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BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

October 2022 10



NOVEMBER 5, 2022
48TH ANNIVERSARY VULCAN RUN 10K

By Hunter Bridwell, BTC President and Vulcan Run Race Director

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2 Vulcan Run 10K

4 Vice President's Address

8 Medication and Miles

12 Don't Run Kid, Or You'll Blow Your Knee Out!

13 1200 Mile Club

16 Show Us Your BTC Gear

VULCAN RUN 10K

When I wrote the cover story about The Vulcan Run 10K last year, I began by commenting about all of the wild times we had seen recently and how they had affected planning and conducting an event with many hundreds of participants. From road construction altering the traditional course to a global pandemic causing us to re-think how to manage large gatherings, things got weird over the last few years. Now, as we emerge from the pandemic and get back to some semblance of normalcy, new challenges arise.



The challenges of 2022 are seen in every facet of our lives. Inflation, inflation, inflation! Directing a race is no different than running a business or even your personal household in that you must be cognizant of your expenses. That pesky bottom line is important to keep in mind. The Birmingham Track Club (BTC), and its four races, have largely been able to weather this financial storm with the most minimal of increases in registration costs, thanks to the amazing support we get from our members, our sponsors, and our race participants. The BTC is a non-profit organization with a mission to educate the public about the benefits of running and walking and the promotion of these activities for fitness, health, and recreation. We will continue to provide resources, group runs, social opportunities, and races to our members and the general public. We appreciate everyone's support as we continue to navigate these challenges.

We are thankful to have our long-time sponsors and friends, **The Trak Shak** and **TherapySouth**, as great partners to help us in our endeavors to provide premium races and resources to our running community. We also are thankful to have **Southlake Orthopaedics** as a presenting sponsor of this year's 48th running of The Vulcan Run 10K. It is with their support that the best running club in the galaxy continues to thrive.

The 48th Running of The Vulcan Run 10K

We are really excited to be back to the "normal" course this year. Even last year's race had a slight course modification due to some road construction on 20th Street North as runners raced toward the finish line near Linn Park. But not this time! The familiar jaunt down 20th will lead our runners to the perimeter of Linn Park, followed by left and right turns in quick succession, leading to that iconic favorite finish between Birmingham City Hall and the park.

Last year, we were blessed with great weather as we held the post-race festivities in Linn Park, but we are really excited to once again be back inside Boutwell Auditorium after the race. Let's face it – you never know if early November in Alabama is going to bring temperature readings of 80 degrees or 40 degrees. It will be nice to once again have a place indoors to take refuge after the race and to hang out with friends.

To make sure you get in on all the fun, [REGISTER](#) now. As always, our BTC members get \$5 off race registration. To make sure you receive the race t-shirt of your choice, register prior to the October 22nd t-shirt deadline.

And speaking of t-shirts, let's look at those race prizes, which include the Top-200 finisher shirts. That's right, each of the Top-200 race finishers will receive a coveted t-shirt commemorating the accomplishment. Thanks to Jeff Martinez and The Trak Shak for sponsoring the Top-200 shirts – they are always a treat and a great source of pride. And how about additional overall and age group awards? Check them out below:

- Top Five Overall Male and Female finishers receive cash awards
- Top Male and Female Masters winners receive cash awards
- Top 200 Finishers receive an additional t-shirt at the finish line
- Age Group Awards in five-year age group increments

We are really excited to wrap up the BTC's 2022 race series with The Vulcan Run 10K on November 5! We sincerely hope you'll be joining us!



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



VICE PRESIDENT'S ADDRESS

By Jamie Trimble



By the time you read this, our Berlin, BHM26.2, London, St. George, and Twin Cities runners will be done with their races. Congratulation to our finishers in those races (and any others)! Also, our Chicago marathoners will be heading to the Windy City. We wish all of you a great race and hope this Alabama summer training pays off.

As our summer training cycle winds down, maybe, just maybe, we're starting to get a little glimpse of Fall weather (hopefully not just "Fake Fall"). Now that we've passed the Autumn Equinox, the days are quickly getting shorter. For us in the Deep South, that means our mornings are dark for longer, and once the time changes, our evenings will be dark earlier. Given the changes in daylight combined with recent tragic running events, I'd like to take an opportunity to address safety while out running.

Please keep the following things in mind whenever running/ walking:

- **Be aware of your surroundings.** If something or someone seems suspicious, assume that it is and get away as quickly as possible.
- **Limit headphone use.** When wearing headphones, make sure they don't completely drown out surrounding noises.
- **Run with a partner or a group whenever possible.** In addition to our Saturday morning long and moderate run groups, the BTC website has a list of regular group runs throughout the week.
- **When running alone, run a safe, familiar route, and always let someone know your plan.** Also, it's a good idea to carry your phone and an ID.
- **Announce yourself to other runners when approaching from behind** (especially ones running alone) – this applies to you cyclists out there as well!

- **Be visible.** Wear light colored and/or reflective clothing; in the dark, wear a light or reflective gear (this is actually the law in some of our surrounding municipalities).
- **Run on the sidewalk whenever possible;** but, be careful of driveways with cars pulling out into traffic.
- **Run against traffic and never assume a driver sees you.**
- **Consider self-defense training.** Check the [BTC Facebook groups](#) for two BTC sponsored self-defense class opportunities in October.

The Birmingham running community is an amazing collective of caring people. Let's all continue to be safe and to look out for each other while we're out there on the roads and trails.

The next big BTC event is our premier race, the Vulcan Run 10K. This is the last race in the BTC Race Series, and Hunter Bridwell and Trish Portuse are busy putting the final touches on this historic race. This year's race is on Saturday, November 5 and is once again back at Linn Park in downtown Birmingham. And, after a several year hiatus, the post-race party returns to Boutwell Auditorium! If you haven't run this race in a while, or if you've never run it, come out and join around 1,000 of your fellow runners on a nice fall morning for 6.2 fast miles and an epic post-race party. If you can't run the race, we can always use volunteers. Go to <https://runsignup.com/Race/AL/Birmingham/Vulcan10KRun> and sign up today!

Be safe out there, have fun, and I'll see you on the roads!

Jamie Trimble
BTC Vice President



SELF-DEFENSE CLASS FOR RUNNERS

Please join the BTC for a very important runner self-defense class. We are offering two sessions; both are filling quickly, so please sign up today to reserve your spot. Each class will be capped at 40 participants.

Classes: October 9 or October 23
Instructor: Peter Zahel
Location: Birmingham Wrestling Complex
100 Old Town Road
Vestavia Hills, AL 35214
Time: 10:00 a.m. – 2:00 p.m. (breaks will be provided)
Cost: \$25

After reserving your spot on the link below, you will receive an email with payment instructions and other details. If you have trouble accessing the Google sheet, please email Alex Morrow your requested date and email address, and he will add you to the list.

Many thanks to the BTC, Resolute Running Training Center, and Trak Shak for helping to organize these very important classes!

#BeSafe!



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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.

Contact BTC at:

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Race Results

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



MEDICATIONS AND MILES:

All That and a Cherry on Top?

By: Ashton Bellamy, 2023 Pharm D. Candidate and Kim W. Benner, Pharm.D., BCPS

Endurance athletes often are searching for new ways to train better and recover faster. At some point, we've all resorted to ice baths, stretching, foam rolling, or tweaking our diets. As athletes, we consider the effects nutrition can have on our performance, often including protein, carbs, and plenty of water into our diets. At times, supplements can aid in performance and recovery but some potential options make various false claims. It can be hard to distinguish between what may be beneficial versus what might not help. One food that is gaining popularity for its potential benefits is cherries, specifically **tart cherry juice** or **Montmorency cherries**.

There is a growing body of evidence for the use of cherry supplementation in athletes as part of their recovery strategy. Although there are positive findings reported, more studies are needed to learn more about its potential uses and limitations. In a small study with 80 elite or sub-elite athletes, 40% of respondents were not aware of the potential benefits that using tart cherry supplements could have.¹ Studies have reported that tart cherry supplementation can improve sleep, pain and inflammation, contain antioxidants, and may have an impact on our immune systems. These attributes can impact everyone, but more information is needed to learn more about side effects, who it benefits most, what to use, and when and how to use tart cherry supplements.

Tart Cherries and Sweet Dreams

The general population often is sleep deprived, and athletes often sacrifice sleep to accommodate training schedules and work life. A big component of being able to train effectively is ensuring that we are properly rested. Tart cherries, specifically Montmorency cherries, contain high amounts of phytochemicals, one of them being melatonin. In a study with younger, healthy individuals with no sleep disturbances, findings included increased time in bed, increased sleep efficiency, and increased total sleep time.² These findings indicate that the exogenous melatonin from the cherry supplementation may influence sleep time and quality. This is extremely important for athletes who may be on a tight schedule, traveling, or balancing work and life. Another study



conducted in older adults with insomnia found that tart cherry juice supplementation had modest benefits in sleep, with decreases in Insomnia Severity Index (ISI) and wake after sleep onset (WASO), meaning that people spent less time awake lying in bed after waking up from sleep.³ While both studies do report positive effects, they both admit that more information is needed regarding the optimal dosing and products to consider.

Cherries May Help Reduce Pain and Inflammation

Eccentric exercises, ones that lengthen muscle contractions, are great for strength training. Common examples may include walking or running downhill, push-ups, pull-ups, and the downward motion of squats. One study has shown that ingesting tart cherry juice twice per day reduced pain and strength loss after performing eccentric exercise.⁴ While these findings did not correlate how the cherries were able to accomplish alleviating some pain, the investigators did hypothesize that it may have something to do with cherries' antioxidant and anti-inflammatory properties. Long distance running also is responsible for causing acute muscle damage and inflammation. A study that evaluated long distance runners found that drinking cherry juice for one week prior to and the day of a long run decreased post-run pain and inflammation.⁵ While these results do support drinking tart cherry juice, they both have the limitation of subjectivity because they were measuring pain using pain scales and scores; therefore, the generalizability of these results may be limited. These studies also are limited because they did not measure inflammatory markers in the blood and admit that the mechanism behind its effects is poorly understood and does require further research.

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MEDICATIONS AND MILES:

All That and a Cherry on Top?

One small study conducted in a group of marathon runners has found that drinking cherry juice did decrease muscle damage markers, such as creatine kinase and lactate dehydrogenase, as well as inflammatory markers such as C-reactive protein and uric acid.⁶ Again, this study was able to link tart cherries to decreased pain and inflammation but could not provide a substantial explanation.

Cherries as an Antioxidant

Strenuous exercise can cause oxidative stress and damage to muscles, which may cause and be linked to pain, soreness, and inflammation. Aging and chronic health conditions also can be exacerbated by increased oxidative stress. Cherries contain polyphenols, which are organic compounds that help promote general health and have roles in fighting cellular damage and inflammation.⁷ As part of nonpharmacologic treatment for certain conditions, polyphenol rich diets have been linked to protective effects for diabetes, heart conditions, as well as mental decline.⁸ The high content of polyphenols in cherries means that it may have

a protective effect against chronic conditions and benefit muscle recovery after exercise.

Cherries May Benefit Our Immune Systems

Cherries are rich in antioxidants vitamin C and flavonoids, which are polyphenolic compounds with the antioxidant properties. Cherries provide another natural source of vitamins and antioxidants that we can get through our diets. One study has noted that in addition to having high amounts of vitamin C, cherries demonstrate a positive effect on sleep that also may boost the immune system, because rest is vital for staying healthy.⁹

The benefits of cherries have already been reported, but it is important to keep in mind that users may experience side effects that are unwanted. A study has reported that some of the most experienced side effects of tart cherry supplementation include gastrointestinal distress, diarrhea, appetite changes, and dizziness.¹⁰ These side effects would not be optimal for athletes involved in races or competitions. This also relates to the unknown optimal dosing strategies and schedules, as most of the studies evaluated had varying duration and quantities of tart cherry juice consumed. Without an established amount to drink, this could lead the public to consume too much and experience side effects, or not enough and therefore not get all its potential benefits. This does leave room though for future studies to refine how much should be consumed and when. In addition to being a tasty snack, tart cherry juice has qualities that everyone can benefit from if they choose to indulge!

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	Montmorency Cherry Juice ¹¹	Bing Cherries ¹²
Calories per cup	120	97
Carbs per cup	28 grams	25 grams
Sugars per cup	32 grams	20 grams
Fat per cup	1 gram	<1 gram
Protein per cup	2 grams	2 grams
Fiber	5 grams	3 grams
Vitamin C	40% of recommended daily intake	18% of recommended daily intake
Potassium	12% of recommended daily intake	10% of recommended daily intake
Cost	\$5.28 for 32 oz for RW Knudsen; \$14.89 for Cherry Bay Orchards, 100% tart Montmorency concentrate	\$5.99/lb. to \$7.99/lb. for fresh cherries, depending on grocer
Other	Available as capsules, gummies, extract	Available as frozen fruit and often less expensive

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MEDICATIONS AND MILES:

All That and a Cherry on Top?

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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.



Matzoh Ball Soup (“Jewish Penicillin”)

By: Rebecca Williamson

As a little girl, the term “Jewish Penicillin” was a common slang phrase around my house as soon as the cold and flu season began. Matzoh Ball Soup is still one of the most comforting foods I was served as a child, and it is what I serve to my family today. Yes, part of the nostalgia is that my Bubbe made this soup for me during my childhood. Most cultures have a variation of the soup. Don't underestimate what a homemade chicken soup can do when you feel crummy! As cold and flu season is upon us, take some time to make and enjoy Matzoh Ball Soup -- it just might be your new comfort food too.

From www.Allrecipes.com | Serves 8



INGREDIENTS

4 pounds whole chicken
2 onions, cut into 1-inch cubes
3 carrots, sliced
2 stalks celery, thickly sliced
1 cup chopped fresh dill weed
salt to taste
2 tablespoons vegetable oil
2 tablespoons chicken cracklings (grebenes), finely minced
2 eggs, beaten
½ cup matzo meal
1 teaspoon salt
¼ cup vegetable broth

DIRECTIONS

1. Trim off neck flap all the way up to the top of the wishbone. Trim fat and skin from around the back cavity of the chicken. Reserve both for schmaltz and grebenes. Cut chicken into quarters. Place meat in large pot with onions, and cover with about 4 quarts water. Bring to a boil, reduce heat, and simmer 2 hours.
2. Add carrots and celery to the soup; simmer an additional hour. Season to taste with salt.
3. Remove chicken pieces, and set aside. You may reserve them for another use, or shred the meat for the soup. Keep the chicken covered, and at room temperature before shredding.

4. Dice reserved skin and fat into 1 inch pieces. Cook in a heavy bottomed skillet over medium heat, turning occasionally. Make sure the pan never gets so hot as to cause the rendered fat to smoke. When the grebenes are crisp and brown, remove them to a cutting board and drain schmaltz into a small non-plastic bowl to cool slightly. When cool enough to handle, mince the grebenes finely.
5. To make the matzoh balls, blend fat or oil and eggs together. Mix matzoh meal and salt together. Combine the two mixtures, and mix well. Add 4 1/2 tablespoons soup stock or water; mix until uniform. Stir in minced grebenes. Cover bowl, and place in refrigerator for 20 minutes.
6. Bring soup to a boil. Reduce flame, and drop balls approximately 1 inch in diameter into the slightly boiling water. Add dill. Cover pot, and cook 30 to 40 minutes. **DO NOT REMOVE THE COVER FROM THE POT WHILE COOKING!**

Rebecca Williamson is a classically trained chef who honed her craft at Le Cordon Bleu in London. She is passionate about good food, running long distances, and the camaraderie of sharing a delicious meal with family and friends.

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:

Donald Beck
Rosemary Beck
Scott Beshany
Bill Bowman
Kandy Cockerill

Tim Cockerill
Kate Herrera Jenkins
Andrew Laird
Audrey Laird
Foster Laird

Patty Landry
Meg Lovett
Linda McIntosh
Ron McIntosh
Cassandra Mickens

Blake Pearson
Mary Scott Pearson
Lori Beth Richey
Ronald Shinn
Jimmy Tracy

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!



DON'T RUN KID, OR YOU'LL BLOW YOUR KNEE OUT!

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



Most of you likely are familiar with the iconic movie, “A Christmas Story,” as it follows the main character, Ralphie Parker, on his Christmas quest for a Red Ryder BB Gun. Every time an adult – whether a teacher, parent, or even Santa Claus -- hears Ralphie say a Red Ryder BB Gun is at the top of his Christmas list, the answer is always the same: “No way, you’ll shoot your eye out, kid!”



The running world uniquely parallels this story. When my morning run comes up in conversation (or better yet, my long run), my older clients respond with, “Don’t do that, you’ll blow your knee(s) out, kid.” Anecdotally, I’ve rehabbed countless patients after they received knee surgeries or patients with significant osteoarthritis; this conglomerate was forged from a variety of exercise backgrounds from extremely sedentary to the ultra-marathoner. Therefore, I never believed that running would predispose individuals to degenerative changes. However, I sought out several research studies to evaluate this misconception, specifically in individuals over the age of 50.

The evidence gleaned from several studies is in agreement: running does not cause osteoarthritis in the knee joint, nor does it accelerate the progression of osteoarthritis. A study performed by Grace H. Lo, M.D., MSc et al. compared x-rays of runners and non-runners over several years. There was no difference in the development or progression of osteoarthritis between runners and non-runners.

Sohn and Micheli performed a study evaluating the incidence of osteoarthritis in former collegiate cross-country runners. Interestingly, they found that only 2% of this active population was diagnosed with knee osteoarthritis, compared to the national prevalence of 10-12%. Sohn and Micheli’s study bolster claims from articles in The American Journal of Sports Medicine that state individuals who hold a membership in a running club or often compete in running events have 50% reduced odds for undergoing surgery for knee osteoarthritis.

There are many intrinsic and extrinsic factors that contribute to osteoarthritis, but running isn’t one of them. And (Spoiler alert!), just like Ralphie, who wasn’t dissuaded from his quest to acquire a Red Ryder BB Gun, I won’t be discouraged to achieve my running goals.

Sources:

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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 October 6, 2022 are listed below.

Participant	Years	Total
Abernathy, Darrin	1	385
Adwell, Stephen	1	1,051
Ahmed, Kabeer	3	1,100
Altobella, Janet	R	1,038
Anderson, Kerri	5	511
Bailey, Brittany	R	1,157
Barton, Tabitha	R	933
Bayush, Tori	3	834
Benner, Kim	10	1,287
Benson, Wayne	8	901
Bishop, Jamie	R	686
Blackmon, Christina	R	352
Blackmon, Kim	1	988
Boackle, Larry	5	300
Boackle, Tomie Ann	1	0
Booher, Lisa	11	1,357
Bookout, Jason	4	1,569
Bookout, Kimberly	4	1,482
Borie, Tuck	R	0
Boswell, Ryan	1	855
Bowman, Bill	R	736
Brakhage, Victoria	5	86
Bromberg, Georgia	4	887
Brown, Charlie	9	1,171
Brown, Katie E.	2	1,327
Brown, Katie G.	2	1,104
Brown, Sean	6	203
Browne, Shannon	1	65
Caine, Lawrence	2	1,018
Callahan, Chris	6	1,274
Carden, Melissa	2	1,474
Carey, Christopher	7	0
Carlton, Bob	7	967
Carter, Adrienne	2	0
Carter, Jason	2	0
Chaffinch, Violet	1	965
Chandler, Teresa	12	1,151

Participant	Years	Total
Clay, Brad	15	1,867
Cleveland, Jeff	6	1,273
Cliett, Stephanie	7	1,155
Coffin, Diane	R	1,048
Coleman, Tim	5	1,410
Colpack, Susan	2	904
Colvard, James	R	27
Corrin, LaRonda	1	0
Corrin, Roger	4	223
Cowart, Britney	4	969
Cramer, Robyn	1	1,075
Cramer, Steve	R	355
Crawford, Katelyn	1	628
Creed, Brad	5	924
Crowson, Bill	5	550
Crunk, Emmagene	R	0
Cutchen, Cindy	R	931
Davis, Grant	R	0
Deffenbaugh, Todd	1	1,048
Denton, Matt	10	1,561
Dimicco, Al	4	1,064
Dixon, Jeff	R	813
Duke, Cindy	6	1,034
Eason, Sydney	R	274
Edmondson, Laurie	2	1,605
Elrod, Stacey	1	790
Ennis, Amanda	R	489
Ennis, Matthew	R	719
Epperson, Ashley	R	121
Estes, Cameron	4	1,313
Estrada, Steven	4	2,045
Evans, Debbie	9	1,494
Farrell, Ryan	2	1,355
Fontenot, Misty	5	793
Forbus, Reed	R	279
Ford, Eric	1	401
Franklin, Shane	10	814

Participant	Years	Total
Frederick, Winston	13	1,048
Freeman, Sheila	5	908
Gayheart, Cheryl	2	1,057
Gee, Lynique	R	543
Gilbert, Beth	1	1,184
Goode, Johnny	13	1,019
Goss, Ange	3	0
Goyal, Rita	1	0
Grady, Carla	3	0
Grainger, Matt	3	1,490
Gray, Michael	2	900
Griffin, Misty	3	1,325
Guffey, Michelle	R	208
Haley, Jay	6	529
Hall, Thomas	1	102
Haralson, Danny	12	964
Haralson, Micki	13	1,116
Hargrave, Alan	14	1,008
Harrison, Lisa	10	516
Harry, April	4	882
Hart, Ed	R	1,004
Hassinger, Wendy	R	31
Henninger, Alison	7	960
Hess, Alan	R	836
Hogeland, Angie	2	380
Hogstrom, Minda	1	43
Holder, Gene	R	829
Holland, Skylar	3	962
Hood, Alissa	2	0
Hoover, Alison	10	405
Howell, Allen	R	735
Howell, Rachel	R	543
Izard, Melody	3	458
Janowiak, Desirae	1	165
Jenkins, Kaki	9	1,514
Jones, Stephanie	R	945
Jordan, Ezra	R	834

1200 MILE CLUB

Participant	Years	Total
Kaylor, Sara	R	841
Keefer, Herb	3	0
Keith, Jerry	R	572
Keith, Susan	R	237
Kelley, Robin	9	1,361
Kemper, Tricia	7	1,095
Knight, David	2	869
Kornegay, Marla	2	1,141
Kracke, Robert	R	818
Krick, Stefanie	3	1,372
Kuhn, Jimmy	15	1,838
Kulp, Loren	6	1,001
LaFon, Caroline	R	870
Laird, Audrey	8	1,246
Lamb, Patrick	2	928
Lancaster, Jeff	3	1,105
Landefeld, Dale	1	1,022
Langston, Aaron	5	0
Linken, Allen	R	1,031
Lyda, Beth	3	1,331
Lyda, John	4	1,261
Lyle, Randy	13	1,182
Maddox, Kendall	R	278
Malick, David	8	1,126
Martin, Sheree	1	202
Mathews, Skip	R	965
Matthews, Jamieson	R	797
McElroy, Catherine	2	1,137
Merry, Vicki Sue	9	1,020
Mickens, Cassandra	2	670
Miller, William	1	3,270
Mishra, Anoop	1	835
Mixon, Joshua	R	0
Morris, Gordon	1	935
Morrow, Abigail	R	0
Morrow, Alex	10	1,013
Muncher, Monica	R	821
Murchison, Reginald	8	1,542
Newkirk, John Allen	R	91
Noerager, Brett	3	2,105
Noerager, Felicia	1	1,074
Northern, Kristie	13	1,490
Norton, Laura	4	1,683
Oechslin, Tamara	2	971
Oehrlein, Kimberly	R	141

Participant	Years	Total
Oliver, John	7	602
Orihuela, Carlos	4	1,142
Ortis, Ellen	3	1,167
Palmer, Irma	1	446
Parks, Charlie	8	1,004
Payson, Tabitha	R	644
Payson, Tommy	3	869
Peagler, Shana	9	0
Pearce, Julie	6	787
Pinkerton, Mitchell	R	985
Pitts, Adele	1	908
Plante, David	9	1,085
Pritchett, Leigh Ann	R	484
Pronath, Katrina	R	418
Randolph, Megan	2	1,240
Rawson, Brent	4	467
Renfro, Jeff	3	1,062
Richey, Lori Beth	5	1,315
Ritchie, Joseph	5	1,386
Ritchie, Lauren	4	1,253
Roberson, Kevin	5	708
Robinson, Lyndsey	3	1,342
Robinson, Tamara	3	1,642
Rodgers, Jeffrey	4	890
Rodgers, Jessica	1	314
Roper, Lynn	4	966
Rose, Billy	8	2,404
Ross, Cara	1	295
Rutherford, Keith	14	1,008
Rutledge, Lisa	7	1,339
Saffold, Joseph	R	541
Sanders, Gwendolyn	3	842
Shaffield, Danny	9	1,963
Sherer, Jeremy	5	929
Sherrell, Jeff	3	1,459
Shinn, Ronald	8	1,143
Sides, Dean	4	855
Simpson, Kevin	9	2,538
Sims, Cecelia	2	432
Sloane, Mike	6	971
Smith, Daryl	2	1,409
Smith, Erin	2	1,505
Smith, Jason	3	1,389
Smith, Jerry P.	12	963
Soileau, Chester	4	0

Participant	Years	Total
Spikings, Matt	1	1,034
Steele, Julianne	R	0
Stockton, Rick	14	782
Swiney, Elana	R	0
Taylor, Kim	R	977
Taylor, Melissa	1	1,668
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	925
Vaughn, Lora	R	585
Wade, Josh	R	0
Waid, David	5	2,030
Waits, John	R	698
Walton, Suzie	R	1,106
Washington, Monica	1	512
Watkins, Tommy	1	1,286
Watters, Ana	4	1,484
Watters, Larkin	2	777
Watters, Robert	7	1,174
Weaver, Brooke	R	0
Weber, Amy	2	556
Weeks, Lance	2	466
Wells, Bradley	5	0
Wende, Adam	7	785
Whatley, Prince	9	969
Wheelis, Taylor	R	1,000
White, Morgan	1	441
White, Robin	3	1,698
Wilhite, Thomas	6	478
Williams, Mattie	R	255
Williams, Shanada	1	0
Williams, Shaunda	3	710
Williamson, Rebecca	3	1,141
Wiseman, Steve	7	1,181
Woody, Bill	13	1,169
Wright, Amy	4	291
Wu, Xing	10	774
York, Gary	9	1,463
Zajac, Jason	4	1,233
Zapata, Carlos	2	830

BTC EXECUTIVE BOARD MEETING

September 12, 2022

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Trish Portuese, Vicky Brakhage, Marla Gruber, Charles Thompson, Alan Hargrave, April Harry, Bradley Wells, Jamie Trimble, Cameron Estes, and Alex Morrow

Hunter Bridwell made a motion to approve the minutes of the July and August 2022 Executive Board Meetings. The motion was seconded by Trish Portuese and passed without opposition.

Membership (Cameron Estes)

We currently have 749 members and 590 memberships. There were a little over 20 new members as a result of our membership drive and run social.

Newsletter Editor (Hunter Bridwell)

The next newsletter publication date will be on October 3, 2022. Please have all content to Julie Pearce by September 23, 2022, and that date is firm as Julie will be out of town. Hunter Bridwell will prepare an article about the Vulcan Run 10K and Jamie Trimble will prepare a Vice President's address and possibly discuss runner safety.

Treasurer (April Harry)

The monthly financial report was sent via email by April Harry.

Web Master (Hunter Bridwell)

We are just updating the "What's next" section on the website.

Long Run Committee (Marla Gruber)

Our marathon training group has 20 miles this weekend, so let Marla Gruber know if you have any suggestions for the route. We have had a lot of great water stop volunteers, but we have had a couple of occasions in which not enough sports drink was included. Marla will put out some sort of a reminder to include two full gallons of sports drink. We will also update the water stop volunteer section to change the "minimum" to two volunteers instead of one, because some see "Minimum Met" when one person has signed up and don't realize we really need two volunteers. Discussion was held regarding merchandise gift cards to those who frequently volunteer for water stops.

Moderate Run Committee (Hunter Bridwell)

This group has been doing really well under Mark Criswell.

Japan Exchange (Hunter Bridwell)

Rebecca is trying to stay in touch with the volunteer.

Merchandise (Bradley Wells)

We still have a large inventory of merchandise left over from the summer, so we might offer a 50% off sale to make room before ordering new fall/winter merchandise. We plan to sale merchandise at the Vulcan Run 10K.

1200 Mile Club (Hunter Bridwell)

There are still a handful of jackets that have not been picked up, which are now in the BTC storage unit. Hunter has the patches in case anyone needs to pick up their patch.

USATF Representative (Charles Thompson)

Charles Thompson has been working the finish line at local races on Saturdays and he wearing his BTC and Vulcan Run t-shirts. The 2022-2023 indoor/outdoor calendar has been published and Charles has a copy if anyone would like one. The calendar starts in December and goes through June 10, 2023. Once the Birmingham Crossplex issues their list of upcoming USATF events, Charles will provide a copy.

Marketing (Alex Morrow)

We had a lot of interest in hosting self-defense classes for runners. As such, we are setting up two self defense classes that will take place on two Sundays in October. The cost will be \$25 per person. Discussion was held regarding increasing interest in Vulcan Run 10K and all other BTC races. All of the costs associated with hosting these races have increased, so we really need to increase participation.

Vulcan Run 10K (Hunter Bridwell)

Discussion was held regarding increased costs associated with hosting the race downtown. Fortunately, Southlake Orthopaedics has graciously offered a \$5,000 sponsorship for the race. There was also interest in sponsoring the event from one other local business that Hunter Bridwell reached out to.

New Business (Hunter Bridwell)

We previously discussed having a quarterly mini track meet. We plan to discuss this further after Vulcan Run 10K.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, October 10, 2022, at 6:00 p.m. Location to be determined.

SHOW US YOUR BTC GEAR



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	October 8, 2022	6:00 a.m. and 6:30 a.m.
Runner's Self Defense Class (Birmingham Wrestling Complex)	October 9, 2022	10:00 a.m. – 2:00 p.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.
Runner's Self Defense Class (Birmingham Wrestling Complex)	October 23, 2022	10:00 a.m. – 2:00 p.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 Saturday Long and Moderate Run Groups	November 12, 2022	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	November 19, 2022	6:00 a.m. and 6:30 a.m.
Magic City Half Marathon and 5K * BTC Discount *	November 20, 2022	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 26, 2022	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	December 3, 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:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

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

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

Initial:

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

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