



USATRACK & FIELD

★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

December 2022 **12**

HOLIDAY GIFT LIST FOR RUNNERS

By Julie Pearce



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HOLIDAY GIFT LIST FOR RUNNERS

Are you looking for a gift for the special runner in your life? Or do you need to drop a few hints to your loved ones? *The Vulcan Runner* has you covered! Here are our favorite gifts this holiday season, sourced primarily from our favorite local retailers and businesses. #Shoplocal!

Cold Weather Accessories

'Tis the season for warm gloves and mittens! We love the insulated Wonder Puff Mittens or the Men's Navigation Down Glove from [Lululemon](#). What's the saying, warm hands, warm heart? And speaking of warm, a box of these [handwarmers](#) make a very thoughtful (and much appreciated) stocking stuffer! From \$39.



Elta MD UV Sport Broad-Spectrum Sunscreen

I never leave home without this sunscreen (\$28), even for early morning runs. It's water resistant, chemical free, and it somehow makes my skin look better when I use it. Available at [Village Dermatology](#) in Mountain Brook Village, Gardendale, and Oneonta.



Gift Cards

Everyone loves a gift card to a favorite store. For local runners, it's hard to go wrong with a gift card to The Trak Shak www.trakshak.com. Currently, you can receive an extra \$30 with every \$100 gift card through Instagift. See <https://trakshak.instagift.com/> for details or to purchase, or visit one of their stores (Homewood, 280, and Hoover). And if your runner loves a great post-run coffee, how about a gift card to his favorite coffee shop and a funny running mug? We found some great ones on [Etsy](#) that can be customized for a personal touch.



Goodr Sunglasses

These cute, colorful glasses have become favorite collectibles because they work, and they're reasonably priced. Find them locally at [The Trak Shak](#) or [The Cottage Basket](#) in Homewood, or [Pants Store](#) in Crestline. From \$25.



Insulated Tumblers

Apparently, this super insulated, dishwasher safe tumbler from Stanley (\$40) somehow achieved cult-status and there are Facebook pages dedicated to buying, selling, and trading them – who knew?! We do love its 40-oz capacity, handle, and ability to fit into cupholders though. And did we mention it's dishwasher safe? Grab one at [REI](#), fill it with some Nuun tablets or Skratch from [The Trak Shak](#), and you have the perfect gift for your running BFF.

A Medal Display

If your runner has caught the racing bug or just completed a big running goal, how about displaying that hardware in a special way? For you DIY-ers, a shadow box to display his medal, bib, and a photograph or print of his race results may be ideal, but for those of you with less of a creative urge, ready-made displays are available online – support a small business by ordering a custom creation on [Etsy](#) or [Victory Hangers](#).

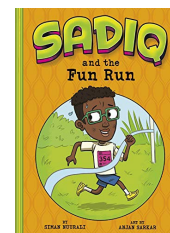
Race Entries

Most races will allow you to purchase an entry for a friend, or consider purchasing a BTC Race Series pack to make a real impact – the BTC Race Series includes entries to all four of the BTC's signature races: Adams Heart Runs, Statue to Statue, Peavine Falls, and the Vulcan Run 10K. Details will be posted soon on the [BTC website](#). Don't forget that a [BTC Membership](#) can be gifted as well!

Running-Related Books

Local bookstores carry a variety of running-related books. A few on my list this season:

- Sadiq and the Fun Run, by Siam Nuurali (a cute book for the young runners in your life, with a great message too). Available at [Little Professor](#) in Homewood.
- Her Fearless Run: Katherine Switzer's Historic Boston Marathon, by Kim Chaffee. Available at [Little Professor](#) in Homewood.
- Fifty Places to Run Before You Die: Running Experts Share the World's Greatest Destinations, by Chris Santella. Available at [Barnes & Noble](#).
- Running While Black: Finding Freedom in a Sport that Wasn't Built for Us, by Alison Mariella Desir. Available at [Thank You Books](#) in Crestwood.
- What I Talk About When I Talk About Running: A Memoir, by Haruki Murakami. Available at [Thank You Books](#) in Crestwood.



HOLIDAY GIFT LIST FOR RUNNERS

A New Running Watch

Has she been complaining that her current sports watch won't keep up with her needs, or salivating over her friend's shiny new toy? How about upgrading her sports watch? Garmin has a watch for every runner, from the newbie to the elite runner, and all of us in between. The newest models hold music, incorporate heart rate tracking, and include maps -- and some even include solar charging ability. Visit [Fleet Feet](#) or [The Trak Shak](#) for help in finding the best model to fit your runner's needs. Editor's Note to Santa: I have my eye on a shiny new Fenix 7S (in cream gold, please) -- I promise I've been very good this year!



Visibility

We can't ever have enough lights and visibility gear for safe running. Both [The Trak Shak](#) and [Fleet Feet](#) carry an array of light-up accessories at a range of price points. Although they're not available for sale locally, the [Noxgear](#) LED Safety Vests are light, bright, and comfortable to wear. Purchase them online directly from Noxgear -- currently \$59.95 or \$39.95 if you purchase two or more.



For your 4-legged running friends, Hollywood Feed carries several styles of light up collars for visibility on early morning or late evening runs. Check out the Nite Ize LED necklace with replaceable batteries (\$12.19), or the USB rechargeable Coastal Dog Collar (\$20.99) in multiple colors.



Here's to a happy holiday season!

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.



The Bell Center in Homewood invites you to a **BEER & BISCUITS RUN SOCIAL**

Saturday, December 17, 2022

Our long and moderate group runs will start at **The Bell Center, located at 1700 29th Court South in Homewood** beginning at **6:00 a.m.**

Following the run, please join us for beer, biscuits, and all of your favorite post-run treats! Learn more about the amazing work they do at The Bell Center and learn how you can help, either as a Bell Runner or a supporter.

Door prizes and race discount coupons will be awarded!



The
**BELL
CENTER** 
for Early Intervention Programs

PRESIDENT'S ADDRESS

By Hunter Bridwell



With the conclusion of The Vulcan Run last month, the time has come to look forward to 2022. In the coming days, expect to see information about next year's BTC race series and ways you can save BIG by registering for all four races at once. We'll also be planning the annual BTC Party where we elect new officers and then have a whole lot of fun. Please go ahead and SAVE THE DATE – **Saturday, February 4, 2023** – for the **BTC Annual Party**. This is going to be a ton of fun! We'll elect a new slate of officers, celebrate some of our outstanding members from the past year, and then get the party started with food, beverages, and music provided. Be on the lookout for more details soon.

Speaking of planning for next year, your BTC Board of Directors and Executive Committee had an extended planning session after our normal monthly board meeting in November to discuss some new ideas for 2023. I can't thank everyone on the board and committees for caring enough about our Birmingham running community to give their time, energy, and effort to try to come up with new, exciting ideas to benefit our members and the community! We can't wait to share them with you!

What's Coming Up Next?

Our friends at The Trak Shak will be hosting the traditional Santa Shuffle on Christmas Eve morning to benefit Firehouse Shelter. The BTC will be joining in to help provide some treats at the conclusion of the run (and there might even be a door prize or two)! Don't forget to dress up in your favorite holiday costume, and invite a friend to join in on the fun! This event always draws a huge crowd, so please plan to join us on December 24 at 8:00 am. And for those of you who need longer miles, no worries – we'll have our usual 6:00 a.m. start for **Adam's Heart Runs**, the first race in the BTC Race Series, will be

taking place on **Saturday, January 28, 2023**, at Oak Mountain State Park. Registration will open very soon. Take advantage of the best race discount deal in town by signing up for the BTC Race Series and save big on all four of the BTC's races – Adam's Heart Runs, Statue to Statue 15k, Peavine Falls Run, and Vulcan Run 10k! We'll be sending out the registration link for this very soon.

BTC Membership

Did you know that BTC membership can provide you with discounts to many other local races in addition to the BTC Race Series? You can check for these race discounts by going to the BTC members only section of runsignup.com - Click [Here](#). Races offering BTC member discounts that utilize runsignup.com as their registration platform will auto-apply your discount when you complete registration and submit payment. Make sure to keep an eye out all year long for these discounts. Not yet a member, or need to renew your membership? Not a problem – [just click here!](#)

BTC Long Run Group

We will continue the winter training cycle in preparation for the Mercedes Marathon and Half Marathon in February. Come out and join us on Saturday morning for your weekly long run. Each week, you can find information about our Saturday morning group runs [here](#).

For those I don't have an opportunity to see on the roads during the next month, I hope you all have a Merry Christmas and happy holiday season!

Hunter Bridwell

BTC President

SAVE THE DATE! THE BTC ANNUAL PARTY

***Officer Elections,
Annual Awards, and a
Whole Lot of Fun!***

Cahaba Brewing

Details coming soon!



2022 Officers



President

Hunter Bridwell

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Jamie Trimble

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Medical Director
Social Chairs

Lauren Weber
Marla Gruber
Dr. Rachel Henderson
Britney Cowart
and Kaki Jenkins

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

Marketing/Social Media
Membership
Membership Benefits
Merchandise

Alex Morrow
Cameron Estes
Sara Thompson
Bradley Wells
Julie Pearce

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

"The Vulcan Runner" Newsletter
Japan Exchange Program

Rebecca Williamson

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

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

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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



BIRMINGHAM TRACK CLUB
PRESENTS

ADAM'S HEART

Runs

28
JANUARY
2023

OAK
MTN

5K 10K 10MI

SCAN ME
TO REGISTER



MEDICATIONS AND MILES:

Intravenous Vitamin Therapy, Rad or Fad?

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

In recent years, interest surrounding intravenous (IV) vitamin therapy has continued to grow. Companies that administer the therapy often claim it will treat everything from hangovers and headaches to jet lag and chemotherapy recovery.¹ With price tags starting around \$50 (and ranging up to \$1,000), the treatment has plenty of hype and expectation behind it. However, very little research exists to back the claims made about IV vitamin therapy, and it is important to note that this treatment is not regulated by the U. S. Food and Drug Administration.²

Even overlooking the lack of research regarding the use of IV multivitamin therapies, some of the ailments it is claimed to alleviate seem to be highly questionable. For example, jet lag -- the temporary sleep disorder that occurs after travelling between two drastically different time zones -- is caused by a disturbance in circadian rhythm, the body's "time clock" that determines when feelings of tiredness are set to occur. No number of vitamins and minerals or level of hydration can get rid of jet lag; only time can allow the brain to readjust to a time zone and reset someone's circadian rhythm.²

Additionally, whenever the intravenous route of administration is used, risk of infection is introduced. The injection site could become infected, a clot could form in the blood vessel, or the blood vessel could become inflamed.³ Although this risk is small in settings that practice safe infusion techniques, this is a valid reason why IV treatments are rarely seen as first-line therapies, and why caution is advised.

So, what are the advantages of IV vitamin therapy? The therapy is a quick and easy way to get rehydrated and attain a short-term high level of vitamins, minerals, and electrolytes. Many companies that administer IV vitamin therapy lean on this philosophy, with one even claiming that "time is our most valuable asset, and an hour [receiving IV vitamin therapy] is worth indefinitely more than lying around all day feeling miserable!"¹ IV vitamin therapy is not inherently harmful assuming the infusion is prepared and performed safely. Excess fluids and water-soluble vitamins will be excreted through urine as they would if taken orally. Fat soluble vitamins and certain mineral supplements do have the potential for overdose, so it is important for frequent users of the therapy to be cognizant of their levels of these vitamins and minerals.⁴

It is important to note that the desired levels of all the vitamins, minerals, and electrolytes provided by IV vitamin therapy can still be met by maintaining a healthy, balanced diet and staying hydrated.³ No matter what route fluid or nutrients are consumed, they all are processed by the body in a similar fashion. A healthy, balanced diet can come at a much cheaper price while not having to set an hour aside for an intravenous therapy session.

Given everything to consider, it does not appear any solid claims can be made about the use of IV vitamin therapy. And the high price tag and lack of research into the therapy raise an understandable level of skepticism. If you are considering undergoing IV multivitamin therapy, be sure to weigh the risks and benefits beforehand, and discuss the decision with your health care provider to make sure it is the right decision for you.

Sources:

1. *IV Therapy cocktails. Hydralive Therapy.* <https://hydrativetherapy.com/iv-therapy-cocktails/>. Accessed August 23, 2022.
2. *IV hydration therapy is trendy, but what does the science say? - UAB medicine news. IV Hydration Therapy is Trendy, but What Does the Science Say? - UAB Medicine News - UAB Medicine.* <https://www.uabmedicine.org/-/iv-hydration-therapy-is-trendy-but-what-does-the-science-say->. Accessed August 23, 2022.
3. *Shmerling R. Drip bar: Should you get an IV on demand? Harvard Health.* <https://www.health.harvard.edu/blog/drip-bar-should-you-get-an-iv-on-demand-2018092814899>. Published September 28, 2018. Accessed August 23, 2022.
4. *Cathers M. I.V. vitamin therapy: Miracle or Malarkey? Pharmacy Today.* 2022;28(8):22. doi:10.1016/j.ptdy.2022.07.006



Ready to Get More Involved in the BTC?

As an all-volunteer organization, the BTC relies on its volunteers for all aspects of our club, from organizing weekly runs and races to coordinating the 1200 Mile Club and selling our exclusive BTC merchandise. Are you ready to take on a new challenge or just give back to the club? If so, we can use your help! In addition to volunteering for upcoming races and events, the following positions are open:

- *Vulcan Race Director*
- *Finish Line Crew*
- *Adam's Heart Race Director (beginning in 2024)*
- *Member Benefits Chair*

To learn more about each of these positions (or to ask about other ways to get involved), please contact [BTC President Hunter Bridwell](#).



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:

Kerri Anderson
Danielle Brown
Theresa Burst
Kelly Collins
Jill Deaver
Preston Copeland Dixon
Mark Erdberg

Erin Fisher
Haley Flanery
Michael Foreman
Sharon Gorham
Hayden Hall
Andrew Henderson
Drew Jackson

Emily Johnston
Jeff Lancaster
Frankie Maiola
Patrick Mulligan
Charlie Parks
Jonathan Poole
Cooper Smith

Matthew Smith
Nolan Smith
Brandi Snow
Loan Tran
Melissa Weaver

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

BTC PRESIDENT HUNTER BRIDWELL APPOINTED TO CITY OF HOOVER'S PARK AND RECREATION BOARD

Our very own Hunter Bridwell was appointed by the Hoover City Council to the City's Park and Recreation Board. Bidwell, who is pictured here with Hoover Mayor Frank Brocato (left) and Hoover City Council President and BTC Member John Lyda (right), will bring a fresh voice to the Board and a wealth of knowledge and understanding about the needs of the running and walking community. Congratulations, Hunter!



BIKE MECHANICS FOR CROSS TRAINING

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



Biking is a popular method of cross training or maintaining fitness while injured. In fact, it is my personal choice for cross training. What I have learned from personal and clinical experience is that the most under-appreciated aspect about biking is bike fit.

I've had numerous patients report onset or exacerbations of low back pain and/or knee pain when increasing the amount of time spent on the bike. Most of the time these patients have a poor bike fit that aggravated existing soft tissue or joint limitations. For this month's article, I'm going to point out a few "quick fixes" to improve your bike posture and improve your efficiency on the bike!

The best place to start your bike fit process is your knee's relation to the pedal spindle. This is known as the "fore/aft of the bike seat." This is manipulated by moving the seat forward and backwards. If you consider yourself to have a long "thigh" (aka femur), then you want the front of your kneecap directly over the pedal spindle. If you are like me, and have a short femur, then you need to place your fibular head directly over the pedal spindle. Individuals who consider themselves "average size" should position their tibial tubercle (see photo) over the pedal spindle.

Next, you will adjust the seat height. Ideally, the desired position is about a 30-degree bend in the knee at the leg's lowest point of the pedal stroke. (If you don't feel confident in your ability to estimate a 30-degree bend, there are apps that can help you measure joint angles. My preferred app is OnForm.) The big exception to this rule is for individuals who have issues with their IT band. If lateral knee pain is exacerbated, consider lowering your seat to decrease the amount of friction the IT band generates over the lateral part of the femur bone.

Now, adjust the bar position. Technically, bar position is considered more relevant to comfort and handling. The priority of fit goes to the seat variables because they place the musculature around the hip and knee in optimal positions to produce power. Ideally, a slight elbow bend when reaching forward from the seat is desired. A common mistake I see is that people set their bars too high, leading to poor pelvic and low back posture.

When you sit on the bike, you want your "sit bones" on the widest part of the seat, leading to an anterior (forward) tilt of the pelvis. (If you sit on your hands, the bony prominence that pushes into your hand is your "sit bone!") As you lean forward to the handlebars, this will allow your hips to "hinge" forward. (The same hinge movement used with a deadlift.) This will take strain off your low back and hamstrings and place your glutes in their maximally functional position. You can use a yardstick to double-check your bike posture by placing this stick along three points: your pelvis, your spine between your shoulder

blades, and the back of your head. If you are in an ideal position, then the yardstick should easily make contact at all three points.

This set-up should decrease your predisposition to injury and improve your efficiency per pedal stroke. If you still have pain while biking, you may have a lack of mobility and/or poor core control. TS Endurance would be happy to perform a musculoskeletal exam for you if problems still persist! Shoot us an e-mail at tsendurance@therapysouth.net with any questions!



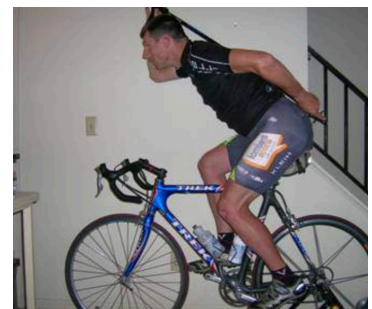
Fibular head: Bony prominence felt just below the joint line on the outside of the knee.



Tibial Tubercle: Bump on the tibia bone just below the knee joint.



Yardstick Test: excessive flexion of the lumbar spine and non-advantageous pelvic position



Proper alignment of the pelvis and spine as demonstrated by the yardstick making contact with the pelvis, spine, and back of the head.

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 December 3, 2022 are listed below.

Participant	Years	Total
Abernathy, Darrin	1	385
Adwell, Stephen	2	1,252
Ahmed, Kabeer	4	1,512
Altobella, Janet	R	1,038
Anderson, Kerri	5	683
Bailey, Brittany	1	1,383
Barton, Tabitha	R	1,155
Bayush, Tori	3	834
Benner, Kim	10	1,561
Benson, Wayne	8	1,120
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	1,027
Bowman, Bill	R	916
Brakhage, Victoria	5	86
Bromberg, Georgia	4	887
Brown, Charlie	10	1,418
Brown, Katie E.	2	1,585
Brown, Katie G.	3	1,462
Brown, Sean	6	203
Browne, Shannon	1	65
Caine, Lawrence	3	1,292
Callahan, Chris	6	1,609
Carden, Melissa	2	1,889
Carey, Christopher	7	0
Carlton, Bob	7	1,195
Carter, Adrienne	2	0
Carter, Jason	2	0
Chaffinch, Violet	1	1,129
Chandler, Teresa	13	1,485

Participant	Years	Total
Clay, Brad	15	2,265
Cleveland, Jeff	6	1,592
Cliett, Stephanie	8	1,391
Coffin, Diane	R	1,140
Coleman, Tim	5	1,724
Colpack, Susan	2	1,040
Colvard, James	R	27
Corrin, LaRonda	1	0
Corrin, Roger	4	607
Cowart, Britney	4	1,195
Cramer, Robyn	2	1,282
Cramer, Steve	R	430
Crawford, Katelyn	1	1,011
Creed, Brad	5	1,144
Crowson, Bill	5	658
Crunk, Emmagene	R	0
Cutchen, Cindy	R	1,099
Davis, Grant	R	0
Deffenbaugh, Todd	2	1,263
Denton, Matt	10	1,914
Dimicco, Al	5	1,316
Dixon, Jeff	R	1,166
Duke, Cindy	7	1,290
Eason, Sydney	R	274
Edmondson, Laurie	2	1,988
Elrod, Stacey	1	1,023
Ennis, Amanda	R	489
Ennis, Matthew	R	719
Epperson, Ashley	R	121
Estes, Cameron	4	1,585
Estrada, Steven	4	2,454
Evans, Debbie	9	1,819
Farrell, Ryan	2	1,683
Fontenot, Misty	5	1,036
Forbus, Reed	R	279
Ford, Eric	1	401
Franklin, Shane	10	1,103

Participant	Years	Total
Frederick, Winston	14	1,427
Freeman, Sheila	5	1,043
Gayheart, Cheryl	3	1,337
Gee, Lynique	R	649
Gilbert, Beth	2	1,350
Goode, Johnny	13	1,193
Goss, Ange	3	0
Goyal, Rita	2	1,338
Grady, Carla	3	0
Grainger, Matt	3	1,792
Gray, Michael	2	1,100
Griffin, Misty	3	1,595
Guffey, Michelle	R	208
Haley, Jay	6	529
Hall, Thomas	1	102
Haralson, Danny	13	1,225
Haralson, Micki	14	1,369
Hargrave, Alan	15	1,278
Harrison, Lisa	10	1,036
Harry, April	4	1,008
Hart, Ed	1	1,204
Hassinger, Wendy	R	31
Henninger, Alison	7	1,184
Hess, Alan	R	1,008
Hogeland, Angie	2	380
Hogstrom, Minda	1	43
Holder, Gene	R	1,073
Holland, Skylar	3	1,172
Hood, Alissa	2	0
Hoover, Alison	10	405
Howell, Allen	R	986
Howell, Rachel	R	717
Izard, Melody	3	905
Janowiak, Desirae	1	165
Jenkins, Kaki	9	1,880
Jones, Stephanie	R	1,154
Jordan, Ezra	R	834

1200 MILE CLUB

Participant	Years	Total
Kaylor, Sara	R	841
Keefer, Herb	3	0
Keith, Jerry	R	830
Keith, Susan	1	1,238
Kelley, Robin	9	1,361
Kemper, Tricia	8	1,362
Knight, David	2	1,100
Kornegay, Marla	3	1,282
Kracke, Robert	1	1,315
Krick, Stefanie	3	1,608
Kuhn, Jimmy	15	2,450
Kulp, Loren	7	1,246
LaFon, Caroline	R	1,191
Laird, Audrey	8	1,558
Lamb, Patrick	2	1,138
Lancaster, Jeff	4	1,376
Landefeld, Dale	2	1,284
Langston, Aaron	5	0
Linken, Allen	1	1,208
Lyda, Beth	3	1,609
Lyda, John	4	1,548
Lyle, Randy	14	1,914
Maddox, Kendall	R	278
Malick, David	9	1,294
Martin, Sheree	1	202
Mathews, Skip	1	1,206
Matthews, Jamieson	R	978
McElroy, Catherine	3	1,322
Merry, Vicki Sue	9	1,167
Mickens, Cassandra	2	670
Miller, William	1	4,004
Mishra, Anoop	1	835
Mixon, Joshua	R	0
Morris, Gordon	1	1,166
Morrow, Abigail	R	0
Morrow, Alex	10	1,013
Muncher, Monica	R	1,086
Murchison, Reginald	8	1,915
Newkirk, John Allen	R	91
Noerager, Brett	3	2,502
Noerager, Felicia	2	1,309
Northern, Kristie	13	1,796
Norton, Laura	4	2,072
Oechslin, Tamara	2	1,160
Oehrlein, Kimberly	R	141

Participant	Years	Total
Oliver, John	7	784
Orihuela, Carlos	5	1,433
Ortis, Ellen	4	1,390
Palmer, Irma	1	446
Parks, Charlie	9	1,309
Payson, Tabitha	R	644
Payson, Tommy	3	1,054
Peagler, Shana	9	1,075
Pearce, Julie	6	977
Pinkerton, Mitchell	R	1,125
Pitts, Adele	1	1,131
Plante, David	10	1,204
Pritchett, Leigh Ann	R	484
Pronath, Katrina	R	468
Randolph, Megan	2	1,470
Rawson, Brent	4	671
Renfro, Jeff	4	1,287
Richey, Lori Beth	5	1,625
Ritchie, Joseph	5	1,756
Ritchie, Lauren	4	1,545
Roberson, Kevin	5	971
Robinson, Lyndsey	3	1,584
Robinson, Tamara	3	2,034
Rodgers, Jeffrey	4	1,180
Rodgers, Jessica	1	314
Roper, Lynn	5	1,332
Rose, Billy	8	2,887
Ross, Cara	1	295
Rutherford, Keith	15	1,242
Rutledge, Lisa	7	1,671
Saffold, Joseph	R	541
Sanders, Gwendolyn	4	1,466
Shaffield, Danny	9	2,604
Sherer, Jeremy	5	1,140
Sherrell, Jeff	3	1,789
Shinn, Ronald	9	1,463
Sides, Dean	4	1,116
Silwal, Suman	11	1,275
Simpson, Kevin	9	2,714
Sims, Cecelia	2	895
Sloane, Mike	6	1,065
Smith, Daryl	2	1,662
Smith, Erin	2	1,777
Smith, Jason	3	1,863
Smith, Jerry P.	12	1,074

Participant	Years	Total
Soileau, Chester	5	1,209
Spikings, Matt	2	1,362
Steele, Julianne	R	0
Stockton, Rick	14	1,039
Swiney, Elana	R	0
Taylor, Kim	R	1,161
Taylor, Melissa	1	1,971
Thompson, Samuel	1	159
Thompson, Sara	5	1,557
Tomlin, Chace	2	339
Trimble, Jamie	8	1,614
Tucker, Brian	R	632
Valles, Tina	2	1,130
Vaughn, Lora	R	815
Wade, Josh	R	0
Waid, David	5	2,575
Waits, John	R	698
Walton, Suzie	1	1,316
Washington, Monica	1	512
Watkins, Tommy	1	1,584
Watters, Ana	4	1,694
Watters, Larkin	2	1,080
Watters, Robert	8	1,215
Weaver, Brooke	R	0
Weber, Amy	2	672
Weeks, Lance	2	586
Wells, Bradley	6	1,456
Wende, Adam	7	1,035
Whately, Prince	10	1,238
Wheelis, Taylor	1	1,246
White, Morgan	1	441
White, Robin	3	1,698
Wilhite, Thomas	6	478
Williams, Mattie	R	255
Williams, Shanada	1	0
Williams, Shaunda	3	1,072
Williamson, Rebecca	4	1,277
Wiseman, Steve	8	1,456
Woody, Bill	13	1,169
Wright, Amy	4	291
Wu, Xing	10	1,068
York, Gary	9	1,916
Zajac, Jason	4	1,563
Zapata, Carlos	2	1,087

SHOW US YOUR BTC GEAR



Lisa Rutledge at the Magic City Half Marathon



Enjoying the last few days of fall weather



Bluff Park 8K



Manning the BTC Water Stop at the Magic City Half Marathon



Lisa Harrison found snow in Colorado

BTC EXECUTIVE BOARD MEETING

November 14, 2022

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Jamie Trimble, Alex Morrow, Vicky Brakhage, Julie Pearce, Mark Criswell, Kim Benner, Alan Hargrave, Marla Gruber, Cameron Estes, Bradley Wells, Charles Thompson, Lisa Booher, Judy Loo, Trish Portuese, and Rebecca Williamson.

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

Membership (Cameron Estes)

We currently have 731 members and 571 memberships.

Treasurer (Hunter Bridwell)

The monthly financial report was sent via email by April Harry. The current account totals include expenses and revenue from the Vulcan Run 10K.

Long Run Committee (Marla Gruber)

Marla will be out of town on Saturday, November 19, 2022, but Hunter Bridwell offered to handle morning announcements. The Saturday morning long runs have officially started training for the Mercedes Marathon and Half Marathon. On Saturday, December 17, 2022, we will have having a mini social hosted by The Bell Center. The run will start from the Bell Center location in Homewood and they will provide food and refreshments after the run. There have been several spam events posted on the Facebook page. Marla or Alex try to remove them quickly, but please flag them if you see them. We will need someone to handle preparing routes and making morning announcements while Marla is on maternity leave. Several Executive Board members recommended Cameron Estes since she does a great job making routes for those who run on Thursday mornings and Cameron graciously accepted.

Moderate Run Committee (Mark Criswell)

It was determined that the BTC Saturday Morning Moderate Run Facebook page was not set to private, so this will be corrected. Mark Criswell also discussed getting a lot of junk messages on the Facebook page about Bitcoin since the abbreviation for it is also BTC, so Marla changed the name of the Facebook page to Birmingham Track Club-Saturday Moderate Distance Run to try and avoid getting future junk messages regarding Bitcoin.

Japan Exchange (Rebecca Williamson)

Japan has once again started allowing tourists to visit the country. We will need to work out a budget and investigate sponsors to invite runners from Maebashi, Japan to come run a race here in Birmingham. If the City of Birmingham is not interested in participating in the Japan Exchange, we could discuss with other cities such as Hoover.

Merchandise (Bradley Wells)

Bradley is creating a new design for a BTC hoodie. Discussion was held regarding other merchandise ideas like a BOCO hat, compression socks, and a t-shirt design that includes the names of all current BTC members. We do plan to sale merchandise at Adam's Heart Runs.

1200 Mile Club (Hunter Bridwell)

Hunter hand-delivered one 1200 Mile Club jacket at the Vulcan Run 10K and will mail another, but we still have jackets that have not been picked up from last year's purchase. Discussion was held about offering shipping for jackets for those who wish to purchase them this year and are willing to pay the shipping expenses. We will advertise for runners who ordered a jacket this year to attend the annual party to pick up their jackets. It typically takes a month for the jackets to be delivered once they have been ordered, so we will plan to send an email to start collecting jacket orders in mid-December. Discussion was held regarding patches for five and ten year members and possibly offering another color jacket for those that are reaching 15 years this year.

USATF Representative (Charles Thompson)

Charles Thompson handed out all of the 1991 Vulcan Run posters as the Vulcan Run 10K. Charles will be working the finish line at the Magic City Half Marathon and 5K and will wear his BTC baseball hat. He will also be attending the Levite Jewish Community Center Thanksgiving Day Run. The 2022-2023 Indoor/Outdoor track calendar was passed around, as well as the high school varsity, junior varsity, and middle school track meets calendar for December 2022 – February 2023.

Volunteer Committee (Kim Benner)

We had wonderful volunteers at the Vulcan Run 10K, including the water stop volunteers. It was noted that we will need to find a way to differentiate between walkers who started the 10K early and runners, because some of the walkers were mistakenly given top 200 t-shirts by the volunteers. We are waiting to hear if we need volunteers to help with the Resolution Run at Red Mountain State Park, which we believe will take place on December 31, 2022, but need confirmation. We also need to start planning for volunteers for Adam's Heart Runs in January.

Newsletter Editor (Julie Pearce)

We have been running a little low on newsletter content, so discussion was held about reducing the number of publications. Some members have reported issues with opening the newsletter from the links provided in the email sent to all members, so Julie Pearce will look into changing the links. A member suggested the possibility of including a list of races members are planning to run in the future as part of the newsletter. Discussion was held regarding how this could be done via submission to the website. We will have to do more research into this possibility. Alan Hargrave discussed that RunSignUp now offers the ability to send newsletters for free. This could replace Constant Contact so we no longer have to pay a fee.

IT Chair (Alan Hargrave)

RunGo has partnered with RunSignUp to embed the race map. We used it for the Vulcan Run 10K and it worked very well.

New Business

The 2023 BTC Race Series was discussed. All of the race dates have been confirmed and are listed on RunSignUp.

The annual party will take place on Saturday, February 4, 2022. Jamie Trimble will handle the awards. A nomination committee will be selected to nominate officers for 2023.

We are looking for sponsors for next year's races. We have interest from Southlake Orthopaedics, Andrews Sports Medicine, and Therapy South.

The 2024 Vulcan 10K will be the 50th year. Jamie Trimble would like to nominate the race to be the RRCA 10K National Championship. Discussion was held regarding how to commemorate the race and make it special for the 50th anniversary.

We have the following BTC Board positions open: Vulcan Race Director, Finish Line Crew, Adam's Heart Race Director for 2024, and Member Benefits Chair.

RunSignUp can now set up challenges, so we can offer BTC challenges if it is something our members are interested in participating.

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

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	December 10, 2022	6:00 a.m. and 6:30 a.m.
35th Annual YMCA Youth Center, Noojin & White Race to the Courthouse 5K	December 10, 2022	8:00 a.m.
Jingle Bell Run 5K	December 10, 2022	9:00 a.m.
BTC Saturday Long and Moderate Run Groups * Beer & Biscuits Social Run sponsored by the Bell Center *	December 17, 2022	6:00 a.m. and 6:30 a.m.
Meadow Brook Runs (5K and 1 Mile Run)	December 17, 2022	9:00 a.m.
BTC Saturday Long and Moderate Run Groups/The Trak Shak's Annual Santa Shuffle	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.
Resolution Run – 5K and 10K runs	January 1, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 7, 2023	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	January 14, 2023	6:00 a.m. and 6:30 a.m.
MLK Day 5KDrum Run	January 14, 2023	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 21, 2022	6:00 a.m. and 6:30 a.m.
Adams Heart Runs – 10 mile, 10K, 5K * BTC Race Series Race * * BTC Discount *	January 28, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 4, 2023	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	February 11, 2023	6:00 a.m. and 6:30 a.m.
Regions Superhero 5K	February 11, 2023	8:00 a.m.
Mercedes-Benz Marathon Weekend (Marathon, Half Marathon, Marathon Relay, and 5K)	February 12, 2023	7:03 a.m.
BTC Saturday Long and Moderate Run Groups	February 18, 2023	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	February 25, 2023	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