



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

March 2022 **3**

The Ellis Porch



The South's Toughest 15k

STATUE TO STATUE IS BACK!

By Judy Loo, Statue to Statue Race Director

www.BirminghamTrackClub.com

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STATUE TO STATUE IS BACK!

COVID has NOT been our friend in the running community. Having to cancel our race in 2020 and make modifications to our venue in 2021 was a big disappointment. I know you have missed the South's Toughest 15k on our traditional route as much as I have. Well, this year we are back!

The City of Mountain Brook has approved our run permit for the 2022 edition of the Statue to Statue 15k, and we are so excited to bring back this iconic race! Save the date for **April 2, 2022!** We may have some glitches with the supply chain, so bear with us this year – we recommend signing up early. The BTC Long Run group is planning its weekly training runs to help you get ready for this fun 9.3 mile run and #ConquerTheHills! Invite your friends to come join us because we are going to have a blast! [Sign up now](#) to be guaranteed a race shirt.



PRESIDENT'S ADDRESS

By Hunter Bridwell



How great was it to see the streets of Birmingham once again filled with thousands of runners enjoying Mercedes Marathon weekend?! I want to thank the many BTC volunteers who set up shop during the race weekend to man our expo booth, organized (survived!) the start line at the Kids' Marathon, and braved the frigid temperatures on Sunday morning at the BTC water stop near Railroad Park. Races such as Mercedes require so much organization and communication, as well as many volunteers to be successful. We are always thankful to those who step up and help. Congrats to Val and her team for another great weekend of racing!

BTC Annual Party

Check out the article in this month's newsletter about the upcoming BTC Annual Party. We would love to have a massive turnout for the party. We look forward to a really fun evening on Saturday, March 19 at The Club. Fancy! Read up on the event in this newsletter. Don't forget to [get your tickets](#) to the party. When I say that you are getting the deal of all deals, I mean it. This is a way for us to salute you, our members, with an evening of fun that, for once, doesn't involve running. We hope to see you!

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. Get ready for a year full of social runs, races,

and the return of the BTC Annual Party. Join or renew to make sure you receive the best deals we have to offer.

Statue to Statue 15k – Back to the Normal Course

Statue to Statue is returning to its roots that have led to it being referred to as "The South's Toughest 15k". After two years away from the regular course, we're returning to the normal course. Make sure you [REGISTER](#) today! Race Director Judy Loo has a fantastic event in store for you.

BTC Long Run Group

The BTC board recently passed a motion to schedule monthly mini-run socials for each of the next six months while mixing in larger quarterly socials. These will be held in conjunction with our normal BTC Long Run Group that meets almost every Saturday morning outside The Trak Shak in Homewood at 6 am. These run socials are the best way for you to meet other like-minded individuals who enjoy getting out there and pounding the pavement. Oh and we'll also have door prizes. 😊

I hope everyone has another great month. Stay healthy and active!

Hunter Bridwell
BTC President

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.



2022 Officers



President

Hunter Bridwell

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Treasurer

April Harry

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Vice-President

Skylar Holland

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Secretary

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BTC Committees

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Long Run Coordinator
Medical Director
Social Chairs

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Marla Gruber
Dr. Rachel Henderson
Britney Cowart
and Kaki Jenkins

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"The Vulcan Runner" Newsletter
Japan Exchange Program

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Historian
Finish Line Crew
Webmaster
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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

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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



BTC Annual Party

*Annual Meeting * Awards * Food, Drinks and FUN!*
Attire: Business Casual

**March
19**

We are beyond excited to be bringing back the most fun party of the year: **The BTC Annual Party will be held at The Club on March 19!** After cancelling in 2021 due to Covid and delaying a few weeks into this year due to Covid Omicron, we are way overdue for a party! A special thank you to Britney Cowart for coordinating with The Club and allowing the BTC members to be her guests at The Club for our party!

We'll start the evening off with our usual club business - elections, annual awards, 1200 Mile Club recognition, etc. From there, delicious food and beverages (catered by The Club) will be served. Those of legal drinking age will receive two complimentary drinks (additional drinks will be available for purchase as well). Then, it will be time to hit the dance floor! We can't wait to see all of our runner friends dressed up and ready to party!

Tickets are \$15 for current BTC members, and \$30 for guests – [purchase your tickets here](#). [Renew your membership](#) now (or [join today](#)) to receive the discounted member price!

MEDICATION AND MILES:

Cinnamon and its Health Benefits

By Arsemen Brown, PharmD Candidate 2022; Zacchaeus Hampton, PharmD Candidate 2023; Kim W. Benner, PharmD, BCPS



Cinnamon is a common household spice that is made from the inner bark of *Cinnamomum* trees. The bark of these trees contains compounds that are integral to its health benefits. The use of cinnamon can be dated back to almost 2800 B.C., when it was used by ancient Egyptians during the embalming process. Cinnamon has since gained a following for a multitude of medicinal uses, including lowering blood sugar and cholesterol, and anti-inflammatory properties, while also aiding in vasodilation (increased blood flow). Cinnamon also has been shown to reduce the severity of allergic rhinitis. Today, cinnamon is most commonly used for flavoring a variety of foods ranging from confections to curries to beverages. So how is cinnamon beneficial to your health and how can you appropriately add it to your diet?

Cinnamon can balance out your blood sugar. Management of the glycemic index, especially in diabetic patients, is one of many challenges faced by physicians. A meta-analysis by Allen et al. that focused on ten randomized controlled trials comprised of 543 patients, established that cinnamon taken in a dose of 120 mg/day to 6 g/day for approximately four months led to a statistical decrease in levels of fasting plasma glucose. This is beneficial for runners because maintaining glycemic control can help improve overall energy and mood. As one teaspoon of ground cinnamon is equivalent to 2.64 grams, falling within the range shown above, all individuals should be able to see a decrease in levels of fasting

plasma glucose when paired with a healthy diet and exercise for at least four months.¹

Cinnamon can lower inflammation. Exercise actually increases the number of free radicals, or unstable molecules, created during cell metabolism. Because of this, those who participate in high intensity exercise, such as running, need to include foods that can combat inflammation.² Cinnamon is one of many spices that can help balance inflammation by stabilizing any free radicals that could potentially impact our tissues. The antioxidants in cinnamon may also help reduce the risk of other chronic conditions such as heart disease, cognitive decline, and malignancy.³

Cinnamon may help lower cholesterol. Allen et al. also found that appropriate daily cinnamon intake led to a statistically significant decrease in both total cholesterol and LDL.^{1,4} Beyond this, there is limited evidence regarding cinnamon's full benefit in lowering cholesterol in humans, but cinnamon can still serve as a healthier alternative to flavoring meals when compared to other common household items, such as salt and sugar.

Cinnamon can aid in vasodilation. Cinnamon contains phytonutrients that can aid in vasodilation.² Vasodilation is the ability of blood vessels to expand and allow for better blood flow. This is so important for runners as it can improve cardiac performance,

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MEDICATION AND MILES:

Cinnamon and its Health Benefits

although more research is needed in order to determine the extent of cinnamon's benefit in this regard.

Cinnamon can reduce the severity of allergic rhinitis. Who wants to deal with allergies when trying to get in a good run? In a randomized double-blind study, a nasal spray containing 100 mcg/100 microL of a polyphenol-rich standardized extract of cinnamon bark (*Cinnamomum zeylanicum*) was assessed in seasonal allergic rhinitis patients with a treatment over seven days. The nasal spray of a standardized extract of cinnamon bark taken over seven days reduced symptom severity and improved quality of life, work productivity, and regular daily activities in participants.⁵

So, how can you incorporate cinnamon into your diet? A little bit of cinnamon goes a long way. As stated earlier, one teaspoon of cinnamon daily can positively affect blood sugar, immunity, and more. Research has shown that cinnamon's health benefits can be shown through its pure bark state, as an essential oil, and even in its powdered form, and as long as it is used appropriately, it can be considered safe and consumed with minimal risk of any side effects.^{3,6} With that being said, who doesn't love a good pancake? So, the next time you have some, add some cinnamon! Oatmeal lover? Coffee drinker? Craving granola? All of these things also can be enjoyed with cinnamon.

References

1. Allen RW, Schwartzman E, Baker WL, Coleman CI, Phung OJ. Cinnamon use in type 2 diabetes: an updated systematic review and meta-analysis. *Ann Fam Med*. 2013;11(5):452-459.
2. Kawatra P, Rajagopalan R. Cinnamon: Mystic powers of a minute ingredient. *Pharmacognosy Res*. 2015;7(Suppl 1):S1-S6.
3. Liao JC, Deng JS, Chiu CS, et al. Anti-Inflammatory Activities of *Cinnamomum cassia* Constituents In Vitro and In Vivo. *Evid Based Complement Alternat Med*. 2012;2012:429320. doi:10.1155/2012/429320.
4. High cholesterol treatment: Does cinnamon lower cholesterol? Mayo Clinic. Accessed December 27, 2021. <https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/expert-answers/cinnamon-lower-cholesterol/faq-20057912>.
5. Steels E, Steels E, Deshpande P, Thakurdesai P, Dighe S, Collet T. A randomized, double-blind placebo-controlled study of intranasal standardized cinnamon bark extract for seasonal allergic rhinitis. *Complement Ther Med*. 2019;47:102198.
6. Cinnamon. <https://www.nccih.nih.gov/health/cinnamon>. Published May 2020. Accessed December, 28, 2021.



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

White Bean Soup *Vegan*

Submitted by: Skylar Holland Walker

This creamy vegan white bean and kale soup comes together in less than 30 minutes with pantry ingredients and fresh veggies. It's the perfect quick and easy dinner when you're looking for something hearty and satisfying!

Author: Kylie, Midwest Foodie Blog

Prep Time: 10 minutes Total Time: 25 minutes

Cook Time: 15 minutes Yield: 8 servings

INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 cup sliced celery
- 1 cup sliced carrot
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon dried sage
- 3 cups vegetable broth
- 3 (15 oz.) cans white beans, drained and rinsed
- 1 (15 oz.) can full fat coconut milk
- 3 cups chopped kale
- 1 tablespoon vinegar (apple cider, white wine, red wine, balsamic)
- Kosher salt
- fresh cracked pepper
- Garnish:
 - Homemade croutons
 - Vegan parmesan cheese
 - Fresh chopped parsley

INSTRUCTIONS:

1. Heat oil in a large soup pot or Dutch oven over medium-high heat.
2. Add onion, celery, and carrots. Cook, stirring frequently for 8 minutes.
3. Add garlic, oregano, thyme, sage and a large pinch of salt and pepper. Cook for 1 minute, stirring frequently.
4. Add vegetable broth to the pot, white beans, and Coconut milk. Stir to combine.
5. If desired, remove about two cups of the soup mixture and blend in a high speed blender or use an immersion blender.
6. Return blended soup to the pot and bring everything to a simmer over medium high heat.
7. Turn heat to medium and simmer for 5 minutes.
8. Stir in kale and vinegar.
9. Season to taste with kosher salt and black pepper. Garnish with homemade croutons, fresh parsley, and vegan Parmesan cheese and enjoy! Red pepper flakes are also a fun addition if you like it a little spicy!

Website: <https://midwestfoodieblog.com/white-bean-kale-soup/>



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:

Darrin Abernathy
Tyna Adams
Jamie Bishop
Luvern Blackwood
Lisa Booher
Ryan Boswell
James Broome
Mary Broome
Cynthia Carter
Jeff Cleveland
Lisa Cotton
Jackson Cramer
Robyn Cramer
Steve Cramer
Cindy Duke
Sydney Eason
Steven Estrada
Bob Evans

Ryan Farrell
Reed Forbus
Bo Glasgow
Robert Glasgow
Ronan Glasgow
Ashley Graham
Jay Haley
Deb Hargrave
Jack Hasson
Alan Hess
Angie Hogeland
Jeff Hogeland
Carl Holladay
Scott Howard
Stephanie Jones
Ezra Jordan
Stacy Kadle
Sara Kaylor

Ann Klasner
David Knight
Amanda Knopf
Loren Kulp
Henry Kuykendall
Katherine Kuykendall
Lane Kuykendall
April Lawrence
Allen Linken
David Malick
Catherine McElroy
Joshua Mixon
Matthew Ogles
Jenikka Oglesby
Irma Palmer
Kile Putman
Jennifer Reeves
Kevin Roberson

Jessica A. Rodgers
Jeffrey Rodgers
Dean Sides
Kevin Simpson
Ella Tapscott
Andrea Taylor
Becky Tomlin
Chace Tomlin
Jeff Troha
John Verciglio
David Waid
John Waits
Dennis White
Thomas Wilhite
Brittany Yates

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 March 4, 2022 are listed below.

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Abernathy, Darrin	1	169	Carter, Jason	2	0	Estes, Cameron	3	182
Adwell, Stephen	1	203	Chaffinch, Violet	1	209	Estrada, Steven	3	441
Ahmed, Kabeer	3	116	Chandler, Teresa	12	275	Evans, Debbie	8	289
Altobella, Janet	R	317	Clay, Brad	14	373	Farrell, Ryan	1	288
Anderson, Kerri	5	149	Cleveland, Jeff	5	264	Fontenot, Misty	5	248
Bailey, Brittany	R	258	Cliett, Stephanie	7	228	Forbus, Reed	R	84
Barton, Tabitha	R	222	Coffin, Diane	R	178	Ford, Eric	1	216
Bayush, Tori	3	267	Colpack, Susan	2	187	Franklin, Shane	10	0
Benner, Kim	9	237	Colvard, James	R	27	Frederick, Winston	13	268
Benson, Wayne	8	198	Corrin, LaRonda	1	0	Freeman, Sheila	5	188
Blackmon, Christina	R	109	Corrin, Roger	4	0	Gayheart, Cheryl	2	243
Blackmon, Kim	1	246	Cowart, Britney	4	0	Gee, Lynique	R	0
Boackle, Larry	5	0	Cramer, Robyn	1	237	Gilbert, Beth	1	75
Boackle, Tomie Ann	1	0	Cramer, Steve	R	60	Goode, Johnny	13	237
Bookout, Jason	3	315	Crawford, Katelyn	1	154	Goyal, Rita	1	0
Bookout, Kimberly	3	294	Creed, Brad	5	173	Grady, Carla	3	0
Borie, Tuck	R	0	Crowson, Bill	5	134	Grainger, Matt	2	320
Bowman, Bill	R	163	Cutchen, Cindy	R	207	Gray, Michael	2	171
Brakhage, Victoria	5	0	Davis, Grant	R	0	Griffin, Misty	2	250
Bromberg, Georgia	R	263	Deffenbaugh, Todd	1	213	Guffey, Michelle	R	208
Brown, Charlie	9	190	Dimicco, Al	4	226	Haley, Jay	6	85
Brown, Katie	R	229	Duke, Cindy	6	234	Hall, Thomas	1	102
Brown, Sean	6	36	Eason, Sydney	R	0	Hargrave, Alan	14	210
Browne, Shannon	1	65	Edmondson, Laurie	1	342	Harrison, Lisa	10	218
Caine, Lawrence	2	211	Elrod, Stacey	1	0	Hassinger, Wendy	R	31
Carden, Melissa	1	277	Ennis, Amanda	R	122	Henninger, Alison	7	205
Carlton, Bob	7	0	Ennis, Matthew	R	308	Hess, Alan	R	201
Carter, Adrienne	2	0	Epperson, Ashley	R	67	Hogeland, Angie	2	147

1200 MILE CLUB

Participant	Years	Total
Abernathy, Darrin	1	169
Adwell, Stephen	1	203
Ahmed, Kabeer	3	116
Altobella, Janet	R	317
Anderson, Kerri	5	149
Bailey, Brittany	R	258
Barton, Tabitha	R	222
Bayush, Tori	3	267
Benner, Kim	9	237
Benson, Wayne	8	198
Blackmon, Christina	R	109
Blackmon, Kim	1	246
Boackle, Larry	5	0
Boackle, Tomie Ann	1	0
Bookout, Jason	3	315
Bookout, Kimberly	3	294
Borie, Tuck	R	0
Bowman, Bill	R	163
Brakhage, Victoria	5	0
Bromberg, Georgia	R	263
Brown, Charlie	9	190
Brown, Katie	R	229
Brown, Sean	6	36
Browne, Shannon	1	65
Caine, Lawrence	2	211
Carden, Melissa	1	277
Carlton, Bob	7	0
Carter, Adrienne	2	0
Carter, Jason	2	0
Chaffinch, Violet	1	209
Chandler, Teresa	12	275
Clay, Brad	14	373
Cleveland, Jeff	5	264
Cliett, Stephanie	7	228
Coffin, Diane	R	178
Colpack, Susan	2	187
Colvard, James	R	27

Participant	Years	Total
Corrin, LaRonda	1	0
Corrin, Roger	4	0
Cowart, Britney	4	0
Cramer, Robyn	1	237
Cramer, Steve	R	60
Crawford, Katelyn	1	154
Creed, Brad	5	173
Crowson, Bill	5	134
Cutchen, Cindy	R	207
Davis, Grant	R	0
Deffenbaugh, Todd	1	213
Dimicco, Al	4	226
Duke, Cindy	6	234
Eason, Sydney	R	0
Edmondson, Laurie	1	342
Elrod, Stacey	1	0
Ennis, Amanda	R	122
Ennis, Matthew	R	308
Epperson, Ashley	R	67
Estes, Cameron	3	182
Estrada, Steven	3	441
Evans, Debbie	8	289
Farrell, Ryan	1	288
Fontenot, Misty	5	248
Forbus, Reed	R	84
Ford, Eric	1	216
Franklin, Shane	10	0
Frederick, Winston	13	268
Freeman, Sheila	5	188
Gayheart, Cheryl	2	243
Gee, Lynique	R	0
Gilbert, Beth	1	75
Goode, Johnny	13	237
Goyal, Rita	1	0
Grady, Carla	3	0
Grainger, Matt	2	320
Gray, Michael	2	171

Participant	Years	Total
Griffin, Misty	2	250
Guffey, Michelle	R	208
Haley, Jay	6	85
Hall, Thomas	1	102
Hargrave, Alan	14	210
Harrison, Lisa	10	218
Hassinger, Wendy	R	31
Henninger, Alison	7	205
Hess, Alan	R	201
Hogeland, Angie	2	147
Hogstrom, Minda	1	43
Holland, Skylar	3	0
Hood, Alissa	2	0
Hoover, Alison	10	0
Howell, Rachel	R	201
Izard, Melody	3	0
Janowiak, Desirae	1	138
Jenkins, Kaki	8	347
Jones, Stephanie	R	196
Jordan, Ezra	R	183
Kaylor, Sara	R	236
Keith, Jerry	R	148
Keith, Susan	R	0
Kelley, Robin	8	0
Kemper, Tricia	7	234
Knight, David	2	168
Kracke, Robert	R	217
Krick, Stefanie	2	356
Kuhn, Jimmy	14	444
Kulp, Loren	6	102
LaFon, Caroline	R	182
Laird, Audrey	7	272
Lamb, Patrick	2	228
Lancaster, Jeff	3	273
Landefeld, Dale	1	184
Langston, Aaron	5	0
Linken, Allen	R	243

1200 MILE CLUB

Participant	Years	Total
Lyda, Beth	2	269
Lyle, Randy	13	221
Maddox, Kendall	R	88
Malick, David	8	109
Martin, Sheree	1	0
Mathews, Skip	R	160
Matthews, Jamieson	R	161
McElroy, Catherine	2	220
Merry, Vicki Sue	9	275
Miller, William	R	717
Mishra, Anoop	1	243
Morris, Gordon	1	173
Morrow, Abigail	R	0
Morrow, Alex	10	0
Muncher, Monica	R	140
Murchison, Reginald	7	345
Newkirk, John Allen	R	42
Noerager, Brett	2	463
Noerager, Felicia	1	203
Northern, Kristie	12	311
Oechslein, Tamara	2	179
Oehrlein, Kimberly	R	141
Oliver, John	7	91
Orihuela, Carlos	4	212
Ortis, Ellen	3	193
Parks, Charlie	8	428
Payson, Tabitha	R	0
Payson, Tommy	3	69
Peagler, Shana	9	0
Pearce, Julie	6	159
Pinkerton, Mitchell	R	112
Pitts, Adele	1	194
Pritchett, Leigh Ann	R	173
Pronath, Katrina	R	105
Randolph, Megan	1	262
Rawson, Brent	4	0
Renfro, Jeff	3	225

Participant	Years	Total
Richey, Lori Beth	4	306
Ritchie, Joseph	4	253
Ritchie, Lauren	3	210
Robinson, Lyndsey	2	292
Robinson, Tamara	2	0
Rodgers, Jeffrey	4	197
Rodgers, Jessica	1	0
Roper, Lynn	4	214
Rose, Billy	7	490
Ross, Cara	1	0
Rutherford, Keith	14	230
Saffold, Joseph	R	146
Sanders, Gwendolyn	3	128
Shaffield, Danny	8	633
Sherer, Jeremy	5	190
Sherrell, Jeff	2	311
Shinn, Ronald	8	227
Sides, Dean	4	191
Simpson, Kevin	8	616
Sims, Cecelia	2	82
Sloane, Mike	6	107
Smith, Daryl	1	268
Smith, Erin	1	286
Smith, Jason	2	287
Smith, Jerry P.	12	229
Soileau, Chester	4	0
Spikings, Matt	1	175
Steele, Julianne	R	0
Stockton, Rick	14	193
Swiney, Elana	R	0
Taylor, Kim	R	247
Taylor, Mellissa	R	312
Thompson, Samuel	1	159
Tomlin, Chace	2	0
Trimble, Jamie	7	242
Tucker, Brian	R	0
Valles, Tina	2	185

Participant	Years	Total
Vaughn, Lora	R	105
Wade, Josh	R	0
Waid, David	4	429
Walton, Suzie	R	212
Washington, Monica	1	124
Watkins, Tommy	R	263
Watters, Ana	3	200
Watters, Larkin	2	236
Watters, Robert	7	324
Weber, Amy	2	111
Weeks, Lance	2	192
Wende, Adam	7	110
Whatley, Prince	9	217
Wheelis, Taylor	R	190
White, Morgan	1	0
White, Robin	2	203
Wilhite, Thomas	6	0
Williams, Mattie	R	100
Williams, Shanada	1	0
Wiseman, Steve	7	265
Woody, Bill	13	340
Wright, Amy	4	0
Wu, Xing	10	121
York, Gary	8	255
Zajac, Jason	3	329

MERCEDES MARATHON WEEKEND



VULCAN TRIATHLETES RUN SOCIAL

BTC members enjoyed a wonderful run social sponsored by our friends from Vulcan Triathletes



SHOW US YOUR BTC GEAR



FEETS OF STRENGTH



When **Daniel Chaplin** ran the Delaware Half Marathon in April of 2021, his medal included a removable Inspiration Coin. Participants in the race are encouraged to share the magnetic coin with someone who inspired them along their journey. Daniel chose to share his coin with Martha Martuscelli and Valerie McLean Cuddy of the Mercedes-Benz Marathon for the inspiration and encouragement they have given him over the year. Through their encouragement, as well as the support of the BTC and the Birmingham running community, Daniel is well on his way to completing half marathon in every state. Keep up the great work, Daniel!

The weather was cold, and the rumor of snow was not farfetched during the Mercedes-Benz Marathon Weekend festivities. But a little cold didn't stop **Anna Kate Lyda** for running a half marathon PR at the race on February 13, 2022. Congratulations, Anna Kate! We're sure the cooler temps brought more shiny new PRs to other BTC runners – kudos to all of you!

PRs are rolling in for early March races, so look for more reports in the next issue of *The Vulcan Runner*! And please let us know when you hit an important milestone or achieve a running related goal – we don't want to leave anyone off our list of accolades! #CelebrateRunning



Daniel Chaplin and Martha Martuscelli



Beth, John, and Anna Kate Lyda

BTC EXECUTIVE BOARD MEETING

February 14, 2022

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Skylar Holland, April Harry, Julie Pearce, Vicky Brakhage, Jamie Trimble, Kim Benner, Cameron Estes, Bradley Wells, Rebecca Williamson, Trish Portuese, Alex Morrow, Alan Hargrave, Judy Loo, Britney Cowart, Marla Gruber, and Michael Greene.

Skylar Holland made a motion to approve the minutes of the January 2022 Executive Board Meeting. The motion was seconded by Cameron Estes and passed without opposition.

Membership (Cameron Estes)

We currently have 741 members and 575 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on March 7, 2022. Please have all content to Julie Pearce by the February 25, 2022. In one of the upcoming newsletters, Julie would like to do an article about the board members and committee chairs. We also plan to do an article about the upcoming annual party in March.

Treasurer (April Harry)

The current financial report was sent via email.

Webmaster (Hunter Bridwell)

We are very happy to have Michael Greene as the new BTC webmaster. We are hoping to add more content to the website soon.

Long Run Committee (Marla Gruber and Alex Morrow)

We plan to have a Facebook poll on the BTC Saturday Morning Long Run page for people to vote on a Fall race. The upcoming long runs will focus on preparing for Statue 2 Statue. We plan to start hosting more socials.

Alex Morrow made a motion to allocate \$200 per month and \$500 per quarter for socials over the next six months (\$2,200 total). The motion was seconded by Hunter Bridwell and passed without opposition.

Merchandise (Bradley Wells)

Bradley will take an inventory of all remaining merchandise after the Mercedes Expo and will start thinking about spring apparel ideas. In the future, we would like to start providing a gift to all new members. Discussion was held regarding gift ideas such as t-shirts, socks, etc.

1200 Mile Club (Hunter Bridwell)

Some members who missed the deadline for ordering 1200 Mile Club jackets have inquired about still being able to order a jacket. As such, we plan to do another order of jackets; however, we are going to ask that these members pay the shipping expenses. We hope to have jackets available for pick up at the Saturday Morning Long Runs and will send an email to those that still have not picked up their jacket.

Volunteer Committee (Kim Benner)

We had 71 members who volunteer at BTC events in 2021. Four of those members volunteered at enough events to earn a free BTC annual membership. Kim Benner made a motion to draw four additional members from the list of volunteers to award free annual memberships. The motion was seconded by Vicky Brakhage and passed without opposition.

Additionally, Kim Benner made a motion to provide 10 additional volunteers selected at random from the list of 2021 volunteers to receive a \$25 BTC merchandise credit for the BTC store. The motion was seconded by Julie Pearce and passed without opposition. We will create a discount code to provide to those members selected.

IT Chair (Alan Hargrave)

Discussion was held regarding the charities associated with each of the BTC races so that Alan can update this information on RunSignUp. It was confirmed that the charity for Statue 2 Statue and Vulcan Run 10K is Vulcan Park and Museum. We also donate to Girls on the Run for Vulcan Run 10K. A free entry code will be set up for our Statue 2 Statue sponsors.

Social Committee (Britney Cowart)

We will be hosting the BTC Annual Party at The Club on March 19, 2022. Discussion was held regarding food buffet options. The cost will be \$15 for BTC members and \$30 for non-members. Each entry will include two drink tickets.

Hunter Bridwell made a motion to allocate \$12,500 for party expenses. The motion was seconded by Alex Morrow and passed without opposition. There being no further business, the meeting was adjourned. The next meeting will be held on Monday,

March 14, 2022, at 6:00 p.m. Location to be determined.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	March 12, 2022	6:00 a.m.
Village 2 Villate 10K/7.5K * BTC Discount *	March 12, 2022	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	March 19, 2022	6:00 a.m.
The Circle of Love 5K	March 19, 2022	9:00 a.m.
Camp Horne Ramble 10K and 1 Mile Fun Run (Cottondale)	March 19, 2022	8:00 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 (Newnan, GA)	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.
BTC Saturday Long and Moderate Run Groups	April 9, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	April 16, 2022	6:00 a.m.
16th Annual UAB National Alumni Society Scholarship Run presented by Viva Health (5K and 10K)	April 22, 2022	VIRTUAL RUN
12th Annual Mutt Strutt Dog-Friendly 5K and 1 Mile Fun Run	April 23, 2022	8:00 a.m.
Indy 5K, presented by BCBS of Alabama (Barber Motorsports Park)	April 29, 2022	5:30 p.m.
BTC Saturday Long and Moderate Run Groups	April 30, 2022	6:00 a.m.
Highlands College Half Marathon + 10K * BTC Discount *	April 30, 2022	7:00 a.m.
Cedar 5K and 1 Mile Run	April 30, 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:

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

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