



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

April 2022 (4)



WE'RE BAACCCCKK!
WELCOME BACK TO THE BTC ANNUAL PARTY!

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WE'RE BAACCCCKK!

WELCOME BACK TO THE BTC ANNUAL PARTY!

After a Covid-induced hiatus, The Birmingham Track Club was thrilled to welcome members and guests back to one of our favorite traditions: the BTC Annual Party. This year's party was held on March 19, 2022 at The Club, where the views were spectacular, the food and drinks were delicious, and a good time was had by all.

As always, we took care of our annual club business, which consisted first and foremost of electing officers to lead our organization in 2022. Congratulations (and thank you!) to the following members who were elected (or reelected):

President: *Hunter Bridwell*
Vice-President: *Jamie Trimble*
Secretary: *Vicky Brakhage*
Treasurer: *April Harry*

Your 2022 officers are dedicated to making the Birmingham Track Club the very best it can be. Please do not hesitate to contact any of them with your ideas, your concerns, or your willingness to help – there are so many want to be involved with your BTC, and we welcome you to be a part of our best year yet!

The second order of business was to award the BTC's two annual awards to members who have worked tirelessly for the BTC.

The **Arthur Black/Rick Melanson Annual Service Award** is the BTC's oldest award, and it is annually given to the most outstanding club member over the past year or for continued outstanding leadership and service to the BTC. This year's recipient is at nearly every BTC event and volunteers his time before, during, and after races, run socials, race expos...basically, you name it, and he was there. We were happy to present this year's Arthur Black and Rick Melanson Annual Service Award to **Jamie Trimble**.

The **Randy Johnson/Danny Haralson Annual Service Award** is an award given annually by the BTC to a newer club member who demonstrates outstanding leadership and freely gives of his or her time to volunteer in ways that help further the mission of the BTC. Much like Jamie, this year's recipient volunteers for just about every event that the BTC has had, and always with a smile. He is invested in the success of the club and is willing to go the extra mile to make sure our events are a success. Congratulations to **Kabeer Ahmed** on receiving this year's Randy Johnson and Danny Haralson Annual Service Award.

Thank you to **BTC Social Chairs Britney Cowart** and **Kaki Jenkins** for planning a memorable, fun-filled celebration!



PRESIDENT'S ADDRESS

By Hunter Bridwell



The last month has been a busy one for the BTC. For the first time in two years, we had our Annual Party, this time at The Club. Before the party began, we handled some club business, which included electing officers for the year, celebrating our 1200 Mile Club finishers, and recognizing a couple of outstanding members with volunteer awards.

I want to congratulate and again thank **Jamie Trimble** and **Kabeer Ahmed** for their outstanding service to the club and for being awarded the Arthur Black/Rick Melanson Annual Service Award and Randy Johnson/Danny Haralson Annual Service Award, respectively. The volunteers who serve the BTC are the lifeblood of our races and other events. I also commend our 191 members who completed the 1200 Mile Club Challenge in 2021, including 42 first time finishers. Since the inception of the 1200 Mile Club Challenge in 2008, we have had 725 unique club members finish the Challenge! 725!! For a complete list of our 2021 finishers, see the February issue of [The Vulcan Runner](#), or [this link](#) on the BTC website. I am so proud to be part of this running community – it is a truly impressive, dedicated group!

Become A BTC Member!

If you'd like to sign up for the 2022 edition of the 1200 Mile Club Challenge or be part of our awesome social runs and other events, there isn't a better time than now to [join the BTC](#) or [renew your BTC membership](#). It's not too late to get in on the 1200 Mile Club registration, and you can log your miles from previous months with ease.

Statue to Statue 15k

The South's Toughest 15K returned to its roots this past weekend after two years away due to Covid restrictions. And while those hills didn't get any easier, it sure was fantastic to see everyone out there suffering through them together. Look for a full race recap in the May issue of The Vulcan Runner.

BTC Long Run Group

Don't forget to join us on Saturday mornings outside The Trak Shak in Homewood at 6:00 am. If you're like me, it's a lot easier to get those long runs done when you have good friends along side of you. Reach out to us if you're interested in joining our group runs on Saturday mornings. You can find more about the routes, social runs, and more at our [Facebook group page](#).

Lastly, I'm pleased once again to announce TherapySouth has agreed to sponsor the BTC in 2022. If you have any aches and pains requiring physical therapy, you have some great options around town with TherapySouth. They have several physical therapists who also are runners. Please reach out if you have any physical therapy needs.

Enjoy these early Spring runs!

Hunter Bridwell
BTC President



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

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Jamie Trimble

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

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"The Vulcan Runner" Newsletter
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Volunteer Coordinator
Historian
Finish Line Crew
Webmaster
IT Chair
USATF Representative

Kelly Sims
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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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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



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:

Kabeer Ahmed	Ashraf Fouad	Matt Harry	Sophia Lal	Megan Proctor
David Anderson	Eric French	Ed Hart	Aaron Langston	Joseph Saffold
Birttany Bailey	Deana Goodwine	Melanie Haynes	Janine Langston	Kelly Sims
Stephanie Cliett	Michael Greene	Chris Holmes	Richard Langston	Bob Sims
Dow Davidson	Lindsay Hackney	Kaki Jenkins	Anna Kate Lyda	Erica Speegle
Jen Davidson	April Harry	Michael Jenkins	Beth Lyda	Stacy Townsend
Taylor Davis	Blake Harry	Julie Jones	John Lyda	Wiley Turnipseed
Jeff Dixon	Gracie Harry	Herb Keefer	Brittany Marlin	Rebecca Williamson
Rachael Dollins	Jamie Harry	Bruce Korf	Adele Pitts	

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](#)!



MEDICATIONS AND MILES:

Protect Yourself From the Sun to Enjoy Your Summer Runs

By: Kalyn Davis Pounders, Pharm.D., and Kim W. Benner, Pharm.D., BCPS

This article originally was published in the July 2019 issue of The Vulcan Runner. But the importance of sunscreen cannot be overemphasized – as the days grow longer, please be mindful of sun exposure, and take precautions to stay safe!

Broad spectrum sunscreen protects your skin from both types of the sun's UV rays: ultraviolet A (UVA) and ultraviolet B (UVB) rays. It is crucial to have protection against both types of UV rays in order to help decrease the risk of painful sunburns, dangerous skin cancers, and unwanted signs of premature aging, like wrinkles and dark spots.

Selecting a sunscreen with a sun protection factor (SPF) of 30 or higher will help protect you from the sun's most harmful UVB rays. According to the American Cancer Society, choosing a SPF of 15 or lower can only protect you from sunburns, not from early skin aging or

developing skin cancers. However, choosing a higher SPF does not allow for more time in the sun without re-application. Higher SPF values simply mean those sunscreens block a higher percentage of UVB rays, but no sunscreen can block these harmful rays 100%. Sunscreen with a SPF of 30 will block 97% of the sun's UVB rays. Your local pharmacist can help you choose the best sunscreen for your particular needs.

How To Use Sunscreen Properly

Even though most people associate sunscreen with summertime, you should use sunscreen anytime that you are going to be outdoors, no matter the weather or the season (and even if it is cloudy!) To be sure that your sunscreen is working at its best, you must apply sunscreen properly and liberally. The American Academy of Dermatology suggests applying sunscreen at least 15 minutes before going outdoors. The Academy also suggests that it takes approximately 1 ounce of sunscreen to properly cover an average adult's body. Make sure to cover all of your exposed areas including your lips, ears, and the top of your feet. Sunscreen should be reapplied at least every 2 hours or more frequently if you are participating in swimming or any sweaty outdoor activity.

Summertime is upon us, and the temperature outdoors and ultraviolet (UV) Index are quickly rising! Before heading out on those summer runs, it is important to protect your skin from the sun's damaging UV rays. Choosing the proper sunscreen can ultimately help lower your risk of dangerous skin cancers, premature aging, and painful sunburns.

How to Select the Best Sunscreen for You

The American Academy of Dermatology recommends looking for three important factors on the label to select the most beneficial and protective sunscreens: The sunscreen should be labeled as: 1. water resistant, 2. broad spectrum, and 3. having an assigned sun protection factor (SPF) of at least 30 or higher.

Choosing water resistant sunscreens will allow for less frequent application even when the skin is wet from active sweating or taking a refreshing dip in the pool. The label should provide you with the appropriate timespan that the sunscreen is water resistant, typically between 40 to 80 minutes.

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MEDICATIONS AND MILES:

Protect Yourself From the Sun to Enjoy Your Summer Runs

Myths About Sunscreen

- **“Some sunscreens are ‘waterproof’ and do not require re-application.”** Although the label may say that the sunscreen is waterproof, this is not entirely true. No sunscreen has the ability to 100% withstand water damage. If you are outdoors for long periods of time, all sunscreens must be reapplied in order to work properly. The best choice of sunscreens are those that are labeled as water-resistant. Look on the label for the appropriate amount of time between applications to ensure that the sunscreen you are using is still resistant to water and sweat.
- **“Take oral supplements, like Heliocare, and you can skip the sunscreen lotion.”** The FDA reports that there is not a capsule or a pill on the market that can replace traditional sunscreen. Regardless of what the label on these products suggests, these products are not regulated in the same way that sunscreens are regulated by the FDA. You should beware of the misleading claims that these pills are making such as preventing sunburns, early skin aging, or skin cancers.
- **“I never get a sunburn, so I don’t need any sunscreen.”** No matter your skin type, your gender, race, or ethnicity, everyone needs sunscreen to be protected from the sun’s UV rays. The American Academy of Dermatology reports that anyone can develop skin cancer, and that 1 in 5 Americans will develop skin cancer in their lifetime. In order to stay protected, using sunscreen is a must.

In summary, protect your skin all the time, no matter what the weather. Doing this will keep you healthy and doing what you love! Check with your local pharmacist to help you pick the perfect sunscreen for you and your family.

- **BE SURE THE LABEL SAYS SPF 30 OR HIGHER, WATER-RESISTANT, & BROAD SPECTRUM**
- **APPLY SUNSCREEN LIBERALLY & RE-APPLY AT LEAST EVERY 2 HOURS OR MORE OFTEN**
- **EVERYONE & ANYONE MUST USE SUNSCREEN WHEN OUTDOORS TO HELP PROTECT THEIR SKIN FROM SUN DAMAGE**
- **SUNSCREEN “SUPPLEMENTS” ARE NOT SAFE TO USE IN PLACE OF TRADITIONAL SUNSCREEN**

References:

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<https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs> Accessed May 29, 2019

<https://www.fda.gov/news-events/press-announcements/statement-fda-commissioner-scott-gottlieb-md-new-fda-actions-keep-consumers-safe-harmful-effects-sun> Accessed May 29, 2019



SHOCKWAVE THERAPY:

FOR SHOCKINGLY GOOD RESULTS



What is Shockwave Therapy?

Shockwave therapy is a new modality that looks like ultrasound but works differently with better outcomes for all-too-common conditions such as tendinopathies, bursitis, stress fractures, adhesive capsulitis, non-union fractures, avascular necrosis, and osteoarthritis.

How is it Different from Ultrasound?

Shockwave and ultrasound use different frequencies. Ultrasound utilizes high frequency sound waves, while shockwave therapy utilizes lower frequency acoustic waves. Ultrasound can be used for both thermal and non-thermal effects in tissues. Shockwave therapy does not produce thermal effects in tissue. Shockwave can reach deeper structures than ultrasound.

How Does Shockwave Therapy Work?

Shockwaves create energy that promotes tissue repair in bones, tendons, ligaments, and other soft tissues. Shockwave therapy promotes new blood vessel formation, reversal of chronic inflammation, stimulation of collagen production, dissolution of calcified fibroblasts and dispersion of pain mediator substance P.

- New blood vessel formation: Blood flow is necessary to repair damaged tissue. Shockwaves create micro ruptures in the capillaries within anatomical tissue. These micro ruptures stimulate growth of new blood vessels, which improve blood supply and oxygenation, to support tissue healing.

- Reversal of chronic inflammation: Chronic inflammation occurs when the inflammatory response is not completed. Pro-inflammatory compounds such as mast cells, chemokines, cytokines, leukocytes are activated by shockwaves. Thus, the inflammatory response can be completed to help restore normal tissue healing.
- Stimulation of collagen production: The production of collagen is needed for the repair of damaged soft tissues. Shockwaves accelerate collagen synthesis by stimulation fibroblasts.
- Dissolution of calcified fibroblasts: Calcium build-up is most often a result of chronic micro-tearing or trauma to a tendon. Shockwaves break up existing calcifications. Shockwaves start the biochemical decalcification of the calcium build-up.
- Dispersion of pain mediator "Substance P": Substance P is a neurotransmitter that is associated with intense, persistent, and chronic pain. It relays pain messages to the central nervous system. Lowering the concentration of Substance P is believed to reduce pain



What is Involved in Shockwave Therapy?

On average, most musculoskeletal conditions need 500-2,000 pulses, which can be delivered at 2-3 pulses per second by the shockwave machine. Treatment frequency usually ranges from one to three times per week for up four to six weeks depending on the diagnosis. For example, plantar fasciitis typically requires four to six treatments.

If you are interested in trying shockwave therapy, please call our Soho Clinic to schedule an appointment at 205.558.6400.



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

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

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 April 2, 2022 are listed below.

Participant	Years	Total
Abernathy, Darrin	1	222
Adwell, Stephen	1	343
Ahmed, Kabeer	3	254
Altobella, Janet	R	475
Anderson, Kerri	5	194
Bailey, Brittany	R	258
Barton, Tabitha	R	328
Bayush, Tori	3	430
Benner, Kim	9	350
Benson, Wayne	8	303
Bishop, Jamie	R	115
Blackmon, Christina	R	114
Blackmon, Kim	1	373
Boackle, Larry	5	300
Boackle, Tomie Ann	1	0
Booher, Lisa	10	484
Bookout, Jason	3	315
Bookout, Kimberly	3	453
Borie, Tuck	R	0
Boswell, Ryan	1	204
Bowman, Bill	R	250
Brakhage, Victoria	5	86
Bromberg, Georgia	R	263
Brown, Charlie	9	331
Brown, Katie E.	1	229
Brown, Katie G.	2	354
Brown, Sean	6	36
Browne, Shannon	1	65
Caine, Lawrence	2	303
Callahan, Chris	5	332
Carden, Melissa	1	427
Carey, Christopher	7	0
Carlton, Bob	7	325
Carter, Adrienne	2	0

Participant	Years	Total
Carter, Jason	2	0
Chaffinch, Violet	1	279
Chandler, Teresa	12	275
Clay, Brad	14	561
Cleveland, Jeff	5	391
Cliett, Stephanie	7	353
Coffin, Diane	R	178
Colpack, Susan	2	187
Colvard, James	R	27
Corrin, LaRonda	1	0
Corrin, Roger	4	0
Cowart, Britney	4	0
Cramer, Robyn	1	368
Cramer, Steve	R	91
Crawford, Katelyn	1	154
Creed, Brad	5	173
Crowson, Bill	5	134
Cutchen, Cindy	R	303
Davis, Grant	R	0
Deffenbaugh, Todd	1	321
Denton, Matt	9	0
Dimicco, Al	4	342
Duke, Cindy	6	355
Eason, Sydney	R	274
Edmondson, Laurie	1	528
Elrod, Stacey	1	192
Ennis, Amanda	R	122
Ennis, Matthew	R	308
Epperson, Ashley	R	67
Estes, Cameron	3	182
Estrada, Steven	3	723
Evans, Debbie	8	289
Farrell, Ryan	1	463
Fontenot, Misty	5	314

Participant	Years	Total
Forbus, Reed	R	84
Ford, Eric	1	331
Franklin, Shane	10	289
Frederick, Winston	13	268
Freeman, Sheila	5	188
Gayheart, Cheryl	2	377
Gee, Lynique	R	0
Gilbert, Beth	1	345
Goode, Johnny	13	381
Goss, Ange	3	0
Goyal, Rita	1	0
Grady, Carla	3	0
Grainger, Matt	2	465
Gray, Michael	2	232
Griffin, Misty	2	397
Guffey, Michelle	R	208
Haley, Jay	6	85
Hall, Thomas	1	102
Haralson, Danny	12	350
Haralson, Micki	13	380
Hargrave, Alan	14	337
Harrison, Lisa	10	218
Hart, Ed	R	332
Hassinger, Wendy	R	31
Henninger, Alison	7	296
Hess, Alan	R	326
Hogeland, Angie	2	199
Hogstrom, Minda	1	43
Holder, Gene	R	0
Holland, Skylar	3	127
Hood, Alissa	2	0
Hoover, Alison	10	0
Howell, Rachel	R	201
Izard, Melody	3	263

1200 MILE CLUB

Participant	Years	Total
Janowiak, Desirae	1	165
Jenkins, Kaki	8	515
Jones, Stephanie	R	311
Jordan, Ezra	R	296
Kaylor, Sara	R	236
Keith, Jerry	R	148
Keith, Susan	R	237
Kelley, Robin	8	150
Kemper, Tricia	7	234
Knight, David	2	228
Kornegay, Marla	2	531
Kracke, Robert	R	363
Krick, Stefanie	2	469
Kuhn, Jimmy	14	444
Kulp, Loren	6	102
LaFon, Caroline	R	182
Laird, Audrey	7	417
Lamb, Patrick	2	354
Lancaster, Jeff	3	364
Landefeld, Dale	1	281
Langston, Aaron	5	0
Linken, Allen	R	391
Lyda, Beth	2	407
Lyle, Randy	13	616
Maddox, Kendall	R	178
Malick, David	8	333
Martin, Sheree	1	202
Mathews, Skip	R	266
Matthews, Jamieson	R	249
McElroy, Catherine	2	357
Merry, Vicki Sue	9	275
Mickens, Cassandra	2	0
Miller, William	R	1,091
Mishra, Anoop	1	369
Mixon, Joshua	R	0
Morris, Gordon	1	275
Morrow, Abigail	R	0
Morrow, Alex	10	0
Muncher, Monica	R	140
Murchison, Reginald	7	538
Newkirk, John Allen	R	53
Noerager, Brett	2	724
Noerager, Felicia	1	328
Northern, Kristie	12	454

Participant	Years	Total
Oechslin, Tamara	2	298
Oehrlein, Kimberly	R	141
Oliver, John	7	91
Orihuela, Carlos	4	329
Ortis, Ellen	3	193
Palmer, Irma	1	446
Parks, Charlie	8	663
Payson, Tabitha	R	151
Payson, Tommy	3	69
Peagler, Shana	9	0
Pearce, Julie	6	159
Pinkerton, Mitchell	R	207
Pitts, Adele	1	274
Plante, David	9	0
Pritchett, Leigh Ann	R	258
Pronath, Katrina	R	164
Randolph, Megan	1	407
Rawson, Brent	4	0
Renfro, Jeff	3	341
Richey, Lori Beth	4	529
Ritchie, Joseph	4	411
Ritchie, Lauren	3	338
Robinson, Lyndsey	2	392
Robinson, Tamara	2	0
Rodgers, Jeffrey	4	300
Rodgers, Jessica	1	0
Roper, Lynn	4	214
Rose, Billy	7	727
Ross, Cara	1	0
Rutherford, Keith	14	332
Rutledge, Lisa	6	434
Saffold, Joseph	R	409
Sanders, Gwendolyn	3	256
Shaffield, Danny	8	633
Sherer, Jeremy	5	290
Sherrell, Jeff	2	484
Shinn, Ronald	8	381
Sides, Dean	4	191
Simpson, Kevin	8	918
Sims, Cecelia	2	82
Sloane, Mike	6	107
Smith, Daryl	1	417
Smith, Erin	1	445
Smith, Jason	2	287

Participant	Years	Total
Smith, Jerry P.	12	229
Soileau, Chester	4	0
Spikings, Matt	1	280
Steele, Julianne	R	0
Stockton, Rick	14	193
Swiney, Elana	R	0
Taylor, Kim	R	349
Taylor, Mellissa	R	509
Thompson, Samuel	1	159
Tomlin, Chace	2	0
Trimble, Jamie	7	360
Tucker, Brian	R	0
Valles, Tina	2	293
Vaughn, Lora	R	176
Wade, Josh	R	0
Waid, David	4	680
Waits, John	R	234
Walton, Suzie	R	328
Washington, Monica	1	124
Watkins, Tommy	R	406
Watters, Ana	3	440
Watters, Larkin	2	354
Watters, Robert	7	526
Weaver, Brooke	R	0
Weber, Amy	2	185
Weeks, Lance	2	271
Wende, Adam	7	183
Whatley, Prince	9	325
Wheelis, Taylor	R	294
White, Morgan	1	0
White, Robin	2	596
Wilhite, Thomas	6	135
Williams, Mattie	R	255
Williams, Shanada	1	0
Williams, Shaunda	3	0
Williamson, Rebecca	3	0
Wiseman, Steve	7	415
Woody, Bill	13	477
Wright, Amy	4	291
Wu, Xing	10	358
York, Gary	8	416
Zajac, Jason	3	549
Zapata, Carlos	2	0

SNICKERS MARATHON



A large group of Birmingham runners took over Albany, Georgia on March 5, 2022 for the half and full marathons.



WINE 10K



Birmingham runners headed to Hoover on March 5, 2022 for the always popular Wine 10K.



SHOW US YOUR BTC GEAR



FEETS OF STRENGTH



With so many races in March, we have many great accomplishments to report!

On March 5, a large group of Birmingham runners hit the streets of Albany, Georgia for the Snickers Marathon or Half Marathon. **Meg Gore** qualified for the 2023 Boston Marathon, finishing as seventh overall female and taking home second place in her age group. **Lisa Booher** also stepped away from the trails to run a qualifying time for the 2023 Boston Marathon. And one of the hardest working runners out there, **Kaki Jenkins**, qualified for her first Boston Marathon at the Snickers Marathon. Way to go, ladies!

Emily Johnson brought home a shiny new PR in the half marathon, as did **Carlos Orihuela**, **Cat McElroy**, **Matt Grainger**, **Bradley Wells**, and **Cameron Estes**. Way to go, y'all!

Closer to home, congratulations to **Michelle Guffey** for her 10K PR time at the 2022 Wine 10K! That's super impressive on a hilly course!

Kabeer Ahmed ran a PR time at the NYC Half Marathon on March 20 (we're sure that's the only thing that kept him away from our Annual Party!) Congratulations, Kabeer!

And on the super crazy long distance end of the spectrum, huge congratulations are in order to **Marla Gruber** for running her first 50 miler at the Lake Martin, evening managing a seventh overall female finish in the process. Way to go, Marla!

We're also super proud of **Bob Sims** and **Lauren Weber**, who each tackled the Lake Martin 100 miler – you guys earned those belt buckles! Congratulations!

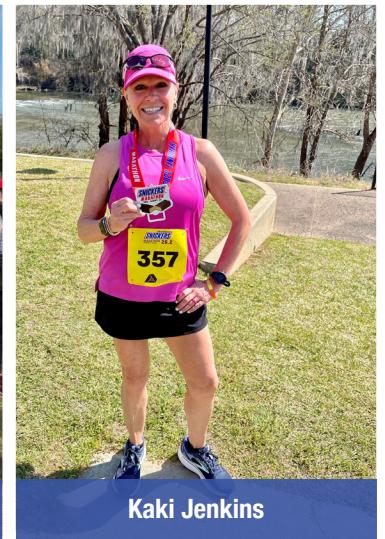
We love recognizing our members when you hit an important milestone or achieve a running related goal, but we don't want to leave anyone off our list of accolades! While *The Vulcan Runner* staff tries to keep up with your accomplishments, we are a (very) small staff with day jobs too. Please [let us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



Meg Gore



Lisa Booher



Kaki Jenkins



Emily Johnston



Carlos Orihuela



Cat McElroy



Matt Grainger

FEETS OF STRENGTH

CONTINUED



Marla Gruber



Bradley Wells



Cameron Estes



Michelle Guffey



Kabeer Ahmed



Bob Sims



Lauren Weber

BTC EXECUTIVE BOARD MEETING

March 14, 2022

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Julie Pearce, Vicky Brakhage, Jamie Trimble, Cameron Estes, Bradley Wells, Kelly Sims, Trish Portuese, Judy Loo, Britney Cowart, Alan Hargrave, Alex Morrow, and Kaki Jenkins.

Julie Pearce made a motion to approve the minutes of the February 2022 Executive Board Meeting. The motion was seconded by Alan Hargrave and passed without opposition.

Statue 2 Statue (Judy Loo)

To date, there are 207 registered for the race. We will send an email to all past participants with a link to register. The final day to register and guarantee a t-shirt is Friday, March 18, 2022. We already have volunteers to cover water stop number three, so we just need volunteers for water stops one and two.

Membership (Cameron Estes)

We currently have 758 members and 589 memberships.

Nomination Committee (Cameron Estes)

The nomination committee has nominated the following officers for the 2022 Executive Board: Hunter Bridwell for president, Jamie Trimble for vice president, Vicky Brakhage for secretary, and April Harry for treasurer. An email will be sent to all members confirming the nominees.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on April 4, 2022. Please have all content to Julie Pearce by the March 25, 2022. We will need pictures from the social for the newsletter.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry.

Web Master (Hunter Bridwell)

We are adding a list of local group runs to the BTC web page.

Long Run Committee (Hunter Bridwell)

We will need to decide on a date for the next mini social. We need more volunteers for water stops on Saturday mornings. We will try and promote the need for water stop volunteers more and ensure the hyperlink to sign up works each week. We are adding a donation button to RunSignUp for water stop volunteers. This will allow those who can donate funds for the water stops but are unable to physically put out the water stops to still volunteer. Bradley Wells advised that we have extra BTC shirts, so we will do a free t-shirt drawing for water stop volunteers in the future.

Social Committee (Britney Cowart, Kaki Jenkins, Hunter Bridwell)

The Club needs a final headcount for the BTC Annual Party. There are currently 76 people registered for the BTC annual party. Last year, there were 119 total registered. We will send a final email push for people to register so we can try and get a headcount to The Club by March 15, 2022. Marla Gruber's father has very kindly offered to let us use his DJ equipment. We will just need a playlist of songs.

Discussion was held regarding the next BTC mini social. It was decided that we will hold a mini social on Saturday, March 19, 2022. We will have coffee and bagels or donuts after the long run. We will plan to hold our next big social in April or May. Discussion was held regarding potential dates. Bradley Wells mentioned possibly having the social be a neon theme and everyone could wear neon colors and we could sell neon merchandise 50% off. Discussion was also held regarding another mini social possibly on April 9, 2022, and we can make it a Boston Marathon sendoff celebration.

Merchandise (Bradley Wells)

Bradley is considering holding a spring clean out sale for the remaining merchandise.

1200 Mile Club (Kelly Sims)

Jackets and patches will be available for pickup at the annual party on March 19, 2022. After the social, Kelly will do an inventory of how many jackets are remaining and we can consider placing a second order for additional jackets.

Marketing (Alex Morrow and Hunter Bridwell)

We are getting information on the Blue Cross Blue Shield sponsorship program. We are also talking with Andrews Sports Medicine and Vulcan Imaging regarding possible sponsorship opportunities. We received the sponsorship donation from Therapy South.

New Business (Hunter Bridwell)

We will need to discuss replacing some of the BTC equipment in the near future. Some of the equipment is getting rather old and is not in the best shape.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, April 11, 2022, at 6:00 p.m. Location to be determined.

Upcoming Events

EVENT	DATE	TIME
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
BTC Saturday Long and Moderate Run Groups	April 23, 2022	6:00 a.m.
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.
BTC Saturday Long and Moderate Run Groups	May 7, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 14, 2022	6:00 a.m.
Motherwalk & Run 5K and 1 Mile Fun Run * BTC Discount *	May 14, 2022	8:00 a.m.
16th Annual Spring Scramble 5K (UAB Pediatrics Residency Program)	May 14, 2022	6:30 p.m.
BTC Saturday Long and Moderate Run Groups	May 21, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 28, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	June 4, 2022	6:00 a.m.

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

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



BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

--	--

Zip:

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

Birthdate:

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

Cell:

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

e-mail:

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

Family member

e-mail:

Phone:

Born

Gender:

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

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

Initial:

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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