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THE VULCAN RUNNER

August 2021 **8**

THE BIGHORN 100: PART I

By Alex Morrow

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THE BIGHORN 100: PART I



The cute blonde walked over to me, smiled, and asked, “How ya doing?” I had just run into the Dry Fork aid station at mile 83 of the Bighorn 100, and I thought to myself, “Wow, I must be killing it! Who flirts with someone covered in dirt and sweat who has just covered 83 miles? I must be looking good!”

I responded, “I’m great, how youuu doing?” in my best Joey Tribbiani voice from “Friends.” Then I looked down and realized she was wearing a medical personnel badge. She wasn’t flirting with me, she was deciding whether I was about to die. And so went my first ever 100 mile race.

On Father’s Day weekend, June 18 – 19 2021, I took on the Bighorn Trail Run in Dayton, Wyoming. It was absolutely the most beautiful country I’ve ever run through. It was also the toughest run I’ve ever done. For those of you who need a SHORT VERSION: I finished, got my buckle, and it was an amazing experience I will never forget. An adventure filled with people I am honored to know, and cherished new friends made along the way. But then again, that’s what trail running is all about.

LONG VERSION – LIKE SUPER LONG: I like setting goals, the bigger the better. During the COVID pandemic, I took stock of what was next for my running, and I didn’t have an answer. I’ve been blessed to pursue and achieve most of my running goals, but what was

missing on that list was a 100 mile race. I’ve run 50ks, 50 milers, but no 100s. Well heck, the only sensible thing to do would be to sign up for one, right? I started searching and came across the Bighorn 100. The timing was right (mid-June), and it sounded incredible! Just listen to this description:

Our course requires ultimate individual preparation with more than 20,000 ft of climbing and descent. You have committed to an extreme mountain endurance event in the Wild West and crew access points are limited. We are guests in God’s country so expect to share this course with elk, deer, moose, black bear, mountain lions, and rattlesnakes in the lower elevations.

Uhhh...Heck yeah, I’m all in!

My dear friend Ki Shin asked me early on, “Why in the world did you pick such a hard 100 miler for your first one?”

Because I know what motivates me, and if it’s not going to be an epic adventure, I just won’t get excited about it. Bighorn checked off all the boxes, now I needed the right people to surround myself with. They say you are a combination of the five people you spend the most time with. For a little over three days, I surrounded myself with five of the most amazing people on the planet:

1. My incredible wife Abigail Morrow. Little known fact, she is the one who originally got me running all those years ago, so this is all her fault!
2. My crew chief, who served double duty as a pacer, Ki Shin. Ki was the logistics mastermind of the trip and the MVP. Her ability to plan for every contingency on the planet was a lifesaver, and she is one of the main reasons I finished this race.
3. My buddy and pacer Carlos Orihuela. There are few people who can keep me entertained, convince me to keep running, and do it all in a calm manner like Carlos. He got me up the mountain in the middle of the night, and I am eternally grateful.
4. Tori Bayush, whose engineering mind and incredible mathematical skills took all the pressure off of me when I didn’t have a brain cell to devote to calculating splits and cutoff times.

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Tori stepped up and ran 35 miles with me (unplanned!) - a truly selfless act that I will never forget.

5. And lastly, Bill McPherson. Bill became the crew driver and drove across Wyoming and Montana chasing me to aid stations and getting the crew and supplies to where they needed to be. He kept the train moving the whole time.



There is no doubt in my mind that I have the five best friends, crew, and pacers on the planet, and without them I would have quit this race early on; It was ugly.

Before I get to the race report, I have to say that this event is one of the most well-run trail races out there. There are more volunteers on the course than runners, the entire cities of Sheridan and Dayton, WY support the event, and I have rarely felt so welcomed at a race. There are 100, 52, 32, and 18 mile options, and there is a reason all distances sell out each year. Major kudos to the race directors and fantastic volunteers for all the hard work they put into this event. Several of the aid stations are so remote that the supplies are packed in on horse trains!

As to my race, it was a horrible 50K, followed by 70 miles of running bliss. Bighorn has a reputation for big sections of soul/sole-sucking mud patches. Due to record high temperatures in Wyoming (it was 107 degrees the week of the race), there was little mud. But there was serious heat. I was talking to some Bighorn veterans, and we debated if the heat would be better than the mud. They all agreed, the mud is so horrendous that the heat would be a welcome change.

They were wrong. The race had a 40% drop or medical pull rate, and for many of us it was just about finishing -- all time goals went out the window.

The infamous Mike Tyson has a quote, "Everyone has a plan until they get punched in the mouth." I was about to get punched in the mouth, and how!

The race started on Friday at 9:00 a.m., and the first 8.5 miles included 4000 ft of climbing on an exposed single-track trail. Welcome to the Bighorns! I trained in the heat, I ran more vertical in training than I ever had, and altitude rarely bothers me. But the combination of altitude, record high temps, no shade, and a 10 mile conga line up the mountain left me working harder than I expected for the first 10 miles. Seriously?! We were only 10 miles in, and my heart was beating like a rabbit's. No big deal, it was only 10 miles, the first big aid station was the Dry Fork station at mile 13.5, and I would get some flat sections to run after that.

As I was running to Dry Fork, I covered quite a few miles with a new friend, Lindsay Raley from Lakeland, FL. I met one of his crew members, Candi, on the flight into Sheridan, and we hit it off. Before I knew it, I was being offered a ride to my hotel by Lindsay and his wife Michelle, who had come to pick Candi up at the airport. Lindsay was great, and he was familiar with the course. He had the fun habit of saying, "Hey Alex, see the top of trail which hits the summit? Don't get excited, that's not the top, it keeps going." Unfortunately, he got to say that about seven times!

I hit Dry Fork (out) at 13.5, got my drop bag, regrouped (odd to say that so early in a race), and got moving quickly. You will see me list "out" and "in" by the aid stations because the 100 miler is an out and back so you hit each aid station twice. It was 6 miles to the next aid station with about 800 ft of downhill. Looking back, I made the mistake of picking the pace up a little too much. I was still not happy about the slow start and instead of taking what gravity gave me (like I trained), I attacked the downhills. Rookie mistake, and I know better. We were still exposed with no tree canopy at this point, and now it was the middle of the day. Downhill or not, I was going to pay for this.

By the time I hit Cow Camp out, mile 20, I knew something wasn't right. I was getting a little fuzzy, and when I checked my fluids, I still had an almost full flask of water. Crap! Per my plan, both bottles should have been empty by this aid station. Well, we adjust as we go. I downed a whole bottle while at the aid station, refilled everything, and took off down the hill. The first real excitement of the race took place as we were about to start climbing again. I heard a yelp behind me, and a guy about four back had jumped off the trail to avoid a rattlesnake. I wanted to see wildlife, but that was not on my list! Thankfully no one was bitten, and the rattler went on about his business.

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THE BIGHORN 100: PART I

It was during this next section that the wheels fell completely off. We were still in exposed sun, I was now having trouble stomaching anything I ate, and I knew I was overheating. For those of you who have been there, you know that feeling. The one where you can't stop squinting, you are desperate for shade, and your only thoughts are, "How can I cool down?" Unfortunately, when you get to that point, you quit thinking clearly, and I stopped eating and drinking all together. Uh oh. It was seven miles to the next aid station, the very remote Bear Camp, but I wasn't thinking about that, I noticed the trail went into the tree line off in the distance, and that was my only goal --- get to the shade.

A runner who passed me and must have realized I was in a bad spot, said, "Hey man, about two miles into the woods there is a natural spring, it's the best water you've ever tasted. Make sure to stop there!" I now had another goal, first, get to the tree line, second, get to that spring! For the next 45 minutes, that was 100% of my focus. True to his words, about two miles into the woods I came across a pipe stuck into the ground and out of it was flowing the coldest, cleanest, best tasting water I have ever put into my mouth. When I arrived I came across quite a few others who were in about the same shape as me. We all found rocks to sit on and sat around that spring like cavemen, gorging on water and refusing to leave. I'm sure we

were a sight to behold. PROTIP: when in the middle of a race, no matter how bad you feel, don't fill up with ice-cold water and then attempt to run again. Bad idea all the way around!

When I started moving again, I felt like a water-logged buffalo. I was just walking at this point and really focusing on not tripping. We were still climbing and I guessed we had about two more miles to Bear Camp, mile 26.5. It seemed like an eternity, but I finally made it to the aid station. Bear Camp is waaaayyy out there. No roads, all supplies are packed in, and while the volunteers are amazing, you get the sense that civilization is a long way off.

I knew I was in bad shape, but at Bear Camp, I realized I wasn't the only one. By the time I rolled in, there were quite a few people who had already dropped or been pulled. As I was sweating profusely and overheating, these guys were wrapped in blankets and shivering. The biggest challenge with this aid station was there was no easy way out. You either had to stay there until you recovered enough that someone could walk you out, or you stayed until the entire race was over and rode out on horseback. Not a place you want to drop! I thought my best course of action was to get out of there quickly, plus I knew the next aid station was a big one, Sally's Footbridge at mile 30, and I would get to see my crew for the first time.



It was only 3.5 miles to Sally's Footbridge, but it was straight down the mountain. It's a 2500+ ft drop affectionately called The Wall. Not because you get to go down it, but because you have to climb back up it at mile 66 on the return. It's steep, technical, and not an ideal place to be for a light-headed, overheated, 6'3", runner. I managed to stay upright all the way down, but it was insanely slow. By the time I rolled into Sally's, I was a wreck. Remember I said I ran a horrible 50K? Well, that was it. By the time my crew saw me, I felt a lifetime had passed and that I had been hit by a truck. I had just run the slowest 50K I'd ever run, and I still had 70 miles to go. I didn't have a lot of hope, but that's when the miracle began.

Stay tuned for Part II of Alex's Bighorn adventure in the September issue of The Vulcan Runner.

PRESIDENT'S ADDRESS

By Hunter Bridwell



The BTC was once again happy to assist with The Trak Shak's Retro Run 5K by manning the water stop on the course. This is always one of my favorite events to support because: a) it involves our good friends at The Trak Shak, and b) folks come out in some, let's just say, interesting retro gear for the race. There's no better seat in the house to people watch than by working a water stop on the course.

Speaking of water stops, this is a reminder that we have fully re-incorporated our volunteer water stops during our regular Saturday Morning Long Runs. There are two ways you can get involved in volunteering. You can sign up to handle one of the water stops yourself, or you can donate some money to another of our members who has volunteered to place the water stop. We want to make it as easy as possible for everyone to volunteer. We all depend on these for hydration during those long runs in the hot, humid weather. Thank you to all that have already volunteered so far this year!

Let me switch gears for just a minute and touch on a couple of safety items as we see more and more vehicles and people back out on the streets. During those early morning or late evening runs, make sure you are wearing reflective clothing and/or have lights on so that other traffic can identify you in the street. Also, with larger groups coming together, please make sure that you aren't taking up an entire lane or road while running. We must share the roads with cars, bicycles, and other runners/walkers. Make sure when you are road running to run against oncoming traffic. Always be aware of your surroundings, and be careful when wearing earphones so you are still able to hear activity happening around you. Accidents do happen, but we can do our part to prevent anyone from getting hurt. If you ever have any safety questions, there are a lot of knowledgeable people around the BTC to help guide you.

To wrap things up, I want to talk about what a big deal The Vulcan Run 10K will be this year! We need all of you to be involved in some way as The Vulcan Run 10K will serve as host race for the RRCA Southern Region 10k Championship this year. The RRCA Southern Region is comprised of 11 states and Puerto Rico. We want to show how awesome Birmingham is as a running community, and that includes providing a warm welcome for any visitors from around the South

who come for the race. We will have plenty of opportunities for you to participate during the race weekend. Keep an eye out for further details about the race including volunteer opportunities. You can register for the race [HERE](#).

I hope everyone has a great month. Stay active, stay safe, and good luck training for those fall races!

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 & 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.

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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



COMMUNITY CORNER

Jennifer Andress, BTC President 2012-2014, Homewood City Councilor 2016-Present

Greetings, BTC!

I have just a few quick updates for you, with more to follow in a couple of weeks!

I am thrilled to pass this statement on today, after our Highway 280 Neighborhood Improvement Co-Operative meeting this morning.

“We have an approved concept, and now we are working on a final design that includes better traffic flow and signalized ramps, along with pedestrian access. We are actively pursuing the final design.”

I can't wait to share more with you all in a couple of weeks! I do have this map we are holding in my possession, and I am awaiting a .pdf from Jefferson County Roads & Transportation that I can send out in the newsletter. Until then, I would be happy to share this with any of you in person if you are interested.

I am working with Director of Engineering Cale Smith on a **Highway 31/Ventura crosswalk**. I plan to apply for an ATRIP grant with ALDOT for Highway 31 improvements from Ventura to Lakeshore for better flow, more pedestrian access and safer intersections.

I have an item with President Wyatt and Ward 1 Councilor Andy Gwaltney on Monday, August 2's Public Safety agenda for an **Entertainment District downtown**. I have been speaking with Mountain Brook, Hoover, Birmingham and Vestavia Hills to learn about theirs, and I have been talking with Representative David Faulkner about passing legislation that will increase Homewood's number of allowed districts. Right now only two are allowed, and each district must have four ABC licensees. Councilor Gwaltney and I had done a little work on this in our previous terms, and after President Wyatt and I met with the owners of Soho Social, we picked up this issue again to bring it to the Council.

I am working with my good friends Paul DeMarco and Jeff Martinez of the Trak Shak, as well as the Homewood Police Foundation, Homewood Police Department and Homewood Fire Department to throw a **Homewood First Responders 5K**, benefitting Homewood Fire Department and Homewood Police Foundation. It will be held on October 30. You can find more information and register to participate at this [link](#).



(pictured above l to r: Mountain Brook Mayor Stewart Welch, Birmingham City Councilor Darrell O'Quinn, former Homewood City Council President Peter Wright, myself, Jefferson County Commissioner Steve Ammons)

MEDICATION AND MILES:

Essential Oils

By Sara Breitwieser, PharmD Candidate 2023 and Kim Benner, PharmD, BCPS

Out of the entire plant species, a little less than 1% actually produce essential oils, such as lavender, peppermint, and eucalyptus. These three scents make up only a small number of the possible scents associated with essential oils. Their uses vary from food flavoring and insect repellant to medication replacement. In fact, the use of essential oils has been so vast that usage rates grew by about 10% in 2017 alone, and they are expected to reach a market value of twenty-seven billion dollars in 2022.¹ However, with this vast growth, questions remain, especially “are they safe?” and “do they actually work as expected?”



Essential oils can be used in many ways including inhalation, oral ingestion, and topical application to the skin.² Essential oils are perceived as more “natural,” especially when compared to commonly used synthetic medicines. While essential oils are generally regarded as safe, they are still complex substances that have been associated with side effects. For example, if certain essential oils were to be ingested, they could cause an allergic reaction ranging from a skin irritation to a fatal reaction. One example of an unintended effect can be seen with anise, which can decrease the effect of some antidepressants. Another example is eucalyptus, which can cause seizures if ingested. However, if essential oils are only used topically, they are less likely to cause systemic side effects, versus taking them orally. The most common side effect associated with topical use of essential oils is dermatitis, or skin irritation.

Essential oils are simply oils extracted from the plants of origin. However, one essential oil can contain up to 400 different components.² Furthermore, the components of one individual oil,

for example, lavender, can vary between different distributors of the oils. The composition of an oil can also vary depending on its actual origin and fertilization, among other things. It is also important to note that most essential oils are not regulated by the FDA, nor are they classified as actual medications.³

One concern associated with essential oils, according to the Environmental Protection Agency (EPA), is that they can act as an endocrine disrupting chemical (EDC).³ Simply put, this means that essential oils can interrupt natural processes in the body. They can do this by interfering with the production and action, among other things, of natural hormones in the body.

Some essential oils claim to relieve anxiety/stress, treat sleep disorders, and have antioxidant properties. Less commonly known are essential oils that can be used as insect repellants or to decrease labor pain during pregnancy.² The use of essential oils as antimicrobial resistance continues to develop due to their antimicrobial (general term for something that kills bacteria, fungi, and pathogens), antiviral (helps the body to fight off viruses), and antibiotic (kills bacteria) properties.³ For example, essential oils can disrupt fungal cells linked to causing fungal infections.

Essential oils can also have an impact on sport performance. One study examined male students who drank just under 17 ounces of mineral water infused with peppermint essential oil each day. Peppermint oil has anti-inflammatory and pain killing properties. The students were examined before and after the trial period, and results showed improvement in functional parameters such as respiratory efficiency and energy expended. Results also showed that time to exhaustion and lung function also improved.⁴

As the use of essential oils continues to grow, more research is needed to ensure their safe and effective use. Always check with a health care provider if you have questions or concerns about essential oils.

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WHY AM I SUDDENLY PAYING SALES TAX ON RACE ENTRY FEES?

By Alan Hargrave

The short answer to this question is that the State of Alabama considers race entry fees to be subject to sales tax, thus sales tax is collected for all race entries. The longer answer involves a bit of a history lesson concerning what I'm going to call in this article, remote sales. By remote sales, I mean any sales transaction that takes place other than in-person between seller and buyer, which is another type of sale that I'll call a local sale.

Sales taxes generally have been handled as a part of all local sales if what is being sold is subject to sales tax. For example, when one purchases an item of clothing or a meal, in-person from the entity providing that item or service, the seller is obligated to collect the sales tax and remit that tax to the appropriate taxing entity (state, county, city, etc.). Aside from any arguments over how one feels about sales tax, the system has worked well for a long time. The seller handles the collection and remittance of the tax on behalf of the consumer. Because remote sales do not involve an in-person interaction, collecting sales tax on those transactions is a lot more complex. So let's look at three periods in remote sales that affected sales tax and how we arrived at taxing race entry fees.

The first period is that of mail order sales. Many of our younger readers won't remember a time when a remote sale generally involved filling out a paper order form, snail-mailing it to a company (often called a "mail order house"), and waiting what was often several weeks for your item to arrive by mail. During this era, sales tax was only collected from purchasers who lived in the same state where the seller had their physical presence. This was largely a jurisdictional matter (protected by the U.S. Constitution, no less!). Let's say you live in Alabama and were ordering from a company in California. State laws in California could mandate and enforce that the company collect sales tax from purchasers who were California residents. But if Alabama wanted Alabama sales tax collected for Alabama purchasers, Alabama had no authority to compel a California company to collect the tax. Some states, Alabama included, tried to solve this by enacting a "consumer use tax" that was to be applied to such purchases. However, collection of that tax was nearly impossible as it required purchasers to self report, and most did not. For the same reason that Alabama could not compel a California company to collect the tax, the state could not compel the company to provide sales records so that the state could collect it. Mail order sales were dwarfed by local sales so most states did not have the resources to make a priority of solving the problem.

Fast forward a few years and mail-order sales were largely replaced by telephone sales. The ubiquity of telephones and the introduction of toll-free (to the consumer) long-distance service resulted in a transition to many orders being placed over the telephone rather

than by mail. While the telephone sped up the ordering process, the emergence of national shipping companies such as FedEx (then known as Federal Express) and UPS, sped up the delivery process. The basic problem of how and when to collect sales tax/consumer use tax remained unsolved as this era still did not see a huge increase in remote sales.

Finally, enter the Internet. In its early years, sales growth was slow so the treatment of sales tax was much the same as it had been for mail-order and telephone sales. As the sales volume began to grow, states began to recognize that they were losing significant revenue in uncollected taxes. Several states wanted laws that would force all Internet sales to be taxed the same as if the purchaser had completed the transaction in-person, in their jurisdiction. This would mean everyone who sold products and services on the Internet would have to keep up with a myriad of tax rules - a nearly impossible task for all but the largest companies that might have the resources to do so. While some companies eventually began to voluntarily collect and remit sales tax, there still was a need for a more formal framework.

So what is the current framework for sales tax collection and how does that impact my race entry fees? Around 2017, states began to pass what are called "Marketplace Facilitator" laws, and Alabama is a state with such a law. These laws require companies operating as a facilitator for sales in their state to collect and remit sales tax. What is a facilitator? A facilitator provides a platform for sales by a third party seller. In the case of race entries, RunSignUp acts as the facilitator for the Birmingham Track Club. The BTC is using the platform created by RunSignUp to sell race entries. Thus RunSignUp is obligated by Alabama law to collect and remit sales tax on our behalf. This is not peculiar to RunSignUp as any race registration system we could use would be subject to the same requirements. Fortunately, the collection and remittance process is handled completely on our behalf without requiring any of our resources to make it happen.

One final thing to note is that the rollout of sales tax collection really wasn't quite so "sudden" as it actually happened near the end of 2019. The loss of so many races to Covid restrictions last year means that many people just didn't notice the change until recently. And with that, keep those race entries coming. Alabama really does need the money (and so do the race organizers).

Arugula, Watermelon and Goat Cheese with Balsamic Dressing

©Bon Appetit

Recipe

FOR THE BALSAMIC DRESSING:

¼ teaspoon crushed red pepper flakes
1 garlic clove, finely grated
¼ cup balsamic vinegar
¼ cup whole-milk Greek yogurt
3 tablespoons olive oil
1 teaspoon honey
1 teaspoon kosher salt

FOR THE SALAD:

4 oz Baby Arugula
2 cups Cubed Watermelon
1T Mint, chopped or finely sliced
3 oz Goat Cheese, crumbled
¼ Cup Blueberries
¼ cup Pistachios
¼ cup Vinaigrette, for serving
Fresh Cracked Black Pepper

Arugula is low in sugar, calories, carbohydrates and fat. It is high in several vital nutrients including Vitamin A, a powerful antioxidant that supports immune function, cell growth, overall eye health and night vision. According to Health.usnews.com, it also helps maintain heart, lung and kidney function. And not only is watermelon delicious, eating it is a great way to hydrate during the hot summer months!

Have a favorite healthy-ish recipe you'd like to share? [Send it to us](#) for consideration!



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BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Frank Barry
Tuck Borie
Nicholas Bousquet
Paige Edwards
Fontaine Haskell

Brandi Hilson
Erik Johnson
Tameka Little
Abi E. Otamias
Mitchell Pinkerton

Brittany Reaves
Billy Rose
Doug Sappington
Danny Shaffield
Colin Soniat

Sheri Spencer
Terri Sullivan
Kelley Swatzell
Morgan White
Bradley Whited

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 July 31, 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	751
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	552	Cowart, Britney	3	622
Anderson, Kerri	5	315	Browne, Shannon	R	664	Cramer, Robyn	R	816
Baggett, Christopher	2	454	Bryant, Jason L.	R	465	Cramer, Steve	R	220
Barnes, Jimmie	6	0	Burks, Ross	4	456	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	480
Benner, Kim	8	948	Callahan, Chris	4	636	Cutshall, Hannah	2	482
Bensinger, Cole	2	132	Carden, Melissa	R	664	Davidson, Dow	3	1,020
Benson, Wayne	7	581	Carey, Christopher	7	393	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	772
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	281
Ford, Eric	1	208
Franklin, Shane	9	730
Frederick, Winston	12	785
Freeman, Sheila	4	759
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	740
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	772
Jenkins, Kaki	8	1,365
Jenkins, Michael	R	867
Jones, Allen	2	792
Keefer, Herb	2	0
Kelley, Robin	7	1,083
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	371
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	788
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	364
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	2	1,370
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	716
Routman, Michael	R	610
Rutherford, Keith	13	471
Rutledge, Lisa	5	950

Participant	Years	Total
Salter, Shannon	R	0
Sanders, Gwendolyn	2	670
Shaffield, Danny	8	1,629
Sherer, Jeremy	4	826
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	967
Thurman, Terralance	R	234
Tibbs, Seth	1	531
Tidwell, Pam	R	810
Tomlin, Chace	1	341
Trimble, Jamie	6	840
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
Whately, Prince	8	614
Whillock, Amber	1	606
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

SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

July 12, 2021

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Alan Hargrave, Vicky Brakhage, Charles Thompson, and Alex Morrow.

We are unable to vote to approve the minutes from the June Executive Board Meeting, as there are not enough board members present to meet quorum.

Membership (Hunter Bridwell)

We currently have 799 members and 618 memberships. We will discuss having a membership drive in the near future.

Newsletter Editor (Hunter Bridwell)

The next newsletter publication date will be on August 2, 2021. Please have all content to Julie by July 23, 2021.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry. There are still some outstanding invoices from Peavine Falls, but it does appear that the race brought in more than enough to revenue cover the expenses.

Peavine Falls (Hunter Bridwell)

Thank you to all of those that volunteered at Peavine Falls. The race went very well. The number of participants were up this year.

Long Run Committee (Alex Morrow)

We hope to have a long run social in the near future. A possible date is August 14, 2021, at the new Edgar's Bakery location in Homewood. We are looking into door prizes for the social. Discussion was held about changing the starting location for some long runs just to change things up. Please let Alex Morrow know of any suggested starting locations.

Merchandise (Hunter Bridwell)

Bradley Wells will bring merchandise to the Saturday morning long runs to distribute to those that pre-ordered them.

1200 Mile Club (Hunter Bridwell)

We plan to close registration for the 1200 Mile Club at the end of July. Hunter Bridwell will send an email blast notifying members to get registered before the end of July. Hunter also still has the 2020 patches for those that need to pick it up.

USATF Representative (Charles Thompson)

On July 10, 2021, there was a large track meet at Center Point. There were a lot of participants in the 18 and under age group.

Vulcan Run 10K (Hunter Bridwell)

This year, the race will be the RRCA Southern Region 10K Championship. Discussion was held about reaching out to Jeremy Walker to assist with race planning again this year. We plan to provide a discount code to other running clubs in the region. We are looking into moving the start of the race back to Boutwell Auditorium and need to confirm that the original 10K course is still USATF certified. Further discussion about the race will be held in next month's meeting.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, August 9, 2021 at 6:00 p.m. Location to be determined.



Upcoming Events

EVENT	DATE	TIME
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.
BTC Saturday Long and Moderate Run Groups	September 11, 2021	6:00 a.m.
Smile-A-Mile (SAM) 5K (virtual option)	September 11, 2021	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 18, 2021	6:00 a.m.
Hold the Fort 5K/10K/1 Mile Warrior Walk (Pelham)	September 18, 2021	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 25, 2021	6:00 a.m.
Tommy Trot 5K (Pelham)	September 25, 2021	8:00 a.m.
Head Over Teal 5K/10K	September 25, 2021	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 2, 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:

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Zip:

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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