



BIRMINGHAM TRACK CLUB ★ WHERE RUNNERS ARE FORGED ★ THE VULCAN RUNNER

January 2022 1

BIG NEWS FOR ADAM'S HEART RUNS!

By Lisa Booher, Race Director



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BIG NEWS FOR ADAM'S HEART RUNS!

A Birmingham Track Club classic since the 1970s, Adam's Heart Runs is back this year with some big news. The 10-mile event is now the RRCA State Championship Race!

"The RRCA is proud to award the RRCA Alabama state 10-mile championship designation to the Adam's Heart Run. A race must meet certain qualifications to be considered for a championship event. AHR has proven to be a professional event, well attended, with great reviews year after year. All of us at the RRCA know that the 2022 running of AHR will be another fantastic race!" shared RRCA Alabama State Representative and former Birmingham Track Club President Alex Morrow.

The RRCA Championship Event Series is the largest grassroots-organized running series in the U.S. with over 200 races participating that attract nearly 300,000 participants. RRCA Championship Events are designated annually at the State, Regional, and National level through a competitive bidding process. The goal of the RRCA Championship Event Series is to celebrate and shine a spotlight on well-run, community-focused events and to award their top performing runners.

RRCA provides awards for:

Open male and female
40+ male and female
50+ male and female
60+ male and female
Open challenged athlete male and female

Look for RRCA bibs and awards for the 10-mile event on January 29. And we'll be looking for all of you to join us! And yes, we still have our classic 10K and 5K races in addition to the 10-miler.

[Register here!](#)

Adam's Heart Runs happens each year because of the great generosity and hospitality of Oak Mountain State Park. And the park has its own big news to share.

In August of 2021, the Forever Wild Board of Trustees voted unanimously to approve the acquisition of 1,611 acres of land adjacent to the park. The tract of land is currently owned by EBSCO, who formally offered the land for this preservation effort in 2020.

Preserving this land will protect the beloved view at the King's Chair overlook and much more. According to Mitch Reid, State Director of The Nature Conservancy in Alabama, "This represents over 1600 acres of preserved montane longleaf in one of the last corridors through the Birmingham metro area. This will truly be a win for people and nature."

Chris Blankenship, Commissioner of the Alabama Department of Conservation and Natural Resource and Chair of the Forever Board, added, "It is a once in a lifetime opportunity to add such a pristine and undeveloped large scale property to our state park."

Please choose your favorite distance, and join the BTC on January 29, 2022!



PRESIDENT'S ADDRESS

By Hunter Bridwell



Happy New Year to all of my friends in the Birmingham running community! 2021 was quite the year as things slowly returned to “normal”. Looking back on 2021, I’m thankful for many things. We were able to hold all four of our BTC races in-person this year, thanks to a host of volunteers who put in many hours of work to ensure that we could hold races safely.

And speaking of races, I want to send a shout-out to Morgan White for taking the reins of the 2022 Resolution Run out at Red Mountain Park. While not one of our four BTC races, the BTC has been proud to be a part of this event over the years to help support Red Mountain Park. Although I was out of town for the event this year, I know Morgan did a great job with this fun run. It’s always a great way to kick off a new year.

Speaking of the new year, let’s take a sneak peak at what is upcoming as we dive into 2022:

BTC Annual Party – We urge all our members who can join us for this year’s Annual Party to come on out for a good time. We are finalizing the venue for the event and look forward to having a great time. BTC members will be able to purchase tickets to the event at a deeply discounted price. We’ll select our officers for the upcoming year, recognize some of our volunteers for outstanding service to the BTC, and celebrate the accomplishments of our 1200 Mile Club participants. After that, the party begins! This is the perfect time to join the BTC (or renew!), so we can all join in together at this great event.

Adam’s Heart Runs – We kick off the BTC Race Series once again with the Adam’s Heart Runs 5K, 10K and 10-Mile races at Oak Mountain State Park (OMSP). Race Director Lisa Booher always puts on a great race (and throws a great party afterwards). Make sure you come out to OMSP on January 29 to join in the fun. Go ahead and sign up for the best race package around, The BTC Race Series, and save bundles of money in the process. The BTC Race Series gains you entry to all four of the BTC’s sponsored races. While non-members get a great deal at only \$105, BTC members get an absolute bargain by only paying \$85 for the series of races (applied at registration checkout). It is a deal that cannot be topped!! Click [HERE](#) to register for the series.

BTC Long Run Group – We are 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 caused the cancellation of the 2021 version. 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.

A couple of notes about the Facebook page and the BTC Long Run Group administration:

- We will begin using a feature offered in Runsignup to show our weekly routes, water stops, etc. in lieu of the prior Google Docs link. This will be a much cleaner way to administer the event each week and will allow folks to use the volunteer function in Runsignup to cover the various water stops.
- Speaking of administering the weekly long runs, **Marla Kornegay Gruber** will be taking over the duties of creating routes and setting up the long runs each Saturday. Welcome, Marla – and thank you! Alex Morrow has been handling this effort for years, and we thank him for his countless hours of work to organize our long runs. Alex isn’t leaving us, as we have some exciting new things planned for the BTC, which he will help spearhead moving forward.

I hope everyone has a prosperous 2022 filled with good health and possibly a few PRs! If there is ever anything the BTC can do for you, please don’t hesitate to reach out to one of our Executive Officers or board members.

Hunter Bridwell
BTC President



**5K, 10K,
10 MILE**

**JAN
29TH**



PRESENTED BY THE BIRMINGHAM TRACK CLUB

**RRCA
STATE
CHAMPIONSHIP
RACE**

**8 a.m.
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Oak Mtn State Park
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



GOAL SETTING: A DIFFERENT APPROACH

By Tabitha Price, Ph.D.

“

*Don't put a limit on anything.
The more you dream, the further you will get.*

Michael Phelps, Olympian

”

With the new year upon us, it is a great time to set goals for your upcoming running adventures. While you are thinking about what you want to accomplish this year, how about dreaming bigger than you have in the past, and resisting the temptation to put limits on your abilities? Thinking about and setting long term goals often is accompanied by feelings of positive energy flowing through you -- motivation is high, and excitement is soaring to get started with training. Whether you are an amateur or a professional athlete, you are well aware that goal-setting is a must for staying on track, whether that is working up to running a race or hitting the goals that are set for you during the race. We all agree this is an important component to the process towards achievement in sport.

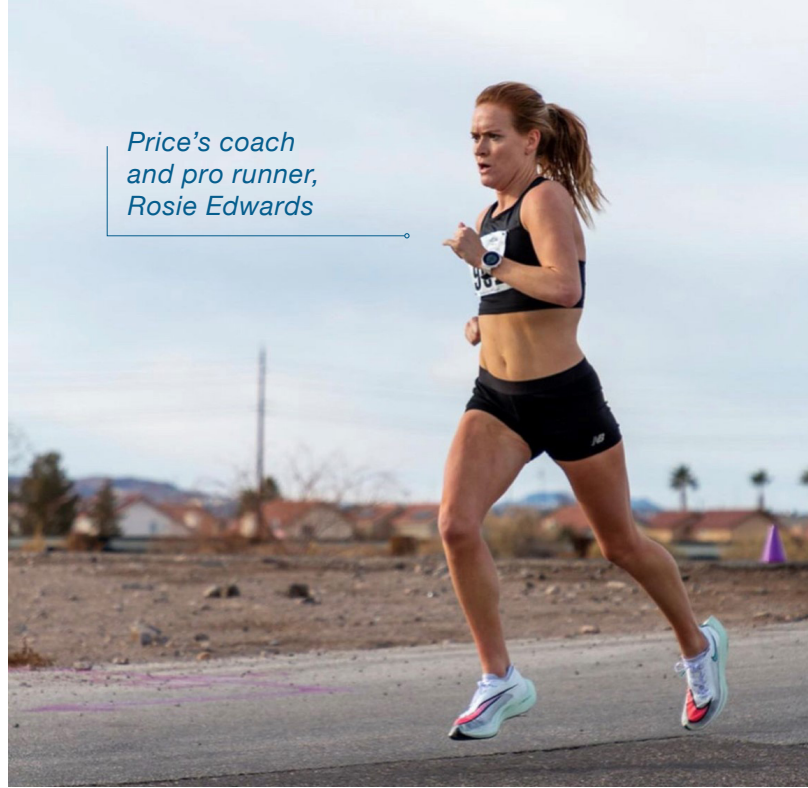
The goal setting is the easy part. But when it comes to staying on track...well, that can be a different story. Let's reframe our thinking this year, and try something new.

Have you ever told your coach, your friends or family, "I'm crazy to think I can run that distance" or "I can't run that race again this year, it almost killed me" or "I hate hill repeats, and I'll never be good at running hills"? Or in the middle of a race, you start to feel uncomfortable and say to yourself, "this is too hard; I don't know what I was thinking." It takes just a short five seconds to talk yourself out of anything. If you have ever begun a sentence with "I can't," "I shouldn't," or "I don't feel like," you have likely changed or given up on a plan.

Think about how you framed your sentence when setting your goals -- more than likely it began with "I can," "I want to," or "I will.." Our thoughts are more powerful than we give them credit for when it comes to accomplishing goals. Think about that for a second: our thoughts are powerful, and they can be our allies or our foes. "Mind over matter" is very real -- make your mind work for you rather than against you.

There will come a time in your training or during a race where you will come to an intersection on your path towards accomplishment. Do you push through, alter your course all together, or give up on your goal? As the Gatorade ad says, "You have a choice. You can throw in the towel, or you can use it to wipe the sweat off of your face. "Setting goals is the easy part, but "wiping the sweat off your face" is the hard part.

*Price's coach
and pro runner,
Rosie Edwards*



We all have heard the phrase, "Don't put the cart before the horse," in reference to putting things in order and not getting ahead of ourselves. Throughout our lives, whether in school, business, life, or sport, we have been taught to set goals first to serve as a road map towards achievement and success, but too often, we can end up detouring off that original road or maybe we break down, feeling as if we are never going to get to our destination when things become too challenging, and fear of failure is looming. But what if you were to change the order and the way you think about setting goals to almost guarantee there will be greater success with staying on track and accomplishing the goal you set? Start by asking yourself the question, "Why do I have this goal for myself?" Write down your answer. Now consider your goals housed in the "cart" and the purpose behind why you set your goals as the "horse." Put your horse before the cart.

Simon Sinek's 2011 book on leadership, *Start with Why*, tells the stories of leaders and companies who have changed the world (Dr. Martin Luther King Jr., the Wright Brothers, Apple, Disney, and so many others) simply by understanding and connecting to their "Why" - their purpose. Friedrich Nietzsche stated, "he who has a WHY to live for can bear almost any HOW." Powerful words.

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GOAL SETTING: A DIFFERENT APPROACH



For running, Nietzsche's words are equally true: The runner who has a WHY to run for can bear almost any HOW (i.e. training blocks or the discomfort of a hard race), for the WHAT (i.e. race goals) he or she desires to accomplish. Rather than focus solely on goals as you have known them, challenge yourself to understand a deeper connection to your true purpose for your long term goals by answering your WHY, HOW, and WHAT for the upcoming season.

Have you ever read an athlete's story and thought "WOW, how was that possible?" There are countless stories of athletes who have this deeper connection to self that allowed them to overcome mountains of adversity and feats that seem impossible. One of the most recent stories is that of Tommy "Rivs" Puzey, diagnosed in 2020 with a rare and aggressive form of lung cancer. Rivs fought for his survival to once again return to what no one ever thought to be possible, his love for running. He set a goal of completing the 2021 New York City Marathon, but it wasn't about setting a PR or winning a race for Rivs this go around – his measure of success was just to finish the race. Anyone who follows and reads Tommy's Instagram posts can feel his love for running, but he wants to share that love as inspiration for others to keep going: "Keep moving. You're still here. We all are. As long as you're moving, you're still here."

And what about the famous video capturing Gabriela Andersen staggering the last 400 meters of the 1984 Women's Olympic marathon? She could have given up -- she wasn't in the lead, not even close -- she finished 37th. What motivated her to keep going? The Los Angeles Times described it as a "triumph of her will, she finished the race. And in doing so, provided for some new meaning to human courage."

There are countless other stories of overcoming adversity, but what you don't often read about are the other hardships these athletes endured during training blocks, the days they did not want to get out of bed or run the long weekend miles, or how often they wanted to give up during a race, but they did it anyway – because they had goals just like you. Maybe the only difference is their connection not only the goals they write, but to their understanding of their own WHY, HOW, and WHAT of those goals. Remember, elite athletes are human, just like you. You have the power to have a "WOW" to your own story.

Why did you start running? If you can remember, write it down. Bringing your cause to life makes it real, which leads to increased motivation, which leads to your achievements, ultimately leading to success on a level that provides you with fulfillment, with success, not just a one time feeling of achievement to post on social media or hang on your wall. And isn't that ultimately what we all are searching for – joy and fulfillment?

Denzel Washington once posed the question, "why do we close our eyes when we pray, cry, kiss, or dream? Because the most beautiful things in life are not seen, but felt by the heart."

This article began with advice you've heard before: dream big. Yes, dream big, but also add a spice of "why" this dream or goal is important to you. For example, "I am running the 50k because I have never believed in myself, I have always started something only to give up. By putting in the work and running this race, I am showing my children what it takes to build strong character by working hard and pushing through challenges." Another example: "I am running a marathon because I am a cancer survivor, and I want to inspire others who have endured life challenges to move off the couch." Your purpose for running typically is larger than yourself, and if you connect with that purpose, that connection will be powerful enough to challenge those five seconds of negative thoughts that may have led you in the past to throw in the towel on your goals.

Close your eyes and think of your "WHY" (The Dream Phase – your reason or purpose for running), your "HOW" (The Action Phase -- coach, training plan, short-term goals, support system, gear) and your "WHAT" (The Outcome Phase – your long term goals, races, and outcomes). The power to act comes from this feeling – so FEEL IT!

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GOAL SETTING: A DIFFERENT APPROACH

If you are someone who has had difficulty with staying on track with your goal setting or fear you are setting goals that too high, then why not change things up and do it differently. One of my favorite quotes is by Mia Hamm, "I am building a fire, and everyday I train, I add more fuel. At just the right moment, I light the match." There will come a time in your training or during a race where you want to short yourself, slow down, or quit -- this is where your WHY will be the match that lights your fire! Allow yourself the opportunity for success by putting the horse before the cart, wiping your face with the towel, and remaining curious to your possibilities -- be your own "WOW!"

Here's to achieving all of your goals in 2022 and beyond!



Dr. Tabitha Price is a Clinical Psychologist who enjoys teaming with athletes of all levels to help maximize their performance goals. She has worked with athletes recovering from concussions, overcoming injuries, or managing pain, sleep disturbances, or anxiety/depression, as well as performance improvement. She has also assisted teams, coaches, and physical therapists with developing plans for optimal performance and

return-to-play. Most Recently, Dr. Price was the mental performance consultant for UAB Women's Volleyball team. Currently, she works with Resolute Running Training Center.

Dr. Price also plays a variety of sports for enjoyment (e.g., pickleball and golf), but she truly loves being a competitor. Dr. Price has successfully podiumed in every sport she has attempted, from racing mountain bikes, stand-up paddle boards (SUP), Xterra triathlons, and most recently, trail running. In 2019, Tabitha entered the Hotter N' Hell 9-mile trail race to run with a friend, only to fall in love with the sport. In 2020, she ran the same race, winning overall female, and going on to win the Ridge to Blazing Ridge Trail Race, Blood Rock 25k, and her first 50K this past February.

References

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2. Gustkey, E. (1988). *With the End in Sight: Andersen's Staggering Finish in 1984 Women's Marathon a Haunting Image* <https://www.latimes.com/archives/la-xpm-1988-09-12-sp-1402-story.html>. The Los Angeles Times, September 12, 1988.

THE RRCA ANNOUNCES 2022 NATIONAL CHAMPIONSHIP EVENT SERIES

By Alex Morrow, RRCA State Representative



The RRCA Championship Event Series is one of the oldest distance running traditions in the United States, dating back to 1958 when the RRCA awarded its first championship designation. The goal of the RRCA Championship Event Series is to shine a spotlight on well-run, community-based events, and to promote the sport of running by recognizing the top performing runners.

The seven races that will comprise the 2022 RRCA National Championship Series anticipate total participation exceeding a combined 26,000 runners.

Congratulations to the 2022 RRCA National Championship Events:

- **April 10, 2022** – 10 MILE CHAMPIONSHIP – [Wintrust Lakefront 10 Miler](#) – Chicago, IL
- **May 29, 2022** – HALF MARATHON CHAMPIONSHIP – [Hibiscus Half Marathon](#) – Honolulu, HI
- **May 30, 2022** – 1 MILE CHAMPIONSHIP – [Loudoun Street Mile](#) – Loudoun, VA
- **June 18, 2022** – 5K CHAMPIONSHIP – [Kalamazoo Klassic 5K](#) – Kalamazoo, MI
- **July 2, 2022** – ULTRA CHAMPIONSHIP – [Finger Lakes 50s](#) – Hector, NY
- **November 12, 2022** – 10K CHAMPIONSHIP – [Cajun Cup 10K](#) – Lafayette, LA
- **December 11, 2022** – MARATHON CHAMPIONSHIP – [BMW Dallas Marathon](#) – Dallas, TX

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

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**JANUARY 15 TWENTY
TWENTY
TWO
7 AM**



THE DECISION TO CANCEL

By Dwayne DeBardelaben, Race Director, Rocket City Marathon

By now, most of you are aware that recent storms forced the cancellation of one of the area's most popular events, the Rocket City Marathon, on December 11, 2021. In an era where Covid and other weather issues have cancelled races across the country, we wanted to understand more about what goes into the decision to cancel an event of this magnitude – why do some races go forward, but others do not? We asked Rocket City Marathon Race Directors, Dwayne and Dana DeBardelaben, to tell us more.

Several years ago, when my wife Dana and I took over as Race Directors for the Rocket City Marathon, we took morning runs together and dreamed of things we might bring to the race. Our dreams were, and still are, progressive and big. In the first year, 2018, we added a limited half-marathon. We especially enjoyed the fact that the half started two hours after the full, and the races merged to cover the back half of the marathon course. As middling to back-of-the-pack runners ourselves, we knew the energy drain that often occurs when a half-marathon splits from the full. We hoped merging the half into the back of the full marathon would inject energy rather than chaos. Thankfully it seemed to work.

The next year, 2019, we added relay teams but were forced by construction to modify the course and move our indoor finish from the arena of the Von Braun Center to an adjacent large convention hall. This proved to be a blessing and a bit of a curse. The blessing involved everything being close (medical, food, finish), but the curse was an untested layout that held pitfalls in the form of bottlenecks and traffic jams. We resolved to fix those problems and tackle yet another challenge – a themed race -- in 2020.

As an aspiring writer, I've always wanted to write a comic book, and with Dana's insight, we decided to create something that would not only inspire our medals and shirts, but also include the runners as part of the adventure – a 1950's style Science Fiction comic that included a hero and villain with the runners playing an integral role in helping to "save the world." We even had volunteers ready to be in costume on the course to act out scenes from the comic as the runners passed. It would have been like running through the comic instead of just reading it. And if you haven't had a chance to see the incredible 3D, light-up medal inspired from the rocket on the cover, then you're missing out. Of course, all of this initially was planned for 2020, but then Covid entered the scene and changed life for everyone. So we delayed a year, which gave us the opportunity to plan even more. As race day

2021 approached, we knew we had something special in store for the runners. During the expo the day before the race we could see the excitement on runners' faces as they got their shirts and comics and even had an opportunity to meet with the artist and get their copies signed. Even the hero (Dr. Norym) and the villain (Dr. Red) made appearances at the expo and pre-race dinner.

This excitement was heightened even more by our recent partnership with the Huntsville Sports Commission to expand RCM from a 1-day (full/half) event to a 2-day, weekend event with a 5K, 10K, Full, and Half. It felt like the comic theme would be the perfect capstone to an era of RCM and serve as a bridge to bring in a new one.

So for us, along with our committee and all of our volunteers, this was not a run-of-the-mill event. The thought of not having this race was anathema to us. Yet somehow, in a story that seems like the villain of the comic won, a perfectly timed storm laid waste to our plans early Saturday morning, December 11, 2021, forcing us to cancel both the full and half-marathon.

How did we reach that point, and what went into the decision to cancel?

Every race director watches the weather and hopes for the best. We're no different. We consulted with the ever-changing weather app, saw the possibility of rain, and hoped it would prove to be a false prediction. As we rolled into the week of

the marathon, the possibility of not just rain but more adverse weather appeared for the first time. Through one of our committee members who is very connected with the National Weather Service, we were able to get the most up-to-date weather reports. By Wednesday evening, we knew that we were looking at the possibility of a strong front coming through, followed by lower temps and clearing skies. The thing no one seemed able to tell us was the timing of the event.

It was frustrating, to say the least, to see the forecast ebb and flow in terms of severity and timing. On Thursday, things appeared to be getting better, but on Friday, they appeared somewhat worse. At this point we were resigned to starting the race in the rain, knowing our runners would get soaked and then have to endure high winds and dropping temps. We secured more heat sheets, gathered portable heaters for our medical area, and prepped to have hot soup at aid stations along the course. We even investigated getting a number of



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THE DECISION TO CANCEL



it would hit around 7:00 a.m. – the exact time our marathon was scheduled to start. It was also clear the duration of the storm would be more than enough to prevent us executing a delayed (8:00 a.m.) start.

Police reports from neighboring counties indicated storm damage from high winds – sustained 25mph+ with bursts up to 50-60mph.

As much as we wanted to start the race, we couldn't put the runners in danger. Plus, there was a looming threat of a "Tornado Watch" being issued. At this point, we didn't hesitate any longer and officially canceled the marathon entirely. We sent alerts out through our app, posted the cancellation to our FB site, modified our website to show the cancellation, and alerted the news stations. We also indicated we were still holding out hope for the half-marathon, and if we could start it, all of the marathoners would be automatically switched over.

This first call was easier because of the fallback to the half. We still had an option that would allow participants to run.

school buses to pull runners from the course if the situation worsened. We finally decided against this because we were committed to starting the race ONLY if the weather was improving, not deteriorating. At this point, all signs indicated this would blow through during the first part of the race and leave us with a host of wet, cold runners.

I accompanied our NWS-associated committee member to an EMA briefing around 2:30 p.m. on Friday afternoon where we saw the latest information. It looked like a border line situation that would depend entirely on when the storm front blew through the area. Several of the professionals at the meeting said they had seen fronts just like this blow through quickly and others stall. They simply didn't know what was going to happen.

One of the local TV stations interviewed us about our plans for the weather, which gave us an opportunity to spell out, in detail, our multi-stage fallback plan. The police could allow us one hour of delay before cancellation, and because our half marathon started two hours after the first, this gave us a real window of three hours. Our first fallback position was to delay the marathon one hour and start at 8:00 a.m. instead of 7:00 a.m. This would also force the half-marathon to start at 10:00 a.m. instead of 9:00 a.m. If we moved past the 8:00 a.m. line, then we would be forced to cancel the marathon, but we could move everyone to the half-marathon and try to start at the original time of 9:00 a.m. The next fallback would be to start the half at 10:00 a.m., and finally, if we moved past that, we would be forced to cancel both races.

Early on Saturday morning, shortly before 4:00 a.m., we met with the police Lieutenant in charge of the race permit. We gathered inside the South Hall of the Von Braun Center beside the finish line and looked at the latest data, including the latest reports from the NWS. Much to our dismay, the front seemed to be slowing down. It was now apparent

Over the next couple of hours, we watched the weather conditions deteriorate. We sent another alert asking runners not to come to the Von Braun Center, but to stay safe and await further information. For those runners who did show up, we asked them to remain in place and not go back outside. It was clear at this point that the storm was going to be severe.

And sure enough, around 7:00 a.m., it hit with strength and ferocity, pummeling Huntsville and the surrounding regions, and the line of storms slowed even more. Somewhere during this time, a Tornado Watch was issued.

Let me take a moment and reflect on operating under a Tornado Watch. A Tornado Watch means the atmospheric conditions are favorable for tornados. Even though a tornado had not been spotted, one can happen in a moment's notice. There is not a responsible race director out there who would send volunteers or participants out into the unknown of a Tornado Watch. This meant all of our personnel were inside, by necessity, until the watch ended.

Somewhere around 8:30, with the Watch still in full effect, we crunched the numbers on how long it would take to get our resources (aid stations, course sentries, timing equipment, etc.) in place if the Watch was lifted. We reasoned it would take at least an hour if there were no problems. We were now operating in a very tight window of opportunity. As the police Lieutenant said, pulling off the race at this point would be like threading the eye of a needle ... in a storm.

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THE DECISION TO CANCEL

We queried the NWS again to see when the Watch might be lifted, and received a non-committal, “it depends on how fast the front moves” response. We were assured it would be dropped as quickly as the NWS felt it safely could do so.

The police then informed us that there were power outages along the course, along with some damage. We had no idea of the extent, just that there was some. That could have been a tree limb on the road or something worse. Plus, it was expected that bursts of high wind that might threaten water soaked ground and uproot trees would continue.

And that was the moment of decision ... everything came together for us in that minute around 8:30 a.m. We could hang on, hoping for the best, trying to thread that needle, and possibly risk danger to runners and volunteers, or we could fully cancel the race. We made a quick phone call to our partner, the Huntsville Sports Commission, to consult, and they reassured us that they backed our decision 100%, regardless of whatever decision we needed to make.

There’s a moment for anyone who is faced with having to make an absolutely gut-wrenching, awful decision. It feels surreal and timeless and so deeply painful that it’s hard to breathe. I looked at my wife and caught her eyes, both of us knowing the truth. Memories of hours and days and weeks and months and years of planning ran through my mind in a split second. I imagined the disappointment felt by thousands of runners. And we made the call.

There simply wasn’t enough time to deploy our resources, and there was too much risk for our volunteers and runners. Although we knew that by 10:00 a.m. things would appear much better, and by 11:00 a.m. they would nearly perfect, there simply wasn’t enough time. Not to mention some of the officers who were going to be working intersections along the route were being called to other parts of the city.

We both started crying. It was the right call, and we knew it, but giving up on two years’ worth of planning is not an easy decision. It took us a minute to gather ourselves, and then we set out on the unhappy task of letting everyone know that the second race was canceled as well.

We were fortunate in many ways. With an indoor finish, the runners were invited to have photos taken at the finish line, pick up their medals and finisher gifts, and even enjoy some “post-race” food. We were also fortunate that no one was hurt or endangered as a result of the race.

One of the unfortunate outcomes of cancelation is runner disappointment. This is a real emotion and inevitable, even though, for the most part, runners will be understanding. However, in our case, not everyone took it well. Almost immediately, we received emails and phone calls demanding refunds. Since this is a messy part of cancelation, it’s worth taking a moment to discuss.



Virtually all of the expenses of races are already paid by the time the race actually takes place. For us that included the cost of the shirts, medals, finisher gifts, timing company, sound equipment company, announcers, photographers, food, Gu, cups, venue rental, graphic design, advertising, etc. There is no money for refunds because the money has already been spent on all of the above (and more). Deferrals also are problematic because they amount to a free entry into next year’s race. Communicating this to runners is sometimes difficult, especially when emotions run high. In every instance, we have tried to be as polite and patient as possible. Being rude will never help anyone.

So, what’s the take away from a race director’s perspective regarding canceling a race?

I’ll offer the following observations:

1. Make the call as early as you can when you know there’s no longer any hope of executing the race. The timing of this storm with our race was perfectly bad. Had it blown through even one hour earlier, we could have at least had the second race. If we had known the timing the day before, we would have either canceled then or worked hard to delay it long enough to run.
2. Have a plan to communicate with the runners, whether this is through Facebook or other social media, emails, a custom app, local news, text messages, etc. Know what and how you plan to communicate.
3. Let everyone know the situation as quickly as possible. We

CONTINUED ON NEXT PAGE

THE DECISION TO CANCEL

weren't perfect in this, but we tried to let everyone know what was happening as soon as possible.

4. Know your fallback plans. For us that was multi-tiered with the full and then the half. We told everyone those plans well before Saturday morning. In the end, all of our fallbacks were for naught, but we knew them, and we were prepared to execute each one if weather permitted.
5. Know your resources and time to deploy. When 10:00 a.m. rolled around and the weather looked runnable, it felt like a loss to us. It seemed like we could have started the race under those conditions, but that would not have been possible. It would have taken us much longer to get resources into place, and that was our real time limit. For the record, the Tornado Watch was not lifted until 9:04 a.m. That would have given us 55 minutes to get resources in place, which would have included scouting the course for damage or

unpassable conditions. And that doesn't account for some of our officers being needed in other parts of the city due to the storm.

6. Have a clear refund/deferral policy and be prepared to explain it politely and patiently as many times as necessary.

We can promise you as race directors, the decision to cancel is the last one we ever want to make. We can also promise that it hurts us every bit as much as it hurts the runners ... maybe even more. Runners can quickly find another race, or run the distance on their own; we are not able to simply change the date of the race.

Our hope is that we never have to face this possibility again, but if we do, we will know how to handle it, and we will never, ever put our runners or volunteers in danger.

FIND A WAY

By Dana DeBardelaben, Race Director, Rocket City Marathon

If you have been running for any length of time, you know what it's like to have your running plans changed. We've all signed up for races that we aren't able to complete for one reason or another. It might be an injury, illness, or a change in family plans. But more often than not the decision to forgo a race is one the runner makes (or is forced to make) begrudgingly.

But what happens when a race is cancelled?

You have trained. You are prepared both mentally and physically. You show up, ready to toe the line. And then, on race morning (or shortly before), the race is cancelled due to storms or a pandemic or some other unforeseen event.

All that energy that was set to explode on the course on race morning needs an outlet. For some runners, that is directed in a negative way toward race organizers, or to the heavens as the rain pummels the ground and lightning crashes, and for others it's directed toward finding another race.

To me, as an athlete and a coach, this is where the process gets interesting.

When a runner signs up for a race there "should be" a "why" behind the "what". Why that race? That distance? That course? That time of year? Why that goal?

Knowing the why behind the what can help the runner find a suitable

outlet when a race gets cancelled, or if the plans change for any reason.

If a runner is attempting to qualify for Boston, then simply finding another race that is close in time and location is probably not going to be the best option. After all, the hills of Knoxville are very different than the Peak to Creek Marathon's downhill course. A 50-stater will need to find a replacement race within the same state. Someone who is using a race for a training run in a bigger plan might be able to shift gears and run the distance as soon as the weather clears.

The important thing in handling the adversity of a canceled race is to take a big step back and pay close attention to your "why."

As much as we hate to admit it, we often are not in control of our circumstances. Rather than be frustrated or angry that things didn't go our way, we can instead allow the adversity, even of a canceled race, to help strengthen our resolve in other areas. Find a way to accomplish your goal with the canceled race as similarly as possible, albeit it in a different venue. If the goal was to challenge your body on a hilly course, don't settle for a flat, fast replacement. If the goal was a PR, don't sabotage yourself with a course that doesn't suit your training.

Adversity, in any form is a chance to challenge ourselves in different ways. It may be a temporary setback, but whatever you do, don't give up because things didn't go exactly as planned.

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:

Wayne Benson
Christina Blackmon
London Blackmon
Archie Blackmon, III
Archie Blackmon, Jr
James Cheek
Stephanie Cliett
Matt Downs
Amy Edgerton
Brady Elrod
Stacey Elrod
Debbie Evans
Tony Fiore
Mary Garrison

Beth Gilbert
Greg Greaves
Rosemary Greaves
JP Griffin
Misty Griffin
Joel Hoomes
Whittley Hopper
Claire Kuhn
Jimmy Kuhn
Jane Lamb
Lucas Lamb
Patrick Lamb
Rich McRoberts
Lisa Randall

Alex Ream
Jeremy Sherer
Sally Singleton
Jason Sweatt
Brian Tucker
Danielle Underwood
Tina Valles
Jana Villanueva
Bradley Wells
Heather Weston
Mattie Williams
Vance Wooten

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

2022 REGISTRATION OPENING SOON!

It's almost time to register for the 2022 edition of the BTC's 1200 Mile Club. Registration will open in mid-January (after we've finished tallying 2021 results) and will remain open until March. First-time finishers are entitled to purchase a coveted 1200 Mile Club jacket for a nominal fee. Recurring finishers receive patches to display for the years they complete the challenge.

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](#) when registration opens. 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!

All BTC members will receive a registration link via email when 2022 registration is open.

Cumulative miles submitted through January 2, 2022 are listed below.

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Adams, Jeffrey	R	163	Brakhage, Victoria	5	1,301	Cleveland, Jeff	5	1,632
Adams, Sue	2	1,212	Bray, Elizabeth	2	2,249	Cliett, Stephanie	7	1,326
Adwell, Stephen	1	1,556	Bridwell, Hunter	1	102	Coffin, Diane	R	598
Ahmed, Kabeer	3	1,428	Brown, Charlie	9	1,648	Coleman, Tim	4	1,755
Allen, Jessica	R	549	Brown, Katie E.	1	1,348	Colpack, Susan	2	1,237
Anderson, Kerri	5	908	Brown, Katie G.	2	1,218	Corrin, LaRonda	1	786
Baggett, Christopher	2	873	Brown, Michael	4	1,001	Corrin, Roger	4	811
Barnes, Jimmie	6	0	Brown, Sean	6	1,056	Cowart, Britney	4	1,323
Bartee, Samm	5	995	Browne, Shannon	1	1,293	Cramer, Robyn	1	1,608
Bayush, Tori	3	1,851	Bryant, Jason L.	R	465	Cramer, Steve	R	470
Beard, Karen	R	85	Burks, Ross	4	776	Crawford, Katelyn	1	1,256
Beasley, Cathy	4	0	Burruss, Anne	R	13	Creed, Brad	4	1,114
Becker, Bryan	2	1,386	Burruss, John	R	289	Creel, Mary	4	1,448
Benner, Kim	9	1,867	Burson, Steven	R	327	Crowson, Bill	5	698
Bensinger, Cole	2	132	Caine, Lawrence	2	1,300	Crumpton, Melinda	R	0
Benson, Wayne	8	1,207	Callahan, Chris	4	1,197	Cutchen, Cindy	R	932
Black, Dylan	1	918	Carden, Melissa	1	1,390	Cutshall, Hannah	2	585
Blackmon, Kim	1	1,422	Carey, Christopher	7	503	Davidson, Dow	4	2,219
Boackle, Larry	5	1,290	Carlton, Bob	6	1,167	Davidson, Jen	1	0
Boackle, Tomie Ann	1	0	Carter, Adrienne	2	0	Deffenbaugh, Todd	1	1,507
Booher, Lisa	10	1,854	Carter, Jason	2	1,205	Delmo, Lito	1	1,205
Bookout, Jason	3	1,459	Caviedes, Octavio	2	1,706	Denton, Matt	9	1,960
Bookout, Kimberly	3	1,553	Chaffinch, Violet	1	1,251	Dimicco, Al	4	1,293
Borie, Tuck	R	0	Chandler, Teresa	12	1,739	Dixon, Jonathan	1	383
Boswell, Ryan	1	831	Channell, William Andrew	2	1,818	Dowling, April	1	68
Bowman, Bill	R	1,002	Cheek, James	R	241	Duke, Cindy	6	1,447
Boylan, Brittany	R	273	Childers, Melissa	R	3	Dyck, Rayna	R	0
Boylan, Chris	R	120	Clay, Brad	14	2,042	Edgerton, Amy	2	1,449

1200 MILE CLUB

Participant	Years	Total
Edmondson, Laurie	1	2,190
Estes, Cameron	2	964
Estrada, Steven	3	2,918
Evans, Debbie	8	1,797
Ferlitto, Cindy	2	463
Fontenot, Misty	5	1,482
Forbus, Reed	R	456
Ford, Eric	1	208
Franklin, Shane	10	1,379
Frederick, Winston	13	1,467
Freeman, Sheila	5	1,207
Gayheart, Cheryl	2	1,487
Gilbert, Beth	1	1,391
Gilmour, Laura	1	1,463
Glasgow, Robert	R	0
Goode, Johnny	13	1,609
Goss, Ange	3	1,203
Goyal, Rita	1	1,600
Grady, Carla	3	1,201
Graham, Ryan	1	0
Grainger, Matt	2	2,026
Gray, Mariel	R	155
Gray, Michael	2	1,212
Greene, Michael	2	0
Griffin, Misty	2	1,580
Gruschow, Mariana	R	0
Gullapalli, Satya	5	0
Hale, Katie	R	70
Haley, Jay	5	728
Hall, Thomas	1	289
Haralson, Danny	12	716
Haralson, Micki	13	1,536
Hargrave, Alan	14	1,469
Harris, Mindy	R	35
Harrison, Lisa	10	1,509
Harry, April	4	1,801
Hart, Laree	R	199

Participant	Years	Total
Hartsfield, Gregory	2	1,896
Hartsfield, Kathryn	R	0
Henley, Monica	5	0
Henninger, Alison	7	1,428
Hess, Alan	R	1,038
Hilson, Brandi	R	648
Hogeland, Angie	2	1,120
Hogstrom, Minda	R	1,090
Holcomb, Zachary	4	1,362
Holland, Skylar	3	488
Hollington, Kasey	2	258
Hood, Alissa	2	1,636
Hoover, Alison	10	1,434
Hopper, Whittley	3	1,272
House, Beth	6	587
Hubbard, Stephanie	1	0
Hutcheson, Leander	1	0
Ingle, Brandon	R	0
Izard, Georgia	4	1,766
Izard, Melody	3	0
Jackson, Bradley	2	1,315
Janowiak, Desirae	1	0
Jenkins, Kaki	8	2,332
Jenkins, Michael	1	1,432
Jones, Allen	3	1,274
Kazamel, Mohamed	3	2,035
Keefer, Herb	3	1,240
Kelley, Robin	8	2,187
Kemper, Tricia	7	1,658
Klasner, Ann	1	1,644
Knight, David	2	1,200
Kornegay, Marla	2	1,542
Krick, Stefanie	2	1,912
Kuhn, Jimmy	14	2,437
Kulp, Loren	6	1,326
Kumar, Sidharth	R	218
Laird, Audrey	7	1,869

Participant	Years	Total
Lamb, Patrick	2	1,226
Lancaster, Jeff	3	1,348
Landefeld, Dale	1	1,227
Langston, Aaron	5	0
Lawhorn, Joseph	1	0
Little, Tameka	R	0
Logan, Jennifer	R	31
Love, Thomas	2	371
Lyda, Anna Kate	1	1,901
Lyda, Beth	2	1,459
Lyda, John	3	1,528
Lyle, Randy	13	2,341
Madaris, Brandon	1	1,450
Malec, Bonnie	R	0
Malec, Zachariah	R	0
Malick, David	8	1,504
Martin, Sheree	1	1,432
Mathews, Skip	R	458
McElroy, Catherine	2	1,500
McGriff, Colton	R	71
McKinney, Margaret	R	10
McLain, Chase	1	1,459
Merry, Vicki Sue	9	1,397
Mickens, Cassandra	2	727
Miller, Joshua	3	1,368
Mishra, Anoop	1	1,846
Moman, Ashley	R	260
Morgan, Danielle	5	454
Morgan, Phillip	8	577
Morris, Gordon	1	1,293
Morrow, Alex	10	1,318
Moses, Mike	1	553
Murchison, Reginald	7	2,024
Newkirk, John Allen	R	379
Noerager, Brett	2	2,646
Noerager, Felicia	1	1,530
Northern, Kristie	12	1,871

1200 MILE CLUB

Participant	Years	Total
Norton, Laura	3	2,040
Oechslin, Tamara	2	1,563
Oehrlein, Kimberly	R	0
Oliver, John	7	1,208
Orihuela, Carlos	4	1,743
Orihuela, Catheryn	R	0
Ortis, Ellen	2	1,153
Padgitt, Scott	1	602
Parks, Charlie	8	2,736
Parsons, Christy	R	1,129
Patrick, Nicolette	2	0
Payson, Tabitha	R	254
Payson, Tommy	3	1,001
Peagler, Shana	9	1,372
Peagler, Zach	1	1,142
Pearce, Julie	5	1,085
Pitts, Adele	1	1,203
Plante, David	9	1,312
Poh, James	3	1,534
Poole, Greg	3	729
Powell, Shane	3	2,557
Proctor, Megan	2	1,289
Pronath, Katrina	R	413
Purvis, Jeffrey	1	1,221
Randolph, Megan	1	2,006
Rawson, Brent	4	1,358
Renfro, Jeff	3	1,201
Richardson, Brent	1	1,399
Richey, Lori Beth	4	1,351
Ritchie, Joseph	4	1,726
Ritchie, Lauren	3	1,275
Roberson, Kevin	5	898
Roberts, Fletcher	6	1,132
Robinson, Lyndsey	2	1,465
Robinson, Rod	R	485
Robinson, Tamara	2	1,782
Rodgers, Jeffrey	4	1,287

Participant	Years	Total
Rogers, Hannah	2	1,312
Roper, Lynn	4	1,250
Rose, Billy	7	2,864
Ross, Cara	1	1,203
Rosser, Joey	4	372
Routman, Cindi	1	1,275
Routman, Michael	1	1,201
Rutherford, Keith	14	1,259
Rutledge, Lisa	6	1,603
Salter, Shannon	R	0
Sanders, Gwendolyn	3	1,288
Shaffield, Danny	8	3,023
Sherer, Jeremy	5	1,333
Sherman, Travis	R	515
Sherrell, Jeff	2	1,555
Shin, Ki	R	0
Shinn, Ronald	8	1,358
Shoaf, James	2	1,094
Short, Lori Lynn	1	1,203
Sides, Dean	4	1,150
Silwal, Suman	10	1,320
Simpson, Kevin	8	3,444
Sims, Bob	1	1,564
Sims, Cecelia	1	1,170
Sloane, Mike	6	1,204
Smith-Janias, Mary Ann	R	331
Smith, Daryl	1	1,531
Smith, Erin	1	1,606
Smith, Jason	2	2,021
Smith, Jerry P.	11	1,197
Smith, Kelly	R	221
Soileau, Chester	4	1,338
Spikings, Matt	1	1,279
Stockton, Rick	14	1,221
Swiney, Elana	R	203
Thompson, Samuel	1	1,848
Thompson, Sara	4	1,419

Participant	Years	Total
Thurman, Terralance	R	234
Tibbs, Seth	1	893
Tidwell, Pam	1	1,456
Tomlin, Chace	2	1,237
Trimble, Jamie	7	1,636
Tucker, Taylor	R	603
Valles, Tina	2	1,204
Vaughn, Lora	R	1,100
Wade, Josh	R	0
Waid, David	4	2,311
Walker, Caroline	1	396
Warren, Key	R	719
Washington, Monica	1	1,201
Watters, Ana	3	2,131
Watters, Larkin	2	1,338
Watters, Robert	7	1,788
Weber, Amy	2	785
Weeks, Lance	2	857
Wells, Bradley	5	1,875
Wende, Adam	7	1,337
Whatley, Prince	9	1,243
Whillock, Amber	1	1,199
White, Morgan	1	1,226
White, Robin	2	2,188
Wilhite, Thomas	5	1,167
Williams, Shanada	1	1,165
Williams, Shaunda	2	1,059
Williamson, Rebecca	3	1,513
Wilson, Mark	1	1,210
Wiseman, Steve	7	1,799
Wood, Heather	1	0
Woody, Bill	13	1,464
Wright, Amy	4	1,302
Wu, Xing	10	1,248
York, Gary	8	2,046
Zajac, Jason	3	1,812
Zapata, Carlos	1	1,114

SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

December 13, 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, Bradley Wells, Lisa Booher, Kelly Sims, and Kaki Jenkins.

Hunter Bridwell made a motion to approve the minutes of the November 2021 Executive Board Meeting. The motion was seconded by Skylar Holland and passed without opposition.

Membership (Cameron Estes)

We currently have 761 members and 589 memberships. We plan to send an email promoting membership with the emails advertising the BTC Race Series and the upcoming Santa Shuffle.

Newsletter Editor (Hunter Bridwell)

The next newsletter publication date will be on January 3, 2022. Please have all content to Julie Pearce by Monday, December 27, 2021. We plan to do articles about Adam's Heart Runs, the annual party, and possibly an article from a sports psychologist.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry.

Long Run Committee (Alex Morrow)

Mercedes Marathon and Half Marathon training is continuing. Alex Morrow will be stepping back as the Long Run Coordinator to focus more on BTC marketing and Marla Gruber will be taking over as the Long Run Coordinator.

Merchandise (Bradley Wells)

Bradley is placing the order for new merchandise. The order will include all pre-ordered shirts and just a few extra hoodies and long-sleeved shirts. We plan to have merchandise available for purchase at Adam's Heart Runs.

1200 Mile Club (Kelly Sims)

An informational email will be sent by December 17, 2021, for those who want to order a jacket. The cutoff date for ordering jackets will be December 29, 2021, to ensure we can get the order in before the end of the year. So far, 134 members have completed 1200 miles this year, including 29 first timers, and another six are anticipated to complete the mileage in December. Hunter Bridwell will place the order for 2021 patches this week.

Adam's Heart Runs (Lisa Booher)

The race will take place on January 29, 2022. Lisa will meet with Kim Benner and Jamie Trimble about the volunteer needs and materials that are needed at the start/finish lines. The race was selected as the 2022 RRCA state 10-mile championship race. All three of the races will start at 8:00 am. Lisa will contact the timing company to confirm pricing.

IT Chair (Alan Hargrave)

Once we receive approval from the race directors, Alan will open registration for the 2022 BTC Race Series on RunSignUp.

New Business (Hunter Bridwell, Skylar Holland)

We plan to host the BTC annual party on Saturday, January 22, 2022. Skylar has contacted several potential locations and is awaiting estimates. Discussion was held regarding ticket pricing and other potential locations to contact for pricing. We need a past BTC president to help with awards and officer nominations. Alex Morrow offered to reach out to Jennifer Andress to see if she is available to assist.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, January 10, 2022, at 6:00 p.m. Location to be determined.



Upcoming Events

EVENT	DATE	TIME
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.
MLK Dad 5K Drum Run	January 15, 2022	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 22, 2022	6:00 a.m.
Winter Warm Up 5K/10K	January 22, 2022	8:00 a.m.
Adam's Heart Runs (10 Mile, 10K, 5K) and RRCA State Championship 10-Mile Race * BTC Race Series * *BTC Discount *	January 29, 2022	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 5, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 12, 2022	6:00 a.m.
Mercedes Marathon Weekend: Regions Superhero 5K	February 12, 2022	8:00 a.m.
Mercedes Marathon, Half Marathon, and Relay	February 13, 2022	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 19, 2022	6:00 a.m.
War Eagle Run Fest Half Marathon and 5K	February 20, 2022	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 26, 2022	6:00 a.m.
Etowah Heros 5K (Gadsden) * BTC Discount *	February 26, 2022	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](#).



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