



BIRMINGHAM TRACK CLUB
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THE VULCAN RUNNER

July 2022 7



SEVEN ON SEVEN IN 7.7

By Mike Sloane

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SEVEN ON SEVEN IN 7.7

“Bom Dia” (bom GEE-a) was about all the Portuguese I could muster as I made my way to the hotel lobby for a 4am bus ride to the starting line of the 20th annual Rio de Janeiro marathon on Sunday, June 19, 2022. My 3 am alarm terminated a light and intermittent sleep, which had been compromised by anxiety and loud music until 10 pm, followed by some raucous singing well past midnight on this weekend following Brazil’s national holiday of Corpus Christi.

A quick glance out the balcony overlooking Copacabana Beach revealed a light rain as had been forecast. I donned my race-day gear, including my trusty Hokas, as the water for my oatmeal was starting to boil. Oatmeal and a muffin are my pre-marathon ritual foods (probably sacrilegious for experienced runners, but it works for me!). I packed some GU gels, sport beans, Nunn tablets, and an empty water bottle in my fuel belt, and off I went down to the lobby where some other rudimentary refreshments and fruit were available for runners. The 20 marathoners in our tour group boarded a chilly bus that took us to the 5 am start in Botafogo.

There were some serious runners in our group. Several had completed all of the World majors, a few were already members of the Seven Continents Club, and some had conquered some of the most challenging marathons in the world such as The Great Wall Marathon in China, the Everest Marathon (which starts at Mount Everest Base Camp), The Petra Desert Marathon in Jordan, the Australian Outback Marathon, the Patagonia International Marathon in Chile, The Polar Circle Marathon in Greenland, Big Sur International Marathon, the Thunder Dragon Marathon in Bhutan, and the Amazing Maasai Marathon in Kenya. My previous marathons, on the other hand, were carefully chosen based on flat courses, reasonable temperatures, and my work schedule. After dropping off my gear-check bag, I made it to the starting corral to join 6,999 of my closest new running buddies! (18,000 had done the half-marathon the previous day, including 17 from our tour group). Temperatures were in the high 60’s with light rain as we awaited the start. As I always remark to myself before starting any race, “It seemed like a good idea when I was signing up!”

The Rio Marathon was my seventh and final installment of a quest to complete a marathon on all seven continents. The quest crystalized after my first two or three. I started running late in life, at age 58, after a kick-in-the-head diagnosis of Type II diabetes back in 2013. Though very involved in competitive sports growing up in Ireland (Gaelic football, soccer, track & field and most intensely, rugby) and playing rugby for Northwestern in the Big 10 (club sport) as a graduate



student, those years were followed by 30 years of inactivity, poor eating, and surprise, surprise -- weight gain. In response to my diagnosis, I started eating more healthy foods, walking and running short distances at the UAB Campus Recreation center. I was also empowered by Danny Haralson’s Couch to 10k program that prepped me for my first Vulcan Run 10k.

My first 5k was UAB’s Annual National Alumni Society Scholarship Run 5k in 2013, the noble goals for which were to: not die, finish the race, complete it under 40 minutes, and not have to walk any part of the course, in that order of priority. Check! Check! Check! And Check! I

gradually built up my endurance and put my name in the lottery for the Chicago marathon, one of the World Majors, in October of 2014. Luckily, I got a spot and joined 45,000 other runners for this iconic race through Chicago’s ethnic neighborhoods. Finishing one’s first marathon is an intense, emotional experience for anyone at any age, and I was no exception. My post-race exhilaration was tempered by leg pain that left me barely able to walk, but I took satisfaction in the fact that it would eventually dissipate.

Finishing a first marathon for some represents an end-goal, crowning achievement, bucket-list item not to be repeated. For me, knowing that I could finish a marathon, got me thinking that I could try another elsewhere. I have always enjoyed traveling, so the idea of combining some sight-seeing, brief immersion in another culture, and completing a marathon grew in appeal. I had always wanted to travel to Iceland, so I ran the Reykjavik Islandsbanka Marathon on August 20, 2016, thereby knocking out my European marathon. After that, I successfully applied for BTC’s Japan program with our sister city, Maebashi and completed that marathon with three Birmingham colleagues on April 23, 2017 (a travelogue we wrote on that trip appeared in the June 2017 issue of [The Vulcan Runner](#)).



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SEVEN ON SEVEN IN 7.7

Somewhere along the way, I became aware of the Seven Continents Club, and I started thinking about the idea of doing a marathon on all seven continents. Needless to say, the elephant in the room was Antarctica! I figured that if I could finish a marathon in Antarctica, I would then be able to finish races on the remaining continents. I had seen some spectacular photographs and had heard riveting accounts of Antarctica from faculty colleagues in UAB's Biology department who have visited annually for many years to conduct research at the Palmer and McMurdo Research Stations. After some internet searching, I came across Marathon Tours & Travel that had been organizing a marathon in Antarctica for many years, so I signed up to participate. At the time, there was a two- or three-year waiting list. While a spot opened up a year before my planned trip for 2019, I was nowhere near ready in my training, so I opted to stick to my designated March 2019 slot.

In December 2018, and again in January and February of 2019, I had the opportunity to do some training in Chicago along the lakefront in subzero and windy conditions. That'll get you ready for anything! The Antarctica trip was phenomenal, with the marathon itself becoming almost secondary to the whole experience. Weather conditions on my March 18 race day were actually much milder than my Chicago training days, as the temperature was just at freezing at the starting line, and we didn't encounter any blizzard conditions as we completed four loops between the Chinese and Uruguayan Research Stations, a story for another day.



Invigorated with having completed my Antarctica marathon, I ran the Sunshine Coast marathon in Mooloolaba, north of Brisbane, Australia on August 4 that same year. I was lucky to have completed the Carthage International marathon in Carthage, Tunisia for my African continent category on February 23, 2020, before COVID

disrupted life as we knew it. I had signed up for a marathon on Easter Island (belongs to Chile) scheduled for June 2020 to finish my last remaining continent, South America. Of course, that 2020 race was canceled as the whole island, which is in the middle of the Pacific Ocean, was closed off to all outsiders. The 2021 race also was canceled, but there was some hope for the June 6, 2022 race as islanders voted to open things back up in March or April. However, the fate of the 2022 race was dictated by LATAM airlines (the only airline with passenger service to Easter Island), which decided to resume flights on July 1, 2022 -- less than a month too late for the race. That left me with a few months of training possibly going to waste, as had happened in 2021, and so I looked around for alternative races in South America.



I saw that the Rio de Janeiro Marathon was set for June 19, and Marathon Tours was offering a package, so I jumped on that opportunity. My major concerns were the temperature and time limit (us old-timers have to worry about these things, though fortunately I haven't had to keep the balloon lady company yet!). Although at the Fall-Winter transition for Brazil, usual temperatures in Rio were in the low 70s, I had struggled to reach my long-run targets (16-20 miles) dictated by my trusty training schedule I had used to prepare for all my previous marathons. Definitely, there was some cheating going on during my long Sunday afternoon workouts at the Campus Rec Center, which of course, was also poor preparation for a sunny outdoor marathon!



So, here I was standing in the rain and darkness in Botafogo at the start of the Rio Marathon. It was all mental at this stage. Finishing would complete my Seven Continents quest. Age was catching up to me. There was no alternative. I just had to finish, and finish within the time limit. Marathon Tours placed us in a VIP coral not too far

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SEVEN ON SEVEN IN 7.7

behind the corals with the elite runners, so our wave was scheduled to go off at 5:20 am. Alas, more time for alternating thoughts of self-doubt, nervousness, and self-motivation. Finally, we inched over the starting pads. No turning back now!

The 5am start was to avoid the potential intense heat of Rio. We were running in darkness for the first hour or so as the course wound its way northward through Botafogo and Flamengo (sacred names for soccer fans!) and through some of the city center. Patches of slick, brick-paved roads and very sharp turns between narrow, barricaded routes were the order of the day on this part of the course. After a few kilometers, there was an onslaught of fast and serious runners who had started behind the VIP corrals. Think Pamplona bull runs! As the 10ks clicked by, I grew in confidence as my legs and other body systems seemed to be holding up. Luckily, the rain, which waxed and rained in intensity, served the purpose of keeping the temperatures just below 70. By the half-way point - about the middle of our first pass by Copacabana Beach - I was happy with my time and progress, and I believed that, even with a very slow second half, I would make the time limit. Needless, to say, anything could happen in the interim, so I soldiered on.

Water stops every 3-4k or so had sealed containers of water kept in large vats of ice so they were welcome as cool drinks and mini head showers. By the time we reached Ipanema Beach and a major turnaround at Leblon, a downpour had started, and puddles and surface water made for tough sledding. Conditions were so bad that I had to just let go, embrace the experience, get in the flow, and enjoy! We were all in the same boat, so as is often the case, there was great encouragement and motivation from fellow runners. Nationalities, ethnicities, languages, religions, and politics melted away in our united quest to brave the elements and conquer our personal goals. The Atlantic waves were huge, and some folks couldn't resist selfies along the way. Surf definitely was up!

Though one of the most picturesque marathons in the world with the beaches of Leblon, Ipanema, and Copacabana on one side, and the majestic Serra do Mar mountains rising inland on the other, I didn't

pay too much attention to my distant surroundings. I never wear ear-pods, listen to music or anything else, either in training or in races. Just me, immersed in the immediate surroundings with my fellow runners, and my thoughts for the next kilometer.

In the last 5k, I was confident not only of finishing within the time limit but achieving a time close to my previous marathons. That motivated me to keep cranking. With about 1.5k to go, I was passed by Inge Haugen, a 78-year-old Norwegian buddy of mine in our tour group, who holds the Norwegian record for the most marathons (630+). Inge ended up beating me by two minutes. He hasn't completed a marathon on each of the seven continents yet though! Just saying! Alas, I didn't have anything left in the tank for a counter move. Upon completion of the Rio Marathon, Inge and his two fellow Norwegians in our group completed 1,000 marathons between them.

The corridor of rain-soaked, hearty fans along the finish chute and the lure of the finish line canopy demanded a semi-sprint, so I obliged. As I crossed the last pad, a few tears flowed, as they had in Antarctica. My quest was finished: seven on seven in 7.7 years. Até logo!



PRESIDENT'S ADDRESS

By Hunter Bridwell



I need to start this month's address by thanking all our amazing volunteers and sponsors who helped make the 41st running of the Rick Melanson Peavine Falls Run possible! Unless you've directed a race or have been heavily involved in coordinating volunteers for an event, it's hard to understand exactly how much these folks matter to a race. We appreciate the support provided by TherapySouth and The Trak Shak and what a positive effect that support has on our ability to provide races, social runs, and other events during the year.

We had an awesome group of volunteers this year at Peavine, coordinated by Kim Benner. They made sure our runners had hydration, food after the race, and helped with packet pickup and setting up and breaking down all the equipment needed for the race.

Check out some additional Peavine Falls pictures and information later in the newsletter. Thanks again to everyone that came out. There's no better way to kick off Independence Day!

Get Involved with the BTC

If you enjoy running with the BTC, consider getting more involved in one of our board positions. We always like to see fresh faces getting more involved. 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 vicepresident@birminghamtrackclub.com or president@birminghamtrackclub.com, respectively. Our board members help keep our club moving forward!

What's Up Next?

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](#). We'll also be having more social runs on the books each month. Keep an eye out for those and join us for a run followed by some eats and drinks, free of charge!

Go ahead and get a jump on registration for The Vulcan Run 10k, to be held Saturday, November 5th – [Sign Up Here!](#)

Stay hydrated during these hot months and stay safe on the roads and trails!

Hunter Bridwell
BTC President

TherapySOUTH WELLNESS PROGRAMS

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

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



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"The Vulcan Runner" Newsletter
Japan Exchange Program

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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.

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Race Results

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



PEAVINE FALLS RECAP



The BTC kicked off Independence Day with the 41st running of the Rick Melanson Peavine Falls Run at Oak Mountain State Park. The overall male and female winners of this year's race were **Gatlin Holland** and **Ann Stalvey**, respectively. You can check out full race results [HERE](#). We thank all participants, as well as our sponsors and volunteers for making this another great event!



MEDICATIONS AND MILES:

Keeping the Bar High and Blood Pressure Low

By Charles Pitts, 2025 Pharm.D. Candidate and Kim Benner, Pharm.D.



We live in a world where low numbers are sometimes more desirable than their higher counterparts: lower prices, stress levels, and mile times are a few things that accrue value as they decrease, not increase. Blood pressure numbers also fit into this category. While blood pressure can certainly be too low, it is more common for people to struggle to keep high blood pressure at bay. A diagnosis of high blood pressure, or hypertension, can sometimes be delayed or avoided through healthy lifestyle habits, such as partaking in a healthy diet and exercising regularly. However, for some individuals, experiencing hypertension is inevitable. Fortunately, many medications are available to treat hypertension. Less fortunately, some of these treatments can have negative effects on exercise performance. Not every medication has these negative effects, so it is good to be aware of the options available when dealing with hypertension.

One medication for hypertension is a class of drugs called calcium channel blockers. This class of drugs can further be divided into two subgroups: dihydropyridine (DHP) calcium channel blockers and non-dihydropyridine (non-DHP) calcium channel blockers. Both subgroups have little to no negative impact on exercise. This is because neither of these drugs lower the amount of oxygen available in the body.¹ The difference between these two classes of drugs lies in how and where the medication has an effect in the body.

DHP calcium channel blockers act by dilating the blood vessels. This results in less pressure from the blood pushing against the walls of the blood vessels.² This effect is analogous to drinking out of a wide straw as opposed to drinking out of a coffee stirring straw. The wide straw takes less pressure to drink through so less energy needs to be dedicated to drinking with that straw.

Non-DHP calcium channel blockers have a different mechanism of action on the body. These drugs decrease the heart rate, but the total amount of blood being pumped throughout the body remains unchanged. This is due to the heart's ability to increase the amount

of blood in each heartbeat, maintaining normal levels of oxygen in the body. This steady level of oxygen results in less impact of the medication on endurance when exercising.¹ And due to the steadier flow of blood through the blood vessels, overall blood pressure is still decreased.

| Drug Class | Brand Name | Generic Name |
|----------------------------------|------------|--------------|
| DHP-Calcium Channel blockers | Norvasc | amlodipine |
| | Procardia | nifedipine |
| | Plendil | felodipine |
| | DynaCirc | isradipine |
| | Cardene | nicardipine |
| | Nimotop | nimodipine |
| | Sular | nisoldipine |
| Non-DHP Calcium Channel blockers | Calan | verapamil |
| | Cardizem | diltiazem |

Both DHP and Non-DHP calcium channel blocker drugs have possible adverse effects that can occur when taking these medications. Constipation, fatigue, dizziness, headache, nausea, and swelling of the legs and feet are some of the most common adverse effects.⁴ Some of these, such as constipation, can be problematic for patients so try to stay well hydrated and eat plenty of fiber and vegetables to stay regular. If you are taking a calcium channel blocker and experience any of these adverse effects in a more extreme measure than what may be usual for you, it is important to call your health care professional or pharmacist and discuss options.

To summarize, not everyone will have to worry about hypertension, but for some of us it is simply unavoidable. Hypertension does not have to be a barrier to maintaining an active lifestyle. Thanks to drugs such as DHP and Non-DHP calcium channel blockers, hypertension can be treated without adverse consequences to athletic performance.

Sources:

1. Kindermann W. Calcium antagonists and exercise performance. *Sports Med.* 1987;4(3):177-193. doi:10.2165/00007256-198704030-00003
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4. Calcium Channel Blockers. Drug Class Overviews. Accessed May 17, 2022. <https://www-clinicalkey-com.ezproxy.samford.edu/pharmacology/resources/overviews?id=1216745#AdverseReactions>

BTC SOCIAL RUN

SATURDAY, AUGUST 27



SAVE THE DATE FOR OUR NEXT

BTC SOCIAL

SATURDAY, AUGUST 27



Be sure to wear
ALL of your
Buc-ee's gear!!

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COMMUNITY CORNER

By Jennifer Andress, Homewood City Council, Chair of the Red Mountain Greenway Recreational Area Commission, Former BTC President

Greetings and Happy Summer, BTC!



I have some beautiful illustrations to share with you for ongoing and projected projects.

First up is a new cohesive signage system coming to the Red Rock trail system, of which Homewood's Shades Creek Greenway is a vital portion. This signage system, including mile markers, is starting on the Shades Creek Greenway, the Hugh Kaul Trail/Jones Valley Corridor and the Five Mile Creek Greenway in Gardendale.



Next is the new logo and signage at Red Mountain Park. You can see our beautiful new entrance sign at Lakeshore/Frankfurt and Venice Road, as well as a smaller hillside sign at the Frankfurt entrance. The website has been updated, and Yellowhammer Creative is offering a campaign of shirts, tote bags, hats and

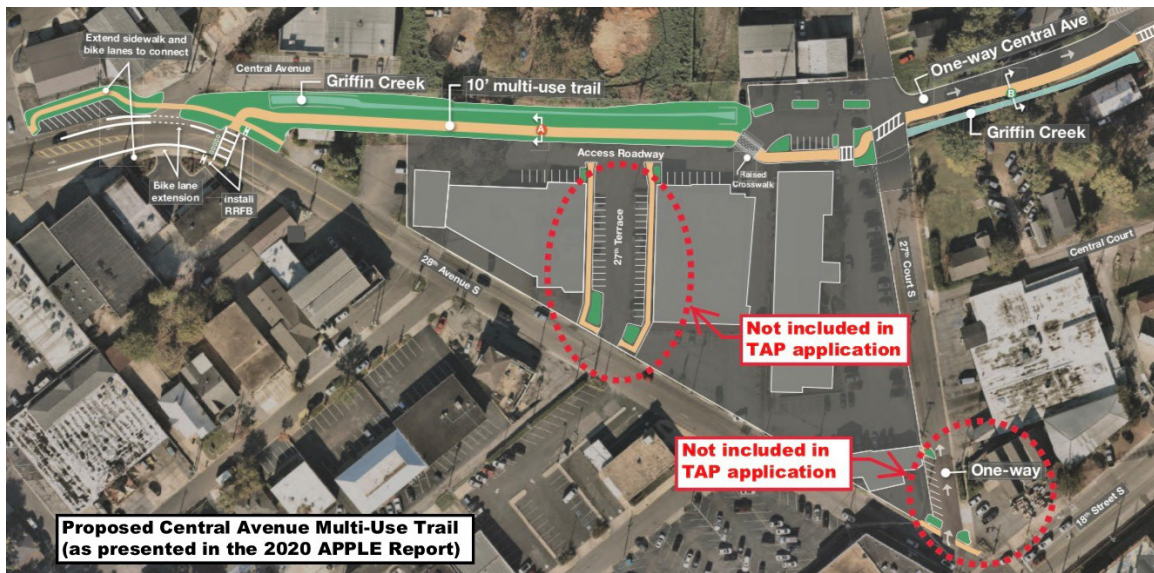
stickers, available at www.yellowhammer.org/rmp. As Homewood's own Jane Reed Ross, Landscape Architect with GMC, said, "the steel beams reflect our steel history and layers of rock."



The City of Homewood has been working on a new sidewalk along Sautler Road, and it will conclude at a new park, pictured here. This park is being designed by the aforementioned Jane Reed Ross. We will hold public input meetings to gather resident input, so stay tuned for those dates.

We also have applied for a grant to develop a new greenway beside Central Avenue along Griffin Creek, connecting Central Park to Spring Park, and eventually to the City of Birmingham

at Valley Avenue. You can see the proposal in the illustration, and I will update you on our progress with that grant request. We also are underway with an APPLE study with the Regional Planning Commission for the Highway 31 corridor, to apply for an ALDOT grant for better pedestrian access and safer intersections from Old Montgomery Highway to Ventura Avenue. That application will go out this fall.



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COMMUNITY CORNER

And speaking of the Shades Creek Greenway/Lakeshore Trail (initially designed by....Jane Reed Ross!), we are finally scheduled to go out to bid for Phase 2 on July 29. This will be another 1.25 miles along Shades Creek, heading westward.

And have you seen the improvements we have done along Green Springs Highway? We have worked with Kimley Horn to improve crosswalks and add greenery and bike lanes. The bike lanes will be added last, and then the next phase will connect the Broadway to the Shades Creek Greenway on the east side of Green Springs.

That's all for now! Remember to use sidewalks when they are provided, run facing traffic, light yourself up when running in the dawn or dusk, and ditch those ear buds!



MAEBASHI UPDATE

By Rebecca Williamson, Japan Exchange Program

Thank you to everyone who sent good wishes to Birmingham's Sister City of Maebashi, Japan for Maebashi Day on July 3. We sent your wishes to Maebashi, and in return, we received wishes from the citizens of Maebashi. In keeping with the traditions of the city's Tanabata Festival, the wishes were displayed together as traditional decorations during the Tanabata Festival period. Maebashi's wishes for the City of Birmingham were displayed in our beautiful Japanese garden at the Birmingham Botanical Gardens.



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:

Stephen Adwell
Melissa Carden
Hannah Cox
Meg Gore
Brandi Hilson

Stephen Hilson
Sarah Jensen
Chloe Jepson
Liz Johnson
Justin Katzman

Mitchell Pinkerton
Janis Posey
Cassidy Romans
Lynn Roper
Danny Shaffield

Kim Taylor
Tre Thomas
Nick Toth
Shaunda Williams
Brian Wright

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.

SPECIAL THANK YOU!

We want to thank our friends at Andrews Sports Medicine for their generosity in donating our new medical tent.

We unleashed it for the first time at the Peavine Falls Run on July 4th! This was especially great timing, as we had to toss out our previous medical tent after Statue to Statue because it had reached the end of its useful life. Thanks to Ron Rickel and Dr. Rachel Henderson from Andrews for helping to coordinate and making the tent donation happen!



INCREASING ANKLE MOBILITY MAY BRING RELIEF TO ACHILLES TENDONITIS AND PLANTAR FASCIITIS

By Hannah Cox, DPT, Therapy South, Dry Needling practitioner, RRCA- Level 1



This past spring, I had a considerable caseload of clients who had Achilles tendonitis and plantar fasciitis. Many of these runners were trying to self-manage with consistent calf stretching, strengthening exercises, and massage with different tools. These athletes also were taking extra time for proper warm-ups and cool-downs, decreasing their training volume or taking several days off to rest. Despite all this, Achilles tendonitis and plantar fasciitis were starting to set in and threaten their running seasons. What did all these runners have in common? Limited ankle mobility!

There are two primary causes for limited range of motion: muscular restrictions and joint capsule stiffness. Athletes may have one or both. In many instances this spring, my runners had stiffness of the joint capsule. Therefore, no matter how much they stretched, they were not improving the maximal flexibility of the calf muscle, nor improving the range of motion in the affected ankle. However, once my patients included joint mobilization into their weekly (or even daily) routines, they began to see improvements in their symptoms and performance.

Each joint in our body is surrounded by a joint capsule. The best metaphor for this capsule is to think of it like plastic wrap. The joint, just like plastic wrap, has the ability to stretch and conform around different shapes and surfaces. In fact, the joint capsule was designed to stretch to allow for full range of motion of every

joint. When the capsule stretches and moves, the inner lining of the capsule produces synovial fluid. The synovial fluid is viscous – it essentially coats the joint in “natural WD-40” that provides nutrition to articular surfaces in the joint and improves the smoothness of joint motion.

Even if you don’t have an injury looming, this self-mobilization technique is great to add before your warm-up or on your stretching days.

First, you need a strong resistance band. Often, I tell my patients to head to a local sporting goods store or look on Amazon for a “pull-up assist band.” Colors and pounds per force vary by company, but you will need a band that is about 1.5-2 inches in width. Anchor one end of the band to something strong, like a treadmill or a support pole in your garage. Next, you will transition to a half-kneeling position, with the involved ankle in front. Put your ankle inside the band, with the band touching the front of the ankle. The best placement is where the top seam of a no-show sock and your skin meet.

Now for the mobilization: keeping your foot on the ground, move your knee forward towards your toes. You should feel a deep stretch in the ankle. If you feel a stretch like a “Chinese finger trap,” then you have successfully mobilized the ankle joint capsule. Gently return to the starting position and repeat slowly for thirty repetitions.



Blue Spirulina Smoothie

By: Rebecca Williamson

For years, we have known about the benefits of spirulina -- the blue green algae that is considered a superfood. It is rich in protein, vitamins, minerals, carotenoids and antioxidants. It is something we all should add to our diets, especially those of us who are plant-based. I recently was introduced to blue spirulina on a recent trip, and I am in love! Unlike the blue green spirulina (which is really just green), blue spirulina does not have the fishy taste of the green version. This is great because even though I know of all the benefits of spirulina, it often is hard to consume. Blue spirulina added to milks – whether they are dairy or plant-based, smoothies and yogurts makes for a perfect summer treat. Enjoy!

BLUE SPIRULINA SMOOTHIE:

- Two tsp. blue spirulina
- One frozen banana (or other frozen fruit)
- 3.4 c. oat or almond milk

Blend until creamy, stir in chia seeds, and top with coconut flakes and cacao nibblits.



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!



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 July 24, 2022 are listed below.

| Participant | Years | Total |
|---------------------|-------|-------|
| Abernathy, Darrin | 1 | 385 |
| Adwell, Stephen | 1 | 735 |
| Ahmed, Kabeer | 3 | 787 |
| Altobella, Janet | R | 773 |
| Anderson, Kerri | 5 | 347 |
| Bailey, Brittany | R | 764 |
| Barton, Tabitha | R | 566 |
| Bayush, Tori | 3 | 834 |
| Benner, Kim | 9 | 788 |
| Benson, Wayne | 8 | 586 |
| Bishop, Jamie | R | 468 |
| Blackmon, Christina | R | 261 |
| Blackmon, Kim | 1 | 740 |
| Boackle, Larry | 5 | 300 |
| Boackle, Tomie Ann | 1 | 0 |
| Booher, Lisa | 10 | 596 |
| Bookout, Jason | 3 | 948 |
| Bookout, Kimberly | 3 | 1,060 |
| Borie, Tuck | R | 0 |
| Boswell, Ryan | 1 | 513 |
| Bowman, Bill | R | 490 |
| Brakhage, Victoria | 5 | 86 |
| Bromberg, Georgia | 4 | 887 |
| Brown, Charlie | 9 | 792 |
| Brown, Katie E. | 1 | 777 |
| Brown, Katie G. | 2 | 746 |
| Brown, Sean | 6 | 203 |
| Browne, Shannon | 1 | 65 |
| Caine, Lawrence | 2 | 624 |
| Callahan, Chris | 5 | 613 |
| Carden, Melissa | 1 | 897 |
| Carey, Christopher | 7 | 0 |
| Carlton, Bob | 7 | 640 |
| Carter, Adrienne | 2 | 0 |
| Carter, Jason | 2 | 0 |
| Chaffinch, Violet | 1 | 615 |

| Participant | Years | Total |
|-------------------|-------|-------|
| Chandler, Teresa | 12 | 810 |
| Clay, Brad | 14 | 1,119 |
| Cleveland, Jeff | 5 | 837 |
| Cliett, Stephanie | 7 | 750 |
| Coffin, Diane | R | 568 |
| Coleman, Tim | 4 | 876 |
| Colpack, Susan | 2 | 548 |
| Colvard, James | R | 27 |
| Corrin, LaRonda | 1 | 0 |
| Corrin, Roger | 4 | 223 |
| Cowart, Britney | 4 | 604 |
| Cramer, Robyn | 1 | 763 |
| Cramer, Steve | R | 233 |
| Crawford, Katelyn | 1 | 484 |
| Creed, Brad | 5 | 594 |
| Crowson, Bill | 5 | 385 |
| Crunk, Emmagene | R | 0 |
| Cutchen, Cindy | R | 597 |
| Davis, Grant | R | 0 |
| Deffenbaugh, Todd | 1 | 696 |
| Denton, Matt | 9 | 1,050 |
| Dimicco, Al | 4 | 722 |
| Dixon, Jeff | R | 632 |
| Duke, Cindy | 6 | 686 |
| Eason, Sydney | R | 274 |
| Edmondson, Laurie | 1 | 1,053 |
| Elrod, Stacey | 1 | 404 |
| Ennis, Amanda | R | 489 |
| Ennis, Matthew | R | 719 |
| Epperson, Ashley | R | 121 |
| Estes, Cameron | 3 | 905 |
| Estrada, Steven | 4 | 1,351 |
| Evans, Debbie | 8 | 948 |
| Farrell, Ryan | 1 | 936 |
| Fontenot, Misty | 5 | 534 |
| Forbus, Reed | R | 134 |

| Participant | Years | Total |
|--------------------|-------|-------|
| Ford, Eric | 1 | 401 |
| Franklin, Shane | 10 | 535 |
| Frederick, Winston | 13 | 797 |
| Freeman, Sheila | 5 | 601 |
| Gayheart, Cheryl | 2 | 677 |
| Gee, Lynique | R | 412 |
| Gilbert, Beth | 1 | 650 |
| Goode, Johnny | 13 | 891 |
| Goss, Ange | 3 | 0 |
| Goyal, Rita | 1 | 0 |
| Grady, Carla | 3 | 0 |
| Grainger, Matt | 2 | 936 |
| Gray, Michael | 2 | 583 |
| Griffin, Misty | 2 | 831 |
| Guffey, Michelle | R | 208 |
| Haley, Jay | 6 | 85 |
| Hall, Thomas | 1 | 102 |
| Haralson, Danny | 12 | 645 |
| Haralson, Micki | 13 | 380 |
| Hargrave, Alan | 14 | 642 |
| Harrison, Lisa | 10 | 516 |
| Hart, Ed | R | 636 |
| Hassinger, Wendy | R | 31 |
| Henninger, Alison | 7 | 625 |
| Hess, Alan | R | 589 |
| Hogeland, Angie | 2 | 380 |
| Hogstrom, Minda | 1 | 43 |
| Holder, Gene | R | 481 |
| Holland, Skylar | 3 | 591 |
| Hood, Alissa | 2 | 0 |
| Hoover, Alison | 10 | 405 |
| Howell, Allen | R | 0 |
| Howell, Rachel | R | 382 |
| Izard, Melody | 3 | 458 |
| Janowiak, Desirae | 1 | 165 |
| Jenkins, Kaki | 8 | 1,063 |

1200 MILE CLUB

| Participant | Years | Total |
|---------------------|-------|-------|
| Jones, Stephanie | R | 637 |
| Jordan, Ezra | R | 627 |
| Kaylor, Sara | R | 236 |
| Keefer, Herb | 3 | 0 |
| Keith, Jerry | R | 438 |
| Keith, Susan | R | 237 |
| Kelley, Robin | 8 | 1,066 |
| Kemper, Tricia | 7 | 705 |
| Knight, David | 2 | 565 |
| Kornegay, Marla | 2 | 704 |
| Kracke, Robert | R | 612 |
| Krick, Stefanie | 2 | 832 |
| Kuhn, Jimmy | 15 | 1,364 |
| Kulp, Loren | 6 | 611 |
| LaFon, Caroline | R | 592 |
| Laird, Audrey | 7 | 767 |
| Lamb, Patrick | 2 | 618 |
| Lancaster, Jeff | 3 | 660 |
| Landefeld, Dale | 1 | 623 |
| Langston, Aaron | 5 | 0 |
| Linken, Allen | R | 699 |
| Lyda, Beth | 2 | 839 |
| Lyda, John | 3 | 775 |
| Lyle, Randy | 13 | 1,182 |
| Maddox, Kendall | R | 278 |
| Malick, David | 8 | 711 |
| Martin, Sheree | 1 | 202 |
| Mathews, Skip | R | 628 |
| Matthews, Jamieson | R | 394 |
| McElroy, Catherine | 2 | 793 |
| Merry, Vicki Sue | 9 | 670 |
| Mickens, Cassandra | 2 | 0 |
| Miller, William | 1 | 2,171 |
| Mishra, Anoop | 1 | 754 |
| Mixon, Joshua | R | 0 |
| Morris, Gordon | 1 | 600 |
| Morrow, Abigail | R | 0 |
| Morrow, Alex | 10 | 0 |
| Muncher, Monica | R | 531 |
| Murchison, Reginald | 7 | 1,025 |
| Newkirk, John Allen | R | 91 |
| Noerager, Brett | 2 | 1,186 |
| Noerager, Felicia | 1 | 700 |
| Northern, Kristie | 12 | 922 |
| Norton, Laura | 3 | 1,087 |

| Participant | Years | Total |
|----------------------|-------|-------|
| Oechslin, Tamara | 2 | 674 |
| Oehrlein, Kimberly | R | 141 |
| Oliver, John | 7 | 363 |
| Orihuela, Carlos | 4 | 749 |
| Ortis, Ellen | 3 | 752 |
| Palmer, Irma | 1 | 446 |
| Parks, Charlie | 8 | 983 |
| Payson, Tabitha | R | 254 |
| Payson, Tommy | 3 | 508 |
| Peagler, Shana | 9 | 0 |
| Pearce, Julie | 6 | 215 |
| Pinkerton, Mitchell | R | 571 |
| Pitts, Adele | 1 | 578 |
| Plante, David | 9 | 582 |
| Pritchett, Leigh Ann | R | 434 |
| Pronath, Katrina | R | 385 |
| Randolph, Megan | 1 | 765 |
| Rawson, Brent | 4 | 382 |
| Renfro, Jeff | 3 | 711 |
| Richey, Lori Beth | 4 | 885 |
| Ritchie, Joseph | 4 | 973 |
| Ritchie, Lauren | 3 | 774 |
| Roberson, Kevin | 5 | 523 |
| Robinson, Lyndsey | 2 | 782 |
| Robinson, Tamara | 2 | 1,097 |
| Rodgers, Jeffrey | 4 | 604 |
| Rodgers, Jessica | 1 | 314 |
| Roper, Lynn | 4 | 717 |
| Rose, Billy | 8 | 1,518 |
| Ross, Cara | 1 | 295 |
| Rutherford, Keith | 14 | 700 |
| Rutledge, Lisa | 6 | 885 |
| Saffold, Joseph | R | 541 |
| Sanders, Gwendolyn | 3 | 842 |
| Shaffield, Danny | 9 | 1,963 |
| Sherer, Jeremy | 5 | 626 |
| Sherrell, Jeff | 2 | 943 |
| Shinn, Ronald | 8 | 701 |
| Sides, Dean | 4 | 560 |
| Simpson, Kevin | 9 | 1,703 |
| Sims, Cecelia | 2 | 432 |
| Sloane, Mike | 6 | 520 |
| Smith, Daryl | 1 | 863 |
| Smith, Erin | 1 | 928 |
| Smith, Jason | 2 | 922 |

| Participant | Years | Total |
|---------------------|-------|-------|
| Smith, Jerry P. | 12 | 640 |
| Soileau, Chester | 4 | 0 |
| Spikings, Matt | 1 | 639 |
| Steele, Julianne | R | 0 |
| Stockton, Rick | 14 | 694 |
| Swiney, Elana | R | 0 |
| Taylor, Kim | R | 658 |
| Taylor, Melissa | R | 1,059 |
| Thompson, Samuel | 1 | 159 |
| Thompson, Sara | 4 | 825 |
| Tomlin, Chace | 2 | 209 |
| Trimble, Jamie | 7 | 846 |
| Tucker, Brian | R | 463 |
| Valles, Tina | 2 | 617 |
| Vaughn, Lora | R | 220 |
| Wade, Josh | R | 0 |
| Waid, David | 5 | 1,350 |
| Waits, John | R | 580 |
| Walton, Suzie | R | 704 |
| Washington, Monica | 1 | 258 |
| Watkins, Tommy | R | 843 |
| Watters, Ana | 3 | 924 |
| Watters, Larkin | 2 | 493 |
| Watters, Robert | 7 | 974 |
| Weaver, Brooke | R | 0 |
| Weber, Amy | 2 | 324 |
| Weeks, Lance | 2 | 348 |
| Wende, Adam | 7 | 439 |
| Whatley, Prince | 9 | 649 |
| Wheelis, Taylor | R | 641 |
| White, Morgan | 1 | 441 |
| White, Robin | 2 | 1,077 |
| Wilhite, Thomas | 6 | 416 |
| Williams, Mattie | R | 255 |
| Williams, Shanada | 1 | 0 |
| Williams, Shaunda | 3 | 0 |
| Williamson, Rebecca | 3 | 792 |
| Wiseman, Steve | 7 | 815 |
| Woody, Bill | 13 | 884 |
| Wright, Amy | 4 | 291 |
| Wu, Xing | 10 | 575 |
| York, Gary | 8 | 986 |
| Zajac, Jason | 3 | 794 |
| Zapata, Carlos | 2 | 522 |

SHOW US YOUR BTC GEAR



SHOW US YOUR BTC GEAR

Road Runners Club of America



A group of BTC runners landed on the cover of this year's RRCA Annual Report!



BTC EXECUTIVE BOARD MEETING

June 13, 2022

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Julie Pearce, Vicky Brakhage, Cameron Estes, Kelly Sims, Alex Morrow, Rebecca Williamson, and Michael Greene.

A vote was not held regarding approval of the minutes from the May Executive Board Meeting, as there were not enough executive board members present to vote.

Japanese Echange (Rebecca Williamson)

We are still collecting well-wishes to send to Maebashi. Please have those turned in to Rebecca Williamson by June 16, 2022. We are still looking into what will be needed to invite runners from Maebashi to Birmingham to participate in the Mercedes Marathon, Half-Marathon, or 5K.

Membership (Cameron Estes)

We currently have 760 members and 596 memberships.

Newsletter Editor (Julie Pearce)

We plan to combine July and August into one newsletter to be published on July 18, 2022. Please have all content to Julie Pearce by July 8, 2022. Discussion was held regarding possible articles to include in the newsletter.

Treasurer (Hunter Bridwell)

The financial report was sent via email by April Harry. The checking account is lower than usual due to the increased expenses from the Vulcan Run. We are looking into sponsors to help with expenses for this year's race.

Web Master (Michael Greene)

The group runs page has been updated on the BTC web page. Please let Michael Greene know of any additional updates that are needed.

Long Run Committee (Alex Morrow)

We are considering adding a third distance to the Saturday Morning Long run for those that want to run longer while we are in the early days of the marathon training plan. The Saturday Morning Moderate Run is back thanks to Mark Criswell.

Social Committee (Hunter Bridwell)

The next mini social will be held on Saturday, July 16, 2022. Please let Britney Cowart or Kaki Jenkins know if you have any suggestions for the social. Cameron Estes requests that we have a Buc-ee's themed social in the future.

Merchandise (Hunter Bridwell)

We are currently having a sale on merchandise. Bradley Wells sent out a discount code for 50% off.

1200 Mile Club (Kelly Sims)

Jackets and patches are still available for pickup. If members need their jackets shipped to them, discussion was held about doing that if they will pay the shipping fees.

Peavine Falls (Hunter Bridwell)

Packet pickup will be held at the Trak Shak on Saturday, July 2, 2022, starting at 9:00 am. Volunteers are still needed for the race. McDonald's is donating food for the race and Coca-Cola is donating water and soft drinks.

Marketing (Alex Morrow)

Our marketing is currently focusing on Peavine Falls and the mini social. We plan to send a membership blast email to all former members and offer a registration gift.

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



Upcoming Events

| EVENT | DATE | TIME |
|---|--------------------|-------------------------|
| BTC Saturday Long and Moderate Run Groups | July 30, 2022 | 6:00 a.m. and 6:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | August 6, 2022 | 6:00 a.m. and 6:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | August 13, 2022 | 6:00 a.m. and 6:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | August 20, 2022 | 6:00 a.m. and 6:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | August 27, 2022 | 6:00 a.m. and 6:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | September 3, 2022 | 6:00 a.m. and 6:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | September 10, 2022 | 6:00 a.m. and 6:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | September 17, 2022 | 6:00 a.m. and 6:30 a.m. |
| Hold the Fort 5K and 10K (Oak Mountain State Park) | September 17, 2022 | 6:00 a.m. and 6:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | September 24, 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