cold-weather merchandise. He is working on three new designs for spring merchandise, including two new BTC shirts and one new 1200 Mile Club shirt.

Fresh Water Land Trust Fundraiser (Bradley Wells)

The BTC would like to host a virtual run in early May benefiting Fresh Water Land Trust. Bradley is looking into possibly having prizes or doing a scavenger hunt as part of the virtual race. Fresh Water Land Trust will be having a ribbon cutting ceremony this summer for the grand opening of the new trail. The BTC would like to participate in the event, so Bradley will look into different sponsorship levels.

1200 Mile Club (Kelly Sims)

Currently, there are 276 registered for the 1200 Mile Club in 2021. Patches from 2020 are expected to arrive soon.

USATF Representative (Charles Thompson)

Charles Thompson provided a list of upcoming, local USATF events. It was noted that the mask mandate is not being enforced equally at the events.

BTC Annual Awards and Officer Nominations (Hunter Bridwell)

Please forward any nominations to Hunter. We may set up a Google Forms document to allow members to vote for officers. We hope to have an election committee set up by the end of March.

Volunteers (Kim Benner)

Kim will get a list of all BTC members who volunteered at the Wine 10K. We need to start recruiting volunteers for Statue 2 Statue. There will be two water stops, one of which the runners will hit twice, and volunteers are needed for packet pickup, handing out medals, and handing out water and masks at the finish line.

Finish Line Crew (Jamie Trimble)

Jamie will get with Judy Loo to discuss what is all needed for Statue 2 Statue. The start line will be at the Discovering Shelby Pavilion, which is a different starting point from all other BTC races held at Oak Mountain State Park, so we will put the BTC flags at the parking lot to help runners know where to park for the start line.

Statue 2 Statue 15K (Judy Loo)

So far, water and fruit has been donated and masks have been donated by Liberty Animal Hospital. We plan to ask McDonalds to donate coffee. Judy Loo will confirm the race physician. The race will start at 7:00 a.m. Volunteers will have free entry into Oak Mountain State Park, but the race participants will need to pay the park entry fee.

IT Chair (Alan Hargrave)

Alan will update race details for Statue to Statue on the race website. Alan confirmed that a separate donation option was not set up for last year's Vulcan 10K.

New Business (Hunter Bridwell)

Hunter would like to get a plaque thanking Black Family Restaurants who owns the local McDonalds that is always so supportive and donates food and coffee for many of our events.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, April 12, 2021 at 6:00 p.m. Location to be determined.

Upcoming Events

| EVENT | DATE | TIME |
|--|----------------|-----------|
| BTC Saturday Long and Moderate Run Groups | April 10, 2021 | 6:00 a.m. |
| Freshwater Land Trust Half Marathon (Fultondale) | April 10, 2021 | 7:00 a.m. |
| BTC Executive Board Meeting (location TBA) | April 12, 2021 | 6:00 p.m. |
| BTC Saturday Long and Moderate Run Groups | April 17, 2021 | 6:00 a.m. |
| Hand in Paw's Virtual Mutt Strutt: 5K and 1 Mile Fun Run | April 17, 2021 | VIRTUAL |
| BTC Saturday Long and Moderate Run Groups | April 24, 2021 | 6:00 a.m. |
| Red Shoe Run: Rockin' 5K | April 24, 2021 | 8:00 a.m. |
| BTC Saturday Long and Moderate Run Groups | May 1, 2021 | 6:00 a.m. |
| We Love Homewood 5K | May 1, 2021 | 7:30 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:

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Zip:

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Birthdate:

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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