



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

September 2021 9



THE BIGHORN 100: PART II

By Alex Morrow

www.BirminghamTrackClub.com

[f/BirminghamTrackClub](https://www.facebook.com/BirminghamTrackClub)

[t/BirminghamTrackClub](https://twitter.com/BirminghamTrackClub)

[i/RunBTC](https://www.instagram.com/RunBTC)

2 The Bighorn 100, Part II

6 President's Address

8 Medication and Miles

10 "You Snooze, You Win!"

11 1200 Mile Club

17 Feets of Strength

THE BIGHORN 100: PART II

Last month, we brought you Part I of Alex Morrow's account of his first 100 mile race ([click here](#) to catch up if you missed it). This month, Alex's journey concludes, as all good adventures do, with stories of peril and lessons learned, along with a dash of inspiration.

Ki, Tori, and Carlos all came bounding over to me, super excited and eager to get to work. They were on a mission to get me refueled and right back out on the trail. They had no idea what they were working with, however. This was not going to be a NASCAR pitstop with me hitting the road in 30 seconds. This was going to be an entire engine overhaul. As a matter of fact, I might just trade in the whole car on a new one.

Once they had a good understanding of my condition, these guys were AMAZING! First, they packed me in ice to get my core temperature down. By the time that happened, the temps were starting to drop and we were at higher altitude. This meant I went to the other extreme and started shivering uncontrollably. They put me in dry clothes, wrapped me in blankets and a sleeping bag, and gave me hand warmers. While this was happening, they were slowly but surely making me drink and eat. I had no desire to do so, but they coaxed me into doing it. It was all a big blur to me, but as I sat perfectly still, the crew buzzed around me. I bet we were a fun group to watch! Ki would sprint off and show back up with a cup of warm broth. Tori would patiently hold my Body Armor bottle because my hands were shaking too badly to do so myself. And then I noticed Carlos. He was all set to run with me. But that wasn't the plan!

I was not going to pick up a pacer until the Jaws aid station at mile 48, the turnaround point. But when she saw me, however, Ki called an audible. She concluded, and rightly so, that in my current condition there was no way I was going to make the 18 mile climb up the mountain to Jaws, in the dark, by myself. Odds are I would have fallen off the trail into the Little Bighorn River 150 ft below.

After about an hour of pure misery, I started coming around. Ki told me it was time to leave, and while I didn't ask about the time, I knew cutoff was probably not far off. This was about as bad a start to a 100 miler as you could have asked for. And as I stood up I realized just how much carnage was at this aid station. I wasn't the only one in bad shape, but now was the first time I could comprehend what I was seeing.

As I stood to leave with Carlos, a few folks started clapping as we went by. I was still too out of it to care, but later learned there were other crews at the station who were taking bets on whether or not I was going to leave. I must have looked rough, but I'm glad someone lost some money betting against my team!

The next 18 miles were fantastic. Carlos and I were constantly running uphill, but we saw some of the most beautiful country on the planet. Then as twilight set in, the temps dropped, the stars came out, and it was simply magical. At one point I asked Carlos to turn off his headlamp. When he did we both just stood there and soaked in the entire Milky Way, which felt so close you could reach out and grab it.

Carlos paced me through the Cathedral (mile 33.5), Spring Marsh (mile 40), and Elk Camp (mile 43.5) aid stations and kept me moving the whole time. There was a massive change for the day, however: my nutrition. I had a comprehensive plan for what I was going to eat for the entire race, but like Mike Tyson said, I got punched in the mouth.

From the time we left Sally's Footbridge at mile 30 on, I exclusively ate orange slices, watermelon, and ramen soup/broth. Not exactly an ideal nutrition plan, but it all stayed down, and I was moving forward. Good enough for now. The only time during this section I got a little worried was at Spring Marsh, mile 40. While I was refilling my water bottles, I started shivering again, and I knew this was a bad sign. It was midnight, we were at least at 8,000 ft elevation, and the last thing I needed was to freeze. I made the call to sit by the fire. Most folks say stay away during an ultra, a warm fire can lull you into complacency, and the next thing you know you've been there for two hours.



CONTINUED ON NEXT PAGE

THE BIGHORN 100: PART II

I have to admit, that fire felt AMAZING! But I told Carlos to give me three minutes and we are out of here. To his credit, he did just that, and before I knew it we were off into the night.

We also lost a new friend from Augusta, GA at this aid station. Hunter White was also running his first 100 miler, and when I originally met him at the starting line he whispered, "I'm incredibly nervous, and I just want to finish." Hunter ran well, and while I was with Carlos, we leapfrogged him back and forth for miles. I last saw Hunter at the Spring Marsh aid station but he was shivering so badly that volunteers had placed him by the fire and were putting body heat packs on him. I felt badly for him, he didn't have a crew or pacers, but there wasn't much I could do at that point. I wished him all the best and hoped he would bounce back. I later learned he had to drop, which was a shame.

As we closed in on the Jaws aid station at mile 48 (elevation 9,362 ft), we finally got a break from the climbing and enjoyed some flatter sections. As I told Carlos, I was not worried about time or cutoffs on the way out, I just wanted to get to the turnaround, see the crew again, get changed, and then evaluate my status.

The Jaws aid station served as my beacon in the night and was my only goal. Aid station to aid station, just keep moving to the turnaround. Carlos got me there and as he said, "I delivered you in better condition than when I picked you up!"

To say I was a new man at mile 48 versus mile 30 would be a massive understatement. As I greeted my crew, I was excited to see everyone, I was having fun again, and I was feeling eager about the rest of the race. Once again the amazing Ki was there and ready to rebuild me. After 18 miles of vertical, I was ready for a change of clothes, I brushed my teeth, had two bowls of the most amazing chicken noodle soup I've ever had, and felt genuinely revived. It was like the last 50 miles never happened.

Want to know a true test of friendship? I was making a shoe change here, and after 48 miles of dirt, water, mud, sweat, and God knows what else, Ki helped get my shoes and socks off, and even cleaned off all the mud and dirt from my legs and feet before I put on new shoes. Let me just tell you, Ki does not love feet, so for her to do this for me was a very big deal! Like I said, she was the MVP of the trip, and I'm not sure what I would have done without her.

They call the Jaws aid station Hotel California because, "You can check-out any time you like, but you can never leave." I stayed right inside the front door of the aid station -- it was bright, people were smiling, and there was a good energy. In the back of the tent, there was a big heater, cots, and a wasteland of runners. Every cot had someone on it, and it looked like a war zone. This is by far where most of the runners dropped, but I made the decision not to go back there. Seeing that carnage would be of no help to me, so I stayed up front.

The other big change at Jaws was picking up Tori Bayush as my next pacer. I've known Tori for several years, and what I love about her is how methodical she is in her approach to training, racing, and life in general. She is a nuclear engineer after all, so she likes to make plans, strategize, and crunch numbers, and she is exactly what I needed right then.

Tori was excited, full of energy, and ready to go. I wanted to spend 20 minutes at the Jaws aid station since it was my big one for the race, and we were out the door in exactly that. After my come-apart at mile 30, and then making the massive 18 mile climb to Jaws, I knew I was still OK timewise, but I also knew there was not a lot of room for error going forward. I came in to Jaws at 2:40 a.m., we were out the door by 3:00 a.m., and the cutoff for the Jaws aid station was 4:00 a.m.



CONTINUED ON NEXT PAGE

THE BIGHORN 100: PART II

As we set off into the night, I told Tori, "I want to get back to Sally's Footbridge (mile 66) by 9:00 a.m., a full hour faster than it took to get to Jaws on the way up. Tori didn't say, "No way, or you're crazy," she just smiled and said, "OK." The next 18 miles flew by! Tori was incredible! She told me not to look at my watch anymore, she had all the time calculations under control, and I just needed to follow her. When we would roll into an aid station, I would get my orange slices and watermelon, a cup of ramen soup, and while I ate, Tori would call out times. "You have two minutes! You have 60 seconds! Time to go!" And because I was feeling so much better than before, I could actually follow.

It was pitch black for this section, but Tori navigated the course perfectly. We also saw one of the most spectacular sunrises on the planet. Next time you are in the middle of the Bighorn Mountains at 5:30 a.m., make sure to stop and soak it all in.

As the sun continued to rise, we watched as the mountains and the world came alive. It was all so gorgeous and peaceful. We saw deer, passed by beaver dams, and saw scat from a few animals I was happy not to see!

As we charged down the course, I could tell we were getting close to Sally's Footbridge by the roar of the river. It was full daylight when we rolled into Sally's, and it was buzzing. Because it was now Saturday, the 52 mile racers had been added to the course. They started their race at the Jaws aid station on Saturday morning and several of them had caught us at this point. So instead of the station being full of just runners who had reached 66 miles, there was a big batch of runners who were only 18 miles in. They had a lot more pep in their step than we did!

We made a point to refuel well here. In addition to wanting to make up time, another reason I wanted to push to get to Sally's was because of the dang "Wall." When we left, we would have to climb nearly 3000 ft in 3 miles. No big deal on a normal day, but I had 66 miles on my legs, and that climb was completely exposed with no shade. I wanted to tackle the climb in the morning with cooler temps, not midday like I did the day before.

My pack was reloaded, (I think I may have even had a bite of a McDonald's Egg McMuffin,) and we set off for the climb.

By the way, remember I told Tori I wanted to make up an hour on the way to Sally's? As we left I asked her how we did. She said we picked up an hour twenty. BAM! Thanks, Tori!

I'm not going to lie, the Wall was brutal. They don't believe in switchbacks in Wyoming, so you just go straight up! There were people sitting on the side of the trail trying to recover, we would leapfrog folks who would pass us, then have to stop to catch their breath. And more than once I had to tell Tori we needed a 30 second break. It was all-out work for about 45 minutes, but we made it and lived to tell about it.

The next 13 miles were simply an exercise in knocking off miles, getting to aid stations, having Tori count off departure times, and then moving on. Rinse and Repeat. She was a machine and took all the pressure off of me. I just had to run. That I can do. One of the biggest things that did not occur to me until well into the race was the distance Tori was running. Because I picked up Carlos earlier than expected, Tori was pulling double pacing duties. She ended up running 35 miles as a pacer! WOW! You know, she just casually

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 ***

THE BIGHORN 100: PART II

knocked out 35 miles on the spur of the moment. Who does that? Such a badass!

Tori was always positive and focused on her mission, get me to Dry Fork at mile 83. The only time she said a negative thing was around mile 73. We had left the treeline and were now in exposed sun on a jeep road and would remain so for the foreseeable future, and it was getting hot! I said, hey I see the Dry Fork aid station! She excitedly asked where, and when I pointed it out to her, on the top of a mountain waaaaayyy off in the distance, all she said was, "Ahhhh...damn!"

Dry Fork was finally close, but the last mile was a God-awful climb that left you questioning everything you hold dear. We trudged up it, but we watched more than one person pull up short of the top and get pulled by medical. This station is also where the cute blonde I mentioned at the top of the race recap approached me. I felt silly once I realized who she was, but it was funny nonetheless.

This was the last big aid station and where I picked up my final pacer, Ki. The crew worked their magic, filled me up with watermelon and orange slices, and before I knew it Ki and I were hitting the trail.

I truly believe I had the perfect pacers for each section of the course. Carlos was calm, fun, and enjoying the experience just as much as I was. I needed that relaxed demeanor to get me up the mountain. Tori was the strategist and task manager. I gave her an assignment, and she executed it perfectly. For the last 17 miles I needed excitement, passion, and emotion. Ki delivered big on all of those accounts.

For the next 17 miles we talked about how beautiful the miles of lavender, daisy, and dandelion fields were, how vibrant the colors were in the mountains, we saw deer and other wildlife, Ki kept talking about how excited she was to be there, and it was all so infectious. Ki made me forget I had just run 90+ miles. She turned it into a fun run through the mountains and had me smiling more than grimacing. And by keeping it fun, we ran even faster. It was incredibly uplifting to pass folks racing the 50 miler and watching their reactions as they realized we were in the 100 mile race. Thanks, Ki!!!

Along the way, between Tori and Ki, we picked up another hour on the cutoff. I was feeling stronger in the last ten miles of the race than I did at any other point! That is more a testament to my amazing crew than it is me. My race should have ended at mile 30, but because of these incredible friends, I not only finished the race with plenty of time to spare, I did so with a HUGE smile on my face.

I normally don't write long race recaps, but this one was special for me. Not only was it my first 100, but it was an event that showed me the importance of a team, good friends, and a supportive family. They say running is a solo sport, but that's not true. It takes an understanding wife who supports your crazy ideas. It takes good friends who are willing to sacrifice their time and money to run through the mountains with you, and it takes a community of runners, therapists, nutritionists, etc., to help you get ready to race.

I believe we all need things in our life that make us feel small. You need to be part of something bigger than yourself so you can appreciate your place in the universe. Running through some of the most beautiful country on the planet, with some of the best people in the world, did that for me, and it is a memory I will never forget.



PRESIDENT'S ADDRESS

By Hunter Bridwell



August was a fun month for the BTC as we held another Saturday morning social run, this time at the new Edgar's Bakery right down the street from The Trak Shak in Homewood. We had a great crowd join us, and Edgar's was a fantastic host for the event. (If you haven't been there yet, make sure to check it out. They have a huge dining room, a huge outdoor patio area -- where all the smelly runners ate -- and they even have a private room for smaller meetings). We enjoyed amazing breakfast sandwiches and pastries after the run. We had some great door prizes courtesy of Edgar's Bakery, Jeff Martinez at The Trak Shak, Alison Hoover of Lululemon, Joey Longoria of the ASPIRE Wine 10k, Anna Martin of the BHM 26.2 races, as well as some BTC merchandise and race giveaways. We're very thankful to be able to hold our social runs once again. It's always one of my favorite things to do because of the fellowship with runners from various groups in our area. Thanks to Kaki Jenkins and Britney Cowart for their hard work to coordinate this social run!

As we get into the fall race season, don't forget that local favorite, The Vulcan Run 10K, is right around the corner as well. We look forward

to hosting another in-person race, this time back in downtown Birmingham! You can register for the race [HERE](#).

Our Saturday morning long runs will continue this fall as we target the Chicago Marathon with our training runs and posted routes. All runners regardless of experience level or pace are welcome at these runs. We have several routes posted each week, and you can download the routes via the RunGo app so you never get lost! We try to pair up every new attendee with someone else so everyone has a friend. Don't hesitate to join us! Make sure to check out our long run group [Facebook page](#) to see the posted routes and to check out where you can volunteer to place a water stop. It has been H-O-T-T hot recently, so please consider covering one of our water stops. Your fellow runners will forever love you.

I hope everyone has a great month. Stay safe and active!

Hunter Bridwell
President, BTC

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



*Scan to schedule
your next
appointment*

TherapySOUTH
www.therapysouth.com

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

parliamentarian@birminghamtrackclub.com
longruns@birminghamtrackclub.com
medical@birminghamtrackclub.com
social@birminghamtrackclub.com

Marketing/Social Media
Membership
Membership Benefits
Merchandise

Jennifer Andress
Cameron Estes
Sara Thompson
Bradley Wells
Julie Pearce

marketing@birminghamtrackclub.com
membership@birminghamtrackclub.com
benefits@birminghamtrackclub.com
store@birminghamtrackclub.com
newsletter@birminghamtrackclub.com

"The Vulcan Runner" Newsletter
Japan Exchange Program

Rebecca Williamson

japan@birminghamtrackclub.com

1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

Kelly Sims
Kim Benner
Trish Portuese
Keith Henley
Jamie Trimble

1200@birminghamtrackclub.com
volunteer@birminghamtrackclub.com
historian@birminghamtrackclub.com
finishline@birminghamtrackclub.com
finishline@birminghamtrackclub.com

Webmaster
IT Chair
USATF Representative

Dean Thornton
Alan Hargrave
Charles Thompson

webmaster@birminghamtrackclub.com
itchair@birminghamtrackclub.com
usatfrep@birminghamtrackclub.com

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
statue2statue@birminghamtrackclub.com
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



MEDICATION AND MILES:

Update to "Staying on TOP of Pain Control with Topicals"

By Jessica Cagle and Hailee Gallaway, 2022 Pharm.D. candidates, Kim Benner, Pharm.D.

In February 2020, the FDA approved Voltaren (diclofenac sodium topical gel 1%) for purchase without a prescription. Voltaren is a topical gel that is approved for joint pain caused by osteoarthritis. Other topical pain relief options include products containing lidocaine, menthol, capsaicin, and methyl salicylate. Specifically, Voltaren is indicated for joints that one can apply the gel to with ease, such as hands, wrists, elbows, knees, ankles, and feet. It has not been studied for the treatment of joint pain in the spine, hips, or shoulders. Therefore, the benefits and potential for harm are unknown in these areas.



The active ingredient in Voltaren gel is diclofenac. Diclofenac is a nonsteroidal anti-inflammatory drug (NSAID). Along with the gel, diclofenac is also available in a liquid form and as a patch. Other common nonprescription oral NSAIDs include ibuprofen, ketoprofen, and naproxen. NSAIDs work by blocking inflammatory markers which reduce inflammation and pain caused by inflammation. Although Voltaren gel is administered topically, it may have the potential to interact with oral medications (rarely) and other topical medications. One should avoid the oral NSAID medications listed previously, topical medications containing NSAIDs, and similar drugs such as methyl salicylate. These drugs work similarly to diclofenac to reduce pain. Therefore, when combined with diclofenac, one may be at an increased risk for adverse effects such as gastrointestinal (GI) bleeds and peptic ulcers.

Current medical evidence states Voltaren is an effective option for osteoarthritis pain relief. However, it is unclear how long this effect lasts. Voltaren will not provide immediate pain relief. Studies are currently being conducted with Voltaren to determine a safe dose that would provide more immediate pain relief. According to a

randomized controlled clinical trial conducted by GlaxoSmithKline (GSK), Voltaren should be applied four times a day for maximum therapeutic effect. It may take up to seven days to notice any relief. If there is no improvement after seven days or if the pain worsens, patients should stop using the medication and seek medical care. Voltaren should not be used for more than 21 days without the guidance of a medical professional. Using this medication for more than 21 days may put patients at an increased risk for side effects. All NSAIDs can cause GI bleeds, peptic ulcers, and liver damage. Most NSAIDs, including Voltaren, may increase risk for cardiac events such as a heart attack or stroke. These side effects are increased with prolonged use. Additionally, women in the third trimester of pregnancy should not use Voltaren without the guidance of a medical professional.

As with any medication, always consult a medical professional before starting a new medication to ensure it does not interact with any current medications or disease states. Voltaren, along with all topical medications, should never be consumed orally. Voltaren should never be applied to mucosal membranes such as eyes, lips, nose, etc. Avoid applying heat (such as heating pads) to the same area the gel is applied. This may cause the drug to absorb faster and increase the risk for side effects. If there is any sign of an allergic reaction, such as a rash, discontinue the medication immediately.

In summary, Voltaren has been widely used since it was approved as a nonprescription product and is an effective topical pain reliever. It is relatively inexpensive (\$10-\$20) and is shown to be safe if used only topically and in the appropriate amount. However, it should be used with caution just like all other medications to keep you healthy, happy and moving forward!

References:

1. FDA Approves Three Drugs for Nonprescription Use Through Rx-to-OTC Switch Process. U.S. Food and Drug Administration. <https://www.fda.gov/news-events/press-announcements/fda-approves-three-drugs-nonprescription-use-through-rx-otc-switch-process>. Accessed June 16, 2021.
2. What is Voltaren Arthritis Pain Relief Gel? Voltaren. <https://www.voltarengel.com/what-is-voltaren/>. Accessed June 16, 2021.
3. Voltaren Gel [package insert]. Wehr, Germany: Novartis Pharma Productions GmbH; 2016.
4. Topical NSAIDs Offer Joint Pain Relief: Arthritis Foundation. Topical NSAIDs Offer Joint Pain Relief | Arthritis Foundation. <https://www.arthritis.org/drug-guide/medication-topics/topical-nsaids-offer-joint-pain-relief>. Accessed June 28, 2021.
5. Rodriguez-Merchan EC. Topical therapies for knee osteoarthritis. *Postgrad Med*. 2018;130(7):607-612.
6. Bihlet AR, Byrjalsen I, Simon LS, Carrara D, Delpy L, Derne C. A novel diclofenac gel (AMZ001) applied once or twice daily in subjects with painful knee osteoarthritis: A randomized, placebo-controlled clinical trial. *Semin Arthritis Rheum*. 2020 Dec;50(6):1203-1213. doi: 10.1016/j.semarthrit.2020.09.007. Epub 2020 Sep 24. PMID: 33059293.

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Donald Beck	Cameron Estes	Jess Heine	Suzanne Parker	Julianne Steele
Rosemary Beck	Ronald Evans	June Heine	Julie Portera	Kim Taylor
John Luke Bousquet	Meg Gore	Tom Kendrick	Wesley Portera	Seth Tibbs
Reese Bousquet	Allison Halperin	Diane Knight	Brandon Reaves	Hannah Tyndal
Bill Bowman	Caitlin Halperin	Jack Knight	Sarai Robertson	Ana Watters
O'Neal Crawford	Dave Halperin	Kendall Maddox	Lynn Roper	Heather Watters
Mary Creel	Lauryn Halperin	Skip Mathews	Simo Sentissi	Larkin Watters
Jay Crosby	Wendy Hassinger	Deanna McShan	Chloe Shaffield	Robert Watters
Mary Lee Crosby	Eleanor Heine	Joshua Muncy	Danny Shaffield	Kimberly Zimlich
Sarah Culver	Jeff Heine	Carlos Orihuela	Mitzi Shaffield	

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!

The BTC is once again 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.

"YOU SNOOZE, YOU WIN!"



SLEEP...

It's likely we have all been told "you need more sleep!" -- just like we have been told "you need to drink more water" or "take more vitamin C." If you're like me, you tend to respond with "I know, I know." But do we really know how much of an impact sleep has on our athletic performance?

What if I told you that one additional hour of sleep would improve your performance more than the latest and greatest gadget, supplement, clothes, or technology you may have been eyeing?

Research shows the average adult needs seven to nine hours of sleep each night. What happens when you are lacking in sleep?

Inadequate sleep leads to:

- Increased risk of injury
- Increased risk of acute and chronic illness
- Reduced pain threshold
- Reduced physiological and physical performance*
- Increased mistakes
- Impaired situational awareness
- Poor judgement of distance, speed, and time
- Impaired glucose control – who needs energy?
- Impaired concentration

More sleep leads to improvement in all the above plus improved gross motor function with endurance athletes.

NEUROLOGICAL BENEFITS

The "glymphatic" system (also known as the paravascular system) was named in 2013 as the central nervous system's waste clearance mechanism. It is also believed that sleep modulates this waste clearance system, ridding the brain of toxic extracellular peptides associated with Alzheimer's Disease. Basically, this emerging hypothesis is that sleep may help clear this toxic substance out of the brain via glymphatic flow and help delay or even prevent Alzheimer's disease and neurocognitive decline.

SLEEP HYGIENE FOR OPTIMIZING RECOVERY IN ATHLETES

Below is the summary of research based on a systematic review article.

Purpose: The study resulted in a comprehensive review summarizing both the detrimental effects of sleep deprivation in athletes and the benefits of sleep extension on athletic performance

Methods: A PubMed/Medline literature search was performed for research articles from 1980 through 2018 using various keywords. The male and female athletes studied included those in endurance events, strength sports, and mixed physiology sports.

Results: Sleep deprivation resulted in an extensive list of negative effects on athletic performance, but positive effects of sleep extension also were noted in the study

Application: Athletes are known to get less total sleep than non-athletes for several reasons, including strict training schedules and travel obligations. In addition, there is an ever-growing presence of smart phones and other devices further disrupting sleep (this is a whole other rabbit hole). Athletes should be encouraged to have good sleep hygiene throughout their training seasons, both to prevent injury and to improve performance.

So, ask yourself these questions:

1. On average, how much sleep do I get a night?
2. How can I set a plan for better sleep hygiene?
3. How can I get one more hour of sleep?

What's the takeaway? You snooze more, you perform better!

For questions, please email us at tsendurance@therapysouth.net

References

1. "Glymphatic System," Wikipedia, Wikimedia Foundation, 26 August 2021, https://en.wikipedia.org/wiki/Glymphatic_system
2. Vitale KC, Owens R, Hopkins SR, Malhotra A. Sleep Hygiene for Optimizing Recovery in Athletes: Review and Recommendations. *Int J Sports Med.* 2019;40(8):535-543. doi:10.1055/a-0905-3103
3. Dolezal BA, Neufeld EV, Boland DM, Martin JL, Cooper CB. Interrelationship between Sleep and Exercise: A Systematic Review [published correction appears in *Adv Prev Med.* 2017;2017:5979510]. *Adv Prev Med.* 2017;2017:1364387. doi:10.1155/2017/1364387



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

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 September 4, 2021 are listed below.

Participant	Years	Total
Adams, Jeffrey	R	163
Adams, Sue	1	737
Adwell, Stephen	R	1,074
Ahmed, Kabeer	2	1,001
Allen, Jessica	R	549
Anderson, Kerri	5	474
Baggett, Christopher	2	589
Barnes, Jimmie	6	0
Bartee, Samm	5	658
Bayush, Tori	3	1,260
Beard, Karen	R	85
Beasley, Cathy	4	0
Becker, Bryan	1	1,088
Benner, Kim	9	1,278
Bensing, Cole	2	132
Benson, Wayne	7	801
Black, Dylan	1	695
Blackmon, Kim	R	942
Boackle, Larry	4	0
Boackle, Tomie Ann	1	0
Booher, Lisa	9	909
Bookout, Jason	2	800
Bookout, Kimberly	2	958
Borie, Tuck	R	0
Boswell, Ryan	1	702
Bowman, Bill	R	667
Boylan, Brittany	R	273
Boylan, Chris	R	120

Participant	Years	Total
Brakhage, Victoria	4	804
Bray, Elizabeth	2	1,357
Bridwell, Hunter	1	102
Brown, Charlie	8	1,126
Brown, Katie E.	R	898
Brown, Katie G.	1	801
Brown, Michael	4	571
Brown, Sean	6	737
Browne, Shannon	R	973
Bryant, Jason L.	R	465
Burks, Ross	4	456
Burruss, Anne	R	13
Burruss, John	R	289
Burson, Steven	R	327
Caine, Lawrence	1	859
Callahan, Chris	4	844
Carden, Melissa	R	914
Carey, Christopher	7	503
Carlton, Bob	6	845
Carter, Adrienne	2	0
Carter, Jason	1	731
Caviedes, Octavio	2	1,706
Chaffinch, Violet	R	860
Chandler, Teresa	12	1,250
Channell, William Andrew	2	1,323
Cheek, James	R	130
Childers, Melissa	R	3
Clay, Brad	14	1,554

Participant	Years	Total
Cleveland, Jeff	4	1,125
Cliett, Stephanie	6	866
Coffin, Diane	R	388
Coleman, Tim	3	1,105
Colpack, Susan	1	1,014
Corrin, LaRonda	1	607
Corrin, Roger	4	584
Cowart, Britney	3	837
Cramer, Robyn	R	1,062
Cramer, Steve	R	314
Crawford, Katelyn	R	791
Creed, Brad	4	826
Creel, Mary	3	463
Crowson, Bill	5	590
Crompton, Melinda	R	0
Cutchen, Cindy	R	568
Cutshall, Hannah	2	585
Davidson, Dow	4	1,475
Davidson, Jen	1	0
Deffenbaugh, Todd	R	1,043
Delmo, Lito	R	0
Denton, Matt	9	1,422
Dimicco, Al	3	846
Dixon, Jonathan	1	383
Dowling, April	1	68
Duke, Cindy	5	939
Dyck, Rayna	R	0
Edgerton, Amy	1	983

1200 MILE CLUB

Participant	Years	Total
Edmondson, Laurie	1	1,537
Estes, Cameron	2	380
Estrada, Steven	3	1,959
Evans, Debbie	7	952
Ferlitto, Cindy	2	385
Fontenot, Misty	4	998
Forbus, Reed	R	322
Ford, Eric	1	208
Franklin, Shane	9	844
Frederick, Winston	12	917
Freeman, Sheila	4	859
Gayheart, Cheryl	1	992
Gilbert, Beth	R	586
Gilmour, Laura	R	1,068
Glasgow, Robert	R	0
Goode, Johnny	12	1,189
Goss, Ange	2	798
Grady, Carla	2	0
Graham, Ryan	1	0
Grainger, Matt	2	1,288
Gray, Mariel	R	155
Gray, Michael	1	808
Greene, Michael	2	0
Griffin, Misty	1	1,052
Gruschow, Mariana	R	0
Gullapalli, Satya	5	0
Hale, Katie	R	70
Haley, Jay	5	728
Hall, Thomas	1	0
Haralson, Danny	12	418
Haralson, Micki	12	955
Hargrave, Alan	13	1,035
Harris, Mindy	R	35
Harrison, Lisa	9	1,029
Harry, April	4	1,295
Hart, Laree	R	199
Hartsfield, Gregory	2	1,205

Participant	Years	Total
Hartsfield, Kathryn	R	0
Henley, Monica	5	0
Henninger, Alison	6	981
Hess, Alan	R	784
Hilson, Brandi	R	445
Hogeland, Angie	2	773
Hogstrom, Minda	R	635
Holcomb, Zachary	3	970
Holland, Skylar	3	488
Hollington, Kasey	2	258
Hood, Alissa	1	545
Hoover, Alison	9	0
Hopper, Whittley	2	894
House, Beth	6	587
Hubbard, Stephanie	1	0
Hutcheson, Leander	1	0
Ingle, Brandon	R	0
Izard, Georgia	3	1,172
Izard, Melody	3	0
Jackson, Bradley	1	909
Jenkins, Kaki	8	1,614
Jenkins, Michael	R	1,007
Jones, Allen	2	792
Kazamel, Mohamed	2	0
Keefer, Herb	2	0
Kelley, Robin	8	1,280
Kemper, Tricia	6	1,125
Klasner, Ann	R	1,138
Knight, David	1	829
Kornegay, Marla	1	1,047
Krick, Stefanie	2	1,316
Kuhn, Jimmy	14	1,474
Kulp, Loren	5	866
Kumar, Sidharth	R	218
Laird, Audrey	7	1,243
Lamb, Patrick	1	822
Lancaster, Jeff	2	866

Participant	Years	Total
Landefeld, Dale	R	817
Langston, Aaron	5	0
Lawhorn, Joseph	1	0
Little, Tameka	R	0
Logan, Jennifer	R	31
Love, Thomas	2	371
Lyda, Anna Kate	1	1,329
Lyda, Beth	1	879
Lyda, John	3	1,226
Lyle, Randy	13	1,459
Madaris, Brandon	R	963
Malec, Bonnie	R	0
Malec, Zachariah	R	0
Malick, David	7	1,018
Martin, Sheree	R	1,023
Mathews, Skip	R	343
McElroy, Catherine	1	944
McGriff, Colton	R	71
McIntyre, Morgan	R	768
McKinney, Margaret	R	10
McLain, Chase	R	1,039
Merry, Vicki Sue	8	837
Mickens, Cassandra	2	518
Miller, Joshua	2	0
Mishra, Anoop	1	1,283
Moman, Ashley	R	260
Morgan, Danielle	5	454
Morgan, Phillip	8	577
Morris, Gordon	R	888
Morrow, Alex	9	1,181
Moses, Mike	1	442
Murchison, Reginald	7	1,322
Newkirk, John Allen	R	344
Noerager, Brett	2	1,850
Noerager, Felicia	1	1,201
Northern, Kristie	12	1,236
Norton, Laura	3	1,299

1200 MILE CLUB

Participant	Years	Total
Oechslin, Tamara	1	1,144
Oehrlein, Kimberly	R	0
Oliver, John	6	834
Orihuela, Carlos	4	1,221
Orihuela, Catheryn	R	0
Ortis, Ellen	2	896
Padgitt, Scott	1	602
Parks, Charlie	8	1,966
Parsons, Christy	R	838
Patrick, Nicolette	2	0
Payson, Tabitha	R	254
Payson, Tommy	3	564
Peagler, Shana	8	882
Peagler, Zach	1	824
Pearce, Julie	5	785
Pitts, Adele	R	768
Plante, David	8	942
Poh, James	2	901
Poole, Greg	3	625
Powell, Shane	3	1,453
Proctor, Megan	1	904
Pronath, Katrina	R	173
Purvis, Jeffrey	R	1,005
Randolph, Megan	1	1,313
Rawson, Brent	3	1,064
Renfro, Jeff	2	760
Richardson, Brent	R	924
Richey, Lori Beth	3	912
Ritchie, Joseph	4	1,249
Ritchie, Lauren	2	1,028
Roberson, Kevin	5	684
Roberts, Fletcher	6	724
Robinson, Lyndsey	1	1,158
Robinson, Rod	R	485
Robinson, Tamara	1	0
Rodgers, Jeffrey	3	790
Rogers, Hannah	1	770

Participant	Years	Total
Roper, Lynn	3	814
Rose, Billy	7	1,894
Ross, Cara	R	690
Rosser, Joey	4	372
Routman, Cindi	R	919
Routman, Michael	R	794
Rutherford, Keith	13	700
Rutledge, Lisa	6	1,290
Salter, Shannon	R	0
Sanders, Gwendolyn	2	781
Shaffield, Danny	8	2,158
Sherer, Jeremy	4	927
Sherman, Travis	R	515
Sherrell, Jeff	2	1,248
Shin, Ki	R	0
Shinn, Ronald	7	780
Shoaf, James	2	552
Short, Lori Lynn	R	796
Sides, Dean	4	803
Silwal, Suman	9	884
Simpson, Kevin	8	2,471
Sims, Bob	R	1,099
Sims, Cecelia	1	837
Sloane, Mike	5	744
Smith-Janias, Mary Ann	R	331
Smith, Daryl	1	1,208
Smith, Erin	R	1,146
Smith, Jason	2	1,235
Smith, Jerry P.	11	887
Smith, Kelly	R	221
Soileau, Chester	3	920
Spikings, Matt	R	934
Stockton, Rick	13	804
Swiney, Elana	R	203
Thompson, Samuel	R	1,126
Thompson, Sara	3	279
Thurman, Terralance	R	234

Participant	Years	Total
Tibbs, Seth	1	747
Tidwell, Pam	R	1,017
Tomlin, Chace	1	697
Trimble, Jamie	6	1,153
Tucker, Taylor	R	435
Valles, Tina	1	820
Vaughn, Lora	R	810
Wade, Josh	R	0
Waid, David	4	1,420
Walker, Caroline	1	396
Warren, Key	R	615
Washington, Monica	R	626
Watters, Ana	3	1,413
Watters, Larkin	1	951
Watters, Robert	7	1,290
Weber, Amy	2	560
Weeks, Lance	2	565
Wells, Bradley	5	1,441
Wende, Adam	6	980
Whatley, Prince	8	834
Whillock, Amber	1	760
White, Robin	2	1,495
Wilhite, Thomas	5	747
Williams, Shanada	1	741
Williams, Shaunda	2	0
Williamson, Rebecca	2	1,077
Wilson, Mark	R	612
Wiseman, Steve	6	1,199
Wood, Heather	1	0
Woody, Bill	12	1,024
Wright, Amy	3	0
Wu, Xing	9	789
York, Gary	8	1,518
Zajac, Jason	2	1,157
Zapata, Carlos	1	717

BTC FALL SOCIAL

August 14, 2021



SHOW US YOUR BTC GEAR



SHOW US YOUR BTC GEAR



FEETS OF STRENGTH



Congratulations to **Kim Benner** and **Jamie Trimble**, who completed the River to Sea 12 Hour Challenge race in Marineland, Florida on August 7, 2021. Despite the Florida sun, humidity, and a heat index that climbed to 112 degrees, Kim completed 42 miles, and Jamie completed 38 miles. Way to go, guys!

Congratulations are also in order for **Daniel Chaplin**, who placed 2nd in his age group at the Just a Call Away 5K on August 28, 2021. Daniel is the mastermind behind the LACE UP for Down Syndrome team, which seeks to raise awareness and funds for Down Syndrome Alabama, as well as build inclusion for all runners. The group fielded a team of nine runners for Just a Call Away 5K and plans to train and run together in future events. Interested in getting in on the action? Please contact [Down Syndrome Alabama](#) for details!

RRCA Alabama State Representative **Alex Morrow** has been selected by the Road Runners Club of America to join its national coaching staff. As a coach, Alex will be responsible for leading RRCA Coaching certification programs across the country. Congratulations, Alex!

Have a running related accomplishment to share? Please [let us know](#) – the BTC loves to celebrate with you!



Kim Benner and Jamie Trimble



Daniel Chaplin



Alex Morrow

BTC EXECUTIVE BOARD MEETING

August 9, 2021

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Alan Hargrave, Vicky Brakhage, Charles Thompson, Alex Morrow, Jamie Trimble, Julie Pearce, Skylar Holland, Kim Benner, Trish Portuese, Cameron Estes, Kelly Sims, and Britney Cowart.

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

Membership (Cameron Estes)

We currently have 798 members and 617 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on September 7, 2021. Please have all content to Julie by August 27, 2021.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry.

Webmaster (Hunter Bridwell)

Dean Thornton completed some updates on the BTC website.

Long Run Committee (Alex Morrow)

There will be a long run social on Saturday, August 14, 2021. The run will start at the new Edgar's location in Homewood. Edgar's will provide post-run food and they are providing a gift card for a door prize. There will be three different distance options for the run with staggered start times. Other door prizes include BHM race entries, Vulcan Run 10K race entry, Lululemon gear thanks to Alison Hoover, and we will check with Bradley Wells about BTC merchandise.

1200 Mile Club (Hunter Bridwell)

Registration for 2021 1200 Mile Club has been closed. There are 304 members registered this year.

USATF Representative (Charles Thompson)

On August 21, 2021, Charles will be at the Save the O's 5K and will wear his BTC and Vulcan Run gear to promote the race.

Volunteer Committee (Kim Benner)

Alison Hoover very kindly offered Lululemon gift cards to water stop volunteers. The winners were selected at random out of the members who have volunteered to put out water stops. We will not need any volunteers for the upcoming social at Edgar's. Executive Board members will handle the water stops for the long run social. We will need volunteers for the BHM 26.2 packet pickup. They will let us know how many volunteers they need. The BHM 26.2 races will be on October 2, 2021, and October 3, 2021.

Finish Line (Jamie Trimble)

Jamie will get raffle tickets and BTC flags from the storage unit for the upcoming social.

Vulcan Run 10K (Hunter Bridwell)

It was confirmed that the previous racecourse that starts and finishes near Boutwell Auditorium is still USATF certified, so we are hoping to have the race back at that location this year. Hunter is going to get with Jeremy Walker and will have a better idea of what we need to get started with promoting the event more next week.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, September 13, 2021 at 6:00 p.m. Location to be determined.



Upcoming Events

EVENT	DATE	TIME
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.
Bloor Door Dash 5K	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.
Lululemon's Seawheeze Virtual Half Marathon/10K	September 18, 2021	Virtual
Paws for the Cause 5K	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.
BTC Saturday Long and Moderate Run Groups	October 9, 2021	6:00 a.m.
Jimmie Hale Mission's Rescue Run – 10K, 4K, and 1 mile fun run *BTC DISCOUNT*	October 9, 2021	7:45 a.m.
BTC Saturday Long and Moderate Run Groups	October 16, 2021	6:00 a.m.
7 Bridges Marathon, Half Marathon, and 5K (Chattanooga, TN)	October 17, 2021	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 23, 2021	6:00 a.m.
Sylacauga City Schools Foundation 10K Run and 5K Run/Walk (Sylacauga)	October 23, 2021	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 30, 2021	6:00 a.m.
Nashville Ultramarathon: 50 mile and 50K (Nashville, TN)	October 30, 2021	7:00 a.m.
OLV Hero 5K and 1 mile fun run	October 30, 2021	8:00 a.m.
Homewood First Responders 5K	October 30, 2021	8:00 a.m.
BTC Vulcan Run 10K *BTC RACE SERIES*	November 6, 2021	

** 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