



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

November 2022 **11**

WE DID IT!



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MRUNS

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WE DID IT!

PHOTO CREDITS:
MRUNS

And that's a wrap for the 48th running of the iconic Vulcan Run 10k! What a thrill to be back on our "original" course -- the parks along Highland Avenue were in full color, the golf course hill was just as we remembered it, and that last two mile stretch still provided a nice fast finish. Congratulations to everyone who participated in the race, and an especially hearty congratulations to this year's winners:

Men's Overall

1st place: Chase Buckelew
2nd place: Nelson Oyugi
3rd place: Ethan Miles
4th place: Gatlin Holland
5th place: Alex Shah

Women's Overall

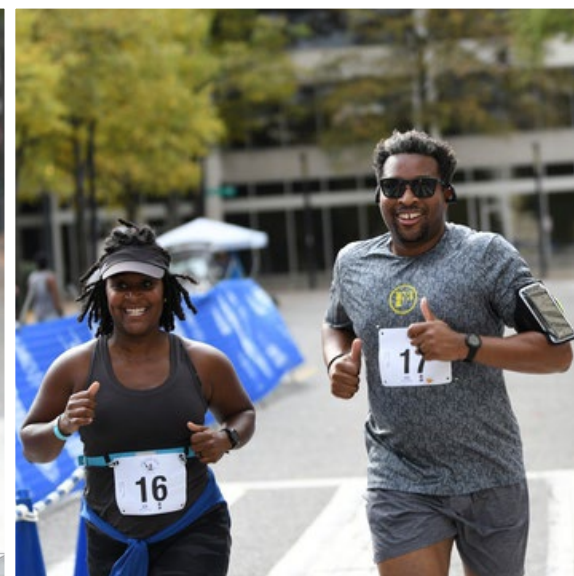
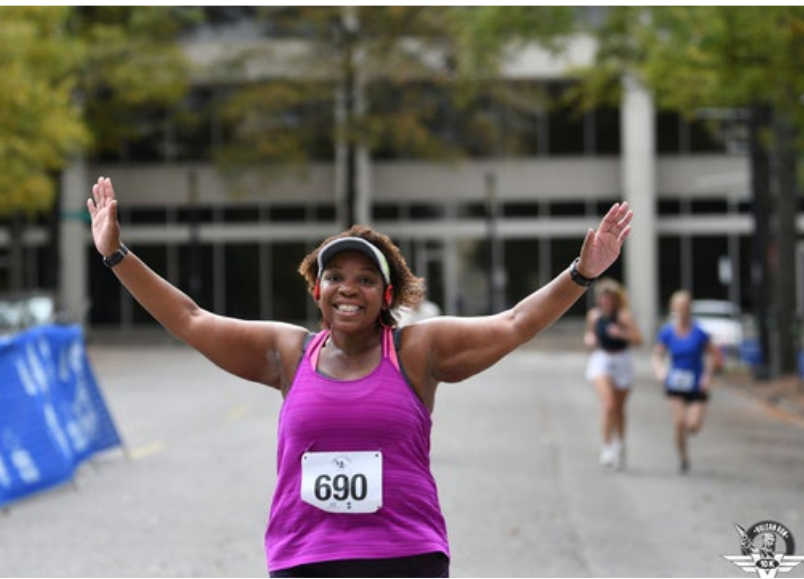
1st place: Esther Gitahi
2nd place: Samantha Palmer
3rd place: Elise Barron
4th place: Hali Fortugno
5th place: Britany Kirkes

A complete list of all results can be found [here](#), and you can download your personalized finisher's certificate from this link as well. Race photos, courtesy of MRuns (start/finish line and awards) and Just4Running (course photos) can be found [here](#).

Many, many thanks to our presenting sponsor, **Southlake Orthopaedics**, as well as our other sponsors who made this year's race possible: Birmingham Track Club, TherapySouth, The Trak Shak, and Championship Racing.

And to all of our wonderful volunteers – thank you!

See you all next year!

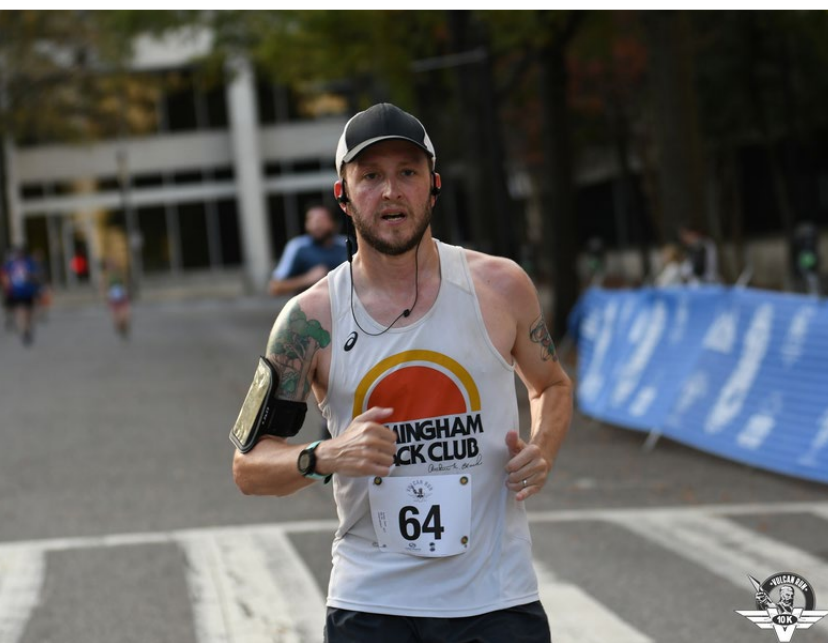


WE DID IT!



WE DID IT!

PHOTO CREDITS:
MRUNS



PRESIDENT'S ADDRESS

By Hunter Bridwell



October was a great month in the BTC! We completed another marathon training cycle. Our target race for training this summer and fall was the Chicago Marathon, but our folks headed out across the country -- and the world -- to take on a variety of races. I'm proud of all of you who completed this journey whether it was your very first marathon (or half marathon) or you were earning your sixth star in the Abbott World Marathon Majors. Congrats to one and all!

Closer to home, we continued to stay busy in October by preparing for the 48th running of the iconic Vulcan Run 10k -- the final race in this year's BTC Race Series. We had a great turnout for our Vulcan Run 10k Preview Run a few weeks ago. Our presenting sponsor for the race, **Southlake Orthopaedics**, joined us the morning of October 22nd for the preview run and provided some very welcome coffee and other treats to our runners! Thank you, Southlake Orthopaedics!

Vulcan Run 10k

The race itself took place this past weekend throughout the streets of downtown Birmingham, the historic Highland Park neighborhood, and the Five Points area of Birmingham. We had a great turnout this year, and we were thrilled to be back on the traditional Vulcan course and back inside Boutwell Auditorium for the post-race fun! Check out some of the photos from the race posted later in the newsletter.

What's Next for the BTC

As we approach the end of 2022, that means we also are approaching the end of my tenure as President of the BTC. Before that happens, though, your board is hard at work planning some exciting new things for 2023. We are meeting in the coming weeks to discuss the upcoming BTC Annual Party and will begin planning for 2023 and beyond. It has been an absolute treat representing all our BTC members on the board, although I also look forward to transitioning to Past-President and continuing to be a resource for the future leaders of the club.

For those of you who are completing your first year of the 1200 Mile Club Challenge, be on the lookout in the coming weeks for information about ordering your jacket. We look forward to celebrating your accomplishments at the BTC Annual Party as well.

Please continue to join our moderate and long run groups on Saturday mornings at The Trak Shak in Homewood. We look forward to helping you train for your upcoming spring races!

Hunter Bridwell
BTC President



2022 Officers



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Medical Director
Social Chairs

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Marla Gruber
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Britney Cowart
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"The Vulcan Runner" Newsletter
Japan Exchange Program

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BTC Race Directors

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Statue 2 Statue
Peavine Falls
Vulcan Run

Lisa Booher
Judy Loo
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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:

Birmingham Track Club
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secretary@BirminghamTrackClub.com

Race Results

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



MEDICATIONS AND MILES:

Something Smells Fishy with Fish Oils

By Leigh Ballard, Pharm.D. Candidate 2024 and Kim Benner, Pharm.D.



Fish oils are among the top three most used dietary supplements in the United States.¹ These supplements are a source of omega-3 fatty acids, containing eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Omega-3 fatty acids are not made in the body, but can come from dietary sources, such as fish, “over-the-counter” (nonprescription) supplements, and prescription medications such as Lovaza and Vascepa. In the United States, the average total omega-3 fatty acids consumed is around 1.6 grams per day, which is only about 0.1-0.2 grams of EPA and DHA. This is lower than the 0.3-0.5 grams per day recommendation for EPA and DHA.² Eating fatty fish and using vegetable oils containing alpha-linolenic acid (an essential fatty acid) can help users reach the recommended intake of omega-3 fatty acids.

Due to how these fatty acids work in the body, some popular uses for fish oils include treating hypertension, hypertriglyceridemia (elevated triglycerides in the blood) and high cholesterol, and potentially rheumatoid arthritis.³ Rheumatoid arthritis occurs due to an inflammation in the joints, caused by inflammatory mediators. These inflammatory mediators are reduced by omega-3 fatty acids, which can result in a reduction in the symptoms of rheumatoid arthritis.⁴ Other benefits of omega-3 fatty acids have been observed, including reduction of triglyceride levels, reduction of plaque in the arteries, reduction of irregular heart rhythm, reduction of blood clotting, lowering of blood pressure, and improved blood vessel function, along with anti-inflammatory effects.

The Kidney Disease Improving Global Outcomes (KDIGO) guidelines point out that while the evidence is weak, it is reasonable to recommend therapeutic lifestyle changes, including using fish oils, in patients with high levels of triglycerides.⁵ Keep in mind, the use of fish oil supplementation is recommended along with other lifestyle changes, such as weight reduction, increasing physical activity, and reducing alcohol intake. While the use of fish oil may be beneficial in those with hypertriglyceridemia, these golden-colored capsules are not to be used in children with chronic kidney disease due to the lack of evidence on long-term effects and safety.⁶ Children with chronic kidney disease often have high triglyceride levels, but there currently is not a treatment for this condition, specifically. Before deciding if fish oils might be an option, it is best to discuss with your healthcare provider the benefits and risks of lowering triglycerides.

Some diabetics may also have hypertriglyceridemia -- elevated triglycerides (fats) in the blood. In these patients, fish oils may be recommended to reduce the risk of pancreatitis.⁷ As with kidney disease, other lifestyle changes, such as exercise and reduction in alcohol consumption, should also be considered to lower triglyceride levels. Patients with more severe cases could consider the use of fish oil supplements and prescription medication. It is important to note that this would be used along with other medications for diabetes.

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MEDICATIONS AND MILES:

Something Smells Fishy with Fish Oils

For patients with coronary heart disease (CHD), an increased recommended consumption of EPA and DHA over the 0.3-0.5 grams is recommended for hypertriglyceridemia. The recommended amount of EPA and DHA for patients with CHD is about 1 gram per day. Evidence shows a reduction in mortality in CHD patients supplementing with EPA and DHA.² A fish oil supplement may be more beneficial in this patient population, because the recommended daily amount is likely to be more difficult to achieve through diet alone.

Fish oil supplements may also be beneficial to athletes. Intense exercise, such as running, can lead to cell processes that damage the cells and tissues. Because omega-3 fatty acids can reduce inflammation, supplementation of EPA and DHA could prevent inflammation in the joints caused by stress and overuse, often a result of high-impact sports.⁴

With so many available options on the shelf, how do you know which fish oil supplement to choose? There are many aspects to consider when deciding to take fish oil supplements. Some common adverse effects are bad breath, fishy taste, and heartburn. Potential interactions with other medications must also be considered, so it is important to consult your healthcare provider before beginning a fish oil regimen. Because fish oils

can have the effect of reducing atherosclerotic plaques, the risk of bleeding can be increased in patients on antiplatelets or anticoagulants.³ Some examples of these medications would be clopidogrel, aspirin, and Warfarin. Furthermore, because fish oils can lower blood pressure, a patient on blood pressure medication who is taking fish oil supplements simultaneously may experience dizziness.³ Some of these blood pressure medications include lisinopril, metoprolol, or hydrochlorothiazide, just to name a few. Asking your local pharmacist is a good way to know if any of your medications may interact with fish oil supplements.

In summary, fish oil supplements can provide a variety of health benefits in specific patient populations when used in conjunction with other lifestyle modifications. As with any drug, it is important to talk with your healthcare provider to know if fish oil supplements are right for you.

References:

1. *Mishra S, et al. Dietary supplement used among adults: United States, 3027-2018. Centers for Disease Control and Prevention Website; https://www.cdc.gov/nchs/products/databriefs/db399.htm#section_3; February 2021. Accessed August 11, 2022.*
2. *Kris-Etherton PM, et al. American Heart Association. Nutrition Committee. Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease [published correction appears in Circulation. 2003 Jan 28;107(3):512.]. Circulation. 2002;106(21):2747-2757.*
3. *Fish oil. Mayo Clinic Website; <https://www.mayoclinic.org/drugs-supplements-fish-oil/art-20364810>; December 8, 2020. Accessed August 11, 2022.*
4. *Poles J, et al. The effects of twenty-four nutrients and phytonutrients on immune system function and inflammation: A narrative review. J Clin Transl Res. 2021;7(3):333-376.*
5. *Kidney Disease: Improving Global Outcomes (KDIGO) Diabetes Work Group. KDIGO 2020 clinical practice guideline for diabetes management in chronic kidney disease. Kidney Int. 2020;98(4S):S1-S115.*
6. *Kidney Disease Outcomes Quality Initiative. KDOQI clinical practice guideline for nutrition in children with CKD: 2008 update. American Journal of Kidney Diseases. 2008;53(2S):S1-S124.*
7. *American Diabetes Association. Standards of medical care in diabetes—2022. Diabetes Care. 2022;45(1S):S154-S155.*



No -Bake Energy Bites

Recipe

Recipe and photograph courtesy of Gimme Some Oven, located online at: <https://www.gimmesomeoven.com/no-bake-energy-bites/>

INGREDIENTS:

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed (for extra protein, fiber, and Omega-3s)
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

DIRECTIONS:

1. Toast the coconut briefly in the oven or in a sauté pan. Cool before adding to the energy bites.
2. Stir everything together. Stir all ingredients together in a large mixing bowl until thoroughly combined.
3. Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled.
4. Roll into balls. Roll into mixture into 1-inch balls, or press mixture into a parchment-lined 8X8 baking pan, chill, and slice into energy bars rather than rolling into balls.
5. Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.
6. If you have trouble getting the energy balls to hold together, add in more peanut butter to make the mixture a bit more sticky.

VARIATIONS:

- Use a different nut or seed butter - Use almond butter, cashew butter, sunflower seed butter, or any other nut/seed butters that you prefer in place of peanut butter.
- Omit the coconut - and add in an extra shake of oats instead.
- Add spices -- add in a few pinches of ground cinnamon or some pumpkin pie spice.
- Swap the chocolate chips for raisins, dried cranberries, or diced apricots (for those oatmeal raisin cookie lovers out there).



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:

Evan Baggett	Susan Colpack	Matthew Hinshaw	Jeff Ray	Mitchell Turberville
Tabitha Barton	Jody Coombs	Ethan Johnson	Jennifer Ray	Jennifer Walker-Journey
Kim Blackmon	Pat Dell'Italia	Jennifer Liddicoat	Dan Roberts	Key Warren
Richard Broome	Dodie Driscoll	Sheree Martin	Cindi Routman	Lisa Warren
Michael Brown	Patrick Driscoll	Vicki Sue Merry	Daryl Smith	Madelyn Warren
Jerome Burkes	Amy Edgerton	Brenton Morris	Erin Smith	Chelsea Wilhite
Rafe Cloe	Lizzy Eleraky	Kristie Northern	Phil Teninbaum	Gary York

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.

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.



NEURODYNAMICS TO IMPROVE TRICKY HAMSTRING INJURIES

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



Have you ever had a nagging hamstring injury that won't fully resolve despite consistent stretching, use of soft tissue tools (i.e. foam rolling, marshmallow roller), wearing compression garments, rest, and cross-training? The missing factor you likely haven't incorporated yet is neurodynamics!

Neurodynamics is a term that describes the mechanical relationship between the nervous system and the musculoskeletal system. Defined more simply, it is how well nerves move through muscles and fascia, or around bony prominences. Prior to my cadaver dissection in physical therapy school, I always imagined nerves to be tiny and static structures. To the contrary, I soon realized during these dissection labs that nerves were large and mildly elastic. Anatomy pictures never do the complexity of the body justice, making it hard to appreciate the intricate pathways nerves run from the spinal cord throughout the rest of the body. My classmates and I spent many tedious hours in the cadaver labs tracing these pathways from their origin in the spinal cord all the way to the tips of the toes and fingers.

Nerves should move independently of other structures in the body along these pathways. They slide (shorten on one end and lengthen at another end; similar to a tug-of-war rope) and stretch. When injury occurs, or when a muscle has decreased mobility, the affected nerves may slide and stretch less. Ultimately, this will produce a radiculopathy (a term used to describe a pain that is not pin-point, but runs down your leg or arm). An umbrella term for this type of pain is commonly known as "sciatica," but sometimes it mimics the discomfort of a pulled muscle.

Neurodynamic techniques should be used in conjunction with massage and stretching for the best results. This is likely why patients

will see some improvement in their "hamstring injuries," but won't achieve a full resolution.

It is best to start with a "sliding" movement of the sciatic nerve, and then progress to a "tensioning" movement to settle the pain completely.

To slide the sciatic nerve, you will need to start by lying on your back. Bring your thigh towards your chest until it is perpendicular (or as close to perpendicular as you can tolerate) to the ceiling. You will then straighten your knee while simultaneously pointing your toe down, as if you are pressing the gas pedal of a car. Then, you will bend your knee, pulling your toes back towards your shin. Repeat this movement slowly for thirty repetitions daily.

Once the sliders become easy, you may now begin to perform the tensioners. You will begin by sitting on the edge of your seat, sitting in a slumped position with your chin touching your chest. Now, you will straighten your knee while simultaneously pulling your toes back towards your shin bone. Only extend your knee as far as you can tolerate. Repeat this movement slowly for thirty repetitions as well.

Performing these exercises should get you "over the hump" of your enigmatic hamstring injury. Neurodynamic changes are not immediate. Daily performance over one to two weeks should provide symptom relief. If you have any follow-up questions on neurodynamic techniques, please reach out to tsendurance@therapysouth.net, and we will be happy to help!



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 November 6, 2022 are listed below.

Participant	Years	Total
Abernathy, Darrin	1	385
Adwell, Stephen	1	1,158
Ahmed, Kabeer	4	1,247
Altobella, Janet	R	1,038
Anderson, Kerri	5	600
Bailey, Brittany	1	1,265
Barton, Tabitha	R	1,044
Bayush, Tori	3	834
Benner, Kim	10	1,435
Benson, Wayne	8	1,012
Bishop, Jamie	R	933
Blackmon, Christina	R	464
Blackmon, Kim	2	1,266
Boackle, Larry	5	300
Boackle, Tomie Ann	1	0
Booher, Lisa	11	1,357
Bookout, Jason	4	1,649
Bookout, Kimberly	4	1,587
Borie, Tuck	R	0
Boswell, Ryan	1	939
Bowman, Bill	R	831
Brakhage, Victoria	5	86
Bromberg, Georgia	4	887
Brown, Charlie	10	1,287
Brown, Katie E.	2	1,523
Brown, Katie G.	3	1,283
Brown, Sean	6	203
Browne, Shannon	1	65
Caine, Lawrence	2	1,175
Callahan, Chris	6	1,486
Carden, Melissa	2	1,686
Carey, Christopher	7	0
Carlton, Bob	7	1,082
Carter, Adrienne	2	0
Carter, Jason	2	0
Chaffinch, Violet	1	1,062
Chandler, Teresa	13	1,310

Participant	Years	Total
Clay, Brad	15	2,084
Cleveland, Jeff	6	1,439
Cliett, Stephanie	8	1,279
Coffin, Diane	R	1,140
Coleman, Tim	5	1,606
Colpack, Susan	2	1,040
Colvard, James	R	27
Corrin, LaRonda	1	0
Corrin, Roger	4	607
Cowart, Britney	4	969
Cramer, Robyn	1	1,188
Cramer, Steve	R	386
Crawford, Katelyn	1	1,011
Creed, Brad	5	1,030
Crowson, Bill	5	658
Crunk, Emmagene	R	0
Cutchen, Cindy	R	1,027
Davis, Grant	R	0
Deffenbaugh, Todd	1	1,158
Denton, Matt	10	1,729
Dimicco, Al	4	1,191
Dixon, Jeff	R	1,042
Duke, Cindy	6	1,165
Eason, Sydney	R	274
Edmondson, Laurie	2	1,803
Elrod, Stacey	1	891
Ennis, Amanda	R	489
Ennis, Matthew	R	719
Epperson, Ashley	R	121
Estes, Cameron	4	1,460
Estrada, Steven	4	2,264
Evans, Debbie	9	1,494
Farrell, Ryan	2	1,537
Fontenot, Misty	5	921
Forbus, Reed	R	279
Ford, Eric	1	401
Franklin, Shane	10	930

Participant	Years	Total
Frederick, Winston	13	1,176
Freeman, Sheila	5	985
Gayheart, Cheryl	3	1,235
Gee, Lynique	R	543
Gilbert, Beth	2	1,350
Goode, Johnny	13	1,193
Goss, Ange	3	0
Goyal, Rita	1	0
Grady, Carla	3	0
Grainger, Matt	3	1,677
Gray, Michael	2	1,000
Griffin, Misty	3	1,449
Guffey, Michelle	R	208
Haley, Jay	6	529
Hall, Thomas	1	102
Haralson, Danny	12	1,115
Haralson, Micki	13	1,116
Hargrave, Alan	14	1,175
Harrison, Lisa	10	636
Harry, April	4	1,008
Hart, Ed	R	1,095
Hassinger, Wendy	R	31
Henninger, Alison	7	1,076
Hess, Alan	R	921
Hogeland, Angie	2	380
Hogstrom, Minda	1	43
Holder, Gene	R	955
Holland, Skylar	3	1,103
Hood, Alissa	2	0
Hoover, Alison	10	405
Howell, Allen	R	986
Howell, Rachel	R	638
Izard, Melody	3	905
Janowiak, Desirae	1	165
Jenkins, Kaki	9	1,693
Jones, Stephanie	R	1,051
Jordan, Ezra	R	834

1200 MILE CLUB

Participant	Years	Total
Kaylor, Sara	R	841
Keefer, Herb	3	0
Keith, Jerry	R	692
Keith, Susan	R	237
Kelley, Robin	9	1,361
Kemper, Tricia	8	1,243
Knight, David	2	869
Kornegay, Marla	2	1,141
Kracke, Robert	1	1,237
Krick, Stefanie	3	1,499
Kuhn, Jimmy	15	1,838
Kulp, Loren	6	1,148
LaFon, Caroline	R	1,096
Laird, Audrey	8	1,443
Lamb, Patrick	2	1,038
Lancaster, Jeff	4	1,234
Landefeld, Dale	1	1,159
Langston, Aaron	5	0
Linken, Allen	R	1,129
Lyda, Beth	3	1,479
Lyda, John	4	1,389
Lyle, Randy	14	1,914
Maddox, Kendall	R	278
Malick, David	9	1,294
Martin, Sheree	1	202
Mathews, Skip	R	1,105
Matthews, Jamieson	R	855
McElroy, Catherine	3	1,248
Merry, Vicki Sue	9	1,167
Mickens, Cassandra	2	670
Miller, William	1	3,643
Mishra, Anoop	1	835
Mixon, Joshua	R	0
Morris, Gordon	1	1,061
Morrow, Abigail	R	0
Morrow, Alex	10	1,013
Muncher, Monica	R	941
Murchison, Reginald	8	1,733
Newkirk, John Allen	R	91
Noerager, Brett	3	2,322
Noerager, Felicia	2	1,201
Northern, Kristie	13	1,658
Norton, Laura	4	1,883
Oechslin, Tamara	2	971
Oehrlein, Kimberly	R	141

Participant	Years	Total
Oliver, John	7	602
Orihuela, Carlos	5	1,280
Ortis, Ellen	3	1,167
Palmer, Irma	1	446
Parks, Charlie	8	1,093
Payson, Tabitha	R	644
Payson, Tommy	3	957
Peagler, Shana	9	0
Pearce, Julie	6	889
Pinkerton, Mitchell	R	1,060
Pitts, Adele	1	1,029
Plante, David	10	1,204
Pritchett, Leigh Ann	R	484
Pronath, Katrina	R	468
Randolph, Megan	2	1,372
Rawson, Brent	4	576
Renfro, Jeff	3	1,168
Richey, Lori Beth	5	1,478
Ritchie, Joseph	5	1,608
Ritchie, Lauren	4	1,494
Roberson, Kevin	5	888
Robinson, Lyndsey	3	1,457
Robinson, Tamara	3	1,642
Rodgers, Jeffrey	4	1,048
Rodgers, Jessica	1	314
Roper, Lynn	5	1,237
Rose, Billy	8	2,671
Ross, Cara	1	295
Rutherford, Keith	14	1,125
Rutledge, Lisa	7	1,505
Saffold, Joseph	R	541
Sanders, Gwendolyn	3	842
Shaffield, Danny	9	1,963
Sherer, Jeremy	5	1,039
Sherrell, Jeff	3	1,634
Shinn, Ronald	9	1,303
Sides, Dean	4	990
Simpson, Kevin	9	2,714
Sims, Cecelia	2	803
Sloane, Mike	6	971
Smith, Daryl	2	1,544
Smith, Erin	2	1,656
Smith, Jason	3	1,635
Smith, Jerry P.	12	1,074
Soileau, Chester	5	1,209

Participant	Years	Total
Spikings, Matt	1	1,186
Steele, Julianne	R	0
Stockton, Rick	14	1,039
Swiney, Elana	R	0
Taylor, Kim	R	1,081
Taylor, Melissa	1	1,805
Thompson, Samuel	1	159
Thompson, Sara	5	1,410
Tomlin, Chace	2	339
Trimble, Jamie	8	1,383
Tucker, Brian	R	632
Valles, Tina	2	1,035
Vaughn, Lora	R	725
Wade, Josh	R	0
Waid, David	5	2,334
Waits, John	R	698
Walton, Suzie	1	1,231
Washington, Monica	1	512
Watkins, Tommy	1	1,435
Watters, Ana	4	1,694
Watters, Larkin	2	943
Watters, Robert	7	1,197
Weaver, Brooke	R	0
Weber, Amy	2	609
Weeks, Lance	2	526
Wells, Bradley	6	1,456
Wende, Adam	7	884
Whatley, Prince	9	1,116
Wheelis, Taylor	R	1,151
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	8	1,334
Woody, Bill	13	1,169
Wright, Amy	4	291
Wu, Xing	10	1,068
York, Gary	9	1,716
Zajac, Jason	4	1,422
Zapata, Carlos	2	965

SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

October 10, 2022

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Jamie Trimble, Vicky Brakhage, Marla Gruber, Charles Thompson, Alan Hargrave, Kelly Sims, Cameron Estes, Kaki Jenkins, Kim Benner, Trish Portuese, and Lisa Booher.

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

Charles Thompson requested to clarify in the minutes that when he works the finish line at local races on Saturday mornings, he wears a Birmingham Track Club baseball cap and the 1991 Vulcan Run T-shirt. The September Executive Board Meeting Minutes did not mention his baseball cap or specify that it is the 1991 Vulcan Run t-shirt.

Membership (Cameron Estes)

We currently have 741 members and 580 memberships.

Newsletter Editor (Hunter Bridwell)

The next newsletter publication date should be first Monday in November. Please have all content to Julie Pearce by Friday, October 21, 2022. Hunter will confirm exact dates with Julie Pearce.

Treasurer (Hunter Bridwell)

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

Web Master (Hunter Bridwell)

Information regarding the Vulcan Run 10k has been added to website.

Long Run Committee (Marla Gruber)

We will be getting ready to vote for a spring marathon in the near future. We hope to have confirmation regarding the Mercedes Marathon and Half Marathon before we pick our next race. In the interim, the Saturday Morning Long Run will typically consist of 10-15 miles.

We will host a Vulcan Preview Run downtown on Saturday, October 22, 2022. We can plan to have one or two loop options for those that need extra miles.

Social Committee (Kaki Jenkins)

We will start planning for our next run social. We do hope to provide maybe donuts and coffee at the Vulcan Preview run on October 22, 2022.

Merchandise (Hunter Bridwell)

We still have a large inventory of merchandise left over from previous orders, so we plan to sell merchandise at the Vulcan Run 10k. We may also start giving away merchandise to volunteers.

1200 Mile Club (Hunter Bridwell and Kelly Sims)

We still have people asking about jackets. In the near future, we will have to start planning to order jackets for this year.

USATF Representative (Charles Thompson)

On October 15, 2022, there will be a USATF Track and Field Meet at Choccolocco Park.

Charles Thompson has been working the finish line at local races and he always wears a Birmingham Track Club baseball cap and the 1991 Vulcan Run T-shirt.

When Crossplex publishes its upcoming events, Charles will forward that documentation to Julie Pearce.

Charles will put out Vulcan Run 10k yard signs at specific locations and he requested a table in Boutwell Auditorium to give out 1991 Vulcan Run posters that are left over from that race. The Birmingham Track Club ordered a lot of posters for that race and Charles would like to give them away after the race.

Volunteer Committee (Kim Benner)

Kim Benner is working on getting volunteers for the upcoming Vulcan Run 10k. Magic Moments has offered to work one of the water stops at the race. Jim Taylor and his group typically handles the second water stop, so Hunter Bridwell offered to reach out to Jim. Other than the water stops, volunteers will be needed to help set up barricades, put up the arch at the start and finish lines, and drop off supplies for the water stops. Packet pick up will be held on Friday, November 4, 2022, at Trak Shak from 11:00-6:00, so volunteers will be needed for packet pick up.

Kim Benner and Jamie Trimble will be out of town for Vulcan Run 10k, so we will also need a volunteer to pick up the rental truck, get everything from the storage unit, and then return everything including the rental truck after the race.

Marketing (Hunter Bridwell)

Doing social media campaign via social media to promote Vulcan Run 10k

Vulcan Run 10k (Hunter Bridwell and Trish Portuese)

Trish Portuese received a waiver from the city, which reduced the cost of the police and renting Boutwell Auditorium for the Vulcan Run 10k. So far the number of participants is up from last year. As of today, there are 140 more registered for the race than this point last year. We will be using a different caterer for postrace food this year. EMS is already lined up for the race, but we still need a race doctor. Southlake Orthopedics is title sponsor. The DJ we had last year asked to return and offered us a discount, which we really appreciate.

New Business (Hunter Bridwell)

Adam's Heart Runs has been scheduled for January 28, 2023. We will work on scheduling all of the other BTC races so we can get registration for the BTC Race Series open in RunSignUp.

Discussion was held regarding potential dates for the BTC annual party. A tentative date of Saturday, February 4, 2023 was discussed. Lisa Booher suggested the ballroom at the Vestavia Hills Civic Center as a possible location.

Hunter Bridwell would like to schedule a special planning meeting to discuss next year in early November. He will send an e-mail with potential dates.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, November 14, 2022, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
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 Saturday Long and Moderate Run Groups	December 10, 2022	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	December 17, 2022	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	December 24, 2022	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	December 31, 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