



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
★ WHERE RUNNERS ARE FORGED ★

THE VULCAN RUNNER

June 2021 (6)



JUNE 2021: 40 YEARS OF PEAVINE FALLS RUN

By Hunter Bridwell, Race Director, Peavine Falls Run

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2 June 2021: 40 Years of
Peavine Falls Run

3 Vice-President's Address

5 Medication and Miles

6 Sugar Snap Salad Recipe

8 1200 Mile Club

12 BTC Run Socials Are Back!

JUNE 2021: 40 YEARS OF PEAVINE FALLS RUN

We're almost half-way through 2021, and preparations are in full swing for the 40th Annual Rick Melanson Peavine Falls Run. It's hard to believe that it was this same event in 2020 where the BTC laid out its Covid-19 race protocols in order to hold a safe, IN-PERSON race – one of only a few live races at the time. We've come a long way since then, and we are ready to celebrate our country's independence with another fun race!

Here's what this year's Peavine Falls Run will look like:

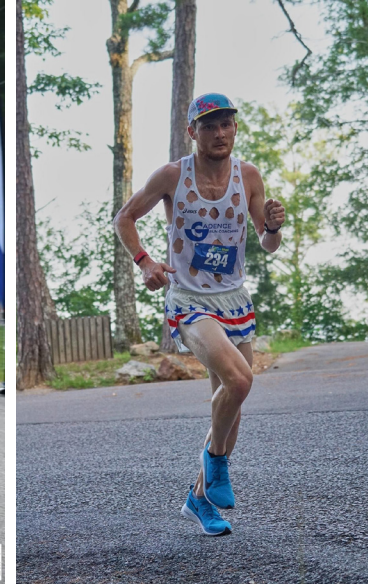
- We're going back to the normal race start instead of the staggered, wave start as seen in the last few BTC races. Our walkers will get things started at 6:30 am, and we'll get the rest of the field through the starting line at 7:00 am.
- We will have the full complement of hydration stations, and our volunteers will be handing out drinks as you run by (or you can still grab your own from the table as you pass, if you prefer).
- Our post-race party will include a wide variety of food and beverage options.
- Awards will be presented after the race to our top 10 overall male and female finishers and to our male and female masters winners.

The post-race setup will be in the large open field across the street from the Dogwood Pavilion, in front of the normal race start line.

Don't forget, you can [REGISTER](#) for only \$25...PLUS BTC members get a \$5 discount as well. You can't beat the price for the opportunity to hit the roads and trails with your running family on Independence Day.

Advanced packet pick-up will be available and encouraged on Saturday, July 3 at The Trak Shak in Homewood. Come get in a good shake out run with the BTC on Saturday morning, then swing by The Trak Shak to pick up your packet and stock up on all your running gear needs.

I can't wait to see everyone out at Oak Mountain State Park on July 4th!



VICE-PRESIDENT'S ADDRESS

By Skylar Holland



Hello friends! Happy spring running season! I do not know about you, but I have a little more pep in my step than I did this time last year.

The BTC celebrated a brighter May this year with the return of a few of our favorite things! As Mother Nature turned up the heat, we were very happy to (finally!) resume community water stops for the BTC's Saturday morning long runs! We know these will be much appreciated as the weather gets even warmer in the coming weeks and months.

We also sponsored the second BTC Gives Local Virtual Run, raising funds to benefit the Fresh Water Land Trust. To finish off the week-long virtual event, we hosted the first BTC run social in well over a year outside The Trak Shak in Homewood. The biscuits from Maple Street Biscuit Company were a huge hit! Yum! Looking around and seeing so many friendly faces from our running community that morning gave me all the feels!

After this small taste of normalcy, I am even more excited about future opportunities to gather, including the upcoming third race in the BTC Race Series: the Rick Melanson Peavine Falls Run on July 4th!

I am also looking forward to the upcoming summer months (even the sweat in my eyes!), and logging miles with the wonderful runners who make up the Birmingham running community.

See you all out there!

Skylar Holland

BTC Vice President

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



*Scan to schedule
your next
appointment*

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BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health, and recreation.

Contact BTC at:

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Race Results

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

birminghamtrackclub.com
championship-racing.com



MEDICATION AND MILES:

Runnin' on Statins

By Savannah Jones, Pharm.D. Candidate 2022, Kim Benner, Pharm.D.



WHAT ARE STATINS?

Statins are a class of prescription medications that are used to lower cholesterol. They are called “statins” because each of their generic names end in “-statin.” (see Table 1) People with elevated blood cholesterol levels take these statins to lower their cholesterol, and subsequently reduce risk of stroke or heart attack. Statins lower cholesterol levels by inhibiting an important enzyme that is responsible for making cholesterol. In addition, statins also lower the number of triglycerides in the blood.

Table 1: Available statin medications

Generic Name	Brand Name
Atorvastatin	Lipitor
Rosuvastatin	Crestor
Simvastatin	Zocor
Pravastatin	Pravachol

HOW DO STATINS AFFECT PHYSICAL ACTIVITY?

One of the most common complaints reported from people on statin therapy is muscle pain. Rarely, statins can cause a more severe form of muscle pain, otherwise known as rhabdomyolysis.¹ Rhabdomyolysis is a condition where damaged skeletal muscle tissue breaks down and releases contents into the blood. Occasionally, exertional rhabdomyolysis has been reported.

Incidence of exertional rhabdomyolysis is more common in those with a more sedentary lifestyle who suddenly try a high-intensity exercise. If the high-intensity exercise is performed in hot, humid environments, the condition may be exacerbated.²

The Journal of Clinical Lipidology reported different studies relative to statin use and physical activity. They examined five studies, three of which showed a decrease in physical activity while on statin therapy. The STOMP trial examined effects of atorvastatin 80mg daily for 6 months on physical activity. The subjects were separated into three different age categories, 20-39, 40-54, and >55 years. Physical activity decreased a significant amount in the oldest age group (>55 years); however, increased in the youngest age group (20-39).³ Another study, The Osteoporosis Fractures in Men Study, measured physical activity in men older than 65 years at baseline and after 6.9 years. Men taking statins at baseline had the lowest level of physical activity at baseline. Men started on statins reduced their physical activity over time, eventually becoming like the group who were always on statin therapy. The group of men who never used statins had the greatest level of physical activity throughout the study.⁴

Overall, exertional rhabdomyolysis is very rare. However, it does occur in some populations and can prevent people from exercising, as shown in the trials above. Those taking statins who wish to exercise can be vigilant and do simple things to prevent this from happening. All exercise should begin at low-intensity and progress gradually. If you take statins, talk to your doctor or pharmacist about signs to look for, such as muscle stiffness or pain, fatigue, or dark-colored urine. If you are going to exercise outside, try to do so during a cooler time of day. Lastly, but most importantly, remember to hydrate well, as this may help prevent with this rare side effect from statins as well as improve your overall health.²

References

1. *Statin side effects: Weigh the benefits and risks. Mayo Clinic. Accessed May 7, 2021. <https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/statin-side-effects/art-20046013>*
2. *How Common Medications May Affect Your Clients' Exercise Programs. ACE Fitness. Accessed May 7, 2021. <https://www.acefitness.org/certifiednewsarticle/3296/how-common-medications-may-affect-your-clients-exercise-programs/>*
3. *Parker BA, Capizzi JA, Grimaldi AS, et al. Effect of statins on skeletal muscle function. Circulation. 2013;127(1):96-103.*
4. *Noyes AM, Thompson PD. The effects of statins on exercise and physical activity. J Clin Lipidol. 2017;11(5):1134-1144.*

Sugar Snap Salad Recipe

By Rebecca Williamson

This delicious salad will become your go-to for summer afternoons and al fresco dinners at home. Not only are the sugar snap peas a great source of Vitamin C, but they also are a great source of Vitamin K, which many suggest plays a key role in increasing bone strength and density.

INGREDIENTS

- 1 orange
- 4 ears of corn, shucked
- 8 oz. sugar snap peas, lightly blanched
- 1 clove of garlic, minced
- 1 Tbs. white wine vinegar
- 4 Tbs. extra virgin olive oil
- Salt and pepper to taste
- Feta, if desired

DIRECTIONS

1. Combine the juice of one orange, 4 tablespoons of extra virgin olive oil and minced garlic into a bowl, whisk, add a pinch of salt and pepper, and set aside. Cut sugar snap peas into small bite size piece and place in a large bowl. Char grill the corn on the cob on a grill until grill marks form or place in a hot pan and cook until corn starts to roast, being careful not to overcook (corn should be firm and not soggy).
2. Combine grilled or roasted corn with the sugar snap peas and add about 2- 3 tablespoons of dressing. Stir well. Top with feta, if desired.
3. Enjoy as a side dish or add grilled or roasted chicken for a healthy refreshing summer dinner!

Rebecca Williamson is a classically trained chef who honed her craft at Le Cordon Bleu in London. She is passionate about good food, running long distances, and the camaraderie of sharing a delicious meal with family and friends.



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 ***

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Ramond Banks

Barbie Cleino

Denise Moss

James Shoaf

Tori Bayush

Cindy Cutchen

Gentry Patterson

Tommy Watkins

Cathy Beasley

Joel Isenberg

James Poh

Justin Zehnder

Katie Brown

Phil Morris

Megan Randolph

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 Are Back!

Just in time for heat and humidity, the BTC is now 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 June 6, 2021 are listed below.

Participant	Years	Total
Adams, Jeffrey	R	163
Adams, Sue	1	418
Adwell, Stephen	R	691
Ahmed, Kabeer	2	682
Allen, Jessica	R	190
Anderson, Kerri	5	238
Baggett, Christopher	2	388
Barnes, Jimmie	6	0
Bartee, Samm	5	493
Bayush, Tori	2	787
Beard, Karen	R	85
Becker, Bryan	1	657
Benner, Kim	8	775
Bensinger, Cole	2	132
Benson, Wayne	7	504
Blackmon, Kim	R	555
Boackle, Larry	4	0
Boackle, Tomie Ann	1	0
Booher, Lisa	9	595
Bookout, Jason	2	572
Bookout, Kimberly	2	614
Boswell, Ryan	1	381
Bowman, Bill	R	409
Boylan, Brittany	R	273
Boylan, Chris	R	120
Brakhage, Victoria	4	559
Bray, Elizabeth	1	904
Bridwell, Hunter	1	102

Participant	Years	Total
Brown, Charlie	8	731
Brown, Katie E.	R	541
Brown, Katie G.	1	524
Brown, Michael	4	381
Brown, Sean	6	469
Browne, Shannon	R	510
Bryant, Jason L.	R	455
Burks, Ross	4	251
Burruss, Anne	R	13
Burruss, John	R	289
Burson, Steven	R	327
Caine, Lawrence	1	539
Callahan, Chris	4	481
Carden, Melissa	R	553
Carey, Christopher	7	107
Carlton, Bob	6	534
Carter, Adrienne	2	0
Carter, Jason	1	530
Caviedes, Octavio	1	1,072
Chaffinch, Violet	R	521
Chandler, Teresa	11	764
Channell, William Andrew	1	787
Cheek, James	R	80
Childers, Melissa	R	3
Clay, Brad	13	1,132
Cleveland, Jeff	4	709
Cliett, Stephanie	6	548
Coffin, Diane	R	388

Participant	Years	Total
Coleman, Tim	3	701
Colpack, Susan	1	636
Corrin, LaRonda	1	349
Corrin, Roger	4	269
Cowart, Britney	3	502
Cramer, Robyn	R	688
Cramer, Steve	R	198
Crawford, Katelyn	R	459
Creed, Brad	4	527
Creel, Mary	3	463
Crowson, Bill	5	509
Cutchen, Cindy	R	441
Cutshall, Hannah	2	424
Davidson, Dow	3	1,020
Davidson, Jen	1	0
Deffenbaugh, Todd	R	693
Delmo, Lito	R	0
Denton, Matt	8	912
Dixon, Jonathan	1	383
Dowling, April	1	68
Duke, Cindy	5	590
Dyck, Rayna	R	0
Edgerton, Amy	1	611
Edmondson, Laurie	R	936
Estes, Cameron	2	380
Estrada, Steven	2	1,158
Evans, Debbie	7	470
Ferlito, Cindy	2	310

1200 MILE CLUB

Participant	Years	Total
Fontenot, Misty	4	643
Forbus, Reed	R	252
Ford, Eric	1	208
Franklin, Shane	9	626
Frederick, Winston	12	530
Freeman, Sheila	4	525
Gayheart, Cheryl	1	600
Gilbert, Beth	R	160
Gilmour, Laura	R	725
Glasgow, Robert	R	0
Goode, Johnny	12	656
Goss, Ange	2	465
Grady, Carla	2	0
Graham, Ryan	1	0
Grainger, Matt	1	791
Gray, Mariel	R	155
Gray, Michael	1	505
Greene, Michael	2	0
Griffin, Misty	1	649
Gruschow, Mariana	R	0
Gullapalli, Satya	5	0
Hale, Katie	R	70
Haley, Jay	5	563
Hall, Thomas	1	0
Haralson, Danny	12	249
Haralson, Micki	12	633
Hargrave, Alan	13	670
Harris, Mindy	R	35
Harrison, Lisa	9	593
Harry, April	3	814
Hart, Laree	R	199
Hartsfield, Gregory	1	731
Hartsfield, Kathryn	R	0
Henley, Monica	5	0
Henninger, Alison	6	624
Hess, Alan	R	547
Hilson, Brandi	R	234

Participant	Years	Total
Hogeland, Angie	2	490
Hogstrom, Minda	R	317
Holcomb, Zachary	3	646
Holland, Skylar	3	251
Hollington, Kasey	2	258
Hood, Alissa	1	545
Hoover, Alison	9	0
House, Beth	6	400
Hubbard, Stephanie	1	0
Ingle, Brandon	R	0
Izard, Georgia	3	382
Izard, Melody	3	0
Jackson, Bradley	1	521
Jenkins, Kaki	7	1,052
Jenkins, Michael	R	702
Jones, Allen	2	665
Keefer, Herb	2	0
Kelley, Robin	7	900
Kemper, Tricia	6	705
Klasner, Ann	R	734
Knight, David	1	490
Kornegay, Marla	1	664
Krick, Stefanie	1	770
Kuhn, Jimmy	13	838
Kulp, Loren	5	542
Kumar, Sidharth	R	218
Laird, Audrey	6	766
Lamb, Patrick	1	466
Lancaster, Jeff	2	677
Landefeld, Dale	R	462
Langston, Aaron	5	0
Lawhorn, Joseph	1	0
Logan, Jennifer	R	31
Love, Thomas	2	311
Lyda, Anna Kate	R	143
Lyda, Beth	1	550
Lyda, John	2	743

Participant	Years	Total
Lyle, Randy	12	997
Madaris, Brandon	R	573
Malec, Bonnie	R	0
Malec, Zachariah	R	0
Malick, David	7	670
Martin, Sheree	R	540
Mathews, Skip	R	181
McElroy, Catherine	1	594
McGriff, Colton	R	71
McIntyre, Morgan	R	426
McKinney, Margaret	R	10
McLain, Chase	R	589
Merry, Vicki Sue	8	416
Mickens, Cassandra	2	293
Miller, Joshua	2	0
Mishra, Anoop	R	754
Moman, Ashley	R	260
Morgan, Danielle	5	454
Morgan, Phillip	8	577
Morris, Gordon	R	536
Morrow, Alex	9	391
Moses, Mike	1	320
Murchison, Reginald	6	842
Newkirk, John Allen	R	236
Noerager, Brett	1	1,198
Noerager, Felicia	R	741
Northern, Kristie	11	732
Norton, Laura	2	747
Oechslein, Tamara	1	756
Oehrlein, Kimberly	R	0
Oliver, John	6	499
Orihuela, Carlos	3	789
Orihuela, Catheryn	R	0
Ortis, Ellen	2	632
Padgitt, Scott	1	550
Parks, Charlie	7	1,037
Parsons, Christy	R	318

1200 MILE CLUB

Participant	Years	Total
Patrick, Nicolette	2	0
Payson, Tabitha	R	254
Payson, Tommy	3	506
Peagler, Shana	8	512
Peagler, Zach	1	610
Pearce, Julie	5	181
Pitts, Adele	R	411
Plante, David	8	552
Poh, James	2	652
Poole, Greg	3	334
Powell, Shane	2	854
Proctor, Megan	1	449
Pronath, Katrina	R	67
Purvis, Jeffrey	R	717
Randolph, Megan	R	855
Rawson, Brent	3	689
Renfro, Jeff	2	537
Richardson, Brent	R	639
Richey, Lori Beth	3	529
Ritchie, Joseph	3	717
Ritchie, Lauren	2	763
Roberson, Kevin	5	254
Roberts, Fletcher	6	0
Robinson, Lyndsey	1	707
Robinson, Rod	R	485
Robinson, Tamara	1	0
Rodgers, Jeffrey	3	505
Rogers, Hannah	1	449
Roper, Lynn	3	589
Rose, Billy	7	1,213
Ross, Cara	R	490
Rosser, Joey	4	372
Routman, Cindi	R	615
Routman, Michael	R	509
Rutherford, Keith	13	381
Rutledge, Lisa	5	635
Salter, Shannon	R	0

Participant	Years	Total
Sanders, Gwendolyn	2	329
Shaffield, Danny	8	1,374
Sherer, Jeremy	4	601
Sherman, Travis	R	283
Sherrell, Jeff	1	787
Shin, Ki	R	0
Shinn, Ronald	7	379
Shoaf, James	2	552
Short, Lori Lynn	R	527
Sides, Dean	4	513
Silwal, Suman	9	696
Simpson, Kevin	8	1,386
Sims, Bob	R	568
Sims, Cecelia	1	449
Sloane, Mike	5	519
Smith-Janias, Mary Ann	R	331
Smith, Daryl	R	757
Smith, Erin	R	649
Smith, Jason	1	595
Smith, Jerry P.	11	543
Smith, Kelly	R	221
Soileau, Chester	3	0
Spikings, Matt	R	541
Stockton, Rick	13	555
Swiney, Elana	R	203
Thompson, Samuel	R	803
Thurman, Terralance	R	234
Tibbs, Seth	1	428
Tidwell, Pam	R	322
Tomlin, Chace	1	341
Trimble, Jamie	6	749
Tucker, Taylor	R	155
Valles, Tina	1	520
Vaughn, Lora	R	484
Wade, Josh	R	0
Waid, David	1	951
Walker, Caroline	1	396

Participant	Years	Total
Warren, Key	R	333
Washington, Monica	R	292
Watters, Ana	2	739
Watters, Larkin	1	602
Watters, Robert	6	846
Weber, Amy	2	470
Weeks, Lance	2	347
Wells, Bradley	4	861
Wende, Adam	6	437
Whatley, Prince	8	505
White, Robin	1	876
Wilhite, Thomas	5	529
Williams, Shanada	1	473
Williams, Shaunda	2	0
Williamson, Rebecca	2	592
Wilson, Mark	R	506
Wiseman, Steve	6	750
Wood, Heather	1	0
Woody, Bill	12	674
Wright, Amy	3	0
Wu, Xing	9	391
York, Gary	7	836
Zajac, Jason	2	808
Zapata, Carlos	1	482

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!](#)



BTC RUN SOCIALS ARE BACK!



The BTC was thrilled to host a BTC Run Social on May 15, 2021, after more than a year of Covid-related restrictions and social distancing. It was an awesome morning as we celebrated the return to some of our favorite activities – group runs and post-run socializing. We hosted a great group with delicious food from Maple Street Biscuit Company and some amazing door prizes.

The Social was held in conjunction with our second BTC Gives Local virtual event, which raised funds and awareness this year for the Freshwater Land Trust. We are happy to report that we will be making a donation of \$1,500 to the Freshwater Land Trust in conjunction with this year's virtual run. Thank you to all who participated in the virtual run and the run social – we look forward to celebrating again with all of you very soon!



LEMONS & PEACHES!



BTC EXECUTIVE BOARD MEETING

May 10, 2021

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Skylar Holland, Alan Hargrave, Jamie Trimble, Julie Pearce, Vicky Brakhage, Bradley Wells, Charles Thompson, Alex Morrow, and Rebecca Williamson.

Alex Morrow made a motion to approve the minutes of the April 2021 Executive Board Meeting. The motion was seconded by Skylar Holland and passed without opposition.

Membership (Hunter Bridwell)

We currently have 807 members and 626 memberships. We plan to have another membership drive social in the near future.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on June 7, 2021. Please have all content to Julie by May 28, 2021. Hunter is preparing an article for Peavine Falls; therefore, Skylar Holland will prepare a Vice President's Address for the newsletter. Rebecca Williamson offered to prepare a recipe article.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry. We do anticipate some expenses from the upcoming social.

BTC Social (Hunter Bridwell)

We will host a social after the long run on Saturday, May 15, 2021. The social will be the conclusion of the Fresh Water Land Trust Virtual Run fundraiser. The social committee is looking into door prizes, food, and beverages. We will have a water stop set up for the run and will probably have a 3, 6-7, and 10 mile routes with staggered start times. Another email will be sent out about the social and virtual run and we will make more posts on social media.

Long Run Committee (Alex Morrow)

Next Saturday (May 22, 2021) will be 20 weeks out from the Chicago Marathon, our fall goal race; therefore, we will begin official training. We are starting back with water stops.

Fresh Water Land Trust Fundraiser (Bradley Wells)

Registration is still open for the Fresh Water Land Trust Virtual Run. We have gift cards and free race entries for door prizes. How many

tickets participants will receive towards the door prizes will depend on their participation in the virtual run. All social participants will receive one ticket. Those who were registered for the virtual run will receive a second ticket and those who participated in the virtual run and posted on social media with the hashtag will receive a third ticket.

Merchandise (Bradley Wells)

New merchandise is now available for sale on the BTC website. An email will be sent to all members advertising the new merchandise.

1200 Mile Club (Hunter Bridwell)

Registration is still open for the 1200 Mile Club for 2021.

USATF Representative (Charles Thompson)

The University of Alabama and Samford track meet will be held in Montevallo on Friday, May 14, 2021. The Atlanta track meet will be held near Oxford on May 22, 2021. The NAIA National Championships will be in Guld Shores May 26-28, 2021.

IT Chair (Alan Hargrave)

Because Peavine Falls will be on a Sunday this year, discussion was held about starting packet pick up earlier Saturday morning at The Trak Shak so that runners can pick up their packets after the Saturday morning long run. If The Trak Shak agrees, Alan will update packet pickup details on RunSignUp.

New Business (Hunter Bridwell)

There was only one additional nominee for BTC officer positions, but she has respectfully declined the nomination. As such, there are no additional nominations. An email will be sent to all BTC members basically explaining that there was no contest to the officer nominations; therefore, the officers have been selected.

Discussion was held about a new board position for a social media chair. Nicolette Patrick has expressed interest in handling this position. Alan Hargrave can create a new BTC email address for this position.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, June 14, 2021 at 6:00 p.m. Location to be determined.



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	June 12, 2021	6:00 a.m.
Alabama State Games 5K (Ozark, AL)	June 12, 2021	7:00 a.m.
Sleepy Kraken Runyak - 2 mile run, 2 mile paddle, 2 mile run (Coker, AL)	June 12, 2021	8:00 a.m.
BTC Executive Board Meeting (location TBA)	June 14, 2021	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	June 19, 2021	6:00 a.m.
I'm With Mike 5K	June 19, 2021	8:00 a.m.
Montevallo Flying Falcons 5K (Montevallo, AL)	June 19, 2021	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	June 26, 2021	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 3, 2021	6:00 a.m.
BTC Peavine Falls Run (BTC Race Series) *BTC DISCOUNT*	July 4, 2021	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 17, 2021	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 24, 2021	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 31, 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:

Cell:

e-mail:

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:

	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