



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

November 2021 **11**



VULCAN RUN 10K IS BACK AND BETTER THAN EVER!

By Hunter Bridwell, BTC President



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VULCAN RUN 10K IS BACK AND BETTER THAN EVER!



managed to give people a race in which they could participate safely. That's what was important given the circumstances.

THE 47TH RUNNING OF THE VULCAN RUN 10K

Now, back to present day and the upcoming Vulcan Run. Covid still lingers, but things have gradually returned to some state of normalcy. We are happy to once again work with the City of Birmingham to bring this iconic race back to its "normal" route. The Vulcan Run belongs downtown – we start and end near Birmingham City Hall and Linn Park and wind through Highland Park and Five Points. Our runners should race down 20th toward the finish line. It's the way the race should be, and we are so thrilled to bring it back to you.

WHAT TO EXPECT THIS YEAR

RRCA Southern Region 10K Championship – The Vulcan Run was awarded championship designation by the RRCA this year. We are thrilled to have the opportunity to crown regional champions for the 10K distance. We anticipate a strong competitive field, which will make for an exciting race you'll not want to miss.

Prizes and Awards – In addition to the RRCA regional championship, we're pleased to bring back over \$2,500 in cash prizes to our top finishers this year, age group awards, and team awards. Our top 200 finishers will also earn a coveted "Top 200" as they cross the finish line.

Linn Park will be the site for our post-race activities. We will have food and a DJ to keep the mood festive and fun. We will announce our winners after the race live and in person. We hope to see ALL of you out there this year. Register now [HERE](#) and invite all of your running friends to take part in this historic race! BTC members automatically receive a \$5 discount that is applied to your registration at checkout. What better time to join the BTC if you aren't already a member!

The last several years have been wild when it comes to planning for and directing races. That's especially true when it comes to one of Birmingham's iconic road races. This year will mark the 47th running of the [Vulcan Run 10K](#) presented by the Birmingham Track Club. Before we talk about this year's race, let's look back at the last few years and this race's journey.

ROAD CONSTRUCTION AFFECTS VULCAN RUN 10K

Before we even get to the changes brought on by Covid, we must look back at the re-construction of the I-59 elevated interstate running through the heart of downtown Birmingham. Construction and subsequent rerouting of traffic caused race permits to be suspended in the northern parts of downtown. To combat this, the race start and finish moved to Sloss Furnaces. While this wasn't ideal, we were able to keep a fair amount of the course the same. With roadwork completed in 2020, we were ready to move the race back to the area around Birmingham City Hall, Linn Park, and Boutwell Auditorium.

COVID-19 DISRUPTS EVERYTHING

Before we were all able to really even enjoy the improvements made to I-59, Covid-19 hit, and the world seemed to come to a screeching halt. Few things were affected more than events with large crowds. The BTC was able to hold three of its four races in 2020 despite the pandemic, including the Vulcan Run, but the City of Birmingham did not offer permits for races in 2020. Through a lot of hard work by my peers in the BTC and working with the City of Homewood, we were able to come up with our third unique course within a five-year period. While not the sexiest option, we were able to hold the race using an out-and-back route along Lakeshore Parkway and the Lakeshore Greenway Trail. It again reminds me how thankful I am for the variety of trails and other running routes we have available to us in "Runningham". We held the race, albeit with a smaller than normal field and a lot less fanfare than usual. That's ok, though, because we





NOVEMBER 6, 2021
47TH ANNIVERSARY VULCAN RUN 10K

REGISTER HERE TODAY



**RRCA Southern Region
10k Championship**

VICE PRESIDENT'S ADDRESS

By Skylar Holland



My Fellow BTC Members,

BTC President Hunter Bridwell has his hands full with all things Vulcan Run 10K, so I'm happy to have the chance to fill you in on the rest of the "goings on" with the Birmingham Track Club!

October was full of big accomplishments with the return of several in-person races. Congratulations to everyone who participated! It is so exciting to see runners crossing finish lines once again!

With the excitement of in-person races returning, it is easier than ever to lose sight of the physical demand of each running performance. We may celebrate our accomplishments for a short time, but then feel the need to quickly move on to the next training cycle and race to make up for the time lost due to Covid cancellations. But wait! Don't forget to give your body adequate time to recover. The long term benefits far outweigh any temporary reduction in fitness you may be afraid will occur if you miss a few runs. Maybe the most important benefit to note is that adequate recovery reduces risk of injury. Take it from me -- you want to reduce that risk! So, rest up now and enjoy stronger running when you return. Your mind and body will thank you for it!

NOVEMBER ANNOUNCEMENTS:

Announcement #1: I hope you all will join us for the Vulcan Run 10K on November 6, 2021! The 47th running of this Birmingham classic 10K is returning to downtown Birmingham, and we could not be more excited! We are having the ultimate post-race party in Linn Park, so be sure to stick around for the fun.

Announcement #2: We continue to host our BTC Saturday Morning Moderate and Long Runs with Alex Morrow publishing routes each week via [Facebook](#). We recently kicked off our training plan for the 2022 running of the Mercedes Half and Full Marathon. I hope you will join us if you are planning to run Mercedes or even if you are just logging miles!

That's all for now. Stay safe on the roads!

Skylar Holland
BTC Vice President



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

November 13, 2021

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.

[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 II)

By Bradley Wells



LAST MONTH, WE BROUGHT YOU PART I OF THE BIRMINGHAM GROUP'S EPIC TRIP TO RUN A MULTI-DAY STAGE RACE IN COLORADO (CLICK [HERE](#) IF YOU MISSED IT!). THIS MONTH, PART II...

BUENA VISTA TO LEADVILLE

On Day Two, we awoke to a wet campsite and a line of buses ready to take us to Vicksburg. Everyone slowly popped out of their tents and made their way to the breakfast tent. We filled our bellies with oatmeal, yogurt, breakfast burritos -- anything we could want. After breakfast, we all made our way back to our tents to pack up and get ready to run. This was the tough part, and spoiler alert: it did not get easier as the week went on. Luckily, my bag was still fairly organized, and I took out my outfit for the day and got dressed. Raincoat, head warmer and gloves... It had finally gotten cold!

We all got to the bus and were quickly escorted to Vicksburg, an old ghost town sitting at the base of Hope Pass. Everyone filed off of the buses, and we stood in the rain for about an hour, trying to stay warm

and ready to go. The line for the single bathroom was excessive, so most of us, the guys at least, journeyed into the woods to take care of last minute needs.

Finally, 8:30 a.m. rolled around, and the start gun was fired. We were off. OUCH! Running was hard today -- my legs were reeling from the 20 mile jaunt yesterday, and standing around in the cold rain didn't help. But up the dirt road we went, and after about three miles up, we turned onto the trail.

This is when Day Two got fun. This trail was tight and STEEP, like real steep. Lisa Booher kept screaming at me to get away from the edge and stop jumping. We climbed and climbed this single track, we sang, we met new friends, and we took lots of pictures. The climb was approximately 3,000 feet of elevation over 4-ish miles. We finally made it to the top, and everyone stood in awe at what we saw. Even though it was very cloudy, the magnitude and beauty (and elevation) was breathtaking! Our little group took a few more photos up top and then started the very quick descent.

CONTINUED ON NEXT PAGE

TRANSROCKIES 2021

Summer Camp for Big Kids (Part II)

The back half was a very fast downhill, although the course flattened out for the last three miles or so. We passed by some beautiful historic homes and circled Twin Lakes. The flat terrain felt good to stretch out our legs and just enjoy the beauty all around us. Day Two was right at 13.5 miles. I came in right around lunchtime. Of course, lots of food and beer and cheering welcomed us in (I could get used to that!). It was time to get warm and head to Leadville. We got back on the bus that took us just down the road to our new camp: Historic Leadville.

The crew had set up Tent City for us on a baseball field just off Main Street... and everything was wet. Most everyone's bag had gotten wet, and the tents were puddled - the camp site basically was waterlogged. Trying to stay positive, I got the tent situated, grabbed my clean clothes, and went straight to the shower trailer. This shower trailer was great (an odd statement I know), but a hot shower was simple luxury we all looked forward to every day!

Now clean and dry, I relaxed in Chillville with a nice cold beer and a cup full of snacks. As more of our team made it in, we went downtown to eat late lunch and shop. Dinner, which was held in an old gymnasium, came very quickly. I think the past two days had started catching up to everyone because people were walking around like zombies, and half the crowd was in bed by 8:00 p.m. After dinner, we relaxed a little bit in Chillville, took another team photo, and then it was bedtime for everyone... ready to tackle Day Three!

Day Three greeted us with a beautiful sunrise, crisp mountain air, and no rain. Today, it felt like everything was settling in -- my body just accepted the fact that this was happening and decided it should play ball. We had four more, very difficult, days ahead. But, we knew the routine: get up, get ready, pack up the tent, and head to breakfast. The breakfast was quiet as everyone sipped coffee, covered

themselves in Body Glide, and made last minute adjustments to their gear and packs. Once 8:00 a.m. rolled around, we were all on Main Street awaiting the gun shot to start the day.

Day Three would take us from Leadville to Nova Guides, a 25 mile jaunt with about 27,000 feet of elevation. I was very nervous today, but after a couple of miles, the jitters were gone, and we were moving. This trail had some beautiful scenery as well, and the weather was great, so we were able to enjoy it a little more than the previous two days. We ran when we felt good, we hiked the uphill, and we weren't shy to stop for a photo opportunity.

By Day Three, we really started bonding with others around us. We would find other runners around our pace and stay close. Big groups would reunite at aid stations (which were awesome), and then everyone would take off again. I met so many awesome runners from all over the country... Our group was proud to be part of the 'Bama Contingency'!

Getting into Nova Guides, we crossed over two mountains and through historic Camp Hale (Google that - it's an interesting place). The last three miles were along a dirt road, which took us right into camp. Alex Morrow, Lisa Booher, and I all finished together with a shot of Fireball. Woool! Another one down, and we were halfway through the race!



NOVA GUIDES

During the next 48 hours, we were without cell service. The lack of cell service was incredible -- no one was stuck to a phone, which forced everyone to hang out and socialize. We had endless ice cream, cold beer and snacks. This campsite was truly beautiful, and we got to stay there for two nights. We were set up around a small pond with the Rockies stretching along the background. Chillville had fires and a band, and it really felt like a scene out of a movie. Our whole team was out dancing, singing and having a blast.

TRANSROCKIES 2021

Summer Camp for Big Kids (Part II)



After dinner, we had a little more time to chill before it was, once again, bedtime. Somehow, the tiny tent with two sleeping bags started to become more comfortable, and this was our little “home.” By this time, I think I could have slept on the dirt, but luckily we had our pads and comfortable sleeping bags. (Note for side sleepers: mummy bags are very troublesome). Everyone quickly fell asleep to the calming orchestra of snoring and sleeping bag rustles.

Day Four was here before we knew it. I awoke refreshed and oddly ready to tackle the day. I can’t speak for everyone, but my body had started to acclimate – I think it was more that my whole body was numb and sore. Day Four would take us from Camp Hale to Red Cliff. Today was another booger of a climb, but it was short at 15 miles and 2,800 feet of elevation.

Today was actually really tough because the climb was brutal! After a couple miles of rolling hills, we were on a five mile climb – as in, it was a “take a few steps and catch your breath as you brace yourself from falling” kind of hill. It seemed like a cruel joke of timing, but we all made it up one step at a time. Once we reached the peak, we were treated to another breathtaking view. The weather had cleared so we could really see the beauty of the Colorado Rockies. Moments like this made the entire trip worthwhile. I remember numerous times when I just stood and looked out at what was around me in awe. Being in that situation made me feel so small but also so grateful to have the opportunity to do something this epic.

Back to reality. It was time to head down the mountain and into Red Cliff. Again, the downhill was fast, and my quads felt ready to fall off. The course was mainly a dirt back track, so the footing was not great in a lot of places, but the fresh smell of the evergreens took my mind

off of that. Near the bottom, we got to run through a creek for about a mile then onto the road. The cold creek water felt great on our tired feet and sore knees. A couple miles out from the finish, we saw a lady offering Fireball shots, so of course, I took one and galloped to the finish line at Mango’s in Red Cliff.

Mango’s was a fun area -- a three story bar and restaurant that was reserved for runners only. Margaritas and draft beer and a taco bar, I mean WHAT!?!? After one very strong margarita, I think I was already tipsy -- maybe I needed to hydrate a bit more. The energy was electric as we cheered on more runners and reunited with our folks.

By this time, it started to sink in that this adventure was almost over. We only had two more days to run, two more nights to camp. . . .Why was I getting emotional? Our team had adopted several other runners from around the country, and by this time we knew we had made some new lifelong friends. None of us wanted this to end.

After everyone had eaten and enjoyed a few beverages, we took shuttles back to Camp Hale. Back to the glorious shower truck and time to get ready for dinner. The dinners they served during the race actually were really good, with options for vegetarians and carnivores like me. The race organizers made sure no one went hungry. I had a massage, which was a total game changer! The team hung out by the water as the sun set and the stars rose above the mountains on Thursday night. The next day, we would be ready for Day Five.

Next month I will wrap up this adventure. We finish by going through a lightning storm to get into Vail and end our journey in Beaver Creek.



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IMAGINE PARTICIPATING IN A REVERSE PARADE.
IMAGINE PARTICIPATING IN A REVERSE PARADE.**

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**JANUARY 15 TWENTY
TWENTY
TWO
7 AM**



MEDICATION AND MILES:

Apple Cider Vinegar

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

Recently, the brand Goli has stormed the non-prescription supplement market; it is readily available from most retailers and online. One of the first supplements from Goli was apple cider vinegar (ACV) gummies. Goli claims the gummies support immune health, cellular energy production, heart health, nutrient metabolism, nervous system, and overall health. These gummies contain apple cider vinegar, vitamin B9, and vitamin B12.¹

ACV comes in multiple dosage forms including liquid, tablets, capsules, and gummies. Goli ACV gummies contain 500mg of ACV powder.¹ While there is no specific recommended dose of ACV, we do know that the main ingredient that is associated with health benefits is acetic acid. A 2016 review found that drinking one tablespoon of acetic acid daily typically is enough for a person to see potential health benefits, such as reducing blood sugar levels.² Depending on what the ACV is intended to address, health professionals may recommend a different dose. Unfortunately, it has been shown that consuming large amounts (8 ounces or 237 mL) every day for many years can be dangerous and has been linked to low blood potassium levels and osteoporosis.³

So, what do we know about ACV? In 2004 it was shown to help with blood sugar control as revealed in a study published in an American Association of Diabetes journal. Participants in the study were given a meal, followed by either 20 grams of ACV or a placebo. The researchers checked blood sugar levels at 30 and 60 minutes after the meal, revealing that ACV significantly lowered post-meal blood sugar levels.⁴ This does not mean ACV can replace diabetes medications, but it may be a safe addition to a diabetes treatment plan, after discussion with a health care professional.

A clinical trial published in the Journal of Functional Food showed that ACV might

help with weight loss. The participants in this study ingested one tablespoon of ACV with lunch and dinner. They also ate a diet that was 250 calories less than their daily estimated requirements. The researchers found that ACV significantly reduced weight; the patients in the ACV group lost an average of 8.8 pounds over 12 weeks. On the other hand, the participants who did not receive ACV only lost 5 pounds over the 12-week study period. The researchers also found that ACV decreased cholesterol levels. When considering ACV for weight loss, it is important to note that the patients in this study also exercised and were on a calorie-restricted diet, which may have contributed to the difference in weight loss. Researchers in this study argued that the ACV affected the participants' weight by lowering their appetites.⁵

Some small studies have supported the use of ACV before exercise. Due to ACV's ability to maintain blood sugar levels, this can delay fatigue and enhance endurance throughout a high-intensity workout. One study in particular gave participants ACV before a high-intensity bicycle workout. The participants' blood glucose remained stable and they were able to endure a longer



CONTINUED ON NEXT PAGE

MEDICATION AND MILES:

Apple Cider Vinegar

workout than usual.⁶ This is intriguing evidence; however, more research is needed to determine if using ACV truly is effective at increasing exercise tolerance.

Overall, ACV appears to be safe if ingested at typical doses. Like other supplements and medications, there are some potential negative effects to consider. The acid in the ACV can erode the enamel on your teeth, so it may be a good idea to drink water after ingesting ACV, especially if you are taking the liquid supplement. If you have acid reflux, ACV may make this worse, due to its acidic properties. Lastly, ACV is not a good supplement for people with chronic kidney disease, because the kidneys may not be able to process the excess acid that comes along with ACV.

In summary, ACV will not replace a healthy lifestyle. It may have some health benefits, however, we need more studies to fully understand the benefits and possible side effects.⁷ And as always, it is always best to check with your health care professional before adding any supplement to your diet to keep you healthy and out on roads.

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Immunity Slushy Recipe

By: Rebecca Williamson

This slushy has so many good ingredients to fuel your running and your health: citrus for immune support, ginger to help with and lots of other vitamins and minerals for immune support and energy.

INGREDIENTS

- Juice of 1 lime
- Juice of 1 lemon
- 2 tsp. minced ginger (available frozen or jarred to save time)
- 1 tbs. honey (I like Mike's Hot Honey)
- 1 packet of Emergen-C Immune Plus-Super Orange
- 1 cup orange juice (freshly squeezed, if possible - it does make a difference)
- ½ cup crushed ice

DIRECTIONS

Blend everything together and enjoy!

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.



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

There are tons of great reasons to become a member of the Birmingham Track Club! The BTC sponsors and sanctions many local races throughout the year (don't miss the Vulcan 10k on November 6th). The BTC publishes your favorite monthly newsletter, *The Vulcan Runner*, to keep you up to date on the local running community. The BTC also sets up weekly training runs with various distances, targeting half and full marathons, and makes sure that there are water stops along the way. Don't miss out on fantastic socials that are making a comeback, as well as exclusive BTC apparel for our members. Most importantly, BTC Members receive *discounts* on BTC races, as well as many other races in and around the Birmingham area, and at several local merchants!

Whether you are a beginner or an experienced runner, joining the BTC is a great way to get involved in the running community, meet other runners, and stay informed of running events in the area. We invite all of you to join the [BTC](#) or renew your [membership](#)! See you on the run soon!

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

Tabitha Barton	Bryan Froneyberger	Brenton Morris	Erin Smith
Kim Blackmon	Vincent Graffeo	Richard Sluznis	Jennifer Walker-Journey
Joseph Cawood	Chris Holmes	Tyler Smith	Monica Washington
Rafe Cloe	Cassandra Mickens	Daryl Smith	

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](#)!



Volunteer Vibes

Thank you to all of the BTC volunteers who helped with the recent BHM26.2 race; we always appreciate our volunteers, and are so happy we can have in-person races again so that we can see you all!

Our next big event is the Vulcan 10K – this race is always a HUGE event, and many volunteers are needed. We will start with the packet pick up at Trak Shak on Friday, November 5 from 11:00 a.m. until 6:00 p.m. We also have plenty of volunteer needs on race day (at Linn Park) on Saturday. Please check out [this link](#) to sign up, or reach to [BTC Volunteer Coordinator Kim Benner](#). See you there!

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 27, 2021 are listed below.

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
dams, 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	598
Ahmed, Kabeer	2	1,159	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	681
Barnes, Jimmie	6	0	Brown, Sean	6	876	Cowart, Britney	3	1,084
Bartee, Samm	5	658	Browne, Shannon	R	1,051	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	928
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	1,067	Carey, Christopher	7	503	Davidson, Dow	4	1,881
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	879	Delmo, Lito	R	0
Bookout, Jason	2	1,068	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	1,711	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	8	1,307
Ferlitto, Cindy	2	463
Fontenot, Misty	4	1,157
Forbus, Reed	R	322
Ford, Eric	1	208
Franklin, Shane	9	1,053
Frederick, Winston	13	1,213
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	585
Haralson, Micki	13	1,265
Hargrave, Alan	13	1,141
Harris, Mindy	R	35
Harrison, Lisa	9	1,181
Harry, April	4	1,451
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	886
Hilson, Brandi	R	518
Hogeland, Angie	2	842
Hogstrom, Minda	R	715
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	1,988
Jenkins, Michael	R	1,007
Jones, Allen	2	1,104
Kazamel, Mohamed	2	0
Keefer, Herb	2	0
Kelley, Robin	8	1,696
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	944
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	1,894
Madaris, Brandon	R	1,125
Malec, Bonnie	R	0
Malec, Zachariah	R	0
Malick, David	7	1,148
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	1,162
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	484
Murchison, Reginald	7	1,504
Newkirk, John Allen	R	359
Noerager, Brett	2	1,850
Noerager, Felicia	1	1,314
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	946
Patrick, Nicolette	2	0
Payson, Tabitha	R	254
Payson, Tommy	3	564
Peagler, Shana	8	1,163
Peagler, Zach	1	924
Pearce, Julie	5	923
Pitts, Adele	R	869
Plante, David	8	1,070
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	1,044
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	1,171
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	1,455
Salter, Shannon	R	0
Sanders, Gwendolyn	2	1,042
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	850
Short, Lori Lynn	R	879
Sides, Dean	4	912
Silwal, Suman	9	884
Simpson, Kevin	8	2,771
Sims, Bob	1	1,274
Sims, Cecelia	1	940
Sloane, Mike	5	904
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	976
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	827

Participant	Years	Total
Tidwell, Pam	R	1,127
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	1,049
Watters, Robert	7	1,468
Weber, Amy	2	615
Weeks, Lance	2	634
Wells, Bradley	5	1,627
Wende, Adam	6	1,049
Whately, Prince	8	935
Whillock, Amber	1	1,042
White, Morgan	R	906
White, Robin	2	1,689
Wilhite, Thomas	5	950
Williams, Shanada	1	1,005
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	880
York, Gary	8	1,746
Zajac, Jason	3	1,303
Zapata, Carlos	1	904

SHOW US YOUR BTC GEAR



SHOW US YOUR BTC GEAR



FEETS OF STRENGTH



It is wonderful to see so many of you out there chasing your goals now that many races are being held in person!

Congratulations to **Kabeer Ahmed** who ran the Virtual Boston Marathon as his first full marathon on October 9, 2021 (extra bonus points for the virtual element)! We're sure you'll knock your first in-person marathon out of the park too!

This year's Chicago Marathon on October 10, 2021 welcomed a huge group of Birmingham runners (see this month's BTC Gear photos). Kudos to **Marla Gruber**, who logged a gigantic 47 minute (!) PR at the race. Well done, Marla!

The Lyda family also had a terrific showing at the Chicago Marathon. **Beth Lyda** completed her first full marathon, as did **Anna Kate Lyda**, who was paced most of the way by her proud father, **John**. What a wonderful story – congratulations, Lydas!

While this year's Boston Marathon featured quite a few BTC members, the race was especially memorable for **Billy Rose**, who started his long journey to Boston shortly after the 2013 bombing. Congratulations, Billy – your dedication and hard work are an inspiration to many of us!

And last but certainly not least, huge congratulations to **Sheila Freeman** who accomplished her multi-year goal of running all six of the races in the Abbott World Marathon Majors series. With her completion of the Boston Marathon, Sheila earned her six star medal and joins an elite group of marathoners. We are so proud of you, Sheila!

We love recognizing our members when you hit an important milestone or achieve a running related goal, but we don't want to leave anyone off our list of accolades! While *The Vulcan Runner* staff tries to keep up with your accomplishments, we are a (very) small staff with day jobs too. Please [let us know](#) about your accomplishments so you'll be included -- the BTC loves to celebrate with you!



Kabeer Ahmed



Marla Gruber



Beth, John and Anna Kate Lyda



Billy Rose



Sheila Freeman

BTC EXECUTIVE BOARD MEETING

October 4, 2021

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Alan Hargrave, Vicky Brakhage, Alex Morrow, Jamie Trimble, Skylar Holland, Trish Portuese, Cameron Estes, Rebecca Williamson, and Julie Pearce.

Julie Pearce made a motion to approve the minutes of the September 2021 Executive Board Meeting. The motion was seconded by Rebecca Williamson and passed without opposition.

Membership (Cameron Estes)

We currently have 735 members and 597 memberships. We hope to have a membership drive social after the Vulcan Run 10K.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on November 2, 2021. Please have all content to Julie by October 22, 2021.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry.

Long Run Committee (Alex Morrow)

We plan to start training for the Mercedes Marathon and Half Marathon on Saturday, October 9, 2021. There will be an informative meeting about Mercedes at the Trak Shak on Wednesday, October 6, 2021, which Alex plans to attend.

1200 Mile Club (Hunter Bridwell)

The email to enter September miles was just sent. We plan to order jackets in the near future.

Volunteer Committee (Hunter Bridwell)

We will be updating the Vulcan Run volunteer page through RunSignUp.

Vulcan Run 10K (Hunter Bridwell and Trish Portuese)

Race permits have been submitted to the City of Birmingham. Unfortunately, Boutwell Auditorium was already reserved, so we are unable to have the post-race celebration in the auditorium and we cannot block Reverend Abraham Woods Jr. Boulevard. We did go ahead and reserve Boutwell Auditorium for the 2022 Vulcan Run 10K. We will have the post-race celebration in Lynn Park. Hunter is looking into the cost to rent a large white tent to use in addition to our BTC tents. Trish will look into any restrictions for what we can and cannot do in Lynn Park. We will have an awards ceremony this year. We have already received the RRCA Championship awards. The plan is to have overall awards, five-year age group awards, and team awards. The overall awards will include cash prize money. The total prize money will be \$2,600 divided amount the top overall male and female finishers. Skylar is going to check with the Vulcan gift shop about some Vulcan-theme awards. There will be top 200 t-shirts sponsored by the Trak Shak. We would love to have a DJ for the post-race celebration, so Hunter is checking on DJ pricing. Discussion was held regarding post-race food and beverage options. The race will have two water stops. In regard to the charities, we would love to donate to Girls on the Run again and we plan to donate to Vulcan Park and Museum. Rebecca Williamson will discuss getting some of the girls from Girls on the Run involved. All of the local running clubs that use RunSignUp for their memberships will have a discount applied automatically when they register for the race. We plan to send a discount code to any other running clubs who do not use RunSginUp. Finally, we will contact Vulcan Park to see if the Vulcan mascot is available to make an appearance at the race.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, November 8, 2021 at 6:00 p.m. Location to be determined.



Upcoming Events

EVENT	DATE	TIME
BTC Vulcan Run 10K and RRCA Southern Region 10K Championship *BTC RACE SERIES* * BTC DISCOUNT*	November 6, 2021	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 13, 2021	6:00 a.m.
Horseshoe Bend School Turkey Trot 5K (New Site, AL)	November 13, 2021	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 20, 2021	6:00 a.m.
Skinny Turkey 5K/10K (Boaz, AL)	November 20, 2021	8:00 a.m.
Magic City Half Marathon and 5K	November 21, 2021	8:00 a.m.
The Sam Lapidus Montclair Run – 10K, 5K, and 1 Mile Fun Run	November 25, 2021	8:30 a.m.
BTC Saturday Long and Moderate Run Groups	November 27, 2021	6:00 a.m.
Blood Rock 100 Mile, 50 Mile, 55K, and 25K	December 3-5, 2021	12:00 p.m.
BTC Saturday Long and Moderate Run Groups	December 4, 2021	6:00 a.m.
Bluff Park 8K	December 4, 2021	7:00 a.m.
Candyland Christmas Half Marathon and 5K (Andalusia)	December 4, 2021	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	December 11, 2021	6:00 a.m.
Rocket City Marathon, Half Marathon, and Relay (Huntsville)	December 11, 2021	7:00 a.m.
Jingle Bell Run 5K	December 11, 2021	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 18, 2021	6:00 a.m.
Meadow Brook Runs 5K and 1 Mile Fun Run	December 18, 2021	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 25, 2021	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 1, 2021	6:00 a.m.

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

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

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



BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F
 3. _____/_____/_____/_____/ M F
 4. _____/_____/_____/_____/ M F

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

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