



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

December 2021 12



TRANSROCKIES 2021

SUMMER CAMP FOR BIG KIDS (PART III)

By Bradley Wells

www.BirminghamTrackClub.com

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

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

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

2 TransRockies 2021

5 President's Address

7 Medication and Miles

8 Cold Laser Therapy

10 1200 Mile Club

16 Feets of Strength

TRANSROCKIES 2021

Summer Camp for Big Kids (Part III)



Last month, we brought you Part II of the Birmingham group's epic trip to run a multi-day stage race in Colorado (click to catch up if you missed [Part I](#) or [Part II](#)). This month, the group concludes its journey in epic style.

DAY FIVE: RED HILLS TO VAIL

Day Five was upon us, and everyone was in a rhythm now. I could pack up my tent with my eyes shut, get breakfast and brush my teeth - all within 20 minutes. It was somewhat sad leaving the breathtakingly beautiful Nova Guides campground, but we had more hills to climb! Everyone finished rituals, stuffed a few bagels in their mouths, and then got back on the shuttle that would take us to Red Cliff (where we ended Day Four).

Leading up to Friday, everyone felt different each day. We were all tired, complained of sore legs and various aches and pains - same old thing. But today, for me at least, my body just started adapting to the routine (or at minimum, accepting it). The weather was great on Friday, and we knew we had some epic hills and views to look forward to experiencing. In addition, everyone fell into similar pods because we have run with these folks all week. The typical chitter chatter continued as the gun went off, and we left the starting line. Stage Five, today, was 24 miles and had a total elevation of 4,300 feet. This was a steady climb for half the day, followed by some incredible vistas and mountaintops. We enjoyed the views up top for a couple miles, skipping through the wildflowers and taking every opportunity to capture another jump shot (No? Just me?). Before the run started, volunteers told us to get up and over quickly because they expected bad weather that afternoon....

Around mile 15 or 16, we were on top of Vail Mountain, enjoying the incredible views... and it started raining. Shortly after the rain began, thunder and lightning started popping off. We had just passed through aid station three, and we could see the lightning hitting, I was terrified. Running down a ski slope with two metal poles in your hands is a great way to pick up speed! We nestled under a tree for few minutes to get our raincoats situated, then we took off. Literally the fastest three to four miles of the whole week were logged getting off that mountain!

We made it, the rain subsided, and we made it to the Vail finish line just after lunchtime. We waited around for the rest of the team to finish, and then we walked into town for some hot pizza... Did I eat a full pizza by myself?

Yes, I did! And it was amazing. After our bellies were full, we went back to camp to shower and get massages. Tonight was our theme night - USA -- so our team got out our best Americana swag and waltzed into the dinner tent dressed to the nines. After dinner, several of us went back into downtown Vail for a few drinks and sightseeing, and possibly some impromptu pole dancing.

By this time, I had started getting very sad that tomorrow was our last day. I had made so many great friends from all over the continent, not to mention become closer with our whole team. Knowing tonight was my last night in a tent did have its own comfort though.

CONTINUED ON NEXT PAGE

TRANSROCKIES 2021

Summer Camp for Big Kids (Part III)



DAY SIX: HOMESTRETCH TO BUENA VISTA

I awoke on Saturday morning to a beautiful sunrise over the Vail valley. Knowing this was our last breakfast, last run, last day, I moped around all morning, not wanting to start, because starting meant that the end of our adventure was nearer. I think everyone was emotional for various reasons, but we were all ready to be finished... so, off we went! Stage six was no walk in the park -- today was 22+ miles with a staggering 5,300 feet of climbing.

Very quickly, this stage got tough. After we ran through downtown Vail, we were climbing right up the side of a mountain. It felt like we climbed for ten miles without a break. We got to overlook Vail and all the ski slopes and then we wandered along several Aspen forest and lush green "Christmas tree" paths. It was a tough climb, but maybe one of the prettier stages.

Just after the halfway point, we came into Avon and got to run along the streets a bit. This might sound fun, but after being on trails for 100+ miles, asphalt feels like needles. We chatted with several other groups as we started making our way up to Buena Vista. From Avon, we had to climb back up the ski mountain into the Buena Vista resort.

I personally thought this was savage because the race organizers had just teased us with flat roads and easy paths, but then it was right back to climbing for another three miles. I started to slow down and take in everything along the route. We would come across a lookout,

and tears would unexpectedly fill my eyes. The last two miles felt like a roller coaster of emotions. We were all exhausted -- mentally, physically and emotionally, and getting into the last 5K of a 120+ mile week was just about to open up the flood gates. I had been running with Lisa during most of the week, so we ran/danced our way into the final mile. After several hairpin turns, we could finally see the lodge resort, we could hear the finish line music, and the camera operators were taking photos -- this was it. We took a brief moment at the bottom of the hill to catch our breath and wipe away some tears, and then we jumped across the finish line hand in hand.



I immediately collapsed and was overwhelmed with emotion. We literally just ran 120 very tough miles over six days across Colorado. WHAT!?! My coach, Alex, was there, along with Lori and a host of other volunteers all screaming and going crazy. It was like nothing you could ever imagine! After catching my composure, again, I walked over to get my belt buckle and a beer (or two) and went over to the grass plot to watch other finishers.

CONTINUED ON NEXT PAGE

TRANSROCKIES 2021

Summer Camp for Big Kids (Part III)

This was possibly the best part of the whole week, as we sat there together, watching and cheering every finisher who came through that finish line. Every runner had the same emotions leading into that finish chute. I cried, yet again, as every one of our teammates came across. It was like we got to keep reliving that feeling as we screamed our teammates and new friends into the finish. Even now, I still get chills thinking about that.

To wrap up this crazy adventure, I would like to challenge all of you to get outside of your comfort zone and try something crazy that scares the hell out of you. Two years ago, I would never have imagined doing something like this, but I took a gamble, signed up, and never regretted a second. Opportunities like this don't come by very often, so you have to be willing to take the risk and accept the challenge -- you will surprise yourself. Your challenge might not be a

huge endurance race, a marathon, or even a race at all, but allowing yourself to try something new and challenging will have a profound impact on your life. I am already looking forward to the next big event or my next challenge. I know I will continue to grow and discover new things about myself, and I hope you will as well. I am so thankful for our Birmingham running community that supports all of us and provides so many opportunities for us to better ourselves!

Cheers my friends!

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



PRESIDENT'S ADDRESS

By Hunter Bridwell



My Fellow BTC Members,

We had a great time at the 47th running of The Vulcan Run 10K. We were back in downtown Birmingham on a course that should have looked very familiar to most (with only one slight change due to construction). The weather was perfect, and we had some great performances by our runners. I want to thank all of our great volunteers, sponsors, and our sponsors, including Buffalo Rock and Coca Cola United Bottling and Black Family Restaurants for donating drinks for our runners. Check out some great race photos from Marathon Runs later in this newsletter.

With the conclusion of The Vulcan Run, it means the time has come to look forward to 2022. In the coming days, expect to see information about next year's race series and ways you can save BIG by registering for all four races at once. We'll also be planning the BTC Annual Party where we elect new officers and then have a lot of fun. BTC members can expect more information on the date and location of the party later this month. Not a member or need to renew your membership? Not to worry -- you can do that here!

Our friends at The Trak Shak will be hosting their traditional Santa Shuffle on Christmas Eve morning. The BTC will be providing some treats (pancakes and coffee, anyone?!) at the conclusion of the run. Be on the lookout for more details to follow soon!

BTC Membership

We will be hosting some membership drives to start off the year. Our amazing members are what allow the BTC to continue to do things like providing fun social runs, putting on races, and supporting our local running community. If you enjoy running with us at our long runs or races, please consider becoming a member. Members enjoy discounts on all BTC sponsored races and many other local races, discounts at The Trak Shak, and other perks like participating in the BTC's 1200 Mile club. You can read about more about the perks and benefits of BTC membership here (memberships start at just \$24/year, with discounts available to students, first responders, and active military members). Join us as we keep the greatest running club in the country going strong!

BTC Long Run Group

We're off and running in our winter training cycle in preparation for one of our favorite local races, The Mercedes Marathon weekend! We're glad to have the race back in town again in 2022 after Covid resulted in the cancellation of the 2021 race weekend. Make sure to check out our long run group Facebook page to see the posted routes and to check out where you can volunteer to place a water stop. It's always more fun to train with friends!

Best wishes to you all for a wonderful holiday season!

Hunter Bridwell
BTC President

Roasted Carrot Hummus Recipe

By: Rebecca Williamson

Now that things are finally cooling off, the thought of roasting vegetables just sounds comforting. This twist on traditional hummus has a healthy dose of bone-strengthening vitamin A, beta-carotene, calcium, and vitamin K.

INGREDIENTS:

- 7 medium carrots (about 12 oz.), peeled and sliced
- 2 garlic cloves, minced
- 1/2 can of garbanzo beans, drained
- 2 tsp. minced ginger
- Juice of 2 lemons
- Salt and Pepper
- 3-4 Tbs olive oil (reserve 1 Tbs. for roasting the carrots)
- Pumpkin seeds (optional)

Roast carrot sticks on a nonstick tray with olive oil, salt and pepper for 30 minutes at 400 degrees. In a food processor, combine the beans, lemon juice, olive oil, ginger, and garlic. Pulse a few times then add the roasted carrots and pulse until desired consistency. Add additional olive oil if needed, and flavor with salt and pepper. Add pumpkin seeds on top for texture and extra nutrients.

*Trader Joe's sell minced garlic and minced ginger in the frozen foods section – these little cubes are a favorite cooks' trick to keep on hand.

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.



2021 Officers



President

Hunter Bridwell

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Skylar Holland

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com

BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Medical Director
Social Chairs

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

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

Marketing/Social Media
Membership
Membership Benefits
Merchandise

Jennifer Andress
Cameron Estes
Sara Thompson
Bradley Wells
Julie Pearce

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

"The Vulcan Runner" Newsletter
Japan Exchange Program

Rebecca Williamson

japan@birminghamtrackclub.com

1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

Kelly Sims
Kim Benner
Trish Portuese
Keith Henley
Jamie Trimble

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

Webmaster
IT Chair
USATF Representative

Dean Thornton
Alan Hargrave
Charles Thompson

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

BTC Race Directors

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

Lisa Booher
Judy Loo
Hunter Bridwell
Scott Wood

adamsheart@birminghamtrackclub.com
statue2statue@birminghamtrackclub.com
peavinefalls@birminghamtrackclub.com
vulcan@birminghamtrackclub.com

BTC Mission Statement

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

Contact BTC at:

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

Race Results

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

birminghamtrackclub.com
championship-racing.com



MEDICATION AND MILES:

Ashwa-who?: What IS Ashwagandha and What Will It Do to Me?

By Miranda Chauncey, Pharm.D. Candidate 2022, Kim Benner, Pharm.D.

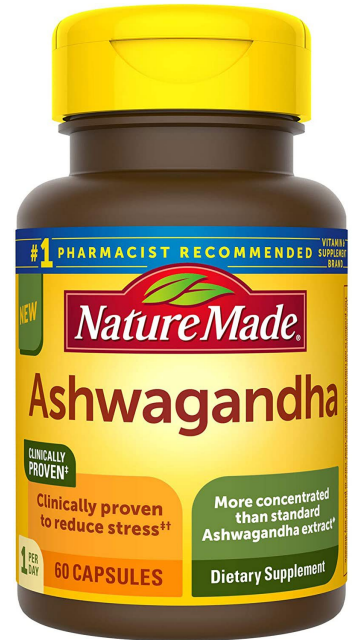
Ashwagandha (pronounced aash-wuh-gaan-duh) has become a popular option among those looking for a supplement to help with stress, anxiety, and nervousness. It is available in multiple brands and as an ingredient within various products found in the vitamins and supplements section. Ashwagandha (*Withania somnifera*) is an herb from an evergreen shrub commonly found in India, Africa, and parts of the Middle East. It is also known as “Indian ginseng” or “Indian winter cherry.” It is used in Ayurveda, the traditional system of medicine in India, for its wide-ranging potential health benefits. Commonly in Ayurveda, ashwagandha is used in a tonic or a fine powder to be mixed with water or honey. It is described as an adaptogen or anti-stress agent, with claims that it also enhances brain function and memory, reduces inflammation, improves cell-mediated immunity, and more.¹

One published literature review looked at 58 articles to evaluate the therapeutic effects of ashwagandha. The health benefits of ashwagandha may be attributed to various components of the herb’s chemical structure, although specific mechanisms have not been confirmed. This review reported multiple studies conducted in rats and one trial in patients with osteoporosis that supported anti-inflammatory effects with ashwagandha use. Further studies in rats used endurance testing to support the anti-stress effects of ashwagandha. Ashwagandha promoted increased enzyme activity in the brains of rats, which supports potential antioxidant effects that may be beneficial in conditions where free radicals accumulate and cause degeneration. Two components of ashwagandha were isolated and given to rats, and both materials produced statistically significant mobilization and activation of immune-related cells and enzymes.²

A randomized, double-blind, placebo-controlled study evaluated the use of ashwagandha to improve memory and cognition in patients with mild cognitive impairment. The study included 50 adults who were treated with either placebo or ashwagandha-root extract 300 milligrams (mg) twice daily for eight weeks. Those who received treatment with ashwagandha had significant improvements in immediate and general memory, executive function, sustained attention, and information-processing speed compared to those who received placebo. These results were supported by superior scores on various tests and tasks in the ashwagandha group.³



Another randomized, double-blind, placebo-controlled study was conducted to investigate the stress-relieving effects of ashwagandha extract in stressed, healthy adults. Individuals were given either a placebo or 240mg of a standardized ashwagandha extract once daily. Stress relief was assessed by using anxiety and depression scales and changes in cortisol and other hormones. The ashwagandha group experienced significant reductions in one anxiety rating scale and greater reductions in morning levels of cortisol, a stress hormone. This study was only conducted over 60 days and was relatively small, but the results may suggest that ashwagandha provides stress relief via hormonal effects.⁴



Being an herbal supplement, there may be variations in dosing of ashwagandha products depending on the dosage form and extraction methods. There are no clear recommendations on dosing, but some reports include doses of 120 mg to 2 grams. Side effects may include upset stomach, breathing difficulties, decreased body temperature, kidney and liver abnormalities, and sedation. These effects

could potentially be worse in individuals with underlying health conditions or who are taking medications that have similar side effects. The safety of long-term ashwagandha use has not been well studied, and ashwagandha should be avoided in pregnancy.⁵

While ashwagandha has been used commonly in the practice of Ayurveda, there is a lack of data supporting its therapeutic and clinical benefits at the present time. Although the studies mentioned above may show promising potential with the herb, further research is needed to better understand its effects, how to use it safely, and how to justify its use in humans. It is best

CONTINUED ON NEXT PAGE

MEDICATION AND MILES:

Ashwa-who?: What IS Ashwagandha and What Will It Do to Me?

to check with a medical provider before adding an ashwagandha supplement to your regimen to discuss whether it could be beneficial and address any potential risks. At this time it is unknown how this herb may affect endurance training.

References

1. Singh N, Bhalla M, de Jager P, Gilca M. An overview on ashwagandha: a Rasayana (rejuvenator) of Ayurveda. *Afr J Tradit Complement Altern Med*. 2011;8(5 Suppl):208-213. doi:10.4314/ajtcam.v8i5S.9
2. Mishra LC, Singh BB, Dagenais S. Scientific basis for the therapeutic use of *Withania somnifera* (ashwagandha): a review. *Altern Med Rev*. 2000;5(4):334-346.
3. Choudhary D, Bhattacharyya S, Bose S. Efficacy and Safety of Ashwagandha (*Withania somnifera* (L.) Dunal) Root Extract in Improving Memory and Cognitive Functions. *J Diet Suppl*. 2017;14(6):599-612. doi:10.1080/19390211.2017.1284970
4. Lopresti AL, Smith SJ, Malvi H, Kodgule R. An investigation into the stress-relieving and pharmacological actions of an ashwagandha (*Withania somnifera*) extract: A randomized, double-blind, placebo-controlled study. *Medicine (Baltimore)*. 2019;98(37):e17186. doi:10.1097/MD.00000000000017186
5. Ashwagandha. In: *Natural Products Database*. Hudson (OH): Lexicomp, Inc.;[updated 4/16/2021; accessed 10/26/2021]. Available from: <http://online.lexi.com>. Subscription required to view.

COLD LASER THERAPY



What is Cold Laser Therapy? Cold Laser therapy is a form of laser therapy using a low-level laser that has a non-thermal effect. In other words, cold laser therapy does not provide heat to the tissue. Cold laser uses a wavelength and specific power output that penetrates the tissue to help the mitochondria of the cell produce energy required to create healthy new cells. The wavelength of the laser and the power output are important aspects for treating different tissues in the body. Based on the research that has been done on cold laser therapy, wavelengths of 830 nanometers with power output of 90 milliwatts (mw) are desirable for penetration of about 2 inches with a 1-inch lateral spread in the tissue.

Cold Laser Therapy can treat the following conditions and more:

Arthritis	Plantar Fasciitis	Tendonitis	Back and Neck pain
Sciatica	Whiplash	Scar Tissue	Sprains and Strains
TMJ/TMD	Trigger Points	Post-Operative Pain	Chronic Pain
Carpal Tunnel	Neuralgias	Fractures	Muscle Pains and Spasms

Cold Laser therapy has been used as a stand-alone treatment. However, as a physical therapist, cold laser treatments are just one of many tools in the toolbox. For maximum benefits, cold laser can be combined with other treatments such as dry needling, ASTYM (a tool to break up scar tissue and damaged soft tissue), IASTM (instrument assisted soft tissue mobilization) and therapeutic exercise. TherapySouth currently uses the MicroLight cold laser at our Mountain Brook/Crestline, Hoover, and Pelham locations.

For any questions or exercise recommendations, please email us at tsendurance@therapysouth.net We are here to help you!

Ryan Hunt DPT, CSCS, ASTYM certified provider, Dry Needling practitioner, BFR certified
Clinic Director rhunt@therapysouth.net
TherapySouth - PatchWork Farms/Altadena
205-783-5270



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:

Kerri Anderson	Mark Erdberg	Jeff Lancaster	Lyndsey Robinson
Richard Broome	Steve Evans	John Lankford	Cindi Routman
Michael Brown	Michael Foreman	Sheree Martin	Suman Silwal
Jerome Burkes	Winston Frederick	Danielle Morgan	Rick Stockton
Carley Burns	Laura Gilmour	Phillip Morgan	Phil Teninbaum
Theresa Burst	Ange Goss	Anthony Nix	Melissa Weaver
Meredith Caldwell Evans	Rita Goyal	Kristie Northern	Birdie White
James Colvard	Shawn Goyal	Charlie Parks	Charlie White
LaRonda Corrin	Satya Gullapalli	Adele Pitts	Robin White
Roger Corrin	Avery Holland	Shane Powell	Bill Woody
Anne Darby	Matt Holland	Katrina Pronath	Gary York
Elton Darby	Missy Holland	Jeff Ray	
Ashley Epperson	Tricia Kemper	Jennifer Ray	

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](#)!



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 December 5, 2021 are listed below.

Participant	Years	Total
Adams, Jeffrey	R	163
Adams, Sue	1	1,165
Adwell, Stephen	1	1,445
Ahmed, Kabeer	3	1,294
Allen, Jessica	R	549
Anderson, Kerri	5	783
Baggett, Christopher	2	820
Barnes, Jimmie	6	0
Bartee, Samm	5	995
Bayush, Tori	3	1,699
Beard, Karen	R	85
Beasley, Cathy	4	0
Becker, Bryan	2	1,386
Benner, Kim	9	1,740
Bensinger, Cole	2	132
Benson, Wayne	7	1,122
Black, Dylan	1	918
Blackmon, Kim	1	1,321
Boackle, Larry	4	0
Boackle, Tomie Ann	1	0
Booher, Lisa	10	1,467
Bookout, Jason	3	1,209
Bookout, Kimberly	3	1,414
Borie, Tuck	R	0
Boswell, Ryan	1	831
Bowman, Bill	R	914
Boylan, Brittany	R	273
Boylan, Chris	R	120

Participant	Years	Total
Brakhage, Victoria	5	1,263
Bray, Elizabeth	2	2,073
Bridwell, Hunter	1	102
Brown, Charlie	9	1,564
Brown, Katie E.	1	1,259
Brown, Katie G.	1	1,119
Brown, Michael	4	930
Brown, Sean	6	1,056
Browne, Shannon	R	1,051
Bryant, Jason L.	R	465
Burks, Ross	4	776
Burruss, Anne	R	13
Burruss, John	R	289
Burson, Steven	R	327
Caine, Lawrence	1	1,194
Callahan, Chris	4	1,197
Carden, Melissa	1	1,269
Carey, Christopher	7	503
Carlton, Bob	6	1,167
Carter, Adrienne	2	0
Carter, Jason	1	960
Caviedes, Octavio	2	1,706
Chaffinch, Violet	R	1,146
Chandler, Teresa	12	1,596
Channell, William Andrew	2	1,659
Cheek, James	R	190
Childers, Melissa	R	3
Clay, Brad	14	2,042

Participant	Years	Total
Cleveland, Jeff	5	1,495
Cliett, Stephanie	7	1,214
Coffin, Diane	R	598
Coleman, Tim	4	1,575
Colpack, Susan	2	1,237
Corrin, LaRonda	1	786
Corrin, Roger	4	759
Cowart, Britney	3	1,084
Cramer, Robyn	1	1,483
Cramer, Steve	R	438
Crawford, Katelyn	R	1,181
Creed, Brad	4	1,114
Creel, Mary	4	1,348
Crowson, Bill	5	603
Crumpton, Melinda	R	0
Cutchen, Cindy	R	756
Cutshall, Hannah	2	585
Davidson, Dow	4	2,016
Davidson, Jen	1	0
Deffenbaugh, Todd	1	1,406
Delmo, Lito	R	1,113
Denton, Matt	9	1,960
Dimicco, Al	3	1,197
Dixon, Jonathan	1	383
Dowling, April	1	68
Duke, Cindy	6	1,328
Dyck, Rayna	R	0
Edgerton, Amy	2	1,334

1200 MILE CLUB

Participant	Years	Total
Edmondson, Laurie	1	2,041
Estes, Cameron	2	964
Estrada, Steven	3	2,664
Evans, Debbie	8	1,497
Ferlitto, Cindy	2	463
Fontenot, Misty	5	1,356
Forbus, Reed	R	322
Ford, Eric	1	208
Franklin, Shane	10	1,319
Frederick, Winston	13	1,347
Freeman, Sheila	4	1,107
Gayheart, Cheryl	2	1,375
Gilbert, Beth	1	1,231
Gilmour, Laura	1	1,347
Glasgow, Robert	R	0
Goode, Johnny	13	1,609
Goss, Ange	2	1,103
Goyal, Rita	1	1,460
Grady, Carla	2	1,062
Graham, Ryan	1	0
Grainger, Matt	2	1,843
Gray, Mariel	R	155
Gray, Michael	1	1,111
Greene, Michael	2	0
Griffin, Misty	2	1,459
Gruschow, Mariana	R	0
Gullapalli, Satya	5	0
Hale, Katie	R	70
Haley, Jay	5	728
Hall, Thomas	1	0
Haralson, Danny	12	716
Haralson, Micki	13	1,536
Hargrave, Alan	14	1,357
Harris, Mindy	R	35
Harrison, Lisa	10	1,397
Harry, April	4	1,566
Hart, Laree	R	199

Participant	Years	Total
Hartsfield, Gregory	2	1,766
Hartsfield, Kathryn	R	0
Henley, Monica	5	0
Henninger, Alison	7	1,345
Hess, Alan	R	1,038
Hilson, Brandi	R	648
Hogeland, Angie	2	1,014
Hogstrom, Minda	R	1,090
Holcomb, Zachary	4	1,232
Holland, Skylar	3	488
Hollington, Kasey	2	258
Hood, Alissa	1	545
Hoover, Alison	9	0
Hopper, Whittley	2	1,180
House, Beth	6	587
Hubbard, Stephanie	1	0
Hutcheson, Leander	1	0
Ingle, Brandon	R	0
Izard, Georgia	4	1,502
Izard, Melody	3	0
Jackson, Bradley	2	1,242
Janowiak, Desirae	1	0
Jenkins, Kaki	8	2,332
Jenkins, Michael	1	1,432
Jones, Allen	3	1,274
Kazamel, Mohamed	3	1,851
Keefer, Herb	2	0
Kelley, Robin	8	1,696
Kemper, Tricia	7	1,557
Klasner, Ann	1	1,520
Knight, David	1	1,079
Kornegay, Marla	2	1,404
Krick, Stefanie	2	1,763
Kuhn, Jimmy	14	2,202
Kulp, Loren	6	1,217
Kumar, Sidharth	R	218
Laird, Audrey	7	1,708

Participant	Years	Total
Lamb, Patrick	1	1,175
Lancaster, Jeff	3	1,224
Landefeld, Dale	1	1,201
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	2	1,321
Lyda, John	3	1,528
Lyle, Randy	13	2,123
Madaris, Brandon	1	1,370
Malec, Bonnie	R	0
Malec, Zachariah	R	0
Malick, David	8	1,400
Martin, Sheree	1	1,432
Mathews, Skip	R	458
McElroy, Catherine	2	1,385
McGriff, Colton	R	71
McKinney, Margaret	R	10
McLain, Chase	1	1,359
Merry, Vicki Sue	9	1,261
Mickens, Cassandra	2	727
Miller, Joshua	3	1,368
Mishra, Anoop	1	1,709
Moman, Ashley	R	260
Morgan, Danielle	5	454
Morgan, Phillip	8	577
Morris, Gordon	1	1,212
Morrow, Alex	10	1,318
Moses, Mike	1	553
Murchison, Reginald	7	1,845
Newkirk, John Allen	R	379
Noerager, Brett	2	2,049
Noerager, Felicia	1	1,385
Northern, Kristie	12	1,743

1200 MILE CLUB

Participant	Years	Total
Norton, Laura	3	1,836
Oechslin, Tamara	2	1,469
Oehrlein, Kimberly	R	0
Oliver, John	6	1,106
Orihuela, Carlos	4	1,615
Orihuela, Catheryn	R	0
Ortis, Ellen	2	1,153
Padgitt, Scott	1	602
Parks, Charlie	8	2,519
Parsons, Christy	R	1,129
Patrick, Nicolette	2	0
Payson, Tabitha	R	254
Payson, Tommy	3	926
Peagler, Shana	9	1,372
Peagler, Zach	1	1,087
Pearce, Julie	5	1,085
Pitts, Adele	R	1,076
Plante, David	8	1,070
Poh, James	3	1,413
Poole, Greg	3	729
Powell, Shane	3	2,043
Proctor, Megan	2	1,218
Pronath, Katrina	R	353
Purvis, Jeffrey	1	1,221
Randolph, Megan	1	1,814
Rawson, Brent	4	1,358
Renfro, Jeff	2	1,074
Richardson, Brent	1	1,263
Richey, Lori Beth	4	1,351
Ritchie, Joseph	4	1,621
Ritchie, Lauren	2	1,184
Roberson, Kevin	5	898
Roberts, Fletcher	6	1,132
Robinson, Lyndsey	2	1,345
Robinson, Rod	R	485
Robinson, Tamara	2	1,782
Rodgers, Jeffrey	4	1,200

Participant	Years	Total
Rogers, Hannah	2	1,312
Roper, Lynn	4	1,250
Rose, Billy	7	2,617
Ross, Cara	R	1,000
Rosser, Joey	4	372
Routman, Cindi	R	1,192
Routman, Michael	R	1,062
Rutherford, Keith	13	1,120
Rutledge, Lisa	6	1,603
Salter, Shannon	R	0
Sanders, Gwendolyn	2	1,173
Shaffield, Danny	8	3,023
Sherer, Jeremy	5	1,230
Sherman, Travis	R	515
Sherrell, Jeff	2	1,555
Shin, Ki	R	0
Shinn, Ronald	8	1,226
Shoaf, James	2	966
Short, Lori Lynn	R	1,100
Sides, Dean	4	1,047
Silwal, Suman	9	884
Simpson, Kevin	8	3,140
Sims, Bob	1	1,454
Sims, Cecelia	1	1,061
Sloane, Mike	5	1,094
Smith-Janias, Mary Ann	R	331
Smith, Daryl	1	1,531
Smith, Erin	1	1,541
Smith, Jason	2	1,788
Smith, Jerry P.	11	1,197
Smith, Kelly	R	221
Soileau, Chester	4	1,338
Spikings, Matt	1	1,236
Stockton, Rick	13	1,103
Swiney, Elana	R	203
Thompson, Samuel	1	1,848
Thompson, Sara	4	1,285

Participant	Years	Total
Thurman, Terralance	R	234
Tibbs, Seth	1	893
Tidwell, Pam	1	1,357
Tomlin, Chace	1	697
Trimble, Jamie	7	1,636
Tucker, Taylor	R	435
Valles, Tina	1	1,109
Vaughn, Lora	R	1,044
Wade, Josh	R	0
Waid, David	4	2,138
Walker, Caroline	1	396
Warren, Key	R	719
Washington, Monica	R	1,047
Watters, Ana	3	1,811
Watters, Larkin	2	1,239
Watters, Robert	7	1,788
Weber, Amy	2	739
Weeks, Lance	2	794
Wells, Bradley	5	1,875
Wende, Adam	7	1,280
Whatley, Prince	8	1,141
Whillock, Amber	1	1,199
White, Morgan	R	1,090
White, Robin	2	2,024
Wilhite, Thomas	5	1,052
Williams, Shanada	1	1,005
Williams, Shaunda	2	1,059
Williamson, Rebecca	3	1,399
Wilson, Mark	R	1,116
Wiseman, Steve	7	1,649
Wood, Heather	1	0
Woody, Bill	13	1,322
Wright, Amy	3	0
Wu, Xing	9	965
York, Gary	8	2,013
Zajac, Jason	3	1,654
Zapata, Carlos	1	1,114

VULCAN RUN 10K

PHOTOS by MRUNS



VULCAN RUN 10K

PHOTOS by MRUNS



SHOW US YOUR BTC GEAR



FEETS OF STRENGTH



BTC members have been busy running races, with a strong emphasis on those looonng distance accomplishments. Keep up the food work, friends!

Cat McElroy completed her first 50 miler at the Endless Mile race on October 22, 2021. That's awesome, Cat! And **Kim Benner** also had an impressive showing at Endless Mile – she logged a distance PR in the six-hour challenge and broke the state record for her age. Way to go, Kim!

Rita Goyal and her son, **Shawn Goyal**, completed their first marathons on October 30, 2021 at the 10th Annual Savin Rock Marathon in West Haven, CT. Rita and Shawn, who is in his second year at the Naval Academy, originally planned to run the Marine Corps Marathon together, but when this year's race was cancelled, they found another race and had a great experience, with Shawn winning in age group and Rita placing third in her age group – what a debut!

Congratulations to **Todd Deffenbaugh**, who completed the Indianapolis Monumental Marathon in his home state on November 6, 2021. This is Todd's first race to run in the State of Indiana, which makes it even more special. Way to go, Todd!

More recently, **Rebecca Williamson** completed her first 55K race at Blood Rock on December 4, 2021. That was no easy “feet,” Rebecca – congratulations! 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!



Rita Goyal and son, Shawn Goyal



Todd Deffenbaugh



Cat McElroy



Kim Benner



Rebecca Williamson

BTC EXECUTIVE BOARD MEETING

November 8, 2021

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Alan Hargrave, Vicky Brakhage, Alex Morrow, Jamie Trimble, Skylar Holland, Kim Benner, Cameron Estes, Rebecca Williamson, Bradley Wells, Julie Pearce, Kelly Sims, and Charles Thompson.

Julie Pearce made a motion to approve the minutes of the October 2021 Executive Board Meeting. The motion was seconded by Skylar Holland and passed without opposition.

Membership (Cameron Estes)

We currently have 758 members and 588 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on December 6, 2021. Please have all content to Julie by the Friday after Thanksgiving. We plan to do an article about the Vulcan Run 10K.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry. The account balance will change due the expenses from the Vulcan Run 10K. Unfortunately, expenses from the race were up this year simply due to higher costs.

Long Run Committee (Alex Morrow)

Mercedes Marathon and Half Marathon training has started. Discussion was held about hosting a social and membership drive on a Saturday in the near future.

Merchandise (Bradley Wells)

Bradley plans to order more hoodies and long sleeve shirts since they were very popular last year. There are still shirts left over from last year that we need to advertise, as well as older shirts that are in the storage shed. We might bring those to some Saturday morning long runs to sell.

1200 Mile Club (Kelly Sims)

An informational email will be sent soon for those who want to order a jacket. Discussion was held about a patch for those that have earned 1200 Mile Club for five years.

USATF Representative (Charles Thompson)

On September 19, 2021, elections were held, and Charles is now a board-approved athlete. The Birmingham Crossplex plans to segment their meets so staff can sanitize between events. The 2021-2022 Birmingham Crossplex schedule has been published.

Volunteer Committee (Kim Benner)

Special thanks to all of the volunteers that helped at the Vulcan Run 10K.

Vulcan Run 10K (Hunter Bridwell and Alex Morrow)

There were 479 total finishers. Betsy Boudreaux, the RRCA Southern Region Director, said she was very impressed with our organization and volunteers at the race. Discussion was held regarding expanding the elite field in future races. Trish Portuese was a huge help with the race. Unfortunately, costs were higher this year. This was especially true for the police officers and shirts. There were some complaints about the ladies' shirts running small, so we will likely just order unisex shirts next year.

IT Chair (Alan Hargrave)

RunSignUp is now offering nonbinary as a gender option when registering for races.

New Business

Discussion was held regarding the 2022 BTC Race Series. We will need to know the dates for all of the races in the series before we can open registration for the series on RunSignUp. Tentative dates are as follows: Adam's Heart Runs on January 29, 2022, Statue 2 Statue on April 2, 2022, Peavine Fall on July 4, 2022, and Vulcan Run 10K on November 5, 2022. Due to increasing costs associated with races, discussion was held about increasing registration prices. To try and save money, we could look into a bulk t-shirt order for all of the races.

Discussion was held regarding the BTC annual party. We will need to decide on a location. In regard to the date, we typically host it the week before or after Adam's Heart Runs, which would be on January 22, 2022, or February 5, 2022. We do anticipate that costs will be higher this year just due to everything being more expensive.

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 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.
The Trak Shak's Santa Shuffle (social run)	December 24, 2021	TBA
BTC Saturday Long and Moderate Run Groups	December 25, 2021	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 1, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 8, 2022	6:00 a.m.
Forging Families 5K, 10L, and 1 Mile Fun Run	January 8, 2022	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 15, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 22, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 29, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 5, 2022	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:

--	--

Zip:

--	--	--	--	--	--

Birthdate:

--	--	--	--	--	--

Cell:

--	--	--	--	--	--	--	--	--	--

e-mail:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Family member

e-mail:

Phone:

Born

Gender:

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

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

Initial:

--	--

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

Signature

Date

Mail this signed application and a signed check to:

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