



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

February 2022 (2)



1200 MILES

By Kelly Sims, BTC 1200 Mile Club Coordinator

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1200 MILES

Congratulations to all our 1200 Mile Club finishers this year!

We had a great turn out this year with 191 finishers with a total of 346,702 miles. A special congratulations goes out to all our Rookie finishers! You set a goal at the beginning of the year, kept on pace and crushed it this year!

Registration is now open for the 2022 edition of the 1200 Mile Club. This year marks the 15th year of the 1200 Mile Club challenge. Be on the lookout for monthly emails to log your miles. Participation is FREE for up-to-date members - don't forget to make sure you are a current member of the BTC so you can participate ([sign up or renew your membership here!](#))

A special congratulations to our 2021 first year finishers:

Stephan Adwell	Chase McLain
Kim Blackmon	Anoop Mishra
Katie E. Brown	Gordon Morris
Shannon Browne	Felicia Noerager
Melissa Carden	Adele Pitts
Violet Chaffinch	Jeffery Purvis
Robyn Cramer	Megan Randolph
Katelyn Crawford	Brent Richardson
Todd Deffenbaugh	Cara Ross
Lito Delmo	Cindi Routman
Laurie Edmondson	Michael Routman
Beth Gilbert	Lori Lynn Short
Laura Gilmore	Bob Sims
Rita Goyal	Daryl Smith
Minda Hogstrom	Erin Smith
Michael Jenkins	Matt Spikings
Ann Klasner	Samuel Thompson
Dale Landefeld	Pam Tidwell
Anna Kate Lyda	Monica Washington
Brandon Madaris	Morgan White
Sheree Martin	Mark Wilson

Congratulations also are in order for our five-year finishers:

Larry Boackle	Brad Creed
Vicky Brakhage	Sheila Freeman
Chris Callahan	Jeremy Sherer
Jeff Cleveland	Bradley Wells

Our ten-year finishers are:

Lisa Booher	Alison Hoover
Shane Franklin	Alex Morrow
Lisa Harrison	Xing Wu

And congratulations (and a big high five) to our 14-year finishers who have completed at least 1200 miles every year since the BTC launched the 1200 Mile Club:

Brad Clay	Keith Rutherford
Alan Hargrave	Rick Stockton
Jimmy Kuhn	

Who ran the most miles in 2021?

Congratulations to **Kevin Simpson**, who logged an impressive **3,444 miles!** Way to go, Kevin!

More 1200 Mile Club statistics are available on the BTC website through [this link](#) – check “The Log” page for details about each year, including 2022. And the “History” page includes links to a complete list of finishers, the consecutive-year award winners (including those for 2021), and a brand new statistics page with some fun information.

Please note that when you sign up to participate in the 1200 Mile Club, you will be added at the end of the month during which you register. No worries – all of your 2022 miles will count, but your name may not be live until the end of the month in which you sign up to participate.

Ready to earn your own 1200 Mile Club jacket or continue your 1200-mile tradition? [Sign up today](#), and join in on the fun!



PRESIDENT'S ADDRESS

By Hunter Bridwell



We're off to a flying start in 2022, as the first race of the BTC Race Series, Adam's Heart Runs, is in the books. We also held a Mercedes Marathon course preview run a few days ago. We're really excited to help support a great local race and can't wait for Mercedes Marathon Weekend to take place again this month after missing out last year due to Covid concerns.

Before I move on to all of the exciting things that we have upcoming, let me take a moment to thank our friends at the Rocket City Marathon, Race Directors Dwayne and Dana DeBardelaben, for a very informative article in last month's newsletter about all of the factors that go into making a decision to cancel a race. As a race director myself – on a much smaller scale – I can't imagine the disappointment they faced having to make the call to ultimately cancel the 2021 race due to weather. For those of you who missed that article, I urge you to go back and [read it](#). Also, let this be a reminder to treat race directors and other race personnel and volunteers with respect. Nobody wants you to have a fun, safe, amazing race experience more than those that are putting on the race. An unfortunate outcome, such as canceling a race, doesn't give anyone the right to disrespect race staff. I can tell you that we at the BTC won't tolerate it! [Steps down from soap box. 😊]

Now, on to more pleasant topics!

BTC Annual Party

Let me spend a moment to speak about the BTC Annual Party. As many of you know, the BTC Annual Party is held each year to celebrate the previous year, hand out awards to outstanding club members, and conduct a little bit of business such as electing officers for the upcoming year. This event is normally held in January, but there will be a slight change this year to let the current Covid Omicron variant begin to run its course. **With that said, we look forward to holding the BTC Annual Party at The Club on March 19.** I want to thank Britney Cowart for coordinating with The Club and allowing the BTC members to be her guests at The Club for our event. It pays to have friends in high places! We look forward to a great party this year.

Become A BTC Member!

There isn't a better time than now to [join the BTC](#) or renew your BTC membership if it has lapsed. In addition to saving \$5 on registration of all four BTC-sponsored races, you get 10% off Trak Shak purchases, you are eligible to participate in the 1200 Mile Club, you can receive other club race discounts from around our region, and we're working on other membership perks this year to provide to our members. Additionally, you don't want to miss out on the previously mentioned BTC Annual Party at The Club. Your membership gets you a deeply

discounted ticket to the event which includes a meal and two adult beverage drink tickets (if you are of age to partake). Spouses and/or significant others who are not members of the BTC can join you for the evening but will pay a slightly higher ticket price, so you might as well grab a family membership!

Adam's Heart Runs

Race Director Lisa Booher put on another rockin' event out at Oak Mountain State Park. She is always coming up with fun new ways to put on a great race and always has the coolest awards to hand out to our winners. As always, many thanks to Lisa for her service to the BTC and for putting on a great event for our running community! Up next in the BTC Race Series, moving back to the regular course after two long years of being away, is Statue to Statue 15k. It's never too early to register, so go ahead and [sign up now!](#)

BTC Long Run Group

It's almost time for Mercedes Marathon Weekend! A lot of you have put in the work to get prepared for the races about to take place in our backyard. I hope everyone remains healthy and enjoys a great race at Mercedes. 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 as we continue to taper in preparation for Mercedes.

Mercedes Marathon Volunteers Needed

Speaking of the Mercedes Marathon Weekend, the BTC is once again proud to sponsor one of the on-course hydration stations for Mercedes. We will need a good number of volunteers to help pass out drinks, so please consider volunteering. We will be setting up a volunteer signup page so we can make sure we have plenty of folks available to serve the runners.

Remember to share those PRs and other accomplishments from upcoming races so we can recognize you in our "Feats of Strength" section of our newsletter. Let us know when you or a friend sets a PR or crushes a big goal so we can recognize you!

Hunter Bridwell
BTC President



1 Month to GO!

03.05.22

**BTC MEMBERS RECEIVE AN AUTOMATIC
15% OFF AT REGISTRATION!
WINE10K.COM**

ASPIRE WINE 10K

**BENCHMARK MORTGAGE
FIRST RESPONDER 5K**



2022 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
Marla Gruber
Dr. Rachel Henderson
Britney Cowart
and Kaki Jenkins

parliamentarian@birminghamtrackclub.com
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Marketing/Social Media
Membership
Membership Benefits
Merchandise

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Cameron Estes
Sara Thompson
Bradley Wells
Julie Pearce

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"The Vulcan Runner" Newsletter
Japan Exchange Program

Rebecca Williamson

1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew
Webmaster
IT Chair
USATF Representative

Kelly Sims
Kim Benner
Trish Portuese
Jamie Trimble
Michael Greene
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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
Hunter Bridwell

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:

Loaded Teas – Healthy Caffeine Alternative or Misleading Fad?

By Kristen Wright, PharmD Candidate 2023 and Kim Benner, PharmD



Loaded teas are the newest drink craze to sweep the southeast, and shops have slowly made their way to the Birmingham metro area. So, what are loaded teas? These tasty colorful drinks are marketed as healthy alternatives for caffeine given their low calories, carbohydrates, and sugars. Each drink typically contains about 160-200 mg of caffeine. In comparison, a Red Bull contains 80 mg.¹ Given this information, many people looking for quick energy will head to a local “nutrition” shop for a loaded tea because the macros are healthier than those of energy drinks. ...but are they actually “healthier” than energy drinks?

In short, loaded teas may not be healthy and actually may be unsafe in certain populations. Loaded teas are made and marketed by various companies. Some contain copious amounts of caffeine along with herbal ingredients such as niacin, guarana, taurine, and inositol in addition to color additives and high fructose corn syrup.¹ Studies have also shown that niacin (vitamin B3) is useful for turning food into energy and aiding cell development, but too much can cause redness, burning, and tingling of the face and skin. Long-term use of high doses of niacin can cause liver failure.² Additionally, there have been at least 50 reported cases of liver injury directly related to the use of Herbalife products,³ and this was years before these kinds of products became readily available in our neighborhoods. The high amounts of caffeine and niacin can be dangerous in elderly patients due to increased risk of falls.¹ These

can also be dangerous for people who have high (or low) blood pressure, sleep disorders, depression, cardiovascular disease, or are currently taking stimulants.¹

Guarana is a central nervous system (CNS) stimulant that contains caffeine.⁴ One study found that guarana seeds can contain 3-4x as much caffeine as coffee beans, and because of this guarana can offer additional central nervous system stimulation that is greater than that of caffeine alone.⁴ **Taurine** is an amino acid that is produced naturally in the body.⁵ Taurine is beneficial for many bodily functions such as muscle function, CNS regulation, metabolism and inflammation, and cardiovascular functioning.⁵ Despite these benefits, there currently are few completed studies that have assessed the effects of taurine at various doses - especially at high doses that may be seen in loaded teas and energy drinks.⁵ **Inositol** has been found in some studies to be beneficial in metabolic disorders such as polycystic ovarian syndrome (PCOS) and type 2 diabetes and also in psychiatric disorders such as obsessive compulsive disorder (OCD), anxiety, and depression when patients take specific amounts of the compound.⁶ Unfortunately, as with taurine, more studies are needed to assess the full effects of high doses of inositol on the body before it is concluded as safe and effective.⁶

Even though loaded teas sometimes claim to be low calorie and

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MEDICATION AND MILES:

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zero sugar, it is important to be aware of sugar-like chemicals that may be hiding in the ingredient list such as high fructose corn syrup and the side effects they can cause. High fructose corn syrup is a sweetener that is commonly used in soft drinks.⁷ This sweetener is structurally very similar to table sugar, but unlike table sugar, high fructose corn syrup is highly processed from corn, which causes it to be cheaper and sweeter.^{7,8} Some studies have found that high fructose corn syrup can have health consequences that are not typically observed with table sugar, including increased appetite, promotion of obesity, inflammation, increased triglycerides, and fatty liver.⁸ Some of these side effects can further increase your risk of diseases such as type 2 diabetes and cardiovascular disease.⁷

Not all loaded teas contain the exact same ingredients. Because it is possible that ingredients may be similar from brand to brand, it is important to be an informed consumer -- ask the business from whom you are purchasing the tea about the ingredients in the tea to ensure you are not getting unwanted ingredients and to determine if there are healthier options available from other brands. It is suggested that people who are elderly, diabetics, have high blood pressure, sleep disorders, certain mental illnesses, cardiovascular disease, liver disease, and/or people who currently are taking stimulants such as Adderall should avoid consuming loaded teas. For most people who are not elderly and do not have chronic health conditions, loaded teas may be safe (and yummy!) to drink on occasion. It has been recommended by dietitians to dilute the loaded tea with half water – saving the other half for another day. If you wish to have the healthiest option for caffeine, natural teas such as Earl Grey may be a more appropriate option.¹

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20th Annual



April 9 - 8 AM Start
Free kid's FUN RUN at 9 AM

Presented By

Shades Crest Baptist Church

Pre-registration costs are the following:

- \$30 prior to March 28
- \$35 from March 28 - April 8
- \$40 on Race Day
- \$10 Student Rate
- Rain or Shine: No Refunds

CHIP
TIMING

Entrance fee includes:

- Pre-race Pasta Dinner (April 8)
- T-shirt (guaranteed only to first 300 registered runners)
- Post-race medal ceremony and pancake breakfast

REGISTER ONLINE at RunSignup.com
Shadescrest.org • 205-822-1750

WELCOME NEW BTC COMMITTEE CHAIRS!

The BTC is so fortunate to have wonderful volunteers and committee chairs who help coordinate many aspects of our club, from the “front lines” races and weekly runs to the (many) behind-the-scene details. Many of these volunteers have served tirelessly for years, and they have been an integral part of the BTC. We recently welcomed two BTC members to new leadership roles: Marla Gruber and Michael Greene.



Marla Gruber has taken over the big shoes of Alex Morrow, who has coordinated our Saturday long and moderate distance runs for several years. As long run coordinator, Marla will provide long and moderate distance run routes that are tailored for the BTC's target races (more on those later), and she also will coordinate water stop volunteers (PSA to please sign up to coordinate a water stop soon – they are

especially important in the winter, when most water fountains have been winterized). **Alex Morrow** will now be coordinating the BTC's marketing and social media.

Many of you may not realize how much effort **Dean Thornton** has put in over the years as BTC Webmaster, but he has been integral to our online presence (so much so that under his leadership, the BTC was a recipient of the RRCA's Outstanding Website Award in 2015). We are deeply indebted to Dean for his excellent work over the years. We are thrilled to welcome **Michael Greene** as the new BTC webmaster. Michael has an extensive background in all things IT, and he is excited to begin putting his talents to use for the BTC. Be on the lookout for some new website content as we continue to evolve and grow!



Would you like to get more involved with the BTC? Please [let us know](#) – whether you enjoy setting up for races, meeting new runners, or writing articles about running (putting in a plug there!), we will find a place to put your skills to use!

TherapySOUTH WELLNESS PROGRAMS

At TherapySouth our goal is to help everyone live their best and most purposeful lives through movement, wellness and fitness. Whatever you enjoy doing, TherapySouth will be there to help. Regardless of your age and fitness level, it is essential to stay active throughout your life.

Our team of therapists are dedicated to meeting your fitness goals by helping you improve performance and prevent injury. TherapySouth wellness programs include individualized care for a variety of activities. See reverse to for more about our program offerings.



THE BTC ANNUAL PARTY IS BAAACCCKK!

Mark your calendars, book your babysitters, and get ready for some fun with your best running friends!

Join us on Saturday, March 19, 2022 from 6 p.m. until 10:00 p.m. at The Club.

After a Covid-induced break, we are thrilled to bring back the most fun party of the year! We'll begin the evening with our usual club business - elections, annual awards, 1200 Mile Club recognition, etc. Food and beverages will be served. Those of legal drinking age will receive two complimentary drinks (additional drinks will be available for purchase as well).

More details will follow soon – we hope to see you all there!



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

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. 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:

Mary Adamy	Matthew Ennis	Stephen Kearley	Felicia Noerager	Mariah Stewart
Adam Bickford	Will Ennis	Jerry Keith	Kate Oatman	Elana Swiney
Tony Blakeney	Lorin Etka-Shepherd	Susan Keith	Tamara Oechslin	Emma Taylor
John Bridges	Jana Feldman	Lindsay Kelly	Joel Piotrowski	Hulsey Taylor
Georgia Bromberg	Misty Fontenot	Robert Kracke	Robert Pless	Matt Taylor
Charlie Brown	Sheila Freeman	Caroline LaFon	Leigh Ann Pritchett	Melissa Taylor
Sean David Brown	Lynique Gee	Dale Landefeld	Joseph Ritchie	Denyse Thornley-Brown
Jason L. Bryant	Deana Goodwine	Cary Martin	Lauren Ritchie	Kirk Toole
Chris Callahan	Matt Grainger	Jamieson Matthews	Ellore Roberts	Lora Vaughn
Britney Cowart	Ava Gray	Chase McClain	Jessica Roberts	Katie White Vick
Damon Cox	Michael Gray	Janie McNutt	Leeona Roberts	Gerald Vick Jr.
Lety Cox	Michelle Guffey	Will McRee	Rhodes Roberts	Suzie Walton
Brad Creed	Brandy Harding	William Miller	Cara Ross	Elijah Wheelis
Mark Criswell	Lisa Harrison	Sara Moulton	Glenn Ross	Emma Wheelis
Jennifer Croker	Gregory Hartsfield	Tom Moulton	Tammy Ruff	Taylor Wheelis
Melinda Crumpton	Kathryn Hartsfield	Caitlyn Muncher	Keith Rutherford	Everhett Wheelis
Emmagene Crunk	Alison Henninger	Carlee Muncher	Joseph Saffold	Rachel Wheelis
Grant Davis	Alison Hoover	Jerry Muncher	Isaac Shore	Trey Whitt
Amy Davis	Jim Hoover	Monica Muncher	Madison Shore	Jason Zajac
Todd Deffenbaugh	Allen Howell	Harris Nickoles	Zoe Shore	Carlos Zapata
Rayna Dyck	Rachel Howell	Ricky Nickoles	Kent Slemmons	Mauricio Zapata
Amanda Ennis	Dalton Jenkins	Sarah Nickoles	Mike Sloane	Meli Zapata
John Bryan Ennis	Christy Kearley	Brett Noerager	Chester Soileau	

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

Registration is now open via the BTC website and will remain open until mid-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 today**. 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 31, 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	1,585	Brown, Charlie	9	1,648	Coleman, Tim	4	1,755
Allen, Jessica	R	549	Brown, Katie E.	1	1,348	Colpack, Susan	2	1,463
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	1,071	Cowart, Britney	4	1,443
Bartee, Samm	6	1,208	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	938	Crawford, Katelyn	1	1,256
Beasley, Cathy	4	0	Burruss, Anne	R	13	Creed, Brad	5	1,237
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	5	1,302	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	2,419
Boackle, Larry	5	1,290	Carlton, Bob	7	1,271	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	2,122
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	2,310	Edgerton, Amy	2	1,449

1200 MILE CLUB

Participant	Years	Total
Edmondson, Laurie	1	2,190
Estes, Cameron	3	1,253
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	1,602
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	1,720
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	6	1,320
Hall, Thomas	1	289
Haralson, Danny	12	935
Haralson, Micki	13	1,637
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	1,111
Hilson, Brandi	R	718
Hogeland, Angie	2	1,120
Hogstrom, Minda	1	1,216
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	2,500
Jenkins, Michael	1	1,470
Jones, Allen	3	1,359
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	611
Lyda, Anna Kate	1	1,901
Lyda, Beth	2	1,459
Lyda, John	3	1,653
Lyle, Randy	13	2,540
Madaris, Brandon	1	1,450
Malec, Bonnie	R	0
Malec, Zachariah	R	0
Malick, David	8	1,504
Martin, Sheree	1	1,494
Mathews, Skip	R	515
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	1,435
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	3	1,220
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	6	1,200
Pitts, Adele	1	1,203
Plante, David	9	1,447
Poh, James	3	1,534
Poole, Greg	3	729
Powell, Shane	3	2,557
Proctor, Megan	2	1,392
Pronath, Katrina	R	413
Purvis, Jeffrey	1	1,261
Randolph, Megan	1	2,006
Rawson, Brent	4	1,435
Renfro, Jeff	3	1,201
Richardson, Brent	1	1,399
Richey, Lori Beth	4	1,486
Ritchie, Joseph	4	1,726
Ritchie, Lauren	3	1,275
Roberson, Kevin	5	987
Roberts, Fletcher	7	1,244
Robinson, Lyndsey	2	1,575
Robinson, Rod	R	485
Robinson, Tamara	2	1,971
Rodgers, Jeffrey	4	1,287

Participant	Years	Total
Rogers, Hannah	2	1,599
Roper, Lynn	4	1,345
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	1,933
Salter, Shannon	R	0
Sanders, Gwendolyn	3	1,404
Shaffield, Danny	8	3,291
Sherer, Jeremy	5	1,333
Sherman, Travis	R	515
Sherrell, Jeff	2	1,621
Shin, Ki	R	0
Shinn, Ronald	8	1,358
Shoaf, James	3	1,236
Short, Lori Lynn	1	1,203
Sides, Dean	4	1,172
Silwal, Suman	10	1,428
Simpson, Kevin	8	3,444
Sims, Bob	1	1,564
Sims, Cecelia	2	1,247
Sloane, Mike	6	1,204
Smith-Janias, Mary Ann	R	331
Smith, Daryl	1	1,578
Smith, Erin	1	1,606
Smith, Jason	2	2,021
Smith, Jerry P.	12	1,312
Smith, Kelly	R	221
Soileau, Chester	4	1,474
Spikings, Matt	1	1,279
Stockton, Rick	14	1,221
Swiney, Elana	R	203
Thompson, Samuel	1	2,005
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	1,771
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	1,917
Weber, Amy	2	785
Weeks, Lance	2	857
Wells, Bradley	5	2,028
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	6	1,268
Williams, Shanada	1	1,165
Williams, Shaunda	3	1,201
Williamson, Rebecca	3	1,513
Wilson, Mark	1	1,210
Wiseman, Steve	7	1,799
Wood, Heather	1	0
Woody, Bill	13	1,622
Wright, Amy	4	1,302
Wu, Xing	10	1,248
York, Gary	8	2,046
Zajac, Jason	3	1,812
Zapata, Carlos	2	1,212

ADAM'S HEART RUNS



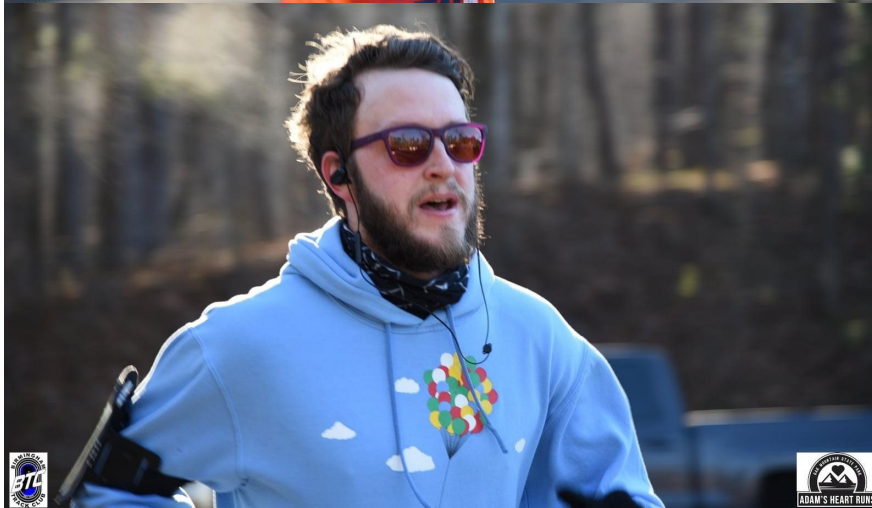
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MRUNS



ADAM'S HEART RUNS



PHOTO CREDIT:
MRUNS



SHOW US YOUR BTC GEAR



FEETS OF STRENGTH



We hope 2021 is off to a good start for all of you, running-wise and otherwise!

Big congratulations this month go to **Kabeer Ahmed** who completed the 2022 Dopey Challenge at Walt Disney World in January. Kabeer (who completed his first marathon just last year) ran a 5K, a 10K, a half marathon, and a full marathon on successive days, earning quite the stash of medals. We think his smile just says it all – way to go, Kabeer!

Congratulations also go out to **Kim Benner** and **Jamie Trimble** for completing the 2022 Dopey Challenge as well – even though they have completed the series a number of times, it is still an impressive feat, for sure!

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!



BTC EXECUTIVE BOARD MEETING

January 11, 2022

The meeting was called to order by Vice President Skylar Holland.

Attendance: Skylar Holland, Julie Pearce, Vicky Brakhage, Jamie Trimble, Kim Benner, Cameron Estes, Bradley Wells, Lisa Booher, Kelly Sims, Rebecca Williamson, Trish Portuese, Dean Thornton, Judy Loo, Britney Cowart, and Marla Gruber.

Bradley Wells made a motion to approve the minutes of the December 2021 Executive Board Meeting. The motion was seconded by Rebecca Williamson and passed without opposition.

Membership (Cameron Estes)

We currently have 751 members and 583 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on February 7, 2022. Please have all content to Julie Pearce by the January 28, 2022. We plan to do articles about Adam's Heart Runs and 1200 Mile Club.

Webmaster (Dean Thornton)

Dean Thornton has decided to step down as the BTC webmaster after several years of amazing service. He did a wonderful job on the new BTC webpage. Dean plans to meet with a possible replacement to take over as the official webmaster.

Social Committee (Britney Cowart)

We will be hosting the BTC Annual Party at The Club. The Club will allow us to bring in a DJ, so we will be reaching out to possible DJs. Possible dates for the annual party were discussed and it was decided that we will host the annual party on March 19, 2022, to allow more time for the current COVID-19 Omicron outbreak to subside.

Merchandise (Bradley Wells)

The new merchandise ordered should arrive later this week. Bradley Wells intends to have the new merchandise for sale at Adam's Heart Runs.

1200 Mile Club (Kelly Sims)

Jackets have been ordered and should be ready later this week.

Volunteer Committee (Kim Benner)

We will need a couple of extra volunteers to work the merchandise table at Adam's Hearts Run. If we intend to do a water stop for the Mercedes Marathon, we will need volunteers.

Adam's Heart Runs (Lisa Booher)

The race will take place on January 29, 2022. Lisa already has volunteers for the 5K and 10 mile water stops, so we just need volunteers for the 10K water stop. An official Event for the race has been created on Facebook, so please like and share it. Discussion was held regarding food options. Lisa will reach out about a physician for the race. The race will be at the Dogwood Pavilion and all three of the races will start at 8:00 am. Pre-race packet pickup will be at the Trak Shak in Homewood on Friday, January 28, 2022, from 11:00 - 5:30. Race Day packet pick up will start at 6:30 am on January 29, 2022. An email blast will be sent to all previous participants.

Lisa Booher made a motion to pay Marathon Runs \$750 to act as the official photographer for Adam's Heart Runs. The motion was seconded by Skylar Holland and passed without opposition.

Long Run Committee (Marla Gruber)

This Sunday, January 16th, will be the Mercedes Marathon and Half Marathon preview run downtown. As such, there will not be a Saturday Morning Long Run. Marla plans to put up a poll on Facebook for people to vote on a Fall race.

New Business (Skylar Holland)

Therapy South has graciously offered to be an official sponsor for the BTC again this year. Jamie Trimble made a motion to approve Therapy South's sponsorship. The motion was seconded by Marla Gruber and passed without opposition.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, February 14, 2022, at 6:00 p.m. Location to be determined.



Upcoming Events

EVENT	DATE	TIME
Mercedes-Benz Marathon Weekend Race Expo and Packet Pickup (come visit the BTC table!)	February 11, 2022	12:00 – 6:00 p.m.
BTC Saturday Long and Moderate Run Groups	February 12, 2022	6:00 a.m.
Regions Superhero 5K	February 12, 2022	8:00 a.m.
Mercedes-Benz Marathon Weekend Race Expo and Packet Pickup (come visit the BTC table!)	February 12, 2022	8:30 a.m. – 6:00 p.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.
BTC Saturday Long and Moderate Run Groups	March 5, 2022	6:00 a.m.
ASPIRE Wine 10K & Benchmark First Responder 5K * BTC Discount *	March 5, 2022	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 19, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 26, 2022	6:00 a.m.
Run for Angels 5K	March 26, 2022	8:00 a.m.
Rumpshaker 5K, 1 Mile Fun Run	March 26, 2022	8:00 a.m.
Running for the Bulls 5K	March 26, 2022	9:00 a.m.
Ellis Porch Statue to Statue 15K * BTC Race Series *	April 2, 2022	7:00 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:

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

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:

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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