



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

September 2022 9

TRAVEL RACING AT ITS FINEST: TACKLING THE BLACK HILLS OF SOUTH DAKOTA

By Cat McElroy



www.BirminghamTrackClub.com

[f/BirminghamTrackClub](https://www.facebook.com/BirminghamTrackClub)

[@BirminghamTrackClub](https://twitter.com/BirminghamTrackClub)

[@RunBTC](https://www.instagram.com/RunBTC)

2 Travel Racing at its Finest

4 President's Address

7 A Tribute to Sammy Morris

8 Medication and Miles

12 At-Home Tools for
Muscle Recovery

13 1200 Mile Club

TRAVEL RACING AT ITS FINEST:

Tackling the Black Hills of South Dakota



When Rebecca Williamson came to me and asked so innocently, “would you like to do a 50- miler?” -- of course, my answer was a resounding “NO!” However, when she phrased her request a little differently, I found myself agreeing that yes, I would run a 50-miler. . . but I might not like it. So over the next few weeks, we found ourselves stalking Ultra Sign Up for races – and despite my initial hesitation, the thought of running that distance didn’t seem all that terrible. It finally came down to Oregon or South Dakota, and we decided to tackle the Black Hills 50 miler in Sturgis, South Dakota in June of 2022.

Training for a June race isn’t as terrible as training for a fall race in my opinion, but it’s still not rainbows and unicorns, by any stretch. In the weeks that followed, we booked flights, hotels, and decided what things we wanted to see while we were there. I also had the gift of catching Covid just three weeks before the race. But finally, after an easy flight from Birmingham to Dallas, we landed in Rapid City.

If you have never been to South Dakota, suffice it to say that it is a really unusual place, to say the least. We saw hundreds of bison and prairie dogs on our first day. The first night we stayed in a fancy glamping tent with a king size bed but outside toilets. Roughing it, right? Over the next few days we saw Mount Rushmore and explored Black Hills State Park, Spearfish Canyon, and Deadwood. It truly was beautiful.

We really lucked out with the weather! The lows were in the 50’s while the highs were around 75. Coming from Alabama in June, we were thrilled, to put it mildly. We were told that this weather was pretty unusual for this time of year. On the evening of the race, we ate early and tucked ourselves into our beds with our racing gear laid out and ready. We knew that 4 am wake-up call would be there soon.



Little did we know that we would be woken up at 2:30 am by a very drunk person (people?) who thought they were locked out of their rooms. After Rebecca called me by my God-given/government name, I was on my feet screaming back at them. Once the alarm went off a way-too-short time later, we got ready for the day. After a short ride from Deadwood to Sturgis, we hopped on a bus for a 50 mile drive out to the middle of the state park.

TRAVEL RACING AT ITS FINEST:

Tackling the Black Hills of South Dakota

You can imagine our surprise (delight!) when we felt the cool temps of 47 degrees. While standing near the start line, we started to notice we were the only two people who weren't wearing long sleeves – the rest of the crowd probably thought we were nuts, but how many of them had been training through the heat of a Southern summer? Luckily, within the first mile, we were warmed up and ready to do. Over the next 14-15 hours, we climbed and descended over 7,000 feet elevation. Aid stations were positioned about every 10-12 miles apart. By mile 20, I was ready to quit – they didn't lie about the “hills” part!

When I rolled through the 50K mark, I was almost in tears. At mile 42, I was told I needed to pick up the pace or I would be pulled from the course. As you can imagine it's hard to really “pick up” the pace at mile 42, but I did my best. When I got to the last aid station, I was informed that the person who told me I could be pulled was incorrect; they would not be pulling any runners.

Now listen, I have never fought someone in my life but had the woman who told me that lie been there at mile 47, I just might have gone toe-to-toe with her. When I left the last aid station, I was feeling good. I knew I could knock out these next few miles and I'd be eating dinner within an hour. Sadly, as my watch clicked to mile 50, and the finish line was nowhere in sight, I was informed that the course actually was 53 miles long. I texted a few friends and pulled up my proverbial “big girl panties.”

Around mile 51, my earbuds started to die. I decided this would be a good time to sing (why not?). For whatever reason, I decided to do a beautiful rendition of Willie Nelson's You Are My Sunshine (IYKTYK). However, between the sheer exhaustion and just being “up in my head” for too long, the water works came. I bet I cried on top of that mountain for a good mile. By this time, I had made contact with Rebecca who had finished in an impressive 14 hours and some change. The last mile was on the sidewalk coming into Sturgis. As many of you know, nothing is sweeter than finishing the hardest thing of your life (yes child birth was easier – even with twins), and having your best friend there to cheer you across the finish line made it even better. The next hour was filled with lots of cussing and laughter. We debated finding new hobbies and even attending some serious therapy sessions to discover why we love this crazy sport so much.

But as we always do, over the next few days and weeks we decided that this was one of the best experiences ever. Not only did we see a beautiful part of the country, but we pushed ourselves (way) outside of our comfort zones. I joked that doing beach trips with your girlfriends are fun but sometimes you just need to visit a National Park and get real comfortable with being uncomfortable.



© legendaryrandyericksenfilms



PRESIDENT'S ADDRESS

By Hunter Bridwell



Hey folks, welcome to September! You can ALMOST feel the end of the hot temperatures, can't you? I, for one, can't wait to run in the cool, crisp air this fall. Hopefully, you haven't suffered too much through the oppressive heat and humidity the last couple of months, but even if you have, good news awaits. You will crush your fall races because of the work you put in during the Alabama summer. I can't wait to hear reports from Berlin, Chicago, New York, and right here in our backyard at the BHM 26.2. Make sure to share your PRs and other successes with our Newsletter Editor, Julie Pearce, so we can feature you in future newsletters!

Vulcan Run 10k

Speaking of the upcoming race season, I would love to see 1,000 of you at the 48th running of The Vulcan Run 10k. That's right, 48 years of this amazing race through the streets of Birmingham. Numbers for this race dwindled a bit, understandably, as Covid settled in during the last couple of years. But it's time that we break out again and top 1,000 runners. November 5, 2022 is the date, and registration can be completed quickly and easily [HERE!](#)

Get Involved with the BTC

I'm repeating this from the last newsletter, but we need YOU to be involved in 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

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 awesome club moving forward!

August Buc-ee's Themed Social Run

It's okay to have fun while running! And fun was had by all at the recent social run, which featured a Buc-ee's theme 😊 and some great eats at Edgar's Bakery (who knew one could find running gear at Buc-ee's?). We thank all of you for coming out to join us, and we particularly thank those who donated some wonderful door prizes – TherapySouth, The Trak Shak, Resolute Running, Lululemon, and the folks at BHM26.2! Check out some of the pictures from the social on page 9.

Make sure to [register as a BTC member](#) to get chances for some BIG door prizes at future social runs. Those who are BTC members are going to have opportunities for additional door prizes at each social run – yet another great reason to join the BTC!

I hope to see you at our next Saturday morning long run at The Trak Shak. Keep working toward those fall races. You're almost there!

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.





BIRMINGHAM
TRACK CLUB

VULCAN RUN



★ BIRMINGHAM, AL ★

SATURDAY, NOV 5

LINN PARK | 8AM

Sign up for the 10k today! Visit the
website or scan the QR code!
runsignup.com/vulcanrun



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

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

"The Vulcan Runner" Newsletter
Japan Exchange Program

Julie Pearce
Rebecca Williamson

newsletter@birminghamtrackclub.com
japan@birminghamtrackclub.com

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



A TRIBUTE TO SAMMY MORRIS

(January 8, 1940 – August 16, 2022) By Lester P. Gable

When I travel out of town for a race, I always get two questions: “Where are you from?” Followed by, “Do you know Sammy?” Sammy Morris passed away on August 16, 2022, after a long and difficult race with Parkinson’s Disease. When he did, we lost perhaps the greatest ambassador for the Birmingham running community who ever lived.

I met Sammy in 1999 when he was almost 60 years old and consistently outrunning people 40 years his junior. I met him at the Perseverance Run, and I will never forget his long blonde hair, earrings, BAMA tattoo and his odd running gait -- I didn’t realize then that I had just met one of the most unforgettable people I would ever meet.

Sammy was the coach for a group of us who ran a marathon in Hawaii in 2000. Between all of us, we had almost zero marathon experience, so we relied heavily on what Sammy told us. That included Sammy telling us we worried too much about water stops, and we wouldn’t drink that much during the race anyway. I quickly realized that Sammy was a freak of nature and had to tell everyone “just because Sammy can get away with it doesn’t mean you can!”

I was used to everyone in Birmingham knowing Sammy, but I went to a race in Dothan with him, and to my surprise (or maybe not), everyone down there knew him also! Sammy was the Race Director of the Stampede 5K in Fultondale for over 20 years. It was easily the most unique race in town. From the fastest pack to the manic door prize giveaway, it was a blast! To this day, it remains the only race where I saw a marriage proposal and a police chase and arrest of a local citizen, although not on the same day mind you.

Sammy asked these three questions every time he saw me, always in this order: “How are you doing?” “How is your family?” and “How is your running?” To me, that tells you what kind of person Sammy was. He loved running, but he loved his family and his fellow man even more. There will never be another Sammy Morris, but we would all do well do be more like him. Rest in peace, Sammy.



MEDICATIONS AND MILES:

Aspirin – Is it Still the Wonder Drug?

By Lauren Ducote, 2023 PharmD Candidate, Kim Benner, PharmD

What was once a staple on the bedside table of many older adults has been removed from guideline recommendations and is no longer the mainstay for the prevention of primary cardiovascular disease. Aspirin is a nonprescription (“over the counter”) medication available in the United States that had been the cornerstone of preventing cardiovascular (or heart) disease in older adults for decades. But recent studies have investigated the efficacy of aspirin use in older adults and yielded groundbreaking results, which have altered how medical professionals recommend its use today.



derive a small benefit from taking aspirin.² This population should seek advice from a doctor to see if they may benefit, as the benefit will vary person to person. Healthy adults over the age of 60 are no longer recommended to take aspirin to prevent cardiovascular disease. The United States Preventive Services Task Force states that there is not a net benefit associated with taking a low dose aspirin to prevent cardiovascular disease from developing.²

Aspirin also is used for pain relief. This is due to aspirin's anti-inflammatory effect, which allows swelling and pain sensitivity to decrease. It

Aspirin is an antiplatelet medication, most often called a blood thinner. The antiplatelet action of this medication means it prevents the platelets in the blood from sticking together, causing the blood to flow easier through the body. This makes it harder for blood clots to form, which is why aspirin may be used in the prevention of cardiovascular disease.¹ Cardiovascular disease is an umbrella term that covers any issue with the heart or blood vessels, including heart attack or stroke. Cardiovascular disease is a serious issue in the United States, as it is the leading cause of death in America.² Because of this, researchers and clinicians work vigilantly to prevent these adverse events from happening.

For people who have already had a heart attack, stroke, or other cardiovascular event, aspirin is an appropriate medication option for preventing a second event. This is called secondary prevention, and aspirin has been proven effective for this type of use.³ However, for adults who have not had a cardiovascular event, aspirin is no longer an accepted medication to prevent a cardiovascular event from happening in the first place.² While aspirin was once a go-to preventative medicine for healthy adults, recent studies have proven it may not work as well as we once believed.

In 2018, a study nicknamed the ASPREE trial looked at healthy, older adults who were taking aspirin. This study concluded that aspirin is not helpful in lowering the risk of cardiovascular disease. It also reported that there may be some risk of dangerous bleeding for healthy elderly adults taking aspirin. Using aspirin as a protective measure against cardiovascular disease in those who did not have a prior history of cardiovascular adverse events (such as a heart attack or stroke) was not proven to be effective.³

Following this trial and others that yielded similar results, the United States Preventive Service Task Force issued new guidelines on the use of aspirin by all adults. Adults 40-59 years old who are at risk of developing cardiovascular disease, but do not yet have it, may

can be used for minor everyday pains such as a headache, muscle ache, or cramp.⁴ For these reasons, aspirin may be taken alone or in a combination product. Common over the counter agents include Excedrin, an aspirin containing product used for headaches, and Goody's Extra Strength Powder, used for pain relief.⁵ While aspirin is used for pain relief, it should be done so with caution. Aspirin should not be taken with other non-steroidal anti-inflammatories, such as ibuprofen, and it should be taken with food to minimize stomach upset.

In the case of aspirin, what was once widely accepted as a safe preventative for cardiovascular disease in healthy adults is no longer recommended after studies found it to have no net benefit.³ For those who are at risk of developing cardiovascular disease, it is best to speak with your doctor to discuss the risk versus benefit of taking aspirin as a preventative. A healthy diet and exercise continue to be the mainstay of preventative medicine, but for those looking to take prevention a step further, talk to a healthcare provider for advice on how to prevent cardiovascular disease!

References:

1. *Aspirin*, ASA. Elsevier. Updated February 25, 2022. Accessed July 21, 2022. <https://elsevier.health/en-US/preview/aspirin>
2. *US Preventive Services Task Force. Aspirin use to prevent cardiovascular disease: US preventive services task force recommendation statement*. JAMA. 2022;327(16):1577–1584. doi:10.1001/jama.2022.4983
3. *McNeil, J.J., Wolfe, R, Woods, R.L, et al. Effect of aspirin on cardiovascular events and bleeding in the healthy elderly*. N Engl J Med. 2018; 379:1509-1518. DOI: 10.1056/NEJMoa1805819
4. *Is aspirin an NSAID?* Healthline. Updated December 19, 2016. Accessed July 21, 2022. <https://www.healthline.com/health/pain-relief/is-aspirin-nsaid>
5. *Raymakers, K. Drug products containing acetylsalicylic acid (aspirin)*. Very Well Health. May 21, 2022. Accessed July 21, 2022. <https://www.verywellhealth.com/which-drug-products-contain-asa-2252443>

BUC-EE'S SOCIAL RUN



Like Free Shoes? Like to Talk About Them?

Then Under Armour may have a great opportunity for you. Under Armour is interested in expanding its wear tester database for future run product testing. The company will provide products for you to test in exchange for your honest thoughts and feedback. Testers will get to keep the shoes they test, and they also will receive discount codes for other Under Armour products. Your feedback will directly impact the future of Under Armour running shoes that will eventually come to the market – you can be among the first to test them!

If you wear any of the following sizes, please consider applying.

- Men's 9
- Men's 11.5
- Women's 7
- Women's 9
- Women's 10.5

Please visit fieldtesting.underarmour.com to register and complete a profile in the testing portal; you also will need to complete a waiver and non-disclosure agreement that can be found [here](#).

Please email Burt Brown, Footwear Product Testing Analyst, at burt.brown@underarmour.com, to express interest.

Burt Brown

*Analyst II, Footwear Product Testing
Compete Run*



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:

Alexis Brakhage	Geoff Evans	Kathleen Long	Christianna Rudder
Elizabeth Brakhage	Bob Evans	Eduardo Lopez Anta	Julianne Steele
Joseph Brakhage	Meagan Gray	Skip Mathews	Clark Steiner
Hannah Broom	Mariana Gruschow	David Neaves	Jim Strickland
Katie Brown	Cara Hanna	Carlos Orihuela	Susan Strickland
Leslie Callahan	Skip Harris	Andy Ortis	Ana Watters
Mary Kendrick Christiansen	Vickie Harris	Ellen Ortis	Heather Watters
Taylor Christiansen	Alejandra Hernandez Ortiz	Mac Ortis	Larkin Watters
Teresa Crain Cole	Becky Howard	Melissa Richie	Robert Watters
Ellen Daily	Tom Kendrick	Timothy Ricketts	
Jessica Duddleston	William Kimbert	Beth Rose	

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.

HYDRATION ALERT!

Fall may be on the horizon, but it is still hot and humid out there, and the danger of dehydration is all too real.

If you participate in the Saturday long or moderate distance runs, please volunteer to “stock” a water stop periodically – it is an easy way to win friends and influence people, we promise!

How can you volunteer? It's easy! Visit the Birmingham Track Club Long Run [Group Facebook page](#), and click on the event for more information. The routes will be posted along with water stop locations and a link to volunteer. You'll need to provide two gallons of water and two gallons of sports drink, along with approximately 50 cups and a trash bag. Easy, peasy!

Thanks for helping the BTC keep all of our runners safe and hydrated!



AT-HOME TOOLS FOR MUSCLE RECOVERY

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



A popular topic among my running clientele lately is the effectiveness of sports massage as a means for recovery following a strenuous workout. Most individuals swear by their assortment of at-home tools: foam rollers, rolling pins, metal or plastic tools, butter knives (I highly discourage!), racket balls, etc. Do these methods really work? Or are they merely expensive placebo gimmicks we purchase at the pre-race expo or at the recommendation of Kara Goucher's Instagram?

I believe each gadget has a place and a purpose in your recovery repertoire, like each utensil at the dinner table. (Let's keep the butter knives here!) All of the aforementioned tools achieve a decrease in delayed onset muscle soreness (DOMS) post-activity. In fact, a meta-analysis compiled by Dupuy, et al., found that sports massage was the single best method to decrease DOMS when compared to compression garments and cryotherapy.

The soreness you may experience post-workout is a contribution of multiple factors: structural damage to muscle cells happens during an intense workout, thus leading to a release of cellular components and inflammatory biomarkers into the surrounding extra-cellular space. This causes swelling and a localized inflammatory response. When used appropriately, these tools have the ability to move the excess fluid and cellular by-products into the lymphatic system to be drained, in addition to encouraging

local blood flow to provide oxygen and nutrients for cellular repair. The tools' ability to expedite the removal of inflammatory and muscle damage biomarkers along with their means to encourage local blood flow allows for quicker recovery.

I recommend the same duration of time for self-treatment no matter which tool you use. That recommendation is about eight to fifteen minutes, depending on the intensity of the DOMS. You want to start with tolerable strokes either parallel or perpendicular to the targeted muscle(s). After several minutes, your body may tolerate more pressure. If this is the case, add enough pressure to cause a mild to moderate dimple in the skin as you move the tool through each stroke. Maintain several strokes in one direction before changing, ultimately alternating several directions during your treatment time.

As tempted as you may be to treat for a longer duration or to be more aggressive with your pressure, resist! By doing so, you could actually delay your recovery. When used within the outlined parameters above, the tools may not completely resolve your symptoms, but they will decrease them significantly.

If you have any questions regarding soft tissue tools or are looking for a substitute for your butter knife, shoot us an e-mail at tsendurance@therapysouth.net, and we will be happy to assist!



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 September 4, 2022 are listed below.

Participant	Years	Total
Abernathy, Darrin	1	385
Adwell, Stephen	1	941
Ahmed, Kabeer	3	942
Altobella, Janet	R	1,038
Anderson, Kerri	5	439
Bailey, Brittany	R	1,042
Barton, Tabitha	R	805
Bayush, Tori	3	834
Benner, Kim	9	1,101
Benson, Wayne	8	799
Bishop, Jamie	R	686
Blackmon, Christina	R	352
Blackmon, Kim	1	988
Boackle, Larry	5	300
Boackle, Tomie Ann	1	0
Booher, Lisa	10	1,065
Bookout, Jason	4	1,389
Bookout, Kimberly	4	1,423
Borie, Tuck	R	0
Boswell, Ryan	1	783
Bowman, Bill	R	651
Brakhage, Victoria	5	86
Bromberg, Georgia	4	887
Brown, Charlie	9	1,044
Brown, Katie E.	1	1,115
Brown, Katie G.	2	955
Brown, Sean	6	203
Browne, Shannon	1	65
Caine, Lawrence	2	873
Callahan, Chris	5	1,091
Carden, Melissa	2	1,278
Carey, Christopher	7	0
Carlton, Bob	7	743
Carter, Adrienne	2	0
Carter, Jason	2	0
Chaffinch, Violet	1	835

Participant	Years	Total
Chandler, Teresa	12	950
Clay, Brad	15	1,582
Cleveland, Jeff	5	1,130
Cliett, Stephanie	7	1,027
Coffin, Diane	R	874
Coleman, Tim	5	1,215
Colpack, Susan	2	790
Colvard, James	R	27
Corrin, LaRonda	1	0
Corrin, Roger	4	223
Cowart, Britney	4	604
Cramer, Robyn	1	949
Cramer, Steve	R	296
Crawford, Katelyn	1	628
Creed, Brad	5	824
Crowson, Bill	5	550
Crunk, Emmagene	R	0
Cutchen, Cindy	R	804
Davis, Grant	R	0
Deffenbaugh, Todd	1	940
Denton, Matt	10	1,441
Dimicco, Al	4	938
Dixon, Jeff	R	742
Duke, Cindy	6	924
Eason, Sydney	R	274
Edmondson, Laurie	2	1,445
Elrod, Stacey	1	649
Ennis, Amanda	R	489
Ennis, Matthew	R	719
Epperson, Ashley	R	121
Estes, Cameron	3	1,019
Estrada, Steven	4	1,825
Evans, Debbie	8	1,123
Farrell, Ryan	1	1,198
Fontenot, Misty	5	716
Forbus, Reed	R	134

Participant	Years	Total
Ford, Eric	1	401
Franklin, Shane	10	706
Frederick, Winston	13	922
Freeman, Sheila	5	806
Gayheart, Cheryl	2	934
Gee, Lynique	R	543
Gilbert, Beth	1	999
Goode, Johnny	13	931
Goss, Ange	3	0
Goyal, Rita	1	0
Grady, Carla	3	0
Grainger, Matt	3	1,302
Gray, Michael	2	793
Griffin, Misty	2	1,157
Guffey, Michelle	R	208
Haley, Jay	6	529
Hall, Thomas	1	102
Haralson, Danny	12	853
Haralson, Micki	13	380
Hargrave, Alan	14	888
Harrison, Lisa	10	516
Hart, Ed	R	884
Hassinger, Wendy	R	31
Henninger, Alison	7	839
Hess, Alan	R	754
Hogeland, Angie	2	380
Hogstrom, Minda	1	43
Holder, Gene	R	719
Holland, Skylar	3	591
Hood, Alissa	2	0
Hoover, Alison	10	405
Howell, Allen	R	628
Howell, Rachel	R	487
Izard, Melody	3	458
Janowiak, Desirae	1	165
Jenkins, Kaki	9	1,280

1200 MILE CLUB

Participant	Years	Total
Jones, Stephanie	R	848
Jordan, Ezra	R	627
Kaylor, Sara	R	769
Keefer, Herb	3	0
Keith, Jerry	R	510
Keith, Susan	R	237
Kelley, Robin	8	1,066
Kemper, Tricia	7	978
Knight, David	2	767
Kornegay, Marla	2	993
Kracke, Robert	R	818
Krick, Stefanie	3	1,213
Kuhn, Jimmy	15	1,838
Kulp, Loren	6	874
LaFon, Caroline	R	870
Laird, Audrey	7	1,044
Lamb, Patrick	2	821
Lancaster, Jeff	3	972
Landefeld, Dale	1	895
Langston, Aaron	5	0
Linken, Allen	R	938
Lyda, Beth	2	1,197
Lyda, John	3	1,127
Lyle, Randy	13	1,182
Maddox, Kendall	R	278
Malick, David	8	979
Martin, Sheree	1	202
Mathews, Skip	R	859
Matthews, Jamieson	R	501
McElroy, Catherine	2	1,009
Merry, Vicki Sue	9	890
Mickens, Cassandra	2	0
Miller, William	1	2,910
Mishra, Anoop	1	835
Mixon, Joshua	R	0
Morris, Gordon	1	820
Morrow, Abigail	R	0
Morrow, Alex	10	1,013
Muncher, Monica	R	711
Murchison, Reginald	8	1,358
Newkirk, John Allen	R	91
Noerager, Brett	3	1,891
Noerager, Felicia	1	958
Northern, Kristie	13	1,270
Norton, Laura	4	1,476

Participant	Years	Total
Oechslin, Tamara	2	772
Oehrlein, Kimberly	R	141
Oliver, John	7	460
Orihuela, Carlos	4	1,033
Ortis, Ellen	3	1,026
Palmer, Irma	1	446
Parks, Charlie	8	1,004
Payson, Tabitha	R	549
Payson, Tommy	3	772
Peagler, Shana	9	0
Pearce, Julie	6	551
Pinkerton, Mitchell	R	863
Pitts, Adele	1	818
Plante, David	9	832
Pritchett, Leigh Ann	R	484
Pronath, Katrina	R	401
Randolph, Megan	1	1,088
Rawson, Brent	4	467
Renfro, Jeff	3	952
Richey, Lori Beth	4	1,123
Ritchie, Joseph	5	1,238
Ritchie, Lauren	3	1,079
Roberson, Kevin	5	612
Robinson, Lyndsey	2	1,046
Robinson, Tamara	3	1,230
Rodgers, Jeffrey	4	773
Rodgers, Jessica	1	314
Roper, Lynn	4	966
Rose, Billy	8	2,113
Ross, Cara	1	295
Rutherford, Keith	14	801
Rutledge, Lisa	6	1,195
Saffold, Joseph	R	541
Sanders, Gwendolyn	3	842
Shaffield, Danny	9	1,963
Sherer, Jeremy	5	832
Sherrell, Jeff	3	1,305
Shinn, Ronald	8	976
Sides, Dean	4	740
Simpson, Kevin	9	2,249
Sims, Cecelia	2	432
Sloane, Mike	6	869
Smith, Daryl	2	1,255
Smith, Erin	2	1,337
Smith, Jason	3	1,218

Participant	Years	Total
Smith, Jerry P.	12	867
Soileau, Chester	4	0
Spikings, Matt	1	885
Steele, Julianne	R	0
Stockton, Rick	14	728
Swiney, Elana	R	0
Taylor, Kim	R	876
Taylor, Melissa	1	1,452
Thompson, Samuel	1	159
Thompson, Sara	4	1,172
Tomlin, Chace	2	339
Trimble, Jamie	8	1,203
Tucker, Brian	R	632
Valles, Tina	2	826
Vaughn, Lora	R	509
Wade, Josh	R	0
Waid, David	5	1,762
Waits, John	R	698
Walton, Suzie	R	999
Washington, Monica	1	258
Watkins, Tommy	R	1,121
Watters, Ana	3	924
Watters, Larkin	2	672
Watters, Robert	7	1,083
Weaver, Brooke	R	0
Weber, Amy	2	422
Weeks, Lance	2	429
Wende, Adam	7	685
Whatley, Prince	9	873
Wheelis, Taylor	R	763
White, Morgan	1	441
White, Robin	3	1,261
Wilhite, Thomas	6	478
Williams, Mattie	R	255
Williams, Shanada	1	0
Williams, Shaunda	3	710
Williamson, Rebecca	3	1,042
Wiseman, Steve	7	1,049
Woody, Bill	13	1,109
Wright, Amy	4	291
Wu, Xing	10	774
York, Gary	9	1,284
Zajac, Jason	3	1,063
Zapata, Carlos	2	725

BTC EXECUTIVE BOARD MEETING

July 11, 2022

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Jamie Trimble, Vicky Brakhage, Cameron Estes, Kelly Sims, Alex Morrow, Michael Greene, Charles Thompson, Trish Portuese, and Kaki Jenkins.

Hunter Bridwell made a motion to approve the minutes of the May 2022 Executive Board Meeting. The motion was seconded by Alex Morrow and passed without opposition.

Membership (Cameron Estes)

We currently have 754 members and 591 memberships.

Newsletter Editor (Hunter Bridwell)

Content was already due to Julie Pearce for the combined July/August newsletter. It will be published on July 18, 2022.

Treasurer (Hunter Bridwell)

Our treasurer, April Harry, is currently out of town. We do believe that we made a profit from Peavine Falls. We are just waiting to get the final numbers back from the race.

Web Master (Michael Greene)

The website will be updated to list the Vulcan 10K on the "What's Happening Next" page.

Social Committee (Kaki Jenkins)

The next mini social will be held on Saturday, July 16, 2022. We plan to offer bagels and watermelon. Our next big social is scheduled for Saturday, August 27, 2022, and will be a Buc-ee's theme. It was determined that you can purchase Buc-ee's merchandise online or we could offer for a member of the Executive Board to go to the local Buc-ee's and purchase merchandise for any members that are unable to make it out there themselves. Discussion was held regarding possible locations. We plan to reach out to former BTC members about renewing their memberships. Alex Morrow will look into a membership gift like a BTC magnet that we can send to new and returning members. Discussion was held about offering a discount code for maybe 15% off the price of membership for anyone who signs up or renews their membership at the social. We also plan to look into whether or not an automatic payment for renewing memberships can be done through RunSignUp.

Long Run Committee (Alex Morrow)

We all need to be mindful about how much water and sports drink we put out and drink at the water stops, as some runners complained that they were empty by the time they reached them. There were also some complaints about the distance between water stops with the temperatures being so hot, so we will try and keep the distance between stops at about three miles. Discussion was held regarding possible prizes for water stop volunteers to try and encourage more to sign up and we plan to post detailed instructions for registering for the water stops since there are still some who indicate that they are having trouble signing up through RunSignUp.

Japan Exchange Program (Hunter Bridwell)

The representatives from Maebashi appreciated the well-wishes we sent for their festival.

USATF Representative (Charles Thompson)

Charles provided two Runner's World subscriptions to Alex Morrow and Lisa Booher. On July 9, 2022, the USATF Youth Region Six had their track meet at Choccolocco Park, Alabama.

Volunteer Committee (Hunter Bridwell)

We just want to thank all of the wonderful Peavine Falls volunteers.

New Business (Jamie Trimble and Hunter Bridwell)

The catalytic converters were stolen off of the truck we rented for Peavine Falls. The truck was still parked at the rental company, but they indicated that we are liable for the costs since we had technically already taken possession of the truck when they were stolen. We have filed a claim with our insurance for the costs.

We will start focusing on the Vulcan Run 10K. Hunter is looking into potential sponsors to help with costs. We will be back in Boutwell Auditorium for the post-race party and awards. The course is still certified for this year, but we will need to get it re-certified for next year's race in 2023.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, August 8, 2022, at 6:00 p.m.



BTC EXECUTIVE BOARD MEETING

August 15, 2022

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Jamie Trimble, Vicky Brakhage, Kim Benner, Trish Portuese, and Cameron Estes.

There were not enough Executive Board members present to meet quorum, so we will vote to approve the June, July, and August minutes at the September Executive Board Meeting.

Membership (Cameron Estes)

We currently have 736 members and 579 memberships. We plan to do a membership drive and offer a discount code for all new and returning members to the BTC.

Social Committee (Hunter Bridwell)

Our next big social is scheduled for Saturday, August 27, 2022. Hunter Bridwell is looking into getting several larger door prizes to offer to members only. We could have two different colored door prize tickets, one for members and another for non-members. Alex Morrow was going to contact someone with Edgar's as a possible location for the social.

Long Run Committee (Hunter Bridwell)

We have had good water stop volunteer participation at the last few long runs. It seems like everyone has figured out how to register for the water stops through RunSignUp after we provided the very detailed instructions on how to do it.

Newsletter Editor (Hunter Bridwell)

Please have all newsletter content to Julie Pearce by August 26, 2022. The next publication date will be Tuesday, September 5, 2022. It will be on Tuesday due to the Labor Day holiday.

Treasurer (Hunter Bridwell)

The financial statement was sent via email by April Harry.

New Business (Hunter Bridwell)

We received an email about the BTC possibly participating in mini track meets once per month. We will discuss it in greater detail at next month's meeting.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, September 12, 2022, at 6:00 p.m.



Upcoming Events

EVENT	DATE	TIME
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 Saturday Long and Moderate Run Groups	October 1, 2022	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	October 8, 2022	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	October 15, 2022	6:00 a.m. and 6:30 a.m.
7 Bridges Marathon, Half, 5K, Relay, and Fun Run (Chattanooga, TN)	October 16, 2022	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 22, 2022	6:00 a.m. and 6:30 a.m.
Nashville Ultra (5 Mile and 50K)	October 22, 2022	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 29, 2022	6:00 a.m. and 6:30 a.m.
Vulcan Run 10K * BTC Race Series *	November 5, 2022	8:00 a.m.

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

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





BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

--	--

Zip:

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

Birthdate:

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

Cell:

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

e-mail:

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

Family member

e-mail:

Phone:

Born

Gender:

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

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

Initial:

--

	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