



★ BIRMINGHAM TRACK CLUB ★  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

June 2022 6



## THE 41ST ANNUAL RICK MELANSON PEAVINE FALLS RUN

*By Hunter Bridwell, BTC President, and Race Director, Peavine Falls Run*

[www.BirminghamTrackClub.com](http://www.BirminghamTrackClub.com)

[f/BirminghamTrackClub](#)

[t/BirminghamTrackClub](#)

[i/RunBTC](#)

**2** The 41st Annual Rick Melanson  
Peavine Falls Run

**3** Vice President's Address

**5** Maebashi Update

**6** Medication and Miles

**9** 1200 Mile Club

**13** Feets of Strength



# THE 41ST ANNUAL RICK MELANSON PEAVINE FALLS RUN



Things have been turned upside down the last couple of years in just about every aspect of our lives. That's no different when it comes to directing a race. We've seen many new challenges the last couple of years. The good news for the 41st running of the Rick Melanson Peavine Falls Run is that your race day will be about as normal as could be expected. And yes, that means there will still be hills and heat at this year's race. I recently promised a fellow runner that I was ordering up some cooler temps for this year's race. Full disclosure here – I do NOT have any control over the temperatures on race day. I'm sorry to those of you I've let down. 😊

I look forward to welcoming all our runners, walkers, sponsors, volunteers, and race partners to put on another great race as we celebrate our Independence Day!

**As for the challenges facing races these days, here is one thing we are seeing for small and medium sized races and how you can help ensure we continue to have successful events.**

**Challenge: Unknown participation numbers as races gradually bounce back from Covid-19.** This makes it tough to plan for things such as participant t-shirts and post-race food and beverages. Additionally, inflation has caused costs to rise and supply chain issues have led to product shortages and long lead times on things such as t-shirts.

**How you can help: Register early whenever possible.** Knowing our participant numbers earlier allows for better preparation and helps potentially prevent wasteful spending. As a not-for-profit club supported in part by membership dues, it's important for us to be good stewards of that money. If you intend to run, please go ahead and get that registration locked in early. You'll guarantee yourself a t-shirt and help us plan better. We want to serve you, the runners, as best as we can!

## Packet Pick-up Scheduling Change

Please note one change to the event schedule related to Advanced Packet Pick-up. Advanced Packet Pick-up normally occurs the day before the race, but I have decided to move it to Saturday, July 2 this year. This will allow those of you who are out doing training runs on Saturday morning to swing by The Trak Shak in Homewood after your run. You can find the updated event schedule [HERE](#).

Make sure when you stop by to grab your packet to stock up on all the gear you need from The Trak Shak. They continue to be great race partners for all our events and will once again be providing the race prizes for The Peavine Falls Run. Thank you, Trak Shak!

Speaking of training runs: make sure you join us on Saturday mornings to get in a good group run each week. Details for the BTC Long Run Group can be found on the group Facebook page [HERE](#). We're also resurrecting the Moderate Run Group for those not quite ready to tackle double digit miles each week. Mark Criswell will be back in the saddle leading this group (thank you, Mark!). Check out the Moderate Run Group page [HERE](#) for more details.

Don't forget that BTC Members get discounts on every BTC race. Paying \$25 for the Peavine Falls Run as a BTC Member is better than paying \$30 as a non-member! [Join the BTC](#) as a single member for the very low annual cost of \$24, grab a family membership for \$36 or check out further membership discounts for multi-year memberships. We need YOU to help keep our running community as the best around!

I can't wait to see everyone out at Oak Mountain State Park on July 4th! Start hydrating now!



# VICE PRESIDENT'S ADDRESS

By Jamie Trimble



## Greetings fellow runners!

I'm filling in for Hunter this month as he is busy with Peavine Falls race preparations. Well, summer definitely is here, and it is hot already! Even though it is hot and humid, there's no better time to join the BTC each and every week for our Saturday Long Run. **Marla Gruber** does a fantastic job putting together the weekly long run. For this summer, we are targeting the Chicago Marathon with our weekly long run mileage, as well as offering a shorter distance for half marathon (or other) training. Maybe you're not running Chicago, but Berlin, St. George or BHM 26.6 instead. The good news is that these races (and several others) are all within about two weeks of each other this year. So, come join the running fun and hang around afterwards for fellowship with your fellow runners.

Not training for a fall marathon or half marathon? Are you restarting your run training, or coming off injury and aren't quite up to high mileage yet? Or, are you a new runner just trying to build your mileage base? If you're in any of these categories we have some VERY exciting news for you: the Saturday morning Moderate Run group is back! Big thanks to **Mark Criswell** who is also back to lead this group. The Moderate Run Group reboot began on June 4 at 6:30 am. Moderate routes typically will offer two distance options, maxing out at around 7-8 miles. Check out the [BTC Moderate Run Facebook group](#) for information each week. Also, be on the lookout for more fun run socials throughout the summer.

As previously mentioned, our annual July 4th BTC Peavine Falls race is just around the corner, so be sure to sign up to run and/or volunteer. All of our BTC races are put on through the hard work and efforts of the race directors, but there's plenty of work that required volunteers to make these races a success. Whether it's packet pickup, race day registration/pickup, food service, or race day equipment setup and breakdown, we need your help!

One final word about an on-going volunteer opportunity. The BTC is in need of additional, regular members of the Finish Line Crew. The Finish Line Crew is responsible for managing all of the equipment (finish line arch, banners, tents, water stations, etc.) for all BTC races and official BTC events. If you've ever wanted to see what really goes into putting on a race, this is the job for you. Anyone who is interested can talk to either Hunter or myself for more information.

Be safe out there, have fun, and please remember to hydrate and wear sunscreen!

**Jamie Trimble**  
BTC Vice President

## TherapySOUTH WELLNESS PROGRAMS

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

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





# 2022 Officers



## President

**Hunter Bridwell**

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

parliamentarian@birminghamtrackclub.com  
longruns@birminghamtrackclub.com  
medical@birminghamtrackclub.com  
social@birminghamtrackclub.com

Marketing/Social Media  
Membership  
Membership Benefits  
Merchandise

Alex Morrow  
Cameron Estes  
Sara Thompson  
Bradley Wells  
Julie Pearce

marketing@birminghamtrackclub.com  
membership@birminghamtrackclub.com  
benefits@birminghamtrackclub.com  
store@birminghamtrackclub.com  
newsletter@birminghamtrackclub.com  
japan@birminghamtrackclub.com

"The Vulcan Runner" Newsletter  
Japan Exchange Program

Rebecca Williamson

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

Kelly Sims  
Kim Benner  
Trish Portuese  
Jamie Trimble  
Michael Greene  
Alan Hargrave  
Charles Thompson

1200@birminghamtrackclub.com  
volunteer@birminghamtrackclub.com  
historian@birminghamtrackclub.com  
finishline@birminghamtrackclub.com  
webmaster@birminghamtrackclub.com  
itchair@birminghamtrackclub.com  
usatfrep@birminghamtrackclub.com

## BTC Race Directors

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

Lisa Booher  
Judy Loo  
Hunter Bridwell  
Hunter Bridwell

adamsheart@birminghamtrackclub.com  
statue2statue@birminghamtrackclub.com  
peavinefalls@birminghamtrackclub.com  
vulcan@birminghamtrackclub.com

## BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health, and recreation.

## Contact BTC at:

Birmingham Track Club  
P.O. Box 530363  
Birmingham, AL 35223  
secretary@BirminghamTrackClub.com

## Race Results

Find the latest and most complete  
local race results at the following:  
birminghamtrackclub.com  
championship-racing.com





# MAEBASHI UPDATE

By Rebecca Williamson, Japan Exchange Program

As you all know the BTC's exchange with our Sister City of Maebashi, Japan has been on hold due to the pandemic. I have been in communication with Maebashi's liaison about ways the BTC can restart the exchange as well and strengthen it in the process. If you have been fortunate enough to travel to Maebashi or know someone who has, you will know that the relationship with Birmingham is very important.

As we navigate what the exchange will look like, we do have an opportunity to show sisterly love. July 3rd is Maebashi Day, established by the City of Birmingham. Maebashi Day also falls within the city's Tanabata Festival period of July 1-10. During this event, people from each city will send good wishes to their sister city. The wishes are written on pieces of paper that will be displayed together in each city as traditional decorations during the Tanabata Festival period.

In the Edo Period, Tanabata decorations became popular as an event to wish for improvement in one's penmanship and other studies, and thus the practice of writing wishes on paper strips spread. Nowadays, the custom of writing wishes on paper strips and decorating bamboo leaves with them has become a tradition, and people all over Japan enjoy festivals and decorating during July, the time of Tanabata.

How can you participate? It's easy! Please email me ([Japan@birminghamtrackclub.com](mailto:Japan@birminghamtrackclub.com)) with your good wishes for the citizens of Maebashi. We will transcribe them onto paper and submit them to Maebashi. Look for updates from the BTC about where you can deliver your handwritten good wishes as well. Please provide all of your good wishes no later than June 16 to allow for delivery time. This is a small but tangible way we can connect with our fellow runners in our sister city.





# MEDICATIONS AND MILES:

## CREATINE 101

By Elise Richoux, 2024 Pharm.D. Candidate and Kim Benner, Pharm.D.



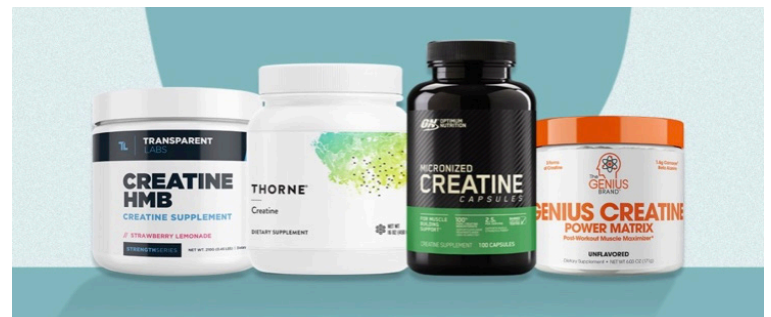
Recently popularized by the world of social media, creatine is a supplement used by a wide range of recreational, collegiate, and even professional athletes. It is estimated that Americans spend over \$400 million per year on creatine.<sup>1</sup> Creatine is an amino acid that is natural to our bodies in that it is stored within our muscles and brain to provide us with energy. It is an “ergogenic supplement,” which simply means it enhances physical performance, stamina, and/or recovery. We obtain about half of our daily creatine requirement through our diet when we consume foods like red meat and seafood. The other half of our daily requirement is made mostly in the liver and kidneys.<sup>2</sup> The word “creatine” actually comes from the Greek word for meat, Κρέας (kreas).

When we consume creatine, whether it is in supplement or food form, our muscles uptake it for adenosine triphosphate (ATP) production. ATP is what is required for any sort of muscle contraction. Because of this, as we exercise, our ATP stores become more depleted and must be replaced. Specifically, creatinine maintains our ATP production during maximal effort, intense short duration exercise. Examples of this include sprinting and high-intensity interval training. The way creatine is utilized is that it provides the muscle with more “ingredients” to create more energy, or ATP. This process ultimately gives us more energy to push ourselves during workouts, which over time leads to a gain in lean muscle mass. Because creatine has such important role in metabolism, it is also theorized to have other therapeutic health benefits such as brain and spinal cord neuroprotection.<sup>2</sup>

Because of the many formulations of creatine on the market, you may find yourself asking, “Which one is the best?” The formulations this article will cover are the three most commonly available: creatine monohydrate, creatine hydrochloride, and creatine ethyl ester. The different names simply refer to the type of molecule to which the creatine is bound. For example, creatine monohydrate is creatine and a water molecule stuck together. Essentially, all of these newer formulations came about as a result of manufacturers

trying to differentiate their product from the rest. For example, some companies claim their creatine formulation may absorb into the body easier than others.<sup>3</sup> In this case, it is good to stick with the original formulation, creatine monohydrate. Along with this formulation being the most studied form of creatine, it also is rated as the most effective nutritional supplement for increasing high-intensity exercise capacity and lean body mass by the International Society of Sports Nutrition (ISSN) and the American Dietetic Association (ADA). Creatine monohydrate also is the cheapest formulation of creatine available. It is easily accessible, and it can be found in most grocery stores, nutrition-based stores, and even online.

As we all know, every medication has side effects and interactions with various other things we take or consume in our diets. Even things that are natural to our bodies such as some supplements -- creatine included -- have potential side effects and interactions. The most common side effect reported is short-term water retention when first starting supplementation. Because of the way creatine is transported into the muscle, water tends to follow. Overall, there is some evidence to show an increase in water retention over a short period of time. Several other studies show it does not actually alter the total body water over the long term.<sup>4</sup> Talking to a health care professional may help determine each patient’s correct dose, but maintenance dosing for healthy adults typically ranges from 2-5 grams per day.<sup>5</sup> There have been other reports of side effects including muscle cramps and liver and kidney dysfunction. These side effects have been associated with long-term, high doses of creatine. The ISSN refutes this saying that even long-term, high dose supplementation with creatine has not been associated with an increase in renal dysfunction specifically. This highlights how safe creatine can be as a supplement.<sup>2</sup>



CONTINUED ON NEXT PAGE



# MEDICATIONS AND MILES:

## CREATINE 101

According to several sources, creatine has been found to have minimal medication interactions. One interaction with caffeine may be worth mentioning, although the evidence at this time is fairly insufficient. Many sports supplement products are formulated as a powder mixed with several different vitamins, minerals, and even caffeine to boost your short-term energy when exercising. In this case, you should try to separate your caffeine and creatine intake because caffeine may antagonize creatine's effects; although, as mentioned before, the evidence is still inconclusive.<sup>6</sup> Also, there has been suspicion whether creatine causes dehydration because of the way water follows creatine into the muscle, but there are some studies that indicate it is a myth.<sup>7</sup> This could be another potential reason to avoid caffeinated beverages at the same time you take creatine because of the possible dehydration. If you exercise consistently, you should already be drinking adequate amounts of water throughout the day.

To conclude, the ISSN states creatine monohydrate is the most extensively studied and used sport supplement that is effective in increasing strength and building muscle. It is shown to work best in high intense, short duration exercise. Not only is it effective, but it is safe. There has been no compelling evidence of any harmful effects on the short- or long-term use of creatine in healthy individuals.<sup>2</sup> All

of that being said, it is best to consult your health care professional before introducing any new medication, supplement, vitamin, or mineral to your regimen.

### References:

1. Butts J, Jacobs B, Silvis M. Creatine use in sports. *Sports Health*. 2018;10(1):31-34. doi:10.1177/1941738117737248
2. Kreider, R.B., Kalman, D.S., Antonio, J, et al. International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine. *J Int Soc Sports Nutr*. 2017;14:1. <https://doi.org/10.1186/s12970-017-0173-z>
3. Tinsley G. Top 6 types of creatine reviewed. *Healthline*. <https://www.healthline.com/nutrition/types-of-creatine>. Published May 12, 2017. Accessed May 22, 2022.
4. Antonio J, Candow DG, Forbes SC, et al. Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?. *J Int Soc Sports Nutr*. 2021;18(1):13. doi:10.1186/s12970-021-00412-w
5. Creatine. Mount Sinai Health System. <https://www.mountsinai.org/health-library/supplement/creatine>. Accessed May 22, 2022.
6. Vandenberghe K, Gillis N, Van Leemputte M et al. Caffeine counteracts the ergogenic action of muscle creatine loading. *J Appl Physiol* (1985). 1996;80(2):452-457. doi:10.1152/jappl.1996.80.2.452
7. Dalbo VJ, Roberts MD, Stout JR, et al. Putting to rest the myth of creatine supplementation leading to muscle cramps and dehydration. *British Journal of Sports Medicine*. 2008;42:567-573.

## BTC Group Runs Update

Our BTC Long Run group is in full swing, and we would love to have you join us for a Saturday morning long run. We meet every Saturday morning at 6:00 a.m., usually at The Trak Shak in Homewood. Please visit our [BTC Long Run Facebook page](#) for details on the weekly routes. Please contact Marla Gruber, our [BTC Long Run Coordinator](#), with questions, suggestions, or ideas. While there is no cost to join the group, we do depend on members to help out with the water stops we all need (especially during the hot summer months). You can volunteer to provide a water stop at the [RunSignUp.com](#) link we'll post each week, or you can donate money toward provided water stop supplies if that is easier for you.

We are thrilled to "resurrect" our Moderate Run group as well! This group runs shorter mileage on Saturday mornings (usually 3-8 miles), usually starting at 6:30 a.m. It is the perfect starting place for those who are new to long miles or those who just prefer to run shorter distances. Check out the group's [Facebook page](#) for details. And a big "thanks!" to Mark Criswell for activating this group again!



## 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:

Tori Bayush	Yocunda Clayton	Joel Isenberg	Tre Thomas
Cathy Beasley	Barbie Cleino	Mike Moses	Lauren Trahan
Ken Blackmon	Cindy Cutchen	John Oliver	Tommy Watkins
Katie Brown	Cheryl Gayheart	Christy Parsons	
Michael Campbell	Madison Gordon	Megan Randolph	
Zach Carlton	Mary Ellen Graham	Jackson Rowan	

If you are a prospective member, welcome! We hope you will decide to [join the BTC](#) – the [benefits](#) are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. [Visit the BTC website](#) for more information.

## BTC Merchandise Update

**Along with our new BTC Website, the BTC Store has a new look, a new link, and exciting new merchandise you can order!**

Check it out [HERE](#), or via the BTC [website link](#)!





# 1200 MILE CLUB

It is great to see so many BTC members logging miles for 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, [sign up today](#). Registration is free to all active BTC Members. Not a BTC member? Or, has your membership lapsed? [Join or renew now!](#)

## Cumulative miles submitted through June 4, 2022 are listed below.

Participant	Years	Total
Abernathy, Darrin	1	385
Adwell, Stephen	1	593
Ahmed, Kabeer	3	642
Altobella, Janet	R	651
Anderson, Kerri	5	297
Bailey, Brittany	R	650
Barton, Tabitha	R	534
Bayush, Tori	3	834
Benner, Kim	9	651
Benson, Wayne	8	478
Bishop, Jamie	R	352
Blackmon, Christina	R	261
Blackmon, Kim	1	618
Boackle, Larry	5	300
Boackle, Tomie Ann	1	0
Booher, Lisa	10	596
Bookout, Jason	3	577
Bookout, Kimberly	3	847
Borie, Tuck	R	0
Boswell, Ryan	1	387
Bowman, Bill	R	412
Brakhage, Victoria	5	86
Bromberg, Georgia	4	593
Brown, Charlie	9	640
Brown, Katie E.	1	624
Brown, Katie G.	2	606
Brown, Sean	6	82
Browne, Shannon	1	65
Caine, Lawrence	2	517
Callahan, Chris	5	613
Carden, Melissa	1	731
Carey, Christopher	7	0
Carlton, Bob	7	530
Carter, Adrienne	2	0
Carter, Jason	2	0
Chaffinch, Violet	1	504

Participant	Years	Total
Chandler, Teresa	12	695
Clay, Brad	14	948
Cleveland, Jeff	5	686
Cliett, Stephanie	7	620
Coffin, Diane	R	366
Colpack, Susan	2	437
Colvard, James	R	27
Corrin, LaRonda	1	0
Corrin, Roger	4	223
Cowart, Britney	4	502
Cramer, Robyn	1	627
Cramer, Steve	R	166
Crawford, Katelyn	1	320
Creed, Brad	5	386
Crowson, Bill	5	309
Crunk, Emmagene	R	0
Cutchen, Cindy	R	510
Davis, Grant	R	0
Deffenbaugh, Todd	1	575
Denton, Matt	9	850
Dimicco, Al	4	613
Dixon, Jeff	R	496
Duke, Cindy	6	581
Eason, Sydney	R	274
Edmondson, Laurie	1	870
Elrod, Stacey	1	324
Ennis, Amanda	R	371
Ennis, Matthew	R	536
Epperson, Ashley	R	121
Estes, Cameron	3	182
Estrada, Steven	3	1,117
Evans, Debbie	8	640
Farrell, Ryan	1	796
Fontenot, Misty	5	439
Forbus, Reed	R	134
Ford, Eric	1	401

Participant	Years	Total
Franklin, Shane	10	433
Frederick, Winston	13	669
Freeman, Sheila	5	497
Gayheart, Cheryl	2	569
Gee, Lynique	R	351
Gilbert, Beth	1	480
Goode, Johnny	13	671
Goss, Ange	3	0
Goyal, Rita	1	0
Grady, Carla	3	0
Grainger, Matt	2	775
Gray, Michael	2	438
Griffin, Misty	2	699
Guffey, Michelle	R	208
Haley, Jay	6	85
Hall, Thomas	1	102
Haralson, Danny	12	564
Haralson, Micki	13	380
Hargrave, Alan	14	540
Harrison, Lisa	10	433
Hart, Ed	R	537
Hassinger, Wendy	R	31
Henninger, Alison	7	523
Hess, Alan	R	392
Hogeland, Angie	2	380
Hogstrom, Minda	1	43
Holder, Gene	R	273
Holland, Skylar	3	489
Hood, Alissa	2	0
Hoover, Alison	10	405
Howell, Allen	R	0
Howell, Rachel	R	323
Izard, Melody	3	362
Janowiak, Desirae	1	165
Jenkins, Kaki	8	689
Jones, Stephanie	R	528

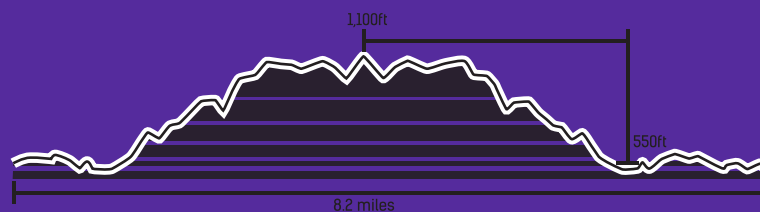
# 1200 MILE CLUB

Participant	Years	Total
Jordan, Ezra	R	531
Kaylor, Sara	R	236
Keefer, Herb	3	0
Keith, Jerry	R	396
Keith, Susan	R	237
Kelley, Robin	8	896
Kemper, Tricia	7	586
Knight, David	2	453
Kornegay, Marla	2	672
Kracke, Robert	R	612
Krick, Stefanie	2	724
Kuhn, Jimmy	14	1,128
Kulp, Loren	6	419
LaFon, Caroline	R	419
Laird, Audrey	7	680
Lamb, Patrick	2	532
Lancaster, Jeff	3	531
Landefeld, Dale	1	509
Langston, Aaron	5	0
Linken, Allen	R	603
Lyda, Beth	2	694
Lyda, John	3	636
Lyle, Randy	13	616
Maddox, Kendall	R	278
Malick, David	8	598
Martin, Sheree	1	202
Mathews, Skip	R	513
Matthews, Jamieson	R	375
McElroy, Catherine	2	657
Merry, Vicki Sue	9	548
Mickens, Cassandra	2	0
Miller, William	1	1,813
Mishra, Anoop	1	636
Mixon, Joshua	R	0
Morris, Gordon	1	492
Morrow, Abigail	R	0
Morrow, Alex	10	0
Muncher, Monica	R	419
Murchison, Reginald	7	881
Newkirk, John Allen	R	91
Noerager, Brett	2	944
Noerager, Felicia	1	587
Northern, Kristie	12	759
Norton, Laura	3	903
Oechslin, Tamara	2	580

Participant	Years	Total
Oehrlein, Kimberly	R	141
Oliver, John	7	271
Orihuela, Carlos	4	632
Ortis, Ellen	3	630
Palmer, Irma	1	446
Parks, Charlie	8	983
Payson, Tabitha	R	254
Payson, Tommy	3	411
Peagler, Shana	9	0
Pearce, Julie	6	215
Pinkerton, Mitchell	R	463
Pitts, Adele	1	474
Plante, David	9	0
Pritchett, Leigh Ann	R	374
Pronath, Katrina	R	339
Randolph, Megan	1	628
Rawson, Brent	4	297
Renfro, Jeff	3	583
Richey, Lori Beth	4	765
Ritchie, Joseph	4	785
Ritchie, Lauren	3	631
Roberson, Kevin	5	429
Robinson, Lyndsey	2	682
Robinson, Tamara	2	0
Rodgers, Jeffrey	4	507
Rodgers, Jessica	1	314
Roper, Lynn	4	584
Rose, Billy	8	1,251
Ross, Cara	1	295
Rutherford, Keith	14	600
Rutledge, Lisa	6	737
Saffold, Joseph	R	541
Sanders, Gwendolyn	3	405
Shaffield, Danny	9	1,641
Sherer, Jeremy	5	524
Sherrell, Jeff	2	812
Shinn, Ronald	8	634
Sides, Dean	4	411
Simpson, Kevin	9	1,443
Sims, Cecelia	2	250
Sloane, Mike	6	520
Smith, Daryl	1	724
Smith, Erin	1	780
Smith, Jason	2	764
Smith, Jerry P.	12	547

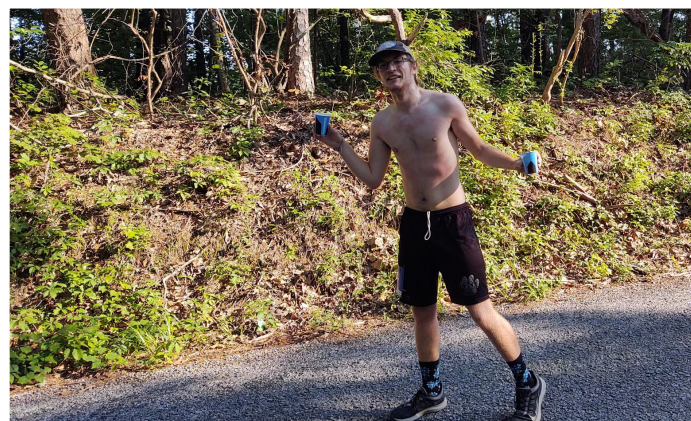
Participant	Years	Total
Soileau, Chester	4	0
Spikings, Matt	1	511
Steele, Julianne	R	0
Stockton, Rick	14	566
Swiney, Elana	R	0
Taylor, Kim	R	555
Taylor, Melissa	R	677
Thompson, Samuel	1	159
Thompson, Sara	4	671
Tomlin, Chace	2	104
Trimble, Jamie	7	698
Tucker, Brian	R	0
Valles, Tina	2	517
Vaughn, Lora	R	220
Wade, Josh	R	0
Waid, David	4	1,126
Waits, John	R	476
Walton, Suzie	R	538
Washington, Monica	1	258
Watkins, Tommy	R	695
Watters, Ana	3	515
Watters, Larkin	2	354
Watters, Robert	7	789
Weaver, Brooke	R	0
Weber, Amy	2	294
Weeks, Lance	2	326
Wende, Adam	7	355
Whatley, Prince	9	562
Wheelis, Taylor	R	528
White, Morgan	1	441
White, Robin	2	778
Wilhite, Thomas	6	316
Williams, Mattie	R	255
Williams, Shanada	1	0
Williams, Shaunda	3	0
Williamson, Rebecca	3	617
Wiseman, Steve	7	683
Woody, Bill	13	764
Wright, Amy	4	291
Wu, Xing	10	358
York, Gary	8	808
Zajac, Jason	3	741
Zapata, Carlos	2	427





# THE 41ST ANNUAL RICK MELANSON PEAVINE FALLS RUN

JULY 4, 2022  
Oak Mountain State Park





# BTC SOCIAL RUN

JUNE 4, 2022





# FEETS OF STRENGTH



Congratulations to **David Waid** for his impressive finishes during the 2022 Eugene Marathon weekend. David ran PR times in both the 5K on April 30 and the marathon (his third) on May 1. David's 17:22 time in the 5K was good enough for first place in his 50-54 age group, as well as 12th place overall. And fresh on the heels of that finish, David ran an impressive 2:48:45 in the marathon, which landed him a second-place finish in his age group (and 84th overall). Both races finished inside the historic Heyward Field. Way to go, David!

Congratulations also are in order for **Jane Durham Smith**, who competed in the 2022 Senior Games in Fort Lauderdale, Florida.

Jane won the gold medal in women's bare bow compound archery for the 65-69 age group. You can read more about the Alabama Senior Olympics (a qualifier for the National Senior Games) in the October 2019 issue of [The Vulcan Runner](#) and about Jane's experience competing in her first Alabama and National Games in the January 2020 issue of [The Vulcan Runner](#).

We love celebrating your accomplishments! [Send us](#) your "feets of strength" (and a photo) to be featured in an upcoming issue of *The Vulcan Runner*.



David Waid



Jane Durham Smith

## BTC EXECUTIVE BOARD MEETING

May 9, 2022

The meeting was called to order by President Hunter Bridwell.

**Attendance:** Hunter Bridwell, Jamie Trimble, Alex Morrow, Vicky Brakhage, Britney Cowart, Kaki Jenkins, Kim Benner, Alan Hargrave, Marla Gruber, Rebecca Williamson, Bradley Wells, and Charles Thompson.

Hunter Bridwell made a motion to approve the minutes of the April 2022 Executive Board Meeting. The motion was seconded by Kaki Jenkins and passed without opposition.

**Membership (Hunter Bridwell)**

We currently have 764 members and 596 memberships.

**Newsletter Editor (Hunter Bridwell)**

The next newsletter publication date will be on June 6, 2022. Please have all content to Julie Pearce by May 23, 2022. Hunter will provide an article for Peavine Falls and Jamie Tribble will prepare a Vice President's Address. We will have a combined July/August newsletter.

**Treasurer (Hunter Bridwell)**

The monthly financial report was sent via email by April Harry. The checking account is lower than normal due to expenses from the Vulcan Run 10K and the annual party.

**Social Committee (Kaki Jenkins and Britney Cowart)**

The big social last month went very well. Maple Street was very easy to work with and we really appreciated the gift baskets they provided for door prizes. Discussion was held regarding promoting BTC membership more at socials and possibly limiting larger door prizes to BTC members only. We plan to have our next mini social on Saturday, June 4, 2022. It will have a sweet and sour theme. Runners can participate by wearing the lemon or peach shorts that have been worn in the past or just wearing yellow vs pink/orange. Marla Gruber offered to send out a link to anyone who wants to order the lemon shorts from Oiselle. June is also Pride month, so Bradley Wells offered to advertise the sale of the BTC Pride shirt. Our next big social will be held in August and the best date was determined to be August 27, 2022. There will also be a July mini social during the World Games on July 16, 2022. We can advertise so runners from out of town can attend.

**Web Master (Hunter Bridwell)**

Please let Michael Greene know if any changes are needed to the BTC webpage.

**Long Run Committee (Marla Gruber)**

Marla will be out of town on Saturday, May 14, 2022, but Jamie Tribble offered to handle morning announcements. We will push for more water stop volunteers and donations.

**Japan Exchange (Rebecca Williamson)**

Mark Jackson is the unofficial Japanese consulate and Rebecca is trying to meet with him to discuss inviting runners from Maebashi to come and participate in one of our races here in Birmingham. Discussion was held regarding raising funds and which race we would invite the runners to participate in if we were to get approval from the city.

**1200 Mile Club (Hunter Bridwell)**

There are still a handful of jackets that have not been picked up from years past. We will need to see about getting an inventory of the remaining jackets.

**USATF Representative (Charles Thompson)**

Charles provided a list of upcoming USATF events.

**Peavine Falls (Hunter Bridwell)**

The race will be held on a Monday this year. Hunter has already completed the necessary paperwork for Oak Mountain State Park. We did reserve Dogwood Pavilion. We will need the same volunteers as last year, so no changes are needed to the volunteer list on RunSignUp. Discussion was held on when to hold packet pick up for the race. We do still plan to do a Saturday morning long run the weekend before Peavine Falls, so it was determined that Saturday would probably be best for packet pick up at the Trak Shak so runners can pick up their packet after the Saturday morning long run.

**Marketing (Alex Morrow)**

We will try to be more active on social media.

**IT Chair (Alan Hargrave)**

We have started receiving donations for water stops through RunSignUp. For promoting BTC memberships at the socials, Alan recommends that we use a QR code so people can just scan it and sign up on their phones.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, June 13, 2022, at 6:00 p.m. Location to be determined.



# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long</a> and <a href="#">Moderate Run Groups</a>	June 11, 2022	6:00 a.m. and 6:30 a.m.
<a href="#">Dan Robinson Memorial 5K/10K/Fun Run (Grant, AL)</a>	June 11, 2022	8:00 a.m.
<a href="#">2022 Sleepy Kraken Runyak Duathlon (2 mile road run, 2 mile paddle [kayak or paddleboard], 2 mile trail run) (Coker, AL)</a>	June 11, 2022	8:00 a.m.
<a href="#">Run, Ride &amp; Rumble for PTSD Awareness 5K</a>	June 11, 2022	9:00 a.m.
<a href="#">BTC Saturday Long</a> and <a href="#">Moderate Run Groups</a>	June 18, 2022	6:00 a.m. and 6:30 a.m.
<a href="#">BTC Saturday Long</a> and <a href="#">Moderate Run Groups</a>	June 25, 2022	6:00 a.m. and 6:30 a.m.
<a href="#">2022 Liberty Day 5K (Columbiana, AL)</a>	June 25, 2022	8:00 a.m.
<a href="#">GSB 20th Special Forces Group (Airborne) 5K and 1 Mile Fun Run (Gadsden, AL)</a>	June 25, 2022	9:00 a.m.
<a href="#">BTC Saturday Long</a> and <a href="#">Moderate Run Groups</a>	July 2, 2022	6:00 a.m. and 6:30 a.m.
<a href="#">BTC Peavine Falls Run (8.2 miles) * BTC Race Series *</a>	July 4, 2022	7:00 a.m.
<a href="#">BTC Saturday Long</a> and <a href="#">Moderate Run Groups</a>	July 9, 2022	6:00 a.m. and 6:30 a.m.
<a href="#">BTC Saturday Long</a> and <a href="#">Moderate Run Groups</a>	July 16, 2022	6:00 a.m. and 6:30 a.m.
<a href="#">BTC Saturday Long</a> and <a href="#">Moderate Run Groups</a>	July 23, 2022	6:00 a.m. and 6:30 a.m.
<a href="#">BTC Saturday Long</a> and <a href="#">Moderate Run Groups</a>	July 30, 2022	6:00 a.m. and 6:30 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:

--	--

	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**