



USATRACK & FIELD

BIRMINGHAM TRACK CLUB  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

January 2024 1



## ADAM'S HEART RUNS

**JANUARY 27, 2024**

**5K, 10K, 10 Mile**

[www.BirminghamTrackClub.com](http://www.BirminghamTrackClub.com)

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

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

**2** President's Address

**4** Medication and Miles

**6** Farewell to Jack King, Jr.

**9** BTC Annual Awards Nominations

**11** TherapySouth:  
Overstriding is Overrated

**13** 1200 Mile Club

# PRESIDENT'S ADDRESS

By Jamie Trimble



## Greeting BTC Members and fellow Birmingham runners!

Happy New Year! I hope yours is off to a great (running) start.

Before we look at what's coming in this new year, I'd like to take a moment to reflect on 2023 and this amazing club. This past year was great in so many ways for the BTC. The BTC Race Series races were a huge success, seeing our participation numbers rebound to at or above pre-pandemic levels. Our Saturday morning long and moderate run groups continued to grow in participation, including some great run socials. We had several new and fun merchandise offerings. Our new **Member Benefits Chair, Ellen Ortis**, rounded up some incredible new (and some returning) member benefits exclusively for BTC members...(Taco Mama anyone?). And we continued to expand our relationships with other area races, running clubs and running-related organizations.

All of the things mentioned above are possible because of the leaders of this club, BTC race directors, race volunteers, our wonderful sponsors, and most importantly, you, our members. As I like to say, membership has its privileges, and there's no better bargain than BTC Membership. If you aren't a current member (either you never have been a member before, or your membership has lapsed), [consider joining/re-joining](#) today to take full advantage of all BTC membership has to offer (HINT: If you're not sure whether your membership is current, follow the link above, and click "renew" – you'll be prompted to enter your name or other information, and RunSignUp will provide you with your membership data. You can also print or download a membership card at this link, which you'll want to have handy to take advantage of BTC member benefits).

Now, let's look ahead to some of what's in store for the BTC in 2024. First up, **BTC Race Series [registration is now open!](#)** This is THE best deal on a series of races you will find anywhere. Registering for the Race Series gets you entry into all four BTC races (Adam's Heart Runs, Statue 2 Statue, Peavine Falls, and Vulcan Run) for just \$130; which is a \$30 discount over the current price of the four races if purchased individually. In addition, BTC members get an additional 10% discount! Hurry, because the opportunity to buy the Race Series bundle ends on January 27, 2024!

**Adam's Heart Runs** is first up in the BTC Race Series on Saturday January 27, 2024. This race is held each year at Oak Mountain State Park, and features 5k, 10k and 10-mile races. **Vicky Brakhage** has taken over race director duties, and she has been working hard to continue making this a great race to start the new year. Because Adam's Heart Runs is usually a bit chilly, this year's finishers will receive a cool pair of gloves! Also, be sure to register before January 10, 2024 to be guaranteed a race shirt.

As teased in last month's President's Address, I am super excited to announce that our **Annual Party** will be held on the evening of Saturday, February 3, 2024 in the private event room at Avondale Brewing. The planning committee has been hard at work to make this the biggest and best BTC Annual Party in years! We will elect officers, hand out our annual awards, present first-time 1200 Mile Club jackets and celebrate another great year of the BTC. So, mark your calendars and be on the lookout for registration details to come. It's going to be a GREAT party!

Finally, with a new year usually comes New Year's resolutions. So, what's on your New Year's running resolution list? Run your first 5k, 10k, half marathon or marathon? Register for the 1200 Mile Club and achieve running 1200 miles in a year (and earn a sweet jacket)? How about I add one to your list: volunteering for the BTC! The BTC is an all-volunteer organization, and everything we do is accomplished by the officers, committee chairs, race directors, and yes, regular volunteers. For 2024, I challenge each member to find one, just one, opportunity to volunteer a little time to the BTC. There are many ways to volunteer, but the need is greatest for race volunteers. I guarantee you will find that by volunteering you will meet new people (and make new friends), you will see some of what goes on behind the scenes of the BTC and/or a race, and you will find gratification in giving back to this great Birmingham running community of ours.

Happy New Year, and Happy Running!

**Jamie Trimble**  
*BTC President*



# 2024 Officers



## President

**Jamie Trimble**

president@birminghamtrackclub.com



## Treasurer

**April Harry**

treasurer@birminghamtrackclub.com



## Vice-President

**Bradley Wells**

vicepresident@birminghamtrackclub.com



## Secretary

**Vicky Brakhage**

secretary@birminghamtrackclub.com



## BTC Committees

General Counsel/Parliamentarian  
Long Run Coordinator  
Moderate Run Coordinator  
Medical Director  
Social Chairs

Lauren Weber  
Cameron Estes  
Mark Criswell  
Dr. Rachel Henderson  
Britney Cowart  
and Kaki Jenkins

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moderateruns@birminghamtrackclub.com  
medical@birminghamtrackclub.com  
social@birminghamtrackclub.com

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Membership  
Membership Benefits  
Merchandise

Alex Morrow  
Cameron Estes  
Ellen Ortis  
Bradley Wells  
Julie Pearce

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newsletter@birminghamtrackclub.com

"The Vulcan Runner" Newsletter  
Japan Exchange Program  
1200 Mile Club  
Volunteer Coordinator

Rebecca Williamson  
Kelly Sims  
Kim Benner  
Trish Portuese  
Jamie Trimble  
Alan Hargrave

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1200@birminghamtrackclub.com  
volunteer@birminghamtrackclub.com  
historian@birminghamtrackclub.com  
finishline@birminghamtrackclub.com  
webmaster@birminghamtrackclub.com

Finish Line Crew  
Webmaster

IT Chair  
USATF Representative

Alan Hargrave  
Charles Thompson

itchair@birminghamtrackclub.com  
usatfrep@birminghamtrackclub.com

## BTC Race Directors

Adam's Heart Run  
Statue 2 Statue  
Peavine Falls  
Vulcan Run

Vicky Brakhage  
Judy Loo  
Marla Gruber  
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



# MEDICATIONS AND MILES:

## Berberine: “Nature’s Ozempic”?

By Owen C. Bradford, 2024 PharmD Candidate, Kim Benner, PharmD

Berberine is a natural compound that has recently grown significantly in popularity on social media due to claims that it may serve as an alternative to popular diabetes and weight loss medications such as Ozempic (semaglutide). Berberine is a natural compound derived from plants and has long been used in natural medicine, especially in eastern Asian countries such as China. This compound has been used in a great variety of medical applications ranging from treating infections to managing blood sugar levels, reducing body weight, managing cardiovascular and metabolic disorders, and even treating tumors in certain cancers.<sup>1,2</sup> Evidence suggests that taking berberine may have effects on many processes in the body and can influence how the body regulates and uses sugar and fats. Given its growing popularity on social media, it is important to discuss and consider what research exists about its use to determine if berberine can really be considered an alternative to drug therapies. To date, no studies have been conducted to compare berberine to Ozempic or any drugs in its class, so comparisons between the two can only be made by looking at data on the individual compounds.



Berberine has been studied extensively in animals such as rats to investigate its effects in the treatment of diabetes with very promising results. It has more recently been studied in humans. In human studies, berberine has been proven to aid in the body's use of insulin and glucose, which has sparked interests in its use to manage type 2 diabetes, a disease characterized by an impairment in these abilities. A study from 2021 analyzed 46 clinical trials that studied berberine both as a standalone treatment and in combination with standard diabetic treatments.<sup>3</sup> This study found that when used alone, berberine lowered A1C (a reflection of a patient's average blood sugar over the past three months) by an average of 0.38%. This reduction in blood sugar is insignificant when compared to conventional therapies, but evidence does suggest that its effects are significant when used in combination with conventional therapies with an average reduction in A1C of 0.91%. In addition to its effects on blood sugar, studies have also supported the idea that berberine is effective in promoting weight loss. On average, berberine was found to decrease body weight by an average of 2.07 kg (4.6 lb.).<sup>4</sup>

As mentioned, berberine has been touted as “nature’s Ozempic” on social media. Compared to Ozempic, which lowers A1C by an average of 1.45%, the effects of berberine on A1C (average A1C reduction of 0.38% as a standalone treatment) are much less potent.<sup>5</sup> Ozempic has been found to lower body weight by an average of 2.75-3.56 kg (6.1-7.8 lb.), whereas berberine lowers body weight by an average of 2.07 kg (4.6 lb.). This data reveals that Ozempic is likely more effective for weight management.

It is important to note that the mechanisms by which these two compounds work in diabetes and obesity also are starkly different,

implying that an apples-to-apples comparison isn't necessarily appropriate. Safety data from available literature suggests that berberine is clinically safe in the doses at which it has been studied, with side effects being no greater than the control groups to which it was compared. Reported side effects of berberine included mainly gastrointestinal responses such as diarrhea, bloating, and constipation.<sup>3</sup> At typical doses (300-500mg berberine 2-3 times daily), this “natural medicine” seems to produce similar side effects to Ozempic, though at a much lower severity.

It is important to note that, as a natural product, berberine is treated as a dietary supplement and therefore has not been approved by the FDA as being safe or effective. As with all dietary supplements, it is important to evaluate the quality and contents of the product being sold as they may vary greatly between marketed brands. When purchasing any dietary supplement, consumers should be aware of independent certification programs and their approval of certain products. These programs, such as ConsumerLab.com, NSF international, and USP, independently test dietary supplements to ensure their quality, purity, potency, and composition. Products approved by these programs will bear their seal or mark of approval, therefore berberine products bearing these seals are more likely of higher quality. Approved products may be found through online retailers or in retail stores that sell dietary supplements or over-the-counter pharmaceutical products.

Berberine has been proven to be useful in the treatment of type 2 diabetes and obesity, especially in combination with other therapies and as an add-on to lifestyle and diet modifications. Consumers of this natural medicine should always be aware of the quality of the product they are purchasing; consult your pharmacist for more information. Additionally, patients should never discontinue the use of prescribed medications for diabetes or obesity without express consultation with their healthcare professional.

### Resources:

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2. Och A, Podgórski R, Nowak R. *Biological Activity of Berberine-A Summary Update.* *Toxins.* 2020;12(11):713. doi:10.3390/toxins12110713
3. Guo J, Chen H, Zhang X, et al. *The Effect of Berberine on Metabolic Profiles in Type 2 Diabetic Patients: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.* *Oxid Med Cell Longev.* 2021;2021:2074610. doi:10.1155/2021/2074610
4. Asbaghi O, Ghanbari N, Shekari M, et al. *The effect of berberine supplementation on obesity parameters, inflammation and liver function enzymes: A systematic review and meta-analysis of randomized controlled trials.* *Clin Nutr ESPEN.* 2020;38:43-49. doi:10.1016/j.clnesp.2020.04.010
5. *Clinical Review Report: Semaglutide (Ozempic): Executive Summary.* CJHT; 2019. Accessed November 23, 2023. <https://www.ncbi.nlm.nih.gov/books/NBK544016/>

# The Birmingham Track Club Presents



## ADAM'S HEART RUNS

January 27, 2024

5K, 10K, 10 Mile

[runsignup.com](https://runsignup.com)



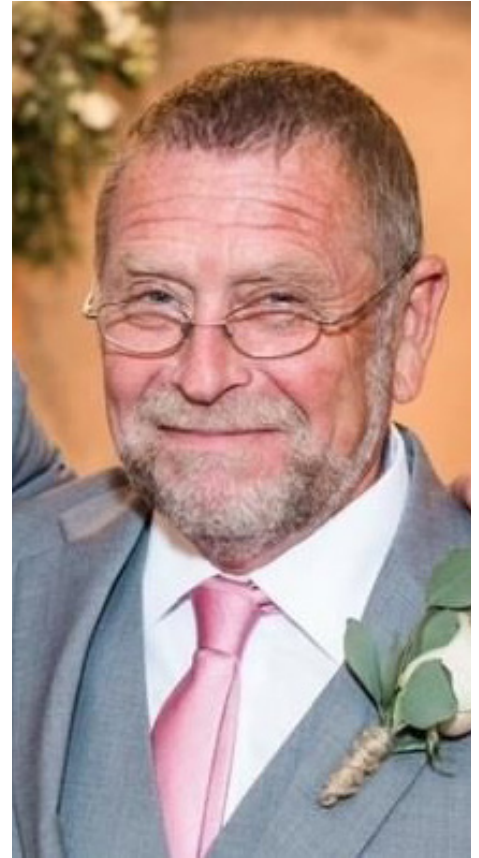
# FAREWELL TO JACK KING, JR.



The running community lost one of its greatest supporters recently when Jack King, Jr. passed away on December 25, 2023 at the age of 68. Until just a few years ago, Jack and his brother operated the Crestline Shell station (affectionally known to nearly everyone as “Jack’s Shell”) in Mountain Brook’s Crestline Village for 39 years, until Jack retired and sold the business to Kelly Jackson in 2016. The Jackson family has continued Jack’s tradition of providing runners and others in the community with a very welcome water stop, restrooms, and a kind greeting.

Following Jack’s death, many on social media recalled his ready smile and his “Samaritan’s heart.” Several recalled him stopping to help those in need and once even picking up some runners caught in a thunderstorm. Jack truly exemplified what it means to be part of a community, and this running community will miss him greatly.

The BTC extends its heartfelt sympathy to Jack’s family and friends.



## BTC ANNUAL PARTY

**Avondale Brewing Company (Private Room)**

**Saturday, February 3, 2024**

Officer Elections, Annual Awards, and a Whole Lot of Fun!  
Please join your fellow BTC members in celebrating a great year!

**Watch your email for an invitation and registration link.**



**FEB.  
3**

# 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  
Mary Creel  
Lori Davidson  
Brittany Decker

Matt Downs  
Amanda Ennis  
John Bryan Ennis  
Matt Ennis  
Will Ennis

Greg Greaves  
Rosemary Greaves  
Deb Hargrave  
Joel Hoomes  
Michael Jenkins

Claire Kuhn  
Jimmy Kuhn  
Elizabeth Marshall  
Reginald Murchison  
Jason Sweatt

Mattie Williams  
Anya Willson  
Grace Willson  
Mike Willson  
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.

## 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, we need volunteers to help with our Finish Line Crew and volunteers to write articles and put together content for *The Vulcan Runner*.

Multiple volunteers also are needed each week for the water stops the BTC coordinates for our long and moderate distance runs on Saturdays – please see the weekly routes for a link to sign up to provide water and sports drinks at a water stop, or to volunteer to make a financial contribution towards these much needed items.

To learn more about the many ways you can get more involved with the BTC, please contact [BTC President Jamie Trimble](#).

## BTC Merchandise

Need to restock your running wardrobe or buy some holiday gifts? The new fall/winter BTC gear is [now available to order](#) on the BTC website! We are debuting some fun new artwork as well as revisiting some classic BTC designs in multiple color options and shirt styles.



# SANTA SHUFFLE

December 23, 2023



# BTC ANNUAL AWARDS NOMINATIONS

The BTC Annual Party provides a chance for the club to recognize members who have gone above and beyond in their efforts to support the BTC.

- The **Dr. Arthur Black/Rick Melanson Annual Service Award** is the BTC's oldest award. It is given annually to the most outstanding club member over the past year for continued outstanding leadership and service to the BTC.
- The **Randy Johnson/Danny Haralson Annual Service Award** is given annually to a "newer" BTC member who has demonstrated outstanding leadership and given freely of his or her time in a volunteer capacity in ways that help further the mission of the BTC.
- The **BTC Lifetime Achievement Award** is an award that is presented to members of the BTC who have served the club for many years. This is not an annual award but will be presented when the BTC Executive Board believes that long-time members deserve special recognition.

To nominate a fellow member for one of these three prestigious awards, please email your nomination by Saturday, January 6 to [BTC Past President Hunter Bridwell](#), who is chairing this year's Nominating Committee. A list of all past award recipients can be found on the [BTC website](#).

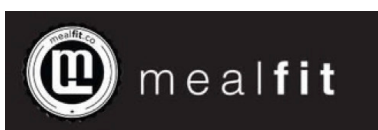


**EMAIL YOUR NOMINATION BY  
SATURDAY, JANUARY 6!**

# BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator

## .... CURRENT LIST OF MEMBER PARTNERS ....



## NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

Download (or print) your membership card by clicking [this link](#) or by following these instructions:

- Go to <https://runsignup.com/MyClubMemberships>.
- Log into RunSignUp using the email you used to register with the BTC.
- Click the **"Membership Card"** link for your current BTC membership (need to renew you membership? Click **"manage"** to do so easily).
- Print your membership card or save a .PDF to your phone. Easy peasey!
- Enjoy your BTC discounts (and be sure to support the local businesses who support the BTC)!

## REMEMBER TO USE YOUR BTC MEMBERSHIP BENEFITS

- » **MealFit:** 20% off first order.  
Use Code BHAMTC online (mealfit.co).
- » **Trak Shak:** 10% off. Present card
- » **Moving On:** 10% off. Present card.
- » **Restore:** 10% off services and 20% off memberships.  
Present card.
- » **FleetFeet:** 10% off. Present card.
- » **Taco Mama/Otey's:** 20% off. Present card.

We are adding more fabulous BTC benefits every month. Does your company want to be a part of the action? Email [Benefits@birminghamtrackclub.com](mailto:Benefits@birminghamtrackclub.com)!



# THERAPYSOUTH

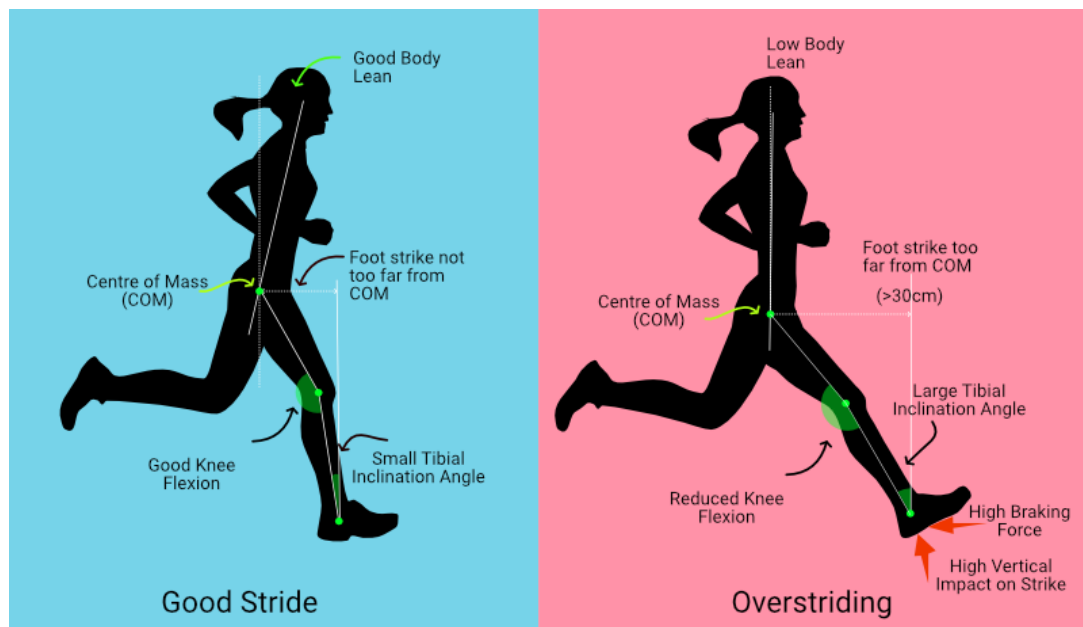
## Overstriding is Overrated

By Hannah Cox, TherapySouth



In a previous article, we settled the debate on which foot strike pattern (heel strike, midfoot strike, or forefoot strike) is preferred. (In case you missed that article, the short answer is: it doesn't matter!). I think the foot strike debate garners too much attention. Instead, the focus of a runner should be preventing or eliminating an overstride.

In an ideal running pattern, when the foot makes contact with the ground, the foot placement should be directly under the runner's body. With this placement, the forward momentum of the runner is not interrupted; the runner won't suffer a loss of speed or efficiency. In this pattern, the power to propel the runner forward is a result of the push-off into hip extension (movement of the leg backwards behind the trunk).



A few indicators of overstriding are: chronic knee pain when running, a loud foot slap when contact is made with the running surface, or extreme quadriceps and hip flexor muscle soreness, especially when your run did not include a lot of downhill descents! If you think you may be suffering from any of these issues, try making the following changes to resolve your overstride.

When I have a client with knee or hip pain secondary to overstriding, I always evaluate knee flexion (how many degrees the knee is bent) when the foot makes contact with the ground. Research suggests that 25-30 degrees of knee flexion is ideal. Realistically, I don't measure my patients often, but I look for a "soft knee." A runner using a "soft knee" catching his body weight reminds me of catching an egg. You must "give" or slow down the egg as you catch it. Similarly, as a runner catches his body weight by allowing his knee to flex, he will experience smaller forces of impact with the ground, thus decreasing joint pain.

Another way to decrease a habit of overstriding is to increase the cadence (steps per minute) while maintaining the same pace. This decreases the overall length of the stride, and forces the runner to put his foot down quicker (and usually under his body before he falls forward!) Even a small increase of 5-10% in cadence may reduce an overstriding pattern. Cadence can be difficult to change initially, but I always recommend that my clients listen to music with a beat that is similar to the desired cadence. (Add me on Spotify – I have a few playlists made for training in the clinic!). Not only does increasing cadence decrease how far forward an individual is "reaching" in front

with each stride, but it also decreases the amount of time the foot is in contact with the ground. Decreased contact time with the ground further reduces the ground reaction forces on the runner.

Give these tips a try to overcome your overstride! If you have any questions please reach out to: [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net).

### References:

1. Adams D, Pozzi F, Willy RW, Carrol A, Zeni J. Altering cadence or vertical oscillation during running: effects on running related injury factors. *Int J Sports Phys Ther*. 2018;13(4):633-642
2. Butler RJ, Crowell HP, Davis IMC. Lower extremity stiffness: implications for performance and injury. *Clin Biomech*. 2003;18(6):511-517
3. Lenhart RL, Thelen DG, Wille CM, Chumanov ES, Heiderscheit BC. Increasing running step rate reduces patellofemoral joint forces. *Med Sci Sports Exerc*. 2014;46(3):557-564
4. Schubert AG, Kempf J, Heiderscheit BC. Influence of stride frequency and length on running mechanics. *Sports Health*. 2014;(6)3:210-217
5. Willy RW, Buchenic L, Rogacki K, Ackerman J, Schmidt A, Wilson JD. In-field gait retraining and mobile monitoring to address running biomechanics associated with tibial stress fracture. *Scand J Med Sci Sport*. 2016;26(2):197-205

## We're here for you on your postpartum journey

Taking care of your body is one of the most impactful things you can do to improve your health postpartum. TherapySouth offers a variety of services to support you throughout your pregnancy and postpartum journey. We understand the physical challenges that you are facing while growing and taking care of a child and are proud to provide hands-on care to improve your pain, mobility, and strength.

### Our services:

- Pregnancy and postpartum pain management for low back, SIJ, neck, perineum, and pelvic floor
- Education and instruction of continuation of pregnancy fitness and postpartum return to exercise



**Therapy**SOUTH 

Interested in learning more about our women's health services? Visit [therapysouth.com](https://therapysouth.com) to schedule an appointment.

## BTC Group Runs Update

Our BTC Long Run Group has selected the St. Jude Rock 'n' Roll Nashville Marathon and Half Marathon on April 27, 2024 as our Spring target race. You can easily adapt your Saturday long runs around our schedule – please join us! 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 Cameron Estes, 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](https://RunSignUp.com) link we'll post each week, or you can donate money toward provided water stop supplies if that is easier for you.

Our Moderate Run Group also meets on Saturday mornings. This group runs shorter mileage on Saturday mornings (typically 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!



# 1200 MILE CLUB

The 2024 edition of the 1200 Mile Club will be opening soon, after we close out the 2023 year. Please watch your email for a link to sign up to participate in 2024. You must be a BTC member to join the challenge – [click here to join](#) or renew your membership!

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. Other exclusive 1200 Mile Club swag is available for purchase as well.

**Cumulative miles from 2023 are listed below.**

Participant	Total
Adwell, Stephen	1,375
Ahmed, Kabeer	1,576
Altobella, Janet	1,113
Anderson, Kerri	787
Bailey, Brittany	1,341
Barron, Darlene	1,300
Barton, Tabitha	1,326
Belew, William	0
Benner, Kim	1,612
Bennett, Mitchell	1,249
Benson, Wayne	271
Blackmon, Kim	1,669
Boackle, Larry	0
Boackle, Tomie Ann	0
Bolen, Parker	1,280
Booher, Lisa	1,486
Bookout, Jason	1,357
Bookout, Kimberly	2,061
Bossard, Teri	2,182
Boswell, Ryan	1,142
Bracey, Nicole	0
Bradley, Michelle	546
Brakhage, Victoria	1,406
Bray, Elizabeth	2,128
Bridges, John	712
Bromberg, Georgia	601
Brown, Charlie	1,474
Brown, Katie E.	1,687
Brown, Katie G.	1,509
Brown, Sean	834
Bryant, Jason L.	1,222
Caine, Lawrence	939
Callahan, Chris	2,068
Calvert, Aaron	1,367
Campos, Chris	1,355
Carden, Melissa	2,164
Carlton, Bob	1,324
Carter, Adrienne	0
Chaffinch, Randy	1,201
Chaffinch, Violet	1,201
Chandler, Teresa	1,521
Cheek, James	172

Participant	Total
Clay, Brad	2,850
Clay, Sarah	1,254
Cleveland, Jeff	2,012
Cliett, Stephanie	1,647
Cobb, Patty	1,463
Cockerill, Kandy	1,003
Coe, Emily	1,568
Coe, Matt	649
Coffin, Diane	1,100
Coleman, Tim	1,551
Colpack, Susan	1,219
Connors, Michael	1,277
Corrin, Roger	631
Cowart, Britney	1,212
Crain, Teresa	0
Cramer, Robyn	1,402
Cramer, Steve	457
Crawford, O'Neal	1,079
Creed, Brad	1,117
Creel, Mary	791
Crowson, Bill	0
Crunk, Emmagene	1,266
Davidson, Lori	1,222
Dawson, Ashley	2,567
Deffenbaugh, Todd	1,234
Denton, Matt	1,799
Dimicco, Al	1,426
Dixon, Jeff	1,428
Downs, Matt	1,206
Duke, Cindy	1,373
Eason, Sydney	0
Edquist, Emily	2,277
Eichold, Paulina	1,351
Elrod, Stacey	0
Ennis, Amanda	1,307
Ennis, Matt	1,671
Estes, Cameron	1,318
Estrada, Steven	2,976
Evans, Debbie	1,860
Everitt, Mollie	1,200
Files, Timothy	26
Flanery, Haley	1,885

Participant	Total
Fons, Aaron	1,329
Forbus, Reed	353
Foreman, Michael	1,276
Foti, Kathryn	1,171
Frankel, Ali	876
Franklin, Shane	1,211
Frederick, Winston	1,396
Freeman, Sheila	185
Fronerberger, Bryan	0
Gaston, Michael	1,594
Gates, Tonya	0
Gayheart, Cheryl	1,080
Gee, Lynique	866
Goode, Johnny	1,590
Goyal, Rita	1,542
Grady, Carla	0
Graham, Jon	1,510
Graham, Ryan	1,129
Grainger, Matt	1,945
Gray, Meagan	1,640
Gray, Michael	1,200
Griffin, Misty	1,404
Gruber, Marla	878
Gruschow, Mariana	117
Gullapalli, Satya	1,510
Hall, Thomas	51
Hanna, Cara	1,245
Haralson, Danny	329
Haralson, Micki	1,213
Harding, Brandy	150
Hargrave, Alan	1,370
Harrelson, Karen	1,059
Harris, Lori	0
Harrison, Lisa	1,206
Haynes, Melanie	0
Henderson, Andrew	1,400
Henninger, Alison	1,306
Hess, Alan	932
Hogeland, Jeff	1,576
Holder, Gene	1,340
Holland, Skylar	0
Hoover, Alison	1,584

Participant	Total
Howell, Allen	1,208
Howell, Rachel	561
Izard, Melody	0
Jenkins, Kaki	2,131
Jenkins, Kate Herrera	334
Jensen, Sarah	584
Johnson, Ethan	459
Johnson, Liz	0
Johnson, Phillip	558
Johnson, Troy	1,322
Kampe, Edna	0
Kazamel, Mohamed	2,366
Keith, Jerry	518
Keith, Susan	1,258
Kemper, Tricia	1,594
Knight, David	1,061
Krick, Stefanie	1,626
Kuhn, Jimmy	2,023
Kulp, Loren	1,382
LaFon, Caroline	298
Laird, Audrey	1,531
Lamb, Patrick	1,225
Lamb, Patrick	0
Lancaster, Jeff	1,201
Landefeld, Dale	1,571
Lovett, Meg	76
Lyda, Beth	1,717
Lyda, John	1,674
Lyle, Randy	1,911
Maiola, Frankie	0
Malec, Bonnie	376
Malick, David	1,731
Markham, Elishua	708
Martin, Sheree	126
Mathews, Skip	1,206
Matthews, Jamieson	1,200
McCalley, Charles	1,343
McElroy, Catherine	1,500
McLain, Chase	570
McShan, Kenneth	1,823
Melton, Kristen	1,362
Merry, Vicki Sue	1,887
Morris, Gordon	531
Morrow, Alex	0
Moss, Renie	530
Mott, Marilyn	508
Muncher, Monica	987
Nicholas, Kathryn	0
Nix, Anthony	1,440
Noerager, Brett	2,687
Noerager, Felicia	1,309
Northern, Kristie	1,919

Participant	Total
Norton, Laura	2,308
Oechslin, Tamara	1,252
Oehrlein, Kimberly	212
Orihuela, Carlos	1,685
Ortis, Ellen	1,121
Padgitt, Scott	1,555
Parks, Charlie	1,736
Parsons, Christy	841
Peagler, Shana	0
Pearce, Julie	1,045
Plante, David	1,419
Poole, Jonathan	1,135
Powell, Logan	1,833
Pritchett, Leigh Ann	0
Randolph, Megan	1,438
Rawson, Brent	1,459
Reaves, Brandon	1,537
Reaves, Brittany	1,396
Renfro, Jeff	1,412
Richetti, Vee	910
Richey, Lori Beth	1,141
Ricketts, Timothy	0
Ritchie, Joseph	2,576
Ritchie, Lauren	1,535
Roberson, Kevin	324
Roberts, Fletcher	490
Robinson, Lyndsey	791
Robinson, Tamara	0
Rodgers, Jeffrey	1,267
Romans, Cassidy	990
Roper, Lynn	1,073
Rose, Billy	2,794
Rowell, Taylor	0
Russell, Maureen	1,803
Rutherford, Keith	1,048
Rutledge, Lisa	1,488
Saffold, Joseph	1,220
Shaffield, Danny	2,784
Sherer, Jeremy	1,261
Sherrell, Jeff	1,519
Shinn, Ronald	1,007
Sides, Dean	1,160
Silwal, Suman	1,200
Simpson, Kevin	2,522
Sims, Cecelia	74
Sloane, Mike	1,169
Smith, Daryl	1,463
Smith, Erin	1,632
Smith, Holly	2,184
Smith, Jerry P.	1,296
Smith, Justin	1,493
Spikings, Matt	1,500

Participant	Total
Starnes, Dan	1,615
Steele, Julianne	1,213
Stockton, Rick	1,100
Sweatt, Jason	0
Swiney, Elana	0
Taylor, Kim	944
Taylor, Melissa	1,878
Terakedis, Amber	601
Thomas, Tre	863
Thornton, Amanda	1,303
Tomlin, Chace	172
Tope, Mason	2,110
Trimble, Jamie	1,126
Tyndal, Hannah	494
Valles, Tina	1,208
Veren, Andie	394
Vrocher, Diamond	1,119
Vrocher, Hilary	2,602
Waddell, Chassi	372
Wade, Josh	1,200
Waid, David	2,285
Walker, Brooke	1,272
Walton, Suzie	1,334
Washington, Monica	307
Waters, Marc	1,292
Watkins, Britney	1,170
Watkins, Tommy	1,413
Watters, Ana	1,834
Watters, Larkin	1,454
Watters, Robert	1,010
Weaver, Brooke	0
Weber, Amy	613
Weeks, Lance	578
Wells, Bradley	1,438
Wende, Adam	1,453
Whatley, Prince	1,366
Whillock, Amber	0
White Vick, Katie	1,106
White, Robin	2,128
Williams, Chris	1,207
Williams, Kelly	187
Williams, Mattie	1,058
Williams, Shaunda	1,103
Williamson, Rebecca	1,239
Wiseman, Steve	1,612
Woodard, Whitney	1,792
Woody, Bill	1,106
Wright, Amy	0
Wu, Xing	1,118
Yamashita, Ryota	157
York, Gary	1,547
Zajac, Jason	2,393

# SHOW US YOUR BTC GEAR



# FEETS OF STRENGTH

**We are happy to celebrate a couple of BIG accomplishments this month!**

First up is **Cary Guffey**. Cary recently ran the Honolulu Marathon, which was his final race in his quest to run a marathon in every state. And it that's not impressive enough, rumor has it that he now wants to complete the challenge with a time goal for each state. Congratulations, Cary! Cary's wife, **Michelle**, joined him for the race, completing the Honolulu Half Marathon. Way to go, Guffeys!

Closer to home, **Beth Lyda** completed the Mississippi Gulf Coast Marathon on December 11, 2023, setting a 35 minute (!) PR, finishing first in her age group, AND qualifying for the Boston Marathon! What a triple whammy, Beth! We're not sure who's more excited, Beth or her husband, **John**, but we sure are excited for you too!

Please [let us know](#) when you hit a running milestone – the BTC would love to celebrate YOU!



Cary and Michelle Guffey



John and Beth Lyda

# BTC EXECUTIVE BOARD MEETING

# December 11, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Ellen Ortis, Alan Hargrave, Maureen Russell, Britney Cowart, Charles Thompson, Cameron Estes, Julie Pearce, Trish Portuese, Judy Loo, and Rebecca Williamson.

Julie Pearce made a motion to approve the minutes of the November 2023 Executive Board Meeting. The motion was seconded by Bradley Wells and passed without opposition.

## Membership (Cameron Estes)

We currently have 747 members and 617 memberships. It was once again decided to remove the paper BTC membership application from the end of the newsletter. Instead, we will add a QR code to the newsletter that will direct to the registration page on the BTC website.

## Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on January 2, 2024. Please have all newsletter content to Julie Pearce by December 22, 2023. We are looking for motivational articles.

## Member Benefits (Ellen Ortis)

Ellen Ortis is working with O'Henry's regarding the possibility of offering BTC members a discount.

A member of the Greenville Track Club owns a data company and reached out to Ellen to offer his services if we are interested in calculating a winner for the entire BTC race series. He has a program that he developed for the Greenville Track club that will calculate finish times and age group placements to determine an overall winner of the series. He would do the same for us for \$100 per race. If we decide to proceed, we anticipate that we would have to grant him access to all of our races in RunSignUp and we will have to decide on an award to offer the winner(s). We could probably provide the award at the annual party.

## Treasurer (Jamie Trimble)

April Harry sent the financial statement via email. It was not known if all of the revenue from Vulcan Run was included in the financial statement. There will be some expenses later this month for the Santa Shuffle since we provide food and refreshments after the run. We will also have some expenses from purchasing the new merchandise, but the revenue from selling the new merchandise will be reflected in the January financial statement.

## Merchandise (Bradley Wells)

Bradley Wells is picking up the new merchandise that was ordered later this week. He will have it to hand out at the following Saturday Morning Long Run.

## 1200 Mile Club (Bradley Wells)

A new vendor for the 1200 Mile Club jackets was selected. All first time 1200 Mile Club members will get a 50% discount on

the jacket, which will be around \$80. Existing members will have to pay full price if they wish to order a new jacket. We will try and get some sample sizes so people can try the jackets on to select which size they need before ordering. Discussion was held regarding new award ideas for the consecutive year awards. 2023 is the 16th year for the 1200 Mile Club, so we will need to start considering a special award for the 20 consecutive year awards.

## Charles Thompson (USATF Representative)

The 29th annual Meadow Brook Runs 5K will take place on December 16, 2023. The USATF Galleria Classic will take place at the Birmingham Crossplex this weekend. There will be three separate track meets at the Crossplex this weekend.

## Long Run Committee (Cameron Estes)

We will still have a long run the morning of the Santa Shuffle. Since we have completed the goal marathon for the fall, we will plan to hold a vote for a spring marathon by December 20, 2023. We will have runners submit suggestions by Sunday, December 17, 2023, and then we will pick the top few races from the suggestions and open a poll to vote on the next goal race.

## Social Committee (Maureen Russell)

The annual party is on February 3, 2024. The social committee has narrowed down the possible locations to two options: upstairs at Avondale or Meet on Morris. Discussion was held regarding ticket prices for the event and a possible DJ to provide music.

Jamie Trimble made a motion to approve a budget of \$10,000.00 for hosting the annual party, to increase ticket prices to \$40 for non-members and \$20 for members, and to provide two drink tickets per attendee. The motion was seconded by Ellen Ortis and passed without opposition.

Please send any award nominations for the Randy Johnson/Danny Haralson Annual Service Award, the Dr. Arthur Black/Rick Melanson Annual Service Award, and the Lifetime Achievement Award to Hunter Bridwell.

## IT Chair (Alan Hargrave)

Alan Hargrave is waiting on additional information from each race director to open registration for the 2024 BTC Race Series and each individual race. Jamie Trimble has reached out to Jeremy Davis regarding timing for each race.

Constant Contact is offering a new way to send emails, but a price increase is coming in the near future. RunSignUp also offers a method for sending mass emails, so we will look into their capabilities, as they have more offerings rolling out.

## New Business

Vicky Brakhage made a motion to approve a budget \$9,000 for Adam's Heart Runs expenses. This is a reduction of

CONTINUED ON NEXT PAGE

# BTC EXECUTIVE BOARD MEETING

December 11, 2023

approximately \$1,200 from the approved budget for last years race due to a cheaper long-sleeve shirt option, reduced cost of awards, a slight reduction in photography, and not hiring a face painter. The motion was seconded by Ellen Ortis and passed without opposition.

Discussion was held about a new race registration insurance option through RunSignUp. This option allows a registered runner to purchase insurance in case something happens and they are unable to run the race. If a registered runner pays for the insurance, but does not use it, the race receives a slight refund.

Ellen Ortis made a motion to offer race insurance through RunSignUp. The motion was seconded by Cameron Estes and carried without opposition.

Bradley Wells introduced discussion about creating two new positions for the BTC Executive Board: a Marketing Director and a Races Director.

Discussion was held about holding the extra planning meeting earlier in the year 2024, perhaps in August or September.

Ellen Ortis introduced discussion about hosting a track meet for the Birmingham Track Club in the future. Possilbe dates could be in June of 2025. Ellen offered to be the director for this event and will continue to research ideas for future discussion.

Alan Hargrave can print postcards with details about each of the races in the BTC race series. These could be handed out to promote the races.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, January 8, 2024, or Tuesday, January 9, 2024, at 6:00 p.m. Location to be determined.



# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 6, 2024	6:00 a.m.
<a href="#">5th Annual Forging Families 5k/10k and 1 Mile Fun Run (Columbiana)</a>	January 6, 2024	8:00 a.m.
BTC Executive Board meeting (location TBA/virtual option available)	January 8, 2024	6:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 13, 2024	6:00 a.m.
<a href="#">Awaken 5k and 1 Mile Fun Run (Hoover)</a>	January 13, 2024	8:00 a.m.
<a href="#">Mobile Marathon, Half Marathon, and Relays (half and full ) (Mobile)</a>	January 14, 2024	7:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 20, 2024	6:00 a.m.
BTC Jiggle Jog	January 20, 2024	TBA
<a href="#">Adam's Heart Runs: 5k, 10k, 10 Mile *BTC RACE SERIES RACE*</a>	January 27, 2024	6:00 a.m.
<a href="#">Classic City Marathon, Half-Marathon, and Relay (Athena, GA)</a>	January 28, 2024	7:30 a.m. EST
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	February 3, 2024	6:00 a.m.
<a href="#">Railway Marathon (Black Creek Park, Fultondale)</a>	February 3, 2024	7:45 a.m.
BTC Annual Party (Avondale Brewing)	February 3, 2024	TBA
BTC Executive Board meeting (location TBA/virtual option available)	February 5, 2024	5:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	February 10, 2024	6:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	February 17, 2024	6:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	February 24, 2024	6:00 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 Alan Hargrave](#), or visit the BTC website to [submit your race](#).



**BECOME A BTC MEMBER!**  
**FOLLOW THE QR CODE**

