



★ BIRMINGHAM TRACK CLUB ★  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

October 2021 (10)



## VULCAN RUN 10K IS BACK AND BETTER THAN EVER!

By Alex Morrow, RRCA Alabama State Representative



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# VULCAN RUN 10K IS BACK AND BETTER THAN EVER!



The Road Runners Club of America (RRCA) is excited to award the Vulcan Run 10k, hosted by the Birmingham Track Club, the designation of the RRCA Southern Region 10k championship.

The RRCA is constantly evaluating races throughout the country to serve as part of the RRCA championship series. There are state championships, regional championships, and national championships held each year. All races must meet certain criteria to be awarded a championship designation, and the Vulcan Run 10k not only meets those requirements, but exceeds them in many ways.

The Vulcan Run 10k is in its 47th year and has a long-storied history of excellence. In the early days the Vulcan Run attracted professional runners from across the country, as well as recreational runners. In recent years, even in the midst of a global pandemic, the Birmingham Track Club was able to keep the event going, and worked diligently to ensure the quality of the race never wavered.

Those are just a couple of the reasons the Vulcan Run 10k was selected as the 2021 RRCA Southern Region Championship. A

regional championship designation is quite an honor, and there is no doubt the 2021 running of this iconic race will once again deliver on its high-caliber reputation. As a regional championship race, the Vulcan Run 10k will represent an eleven state Southern Region. Athletes from as far away as Texas and North Carolina will be in attendance and they will get to experience an event that the likes of the famous Bill Rogers called one of the best 10ks in the country.

This year's race will return to our traditional course along Highland Avenue's parks, culminating in a finish in front of Birmingham City Hall. The Top 200 finishers will be recognized with a highly coveted "top 200" finisher's shirt, and we'll have an amazing after party in Linn Park.

[Sign up now](#) to toe the line on November 6, 2021. Current BTC members receive a discount on their race entries, so [join today](#) or [renew](#) your membership to take advantage of this opportunity. We look forward to seeing you at the race!

# PRESIDENT'S ADDRESS

By Hunter Bridwell



I'm pretty sure I felt a brief spell of cool air as September came to an end... And then the heat returned because that's what Alabama does. As tough as it is training in heat, know that race day is going to be a breeze compared to those training runs you've experienced. It's the silver lining to heat and humidity! I mean, folks in New England and Minnesota don't have the privilege of running at 6:00 am in 80-degree temps and 95% humidity. When you head to Chicago, New York, Boston, or if you've stuck around the southeast to run a local race – know that you've trained in conditions to prepare you to have great races! I look forward to hearing all the race reports over the next couple of months.

## THE VULCAN RUN 10K

Make sure to include The Vulcan Run 10K in your race plans. The iconic race is returning to its roots in downtown Birmingham. We are working with the city to finalize the route. We will have to navigate potential roadblocks like streets being closed to allow restaurants to seat patrons in the street (thanks again, Covid!), but we'll be back nonetheless! It has been quite the ride the last few years when trying to plan routes for our flagship BTC race. The race start/finish was moved to Sloss Furnaces for a couple of years as road construction limited permitting along our traditional route. As the construction ended, Covid-19 popped up and prevented us from moving back to the area around Birmingham City Hall and Linn Park. Despite further challenges this year, we are finally getting back to our more traditional route around the downtown, Highland Park, and Five Points areas.

Join us on November 6 as we are proud to be the RRCA Southern Region 10K Championship for 2021! After the race originally was granted this RRCA championship designation in 2020, the decision was made to defer the championship to 2021 due to limitations brought on by the pandemic. We are so grateful for the opportunity to show off Birmingham through this race. Don't miss out – you can register [HERE!](#)

## BTC LONG RUN GROUP

It's hard to believe that another fall marathon training cycle is coming to a close. This year's target race, as voted on by YOU, is the Chicago Marathon. As of the publication date of this newsletter, you Chicago marathoners will have completed your final taper runs and will be preparing to head off to the Windy City. I truly hope everyone stays healthy as we approach race day and that your hard work pays off! This goes for those of you completing other fall races as well. While we only have one target race in the fall, we invite all of you out to join us as you prepare for your race. 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.

Before you know it, we'll be kicking off the traditional Mercedes Marathon training plan. After a year off due to Covid, Mercedes will be back and better than ever! Keep an eye out for more information about the kickoff to training.

Make sure to share those race reports and BTC gear photos over the next few weeks so we can highlight you and your race buddies in our "Feets of Strength" section of the newsletter. Tell us about those PRs, age group wins, and other accomplishments. We want to recognize YOU!

**Hunter Bridwell**  
*President, BTC*

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

**November 13, 2021**

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

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

**REGISTER HERE**

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## BTC Mission Statement

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

## Contact BTC at:

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## Race Results

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

**birminghamtrackclub.com**  
**championship-racing.com**



# TRANSROCKIES 2021

## Summer Camp for Big Kids (Part 1)

By Bradley Wells

### **SIX DAYS, 120 MILES, AND 20,000 FEET OF CLIMBING THROUGH THE COLORADO MOUNTAINS? SIGN ME UP!**

A little over a year ago, during the middle of the Covid outbreak (when we all made a few crazy decisions), I decided to register for the Under Armor TransRockies Run that was to take place in the summer of 2021, along with a group of other Birmingham runners who also had fallen prey to the allure of an actual race.

I had a laundry list of questions, fears, expectations, and concerns leading up to hitting the sign up button. At this point, we were in the throes of Covid and literally every race had cancelled during the year. Our group was able to 'sneak' into this sold out race thanks to our fellow Birmingham runner (and friend of the race director), Lori Lyons. Lori, being from Colorado and having run this event a number of times, spoke very highly of it and got everyone really excited. And so we started out planning!

A couple of years prior, a large group of us ran the Grand Circle Trail fest in Utah. Several people we met at that race told us about the TransRockies race and lit the spark. I think we were still on such a high from Grand Circle that we all were desperate to find our next big adventure. The 2020 TransRockies Run (or "TRR") had been cancelled due to COVID, so we were dealt our first blow: TRR was already sold out for 2021. Would we really have to wait a whole year to get into this event?



Thinking hope was lost, we tucked our tails and started looking for the next best option. Soon thereafter, we get the call that our group had a spot if we wanted in, but he must act fast. . . I think within a week we had all signed up, and just like that, the spark began to ignite the flame.

After we were officially registered, our team started planning and coordinating... literally, everything... where will we stay? What should we wear? What flight? Will it be cold? Am I going to get hot? Will you have time to train? Did someone mention snakes? The questions grew like a weed bed in an Alabama garden. Between the overthinkers and the folks like me who like to go with the flow, we had our bases covered - LOL! A couple of weeks later, I had booked an Airbnb for half the team before the race start in Buena Vista Colorado. Knowing the town was so small, we thought it wise to grab a spot early (this would later prove to be one of our biggest disasters, but more to come on that later), as we would need a place to stay a few nights prior to starting the race. The race where we would be sleeping in tents for five nights! That's right: Tents! For five nights!

For the go with the flow members of our group, that was a lot of buildup, and we were not even into 2021 yet - Ha! Everyone on this trip was practically giddy with excitement, so the long wait felt like centuries. We had time to research and reflect on the race and what we'd be tackling during our time in Colorado. So, what is TRR, why was everyone so excited, and why is this event sold out each year (did I mention the tents)?

*Billed as "Summer Camp for Big Kids," the Trans Rockies Run (TRR) is a six day stage race that takes participants from Buena Vista all the way to Beaver Creek Colorado. Over the six days, racers run/walk/hike approximately 120 miles and get to experience some of the prettiest spots in the country, including Leadville, Camp Hale, and Vail.*

No one had the expectation that this would be easy - 120 miles is some serious distance to cover, and most of us were not accustomed to the weather or the terrain of the Colorado mountains. But also, I do not think any of us fathomed how truly awesome this event would be for each of us. I do not use the term lightly, but this really was a life-changing event. The people, the scenery, the teammates, the comradery. . . everything wrapped up to make this beautifully perfect week an opportunity of a lifetime. And this is my story.

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# TRANSROCKIES 2021

## Summer Camp for Big Kids (Part 1)

### BUENA VISTA

The charming little town of Buena Vista was our first destination, the start of the race, and our “home” for three days leading up to race morning. Buena Vista was classic Americana – it had a great downtown street bustling with people in and out of coffee shops and local restaurants. We arrived on Friday afternoon in the crisp Colorado air. Everyone was excited to be done with our traveling and to have some time to relax a bit. It was time to get checked in to our accommodations for the next few days.

I remember when I booked our condo, ten months ago now. I pulled up the app, got the address and instructions to get into the condo – we were all set. Our condo sat on top of an old theater right in the middle of downtown – perfect, right? As I went around to the back of the condo to go in, I left the other four guys, along with ten bags of luggage, out front on Main Street. A towering spiral staircase led up to our “cozy loft,” so I carefully climbed up to unlock the door and walk into our home away from home. Rather than the rustic charm and welcoming touch I was expecting, I walked into a full-on construction site. The kitchen was literally in boxes, and a sink was carefully placed in the laundry room. The dining table was disassembled, and all of the living room furniture was cramped into a pile. One bedroom was taken apart and had a bed in the closet. Another bedroom looked okay, but the bed was messy. And a third bedroom had three suitcases and clothes strewn everywhere. What had I stepped into? Were there squatters in our cozy loft? Am I in the wrong condo? What are we going to do??

With much trepidation and after some deep, meditative breathing, I slowly walked back down the winding stairs and approached the guys. . . . “I think we have a small problem,” I said casually, not wanting to cause panic or a riot or worse. I led the guys up to the loft and we all stood quietly in disgust and confusion. Walking back downstairs, we found a shop owner on the lower level of our place, and luckily she had the owner’s number. After speaking with her she was on site within five minutes, completely mortified. She had removed the listing earlier this year as she had planned to remodel and sell, but unfortunately, the app didn’t inform us about this because we had booked prior to that time. But the owner was very sweet, and she tried to get everything cleaned up as best she could while we all helped get the furniture back into a functional spot. We made up the beds and decided we would make the best out of it -- sans one toilet and hot water.



Although not the best way to start a trip, this spot was great, and we had plenty of room to have the whole team over. We ordered pizzas, got some local beers, and laughed about everything. Over the next couple of days, we explored all around Buena Vista, got our packs ready, and tried to relax as much as possible. At this point the anticipation was killing me -- I was ready to run! On Sunday, the day before our race started, we got to see a burro race downtown, we made final preparations for our packs and everyone laid out their “flat runners”.

### MONDAY MORNING, AUGUST 2, 2021

It was finally race day. Everyone was up early, dressed, bags packed and ready to go. We walked across the street for a coffee and quick breakfast and headed to the TRR tents set up next to the river that ran through town. At check in, the race organizers gave everyone a large duffle bag to store their supplies; these bags were transported for us during the whole week. Because we would be camping in Buena Vista that evening, we got to put our duffels in our tents and head over to the start line. The energy was electric, the music was loud, and a group of about 300 runners was getting ready to take off on an amazing weeklong journey!

Day One took us all around and over the “foothills” of Buena Vista. Today was a big loop that brought us back to camp. In total, day one was just over 20 miles and about 2200 ft of elevation gain.

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# TRANSROCKIES 2021

## Summer Camp for Big Kids (Part 1)



The area was mainly dry, high desert -- not what you think of when you think of Colorado. By the end of it I was hot and ready to be out of the sun. The last four to five miles were on an old jeep road in full sun. We searched for small pockets of shade to walk in for a reprieve whenever we could find them.

Just around lunchtime, Lisa Booher and I came barreling into the finish line. I landed a perfect somersault into quarter turn... but no camera... I

was crushed! The finish line was loud and full of people cheering everyone in -- this is what we came here for! We quickly scarfed

down a few sandwiches, drank some electrolytes, then grabbed beers and went to sit in the river. This was my favorite part of the day: sitting in ice cold water, sipping an ice cold beer, and watching as other teammates crossed the bridge to wrap up Day One!

Overall, everyone was on cloud nine. Ready to get out of the sun, we headed to the shower truck and then into town to find some lunch. Along with about 200 other runners, we had once again flooded downtown Buena Vista! We finished our burgers (best burger ever, BTW), and it started to rain. . . Here we go! In a high desert where it rarely rains, it starts to rain! We head back to tent city and start to recover. By this time, our tents had begun to get wet and everyone was tired. We stayed around for the daily awards ceremony, had some dinner, and most of us made it an early night. As the rain came down steadily, a quiet fell across tent city. We were just about ready for Day Two: Hope Pass.

*Watch for Part II of the group's TransRockies adventure in the November issue of The Vulcan Runner.*



**NOVEMBER 6, 2021**  
**47TH ANNIVERSARY VULCAN RUN 10K**

**REGISTER HERE TODAY**



**RRCA Southern Region  
10k Championship**

# MEDICATION AND MILES:

## Can Oral Decongestants Affect My Exercise Plans?

By Steven Fruehwald, 2023 Pharm.D. Candidate and Kim Benner, Pharm.D.



Oral decongestants are a very popular choice for many patients who experience congestion, sinus conditions, and other symptoms associated with allergies. These medications are a great choice for a stuffy nose because decongestants can help reduce the swelling in sinuses and relieve congestion; helping you breathe more easily. The CDC estimates 28.9 million adults are diagnosed with sinusitis each year.<sup>1</sup> Roughly sixty percent of allergy and sinusitis sufferers relieved these symptoms with either over-the-counter medications (75%) or prescription medications (48%).<sup>2</sup>

### So What Are Decongestants?

Decongestants are a class of medications used to decrease mucus production, inflammation, and swelling in the sinuses. These medications are primarily indicated for patients with congestion from allergies, the common cold, flu, or cough associated with post-nasal drip - the sensation of mucus dripping down your throat from the back of your nose. These medications can be taken orally or by the nasal route. Some examples of common decongestants are listed in Table 1.

**Table 1: Decongestants**

Generic Names	Brand Names
oxymetazoline	Afrin, Visine LR
phenylephrine	Nasop, Sudafed PE
pseudoephedrine	Nasofed, Sudafed

These medications work by shrinking the blood vessels in the nose to reduce swelling and allow for more sinus drainage.<sup>3</sup> However, problems can arise when this medication shrinks blood vessels because it doesn't only work on the sinuses, it works throughout

the entire body. When blood vessels constrict, they become more narrow, which decreases the amount of blood that can flow through them. These changes cause the heart to work harder to pump blood to the rest of the body. Taking these medications for a long period or while doing various physical activities that increase heart rate could have adverse effects on the heart's ability to pump blood properly and effectively. With higher doses of oral decongestants or long durations, they can increase systolic blood pressure by 7 mmHg and increase heart rate by 9 beats/min.<sup>3</sup>

### How Do These Medications Affect My Exercise Plans?

Blood pressure is defined as the pressure of blood as it is pushed against the walls of the arteries.<sup>4</sup> According to the American College of Cardiology (ACC) and the American Heart Association (AHA), a normal heart rate is between 60-100 beats per minute and normal blood pressure is considered to be <120/80 mmHg.<sup>4,5</sup> When reading a blood pressure, the top number is the systolic blood pressure, and the bottom number is the diastolic blood pressure. Systolic blood pressure is the measurement of pressure against the walls of the arteries when the heart beats, while the diastolic blood pressure is the measurement of pressure against the walls of the arteries when the heart relaxes between beats.<sup>5</sup>

One of the most common side effects associated with oral decongestants is an increase in blood pressure (hypertension). Hypertension is an abnormal elevation of blood pressure classified as a reading > 130/80.5 Research has shown that elevated blood pressure could lead to eye damage, an increased risk of stroke, heart attack, kidney damage, or other complications over time. However, these complications could also be affected by various risk factors such as smoking, unhealthy diets, alcohol, medications, and more.

During exercise, blood pressure increases to keep up with the body's oxygen demand and properly deliver oxygenated blood to the muscles.<sup>6</sup> Strong evidence supports that regularly performed exercise or increase in physical activity that leads to an increase in blood pressure can prevent hypertension or decrease the possible complications of hypertension.<sup>7</sup>

When you combine a medication, such as a decongestant, with activities that increase the heart's workload, it puts more stress on your heart and can increase your blood pressure, potentially causing hypertension. However, this adverse effect is more concerning in individuals who already have been diagnosed with hypertension.

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# MEDICATION AND MILES:

## Can Oral Decongestants Affect My Exercise Plans?

For individuals with hypertension, it is recommended to stay away from the decongestants listed in Table 1 because these medications could cause hypertension to worsen or decrease the effectiveness of any anti-hypertensive medication the patient may be taking. Some warning signs of worsening hypertension during exercise include dizziness, extreme fatigue, headache, or abnormal heart beats. If you experience any of these signs, you should stop your workout and rest.

### How Can I Avoid These Potential Adverse Effects?

There are many alternative medications and remedies that can help with congestion but still allow you to exercise and avoid these adverse effects. Antihistamines can help with allergy symptoms but have few adverse effects on the heart. Antihistamines work by competing for the histamine (H1)-receptor: a receptor responsible for causing allergy symptoms when a person is exposed to allergens.<sup>8</sup> When exposed to pollen, grass, mold, or even animals, these receptors release histamines and other mediators that bind to receptors and cause these reactions. Symptoms such as itching, sneezing, runny noses, and inflammation are suppressed when an antihistamine is taken because the medication blocks histamine and other mediators from activating the receptor. Some examples are listed in Table 2.<sup>9</sup>

**Table 2: Antihistamines**

Generic Names	Brand Names
diphenhydramine	Benadryl
chlorpheniramine	Chlor-trimeton
cetirizine	Zyrtec
loratadine	Claritin

Saline nasal sprays are another good alternative medication because they allow for a more localized effect and have a faster onset of action. The only downside is that they could cause rebound congestion if they are not used for the appropriate amount of time.<sup>9</sup>

For those who prefer a more natural remedy, there are many techniques and recommendations that may help with congestion. Some of these include: Breathe Right nasal strips, taking a hot shower, staying hydrated, drinking hot beverages, and getting plenty of rest. These remedies will help keep mucus moist and allow the body to clear it more effectively.<sup>9</sup>

While your congestion might be improving and you may be feeling great during your exercise routine, you should understand the importance of medications and how they can affect your health. For those of you with hypertension, it would be wise to stay away from nonprescription medications made with oxymetazoline, phenylephrine, or pseudoephedrine because they could exacerbate your hypertension. The risk of developing hypertension from oral decongestants in combination with exercise might not be as drastic, but it is still worthwhile to use caution and monitor your blood pressure if you think you may be at risk for these adverse effects. If you have any questions about recommendations for your congestion, talk with your health care provider for more information.

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# COMMUNITY CORNER

## Long-Awaited Bridge Project Moving Forward Once Again

By Jennifer Andress, Homewood City Councilor and Past President, Birmingham Track Club

The long-time and eagerly anticipated bridge project at Hollywood Boulevard over Highway 280 is moving forward once again, and this time it includes a complete upgrade to the busy thoroughfare connecting Homewood to Mountain Brook through the city limits of Birmingham, over an Alabama State road.

The pedestrian bridge project in this location has evolved since 2018, under the direction of a neighborhood improvement co-operative established with Jefferson County and the cities of Birmingham, Homewood and Mountain Brook.

After 2020 COVID-related delays, in January 2021 the co-operative requested that the Jefferson County Roads and Transportation Department, with Alabama Department of Transportation (ALDOT) approval, develop a safer, widened bridge, with better traffic-flow and protected pedestrian access. In September 2021, the co-operative approved the hiring of AECOM to develop construction documents for the project. Expected bid-letting is August 2022.

The new bridge will be one lane wider on the south side and feature a left-turn lane for cars boarding the on-ramp for Highway 280 eastbound. There will also be a traffic signal for those cars exiting Highway 280 West at Hollywood Boulevard. Pedestrian access will be protected on the north side of the bridge, which will continue to have no ramps connecting to the highway.

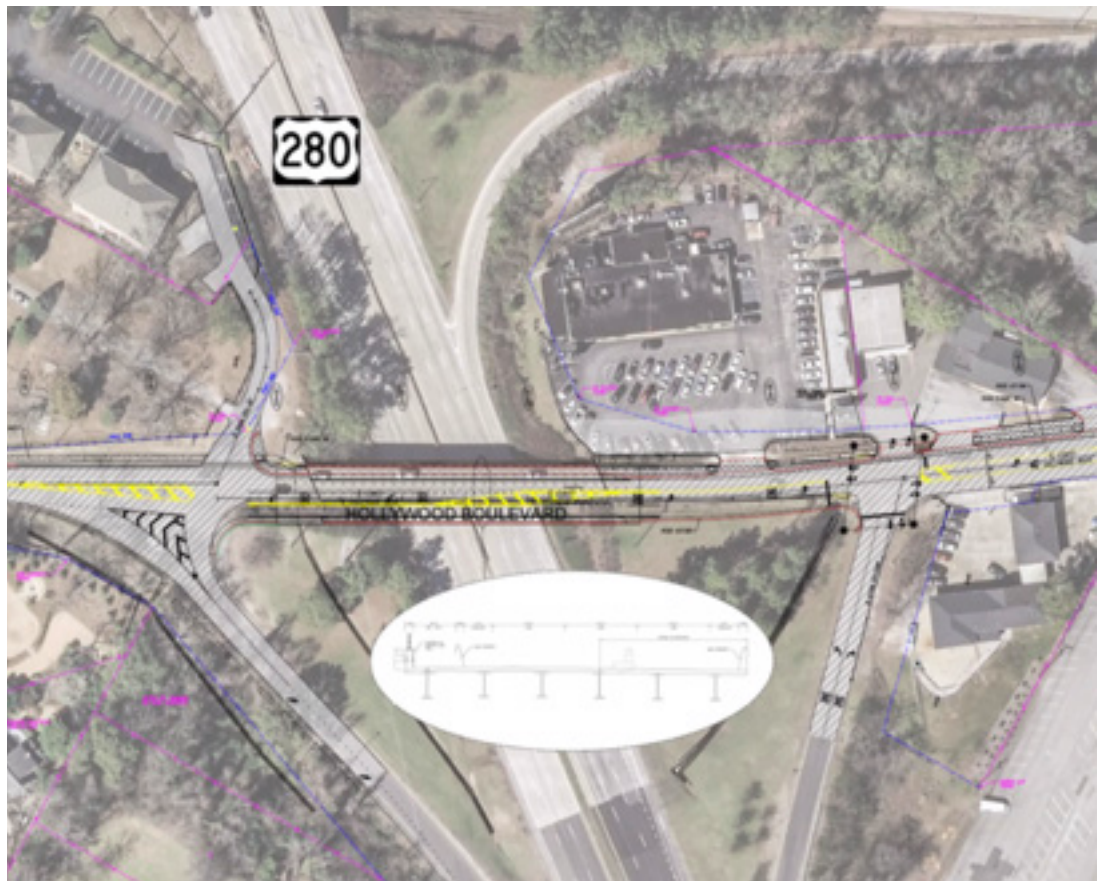
The co-operative is looking at decorative options as well, as this bridge is an important entryway to all three cities. "We have the opportunity to make a statement about our region with this bridge, in addition to the traffic improvements and added pedestrian safety", said Jefferson County Commissioner and Co-operative President Steve Ammons.

Indeed this project is a testament to regional co-operation, with the full support of the Jefferson County Commission, the Mayors and Councils of all three municipalities, and all State Representatives and Senators

touching the bridge. In addition, funds have been collected for this project from private entities such as Raymond James, Birmingham Track Club, Truitt Insurance, Hollywood Garden Club and Welch Management Group.

The Highway 280 Neighborhood Improvement District Co-operative consists of Jefferson County Commissioner Steve Ammons (President); Homewood City Councilor Jennifer Andress (Vice-President); Mountain Brook City Councilor Alice Womack (Treasurer); Birmingham City Councilors Darrell O'Quinn and Valerie Abbott; Mountain Brook City Council President Virginia Smith; and former Homewood City Council President Peter Wright.

In addition to the Hollywood Bridge project, the City of Homewood has budgeted for a new water fountain on the Lakeshore Trail, as well as Phase 2 of the Greenway, moving forward in this fiscal year beginning October 1, 2021. This section of the Greenway will add an additional 1.25 miles headed west towards Birmingham from the Green Springs end, following the creek.



## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Stephen Adwell	Haley Dourron	James Jackson	Mitchell Turberville
Edward Boackle	Jennifer Doyle	Jack Jacobs	Josh Wade
Larry Boackle	Laurie Edmondson	Mohamed Kazamel	Amy Weber
Laura Boackle	Whitney Fix	Herman Mannings III	Rachel White
Tomie Ann Boackle	Kira Fonteneau	Gavin Poole	
Susan Colpack	John High	Mike Roche	
Katelyn Crawford	Matthew Hinshaw	Courtney Tran	

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.

# Apple Galette Recipe

By: Rebecca Williamson

Fall is coming -- it really is -- and with it, apple season! I love fruit desserts, and an apple galette is super easy to make. Now is the perfect time to enjoy one, not only because apples are in season, but also because it is marathon season, and we all deserve a treat!

What is a galette? The primary difference between a galette and pie is really about the presentation. Also, a galette has a more of a caramel flavor.

## INGREDIENTS

- 1 Gala apple, peeled and sliced
- 1 Granny Smith apple, peeled and sliced
- Juice of half a lemon (about 1 tbsp.)
- 1 tbsp. unsalted butter
- 3 tbsp. brown sugar
- 3 tbsp. white sugar
- 1 tbsp. flour
- 1/4 tsp. salt
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 pre-made pie crust dough
- Additional tbsp of brown sugar to top galette

## DIRECTIONS

Mix all dry ingredients into one bowl; set aside. In another bowl, toss lemon juice and sliced apples together, then combine with dry ingredients. Roll out the pie crust dough on a rimmed tray lined with parchment paper. Position the fruit mixture in the middle of the dough, leaving about 2-3 inches of dough around the fruit. Fold dough towards the center of the fruit, overlapping to make the surface flat. Cut the butter into small pieces and dot it on the top. Sprinkle the top with the additional brown sugar. Bake at 375° for 35 minutes, until the galette is golden brown.

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



## BE SAFE AND BE SEEN: REMINDERS FOR RUNNING IN THE DARK

- Wear light colored and/or reflective clothing.
- Wear a head lamp, but also remember to wear a light on your back – vehicles traveling behind you cannot see you.
- Always run facing traffic, and steer clear of running in the middle of the road.
- Watch for vehicles at stop signs and traffic lights – drivers cannot always see you and may cut close to the corner.
- Wear a Road ID (shoe tag, bracelet, etc.) -- in the event of an accident, someone may need to know how to reach your emergency contact.
- Be aware of local ordinances addressing the use of streets and sidewalks in early morning hours (see the City of Mountain Brook's ordinance at sidebar).
- Be alert, be aware, and be diligent on the roads!

*The Code of the City of Mountain Brook, Alabama, Section 46-7 - Use of City Streets and Roadways by Pedestrians.*

During the hours of 4:30 a.m. to 6:30 a.m., individuals shall be permitted to walk, jog, or run along and upon city streets and roadways, as long as said individuals are within six feet of the edge of the street or roadway, and provided that said individuals shall wear either:

(1) Reflective clothing between the waist and shoulders on the front and back that covers at least 50 square inches; or

(2) Strobe style continuously flashing lights at least two inches in diameter between the waist and shoulders that are visible from the front and back.

(Ord. No. 1665, § 1, 6-13-2005); Click [here](#) to view online.

# "YOU SNOOZE, YOU WIN!" (PART 2)



Last month, we talked about how more sleep could improve athletic performance (If you missed it, [click here](#) to catch up on the conversation). Quantity of sleep is important, but quality of sleep is equally important. Why is quality of sleep so important? Because recovery occurs during quality sleep.

There are four stages of sleep with REM sleep occurring in stage three. The whole cycle takes about 90 minutes. REM sleep is where recovery occurs. It is very important that we get to this stage. If external factors disrupt our sleep, we may never get to stage three or that deep, restorative REM sleep.

Let's talk about some practical ways to both get more sleep and achieve a better quality of sleep.

## **The National Sleep Foundation and Harvard Sleep Studies recommends these guidelines:**

1. Set a routine
2. Stay active
3. Watch your stimulus intake (caffeine, etc.)
4. Keep the room cool and quiet
5. Sleep in a dark room with lights out
6. Be calm
7. Remove distractions (cell phones, televisions)
8. Use good body alignment
9. Tune it out
10. Wake up to natural light

All these may not be possible, but start small -- pick out a couple of guidelines to follow, and commit to them for a couple of weeks.

1. Setting a routine is key because your brain needs a schedule. Sleep is the only thing that replaces sleep. Rest or power naps cannot replace sleep because you do not enter stage 3 REM sleep. There is research that has shown benefits to banking sleep before a big event to be beneficial. In one study, one group slept seven hours per night for a week while the other group slept nine hours per night for a week. Both groups were then only allowed three hours of sleep for a night. The group

that had "banked" two additional hours of sleep performed better with more resilience than the seven hour group.

2. Avoid exercise for three hours before bedtime.
3. In the four to six hours before bedtime, avoid caffeine, depending on your tolerance.
4. Room temperatures between 60-67 degrees have been shown to improve your ability to fall asleep and improve REM sleep.
5. Remove devices or put them on sleep mode. If possible, avoid watching television in the bedroom. The goal is to remove red and blue lights. These types of lights stimulate the wake cycle.
6. In the 30 minute period before bedtime, do something relaxing. This can involve activities such as a warm bath, reading a good book, or drinking herbal tea.
7. Cover up the clock. You don't need big blue or red lights on a clock keeping you awake.
8. Body alignment is based on your preferred sleep position. You may be a side sleeper, back sleeper or may prefer your stomach. Side and back is better for overall body alignment, but the bottom line is that you need to be able to relax in a position that is comfortable for you. Invest in a quality mattress and pillow that fits the way you prefer to sleep.
9. A quiet room is ideal, but white noise machines or sound apps work well also.
10. Rising with the light can mean natural light or manmade light. If get up before sunrise, turn all the lights on to stimulate the body's wake cycle. If you wake up before your alarm that is a good thing. This means you probably completed the sleep cycle. If you wake up thinking 20 more minutes will make a difference, just remember that it takes 20 minutes to get through stage one. Therefore, you are not really gaining quality sleep – it may be better to get up and start your day (and plan for better sleep that evening).

For questions, please email us at [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net)

## **References**

1. Dan Rhon, *Sleep and Holistic Health*, MedBridge Education
2. Dan Rhon, *Sleep and Pain*, MedBridge Education



For any questions or exercise recommendations, please email us at [tsendurance@therapysouth.net](mailto: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](mailto: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 October 2, 2021 are listed below.**

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Adams, Jeffrey	R	163	Brakhage, Victoria	4	1,094	Cleveland, Jeff	5	1,245
Adams, Sue	1	867	Bray, Elizabeth	2	1,836	Cliett, Stephanie	6	972
Adwell, Stephen	1	1,206	Bridwell, Hunter	1	102	Coffin, Diane	R	388
Ahmed, Kabeer	2	1,001	Brown, Charlie	9	1,267	Coleman, Tim	4	1,237
Allen, Jessica	R	549	Brown, Katie E.	R	1,042	Colpack, Susan	1	1,123
Anderson, Kerri	5	559	Brown, Katie G.	1	900	Corrin, LaRonda	1	697
Baggett, Christopher	2	699	Brown, Michael	4	661	Corrin, Roger	4	584
Barnes, Jimmie	6	0	Brown, Sean	6	876	Cowart, Britney	3	1,084
Bartee, Samm	5	658	Browne, Shannon	R	973	Cramer, Robyn	1	1,211
Bayush, Tori	3	1,463	Bryant, Jason L.	R	465	Cramer, Steve	R	360
Beard, Karen	R	85	Burks, Ross	4	456	Crawford, Katelyn	R	932
Beasley, Cathy	4	0	Burruss, Anne	R	13	Creed, Brad	4	826
Becker, Bryan	2	1,237	Burruss, John	R	289	Creel, Mary	3	998
Benner, Kim	9	1,435	Burson, Steven	R	327	Crowson, Bill	5	603
Bensinger, Cole	2	132	Caine, Lawrence	1	980	Crumpton, Melinda	R	0
Benson, Wayne	7	908	Callahan, Chris	4	944	Cutchen, Cindy	R	568
Black, Dylan	1	820	Carden, Melissa	R	1,038	Cutshall, Hannah	2	585
Blackmon, Kim	R	942	Carey, Christopher	7	503	Davidson, Dow	4	1,707
Boackle, Larry	4	0	Carlton, Bob	6	956	Davidson, Jen	1	0
Boackle, Tomie Ann	1	0	Carter, Adrienne	2	0	Deffenbaugh, Todd	R	1,177
Booher, Lisa	10	1,467	Carter, Jason	1	800	Delmo, Lito	R	0
Bookout, Jason	2	800	Caviedes, Octavio	2	1,706	Denton, Matt	9	1,621
Bookout, Kimberly	2	1,108	Chaffinch, Violet	R	965	Dimicco, Al	3	956
Borie, Tuck	R	0	Chandler, Teresa	12	1,396	Dixon, Jonathan	1	383
Boswell, Ryan	1	831	Channell, William Andrew	2	1,508	Dowling, April	1	68
Bowman, Bill	R	745	Cheek, James	R	190	Duke, Cindy	5	1,067
Boylan, Brittany	R	273	Childers, Melissa	R	3	Dyck, Rayna	R	0
Boylan, Chris	R	120	Clay, Brad	14	1,554	Edgerton, Amy	1	1,117

# 1200 MILE CLUB

Participant	Years	Total
Edmondson, Laurie	1	1,712
Estes, Cameron	2	380
Estrada, Steven	3	2,222
Evans, Debbie	7	1,124
Ferlitto, Cindy	2	463
Fontenot, Misty	4	1,157
Forbus, Reed	R	322
Ford, Eric	1	208
Franklin, Shane	9	925
Frederick, Winston	12	1,072
Freeman, Sheila	4	962
Gayheart, Cheryl	1	1,170
Gilbert, Beth	R	731
Gilmour, Laura	R	1,159
Glasgow, Robert	R	0
Goode, Johnny	13	1,322
Goss, Ange	2	898
Grady, Carla	2	0
Graham, Ryan	1	0
Grainger, Matt	2	1,476
Gray, Mariel	R	155
Gray, Michael	1	909
Greene, Michael	2	0
Griffin, Misty	1	1,196
Gruschow, Mariana	R	0
Gullapalli, Satya	5	0
Hale, Katie	R	70
Haley, Jay	5	728
Hall, Thomas	1	0
Haralson, Danny	12	462
Haralson, Micki	13	1,265
Hargrave, Alan	13	1,141
Harris, Mindy	R	35
Harrison, Lisa	9	1,181
Harry, April	4	1,295
Hart, Laree	R	199
Hartsfield, Gregory	2	1,390

Participant	Years	Total
Hartsfield, Kathryn	R	0
Henley, Monica	5	0
Henninger, Alison	6	1,112
Hess, Alan	R	784
Hilson, Brandi	R	518
Hogeland, Angie	2	842
Hogstrom, Minda	R	635
Holcomb, Zachary	3	1,014
Holland, Skylar	3	488
Hollington, Kasey	2	258
Hood, Alissa	1	545
Hoover, Alison	9	0
Hopper, Whittley	2	989
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	1,034
Jenkins, Kaki	8	1,825
Jenkins, Michael	R	1,007
Jones, Allen	2	1,104
Kazamel, Mohamed	2	0
Keefer, Herb	2	0
Kelley, Robin	8	1,542
Kemper, Tricia	7	1,275
Klasner, Ann	1	1,257
Knight, David	1	943
Kornegay, Marla	2	1,214
Krick, Stefanie	2	1,513
Kuhn, Jimmy	14	1,728
Kulp, Loren	5	980
Kumar, Sidharth	R	218
Laird, Audrey	7	1,407
Lamb, Patrick	1	960
Lancaster, Jeff	2	984

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	1,044
Lyda, John	3	1,388
Lyle, Randy	13	1,679
Madaris, Brandon	R	1,125
Malec, Bonnie	R	0
Malec, Zachariah	R	0
Malick, David	7	1,018
Martin, Sheree	R	1,023
Mathews, Skip	R	388
McElroy, Catherine	1	1,114
McGriff, Colton	R	71
McKinney, Margaret	R	10
McLain, Chase	R	1,159
Merry, Vicki Sue	8	943
Mickens, Cassandra	2	518
Miller, Joshua	2	0
Mishra, Anoop	1	1,385
Moman, Ashley	R	260
Morgan, Danielle	5	454
Morgan, Phillip	8	577
Morris, Gordon	R	1,001
Morrow, Alex	9	1,181
Moses, Mike	1	442
Murchison, Reginald	7	1,504
Newkirk, John Allen	R	344
Noerager, Brett	2	1,850
Noerager, Felicia	1	1,201
Northern, Kristie	12	1,422
Norton, Laura	3	1,483
Oechslein, Tamara	2	1,276

# 1200 MILE CLUB

Participant	Years	Total
Oehrlein, Kimberly	R	0
Oliver, John	6	834
Orihuela, Carlos	4	1,345
Orihuela, Catheryn	R	0
Ortis, Ellen	2	1,015
Padgitt, Scott	1	602
Parks, Charlie	8	2,222
Parsons, Christy	R	838
Patrick, Nicolette	2	0
Payson, Tabitha	R	254
Payson, Tommy	3	564
Peagler, Shana	8	882
Peagler, Zach	1	924
Pearce, Julie	5	785
Pitts, Adele	R	869
Plante, David	8	942
Poh, James	2	1,037
Poole, Greg	3	729
Powell, Shane	3	1,453
Proctor, Megan	1	1,063
Pronath, Katrina	R	219
Purvis, Jeffrey	R	1,045
Randolph, Megan	1	1,482
Rawson, Brent	3	1,168
Renfro, Jeff	2	849
Richardson, Brent	R	924
Richey, Lori Beth	3	1,035
Ritchie, Joseph	4	1,429
Ritchie, Lauren	2	1,028
Roberson, Kevin	5	684
Roberts, Fletcher	6	724
Robinson, Lyndsey	2	1,275
Robinson, Rod	R	485
Robinson, Tamara	1	0
Rodgers, Jeffrey	3	908
Rogers, Hannah	1	770
Roper, Lynn	3	1,054

Participant	Years	Total
Rose, Billy	7	2,160
Ross, Cara	R	793
Rosser, Joey	4	372
Routman, Cindi	R	1,024
Routman, Michael	R	899
Rutherford, Keith	13	858
Rutledge, Lisa	6	1,290
Salter, Shannon	R	0
Sanders, Gwendolyn	2	913
Shaffield, Danny	8	2,476
Sherer, Jeremy	4	1,029
Sherman, Travis	R	515
Sherrell, Jeff	2	1,359
Shin, Ki	R	0
Shinn, Ronald	7	933
Shoaf, James	2	552
Short, Lori Lynn	R	879
Sides, Dean	4	803
Silwal, Suman	9	884
Simpson, Kevin	8	2,771
Sims, Bob	1	1,274
Sims, Cecelia	1	837
Sloane, Mike	5	744
Smith-Janias, Mary Ann	R	331
Smith, Daryl	1	1,374
Smith, Erin	1	1,342
Smith, Jason	2	1,409
Smith, Jerry P.	11	887
Smith, Kelly	R	221
Soileau, Chester	3	920
Spikings, Matt	R	1,043
Stockton, Rick	13	1,087
Swiney, Elana	R	203
Thompson, Samuel	1	1,290
Thompson, Sara	3	1,015
Thurman, Terralance	R	234
Tibbs, Seth	1	747

Participant	Years	Total
Tidwell, Pam	R	1,017
Tomlin, Chace	1	697
Trimble, Jamie	7	1,308
Tucker, Taylor	R	435
Valles, Tina	1	915
Vaughn, Lora	R	886
Wade, Josh	R	0
Waid, David	4	1,650
Walker, Caroline	1	396
Warren, Key	R	719
Washington, Monica	R	871
Watters, Ana	3	1,413
Watters, Larkin	1	951
Watters, Robert	7	1,468
Weber, Amy	2	615
Weeks, Lance	2	634
Wells, Bradley	5	1,627
Wende, Adam	6	980
Whately, Prince	8	935
Whillock, Amber	1	1,042
White, Morgan	R	906
White, Robin	2	1,495
Wilhite, Thomas	5	848
Williams, Shanada	1	741
Williams, Shaunda	2	0
Williamson, Rebecca	3	1,207
Wilson, Mark	R	887
Wiseman, Steve	7	1,351
Wood, Heather	1	0
Woody, Bill	12	1,161
Wright, Amy	3	0
Wu, Xing	9	789
York, Gary	8	1,746
Zajac, Jason	3	1,303
Zapata, Carlos	1	904

# SHOW US YOUR BTC GEAR



# BTC EXECUTIVE BOARD MEETING

September 13, 2021

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Alan Hargrave, Vicky Brakhage, Charles Thompson, Alex Morrow, Jamie Trimble, Skylar Holland, Kim Benner, Trish Portuese, Kelly Sims, Bradley Wells, and April Harry.

Alan Hargrave made a motion to approve the minutes of the August 2021 Executive Board Meeting. The motion was seconded by Alex Morrow and passed without opposition.

## **Membership (Hunter Bridwell)**

We currently have 799 members and 611 memberships.

## **Newsletter Editor (Julie Pearce)**

The next newsletter publication date will be on October 4, 2021. Please have all content to Julie by September 24, 2021. We hope to include an article about the Vulcan Run 10K from the RRCA perspective.

## **Treasurer (April Harry)**

The financial report was sent via email.

## **Webmaster (Hunter Bridwell)**

Please let any race directors know that they can submit their race information directly through the BTC website.

## **Long Run Committee (Alex Morrow)**

The social held at Edgar's bakery last month was a success. Lately we have had big groups coming out to participate in the Saturday Morning Long Runs. We plan to start training for the Mercedes Marathon and Half Marathon after the Chicago Marathon is over. We will plan to have another social to kick off the Mercedes training or to promote the Vulcan Run 10K. Discussion was held about a possible Vulcan Run 10K course preview run.

## **Merchandise (Bradley Wells)**

Bradley hopes to have new BTC merchandise for the fall. There are still some shirts available from the last printing. Hunter also still has some Resolution Run shirts available that he will bring out to a Saturday Morning Long Run to sell.

## **1200 Mile Club (Kelly Sims)**

Kelly will plan to order jackets and patches earlier this year due to delays in shipping we have seen since COVID. Discussion was held about possibly doing a five year patch instead of a coin. For those that have already earned and received a coin, we will give them the option to get a patch as well.

## **USATF Representative (Charles Thompson)**

Charles provided a list of upcoming races he plans to attend as the USATF representative.

## **Volunteer Committee (Kim Benner)**

We will need volunteers for the BHM 26.2 packet pickup at the Resolute Running parking lot on Friday, October 1st from 3:00-7:00 pm and Saturday, October 2nd from 10:00-2:00. Hunter will be there volunteering and will announce the need for volunteers at the Saturday Morning Long Run.

## **IT Chair (Alan Hargrave)**

Alan was able to look up information on the 1200 Mile Club participants on the website and confirmed there are eight BTC members who are eligible for the five year award and five members eligible for the ten year award.

## **Vulcan Run 10K (Hunter Bridwell)**

Unfortunately, Jeremy Walker is unable to commit to helping with the Vulcan Run 10K this year, but we are seeking the expertise of Trish Portuese to help with logistics for the race such as race permits, police officers, etc. We are looking for sponsors for the race. Hunter plans to do a social media blast about sponsorship opportunities.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, October 11, 2021 at 6:00 p.m. Location to be determined.



# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 9, 2021	6:00 a.m.
<a href="#">Jimmie Hale Mission's Rescue Run – 10K, 4K, and 1 mile fun run *BTC DISCOUNT*</a>	October 9, 2021	7:45 a.m.
<a href="#">Darter Dash 10K and 5K (Pinson)</a>	October 9, 2021	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 16, 2021	6:00 a.m.
<a href="#">7 Bridges Marathon, Half Marathon, and 5K (Chattanooga, TN)</a>	October 17, 2021	7:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 23, 2021	6:00 a.m.
<a href="#">Sylacauga City Schools Foundation 10K Run and 5K Run/Walk (Sylacauga)</a>	October 23, 2021	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 30, 2021	6:00 a.m.
<a href="#">Nashville Ultramarathon: 50 mile and 50K (Nashville, TN)</a>	October 30, 2021	7:00 a.m.
<a href="#">OLV Hero 5K and 1 mile fun run</a>	October 30, 2021	8:00 a.m.
<a href="#">Homewood First Responders 5K</a>	October 30, 2021	8:00 a.m.
<a href="#">Running for the Bulls 5K (Oak Mountain State Park)</a>	October 30, 2021	9:00 a.m.
<a href="#">BTC Vulcan Run 10K and RRCA Southeastern State Championship *BTC RACE SERIES*</a>	November 6, 2021	8:00 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](#).



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

[illegible]

State: 

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 Zip: 

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 Birthdate: 

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[illegible][illegible]

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, waiver 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

Date \_\_\_\_\_

Birmingham Track Club, P.O.Box 530363, Birmingham, AL 35253