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THE VULCAN RUNNER

May 2021 (5)



A RUNNER'S ATTEMPT ON KILIMANJARO, PART II

By Kristen Osborne

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A RUNNER'S ATTEMPT ON KILIMANJARO

Last month, we brought you Part I of local runner Kristen Osborne's once-in-a-lifetime journey to summit Mount Kilimanjaro ([click here if you missed it](#)). Here is the rest of her story:

JANUARY 25, 2021

This keeps getting harder. I woke after a tough night with a strange headache that makes my neck incredibly stiff. But the morning was leisurely as we are staying at Lava Tower camp another night for acclimatization. We had a huge breakfast and set out on what I thought was a couple hour hike to gain some altitude and then come back down.

The terrain was tough from the beginning. Frozen mud that slid under you, multiple rock gorges, and then thick snow where I wish I had my microspikes (like snow chains for your shoes). I was struggling the most and so frustrated at how my body was not responding to my commands. I trained for this for over a year. I even ran an ultramarathon in preparation. Why am I so much weaker than everyone else? I have to trust that this is all supposed to teach me something. Maybe just to keep pushing. To never give up.

We reached Arrow Glacier camp in thick fog and some snow. The difference in the weather and altitude was stark. The weather wasn't good, and likely getting worse, so we turned around fast. Coming back down was treacherous. The snow, ice, mist, and

sheer cliffs kept me close to a panic. Adrenaline can be useful, until it goes beyond that, weaving terror into every step. My heart rate is sitting super high just at rest, fighting with the altitude, then you add in the difficult terrain and occasional slips on ice and loose rock. My heart rate kept shooting through the roof. I was spent at the end and so glad to be back at the tent in camp. I'm concerned about the Western Breach in the days ahead, knowing it could be worse, and in the pitch black dark. I really need to rely on the guides and accept help, something I'm usually not good at doing as an independent woman who wants to show everyone that I can do this.

I'm trying to stay in the moment, not to anticipate the next steps too much. I napped and rested back at Lava Tower camp. I'm excited to move to Arrow Glacier for good tomorrow as it will be my first experience camping in snow. This is yet another zone change. From Alpine Desert to Arctic Zone. Lots of layers, liner socks, heavy gloves, etc. It's out of my comfort zone, but I'm excited to experience it, regardless of altitude struggles.

JANUARY 26, 2021

I have never had to struggle as hard as I did today. Tomorrow is only going to be harder. What is happening?

We woke late, although I was already up. It was an awful night. I sat up in my sleeping bag, reading my Kindle, for a good bit of the night. My neck and back of my head hurt too much to lay down. They had started to hurt the night before, but I thought it was a kink in my neck from using my dirty clothes bag for a pillow. It's only gotten worse though, no matter which way I lay. It was easier to breathe sitting up as well. It doesn't bother me that much when I'm up and moving though.

We were treated to an amazing bit of singing from the porters. They normally do this every day, as a part of their own "hype" routine. But public group singing has been highly discouraged during the pandemic. The ban is illogical as the porters sleep stacked on top of each other in their tents each night. So we waited until no other groups were around, and they gave us a show. It's a lot of traditional tribal singing, with their own mountain traditions woven in. Many of them are proud Maasai, and I've thoroughly enjoyed learning about their culture.

I was able to bum some extra Diamox (altitude sickness medication) off a fellow climber. I took two doses today but didn't feel any difference. I had to drop back from the rest of the group on the hike to Arrow Glacier camp as I just couldn't keep up. Hosea and Josh stayed with me, taking my pack and helping me. The pack I've trained with for over a year. I couldn't carry it. It barely has anything in it. The porters are carrying everything



A RUNNER'S ATTEMPT ON KILIMANJARO

but my jacket, water, and a couple energy waffles. Every step is a struggle. I'm completely drained of all energy. What happens when you need to dig deep but have already hit bottom? My body is giving out despite my mind telling it to keep going. Mind over matter isn't working when matter isn't responding to mind.

I'm hoping rest and recovery will make a difference, but the neck pain is preventing significant rest again. We are camped in the most gorgeously inhospitable snow-covered ridgeline. Vegetation, animal life, even human life yields to the elements at this elevation, over 16,000 feet. We will wake at 3 am to climb the Western Breach, the hardest section of the hardest route on this entire mountain. It's supposed to be at least a 6 hour climb, if we can move through it quickly. We wake that early as you have to be through most of it by the time the sun rises and starts to melt the ice in the rocks. Once it begins to melt, things literally start to fall apart under your feet. Speed is essential. Speed that I don't have. I have the willpower and desire to keep going, but my body is failing me. I hope to God that a little divine intervention isn't too much to ask for right now.

JANUARY 27, 2021 – SUMMIT DAY

HAPE, also known as High Altitude Pulmonary Edema.

Definition:

1. Noncardiogenic pulmonary edema, which typically occurs in lowlanders who ascend rapidly to altitudes greater than 2500-3000 m. Early symptoms of HAPE include a nonproductive cough, dyspnea on exertion and reduced exercise performance. Later, dyspnea occurs at rest. (Source: NIH)
2. Failure to summit; loss of multiple years' worth of dreaming and training.
3. Heartbreak.

EVERYONE SHARES THEIR SUCCESSES. HERE'S MY FAILURE.

Waking at 3 am was rough, although it isn't really waking if you'd never actually slept. The wind had been whipping through camp all night, slicing across the ridge with gale force. It actually destroyed our portable toilet tents. Luckily, our sleeping tents were aerodynamic and could withstand it. We are also lucky the toilet closest to us didn't rip completely from the ground and crash into our sleeping tent; I spent much of the night anticipating that exact event in horror and hilarity.

I coughed all night, feeling tight pain in my lungs and hearing crackling fluid in my chest, like a bad chest cold. This scared me badly. As a child, I watched my athletic, strong father fall ill with HAPE on a ski trip in Colorado. I knew what it was. I had watched

someone suffer with it. I knew what it could do if you didn't heed the warnings. The sheer muscle exhaustion and fatigue made it almost impossible for me to simply step through the snow or even get dressed while still laying down in the tent. Imagine having so little energy and breath that pulling up your pants makes you gasp for oxygen.

The guides weren't sure I should go. They urged me to make a decision about going down. Josh was extremely upset, but I forced him to go forward with the group. We each had guides and porters staying with us individually at this point due to the danger of this day. I wasn't ready to give up. I wanted to go; I wanted to try.

The sheer adrenaline of starting in the pitch black with howling wind got me going. I hiked up the Western Breach behind our head guide (and one of the owners), Wilbert, for about 30 minutes. In that short amount of time, the others got so far ahead of us. I could see their headlamps snaking up the breach high in the distance. I couldn't move my body fast enough or get enough air to fuel any action. The altitude mediation that I hoped would kick in did nothing. I knew. I wanted this badly. But it wasn't going to happen no matter how badly I wanted it.

One thing that you gather with any research into mountaineering is that your decisions can impact those directly around you. I could continue to make my glacial pace up the mountain, but I, along with Wilbert and Fred, the porter hiking with us, would be stuck in the middle of the Western Breach while it began to melt in the strong late morning sun. Not only would I be putting myself in an incredibly dangerous spot with non-existent reaction time and a developing lung issue, but I would be endangering Wilbert and Fred. Wilbert has a little girl just a few months younger than my own little boy.

I had been carrying a tiny stuffed Paddington Bear keychain on my backpack, a gift we got for Thomas while we were waiting in the London airport. Paddington had gone the whole way with us, taking videos and talking to Thomas about his adventures. I gave Paddington to one of the guides, who would get it to Josh later that day. The guides had radios, and I was able to tell Josh that I was going down for Thomas, that he had to keep going for us. I can't describe the moment of making that decision, of letting go of everything I've worked toward for years. Giving up on a dream that we'd journeyed across the planet to accomplish. My heart is broken.

I had used what tiny bit of energy I had trying to get up the Breach. In my oxygen-deprived state, I had this weird idea that they would let me hang out at the camp on the other side of the summit. There was no logic in this thought, just my heart trying to hang on to the group I'd become a part of. But that was over.

A RUNNER'S ATTEMPT ON KILIMANJARO

What wasn't over was my journey that day. Giving up on reaching the summit didn't mean actually giving up. All I wanted to do was sit down, sleep, rest. But I still had to hike down all the way from the Breach to the rescue road at the base of Shira Ridge. This was the distance that had taken us 5 days to cover on the way up. We would be down there in six hours.

Wilbert and Fred practically dragged me the first half of the way down. Once I got below Moir Hut camp, I could breathe a lot better. But my muscles were still completely empty of oxygen, red blood cells, glucose, energy. During the six hours of stumbling descent, I had a lot of opportunity to begin to process this failure. I can't couch it any other way. I had a goal that I've worked toward since my almost two-year old son was born. And I physically could not accomplish it. I had a dream of standing at the peak with Josh. Sharing these major moments together is something that has strengthened our marriage over the years. After a tough two years of early parenting, crazy career changes, and pandemic pandemonium, we desperately needed that moment. That dream is gone. So how do I take this whole experience and have it still be a good one? How is the whole trip not wasted and ruined?

I was ready to define myself by this experience, by the SUCCESS I expected to attain. So who am I when I have failed? It's hubris, perhaps, to think I even have the capacity to self-define. God defines who I am. The people I meet help define who I am. Does my inability to reach the summit of Kilimanjaro define me as well? If I was willing to be defined by my success, I suppose I am also defined by my failure.

THE LONG AFTERMATH

Rather than tucking tail and jumping on a plane immediately, I had to wait for Josh to come down from his own successful summit. The descriptions from Josh and the other climbers of the physical struggles to accomplish that goal are brutal. And perhaps only long distance runners can understand my heartache at not sharing in that struggle.

Thanks to an overnight safari adventure we had tacked onto the end of our trip, I was able to leave Tanzania ultimately on a high note, at least able to tuck my pain into my back pocket to be dealt with later. Jumping back into a full-time career, full-time toddler mom life, and a new home with boxes still piled everywhere gave me plenty of other things to focus on after our trip. But I've let that pain of failure leak out in spurts, in moments where I could deal with it slowly. I've also started paying attention to the stories of the ultra-runners who attempt and fail at their goals. Most recently, I watched the group of female runners including Courtney Dauwalter, Maggie Guterl, Jamil Coury, and Liz Canty, who attempted this year's Barkley, the race famous for its failure rate.

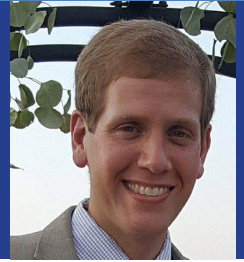
Putting what I did into the realm of ultra-races helps. When we as runners set time goals for normal race distances, we may or may not make that time, but we are usually going to finish the race. Once you get into the ultra distances, the mere act of crossing the finish line becomes less and less certain. The sheer amount of time that the race takes allows for all sorts of events, injuries, illnesses, weather issues, and other things generally out of your control to affect the outcome. Maybe that is actually what makes the idea of an ultra really different from shorter races. The guarantee of finishing is gone. Even if you've put in the work, done the training, show up prepared, show up healthy, and have the required mental determination, finishing is no longer a given. I was willing and ready to enter the "pain cave" to reach the summit of Kilimanjaro. But weather, terrain, and an unexpected altitude reaction are out of my control. Just like the rain and fog at the 2021 Barkley Marathons.

If we are audacious enough to set goals of ultra races, mountain summits, or FKTs, we have to be ready to fail. Then we have to learn from that failure, make the adjustments over which we have control, and know when it's time to try again. Stay tuned for a report from Mount Rainier in June.



PRESIDENT'S ADDRESS

By Hunter Bridwell



We have a lot of exciting things to look forward as we move deeper into 2021. Let's start with officer elections. All current BTC members received an email at the end of April listing the slate of officers presented by the nominating committee. An opportunity was given in that email to offer nominations "from the floor" – this normally happens at the BTC Annual Party – and ballots will be sent out to BTC members via email utilizing Google Forms for voting purposes. If you did not receive this email regarding elections, it means your membership has lapsed (Hint: time to renew! Click [here](#) to do so! 😊). All BTC club generated emails and BTC race emails go to the email address associated with your RunSignUp profile, so make sure you know which email address to check.

The Return of Water Stops

That's right, we are going to resume offering community water stops in conjunction with our Saturday morning BTC long runs. The process will be very similar to how it was in the past, but with some added precautions. Volunteers will put out coolers with water, sports drink, cups, and a trash bag at designated

locations along the BTC route. The medical community is in pretty good agreement that the transmission of Covid is miniscule when it comes to touching surfaces. However, we will ask those putting out water stops to include hand sanitizer, if possible, for good overall hygiene practices if nothing else! We ask that runners not congregate closely at the water stops. Anyone who is uncomfortable utilizing the community water stops is of course welcome to continue carrying his or her own hydration. We'll continue to ask everyone to use common sense – don't show up if you're sick, and be careful around other people. Simple stuff, right?!

2nd Annual BTC Gives Local Virtual Run

After a successful virtual run supporting CareHealth last year, Bradley Wells came up with another great idea for a virtual event to support another amazing local group. You all have run on trails supported by Freshwater Land Trust, and we've seen exciting recent news of additional trail extensions around town to connect an already awesome system. Now, it's our opportunity as a running community to support this organization. And of course, because it's a BTC-sponsored event, there are opportunities to win some cool prizes and gift cards by participating. Check out all the details and register [here](#).

In conjunction with the end of the virtual event, we're hosting our first BTC run social in well over a year on May 15th outside The Trak Shak in Homewood. Stay tuned for more information on this very much anticipated event! We'll have lots of goodies to eat and drink, and a raffle for prizes will be at 9:00 am. Don't forget, check out the BTC virtual run event page for all the ways you can earn additional raffle entries.

Yay for somewhat of a return to normalcy!

Lastly, don't forget that the 3rd race in the BTC Race Series, The Peavine Falls Run, is coming up on Sunday, July 4th. We'll touch on this one more in the next newsletter, but go ahead and register [here](#).

Stay safe and keep moving, everyone!

Hunter Bridwell

BTC President

THE 41ST CHICKAMAUGA BATTLEFIELD MARATHON, HALF MARATHON AND FORT OLGETHORPE 5K

November 13, 2021

[REGISTER HERE](#)

The Chickamauga Battlefield Marathon is run through the Chickamauga & Chattanooga National Military Park in Northwest Georgia. The park honors one of the Civil War's most important battles.

Named as one of the "10 best marathons in the south" by Healthline. Selected by VacationHomeRentals.com as Best Marathon in Georgia. Voted "race of the year" in 2012 and 2013 by local runners. In 2010, readers of Runner's World selected the marathon as the "most family-friendly" marathon, the runner-up for "most scenic" marathon, and third for best overall marathon. In 2007, it was selected as Runner's World must-do "run through history" marathon of 2007.

***DISCOUNT AVAILABLE FOR BTC MEMBERS
THROUGH JULY 31, 2021 ***

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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:

birminghamtrackclub.com
championship-racing.com



THE QUEST FOR THE JACKET:

How I Became a Runner (and Logged 1200 Miles) By Beth Lyda



BETH AND JOHN LYDA WEARING 1200 MILE CLUB JACKETS

I never thought I would be a runner, much less run 1,200 miles in 2020. I had periods of time when I would walk, or maybe do some light jogging over the years, but nothing consistent.

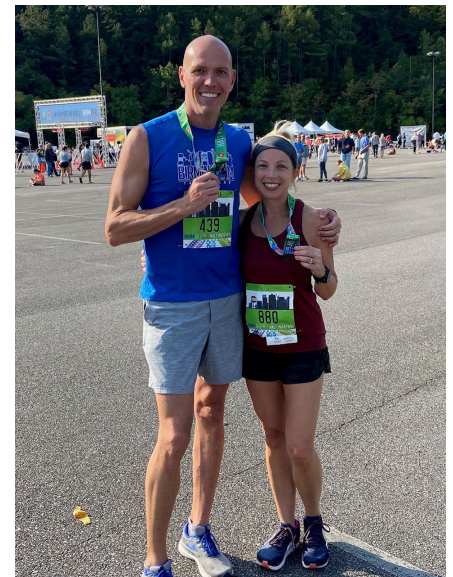
But in March of 2020, the pandemic hit, and I suddenly had the gift of time. I knew I needed to make more time to take care of myself, so I decided to try running. I told my husband, John, that I needed to exercise, and I wanted to try running. He told me to go for it. I started running to the end of our street, then I walked. I spent a lot of time at Star Lake. I would run from Tree A to Tree B or from the bridge to the parking lot. I started running in a nearby neighborhood with lots of cul-de-sacs so I wouldn't be far from home (in case I passed out). I logged a lot of run, walk, run, walk activities. I remember one day going home and telling John that I ran one mile without walking or stopping – I had finally met my first goal.

John ran with me, usually once a week, with my running pace being the same as his walking pace. He kept telling me to go to the BTC

Saturday runs with him, and I kept telling him no way; I was very intimidated to run with people. I kept running alone most every day. On May 16, 2020, I went to the BTC Saturday run for the first time. . . but I went at 7:00 a.m. to make sure everyone had already left -- I still didn't feel ready to run with people. I ran 5.5 miles that day, and it felt so good. I went back for the next four Saturdays, always getting there late to run alone.

John finally talked me into going with him at the actual start time on June 20, and I was so nervous. He was determined to find me someone to run with, and I kept telling him "no." In my mind, I didn't know if I would need to slow down, walk, or stop altogether. For the couple of years that John had gone on the Saturday runs, he had been telling me how the runs work, but I could never really visualize it in my mind. He told me that there was no judgement, and everyone ran their own paces, and various miles, sometimes in a larger group and sometimes in a smaller group. He explained how the groups changed, sometimes weekly. That particular day, everyone started running. I ran with John for about one minute, and then he took off, telling me to "just start talking to people". But I just kept going by myself, with my heart pounding with anxiety.

About 1.5 miles into the run, I caught up to some runners. Someone asked me if I was John Lyda's wife. I said that I was, but to please not hold that against me. That runner was Kaki Jenkins. John had apparently told her that I was running and to watch after me. I ran the rest of the miles with Kaki and Alison Henninger, along with several others. Everyone in that group made me feel so welcome and at ease. Everyone talked to me at various times during the run and treated me like I had been running with them for years. I remember stopping for water at one point -- I had none because I couldn't run and carry water at the same time. Kim Benner and Jamie Trimble were also in that group, and they shared water with me that day. I was incredibly grateful. I ran over eight miles that day -- a career



CONTINUED ON NEXT PAGE

THE QUEST FOR THE JACKET:

How I Became a Runner (and Logged 1200 Miles)



long for me. It was really fun to run with others, and I started to understand the importance of having a running group. I ran alone a few other Saturdays, but I know I always have someone to run with. The more I attended the Saturday runs, the more comfortable I became.

I signed up for the Peavine Run -- my first race ever. It was definitely a challenge, but I did it, with John by my side. I kept running daily, increasing my pace and distance. I wanted to run every day, but John forced me to take a rest day each week.

makes me happy to know that I truly have built friendships with BTC members. If anyone had told me one year ago that I would have run four half marathons and 1,200 miles in less than a year, I never would have believed that really could have happened.

For me, becoming a runner has changed my life. I look forward to running with this group of people on Saturdays and the socialization during and after the runs. The friendships that I have developed have truly been blessings to me. I would never have achieved the 1,200 mile goal on my own. I have an extremely encouraging husband and so many friends who supported me throughout my journey, and continue to be encouragers. I ran the miles, but it never would have happened without the BTC. So, WE did it! I cannot wait to get my 2021 patch this year and for many years to come. And along the way, I hope that I can encourage others just as others encouraged me.

In about September, I became interested in the 1200 Mile Club. I had heard of it, but I didn't know what it was about. I initially did not understand the significance of it, but I quickly realized what it meant, and I wanted to be a part of it. I signed up and logged all of my miles from previous months. The first month I logged was March with a total of 38 miles for that month. So, I was already feeling behind, but I quickly decided that running 1,200 miles in 2020 was my next goal. I began adding my mileage constantly and figuring out how many miles I needed each week to make it happen. Running 1,200 miles in 2020 was my number one focus, and I wanted to meet that goal more than anything! I ran a half marathon in September and another in October. I had surgery (non-running related) in November so I took about four weeks off from running, but I still walked as much as I could. And on December 23, I hit mile 1,200! With a huge smile, along with some happy tears, I had met my goal!

This was not an easy task for me. During all of those months, I compared myself to other runners, thinking I would never be able to run long distances and never run the paces I really wanted to run. I went through so many emotions: excitement, anxiety, joy, frustration and sadness. I cried -- sometimes a lot. I realized I had to stop making comparisons and just be me; I was overthinking things a lot. Joining the BTC gave me running partners and groups, but it also gave me friends who not only run with me, but motivate and encourage me. It



BTC GIVES LOCAL VIRTUAL RUN – 2021 EDITION!

Our 2020 BTC Gives Local Virtual Run was so much fun, we're doing it again! Let's give back to our community while doing what we all love most: running! Sign up for the 2021 BTC Gives Local Virtual Run, and support the Fresh Water Land Trust. Your registration gets you a super cool t-shirt, the chance to win some awesome prizes, and the satisfaction of supporting one of Birmingham's dynamic non-profits – it's a Win/Win!

REGISTER HERE

What is the Fresh Water Land Trust?

Freshwater Land Trust conserves, connects, and cares for land and water in Central Alabama, creating dynamic green spaces for future generations. In the simplest terms, the Trust [conserves land](#) and [builds trails](#) so that Alabama's communities are healthier and happier.

Since 1996, the Trust has worked to conserve land that is critical for the protection of rivers and provides recreational opportunities for local communities. The Trust is actively working in Bibb, Blount, Dallas, Jefferson, Shelby, St. Clair, Tuscaloosa, and Walker counties and is proud to partner with governments, corporations, landowners, and community groups to protect our natural environment and to increase public outdoor recreational opportunities. It is nationally accredited by the Land Trust Accreditation Commission, Land Trust Accreditation Commission, meeting national standards of excellence, upholding the public trust, and ensuring conservation efforts are permanent.

FWLT has worked diligently to build paths and trails all around Birmingham that are well used by runners and bikers throughout the Greater Birmingham Metro.

How Can BTC Help?

As runners who utilize and appreciate these trails so much, we wanted to help support the mission of the FWLT this year. During this year's virtual event, everyone can help out and support the FWLT while exploring some of the many trails around Birmingham.

Our official event will begin Monday, May 10 and end on Saturday, May 15. After Saturday's long run, the BTC will host a Run Social and provide some giveaways for everyone who participated in the virtual run.

How can you increase your odds at winning some awesome prizes?

- [Sign up](#) for the BTC4FWLT event on RunSignUp
- [Purchase an extra t-shirt](#) on the RunSignUp store page
- Go out and explore any of the trails supported by FWLT, snap a picture and share it on social media with #BTC4FWLT. You can find a [trail here](#).
- Earn an extra point if you snap a picture with one of the [Litter Gitters](#) spread throughout the city.

To find out more or to become a Fresh Water Land Trust fan visit the website at [FreshWaterLandTrust.org](#).

BTC Gives Local Virtual Run

When: May 10-15, 2021

Where: Anywhere you want to run

Distance: Pick your distance

ALL PROCEEDS GO TO FRESHWATER LAND TRUST!



MEDICATION AND MILES:

What are SSRIs and SNRIs and How Do They Affect More Than Just Mental Health?

By Jacob Jarboe, 2023 Pharm.D. Candidate and Kim Benner, Pharm.D.



WHAT ARE SSRIs AND SNRIs?

Serotonin-norepinephrine reuptake inhibitors (SNRIs) and selective serotonin reuptake inhibitors (SSRIs) are in a class of medications known as antidepressants (see Table 1). These medications can regulate mood by reinstating a more normal neurotransmitter balance, primarily with serotonin (5-HT) and norepinephrine (NE). These neurotransmitters affect behavior, appetite, emotions, motor control, cognitive function, circadian rhythms, bone formation, energy metabolism, blood pressure, and pain.^{1,2} Thus, it is no surprise that these agents can be used for other indications than just depression. The CDC estimates that approximately 7.2% of Americans had a major depressive episode in the past year and approximately 13.2% of Americans take antidepressants; use of antidepressants increased with age.³

	Brand name	Generic name
SSRI	Prozac	fluoxetine
	Paxil	paroxetine
	Lexapro	escitalopram
	Celexa	citalopram
SNRI	Strattera	atomoxetine
	Cymbalta	duloxetine
	Effexor	venlafaxine
	Pristiq	desvenlafaxine

HOW DO THESE MEDICATIONS AFFECT PHYSICAL HEALTH?

Every single medication on the market has a drawback, or a “side effect”. Antidepressants can have a laundry list of side effects, quite a few of which can affect your exercise routines. A common side effect is their effect on appetite. Most of the time these agents will cause you to be less hungry; so if you’re not eating as much then you will begin to lose weight. This could have a big impact on your overall energy. Besides the fact they cause weight loss, antidepressants themselves generally cause you to be tired in general.⁵

Another side effect brought to light in recent years was the way antidepressants affect your bone density. Some studies have shown that patients taking these medications could have up to double the risk of bone fractures, especially in the hips. A trial in 2007 showed almost twice as much of a decrease in bone mineral density in the hip compared to people not taking SSRIs in people 65 and older.⁴ And while it may not be appropriate to generalize these findings to most of the population because these studies were done with people over the age of 50, these reports are important to note nonetheless.

Most people who exercise may experience a random cramp here and there or even be a little sore from pushing themselves hard during a workout. Unfortunately SSRIs can also cause any of these symptoms. These symptoms can be quite common and can even include back pain or spasm. If back pain or spasms become too bothersome, please do not stop taking your medications but do consult your healthcare provider.

SSRI’s can cause some you to be more susceptible to respiratory tract infections or even sinus infections. Infections can include: an influenza-like syndrome, respiratory tract infections, pharyngitis, sinusitis, rhinitis and fever. SSRIs have not been linked to increased COVID infections; one study in France showed less severity from COVID in people on SSRIs.⁶

Some less common adverse events associated with SSRIs include excess sweating in some patients. Some patients will also have an increase in a QTc interval prolongation. A QTc interval is a measurement of the heart rhythm that starts with the large spike and ends with the hump of the heartbeat. If the QTc lengthens too much it can cause ventricular tachycardia which can be fatal; this can be measured with an EKG or electrocardiogram. A patient who feels like his heart is “skipping” a beat or pounding in his chest

CONTINUED ON NEXT PAGE

MEDICATION AND MILES:

What are SSRIs and SNRIs and How Do They Affect More Than Just Mental Health?

should see his primary care provider. Another rare but reported effect is tardive dyskinesia, which is when a person loses control of her motor skills. Antidepressants can cause blurry vision, which may reverse when the drug is stopped. Lastly, Effexor has been linked to a large increase in bad cholesterol known as LDL; an increased LDL has been linked to heart attacks and strokes.⁷

All medications come with a risk versus benefit profile. If you are taking an antidepressant, you should be aware of how it affects your physical health. If you decide to stop taking an antidepressant, talk to your health care provider before quitting. Abruptly quitting could cause withdrawal symptoms such as: anxiety, insomnia, vivid dreams, dizziness, irritability, nausea, return of depression or even suicidal thoughts. The FDA encourages all patients and health care providers to report any side effects at 1-800-FDA-1088 or www.fda.gov/medwatch. Hopefully if you are taking or considering taking one of these medications, your side effects will be rare or become tolerable so that you can continue to exercise as you like, especially since exercise can also boost your mood and decrease anxiety.

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IT'S BACK

It's time for our first BTC Run Social since. . . well, a really long while! Join us for a great run, food, beverages, and a raffle with awesome prizes. The Run Social will coincide with the conclusion of the BTC virtual run event supporting the Freshwater Land Trust. Details TBA, but get this one on your calendar now – you don't want to miss the fun!

The Trak Shak in Homewood • May 15, 2021 • 6:00 a.m.

DRY NEEDLING...IS THAT LIKE ACUPUNCTURE?

Benefits of Dry Needling

Relief of muscular pain/stiffness

Improve flexibility

Increase range of motion

Stimulate healing process through trigger points



This is a question I get asked all the time, and the answer is a very loud NO! The similarities between dry needling and acupuncture are in the needle -- both use a solid thin filiform needle. Outside of the needle, dry needling is based on a completely different philosophy and approach to treating trigger points and functional neuromuscular deficits. Treating the neuromuscular tissue that is not allowing proper movement is the overall goal.

WHAT IS DRY NEEDLING?

Dry needling is a technique performed by a physical therapist who uses a thin filiform needle to penetrate the skin. The therapist uses the needle to stimulate underlying myofascial trigger points, muscles and connective tissue for the management of neuromuscular pain and movement impairment.

WHY IS DRY NEEDLING USED?

Following injuries or degenerative processes, muscle tightness and spasm can occur, which can lead to nerve involvement and result in referred pain. This referred pain can lead to secondary dysfunctions such as decreased mobility, chronic pain and many other disorders. The treatment involves identifying the source of the trigger point and placing a filiform needle into the related muscle to elicit a twitch response.

WHAT ARE THE BENEFITS OF DRY NEEDLING?

Stimulating these trigger points can reset the muscle to alleviate the primary dysfunction, as well as the referred pain. Many patients experience dramatic pain relief as well as improved range of motion and restoration of function.

HOW DOES THIS APPLY TO MY TRAINING?

With repetitive trauma or training, muscle fibers can become shortened, which creates increased tension on the tendon. With increased tension on the tendon, inflammation can occur. Additional stress can be created on the bone itself as seen in conditions of chondromalacia. If you have ever had anterior knee pain, IT Band syndrome or Achilles tendonitis, chances are you have experienced muscle shortening resulting in increased movement dysfunction. Dry needling the associated trigger points will increase flexibility, decrease pain and improve your mobility with training.

Utilizing dry needling as part of your training program is a great way to minimize overuse injuries. This treatment requires minimal time in the clinic. Time is valuable – if you are injured, dry needling can promote a faster recovery time. Even if you are not injured, dry needling can be a valuable tool to prevent overuse injuries related to muscle shortening.



For any questions or exercise recommendations, please email us at tsendurance@therapysouth.net We are here to help you!

Ryan Hunt DPT, CSCS, ASTYM certified provider, Dry Needling practitioner, BFR certified
Clinic Director rhunt@therapysouth.net
TherapySouth - PatchWork Farms/Altadena
205-783-5270

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.

THE RRCA SUCCESSFULLY HOSTS FIRST IN-PERSON RUNNING INDUSTRY CONFERENCE IN MORE THAN A YEAR

By Alex Morrow, RRCA State Representative



Thirteen months after the 2020 RRCA National Convention became one of the first major running events shut down by COVID-19, the 2021 RRCA Convention became the first in-person running industry conference in more than a year.

From April 15-18, 2021, attendees and sponsors from across the country, including club leaders, race directors, RRCA volunteers, and coaches, gathered in Orlando, Florida. The three day conference consisted of a full schedule of events, including education sessions, networking functions, the RRCA Hall of Fame and National Running Awards breakfast, a two-day Coaching Certification Course, and the RRCA Annual Meeting of the Membership.

Unsurprisingly, COVID-19 and its impact on the world, as well as the running industry, was a common theme for many of the education sessions. Orlando-based events company Track Shack Events shared detailed information on how they have successfully hosted in-person races, including a 2000-person event, over the last year. Education sessions also covered many other relevant topics such as strategic planning, understanding the permitting process, and fostering a culture of leadership in younger running club members.

The biggest takeaway? 2021 will see a large increase in the number of races being held, so start training!



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Jessica Allen	Kimberly Bookout	Chris Hanvey	Rod Robinson	Scott Weisberg
Justin Allen	Lilah Bookout	Skylar Holland	Hannah Rogers	Prince Whatley
Janet Altobella	Christopher	Alissa Hood	Dailyn Swann	Amber Whillock
Ekkehard Bonatz	Carey	Carol Howard	Zachary Taylor	
Cameron Bookout	Melissa Childers	Carl Howard, Jr.	Pam Tidwell	
Jason Bookout	Betsy Darnall	Sidharth Kumar	Mike Tomlin	
Kaylee Bookout	Carla Grady	Jeff Renfro	Jesse Weisberg	

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

Water Stops Will be Back Soon!

Just in time for heat and humidity, the BTC will soon begin offering community water stops in conjunction with our Saturday morning BTC long runs. The process will be very similar to pre-Covid, but with some added precautions. Volunteers will put out coolers with water, sports drink, cups, and a trash bag at designated locations along the BTC route. However, we will ask volunteers to include hand sanitizer with each cooler as well. We also will ask that runners not congregate closely at the water stops. Anyone who is uncomfortable utilizing the community water stops is of course welcome to continue carrying his or her own hydration. As always, we ask everyone to use common sense – please don't show up for group runs if you are feeling ill, and be careful around other people.

We will continue to post suggested routes to accommodate different distances on the BTC [Long Run Facebook page](#). 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 30, 2021 are listed below.

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Adams, Jeffrey	R	163	Brown, Charlie	8	576	Corrin, LaRonda	1	209
Adams, Sue	1	364	Brown, Katie	R	414	Corrin, Roger	4	197
Adwell, Stephen	R	541	Brown, Michael	4	276	Cowart, Britney	3	0
Ahmed, Kabeer	2	497	Brown, Sean	6	165	Cramer, Robyn	R	419
Allen, Jessica	R	190	Browne, Shannon	R	264	Cramer, Steve	R	134
Anderson, Kerri	5	161	Bryant, Jason L.	R	388	Crawford, Katelyn	R	354
Baggett, Christopher	2	244	Burks, Ross	4	251	Creed, Brad	4	301
Barnes, Jimmie	6	0	Burruss, Anne	R	13	Creel, Mary	3	347
Bartee, Samm	5	267	Burruss, John	R	289	Crowson, Bill	5	431
Bayush, Tori	2	619	Burson, Steven	R	242	Cutchen, Cindy	R	258
Beard, Karen	R	85	Caine, Lawrence	1	304	Cutshall, Hannah	2	343
Becker, Bryan	1	403	Callahan, Chris	4	179	Davidson, Dow	3	559
Benner, Kim	8	604	Carden, Melissa	R	421	Davidson, Jen	1	0
Bensinger, Cole	2	132	Carey, Christopher	7	107	Deffenbaugh, Todd	R	554
Benson, Wayne	7	388	Carlton, Bob	6	316	Delmo, Lito	R	0
Blackmon, Kim	R	324	Carter, Adrienne	2	0	Denton, Matt	8	0
Boackle, Larry	4	0	Carter, Jason	1	444	Dixon, Jonathan	1	335
Boackle, Tomie Ann	1	0	Caviedes, Octavio	1	871	Dowling, April	1	68
Booher, Lisa	9	595	Chaffinch, Violet	R	420	Duke, Cindy	5	469
Bookout, Jason	2	444	Chandler, Teresa	11	473	Dyck, Rayna	R	0
Bookout, Kimberly	2	500	Channell, William Andrew	1	622	Edgerton, Amy	1	346
Boswell, Ryan	1	189	Cheek, James	R	32	Edmondson, Laurie	R	746
Bowman, Bill	R	330	Childers, Melissa	R	3	Estes, Cameron	2	380
Boylan, Brittany	R	273	Clay, Brad	13	670	Estrada, Steven	2	911
Boylan, Chris	R	120	Cleveland, Jeff	4	551	Evans, Debbie	7	345
Brakhage, Victoria	4	416	Cliett, Stephanie	6	441	Ferlitto, Cindy	2	219
Bray, Elizabeth	1	487	Coleman, Tim	3	556	Fontenot, Misty	4	497
Bridwell, Hunter	1	102	Colpack, Susan	1	415	Forbus, Reed	R	109

1200 MILE CLUB

Participant	Years	Total
Ford, Eric	1	208
Franklin, Shane	9	379
Frederick, Winston	12	266
Freeman, Sheila	4	435
Gayheart, Cheryl	1	352
Gilbert, Beth	R	100
Gilmour, Laura	R	616
Glasgow, Robert	R	0
Goode, Johnny	12	310
Goss, Ange	2	347
Grady, Carla	2	0
Graham, Ryan	1	0
Grainger, Matt	1	625
Gray, Mariel	R	155
Gray, Michael	1	403
Greene, Michael	2	0
Griffin, Misty	1	506
Gruschow, Mariana	R	0
Gullapalli, Satya	5	0
Hale, Katie	R	70
Haley, Jay	5	390
Hall, Thomas	1	0
Haralson, Danny	12	159
Haralson, Micki	12	362
Hargrave, Alan	13	555
Harris, Mindy	R	35
Harrison, Lisa	9	347
Harry, April	3	460
Hart, Laree	R	199
Hartsfield, Gregory	1	577
Hartsfield, Kathryn	R	0
Henley, Monica	5	0
Henninger, Alison	6	504
Hess, Alan	R	380
Hilson, Brandi	R	116
Hogeland, Angie	2	418
Hogstrom, Minda	R	88

Participant	Years	Total
Holcomb, Zachary	3	516
Holland, Skylar	3	140
Hollington, Kasey	2	258
Hood, Alissa	1	545
Hoover, Alison	9	0
House, Beth	6	312
Hubbard, Stephanie	1	0
Ingle, Brandon	R	0
Izard, Georgia	3	382
Izard, Melody	3	0
Jackson, Bradley	1	401
Jenkins, Kaki	7	571
Jenkins, Michael	R	389
Jones, Allen	2	425
Keefer, Herb	2	0
Kelley, Robin	7	654
Kemper, Tricia	6	552
Klasner, Ann	R	617
Knight, David	1	397
Kornegay, Marla	1	396
Krick, Stefanie	1	606
Kuhn, Jimmy	13	322
Kulp, Loren	5	431
Kumar, Sidharth	R	218
Laird, Audrey	6	606
Lamb, Patrick	1	346
Lancaster, Jeff	2	539
Landefeld, Dale	R	359
Langston, Aaron	5	0
Lawhorn, Joseph	1	0
Logan, Jennifer	R	31
Love, Thomas	2	130
Lyda, Anna Kate	R	143
Lyda, Beth	1	503
Lyda, John	2	419
Lyle, Randy	12	576
Madaris, Brandon	R	458

Participant	Years	Total
Malec, Bonnie	R	0
Malec, Zachariah	R	0
Malick, David	7	403
Martin, Sheree	R	422
Mathews, Skip	R	181
McElroy, Catherine	1	513
McGriff, Colton	R	71
McIntyre, Morgan	R	303
McKinney, Margaret	R	10
McLain, Chase	R	284
Merry, Vicki Sue	8	345
Mickens, Cassandra	2	132
Miller, Joshua	2	0
Mishra, Anoop	R	579
Moman, Ashley	R	260
Morgan, Danielle	5	215
Morgan, Phillip	8	265
Morris, Gordon	R	410
Morrow, Alex	9	391
Moses, Mike	1	224
Murchison, Reginald	6	502
Newkirk, John Allen	R	107
Noerager, Brett	1	460
Noerager, Felicia	R	580
Northern, Kristie	11	578
Norton, Laura	2	584
Oechslein, Tamara	1	584
Oehrlein, Kimberly	R	0
Oliver, John	6	285
Orihuela, Carlos	3	470
Orihuela, Catheryn	R	0
Ortis, Ellen	2	483
Padgitt, Scott	1	339
Parks, Charlie	7	810
Parsons, Christy	R	191
Patrick, Nicolette	2	0
Payson, Tabitha	R	254

1200 MILE CLUB

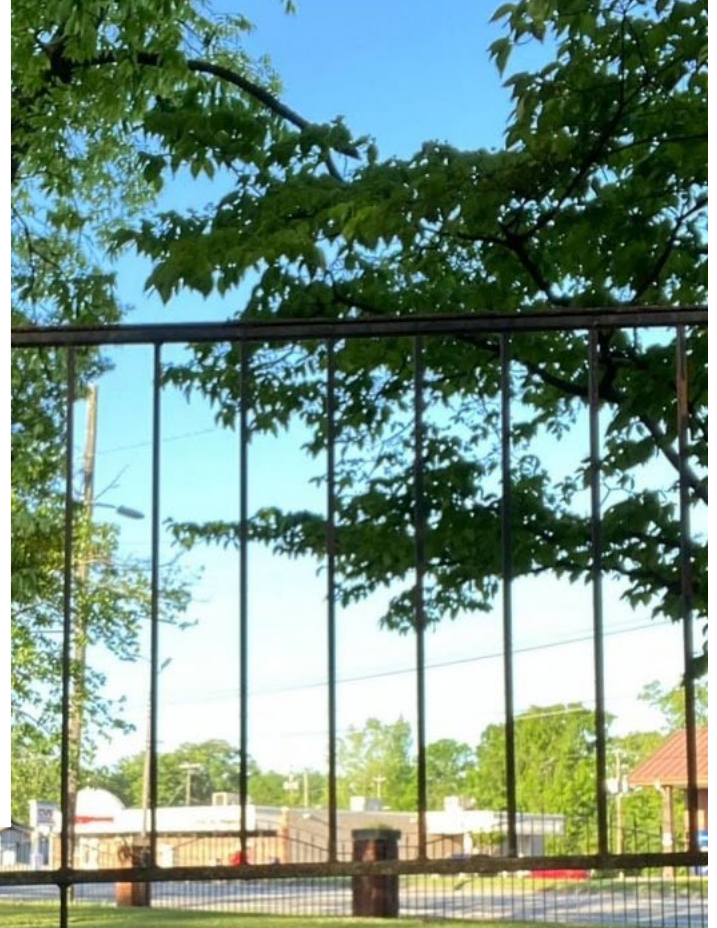
Participant	Years	Total
Payson, Tommy	3	315
Peagler, Shana	8	245
Peagler, Zach	1	498
Pearce, Julie	5	181
Pitts, Adele	R	0
Plante, David	8	315
Poh, James	2	510
Poole, Greg	3	300
Powell, Shane	2	682
Proctor, Megan	1	347
Pronath, Katrina	R	67
Purvis, Jeffrey	R	228
Randolph, Megan	R	519
Rawson, Brent	3	511
Renfro, Jeff	2	418
Richardson, Brent	R	374
Richey, Lori Beth	3	487
Ritchie, Joseph	3	551
Ritchie, Lauren	2	608
Roberson, Kevin	5	254
Roberts, Fletcher	6	0
Robinson, Lyndsey	1	512
Robinson, Rod	R	409
Rodgers, Jeffrey	3	290
Rogers, Hannah	1	287
Roper, Lynn	3	322
Rose, Billy	6	944
Ross, Cara	R	288
Rosser, Joey	4	372
Routman, Cindi	R	354
Routman, Michael	R	409
Rutherford, Keith	13	171
Rutledge, Lisa	5	480
Salter, Shannon	R	0
Sanders, Gwendolyn	2	329
Shaffield, Danny	7	813
Sherer, Jeremy	4	484

Participant	Years	Total
Sherman, Travis	R	186
Sherrell, Jeff	1	643
Shin, Ki	R	0
Shinn, Ronald	7	143
Shoaf, James	2	233
Short, Lori Lynn	R	417
Sides, Dean	4	313
Silwal, Suman	9	0
Simpson, Kevin	7	858
Sims, Bob	R	456
Sims, Cecelia	1	279
Sloane, Mike	5	336
Smith-Janias, Mary Ann	R	235
Smith, Daryl	R	607
Smith, Erin	R	502
Smith, Jason	1	397
Smith, Jerry P.	11	438
Smith, Kelly	R	221
Soileau, Chester	3	0
Spikings, Matt	R	330
Stockton, Rick	13	321
Swiney, Elana	R	203
Thompson, Samuel	R	0
Thurman, Terralance	R	234
Tibbs, Seth	1	272
Tidwell, Pam	R	220
Tomlin, Chace	1	341
Trimble, Jamie	6	578
Tucker, Taylor	R	155
Valles, Tina	1	301
Vaughn, Lora	R	389
Wade, Josh	R	0
Waid, David	1	825
Walker, Caroline	1	150
Warren, Key	R	274
Washington, Monica	R	238
Watters, Ana	2	555

Participant	Years	Total
Watters, Larkin	1	380
Watters, Robert	6	465
Weber, Amy	2	273
Weeks, Lance	2	261
Wells, Bradley	4	551
Wende, Adam	6	191
Whately, Prince	8	403
White, Robin	1	544
Wilhite, Thomas	5	305
Williams, Shanada	1	92
Williams, Shaunda	2	0
Williamson, Rebecca	2	337
Wilson, Mark	R	243
Wiseman, Steve	6	588
Wood, Heather	1	0
Woody, Bill	12	442
Wright, Amy	3	0
Wu, Xing	9	303
York, Gary	7	601
Zajac, Jason	2	642
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



This month, we are thrilled to recognize two of our favorite ultra-long distance runners: **Lisa Booher** and **Micah Morgan**. These ladies are true rockstars!

Congratulations to **Lisa Booher** for winning the Endurance Hunter 50 Miler trail run in Blue Ridge, Georgia on April 11. A veteran of multiple 50 and 100 mile races, Lisa just keeps getting better and faster (and always has the best finish line smiles). Way to go, Lisa!

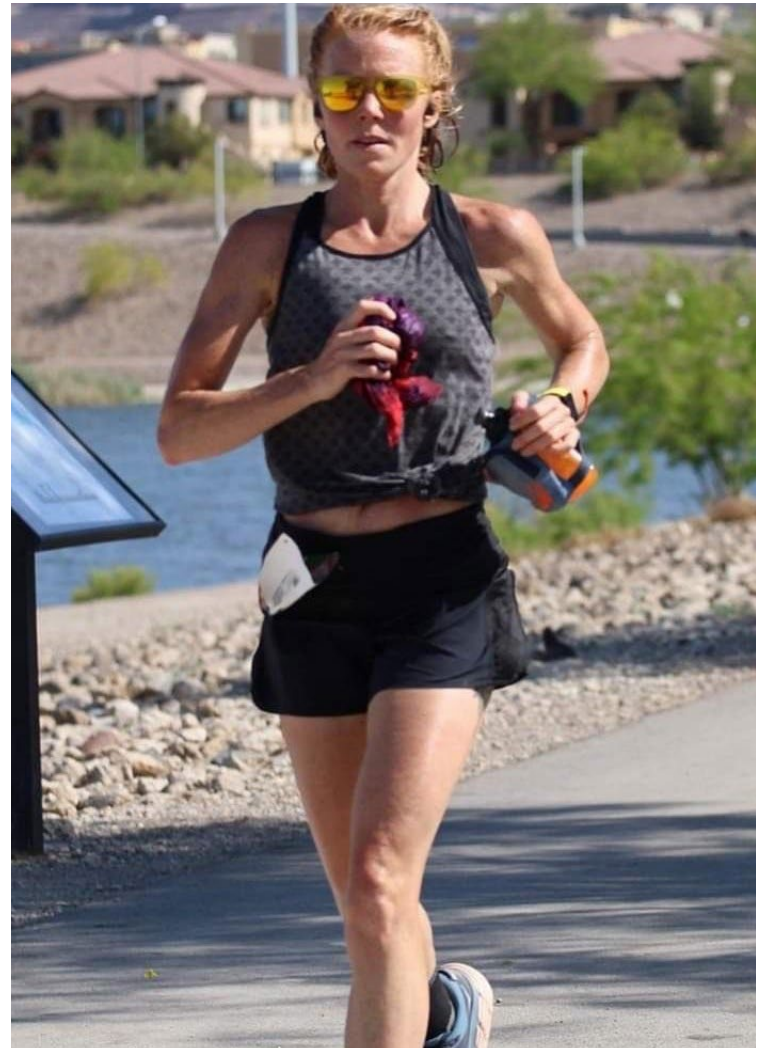
Micah Morgan was the third female and fifth overall finisher at the USA Track & Field 100 Mile National Championship at the

Jackpot Ultra Running Festival, April 23-25 in Nevada. No stranger to desert running (Micah was third female in the infamous 2018 Badwater 135 ultramarathon, among her other “feets”), Micah beat the course record, snagged a 10-minute PR, and is now ranked 10th on the All-Time American Female 100 Mile list. Wow... just wow! Congratulations, Micah!

While not all of us run crazy distances or end up on podiums, the beauty of running is that each of us can set our own goals and achieve our own milestones. [Send us](#) your own “feets” of strength, and let’s celebrate your accomplishments!



Lisa Booher



Micah Morgan

BTC EXECUTIVE BOARD MEETING

April 12, 2021

Attendance: Hunter Bridwell, Alan Hargrave, Skylar Holland, Kim Benner, Jamie Trimble, Judy Loo, Julie Pearce, Bradley Wells, Trish Portuese, Charles Thompson, and Dean Thornton.

Dean Thornton made a motion to approve the minutes of the March 2021 Executive Board Meeting. The motion was seconded by Skylar Holland and passed without opposition.

Membership (Hunter Bridwell reported numbers on behalf of Cameron Estes)

We currently have 799 members and 622 memberships. We plan to have a social event with another membership drive in the spring, possibly around Memorial Day.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be the Monday, May 3rd. Please have all content to Julie by April 23, 2021.

Treasurer (April Harry)

The financial report was sent via email by April Harry. Financials look good. April noted the importance of getting expenses in as soon as possible after an event, especially for events occurring at the end of the year.

Long Run Committee (Hunter Bridwell)

Hunter brought up bringing back water stops for the Saturday long runs; the consensus was that we should do so, with safety protocols in place.

Merchandise (Bradley Wells)

We are having a sale for all remaining, cold-weather merchandise. Bradley proposed two new designs for BTC shirts for spring merchandise.

Fresh Water Land Trust Fundraiser (Bradley Wells)

The BTC is hosting a virtual run in early May benefiting Fresh Water Land Trust, around May 10 – 16, after Mother's Day. This will be an all week, virtual event and participants can sign up for any distance. RunSignUp will be used for registration and prizes will include gift cards. Fresh Water Land Trust will be having the grand opening of the new trail this summer. The BTC would like to participate in the event, Bradley is looking into different sponsorship levels.

1200 Mile Club (Hunter Bridwell)

Currently, registration for the 1200 Mile Club in 2021 is still open. Patches from 2020 are now in stock. Some were handed out at Statue to Statue. Hunter has the patches for participants still needing to pick up theirs up.

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. Hunter is assisting with this help Scott Wood. We are going to send email to allow members to vote for officers. We will request that Alex Morrow help facilitate this.

Volunteers (Kim Benner)

We were short-handed for volunteers at Statue to Statue due to the holiday weekend (Easter).

Statue to Statue (Judy Loo)

466 participants signed up and 303 finished the race. She is happy to have been able to have the event at Oak Mountain. Anyone who placed and has not picked up their award, the hats are available at Trak Shak.

New Business (Hunter Bridwell)

Hunter noted that we are planning to have a BTC social in May or early June. Water stops will also start back for Saturday long runs around that time. Lastly, officer elections will be held via an email sent to members for voting purposes.

There being no further business, the meeting was adjourned. The next meeting will be held at Trak Shak on Monday, May 10, 2021 at 6:00 p.m.



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	May 8, 2021	6:00 a.m.
Motherwalk & Run 5K	May 8-9, 2021	VIRTUAL
HBCU STEM Education Run	May 9-May 16, 2021	VIRTUAL
Sozo Children's 10th Annual Run for a Reason Virtual 5K	May 9-15, 2021	VIRTUAL
XTERRA Oak Mountain Trail Marathon and Runs	May 9, 2021	7:30 a.m.
BTC Gives Local Virtual Run	May 10-15, 2021	VIRTUAL
BTC Executive Board Meeting (location TBA)	May 10, 2021	6:00 p.m.
BTC Run Social	May 15, 2021	6:00 a.m.
15th Annual Spring Scramble 5K	May 15-22, 2021	VIRTUAL
Kitty Kat Haven & Rescue 5K Meow-a-thon and 1 mile Whisker Walk	May 15, 2021	9:00 a.m.
Positive Choices 5K and Fun Run	May 15, 2021	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 22, 2021	6:00 a.m.
One Mile for RMHC	May 23, 2021	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 29, 2021	6:00 a.m.

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

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

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



BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

--	--

Zip:

--	--	--	--	--	--

Birthdate:

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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