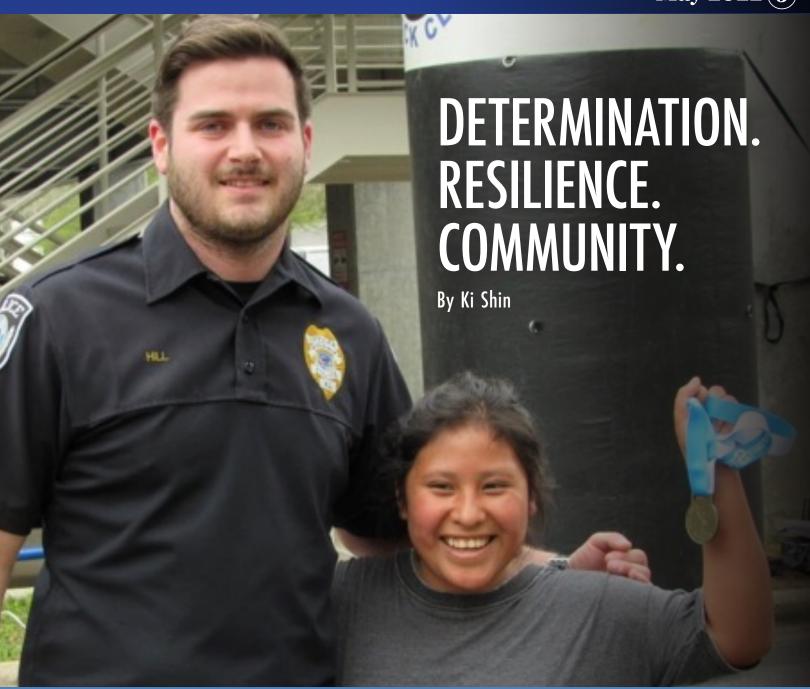


## BIRMINGHAM TRACK CLUB WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

May 2022 (5)



www.BirminghamTrackClub.com







Determination. Resilience. Community.

4 President's Address

6 Statue to Statue

7 Medication and Miles

8 Community Corner

11 1200

1200 Mile Club

# DETERMINATION. RESILIENCE. COMMUNITY.

People often ask me why I continue to sweep at the local races. Is it because I am scared to race? Is it because I enjoy dressing up in costumes? Is it because it's more fun to enjoy a leisurely walk with my friends?

Yes. Yes, I enjoy being a part of the race day without the pressure of racing. Yes, I enjoy dressing up in random costumes. Yes, I love the time spent with my friends bringing up the rear.

But it's more than that. Sweeping is where you see the beauty, the humanity, the spirit of running.

On April 2, I had the pleasure of sweeping Statue to Statue with my friend Catheryn. Around mile three, we came upon a young girl who was running her first race. As we started talking to her, we found out that she was 13, and the most she had run before that day was two miles (for those of you who don't know, Statue to Statue is a 15K race – a little more than 9.3 miles of some of Birmingham's most challenging hills).

Over the next six miles, Anna\* shared more of her story with us. She lives at Big Oak Ranch, a Christian home for children needing a chance, and in her words, "it's a place for kids that have been abandoned, abused or just don't have anyone. They help us have a normal life, give us an education and help us live a better life." Anna told us about how she moved to America from Guatemala when she was eight years old and moved to Big Oak last year. She told us she wants to be a nurse one day. She shared all of this with such grace, positivity and with a beautiful sense of peace. It was as if she, at her young age, had learned and accepted that though life is broken and messy, it is also incredibly beautiful. Anna was focused on the beauty not the brokenness.

As we started climbing the hills and fatigue started to set in, Anna shared how her housemom and sister also were running the race. She had begged them to let her tag along on this trip to Birmingham for the race. She had woken up the morning of the race and begged them to let her run too. They warned her that this wasn't just any race, but one of the hilliest and hardest races. They reminded her that she wasn't trained. But Anna was determined to do it. So she showed up on the morning of the race with a pair of old tennis shoes and lined up at the start line.

I'm not sure why, but something about the way Anna carried herself, the way she shared her story, and the determination she showed, had Catheryn and I fighting back tears. More than determination, she had a sense of resilience that was heartbreakingly beautiful to see in such a young child.

I don't think Catheryn and I ever verbalized it, but we had an understanding that we would not only get this girl to the finish, but we would make these miles some of the brightest and most memorable.

At the end of the day, you can't change someone's life, but you can brighten it for a brief moment.

So I started Anna on a walk/run cycle and told her to run down all the hills. We made sure she never walked too slow and never took off running too fast. When we made it to the last aid station, the volunteers and spectators were there cheering so hard for her. We told them that this was her longest run, and they cheered even louder.

As we took off from the aid station towards the finish line, a Mountain Brook police officer started to run with us. Officer Zach Hill was on duty assisting with the race until we – as the designated sweepers – came through. As soon as we Catheryn and I left that aid station, he could have easily hopped into one of the many police cars on the route or even the one following behind us, but instead, he told our sweet Anna that he was going to run her to the finish. So the four of us fell into step and made our way.

About a half a mile out from the finish line, we realized that we had caught up to many runners. As sweepers, Catheryn and I had to stay behind the last runner. So I started to coach Anna. I told her that when we go to the top of the last mini hill, she was going to take off running as fast as she could, and she wasn't to stop until she crossed that finish line. I told her that it would hurt and it would be hard but she was strong and she could do it. I told her to dig deep. Then the most beautiful thing happened. Officer Hill (the irony of his name was not lost on us!) told Anna, "I'll stay with you until the end." And just like that, they took off. Officer Hill ran with her -- in his police uniform and shoes that were not meant for running -- all the way to the finish, passing many runners along the way. They crushed it!

There was something so beautiful and so magical about that moment. This is why I sweep.

Judy Loo, you did an amazing job directing this event! What a great race.

To all the Mountain Brook Police Department officers: words cannot express how grateful I am for you all. You all may have shown up to block roads and direct traffic for a race, but you did so with smiles on your faces and ready to encourage every single runner! Literally, every officer we saw genuinely was happy to be out there. I've run many races, but Statue to Statue 2022 was the best I've seen when it comes to police presence. The music that you blasted on the speakers as you drove behind us, the cheers you yelled out, your thoughtfulness in letting me throw my extra clothes in the backseat of a patrol car so I didn't have to carry them. . . and even the pictures you took for us along the way were amazing.

And of course, thank you to Officer Hill for stepping in and helping a little girl finish strong. You didn't just show up to your job, you

\*We have changed her name for privacy reasons.

**CONTINUED ON NEXT PAGE** 



# DETERMINATION. RESILIENCE. COMMUNITY.

showed up and brought such a positive energy to the course! You and the rest of the Mountain Brook Policy Department represented everything that police officers should be in our community!♥

We asked Anna to tell us more about her experience at Statue to Statue:

"On April 2nd, I accomplished something I never thought I could – I completed a 15k run for the first time with my mom and sister. I was very excited and nervous at the same time, but I knew I could do it. [After] the race began, I was smiling and so happy. At the first mile I stopped, but I told myself the more I stop the harder it will be. I got to five miles and no matter what, I knew I couldn't stop. I found friends along the way and they encouraged me to keep going. At the end of another three miles I was tired and wanted to walk, but a police officer told me that he would run with me and he encouraged me along the way. I never stopped again until the end, and I was so happy and proud of myself! I'm so glad I finished. When they called my name I was so nervous because I don't like to be in front of people, but I was very proud of myself. I will never forget the feeling of my first race and I can't wait for the next one!"

Anna's Housemom, Melissa, added:

"As houseparents at Big Oak Ranch, my husband and I are always looking for creative ways to teach our children! I found myself searching for a way to model confidence for our girls. I wanted a way to encourage them to set goals and not give up. I thought running together would be a great way for me to show them that they can continue to overcome life's challenges! Turns out I wasn't just teaching them to do hard things, but I was experiencing a part of my childhood I enjoyed so much. We have a beautiful place to run at Big Oak...with plenty of trails and hills to challenge us."

"Anna was so determined that morning as she begged me to let her run even though she wasn't prepared, as this was her first race and she hadn't trained for it! Something in me just couldn't say "no." I knew she was a fighter and capable, but I was still blown away by her heart that day! Seeing her running down the last hill to the finish line with that big grin on her face was well worth it. Running reminds me of so many wonderful memories with my family and I want my children to have an opportunity to create some of those same great memories!"

## Let's join together to relieve the suffering of children!

Since 1974, Big Oak Ranch has been home for children who come from abuse, neglect and abandonment. Good kids who simply come from bad circumstances that were not of their choosing nor of their calling. So, in as normal a setting as possible, we provide each child with a loving family, with the opportunity to discover God's plan for their lives and the support they need to pursue it. Learn more at: BigOak.org

Big Oak continues to add homes at both the Boys' Ranch in Gadsden, AL and the Girls' Ranch in Springville, AL to accommodate the growing number of children joining their family. With the opportunity to serve even more children comes the increasing need for volunteer Resource Parents. Resource Parents are a critical part of the Big Oak ministry — supporting the houseparents and offering a child extended family during one weekend per month while houseparents are away to rest and restore. Learn more about this life-changing volunteer opportunity and hear from one Resource Parent about her family's experience: BigOak.org/resource-parenting

To join the mission of Big Oak Ranch through financial support, visit BigOak.org/donate/

## PRESIDENT'S ADDRESS



By Hunter Bridwell

The South's Toughest 15K was back on its normal course after multiple years of changes due to Covid. This was the first BTC race that I have missed in over four years, but as usual, I heard nothing but great things from everyone about the event – and was there ever any doubt with Judy Loo running the show?!

With race #2 of the BTC Race Series in the books, that means it's time to turn our attention to the July 4th tradition that we all know and love: the Rick Melanson Peavine Falls Run at beautiful Oak Mountain State Park. I was asked (tricked?) into directing this race by Alex Morrow a few years ago, but I have truly enjoyed the ride. We always have great volunteers helping out, and the combination of paved roads, hills, and trails make this a unique and fun way to kick off a day of celebrating our country!

Go ahead and **REGISTER TODAY** to take part in this awesome race!

#### Get Involved with the BTC

We have some amazing folks in our club who give their time and energy to help make sure things run as smoothly as possible. With that said, we have some open board positions that need to be filled. If you are interested in becoming more involved in the operations of the club, please reach out to Jamie Trimble or me, so we can discuss available openings and whether one might be a good fit for you. You can contact us at <a href="mailto:vicepresident@birminghamtrackclub.com">vicepresident@birminghamtrackclub.com</a> or <a href="mailto:president@birminghamtrackclub.com">president@birminghamtrackclub.com</a>, respectively.

#### **Become A BTC Member!**

If you'd like to sign up for 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.

#### **BTC Long Run Group**

Don't forget to join us on Saturday mornings outside The Trak Shak in Homewood at 6:00 am. 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**. Speaking of social runs, we're having a big social on Saturday, May 7th. Details will be posted soon on the above Facebook page. We'll have food, drinks, door prizes, and more. Also, check out Marla's post in the group soliciting your feedback on our target race for the fall. Our routes and mileage this summer and fall will be built around the date of our target race this fall.

Happy running!

**Hunter Bridwell**BTC President



## 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** president@birminghamtrackclub.com

vicepresident@birminghamtrackclub.com

Vice-President

Jamie Trimble



Treasurer **April Harry** treasurer@birminghamtrackclub.com



Secretary Vicky Brakhage secretary@birminghamtrackclub.com

















## **BTC Committees**

General Counsel/Parliamentarian Long Run Coordinator Social Chairs

Marketing/Social Media Membership Membership Benefits Merchandise "The Vulcan Runner" Newsletter

and Kaki Jenkins

Lauren Weber parliamentarian@birminghamtrackclub.com Marla Gruber longruns@birminghamtrackclub.com Medical Director Dr. Rachel Henderson medical@birminghamtrackclub.com Britney Cowart social@birminghamtrackclub.com

Alex Morrow marketing@birminghamtrackclub.com Cameron Estes membership@birminghamtrackclub.com Sara Thompson benefits@birminghamtrackclub.com Bradley Wells store@birminghamtrackclub.com Julie Pearce newsletter@birminghamtrackclub.com Japan Exchange Program Rebecca Williamson japan@birminghamtrackclub.com

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

Kelly Sims 1200@birminghamtrackclub.com Kim Benner volunteer@birminghamtrackclub.com Trish Portuese historian@birminghamtrackclub.com Jamie Trimble finishline@birminghamtrackclub.com Michael Greene webmaster@birminghamtrackclub.com Alan Hargrave itchair@birminghamtrackclub.com Charles Thompson usatfrep@birminghamtrackclub.com

#### **BTC** Race Directors

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

Lisa Booher adamsheart@birminghamtrackclub.com Judy Loo statue2statue@birminghamtrackclub.com Hunter Bridwell peavinefalls@birminghamtrackclub.com Hunter Bridwell 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

## STATUE TO STATUE

By Judy Loo, Race Director

We're back! What a blessing that we got to run the original course for Statue to Statue this year. Once the permit was approved, planning started. It was more stressful than usual this year because we didn't have as much time to plan as usual, but it worked! To all of the volunteers who I recruited, drafted, begged, or bribed: THANK YOU VERY MUCH! To all the runners who registered, Thank You! And to all of our wonderful Sponsors, Thank You! This race would not have happened without each of you.





Congratulations to **Annie May**, First Overall Female and to **Josh Evans**, First Overall Male, as well as the other age group winners and finishers. Statue to Statue has more than earned its nickname as the "South's Toughest 15K," and everyone who finished should be so proud.

Being a Race Director has its moments - some good, and some not as good. But this year's Statue to Statue race will be one that I will probably never forget. I want to thank our sweeper, Ki Shin, for helping a special runner from Big Oak Ranch who, prior to this race, had never run long distance. But with courage and determination, she ran 9.2 miles and finished the "South's Toughest 15K!" She also got the attention of a special Mountain Brook Police Officer who ran with her to the end. She crossed the finish line with the biggest smile. We are so proud of her accomplishment! If you haven't already done so, please read Ki's cover article for more about this special young lady, a caring officer, and a very special race finish that had all of us at the finish line smiling and crying.

I know we strive to get a PR at many of the runs and races we do. This is great! But remember how you got there. If you have ever been a sweeper, you know there's an awesome story at the end that many never hear. Whether a new runner accomplished something

she hadn't done before, or a group of friends had a blast walking the course, many of those at the back of the pack will tell you it's not about how fast or how slow they finish the race; it's all about the experience of finishing. It's all about the comradery of friends or strangers helping you cross the finish line. Being a sweeper or designated finisher is great, fun and no pressure. If you have never been one, I highly suggest you volunteer to do so. As a matter of fact, I would like to challenge each of you to be a sweeper for a BTC run – I can promise you it is a rewarding experience.

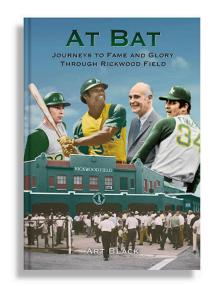
Save the date: April 1, 2023. That's the date for the next edition of Statue to Statue. With your help and support, I know it will be even bigger and better next year!

You Are Invited!

Mark Your Calendar: Thursday, June 9 • 5:30-7:00 p.m.

Vulcan Park

Introducing the Next Book about Rickwood Field



The Book:

100 Vintage Photos

Introduction by Tony La Russa, Hall of Fame Baseball Manager

Foreword by Ted Kubiak of the World Champion Oakland A's, 1972-74

The book chronicles ball players who journeyed through Rickwood Field and onward to championships with the Oakland A's, and those who came after them.

The book also highlights the final baseball seasons at Rickwood in the 1980s before the franchise left Birmingham for the suburbs.

## **MEDICATIONS AND MILES:**

### **GERD** and PPIs

By Jacob Jarboe, 2023 Pharm.D. Candidate and Kim Benner, Pharm.D.

Many people suffer heartburn or reflux (also called "GERD") and take medications for relief. One such medication increasing in use are "proton pump inhibitors (PPIs – see table 1). PPIs are a class of medications that cause a marked decrease in stomach acid secretion. These medications work by binding to K+/H+ ATPase ("proton pump"), which stops the flow of hydrogen ions into the stomach. A decrease in hydrogen out into the stomach causes an increase in the pH of the stomach to help with conditions such as gastroesophageal reflux disease, peptic ulcer disease, Helicobacter pylori eradication, but most often heartburn. Approximately 13 million Americans use PPIs every year.¹ These medications can be very effective but at what cost?

Table 1: Common PPIs	
Brand Names	Generic Names
Prilosec	omeprazole
Nexium	esomeprazole
Protonix	pantoprazole
Prevacid	lansoprazole
Dexilant	dexlansoprazole
Aciphex	rabeprazole

Every single medication on the market has a drawback, or a "side effect". Even "over the counter" or nonprescription products like ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) have side effects. PPIs generally are safe, but they are not recommended to be taken for longer than two weeks unless a patient has a long-standing condition and is under the care of a health care provider. For example, long term PPI use can cause vitamin B12 deficiency.<sup>2</sup> In most diets, vitamin B12 comes from meat. Stomach acid is required to activate an enzyme that breaks down protein that subsequentially releases vitamin B12 from meat. Without B12, patients can become anemic (have low amounts of red blood cells). Anemic symptoms like fast heart rate, fatigue, muscle weakness, muscle cramping, weight loss, and decreased appetite could occur.<sup>3</sup> Although this is not common and takes a long time to happen, these symptoms could greatly impact one's physical activity ability.

PPIs also prevent the breakdown of minerals like calcium, magnesium, and iron, which can cause deficiencies. Low iron can cause anemia, which have the same symptoms as vitamin B12 deficiency. Hypomagnesemia is another mineral deficiency that can occur with PPI use. Low magnesium can cause irregular heartbeats and muscle spasms; to combat this, at least one formulation of a nonprescription PPI has magnesium salt in it. If one does become deficient in magnesium it can be reversed in a week if the patient stops the PPIs and supplements with magnesium.



Another possible mineral deficiency that could result from PPI use is low calcium levels. Low calcium is associated with muscle spasms and aches. It also is associated with an increased risk of bone fractures at all ages. The greatest risk or low calcium levels among PPI user are in those patients who take them longer than a year or in high doses.<sup>6</sup> As stated earlier, these medications usually are not intended for use longer than two weeks at a time, and deficiencies in these minerals typically only occur if taken for an extended period.

One of the controversial problems with PPIs is its potential for an increased risk for pneumonia, respiratory tract infections, and *Clostridium difficile (C. diff)*. Over the years there has been conflicting evidence on whether or not this class of medications can increase one's risk for pneumonia or *C. diff*. C. diff infections are associated with diarrhea, which can be severe in some cases. The FDA reviewed 28 studies that showed an association of increased risk of *C. diff* infection. The chance of this happening is higher than the chances of vitamin and mineral deficiencies, but it is fortunately not too common.

For most people, this class of medications can be safe and effective when taken at the approved dosage for the approved indications. If a patient decides to stop taking a PPI, he or she should talk to a health care provider before abruptly stopping any medication. Abrupt discontinuation of PPIs can cause rebound acid secretion, which can cause stomach upset.8 These medications need to be tapered slowly and should be done at the direction of a health care provider. The FDA encourages all patients and health care providers to report any side effects at 1-800-FDA-1088 or www.fda.gov/medwatch. Hopefully patients taking one of these medications will have minimal or tolerable side effects so exercise can continue as desired!



## MEDICATIONS AND MILES:

### **GERD** and PPIs

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## **COMMUNITY CORNER**

By Jennifer Andress, Homewood City Council, Chair of the Red Mountain Greenway and Recreation Area Commission, BTC President 2012-2014

#### **Greetings, BTC!**

#### It's time for an update on sidewalks and trails in our running world!

We have been busy in Homewood, working on connectivity and pedestrian safety. In fact, we just passed a Complete Streets ordinance, requiring future road development to consider and install bike lanes and pedestrian access. Our ordinance is modeled on Birmingham's new policy.

Our sidewalk on Saulter Road is under construction, and we are completing a new one on Lancaster Road. Saulter Road is gaining a new pocket park at the end of our new sidewalk there.

You also may have seen our temporary traffic-calming measures put into place on South Forrest (a.k.a. the Trak Shak 5- mile route), called chicanes. If successful in slowing traffic, we will look at a permanent chicane at that location.

I am pursuing an ALDOT grant for Highway 31, for pedestrian access, safety and traffic flow from Saulter and Old Montgomery Highway to Ventura. We have approved the

first step in that process, which is an APPLE study with the Regional Planning Commission to help us identify the scope of our grant request.

Jennifer Andress pictured with Hoover City Councilor Casey Middlebrooks and Bessemer City Councilor Jesse Matthews

Work is beginning in downtown Homewood on the west side of 18th Street from 28th to Valley Avenue. We are adding 26 angled parking spaces, complete sidewalks, lighting and landscaping to match the newly completed east side. We also will install a right-turn only lane onto 18th Street southbound from Valley Avenue. The City of Birmingham is planning to meet us at Valley with its newly designed 20th Street, including bike lanes and pedestrian access.

## COMMUNITY CORNER



Work on Green Springs Highway continues. This project was designed to make this thoroughfare more pedestrian and cyclist-friendly, while slowing down traffic in the area. It was once an ALDOT road, and Homewood swapped ownership of this road and Lakeshore. We are turning the "highway" into a "boulevard" for a smoother transition from Edgewood to West Homewood. This includes: improved crosswalks, medians, landscaping, bike lanes, and a sidewalk to the Lakeshore Trail on the east side of Green Springs.

Phase Two of the Shades Creek Greenway (a.k.a. the Lakeshore Trail) should be going to bid imminently, taking the trail another 1.25 miles westward. Our bridge over Highway 280 at Hollywood Boulevard is being designed as we speak, and we are still raising the needed funds. We should go out to bid in September.

I recently spoke with Mountain Brook City Manager Sam Gaston to get some updates from that city. The Hagood sidewalk from Euclid to Montclair is completed. I don't run long distances much these days so haven't been by to check it out, but it was much needed!

Another much-needed connection is Montclair Road from Ramsay Park to Memory Lane, and the city is applying for a grant to build this sidewalk. Mountain Brook is excellent about using grant money to

build sidewalks; the ones along Shades Creek Parkway and behind the zoo were completed with grant money (the downside is they take a lot longer to complete).

Mountain Brook also is looking to build a sidewalk on Pine Ridge Road from Old Leeds Road to Mountain Brook Parkway. This project will start in late 2022 or early 2023, and it will be another connector from St. Luke's Church to the Jemison Trail.

Finally, Mountain Brook has gotten estimates for a sidewalk on Old Leeds Road, past the Iron Furnace Trail, from Shady Lane to Old Leeds Lane. Like everything, the estimates came in high, but this project will still go out to bid.

I recently had an opportunity to check out the brand-new Hugh Kaul trail in Avondale, which is part of the Red Rock Trail system. It connects Rotary Trail to Avondale, winding around the new locations of the Ghost Train Brewery and the Freshwater Land Trust, which owns and facilitates much of Birmingham's trail system. It was delightful to sit outside and watch runners and cyclists zoom by. The Sunrise Rotary Club is building a new plaza, and the Freshwater Land Trust is sponsoring a giant mural (see picture) on this section of the trail, to be completed before the World Games this summer.



I also want to make sure you all know about the new High Ore trail (pictured here), from the Wenonah entrance of Red Mountain Park to Midfield. It is three miles long, paved and quite lovely, so check it out!

Lastly, Lisa Booher and I took a photo of the Shades Creek Litter Gitter early one morning, full of litter! Homewood's Litter Gitters continue to work hard in helping us beautify our creeks, Shades and Griffin. They are visible from the Target end of the Lakeshore Trail and the bend in the creek along Broadway after the Saulter Road intersection.



Enjoy the spring weather, and don't forget to run on the sidewalks when available, and if not, facing traffic without headphones! And please light yourself up like a Christmas tree when running in the dark!

### **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:

Janet Altobella	Betsy Darnall	Will Granger	Laura Norton	Jeff Renfro
Michael Campbell	Jake Duncanson	Chris Hanvey	Christy Parker	Brooke Weaver
Christopher Carey	Madison Gordon	Gene M. Holder	Tabitha Payson	Prince Whatley
O'Neal Crawford	Carla Grady	Skylar Holland	Tommy Payson	Amber Whillock

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 Group Runs Update**

Summer is ramping up, and we can't wait to see the crowd grow as people start to train for fall races! With that in mind, please be mindful of signing up for water stops so that we all can be properly hydrated in the warmer months. We have a new way to sign up on <a href="RunSignUp.com">RunSignUp.com</a>, and the link will be posted to the Facebook group every week. You can sign up to provide a water stop under the volunteer link on the left-hand side of the page, or you can donate towards funding a water stop if you prefer. We can't wait to see you out there!

### **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 for the 2022 edition of the 1200 Mile Club via the BTC website. 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, <u>sign up today.</u> Registration is free to all active BTC Members. Not a BTC member? Or, has your membership lapsed? <u>Join or renew now</u>, 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 May 1, 2022 are listed below.

Participant	Years	Total
Abernathy, Darrin	1	222
Adwell, Stephen	1	343
Ahmed, Kabeer	3	394
Altobella, Janet	R	475
Anderson, Kerri	5	242
Bailey, Brittany	R	532
Barton, Tabitha	R	435
Bayush, Tori	3	430
Benner, Kim	9	475
Benson, Wayne	8	386
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	446
Bookout, Kimberly	3	651
Borie, Tuck	R	0
Boswell, Ryan	1	306
Bowman, Bill	R	330
Brakhage, Victoria	5	86
Bromberg, Georgia	R	263
Brown, Charlie	9	461
Brown, Katie E.	1	470
Brown, Katie G.	2	480
Brown, Sean	6	36
Browne, Shannon	1	65
Caine, Lawrence	2	303
Callahan, Chris	5	332
Carden, Melissa	1	558
Carey, Christopher	7	0
Carlton, Bob	7	428
Carter, Adrienne	2	0
Carter, Jason	2	0

Chaffinch, Violet         1         394           Chandler, Teresa         12         410           Clay, Brad         14         561           Cleveland, Jeff         5         523           Cliett, Stephanie         7         478           Coffin, Diane         R         178           Colpack, Susan         2         355           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         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Eason, Sydney         R </th <th>Participant</th> <th>Years</th> <th colspan="5">Total</th>	Participant	Years	Total				
Clay, Brad         14         561           Cleveland, Jeff         5         523           Cliett, Stephanie         7         478           Coffin, Diane         R         178           Colpack, Susan         2         355           Colvard, James         R         27           Corrin, LaRonda         1         0           Corrin, Roger         4         0           Cowart, Britney         4         0           Cramer, Robyn         1         368           Cramer, Robyn         1         368           Cramer, Steve         R         91           Crawford, Katelyn         1         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R	Chaffinch, Violet	1	394				
Cleveland, Jeff         5         523           Cliett, Stephanie         7         478           Coffin, Diane         R         178           Colyack, Susan         2         355           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         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1	Chandler, Teresa	12	410				
Cliett, Stephanie         7         478           Coffin, Diane         R         178           Colpack, Susan         2         355           Colvard, James         R         27           Corrin, LaRonda         1         0           Corrin, Roger         4         0           Cowart, Britney         4         0           Cowart, Britney         4         0           Cramer, Robyn         1         368           Cramer, Steve         R         91           Crawford, Katelyn         1         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1	Clay, Brad	14	561				
Coffin, Diane         R         178           Colpack, Susan         2         355           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         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R	Cleveland, Jeff	5	523				
Colpack, Susan         2         355           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         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R	Cliett, Stephanie	7	478				
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         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3	Coffin, Diane	R	178				
Corrin, LaRonda         1         0           Corrin, Roger         4         0           Cowart, Britney         4         0           Cramer, Robyn         1         368           Cramer, Steve         R         91           Crawford, Katelyn         1         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         893           Evans, Debbie         8	Colpack, Susan	2	355				
Corrin, Roger         4         0           Cowart, Britney         4         0           Cramer, Robyn         1         368           Cramer, Steve         R         91           Crawford, Katelyn         1         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8	Colvard, James	R	27				
Cowart, Britney         4         0           Cramer, Robyn         1         368           Cramer, Steve         R         91           Crawford, Katelyn         1         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1 <td>Corrin, LaRonda</td> <td>1</td> <td>0</td>	Corrin, LaRonda	1	0				
Cramer, Robyn         1         368           Cramer, Steve         R         91           Crawford, Katelyn         1         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5 </td <td>Corrin, Roger</td> <td>4</td> <td>0</td>	Corrin, Roger	4	0				
Cramer, Steve         R         91           Crawford, Katelyn         1         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Cowart, Britney	4	0				
Crawford, Katelyn         1         320           Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Cramer, Robyn	1	368				
Creed, Brad         5         295           Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Cramer, Steve	R	91				
Crowson, Bill         5         188           Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Crawford, Katelyn	1	320				
Crunk, Emmagene         R         0           Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, AI         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Creed, Brad	5	295				
Cutchen, Cindy         R         411           Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, Al         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Crowson, Bill	5	188				
Davis, Grant         R         0           Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, AI         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Crunk, Emmagene	R	0				
Deffenbaugh, Todd         1         455           Denton, Matt         9         0           Dimicco, AI         4         464           Duke, Cindy         6         461           Eason, Sydney         R         274           Edmondson, Laurie         1         672           Elrod, Stacey         1         192           Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Cutchen, Cindy	R	411				
Denton, Matt       9       0         Dimicco, AI       4       464         Duke, Cindy       6       461         Eason, Sydney       R       274         Edmondson, Laurie       1       672         Elrod, Stacey       1       192         Ennis, Amanda       R       274         Ennis, Matthew       R       395         Epperson, Ashley       R       121         Estes, Cameron       3       182         Estrada, Steven       3       893         Evans, Debbie       8       640         Farrell, Ryan       1       628         Fontenot, Misty       5       355	Davis, Grant	R	0				
Dimicco, AI       4       464         Duke, Cindy       6       461         Eason, Sydney       R       274         Edmondson, Laurie       1       672         Elrod, Stacey       1       192         Ennis, Amanda       R       274         Ennis, Matthew       R       395         Epperson, Ashley       R       121         Estes, Cameron       3       182         Estrada, Steven       3       893         Evans, Debbie       8       640         Farrell, Ryan       1       628         Fontenot, Misty       5       355	Deffenbaugh, Todd	1	455				
Duke, Cindy       6       461         Eason, Sydney       R       274         Edmondson, Laurie       1       672         Elrod, Stacey       1       192         Ennis, Amanda       R       274         Ennis, Matthew       R       395         Epperson, Ashley       R       121         Estes, Cameron       3       182         Estrada, Steven       3       893         Evans, Debbie       8       640         Farrell, Ryan       1       628         Fontenot, Misty       5       355	Denton, Matt	9	0				
Eason, Sydney       R       274         Edmondson, Laurie       1       672         Elrod, Stacey       1       192         Ennis, Amanda       R       274         Ennis, Matthew       R       395         Epperson, Ashley       R       121         Estes, Cameron       3       182         Estrada, Steven       3       893         Evans, Debbie       8       640         Farrell, Ryan       1       628         Fontenot, Misty       5       355	Dimicco, Al	4	464				
Edmondson, Laurie       1       672         Elrod, Stacey       1       192         Ennis, Amanda       R       274         Ennis, Matthew       R       395         Epperson, Ashley       R       121         Estes, Cameron       3       182         Estrada, Steven       3       893         Evans, Debbie       8       640         Farrell, Ryan       1       628         Fontenot, Misty       5       355	Duke, Cindy	6	461				
Elrod, Stacey       1       192         Ennis, Amanda       R       274         Ennis, Matthew       R       395         Epperson, Ashley       R       121         Estes, Cameron       3       182         Estrada, Steven       3       893         Evans, Debbie       8       640         Farrell, Ryan       1       628         Fontenot, Misty       5       355	Eason, Sydney	R	274				
Ennis, Amanda         R         274           Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Edmondson, Laurie	1	672				
Ennis, Matthew         R         395           Epperson, Ashley         R         121           Estes, Cameron         3         182           Estrada, Steven         3         893           Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Elrod, Stacey	1	192				
Epperson, Ashley       R       121         Estes, Cameron       3       182         Estrada, Steven       3       893         Evans, Debbie       8       640         Farrell, Ryan       1       628         Fontenot, Misty       5       355	Ennis, Amanda	R	274				
Estes, Cameron       3       182         Estrada, Steven       3       893         Evans, Debbie       8       640         Farrell, Ryan       1       628         Fontenot, Misty       5       355	Ennis, Matthew	R	395				
Estrada, Steven       3       893         Evans, Debbie       8       640         Farrell, Ryan       1       628         Fontenot, Misty       5       355	Epperson, Ashley	R	121				
Evans, Debbie         8         640           Farrell, Ryan         1         628           Fontenot, Misty         5         355	Estes, Cameron	3	182				
Farrell, Ryan         1         628           Fontenot, Misty         5         355	Estrada, Steven	3	893				
Fontenot, Misty 5 355	Evans, Debbie	8	640				
. ,	Farrell, Ryan	1	628				
Forbus, Reed R 134	Fontenot, Misty	5	355				
	Forbus, Reed	R	134				

Participant	Years	Total
Ford, Eric	1	331
Franklin, Shane	10	289
Frederick, Winston	13	413
Freeman, Sheila	5	296
Gayheart, Cheryl	2	377
Gee, Lynique	R	294
Gilbert, Beth	1	345
Goode, Johnny	13	381
Goss, Ange	3	0
Goyal, Rita	1	0
Grady, Carla	3	0
Grainger, Matt	2	627
Gray, Michael	2	317
Griffin, Misty	2	397
Guffey, Michelle	R	208
Haley, Jay	6	85
Hall, Thomas	1	102
Haralson, Danny	12	469
Haralson, Micki	13	380
Hargrave, Alan	14	437
Harrison, Lisa	10	333
Hart, Ed	R	332
Hassinger, Wendy	R	31
Henninger, Alison	7	433
Hess, Alan	R	326
Hogeland, Angie	2	305
Hogstrom, Minda	1	43
Holder, Gene	R	273
Holland, Skylar	3	127
Hood, Alissa	2	0
Hoover, Alison	10	405
Howell, Allen	R	0
Howell, Rachel	R	275
Izard, Melody	3	263
Janowiak, Desirae	1	165

## **1200 MILE CLUB**

Participant	Years	Total
Jenkins, Kaki	8	515
Jones, Stephanie	R	311
Jordan, Ezra	R	296
Kaylor, Sara	R	236
Keith, Jerry	R	267
Keith, Susan	R	237
Kelley, Robin	8	549
Kemper, Tricia	7	371
Knight, David	2	338
Kornegay, Marla	2	647
Kracke, Robert	R	363
Krick, Stefanie	2	469
Kuhn, Jimmy	14	892
Kulp, Loren	6	102
LaFon, Caroline	R	299
Laird, Audrey	7	542
Lamb, Patrick	2	443
Lancaster, Jeff	3	421
Landefeld, Dale	1	281
Langston, Aaron	5	0
Linken, Allen	R	391
Lyda, Beth	2	407
Lyda, John	3	0
Lyle, Randy	13	616
Maddox, Kendall	R	278
Malick, David	8	333
Martin, Sheree	1	202
Mathews, Skip	R	388
Matthews, Jamieson	R	347
McElroy, Catherine	2	524
Merry, Vicki Sue	9	438
Mickens, Cassandra	2	0
Miller, William	1	1,449
Mishra, Anoop	1	478
Mixon, Joshua	R	0
Morris, Gordon	1	382
Morrow, Abigail	R	0
Morrow, Alex	10	0
Muncher, Monica	R	245
Murchison, Reginald	7	538
Newkirk, John Allen	R	53
Noerager, Brett	2	724
Noerager, Felicia	1	328
	12	
Northern, Kristie		727
Norton, Laura	3	727

Participant	Years	Total
Oechslin, Tamara	2	426
Oehrlein, Kimberly	R	141
Oliver, John	7	91
Orihuela, Carlos	4	459
Ortis, Ellen	3	361
Palmer, Irma	1	446
Parks, Charlie	8	663
Payson, Tabitha	R	151
Payson, Tommy	3	164
Peagler, Shana	9	0
Pearce, Julie	6	215
Pinkerton, Mitchell	R	207
Pitts, Adele	1	274
Plante, David	9	0
Pritchett, Leigh Ann	R	308
Pronath, Katrina	R	242
Randolph, Megan	1	407
Rawson, Brent	4	0
Renfro, Jeff	3	441
Richey, Lori Beth	4	690
Ritchie, Joseph	4	587
Ritchie, Lauren	3	475
Roberson, Kevin	5	0
Robinson, Lyndsey	2	522
Robinson, Tamara	2	0
Rodgers, Jeffrey	4	404
Rodgers, Jessica	1	0
Roper, Lynn	4	214
Rose, Billy	7	980
Ross, Cara	1	295
Rutherford, Keith	14	332
Rutledge, Lisa	6	434
Saffold, Joseph	R	541
Sanders, Gwendolyn	3	256
Shaffield, Danny	8	959
Sherer, Jeremy	5	416
Sherrell, Jeff	2	656
Shinn, Ronald	8	534
Sides, Dean	4	297
Simpson, Kevin	9	1,206
Sims, Cecelia	2	173
Sloane, Mike	6	401
Smith, Daryl	1	571
Smith, Erin	1	611
Smith, Jason	2	287

Participant	Years	Total
Smith, Jerry P.	12	451
Soileau, Chester	4	0
Spikings, Matt	1	393
Steele, Julianne	R	0
Stockton, Rick	14	304
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	400
Vaughn, Lora	R	220
Wade, Josh	R	0
Waid, David	4	680
Waits, John	R	234
Walton, Suzie	R	328
Washington, Monica	1	124
Watkins, Tommy	R	556
Watters, Ana	3	440
Watters, Larkin	2	354
Watters, Robert	7	526
Weaver, Brooke	R	0
Weber, Amy	2	241
Weeks, Lance	2	271
Wende, Adam	7	289
Whatley, Prince	9	453
Wheelis, Taylor	R	294
White, Morgan	1	0
White, Robin	2	596
Wilhite, Thomas	6	239
Williams, Mattie	R	255
Williams, Shanada	1	0
Williams, Shaunda	3	0
Williamson, Rebecca	3	127
Wiseman, Steve	7	559
Woody, Bill	13	477
Wright, Amy	4	291
Wu, Xing	10	358
York, Gary	8	416
Zajac, Jason	3	624
Zapata, Carlos	2	339

# APRIL MINI SOCIAL APRIL 9, 2022







# Save THED ate



RUN SOCIAL MAY 7

# STATUE TO STATUE



















## SHOW US YOUR BTC GEAR







## FEETS OF STRENGTH



**Rick Stockton** recently completed his 77th marathon at the Napa Marathon on March 6, 2022, along with his daughter, **Jamie**, who completed her first marathon. Congratulations, Rick and Jamie!

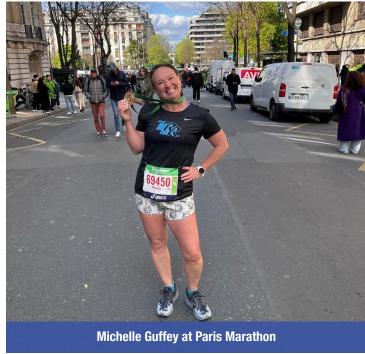
Congratulations to **Michelle Guffey** who completed the Paris Marathon on April 3, 2022. Michelle ran a 27-minute (!) PR time – that's amazing, Michelle!

And closer to home, **Lisa Booher** recently was the First Female Finisher (and second overall finisher) at the Endurance Hunter 100K race in Georgia. The April 9, 2022 race was billed as the "longest and most challenging point t- point trail race in Georgia," and from the looks of it, it lived up to its reputation! Way to go, Lisa!

Special congratulations to all of our BTC friends who ran the **Boston Maratho**n on April 18, 2022. Whether you qualified for this storied race or worked hard to fundraise, we know for many of you, it is a bucket list race. Congratulations, friends!

Please <u>let us know</u> when you hit an important milestone or grab a new PR – we love to celebrate with you!







### BTC EXECUTIVE BOARD MEETING

### April 11, 2022

The meeting was called to order by Vice President Jamie Trimble.

**Attendance:** Jamie Trimble, Vicky Brakhage, Cameron Estes, Kelly Sims, Trish Portuese, Judy Loo, Britney Cowart, Alan Hargrave, Michael Greene, and Rebecca Williamson.

Cameron Estes made a motion to approve the minutes of the March 2022 Executive Board Meeting. The motion was seconded by Vicky Brakhage and passed without opposition.

#### Statue 2 Statue (Judy Loo)

There were 342 registered for the race and 282 finishers. The number of participants was down this year, but this was the first year we had it back on the original course since COVID. Discussion was held regarding increasing participation next year. There were two additional police officers at the finish line helping to direct traffic that were very helpful, so Judy would like to continue having the extra officers at the finish line in the future.

#### Membership (Cameron Estes)

We currently have 764 members and 597 memberships.

#### Web Master (Michael Greene)

The BTC webpage with be updated to promote the upcoming May social and list the current BTC officers.

#### Long Run Committee (Jamie Trimble)

We can always use water stop volunteers.

#### Social Committee (Britney Cowart)

We plan to have a big social on May 7, 2022. That is the same day as We Love Homewood Day, so there will be a 5K in Homewood that morning. Britney is looking into locations, but we will probably just

have it in front of the Trak Shak. We plan to give away door prizes. Trish Portuese very kindly offered free entries into the Motherwalk 5K. We will have 1200 Mile Club jackets available for pick up.

#### 1200 Mile Club (Kelly Sims)

Registration will close on June 30, 2022.

#### **Newsletter Editor (Jamie Trimble for Julie Pearce)**

The next newsletter publication date will be on May 2, 2022. Please have all content to Julie Pearce by the April 22, 2022. We will need pictures form the mini social and Statue 2 Statue for the newsletter. We will also promote the big social that is coming up in May.

#### Japan Exchange (Rebecca Williamson)

Maebashi plans to resume their races in 2022; however, they are not participating in the exchange this year due to COVID, but they hope to invite our runners back next year for the 2023 races. We would love to invite some of their runners to Birmingham to participate in one of our races, but it is our understanding that the invitation needs to come from the mayor's office.

#### **New Business**

Girls on the Run would like to include a link to their donation page with our discount code so anyone can donate even if they can't run the race. Alan Hargrave confirmed that we can include a link directly to their donation page.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, May 9, 2022, at 6:00 p.m. Location to be determined.





## **Upcoming Events**

EVENT	DATE	TIME
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 Saturday Long and Moderate Run Groups	June 11, 2022	6:00 a.m.
Dan Robinson Memorial 5K/10K/Fun Run (Grant, AL)	June 11, 2022	8:00 a.m.
2022 Sleepy Kraken Runyak Duathlon (2 mile road run, 2 mile paddle [kayak or paddleboard], 2 mile trail run) (Coker, AL)	June 11, 2022	8:00 a.m.
Run, Ride & Rumble for PTSD Awareness 5K	June 11, 2022	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	June 18, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	June 25, 2022	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 2, 2022	6:00 a.m.
BTC Peavine Falls Run (8.2 miles) * BTC Race Series *	July 4, 2022	7:00 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

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Mail this signed application and a signed check to:

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