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BIRMINGHAM TRACK CLUB  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

January 2023 1



## ADVENTURES IN ANTARCTICA

By Gary York

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# ADVENTURES IN ANTARCTICA

Last year I was thinking about new running goals, as I'm sure many of you might be doing at this time of the year. The chapter for PRs was closed, and I was one race away from finishing the six World Major Marathons. My motivation was faltering, but I wanted to keep running consistently. I always run with more passion and purpose when I have a goal, and it was time for a big new goal. My wife and I had enjoyed a couple of trips for major international races, and I wanted to take her on more trips to see interesting new places. So, after a few weeks and a discussion with my wife, I settled on a new goal: run a marathon on each of the seven continents. We would try to take about one trip a year. Because I had already run marathons in North America and Europe (London and Berlin), I would try to schedule one race a year for the next five years to reach this new goal.

It seemed that the hardest of the continents to complete would be Antarctica. I found only two marathons on the continent, and transportation and logistics are difficult, to say the least. It requires lots of advanced planning. I settled on the Antarctica Ice Marathon, a race on the mainland - and the furthest south marathon in the world. It was scheduled for December 13, 2022. The race had open slots, so I signed up.

a marathon on all seven continents. For about 15 of the runners, Antarctica would be their last continent - they were just a few days away from reaching their goal.



The Ice Marathon is run at a seasonal camp called Union Glacier, which is below the Antarctic Circle - about 650 miles from the South Pole. Union Glacier is the base camp for adventurers of all kinds. From the camp, adventurers set out to climb the highest peaks in Antarctica, or ski to the South Pole.

The marathon is just one of the events they host from the camp. Union Glacier is a very large glacier set between two mountains - a huge valley of snow-covered ice flowing north toward the Atlantic Ocean. It is hundreds of miles inland - with the only access being a charter flight from Punta Arenas, Chile. No penguins, no polar bears - no animals at all. It is a quiet, desolate place except for the camp. One of the photographers described Union Glacier as 'where God hangs out' - it was beautiful and majestic.

My trip began with a flight to Punta Arenas, Chile. Punta Arenas is the largest city in the south of Patagonia, a Latin city on the coast on the Strait of Magellan. All of the racers met in Punta Arenas a few days before the race for a briefing, an equipment check, and two Covid tests. Our group consisted of about 60 adventurers from all over the world. Most were chasing the same goal I had of running



Once we checked in and met our fellow racers, we waited. The weather in Union Glacier can change quickly, and in this region, everything revolves around the weather. The glacier has no control tower or official landing strip, but it has a long ice landing strip, and the pilot needed to land using visual flight rules. If the winds were too high or the landing strip could not be seen from the air, we could not take off from Punta Arenas. One year, the group was delayed almost a week waiting for the weather to clear. And last year, the group had a small window, so the group ran the race shortly after landing and quickly departed while they had an open window to do so. Sure enough, our scheduled flight on December 12 was scrapped due to

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# ADVENTURES IN ANTARCTICA

poor visibility. The next day, we were told to be ready - in case the weather cleared. The next day was overcast, but conditions were favorable for landing, so we began our adventure to Union Glacier. The plane was a fairly standard Boeing 757 chartered from Icelandic Air. We had a 3.5-hour flight with beautiful views of the continent as we descended to the camp. The landing was a bit bumpy - it was a sheet of ice after all - but we made it to camp safely.

The plan was to race the next day, Wednesday, December 14, at 10 a.m...The weather was good. The winds were calm, and the temperatures were about 15-20 F. It looked like we would have a great day for the race. The racecourse consisted of a 10.55 km loop around the camp, and we would run four loops to complete the marathon. The race organizers had two aid stations, one at the start/finish line and one halfway around the loop.

The camp is a large, sophisticated camp made of tents. The racers stayed in two-person, double-walled tents, which were fairly nice for the conditions. The tents were not heated, but the 24 hours of sunlight warmed them up a bit. The camp was primitive - there were utilities like running water or waste disposal. For the protection of the continent, everything is flown in and taken out before the end of the season, which runs from December to February. The camp did melt snow for all of the water needs, including a simple shower facility that consisted of a bucket of hot water (you could regulate the water temperature by adding in snow). The camp had a big dining hall tent as well. The food was quite good, given the setting.

After a light breakfast on December 14, the race began as scheduled. At the start, the sky was overcast. We had a light snowfall but no wind. It was beautiful, but visibility was very poor because we had no contrast between all the white sky and snow. The course itself was packed snow, but the footing was difficult. The race directors had recommended standard trail running shoes. I chose Saucony

Peregrin GTX, which gave me good grip in the snow. Each step was like running in sand. You might have good, solid footing, or you might sink down three to four inches. Due to the poor footing, race times were slower than in previous years. My goal was to enjoy the beauty of the place and finish the race. With 24 hours of sunlight, all sixty racers finished in under nine hours.

The race organizer brought in an elite runner from Ireland, Sean Tobin, to try to set a course and continent record. Sean is a sub-4-minute miler and a national 10k champion, and he ran in college at Ole Miss! Sean's nickname is the Irish Hammer, but the conditions tested even his resolve. Sean had never run a marathon before, but he hopes to qualify for the Paris Olympics to run the marathon for Ireland. The prior record for the continent of Antarctica was 2:54:54, set by Mike Wardian. Even with the difficult footing conditions and a couple of falls, Sean ran a 2:53:33 marathon to set a new continent record - in his debut marathon. It truly was a remarkable accomplishment. Sean is running the London Marathon in April, and the top ten will qualify for the Paris Olympics. I would not count him out on contention based on his performance in this challenging race.

One of the most interesting parts of the race was the opportunity to meet all the other participants. Many of them had incredible adventures from all over the world. One 69-year-old woman started running marathons when she retired at age 60. Over the last 9+ years, she has run 117 marathons, including one on all seven continents. Another adventurer raced across the Atlantic Ocean in a special rowboat - a 45-day adventure - setting a U.S. record. A doctor had climbed Mount Everest. But the beauty of this trip is that it is accessible to anyone -- along with these seasoned adventurers, we had four racers who were running their first marathons. It truly was an unforgettable experience and the adventure of a lifetime.





# PRESIDENT'S ADDRESS

By Hunter Bridwell



As we roll into 2023, you might call this my farewell address as President of the BTC. After three wonderful years in this post, it is time to turn things over to a new leader (more about that later). Looking back on the last three years, it has certainly not been what I expected going into this role, but then again, who had “the world spirals into a global health pandemic” on their BINGO cards in early 2020? I sure didn't.

Thanks to a lot of time, energy, and effort by a great group of BTC board members over the last three years, the BTC overcame these recent challenges and is poised to continue to grow the club and our races moving forward. I cannot thank our race directors, board members, and volunteers enough for their efforts to ensure continued successes for our races, long runs, run socials, and other events.

There were many clubs and races that did not have the same good fortune and folded in the last couple of years. I am thankful that we have a healthy club going into 2023, so that we can continue to support the purpose and objective of the BTC:

*The primary purpose of this organization shall be the education and training of individuals in and around the community of Birmingham, Alabama, as to the benefits of jogging and running for fitness, health, and recreation.*

As a not-for-profit organization, we rely largely on our dues-paying members and wonderful club sponsors, along with registration dollars from our races. If you have enjoyed running with the BTC in the past but haven't yet become a member, I would encourage you to join. We're a cheap date 😊 at only \$24 per year for an individual membership or \$36 per year for a family membership. You can register [HERE](#). In addition to supporting our objectives, you get discounts on all BTC races and many other local races that utilize runsignup.com. Members also receive a 10% discount on purchases from The Trak Shak. Additionally, we will have a strong focus in 2023 on bringing more perks to our members, something that we have not focused on as much in recent years.

I truly believe we have the best running club around, and I thank each and every member, volunteer, sponsor, and board member for what you bring to our running community!!

## Now, let's look at some exciting events coming up in 2023!

- **Adam's Heart Runs and BTC Race Series** – On January 28th, we kick off the BTC Race Series once again with the Adam's Heart Runs 5k, 10k and 10-Mile races at Oak Mountain State Park. THIS WILL BE LISA BOOHER'S FINAL YEAR AS RACE DIRECTOR, SO YOU DON'T WANT TO MISS WHAT SHE HAS IN STORE FOR YOU! You can register for the BTC Race Series or the individual race [HERE](#). Registering for the BTC Race Series gets you an automatic \$20 discount – \$105 instead of \$125 for all four BTC races – no BTC membership is required to secure this deal. But wait, there's more! If you are a BTC member, you get an additional \$5 off per race, bringing your registration total to \$85! By my math, BTC Race Series registration alone almost pays for your entire BTC membership -- there is no better deal out there!
- **BTC Annual Party** – Our Annual Party is where our club members have the opportunity to vote for the slate of club officers that have been nominated to serve. We'll also hand out some awards and then party into the night! This year's event will be **Saturday, February 4, 2023** at Cahaba Brewing. We look forward to a night of great food and beverage, music, and fun!

## BTC Long Run Group – Mercedes Marathon Training

It is difficult to believe that a staple on the Birmingham race scene is holding its last race this February. While we hate to see the Mercedes Marathon go, we are pumped to have one last opportunity to help all local runners train for the marathon, half marathon, or marathon relay. Our winter long runs on Saturday mornings are geared toward helping you train for this race. Check out the [BTC Saturday Long Run](#) Facebook group or the BTC Saturday Moderate Run Facebook group to see the posted distances and routes. It's more fun to take on those long runs in a group setting!

I hope everyone has a healthy and prosperous 2023 and that you meet all your running goals that you work so hard to achieve! If there is ever anything that we can do for you, please don't hesitate to reach out to one of our Executive Officers or board members.

Hunter Bridwell  
BTC President



# 2022 Officers



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Vulcan Run

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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



# WHO IS ADAM?

By Lisa Booher, Race Director, Adam's Heart Runs



**Adam's Heart Runs, you know it as the first race of the Birmingham Track Club's race series each year.**

## **But...**

Who the heck is Adam? Why was he running, or what was he running from? And what's up with the hearts? When I took on race directing Adam's Heart Runs in 2016, I knew basically zero about the race, other than that it supported the Birmingham Track Club, which I love, and it is held at Oak Mountain State Park, which I also love. But learning the history of the race and especially more about the founder of this race was high on my list of must-dos to help me feel a more solid connection to this run and its purpose.

Enter Dr. Adam Robertson, whom I was fortunate enough to meet soon after I became race director of his namesake race. A former smoker turned avid runner and runner advocate, Adam played an integral part in growing Birmingham's running community. His motivation was to help others find an easy and fun way to stay active. "This was not about competition; this was about getting in shape," Adam shared. Living what he preached, during his tenure as emergency room director at Cooper Green for over 25 years, he would run commute to work, seven miles each way.

And even though he was a huge running promoter, he actually wasn't the creator of Adam's Heart Runs. Around 1977, another Birmingham runner started the race but soon moved to California for a new job. When it came time to hold the race again, Adam decided, "Well, I'll just do this for a couple of years until we can get somebody else." That couple of years stretched out further and further as Adam and his wife Ginny continued to direct the race for many years.

"Every year it was so easy to do because it was out there [at Oak

Mountain], and we only needed one police officer at the corner. We measured it, and Rick Melansen certified it." Even though people tried to convince him to move the race downtown to increase the numbers, the simplicity of working with the park made the decision easy to keep the race at Oak Mountain.

"My wife did really well with the results. As the last person would come over, she would hand me the results. No computers. I just took a big circular clock that hung on the wall, and started it at 12, so as you crossed you could see your time."

Originally the race was named Birmingham Heart Runs and was a fundraiser for the American Heart Association. When the Robertsons passed on the race-directing torch, the track club changed the name of the race to honor Adam with the name Adam's Heart Runs.

Speaking to how tight-knit the original Alabama running groups were, Adam shared, "Back then, everybody felt like they had to show up at every run. Nowadays there are people out there who run every day and never show up at a race. Which is good. The purpose of it to begin with was to get people to do it."

Adam not only supported road running, but he was on the board at

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# WHO IS ADAM?

Ruffner Mountain for at least 20 years and hosted trail races there. “We had some red tape, and that was where you were supposed to turn. If you missed that, you were out of luck,” said Adam about the simplicity of race marking for their Ruffner invitation-only race that almost got shut down.

“We didn’t realize that the coalition had already bought part of the mountain, and we were up there putting [the race] on when this guy walked up and said, ‘What are you doing?’ And we said, ‘We’re having a run on the mountain.’ And he said, ‘No, you can’t do that.’ So we invented the name Rufus McGrew as the race director, and we sent invitations to everybody each of us knew. Very formal with Rufus McGrew as the return address. Other people heard about it and asked if we could get them in. Before you knew it, we had a couple hundred people.”

Proving even further that he has extensive knowledge of Ruffner trails, Adam testified, “You run 10 miles at Ruffner, it’s close to 20 miles on the road.” Truth.

White tuxedos and barrels of beer also are involved in his Ruffner race stories, so if you ever get the chance to meet Adam in person, you should definitely have him tell you about their Ruffner Mountain adventures.

So who is Adam? With what started as a desire to “just get people out running,” Adam Robertson helped establish a race that has brought thousands and thousands of people to Oak Mountain State Park over the years. Insider tip: look for Adam on January 28th at this year’s AHR. It’s no surprise that you can still spot him volunteering and supporting events, over 45 years later.



# SAVE THE DATE! THE BTC ANNUAL PARTY

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

Cahaba Brewing

**Details coming soon!**





BIRMINGHAM TRACK CLUB  
PRESENTS

# ADAM'S HEART

*Runs*

28  
JANUARY  
2023

OAK  
MTN

5K 10K 10MI

SCAN ME  
TO REGISTER





# FIRST MARATHON? CHECK!

Local runner Daniel Chaplin recently completed the Rocket City Marathon. Daniel has been ticking off the states in his quest to run a half-marathon in all fifty states (he's completed 36 so far), but running a full marathon also has been his dream for a while now. We asked Daniel to share his thoughts about the race and his accomplishment:

*When I was waiting at the starting line of the Rocket City Marathon, I got emotional, since I never thought I would ever have thought about doing a marathon, given everything I have been through for the first 31 years of my life. So, I decided to run the Rocket City Marathon, to show all of the obstacles I have had to overcome in my life to get to this point. Back when I was in middle school, I was only able to run to the field goal post, and I am still only able to run 25 feet, before having to walk, to finally completing 26.2 miles. At the end of the race, I was for the first time in my life able to say the words, "I am a marathoner."*

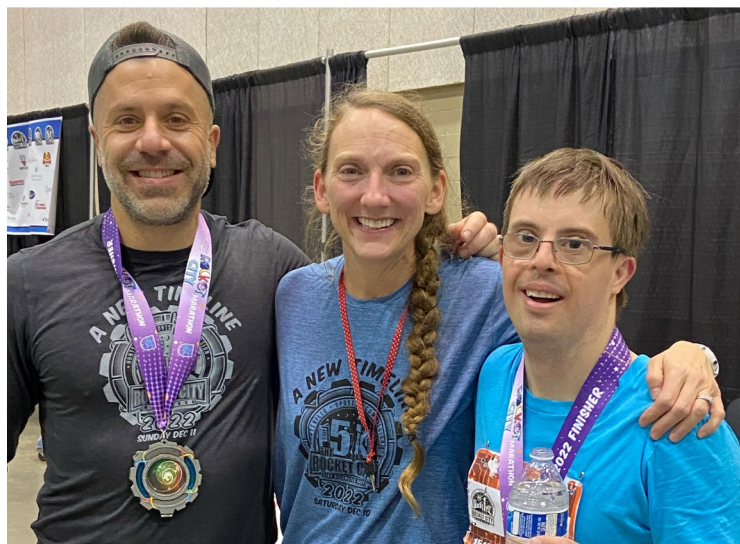
Daniel trained with local runner and fitness guru, Kevin Burke of Phase Gym, who also completed the marathon with him, along with a group of supporters. Kevin shared more about the race:

*Watching Daniel achieve a goal he has hoped and dreamed about since I met him four years ago was something to see. Daniel started having issues early on, which we figured out were abdominal issues (and thankfully not muscular like I originally thought), and that slowed us down a lot. As I watched the last runners go by and the streets open up at mile 8.5, I thought for sure we were dead in the water. We had until 3 p.m. to finish so we had to figure something out and fast. But Daniel's grit and determination is unreal and not only did he recover but he yelled, "Let's go! Let's do this!" And he took off. So I pulled up a course map on my phone, figured out where we were, and we took off on the sidewalks. His parents met up with us when we hit double digits and then our friend Hilary Moreno met up with us at mile 18 and was with us to the end.*

*At mile 24, I sent a text to the race director and told her we were two miles out and would be there by 3:00 p.m. She was shocked we were still out there and thought we had been pulled off the course. She then pulled people together and set up a finish line experience that was all about Daniel. It is something I'll never forget.*

*At mile 25, we turned to Daniel, who was walking with his dad, and said, "Daniel! One mile left! You did it!" He put his hands over his mouth and teared up, and of course, we did too. He hugged us and thanked us over and over for the next 1.2 miles. That last mile and watching him run across that finish line made the whole adventure worth it ten times over. Congratulations, buddy! You are officially a marathoner!*

We love watching you achieve your goals, Daniel! We're looking forward to seeing what you do next!





# MEDICATIONS AND MILES:

## Hidden Ingredients in Some Over-the-Counter Pain Medications

By Noah Gann, 2024 Pharm.D. Candidate and Kim Benner, Pharm.D., BCPS

So often people find themselves picking up non-prescription (“over-the-counter”) medications for mild ailments. Everyday medications for allergy relief, pain, vitamins, etc. often are marketed as a quick fix. Arthritis and pain related to arthritis is a perfect example of a condition for which over-the-counter medications often are used. Some patients will purchase a product to cure arthritic pain without consulting a medical professional. The problem with doing so is that the active drug in some of these medications may lack efficacy or safety information. Although pharmacists may feel confident about the primary ingredient in most over-the-counter medications, consumers may not be aware of unlabeled additives and the potential interactions between these products and other medications they are prescribed.

Products also should be carefully checked to ensure the active ingredient is not a product rebranded under the same name. For example, Mucinex contains guaifenesin, but Mucinex Sinus Max contains not only guaifenesin but also phenylephrine and acetaminophen. A patient may take the latter product under the belief that it is normal Mucinex at a higher strength, but these extra ingredients could cause potentially harmful results if the patient is taking other medications that could interact with these extra medications. In the case of arthritic pain, a patient shopping online or at a local store could order a product by the name of Artri or Ortiga, which are marketed for patients suffering from arthritis. However, the FDA recently has issued warnings on these products.

On October 28, 2022, the FDA submitted warning letters to various distributors for the products under the name of Artri and Ortiga. Artri and Ortiga both are over-the-counter products that are marketed to treat a variety of different conditions. The active ingredient in these products comes from extract of the Common Nettle (*Urtica dioica*) plant, which originally was marketed as an over-the-counter supplement to aid patients with cardiovascular issues and benign prostatic hyperplasia (BPH), also known as an enlarged prostate.<sup>1</sup> These products have been marketed more recently to be used for arthritis, muscle pain, osteoporosis, bone cancer, and other conditions according to the FDA.<sup>1</sup> The warning covered Artri Ajo King, Artri King, Ortega Mas Ajo Rey, and Ortiga Mas Ajo Rey Extra Forte. These products were being sold and distributed by large companies such as Amazon, Walmart, and Latin Food Market. The FDA’s warning was for “unapproved and misbranded drug products”



within these medications. The FDA analyzed these products and found other medications contained within them that were not disclosed on the ingredients label or to the FDA.<sup>2</sup>

The medications that were found during the FDA analysis included dexamethasone, diclofenac sodium, and methocarbamol. These medications, which were not included on the ingredients labels, can only be accessed with a prescription in the United States. It is worth noting that these three ingredients were found in one specific lot of one product so the exact ingredients in each capsule could differ.<sup>2</sup>

Dexamethasone is a corticosteroid approved by the FDA for management of conditions such as rheumatoid arthritis and other autoimmune diseases. It also is used as an anti-inflammatory and immunosuppressant agent. It even can be used in the treatment of certain leukemias and lymphomas. The danger of this drug is that sudden discontinuation can cause serious withdrawal symptoms. When used properly, dexamethasone

must be slowly discontinued over a period of days to weeks based on the dose to avoid withdrawal.<sup>3</sup> There are also many long-term effects of dexamethasone such as osteoporosis, edema, asthma, chronic obstructive pulmonary disease, inflammatory bowel disease, etc. especially when taken for prolonged duration.<sup>4</sup>



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# MEDICATIONS AND MILES:

## Hidden Ingredients in Some Over-the-Counter Pain Medications



Diclofenac sodium is classified as a non-steroidal anti-inflammatory agent (NSAID) and sold under the brand name

Cambia (and others) as a prescription medication in the United States. There are two serious FDA warnings for this medication: increased risk for heart attack and stroke and increased risk for stomach bleeds and ulcers. This drug also can cause serious liver damage that could result in the need for a transplant or even death. It is approved for use in rheumatoid arthritis, acute pain, and osteoarthritis, and others.<sup>5</sup>



Methocarbamol (Robaxin) is a muscle relaxer. This drug is known to cause side effects such as sedation, dizziness, and low blood pressure according to the FDA. It causes a decrease in central nervous system activity.<sup>6</sup>

There are serious risks with taking these medications especially when the patient is unaware that he is ingesting them. They can have serious side effects like the ones listed above, but these medications also can interact with other medications a patient is taking. For example, if a patient took Advil (ibuprofen) for a mild chronic pain as well as a product that included these ingredients, the patient could have an adverse drug interaction that could cause serious stomach effects and even severe organ damage with the diclofenac.<sup>5</sup> Without taking any other medications, the combination of diclofenac and dexamethasone alone is noteworthy for a serious increase in potential gastrointestinal (stomach) bleeding and ulceration.<sup>3,5</sup>

Methocarbamol works within the brain and central nervous system and could have interactions with other drugs that work in the brain especially those designed to help with chronic pain. Dexamethasone, when used chronically, can cause some serious side effects like an increased risk of infection, increase in blood pressure, damage to bones, and a long list of potential psychiatric problems. The other significant worry is the withdrawal symptoms a patient can experience with sudden discontinuation of corticosteroids like dexamethasone that can cause low blood pressure, nausea, shortness of breath, and more.<sup>1</sup> When used properly, these drugs can significantly improve the health of those taking them. However, in a situation where patients are taking medications without the benefit of knowing what unlabeled ingredients may be contained in those medications, the risks can be daunting.

The FDA has advised all patients who take these products to follow up with their primary care provider to assess for potential drug and disease issues. Both Walmart and Latin Foods Market issued voluntary recalls on Artri and Ortega products after the FDA warnings.<sup>1</sup>

Although many medications that can be bought without a prescription do not have unlabeled products in them to the extent of what was found in Artri and Ortega, there is no perfectly safe medication. Even over-the-counter products can have serious interactions with medications. Health care providers always need to know what over-the-counter supplements and medications a patient is taking. It is always best to talk with a pharmacist or physician when starting an over-the-counter product to make sure it is safe for use.

Health care professionals and consumers should report adverse events or side effects related to the use of these products to the FDA's MedWatch Safety Information and Adverse Event Reporting Program, located at [www.fda.gov/medwatch/report.htm](http://www.fda.gov/medwatch/report.htm).

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## 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:

Darlene Barron  
Mitchell Bennett  
Wayne Benson  
Collier Bradshaw

Chris Colpack  
Lori Davidson  
Debbie Evans  
Beth Gilbert

Joel Hoomes  
Melanie Jackson  
Mohamed Kazamel  
Mary-Paige McDonald

Reginald Murchison  
Jason Sweatt  
Angela Williamson  
Vance Wooten

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.



# "ICE" AND EASY DOES IT

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



The most recent fad I have observed with my athletes is that they no longer want to use ice as a means for recovery. Several of these athletes believe that ice will delay the muscle recovery process following a strenuous workout. As this is contrary to my recommendation to ice following a significant workout bout, I sought out the most recent evidence about best practice.

To start, most studies evaluated the concentration of inflammatory biomarkers in the blood several times following a strenuous workout. The timeframes included were twenty-four, forty-eight, seventy-two-, and ninety-six-hours post-exercise. Biomarkers such as Creatine Kinase and C-Reactive protein were evaluated. (Creatine Kinase evaluates the severity of microtrauma to muscles following exercise and C-Reactive protein evaluates the magnitude of immune response mounted.) Whole body cryotherapy (think ice bath!) brought these two factors down to pre-exercise levels within forty-eight hours. When research participants immersed a single leg in ice water, it took ninety-six hours for these factors to return to pre-exercise levels.

Furthermore, the argument for improved performance in the following days also is supported by the research. One study by Chaoyi Qu, et al. evaluated the vertical jump height of a group of middle to long distance runners. Researchers found that those athletes who used ice demonstrated increased vertical jump height compared to the runners who did not use ice, indicating improved muscle performance.

Finally, athletes who used ice reported feeling less sore, less achy, and less fatigued. This is likely because ice decreases the intensity of DOMS (Delayed Onset Muscle Soreness) that peaks anywhere from twenty-four to seventy-two hours post-exercise. This is not a surprising finding as ice has been proven to decrease muscular and joint swelling, improve blood flow, and affect nutrient and waste transportation in tissues.

Ultimately, my recommendation to ice following an intense workout stands! Yes, ice can decrease the body's immune response, but this does not slow the recovery process. Conversely, the use of ice therapy expedites recovery, with ice baths demonstrating more favorable results compared to using an ice pack. For best results, I recommend ten to fifteen minutes of ice following a workout or before bed on the same day as that strenuous workout. If you have any questions, shoot us an e-mail at [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net), and we will be happy to help!

## Sources:

1. Qu C, Wu Z, Xu M, Qin F, Dong Y, Wang Z, Zhao J. Cryotherapy Models and Timing-Sequence Recovery of Exercise-Induced Muscle Damage in Middle- and Long-Distance Runners. *J Athl Train.* 2020 Apr;55(4):329-335. doi: 10.4085/1062-6050-529-18. Epub 2020 Mar 11. PMID: 32160058; PMCID: PMC7164561.
2. Bleakley C, McDonough S, Gardner E, Baxter GD, Hopkins JT, Davison GW. Cold-water immersion (cryotherapy) for preventing and treating muscle soreness after exercise. *Cochrane Database Syst Rev.* 2012 Feb 15;2012(2):CD008262. doi: 10.1002/14651858.CD008262.pub2. PMID: 22336838; PMCID: PMC6492480.





# 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 January 1, 2023 are listed below.**

Participant	Years	Total
Abernathy, Darrin	1	385
Adwell, Stephen	2	1,252
Ahmed, Kabeer	4	1,637
Altobella, Janet	R	1,120
Anderson, Kerri	5	753
Bailey, Brittany	1	1,490
Barton, Tabitha	1	1,278
Bayush, Tori	3	834
Benner, Kim	10	1,561
Benson, Wayne	9	1,206
Bishop, Jamie	R	1,040
Blackmon, Christina	R	519
Blackmon, Kim	2	1,386
Boackle, Larry	5	300
Boackle, Tomie Ann	1	0
Booher, Lisa	11	1,619
Bookout, Jason	4	1,649
Bookout, Kimberly	4	1,827
Borie, Tuck	R	0
Boswell, Ryan	1	1,124
Bowman, Bill	R	984
Brakhage, Victoria	5	86
Bromberg, Georgia	4	887
Brown, Charlie	10	1,575
Brown, Katie E.	2	1,705
Brown, Katie G.	3	1,558
Brown, Sean	6	203
Browne, Shannon	1	65
Caine, Lawrence	3	1,292
Callahan, Chris	6	1,609
Carden, Melissa	2	1,988
Carey, Christopher	7	0
Carlton, Bob	7	1,195
Carter, Adrienne	2	0
Carter, Jason	2	0
Chaffinch, Violet	2	1,208
Chandler, Teresa	13	1,635

Participant	Years	Total
Clay, Brad	15	2,265
Cleveland, Jeff	6	1,743
Cliett, Stephanie	8	1,505
Coffin, Diane	R	1,140
Coleman, Tim	5	1,828
Colpack, Susan	2	1,173
Colvard, James	R	27
Corrin, LaRonda	1	0
Corrin, Roger	4	719
Cowart, Britney	5	1,255
Cramer, Robyn	2	1,322
Cramer, Steve	R	454
Crawford, Katelyn	1	1,011
Creed, Brad	5	1,144
Crowson, Bill	5	658
Crunk, Emmagene	1	1,238
Cutchen, Cindy	R	1,099
Davis, Grant	R	0
Deffenbaugh, Todd	2	1,369
Denton, Matt	10	1,914
Dimicco, Al	5	1,426
Dixon, Jeff	1	1,293
Duke, Cindy	7	1,290
Eason, Sydney	R	274
Edmondson, Laurie	2	2,205
Elrod, Stacey	1	1,023
Ennis, Amanda	1	1,318
Ennis, Matthew	1	1,643
Epperson, Ashley	R	121
Estes, Cameron	4	1,718
Estrada, Steven	4	2,713
Evans, Debbie	9	1,819
Farrell, Ryan	2	1,841
Fontenot, Misty	5	1,195
Forbus, Reed	R	279
Ford, Eric	1	401
Franklin, Shane	11	1,208

Participant	Years	Total
Frederick, Winston	14	1,427
Freeman, Sheila	5	1,043
Gayheart, Cheryl	3	1,453
Gee, Lynique	R	649
Gilbert, Beth	2	1,447
Goode, Johnny	14	1,403
Goss, Ange	3	0
Goyal, Rita	2	1,472
Grady, Carla	3	1,200
Grainger, Matt	3	1,931
Gray, Michael	3	1,202
Griffin, Misty	3	1,695
Guffey, Michelle	R	1,133
Haley, Jay	6	529
Hall, Thomas	1	102
Haralson, Danny	13	1,225
Haralson, Micki	14	1,369
Hargrave, Alan	15	1,388
Harrison, Lisa	10	1,036
Harry, April	5	1,202
Hart, Ed	1	1,204
Hassinger, Wendy	R	31
Henninger, Alison	8	1,288
Hess, Alan	R	1,008
Hogeland, Angie	2	380
Hogstrom, Minda	1	43
Holder, Gene	1	1,237
Holland, Skylar	3	1,172
Hood, Alissa	2	0
Hoover, Alison	11	1,628
Howell, Allen	R	1,057
Howell, Rachel	R	810
Izard, Melody	3	905
Janowiak, Desirae	1	165
Jenkins, Kaki	9	2,053
Jones, Stephanie	1	1,225
Jordan, Ezra	1	1,312

# 1200 MILE CLUB

Participant	Years	Total
Kaylor, Sara	R	841
Keefer, Herb	3	0
Keith, Jerry	R	830
Keith, Susan	1	1,373
Kelley, Robin	9	1,361
Kemper, Tricia	8	1,362
Knight, David	2	1,100
Kornegay, Marla	3	1,312
Kracke, Robert	1	1,386
Krick, Stefanie	3	1,766
Kuhn, Jimmy	15	2,450
Kulp, Loren	7	1,370
LaFon, Caroline	1	1,281
Laird, Audrey	8	1,664
Lamb, Patrick	3	1,239
Lancaster, Jeff	4	1,536
Landefeld, Dale	2	1,284
Langston, Aaron	5	0
Linken, Allen	1	1,256
Lyda, Beth	3	1,801
Lyda, John	4	1,548
Lyle, Randy	14	1,914
Maddox, Kendall	R	278
Malick, David	9	1,591
Martin, Sheree	1	202
Mathews, Skip	1	1,274
Matthews, Jamieson	R	1,111
McElroy, Catherine	3	1,452
Merry, Vicki Sue	10	1,462
Mickens, Cassandra	2	670
Miller, William	1	4,378
Mishra, Anoop	1	835
Mixon, Joshua	R	0
Morris, Gordon	2	1,219
Morrow, Abigail	R	0
Morrow, Alex	10	1,013
Muncher, Monica	R	1,086
Murchison, Reginald	8	2,094
Newkirk, John Allen	R	91
Noerager, Brett	3	2,761
Noerager, Felicia	2	1,309
Northern, Kristie	13	1,945
Norton, Laura	4	2,272
Oechslin, Tamara	3	1,276
Oehrlein, Kimberly	R	141

Participant	Years	Total
Oliver, John	7	803
Orihuela, Carlos	5	1,535
Ortis, Ellen	4	1,390
Palmer, Irma	1	446
Parks, Charlie	9	1,590
Payson, Tabitha	R	644
Payson, Tommy	3	1,054
Peagler, Shana	9	1,075
Pearce, Julie	6	977
Pinkerton, Mitchell	1	1,213
Pitts, Adele	2	1,208
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	1,403
Richey, Lori Beth	5	1,725
Ritchie, Joseph	5	1,891
Ritchie, Lauren	4	1,648
Roberson, Kevin	5	971
Robinson, Lyndsey	3	1,689
Robinson, Tamara	3	2,034
Rodgers, Jeffrey	5	1,263
Rodgers, Jessica	1	314
Roper, Lynn	5	1,332
Rose, Billy	8	3,130
Ross, Cara	1	295
Rutherford, Keith	15	1,316
Rutledge, Lisa	7	1,817
Saffold, Joseph	1	1,550
Sanders, Gwendolyn	4	1,466
Shaffield, Danny	9	2,604
Sherer, Jeremy	6	1,264
Sherrell, Jeff	3	2,025
Shinn, Ronald	9	1,518
Sides, Dean	4	1,116
Silwal, Suman	11	1,275
Simpson, Kevin	9	3,032
Sims, Cecelia	2	895
Sloane, Mike	6	1,168
Smith, Daryl	2	1,662
Smith, Erin	2	1,777
Smith, Jason	3	1,863
Smith, Jerry P.	13	1,316

Participant	Years	Total
Soileau, Chester	5	1,209
Spikings, Matt	2	1,460
Steele, Julianne	R	0
Stockton, Rick	14	1,133
Swiney, Elana	R	0
Taylor, Kim	1	1,227
Taylor, Melissa	1	1,971
Thompson, Samuel	1	159
Thompson, Sara	5	1,749
Tomlin, Chace	2	1,163
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	2,817
Waits, John	R	1,101
Walton, Suzie	1	1,316
Washington, Monica	1	512
Watkins, Tommy	1	1,730
Watters, Ana	4	1,963
Watters, Larkin	3	1,234
Watters, Robert	8	1,215
Weaver, Brooke	R	0
Weber, Amy	2	672
Weeks, Lance	2	651
Wells, Bradley	6	1,706
Wende, Adam	8	1,200
Whatley, Prince	10	1,365
Wheelis, Taylor	1	1,246
White, Morgan	1	441
White, Robin	3	2,026
Wilhite, Thomas	6	478
Williams, Mattie	R	255
Williams, Shanada	1	0
Williams, Shaunda	3	1,072
Williamson, Rebecca	4	1,416
Wiseman, Steve	8	1,585
Woody, Bill	13	1,173
Wright, Amy	4	291
Wu, Xing	11	1,369
York, Gary	9	1,916
Zajac, Jason	4	1,731
Zapata, Carlos	3	1,202



# SHOW US YOUR BTC GEAR



Post run fun



Rocket City



Bell Center Run Social



Anthony Nix (center) after his first marathon (Rocket City)



# SANTA SHUFFLE!





## BTC EXECUTIVE BOARD MEETING

December 12, 2022

The meeting was called to order by President Hunter Bridwell.

Attendance: Hunter Bridwell, Jamie Trimble, Vicky Brakhage, Marla Gruber, Cameron Estes, Britney Cowart, Kelly Sims, Alex Morrow, Julie Pearce, Bradley Wells, Alan Hargrave, Rebecca Williamson, Kim Benner, and Trish Portuese.

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

#### Membership (Cameron Estes)

We currently have 720 members and 563 memberships.

#### Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on January 2, 2024. Please have all content to Julie Pearce by December 23, 2022. We will need a little extra time for layout due to the holidays. We will lead off with an article about Adam's Heart Runs and we could include an article on the Resolution Run as well.

#### Treasurer (Hunter Bridwell)

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

#### Web Master (Hunter Bridwell)

Hunter Bridwell sent a message to Michael Greene about some updates to the website.

#### Long Run Committee (Marla Gruber)

We will be having the Bell Center mini social this Saturday, December 17, 2022. The run will start from the Bell Center in Homewood at 6:00 am. The Bell Center is providing beer, biscuits, and mimosas.

We will need to think about running socials for next year. Will look into weekends in March that don't already have big races scheduled like the Rumpshaker 5K and Lake Martin. Discussion was held regarding the possibility of a St. Patrick's Day social downtown.

#### Social Committee (Hunter Bridwell and Britney Cowart)

We have decided on Cahaba Brewing as the location for Annual Party on February 4, 2023. They will allow us to bring in outside catering, so we will look into catering options. We will start promoting the party now that we have the location and date and will get registration open through RunSignUp.

#### Merchandise (Bradley Wells)

We still have older merchandise available for purchase. Bradley is working on some new designs, which he hopes to have available the first of the year. We hope to promote the new merchandise at the annual party.

#### 1200 Mile Club (Kelly Sims)

We will start sending emails soon with information about ordering 1200 Mile Club jackets. We will also start working to identify 5-, 10-, and 15-year award recipients. This is the first year for 15-year awards. The order deadline for jackets should be three weeks before the annual party, so we can open ordering on January 1, 2023, with an order deadline of January 16, 2023. Discussion was held regarding patch options for 5-, 10-, and 15-year recipients.

Alan Hargrave updated the 1200 Mile Club information on the BTC website so it now shows each runner's current streak and their longest streak.

#### Volunteer Committee (Kim Benner)

As a year-end review, in 2022 we had 76 volunteers, which is up from last year. We had eight volunteers earn a tier 1 reward (usually \$25 merchandise coupon or a free t-shirt) and five earned a free annual membership; however, most of those volunteers already have a free lifetime membership. As such, Kim Benner made a motion to award four free BTC annual memberships to random volunteers from 2022. The motion was seconded by Julie Pearce and passed without opposition.

#### IT Chair (Alan Hargrave)

The BTC race websites for the 2023 races are all up and should go live the evening of December 12, 2022. Starting in 2023, we will offer a no t-shirt option for race registration that will reduce the price of each race by \$5. RunSignUp will also allow us to offer either a \$5 discount for those that do not want to order a shirt or they could choose to donate that \$5 to the BTC. This discount will also apply to the BTC Race Series.

#### Marketing (Alex Morrow)

We are promoting Santa Shuffle that will take place on Christmas Eve at the Trak Shak, the Bell Center social on December 17, 2022, and The Resolution Run on January 7, 2023.

#### New Business (Hunter Bridwell)

Hunter Bridwell, Jamie Trimble, and Alex Morrow met with Andrews Sport Medicine during lunch on December 12, 2022. They are offering a \$5,000 club sponsorship for 2023. Therapy South has also agreed to continue their annual \$5,000 sponsorship for 2023.

The Vulcan Run 10K's course certification is set to expire before next year's race. Discussion was held about continuing the race downtown through at least the 50th anniversary in 2024, so it was decided that we will move forward with having the current course recertified.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, January 9, 2023, at 6:00 p.m.

# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 7, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 14, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">MLK Day 5KDrum Run</a>	January 14, 2023	7:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 21, 2022	6:00 a.m. and 6:30 a.m.
<a href="#">Adams Heart Runs – 10 mile, 10K, 5K * BTC Race Series Race * * BTC Discount *</a>	January 28, 2023	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	February 4, 2023	6:00 a.m. and 6:30 a.m.
BTC Annual Party	February 4, 2023	6:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	February 11, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">Regions Superhero 5K</a>	February 11, 2023	8:00 a.m.
<a href="#">Mercedes-Benz Marathon Weekend (Marathon, Half Marathon, Marathon Relay, and 5K)</a>	February 12, 2023	7:03 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	February 18, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	February 25, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	March 4, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">ASPIRE Wine 10K</a>	March 4, 2023	7:00 a.m.

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

Need to add a race (actual or virtual) to the calendar?

Email [Webmaster Michael Greene](#), 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**