



BIRMINGHAM TRACK CLUB
★ WHERE RUNNERS ARE FORGED ★
THE VULCAN RUNNER

July 2021 (7)

**WATER STOPS
ARE BACK!**



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WATER STOPS ARE BACK!

In May, after a long year+ of extra precautions and Covid-related protocols, the BTC resumed offering community water stops for our Saturday long and moderate distance runs. We are still very focused on Covid and keeping our members safe, so we are asking for your help in keeping water stops clean, safe, and helpful for runners.

The process is very similar to pre-Covid water stops, but with some extra precautions.

We rely on volunteers to host water stops, but it's easy to do! You can sign up to host a water stop via the **Birmingham Track Club Long Run [Group Facebook page](#)** – click on the event to see the Google doc, which will list water stop locations and other details. the locations will be listed, as well as the suggested amounts

(usually two gallons of water and two gallons of sports drink for, along with approximately 50 cups and a trash bag). If possible, please include a container of hand sanitizer as well.

Not an early bird but still want to help? We've got you covered! If you want to fund a water stop, contact **BTC Long Run Coordinator [Alex Morrow](#)**, and he'll match you with a volunteer who will put out the supplies for you.

As always, please practice good hygiene at water stops – use hand sanitizer if provided, don't congregate in large groups, and if you're feeling ill, please stay home!

Thanks for helping the BTC keep all of our runners safe!

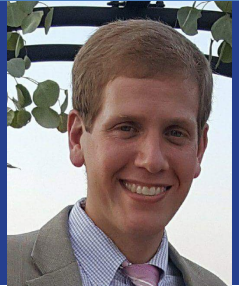
What's the key to preventing injury? **An Annual Screening with your PT!**



*Scan to schedule
your next
appointment*

PRESIDENT'S ADDRESS

By Hunter Bridwell



We celebrated the 4th of July as only the BTC knows how to do! The 40th annual Peavine Falls Run was once again a lot of fun at Oak Mountain State Park. We were back to an essentially normal race weekend with fully stocked water stops, a full offering of food and beverages after the race, and an awards ceremony for our awesome winners!

Congratulations to our winners:

Male Top 10

Gatlin Holland
Ramsey White
Alan Ash
Alex Tucker
Griffin Oaks
Eric Royer
Dan Panos
Benjamin Knox
Wil Edwards

Female Top 10

Erica Speegle
Christina Chambers
Hali Smith
Carrie Blanton
Kasey Skinner
Hannah Royalty
Sophia Knox
Jana Villanueva
Ava Fields

Male Masters Winner

Owen Bradley

Female Masters Winner

Maria Sacchetti

I must thank everyone who came out to make the race another great success. From our participants and volunteers to our sponsors and timing company, it takes a variety of parties coming together to make these races go off without a hitch. I am grateful for your help and thankful we were able to host another awesome event.

What's Next for the BTC?

Before we talk about The Vulcan Run 10K -- which will be a BIG deal this year -- we have another favorite local race that the BTC loves to support. Come out to The Trak Shak Retro Run 5K for the most fun you can have in the heat! The BTC will once again be supporting the water stop on the course and cheering on all the runners and walkers. We look forward to some fantastic retro outfits!

Register [HERE](#)— you don't want to miss this one!

The BTC will also continue to host our Saturday morning long and moderate runs over the summer as we gear up for our target race, The Chicago Marathon. Our mileage for the Saturday runs will be geared toward Chicago, but please come out and join us even if you're training for another race this fall. There are plenty of opportunities to get your miles in with the large group that comes out each Saturday. Lots of folks get out earlier for extra miles, and we always welcome all paces and experience levels. Join us at 6:00 am at The Trak Shak in Homewood each Saturday!

Vulcan Run 10k - RRCA Southern Region 10K Championship

Now, let's talk about The Vulcan Run 10K. We are excited to host this year's RRCA Southern Region 10K championship! The plan is to have the race back in downtown Birmingham to show off our great city to some wonderful guests from around the southeast. The RRCA Southern Region consists of 11 states and Puerto Rico. This is certainly an event you won't want to miss. Keep an eye out over the next month or two for a lot more information about the course and the festivities surrounding the race. This is going to be a great way to help kick off the return of road races in the city!

Stay hydrated this summer, y'all! (And read more about proper hydration on page 5!)

Hunter Bridwell

President, BTC

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 & Chattahoochee 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 ***

2021 Officers



President

Hunter Bridwell

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Skylar Holland

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com

BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Medical Director
Social Chairs

Lauren Weber
Alex Morrow
Dr. Rachel Henderson
Britney Cowart
and Kaki Jenkins

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"The Vulcan Runner" Newsletter
Japan Exchange Program

Rebecca Williamson

1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

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Webmaster
IT Chair
USATF Representative

Dean Thornton
Alan Hargrave
Charles Thompson

BTC Race Directors

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

Lisa Booher
Judy Loo
Hunter Bridwell
Scott Wood

adamsheart@birminghamtrackclub.com
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peavinefalls@birminghamtrackclub.com
vulcan@birminghamtrackclub.com

BTC Mission Statement

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

Contact BTC at:

Birmingham Track Club
P.O. Box 530363
Birmingham, AL 35223
secretary@BirminghamTrackClub.com

Race Results

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

birminghamtrackclub.com
championship-racing.com



BTC OFFICER ELECTIONS

The process of electing BTC officers looked a little different this year thanks to Covid-19.

The nominating committee presented a slate of officers for election, and the BTC membership was given the option to nominate additional candidates via email. At the conclusion of this process, one additional candidate was nominated, and that candidate respectfully declined the nomination.

The below officers were elected to continue serving through 2021.

Hunter Bridwell, President

Skylar Holland, Vice President

April Harry, Treasurer

Vicky Brakhage, Secretary

We look forward to returning to the standard election process next year at our Annual BTC Meeting and Party.

HYDRATION

Can you have too much water? For most athletes, mild dehydration is their current hydration level before an event. Mild dehydration can lead to decreased cardiovascular endurance and inability for your body to self-regulate temperatures. This can also lead to further dehydration with symptoms of headache, dizziness, lethargy and fatigue.

Most people wait until they are thirsty to drink water or liquid for hydration. At this point they are already in some state of dehydration. If you take supplements, you will also increase your risk to start an event mildly dehydrated.

In some instances, endurance athletes you can have excess water intake during training, especially during a marathon. This is a condition known as external hyponatremia, which occurs from low sodium concentration in the blood. Basically, water intake exceeds fluid lost after exercising for several hours. You put too much water in and lose too much salt through sweat. Hyponatremia is a very serious condition requiring immediate medical attention. Symptoms can include headache, nausea, and vomiting. Sometimes, the athlete may even collapse. Although it is not common, be aware of the symptoms of hyponatremia as it can be life-threatening.

On average, most athletes only replace 50% of the water they lose through sweating. Water consumption should include 17-20 ounces,

two to three hours prior to an event, and seven to ten ounces 20-30 minutes before the event. After training or an event, it is important to replace electrolytes rather than just drinking water. Although water is refreshing, consuming only water will not replace the electrolytes lost during activity. On the other hand, sports drinks contain on average 14g of carbs per eight ounces of fluid. Water tends to fill you up more than restore energy, so don't forget to restore electrolytes in addition to fluids.

It also is important to monitor weight and urine color before and after training. Many athletes can lose 2% of their bodyweight after training, especially during the hot summer months.

Hydration needs are individually based, so learn what works best for you. It is a good practice to drink smaller amounts of water or sports drinks throughout the day -- drinking water alone will quench thirst, but it does not restore the electrolytes lost through sweat (and we lose electrolytes throughout the day -- not just during training).

Be aware, and stay hydrated out there!



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



Vegan, Gluten-Free Chocolate Chip Cookies From Café Gratitude

By Skylar Holland



For the second recipe in our summer recipe series, we have a delish sweet treat for our gluten-free readers. Thanks to BTC Vice-President Skylar Holland for the recipe – this is one of her favorites, and she promises we won't miss the gluten or the dairy! Have a favorite healthy-ish recipe you'd like to share? [Send it to us](#) for consideration!

INGREDIENTS:

¾ cup Gluten-Free All-Purpose Baker Flour Blend
¾ cup semisweet chocolate chips (dairy-free)
½ cup raw walnuts, chopped
½ cup rolled oats
½ cup cane sugar
1 teaspoon baking powder
¾ teaspoon ground cinnamon
½ teaspoon Himalayan sea salt
¼ teaspoon baking soda
⅓ cup coconut milk
⅓ cup maple syrup
1 tablespoon chia seeds
¼ cup coconut oil, softened
½ cup almond butter

DIRECTIONS:

1. Preheat the oven to 325 degrees. Line two baking sheets with parchment paper and set aside. In a large bowl, combine the flour blend, chocolate chips, walnuts, oats, sugar, baking powder, cinnamon, salt, and baking soda. Mix gently until combined.
2. In a blender, combine the coconut milk, maple syrup, and chia seeds. Blend until the chia is fully dissolved, about one minute. Add the wet blended mix to the dry mix, along with the coconut oil and almond butter. Mix until everything is fully incorporated and forms a soft dough.
3. Using a ¼ cup measure, scoop the dough onto the prepared baking sheets, spacing each cookie five inches apart, and flattening each cookie slightly. Bake for 20 to 25 minutes, until the edges are golden brown. Transfer to a cooling rack. The cookies should still be a little soft when you remove them, but they'll firm up as they cool. Store the cooled cookies in an airtight container at room temperature for up to three days.

From Love is Served by Café Gratitude, ©2020 by Dreux Ellis.

RRCA UPDATE

By Alex Morrow, Alabama State Representative



Racing is back, and all of us at the RRCA are excited for its return! Right here in Alabama the RRCA Championship series is back in full-swing and some quality events are coming your way. In the coming months we will be hosting the following RRCA Alabama State Championships, as well as a Southern Regional National Championship! You will not want to miss any of these fantastic events.

Alabama State Championships:

5k Championship: Woodstock 5K, Anniston, AL - 8/7/21
Ultra Championship: Rebecca Mtn. 50 Miler, Sylacauga, AL - 9/11/21
Half Marathon Championship: Orange Beach Half, Orange Beach, AL - 11/27/21

Regional Championships:

Regional 10k Championship: Vulcan Run 10K, Birmingham, AL - 11/6/21

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Bryant Adams
Deanna Adams
Stephen Adwell
Melissa Carden
Randy Chaffinch

Violet Chaffinch
Henry Collins
James Collins
Sara Collins
Melanie M. Jackson

Phyllis Mark
Margaret McKinney
James Mersmann
Kim Meyer
Joy Provost

Steve Provost
Samuel Thompson
Olga Wright

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

Registration for the 2021 Edition of the 1200 Mile Club will remain open through the end of July. Please register today to make your miles count!

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 July 4, 2021 are listed below.

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Adams, Jeffrey	R	163	Brown, Charlie	8	874	Coleman, Tim	3	840
Adams, Sue	1	510	Brown, Katie E.	R	627	Colpack, Susan	1	636
Adwell, Stephen	R	850	Brown, Katie G.	1	576	Corrin, LaRonda	1	431
Ahmed, Kabeer	2	806	Brown, Michael	4	448	Corrin, Roger	4	269
Allen, Jessica	R	190	Brown, Sean	6	469	Cowart, Britney	3	622
Anderson, Kerri	5	315	Browne, Shannon	R	510	Cramer, Robyn	R	816
Baggett, Christopher	2	454	Bryant, Jason L.	R	455	Cramer, Steve	R	220
Barnes, Jimmie	6	0	Burks, Ross	4	384	Crawford, Katelyn	R	575
Bartee, Samm	5	493	Burruss, Anne	R	13	Creed, Brad	4	629
Bayush, Tori	2	943	Burruss, John	R	289	Creel, Mary	3	463
Beard, Karen	R	85	Burson, Steven	R	327	Crowson, Bill	5	532
Becker, Bryan	1	801	Caine, Lawrence	1	651	Cutchen, Cindy	R	441
Benner, Kim	8	948	Callahan, Chris	4	636	Cutshall, Hannah	2	424
Bensinger, Cole	2	132	Carden, Melissa	R	664	Davidson, Dow	3	1,020
Benson, Wayne	7	581	Carey, Christopher	7	107	Davidson, Jen	1	0
Blackmon, Kim	R	679	Carlton, Bob	6	635	Deffenbaugh, Todd	R	804
Boackle, Larry	4	0	Carter, Adrienne	2	0	Delmo, Lito	R	0
Boackle, Tomie Ann	1	0	Carter, Jason	1	639	Denton, Matt	8	1,077
Booher, Lisa	9	909	Caviedes, Octavio	2	1,275	Dixon, Jonathan	1	383
Bookout, Jason	2	673	Chaffinch, Violet	R	633	Dowling, April	1	68
Bookout, Kimberly	2	687	Chandler, Teresa	11	930	Duke, Cindy	5	698
Boswell, Ryan	1	472	Channell, William Andrew	1	955	Dyck, Rayna	R	0
Bowman, Bill	R	494	Cheek, James	R	102	Edgerton, Amy	1	724
Boylan, Brittany	R	273	Childers, Melissa	R	3	Edmondson, Laurie	R	1,141
Boylan, Chris	R	120	Clay, Brad	14	1,304	Estes, Cameron	2	380
Brakhage, Victoria	4	680	Cleveland, Jeff	4	846	Estrada, Steven	3	1,411
Bray, Elizabeth	1	1,138	Cliett, Stephanie	6	653	Evans, Debbie	7	620
Bridwell, Hunter	1	102	Coffin, Diane	R	388	Ferlito, Cindy	2	385

1200 MILE CLUB

Participant	Years	Total
Fontenot, Misty	4	709
Forbus, Reed	R	252
Ford, Eric	1	208
Franklin, Shane	9	730
Frederick, Winston	12	664
Freeman, Sheila	4	631
Gayheart, Cheryl	1	600
Gilbert, Beth	R	409
Gilmour, Laura	R	851
Glasgow, Robert	R	0
Goode, Johnny	12	826
Goss, Ange	2	592
Grady, Carla	2	0
Graham, Ryan	1	0
Grainger, Matt	1	957
Gray, Mariel	R	155
Gray, Michael	1	606
Greene, Michael	2	0
Griffin, Misty	1	776
Gruschow, Mariana	R	0
Gullapalli, Satya	5	0
Hale, Katie	R	70
Haley, Jay	5	637
Hall, Thomas	1	0
Haralson, Danny	12	300
Haralson, Micki	12	633
Hargrave, Alan	13	780
Harris, Mindy	R	35
Harrison, Lisa	9	737
Harry, April	3	968
Hart, Laree	R	199
Hartsfield, Gregory	1	893
Hartsfield, Kathryn	R	0
Henley, Monica	5	0
Henninger, Alison	6	752
Hess, Alan	R	613
Hilson, Brandi	R	288

Participant	Years	Total
Hogeland, Angie	2	583
Hogstrom, Minda	R	453
Holcomb, Zachary	3	646
Holland, Skylar	3	251
Hollington, Kasey	2	258
Hood, Alissa	1	545
Hoover, Alison	9	0
House, Beth	6	490
Hubbard, Stephanie	1	0
Hutcheson, Leander	1	0
Ingle, Brandon	R	0
Izard, Georgia	3	795
Izard, Melody	3	0
Jackson, Bradley	1	646
Jenkins, Kaki	8	1,365
Jenkins, Michael	R	702
Jones, Allen	2	792
Keefer, Herb	2	0
Kelley, Robin	7	900
Kemper, Tricia	6	849
Klasner, Ann	R	880
Knight, David	1	597
Kornegay, Marla	1	769
Krick, Stefanie	1	939
Kuhn, Jimmy	13	1,071
Kulp, Loren	5	653
Kumar, Sidharth	R	218
Laird, Audrey	6	926
Lamb, Patrick	1	566
Lancaster, Jeff	2	777
Landefeld, Dale	R	567
Langston, Aaron	5	0
Lawhorn, Joseph	1	0
Logan, Jennifer	R	31
Love, Thomas	2	311
Lyda, Anna Kate	R	143
Lyda, Beth	1	627

Participant	Years	Total
Lyda, John	2	872
Lyle, Randy	13	1,230
Madaris, Brandon	R	704
Malec, Bonnie	R	0
Malec, Zachariah	R	0
Malick, David	7	670
Martin, Sheree	R	759
Mathews, Skip	R	288
McElroy, Catherine	1	706
McGriff, Colton	R	71
McIntyre, Morgan	R	505
McKinney, Margaret	R	10
McLain, Chase	R	739
Merry, Vicki Sue	8	581
Mickens, Cassandra	2	293
Miller, Joshua	2	0
Mishra, Anoop	R	918
Moman, Ashley	R	260
Morgan, Danielle	5	454
Morgan, Phillip	8	577
Morris, Gordon	R	657
Morrow, Alex	9	1,099
Moses, Mike	1	347
Murchison, Reginald	6	1,005
Newkirk, John Allen	R	305
Noerager, Brett	1	1,198
Noerager, Felicia	R	886
Northern, Kristie	11	877
Norton, Laura	2	913
Oechslein, Tamara	1	868
Oehrlein, Kimberly	R	0
Oliver, John	6	499
Orihuela, Carlos	3	913
Orihuela, Catheryn	R	0
Ortis, Ellen	2	759
Padgitt, Scott	1	602
Parks, Charlie	8	1,322

1200 MILE CLUB

Participant	Years	Total
Parsons, Christy	R	460
Patrick, Nicolette	2	0
Payson, Tabitha	R	254
Payson, Tommy	3	564
Peagler, Shana	8	512
Peagler, Zach	1	684
Pearce, Julie	5	498
Pitts, Adele	R	513
Plante, David	8	552
Poh, James	2	652
Poole, Greg	3	423
Powell, Shane	2	854
Proctor, Megan	1	642
Pronath, Katrina	R	79
Purvis, Jeffrey	R	818
Randolph, Megan	R	960
Rawson, Brent	3	850
Renfro, Jeff	2	641
Richardson, Brent	R	700
Richey, Lori Beth	3	611
Ritchie, Joseph	3	891
Ritchie, Lauren	2	921
Roberson, Kevin	5	427
Roberts, Fletcher	6	0
Robinson, Lyndsey	1	871
Robinson, Rod	R	485
Robinson, Tamara	1	0
Rodgers, Jeffrey	3	600
Rogers, Hannah	1	449
Roper, Lynn	3	694
Rose, Billy	7	1,395
Ross, Cara	R	490
Rosser, Joey	4	372
Routman, Cindi	R	615
Routman, Michael	R	610
Rutherford, Keith	13	471
Rutledge, Lisa	5	950

Participant	Years	Total
Salter, Shannon	R	0
Sanders, Gwendolyn	2	546
Shaffield, Danny	8	1,629
Sherer, Jeremy	4	708
Sherman, Travis	R	415
Sherrell, Jeff	1	927
Shin, Ki	R	0
Shinn, Ronald	7	530
Shoaf, James	2	552
Short, Lori Lynn	R	618
Sides, Dean	4	593
Silwal, Suman	9	696
Simpson, Kevin	8	1,721
Sims, Bob	R	735
Sims, Cecelia	1	548
Sloane, Mike	5	623
Smith-Janias, Mary Ann	R	331
Smith, Daryl	R	896
Smith, Erin	R	790
Smith, Jason	1	927
Smith, Jerry P.	11	648
Smith, Kelly	R	221
Soileau, Chester	3	0
Spikings, Matt	R	671
Stockton, Rick	13	677
Swiney, Elana	R	203
Thompson, Samuel	R	803
Thurman, Terralance	R	234
Tibbs, Seth	1	428
Tidwell, Pam	R	810
Tomlin, Chace	1	341
Trimble, Jamie	6	749
Tucker, Taylor	R	155
Valles, Tina	1	630
Vaughn, Lora	R	600
Wade, Josh	R	0
Waid, David	1	1,085

Participant	Years	Total
Walker, Caroline	1	396
Warren, Key	R	333
Washington, Monica	R	292
Watters, Ana	2	990
Watters, Larkin	1	745
Watters, Robert	6	996
Weber, Amy	2	521
Weeks, Lance	2	422
Wells, Bradley	4	1,048
Wende, Adam	6	588
Whatley, Prince	8	614
Whillock, Amber	1	0
White, Robin	1	1,061
Wilhite, Thomas	5	646
Williams, Shanada	1	473
Williams, Shaunda	2	0
Williamson, Rebecca	2	719
Wilson, Mark	R	612
Wiseman, Steve	6	892
Wood, Heather	1	0
Woody, Bill	12	773
Wright, Amy	3	0
Wu, Xing	9	503
York, Gary	7	1,074
Zajac, Jason	2	923
Zapata, Carlos	1	592

40TH ANNUAL RICK MELANSON PEAVINE FALLS RUN



Photos by MRuns



40TH ANNUAL RICK MELANSON PEAVINE FALLS RUN



Photos by MRuns



40TH ANNUAL RICK MELANSON PEAVINE FALLS RUN



40TH ANNUAL RICK MELANSON PEAVINE FALLS RUN



FEETS OF STRENGTH



Congratulations to **Marla Kornegay Gruber** who completed her first 50K at the Fort Yargo Ultramarathon on June 5, 2021. Big congratulations also to **Misty Fontenot** who also completed the 50K race. Way to go, y'all!

Congratulations are also in order for **Alex Morrow**, who completed his first 100-miler at the Bighorn Trail Run 100 in Dayton, Wyoming, on June 18-19, 2021. Crewed by several BTC members, rumor has it Alex is already planning his second 100-miler. Way to go, Alex!

We are in awe of **Joseph Dease** who completed the Last Annual Heart of the South (HOTS) Road race in Tennessee on June 25. This race is an unsupported, 332 mile (yes, you read that correctly)

race, but not only that – this is Joseph's SECOND time to run it. #BeastMode! Congratulations, Joseph – that's amazing! If you missed his aptly-titled account of last year's HOTS race, "Never Again" in our August 2020 issue, click [here](#) to read it.

And along the triathlon front, we are thrilled for **Dean Sides**, who completed his first Olympic triathlon, the Chattanooga Waterfront Triathlon on June 27, 2021. That's awesome, Dean!

Keep sending us your photos and let us know about your running-related accomplishments – we love celebrating them with you! [Drop us a line!](#)



Marla Kornegay Gruber and Misty Fontenot



Alex Morrow



Joseph Dease



Dean Sides

BTC EXECUTIVE BOARD MEETING

June 14, 2021

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Skylar Holland, Alan Hargrave, Jamie Trimble, Julie Pearce, Vicky Brakhage, Kim Benner, Charles Thompson, Alex Morrow, and Hannah Rogers.

Alan Hargrave made a motion to approve the minutes of the May 2021 Executive Board Meeting. The motion was seconded by Kim Benner and passed without opposition.

Membership (Hunter Bridwell)

We currently have 798 members and 620 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on July 5, 2021. Please have all content to Julie by June 25, 2021.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry.

Long Run Committee (Alex Morrow)

Volunteer water stops have started again. Once the mileage starts increasing, Alex will push for more volunteers. Discussion was held about changing the starting location for long runs every now and then just to change things up. We might look into holding a Vulcan 10K preview run downtown. Many of the local churches have started putting out water again, which is much appreciated. The BTC water fountain on the Jemison Trail is not currently working. The city is aware that the fountain is not working and is looking into replacing it.

Social Committee (Hunter Bridwell)

We plan to host another social later this summer after Peavine Falls. Discussion was held about possible locations for the social, such as the new Edgar's Bakery in Homewood.

Merchandise (Hunter Bridwell)

New merchandise has arrived and Bradley Wells is working to distribute it. .

1200 Mile Club (Hunter Bridwell)

Registration is still open for the 1200 Mile Club for 2021. We plan to close registration in July.

Volunteers (Kim Benner)

We plan to handle the water stop for the Retro Run 5K and will need volunteers. The race is scheduled for July 31, 2021.

USATF Representative (Charles Thompson)

The AAU Southeastern District Qualifier will take place on June 19, 2021, at Center Point High School. The Alabama Championship Track Meet will take place on June 26, 2021, at Lincoln High School.

Peavine Falls (Hunter Bridwell)

We were unable to reserve the Dogwood Pavilion for the race, but we do have the parking lot and the big field across the street from the parking lot. We will set up tents in the parking lot and field. Hunter Bridwell will make sure that it is clear in the pre-race email that we will not be in the Dogwood Pavilion. We were advised by the shirt printer that we need to get the shirt order in early. We are planning a normal mass start. Discussion was held regarding those that are not comfortable with a mass start may hold back and start a little later; however, in order to be eligible for an award, you will need to start at 7:00 am. We will make announcements asking runners not to congregate at the start line early to try and limit large grouping as much as possible. Packet pick up will be held on Saturday starting at 9:00 am at the Trak Shak. They have graciously agreed to open early so runners can pick up their packets after the Saturday Morning Long Run. We will need extra volunteers for set up and tear down. There were be coolers of beer and popsicles, as well as fruit, coffee, and McDonalds. A physician from Andrews Sports Medicine will be available at the race. Volunteers will have free entry into Oak Mountain State Park, but participants will have to pay a park entry fee.

Vulcan Run 10K (Hunter Bridwell)

This year, the race will be the RRCA Southern Region 10K Championship. We plan to reach out to other running clubs in the region and offer a race discount.

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



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	July 10, 2021	6:00 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.
BTC Saturday Long and Moderate Run Groups	August 7, 2021	6:00 a.m.
Woodstock 5K (RRCA Alabama State 5K Championship)	August 7, 2021	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	August 14, 2021	6:00 a.m.
Glow Run 5K (Huntsville)	August 14, 2021	7:15 p.m.
BTC Saturday Long and Moderate Run Groups	August 21, 2021	6:00 a.m.
Save the O's 5K *BTC DISCOUNT*	August 21, 2021	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	August 28, 2021	6:00 a.m.
Just a Call Away 5K	August 28, 2021	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 4, 2021	6:00 a.m.
Ross Bridge 8K and Health Expo	September 4, 2021	7:00 a.m.

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

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

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



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:

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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