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BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

February 2023 (2)



THE BTC CELEBRATES!

By Julie Pearce

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THE BTC CELEBRATES!



Oh, what a night! The Birmingham Track Club hosted the 2023 edition of one of our favorite traditions: the BTC Annual Party on February 4, 2023. This year's party was held at Cahaba Brewing where the drinks were flowing, the food was delicious, and a good time was had by all.

As always, we took care of our annual club business, which consisted first and foremost of electing officers to lead our organization in 2023. **Congratulations (and thank you!) to the following members who were elected (or reelected) to serve in the coming year:**

President: Jamie Trimble **Secretary:** Vicky Brakhage

Vice-President: Bradley Wells **Treasurer:** April Harry

Your 2023 officers are dedicated to making the Birmingham Track Club the very best it can be. Please do not hesitate to contact any of them with your ideas, your concerns, or your willingness to help – there are so many want to be involved with your BTC, and we welcome you to be a part of our best year yet!

The second order of business was to award the BTC's two annual awards to members who have worked tirelessly for the BTC.

The **Arthur Black/Rick Melanson Annual Service Award** is the BTC's oldest award, and it is annually given to the most outstanding club member over the past year or for continued outstanding leadership and service to the BTC. Not only has this year's recipient attended nearly every BTC event, race, run social, race expo, meeting, but he has worked tirelessly behind the scenes to ensure club operations have run smoothly. He has served as Race Director for Peavine Falls and Vulcan Run. And last but certainly not least, he served the BTC as President beginning in 2020, successfully navigating our club through the pandemic and the numerous changes and "pivots" that required. We were happy to present this year's Arthur Black and Rick Melanson Annual Service Award to our outgoing BTC President, **Hunter Bridwell**.



The **Randy Johnson/Danny Haralson Annual Service Award** is an award given annually by the BTC to a newer club member who demonstrates outstanding leadership and freely gives of his or her time to volunteer in ways that help further the mission of the BTC. This year's recipient could be found at BTC events selling our merchandise, most of which he personally designed. He is always willing to lend a helping hand, bake a cake, or brainstorm ideas, and his enthusiasm for all things BTC brings an energy that will serve him well in his new position as BTC Vice-President. Congratulations to **Bradley Wells** for receiving this year's Randy Johnson/Danny Haralson Annual Service Award.



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THE BTC CELEBRATES!



Although it is not an annual award, the **BTC Lifetime Achievement Award** may be presented when the BTC Executive Board believes a long-time member deserves special recognition for his or her long-term service and dedication to the BTC over many years. The 2022 BTC Executive Board was very pleased to award a Lifetime Achievement Award this year to **Alex Morrow**. Alex's most obvious contributions to the BTC have including serving the club as President, Vice-President, and Long Run Coordinator, but he also has served as the Race Director for Peavine Falls and as the Marketing/Social Media chair for multiple terms. He has also been an ardent supporter and advocate for the BTC both locally and nationally, especially during his service as the Alabama State Representative for the RRCA. Alex was the recipient of the Arthur Black/Rick Melanson Annual Service Award in 2013. Congratulations and thank you to Alex for all he has done to support the BTC!



Congratulations also are in order to all BTC members who achieved 1200 Mile Club status in 2022! A complete list is available on the [BTC website](#) and at the end of this newsletter, but we would like to extend special congratulations to our first-time recipients:

Janet Altobella	Gene Holder	Monica Muncher
Brittany Bailey	Allen Howell	Mitchell Pinkerton
Tabitha Barton	Stephanie Jones	Joey Saffold
Diane Coffin	Ezra Jordan	Kim Taylor
Emmagene Crunk	Susan Keith	Melissa Taylor
Jeff Dixon	Robert Kracke	John Waits
Amanda Ennis	Caroline LaFon	Suzie Walton
Matt Ennis	Allen Linken	Tommy Watkins
Michelle Guffey	Skip Matthews	Brooke Weaver
Ed Hart	William Miller	Taylor Wheelis

BTC members who have attained 1200 Mile Club status for each year of the Club's 15-year existence also were recognized:

Brad Clay	Jimmy Kuhn	Rick Stockton
Alan Hargrave	Keith Rutherford	

Congratulations also are in order for those BTC members who have attained 1200 Mile Club status for ten consecutive years:

Kim Benner Trimble	Vicki Sue Merry
Matt Denton	David Plante

And congratulations to the following new 5-year members of the 1200 Mile Club:

Wayne Benson	Jeffrey Rodgers	Sara Thompson
Tim Coleman	Lisa Rutledge	David Waide
Lori Beth Richey	Mike Sloane	
Joseph Ritchie	Chester Soileau	

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THE BTC CELEBRATES!

Since the inception of the 1200 Mile Club in 2008, BTC members have run a collective 3,803,613 miles and counting! If you've not already signed up to participate in the 2023 edition of the 1200 Mile Club, [do so today!](#)

Thank you to BTC Social Chairs **Britney Cowart** and **Kaki Jenkins** for planning a memorable, fun-filled celebration!

We hope 2022 was a great year for all of you. Here's to an even better 2023!



PRESIDENT'S ADDRESS

By Hunter Bridwell



Hey, it's me again. 😊 My President's Address in the January issue of *The Vulcan Runner* was my farewell address, so I wanted to spend this time highlighting our new Birmingham Track Club officers and a number of exciting upcoming events before Jamie Trimble takes over this responsibility as BTC President.

At the BTC Annual Party, we elected a new slate of officers who will serve in these positions for the next year. I'll start with **April Harry** and **Vicky Brakhage**, who will be continuing in their roles of Treasurer and Secretary, respectively. I also want to thank them for the work they've done previously and the time they've dedicated to the BTC and our members. **Bradley Wells** will be stepping into the role of Vice President after spending numerous years heading up merchandise. Bradley has brought fresh, exciting ideas and awesome merchandise designs over the last couple of years, and I know he will do a great job in this new role. **Jamie Trimble** is assuming the role of President after spending the last year as Vice President (oh, and he's also the head of our finish-line crew for all BTC races). Jamie will lead the BTC to new heights!

Thank you again to this group for the willingness to serve our running community! The races and other events we sponsor cannot happen without our officers, board members, and volunteers who so generously give their time!

Want to Get Involved?

We have some board committee positions that need to be filled. Let us [know](#) if you're interested, and we can talk about ways your talents can best be utilized.

What's next on the BTC calendar?

- Mercedes Marathon Weekend Volunteer Opportunities – Sign up here: [Volunteer Registration](#)
- BTC Booth at the Mercedes Marathon Expo (Friday and Saturday opportunities) – February 10 and 11 at Boutell Auditorium
- BTC Water Station on Sunday morning (20 people needed)
- If anyone knows of high schoolers or other civic organizations looking for community service opportunities, this would also be a good option!
- Statue to Statue 15k - [Register HERE](#) -- Come see why this race is called "The South's Toughest 15k"

Hunter Bridwell
BTC Past-President



2023 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
Medical Director
Social Chairs

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

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

Marketing/Social Media
Membership
Membership Benefits
Merchandise

Alex Morrow
Cameron Estes
Sara Thompson
Bradley Wells
Julie Pearce

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

"The Vulcan Runner" Newsletter
Japan Exchange Program

Rebecca Williamson

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

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

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

BTC Race Directors

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

Lisa Booher
Judy Loo
Hunter Bridwell
Hunter Bridwell

adamsheart@birminghamtrackclub.com
statue2statue@birminghamtrackclub.com
peavinefalls@birminghamtrackclub.com
vulcan@birminghamtrackclub.com

BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health, and recreation.

Contact BTC at:

Birmingham Track Club
P.O. Box 530363
Birmingham, AL 35223
secretary@BirminghamTrackClub.com

Race Results

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



MEDICATION AND MILES:

A New Look at An Old Friend: Vitamin C

By Colter G. Sheveland, PharmD Candidate; Kim Benner, PharmD

This month's "Medication and Miles" article is a reprint of a favorite from 2021. We thought it was especially timely for cold and flu season!



A meta-analysis in 2013, involving 29 individual clinical trials, found that vitamin C does not significantly reduce the incidence of colds when taking vitamin C daily as a supplement. That means that the currently available data does not support the use of daily supplementation as a preventative means for the common cold. However, the same large study also found a significant decrease in the duration of the common cold in individuals exposed to high physical stress, such as long-distance runners, skiers, and soldiers operating in sub-arctic conditions. These findings are especially interesting and pertinent for those running long-distances as they may show a clearer benefit for daily vitamin C supplementation to combat the common cold. Additionally, this study found that there was a small, yet statistically significant decrease in the duration of the common cold and severity of symptoms among individuals taking an average dose of 1000-2000 mg/day.^[5]

WHAT IS VITAMIN C?

It is probably safe to assume that most of us have heard about vitamin C and its proposed uses in cancer, prevention and treatment of the common cold, and even for the prevention of COVID-19. This article serves to explain some of the benefits of vitamin C and elucidate some of the mysteries that revolve around this seemingly magical antidote.

Vitamin C is a vital molecule that is classified as a cofactor and is integrally involved in the formation of bone, muscle, blood vessels, and cartilage. Vitamin C plays a pivotal role as an antioxidant in the body, helping to protect our normal functioning cells from damaging free radicals that ultimately can lead to cancer, cardiovascular disease, and many other conditions.^[1,2,3] This molecule is found in various citrus fruits and vegetables, including lemons, limes, oranges, Brussels sprouts, spinach, etc. The reason that vitamin C is so often used as a supplement is because it is an essential vitamin, meaning we must obtain it from our diet and cannot make it "from scratch" within our bodies.^[4]

TREATMENT OF THE COMMON COLD WITH VITAMIN C

The common cold is an acute upper respiratory tract infection caused by a handful of viruses. Although some symptoms are similar, the common cold is separate from other respiratory infections including acute bronchitis, influenza, and bacterial pharyngitis. Over the last several decades, there has been clinical controversy over the effectiveness of vitamin C in the prevention and treatment of the common cold and other viral infections.

How much vitamin C is recommended? The large systematic review mentioned above showed that there is no clear benefit to taking greater than 200 mg of vitamin C daily for those who catch a common cold.^[5] The recommended daily allowance (RDA) is the amount of dietary intake to meet the nutritional needs of 98% of individuals. According to the NIH, the RDA for vitamin C is 75 to 90 mg per day. The upper tolerable limit (UL) is defined as the maximum dietary intake that is likely not to pose adverse health effects. The NIH sets the UL for vitamin C at 2000 mg. Exceeding a daily vitamin C intake of 2000 mg per day may result in side effects such as diarrhea, nausea, and abdominal pain.^[6]

TREATMENT OF COVID-19 WITH VITAMIN C

Although there is no evidence to support the proposition that vitamin C can be used to effectively treat cancer, enhance athletic ability, or eradicate bacterial or viral infections, it shows promising associations with shortening the duration of certain diseases and conditions. Additionally, it is exciting to see what this common and affordable, yet important, vitamin can do in the treatment of our family, friends, and fellow runners with COVID-19.

To date, there is only anecdotal evidence that supports the effectiveness of vitamin C against SARS-CoV-2 (COVID-19).^[7] It seems logical that that because vitamin C is a potent antioxidant, and the SARS-CoV-2 causes oxidative imbalances/disturbances within our bodies, that it may serve as an inexpensive and effective treatment method for those who become infected. Several clinical

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MEDICATION AND MILES:

A New Look at An Old Friend: Vitamin C

trials are being conducted to analyze specifically the usefulness of oral and IV vitamin C in coronavirus-infected patients. Some existing trials looking into vitamin C's use in coronavirus patients include a study that is investigating IV vitamin C for those infected with coronavirus and decreased oxygenation (ClinicalTrials.gov ID NCT04357782), and another study underway by the Cleveland Clinic (USA) is investigating the use of vitamin C and zinc gluconate for the management of COVID-19 (ClinicalTrials.gov ID NCT04342728).^[8]

It is exciting to know there are studies that continue to look at this "old friend" we all know as vitamin C. Furthermore, it is intriguing to see what may precipitate from the ongoing trials involving vitamin C and the novel coronavirus, in hopes that this agent will prove to be effective in helping those who are infected. For now, we can continue to take the recommended dose of vitamin C and overdose on our beloved sport of running.

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TherapySOUTH WELLNESS PROGRAMS

At TherapySouth our goal is to help everyone live their best and most purposeful lives through movement, wellness and fitness. Whatever you enjoy doing, TherapySouth will be there to help. Regardless of your age and fitness level, it is essential to stay active throughout your life.

Our team of therapists are dedicated to meeting your fitness goals by helping you improve performance and prevent injury. TherapySouth wellness programs include individualized care for a variety of activities. See reverse to for more about our program offerings.



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*
- *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!



MANAGING STRESS (FRACTURES) IN 2023

By Dr. Rachel Henderson,
Andrews Sports Medicine



As 2023 gets underway, new year resolutions are in full swing. If you've decided to start jogging for the first time or increase an established running program, that is awesome! In order to reach your full potential, taking care of your body must be a top priority. A sudden increase in training intensity can result in an overuse injury if approached incorrectly. Being aware of common injuries and how to prevent them might help you achieve your resolution. One type of overuse injury that can arise in these situations is a stress fracture.

What is a Stress Fracture?

Stress fractures can happen in weight-bearing bones due to repetitive microscopic damage (stress). Weight-bearing bones are under constant stress during daily activities such as walking, running, exercising, etc. When these bones are put under too much stress, fractures can occur spontaneously or they can develop over an extended period of time. This is not to be confused with other types of fractures, like a bone that breaks due to an injury or trauma. Stress fractures most commonly occur in the lower extremity and are more common in women than men. They can occur in any bone but the most frequent sites in runners are:

- **Tibia:** Commonly referred to as the "shin bone"
- **Tarsals/Metatarsals:** Small bones that make up the foot and ankle
- **Femur:** The long bone of the hip and thigh

Symptoms of a Stress Fracture

A stress fracture can be hard to identify, as many of the symptoms are similar to other injuries. However, stress fractures are known to cause localized pain at the site of injury. This pain can radiate to the surrounding areas, but will often be tender and painful at the direct site. Other symptoms include:

- **Swelling, bruising or discoloration**
- **Pain that progressively worsens during or after weight-bearing**
- **Pain that improves with rest or in the morning**

Diagnosis of a Stress Fracture

If you are concerned you may have a stress fracture, I recommend seeking medical attention sooner rather than later. Your doctor may start with a simple x-ray, which can show the majority of stress fractures. Some stress fractures are so small that they can only be seen on magnetic resonance imaging, or MRI. MRI can also detect bone inflammation, known as a stress reaction. Detecting a stress reaction before it turns into a stress fracture can significantly decrease healing time from a few months to just a few weeks. If you have certain risk factors, the doctor may check your Vitamin D and calcium levels as well.

Treatment of a Stress Fracture

The treatment of a stress fracture can vary depending on the severity and location of injury. Most bones heal by resting from aggravating activities, and keeping the area pain-free. This may involve cross-training with low impact activities like elliptical, biking or swimming or it may require restricted weight-bearing with a boot, crutches or a knee scooter.

Pain can be managed using the "RICE" method. "RICE" is an acronym that stands for Rest, Ice, Compression, and Elevation. Rest helps with pain and as stated above, it is also the key to bone healing. Ice can be applied (avoiding ice to skin contact via a barrier such as a towel) for 15-20 minutes every three to four hours. Compress the area via an ace bandage or other methods without cutting off circulation, and elevate the injury above the heart to combat swelling.

Prevention

As the saying goes, prevention is the best medicine. In order to help stop a stress fracture from occurring, pay attention to your training regimen, footwear, nutrition and personal fitness and biomechanics. Though more evidence-based recommendations are needed, the general consensus is to increase weekly mileage by no more than 10% per week. An interval walk/run program is a good tool for a slow progression. Shoes should be comfortable and changed about every 300-500 miles. Have a plan for appropriate nutrition and hydration before, during and after training. It is also important to cross-train to gain strength in the core and legs to support an increased load on the body. Meeting with a running coach or physical therapist can guide progression and teach good form in a fun, healthy way.

When to Seek Medical Attention?

If you suspect you have symptoms of a stress fracture and/or daily activities have become painful, you should seek medical evaluation. Running through this type of injury can lengthen time for healing and possibly lead to surgical intervention. Taking care of your body is important, so do not hesitate to reach out for help.

Conclusion

For the average Joe or an avid runner, a sudden increase in running mileage is going to be the number one cause for a stress fracture. Having a personalized plan for training, footwear, and nutrition can prevent a stress fracture. Be mindful of your limits and how far to push them. If you do have symptoms, taking early action might shorten your recovery and help you achieve your fitness goals.

For more information about Dr. Rachel Henderson and the injuries and conditions she treats, [visit AndrewsSportsMedicine.com](https://www.AndrewsSportsMedicine.com)

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:

Bryant Adams	David Eberhardt	Susan Keith	Abigail Saalwaechter
Deanna Adams	Ray Emmerson	Robert Kracke	David Saalwaechter
Jimmie Barnes	Amanda Ennis	Stefanie Krick	Emma Saalwaechter
Christina Blackmon	John Bryan Ennis	Caroline LaFon	Erin Saalwaechter
London Blackmon	Matthew Ennis	Dale Landefeld	Megan Saalwaechter
Archie Blackmon, III	Will Ennis	Bonnie Malec	Travis Self
Archie Blackmon, Jr	Lorin Etka-Shepherd	Cary Martin	Jeremy Sherer
Tony Blakeney	Mollie Everitt	Jamieson Matthews	Isaac Shore
Teri Bossard	Aaron Fons	Janie McNutt	Madison Shore
Michelle Bradley	Reed Forbus	Will McRee	Zoe Shore
John Bridges	Ali Frankel	Bill Miller	Sally Singleton
Sean David Brown	Sheila Freeman	Sarah Elizabeth Moreman	Jason Smith
Katie Brown	Lynique Gee	Monica Muncher	Chester Soileau
Whitney Brown	Jon Graham	Anthony Nix	Jessica Sparks
Jason L. Bryant	Ryan Graham	Brett Noerager	Terri Sullivan
Jenny Byrd	Michael Gray	Felicia Noerager	Emma Taylor
Adrienne Carter	Jason Gruber	Anthony O'Brien	Hulsey Taylor
Hernando Carter	Marla Gruber	Cheryl O'Brien	Matt Taylor
James Cheek	Michelle Guffey	Dallas O'Brien	Mellissa Taylor
Jeff Cleveland	Cary Guffey	Michael O'Brien	Amber Terakedis
Gwendolyn Connelly	Jay Haley	Tamara Oechslin	Chace Tomlin
LaRonda Corrin	Thomas Hall	Christie Payton	Hannah Tyndal
Roger Corrin	Brandy Harding	Logan Powell	Tina Valles
Britney Cowart	Lisa Harrison	Jeffrey Purvis	Lora Vaughn
Jackson Cramer	Melanie Haynes	Brandon Reaves	Andie Veren
Robyn Cramer	Alison Henninger	Brittany Reaves	Brooke Walker
Steve Cramer	Alison Hoover	David Redden	Suzie Walton
Brad Creed	Jim Hoover	Kelsey Redden	Monica Washington
Mark Criswell	Allen Howell	Sandra Redden	Britney Watkins
Bill Crowson	Rachel Howell	Kevin Roberson	William Whitt
Madeline Crowson	Bradley Illuminate	Taylor Rowell	Mattie Williams
Emmagene Crunk	Troy Johnson	Tammy Ruff	Alex Woodard
Cherie Dortch	Phillip Johnson	Keith Rutherford	Whitney Woodard
Rayna Dyck	Jerry Keith	Lisa Rutledge	Bill Woody

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.

NEW YEAR, NEW WARM-UP

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



With the arrival of 2023, many individuals are making New Year's resolutions and working towards healthy new habits. For runners, a common resolution is to be more consistent with warm-up and cool-down routines -- this is a great way to improve performance and avoid injury! For all of you who share this particular resolution, do you have a feasible plan to remain consistent and ensure you are successful? Let's dive into what an easy and effective warm-up looks like.

A great warm-up includes **dynamic stretching**. You can incorporate static stretching as well, but to have the best results for a workout, there must be a component of dynamic stretching. Dynamic stretching is a stretch that includes movement, whereas a static stretch has you hold the same position for a length of time. Several studies have compared athletic performance following a dynamic vs. static warm-up. The general consensus is that overall power output is reduced when only static stretches are performed prior to a workout. A study performed by Zmijewski, et al. compared different types of warm-up routines. When only static stretching was performed during the warm-up period, the sprint speed by the athletes was reduced. And Wong, et al. conducted a study to determine whether a warm-up incorporating both static and dynamic stretching impaired or improved performance. Their findings indicated that as long as there is a dynamic component in the warm-up (dynamic stretching alone or dynamic stretching plus static stretching) the athlete's performance in the following workout was superior compared to a warm-up that only incorporated static stretching.

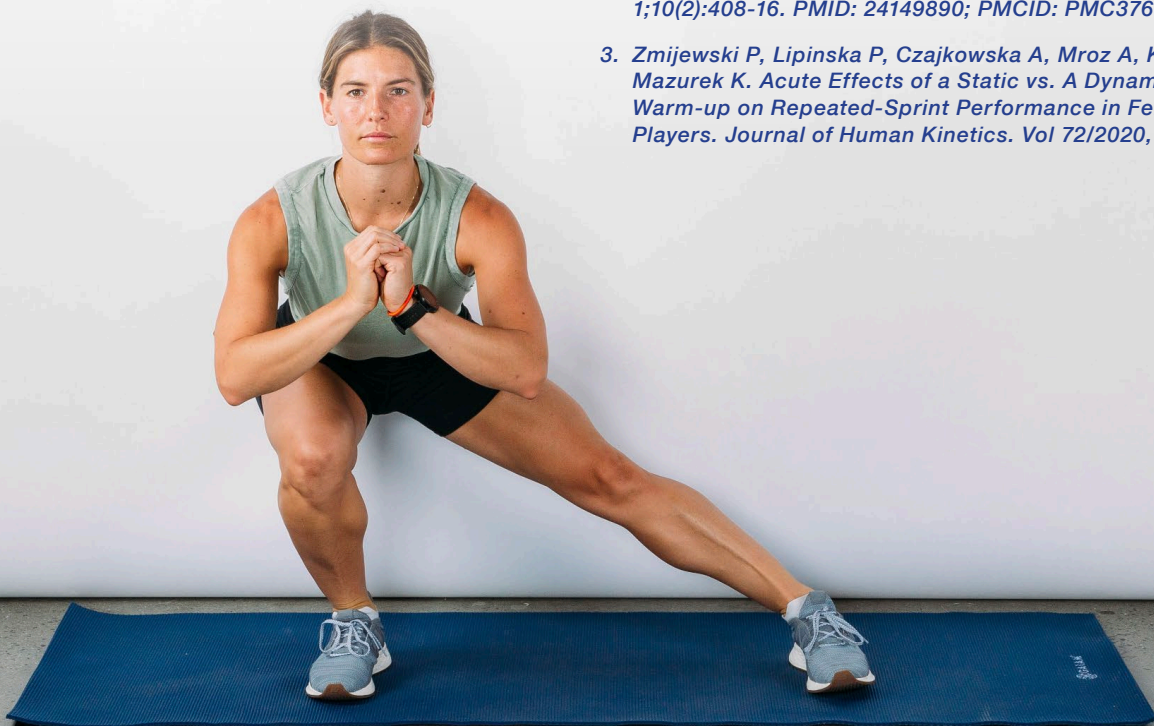
These findings are not surprising. Dynamic stretching will result in elevated core body temperature, elevated heart rate, and improved motor-unit excitability (improved brain-to-muscle activation). I recommend at least a ten-minute warm-up prior to a workout, with dynamic movements comprising most of that ten minutes. Alex Morrow of Resolute Running has a simple, but effective warm-up routine he has shared on Youtube. (Simply go to YouTube and search, "**Resolute Running Warm-Up.**") This is a great dynamic routine to complete before a workout.

With all that said, I don't want to deter anyone from static stretching. It can be very effective for recovery, improving range of motion, and preventing injury. Static stretching has many benefits, but in order to reap those benefits, I recommend incorporating static stretching in a cool-down or as its own workout.

If you have any questions about your warm-up routine, shoot us an e-mail at tsendurance@therapysouth.net, and we will be happy to help!

Sources:

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ADAM'S HEART RUNS

Photo Credit:
MRUNS



ADAM'S HEART RUNS

Photo Credit:
MRUNS



1200 MILE CLUB

2023 REGISTRATION IS OPEN!

It's time to register for the 2023 edition of the BTC's 1200 Mile Club. Whether you're working on earning your first 1200 Mile Club jacket, or you are a yearly participant, [sign up](#), and start tracking your progress today.

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.

The rules are the same as last year: any miles that you would put on your training log count 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](#), and register for the 1200 Mile Club!

Cumulative miles from 2022 are listed below.

Participant	Years	Total
Abernathy, Darrin	1	385
Adwell, Stephen	2	1,269
Ahmed, Kabeer	4	1,637
Altobella, Janet	1	1,264
Anderson, Kerri	5	753
Bailey, Brittany	1	1,490
Barton, Tabitha	1	1,278
Bayush, Tori	3	834
Benner, Kim	10	1,697
Benson, Wayne	9	1,206
Bishop, Jamie	R	1,165
Blackmon, Christina	R	550
Blackmon, Kim	2	1,510
Boackle, Larry	5	300
Boackle, Tomie Ann	1	0
Booher, Lisa	11	1,734
Bookout, Jason	4	1,704
Bookout, Kimberly	4	1,827
Borie, Tuck	R	0
Boswell, Ryan	1	1,124
Bowman, Bill	R	984
Brakhage, Victoria	5	86
Bromberg, Georgia	5	1,514
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	1,397
Callahan, Chris	6	1,735
Carden, Melissa	2	1,988
Carey, Christopher	7	0
Carlton, Bob	8	1,309

Participant	Years	Total
Carter, Adrienne	2	0
Carter, Jason	2	0
Chaffinch, Violet	2	1,208
Chandler, Teresa	13	1,635
Clay, Brad	15	2,512
Cleveland, Jeff	6	1,743
Cliett, Stephanie	8	1,505
Coffin, Diane	1	1,213
Coleman, Tim	5	1,828
Colpack, Susan	3	1,278
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	6	1,241
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	2,115
Dimicco, Al	5	1,426
Dixon, Jeff	1	1,293
Duke, Cindy	7	1,401
Eason, Sydney	R	274
Edmondson, Laurie	2	2,205
Elrod, Stacey	1	1,098
Ennis, Amanda	1	1,263
Ennis, Matthew	1	1,643
Epperson, Ashley	R	121

Participant	Years	Total
Estes, Cameron	4	1,718
Estrada, Steven	4	2,713
Evans, Debbie	9	1,974
Farrell, Ryan	2	1,841
Fontenot, Misty	5	1,195
Forbus, Reed	R	436
Ford, Eric	1	401
Franklin, Shane	11	1,208
Frederick, Winston	14	1,544
Freeman, Sheila	5	1,065
Gayheart, Cheryl	3	1,453
Gee, Lynique	R	768
Gilbert, Beth	2	1,447
Goode, Johnny	14	1,403
Goss, Ange	3	0
Goyal, Rita	2	1,472
Grady, Carla	4	1,200
Grainger, Matt	3	1,931
Gray, Michael	3	1,202
Griffin, Misty	3	1,695
Guffey, Michelle	1	1,246
Haley, Jay	6	529
Hall, Thomas	1	102
Haralson, Danny	13	1,310
Haralson, Micki	14	1,369
Hargrave, Alan	15	1,388
Harrison, Lisa	10	1,171
Harry, April	5	1,202
Hart, Ed	1	1,260
Hassinger, Wendy	R	31
Henninger, Alison	8	1,288
Hess, Alan	R	1,135
Hogeland, Angie	2	380

Participant	Years	Total
Hogstrom, Minda	1	43
Holder, Gene	1	1,237
Holland, Skylar	4	1,235
Hood, Alissa	2	0
Hoover, Alison	11	1,628
Howell, Allen	1	1,219
Howell, Rachel	R	810
Izard, Melody	3	1,173
Janowiak, Desirae	1	165
Jenkins, Kaki	9	2,233
Jones, Stephanie	1	1,225
Jordan, Ezra	1	1,312
Kaylor, Sara	R	841
Keefer, Herb	3	0
Keith, Jerry	R	990
Keith, Susan	1	1,516
Kelley, Robin	9	2,034
Kemper, Tricia	8	1,498
Knight, David	3	1,214
Kornegay, Marla	3	1,312
Kracke, Robert	1	1,386
Krick, Stefanie	3	1,766
Kuhn, Jimmy	15	2,683
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	1,437
Langston, Aaron	5	0
Linken, Allen	1	1,256
Lyda, Beth	3	1,801
Lyda, John	4	1,738
Lyle, Randy	14	2,273
Maddox, Kendall	R	278
Malick, David	9	1,591
Martin, Sheree	1	779
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	1	1,204

Participant	Years	Total
Murchison, Reginald	8	2,094
Newkirk, John Allen	R	91
Noerager, Brett	3	2,761
Noerager, Felicia	2	1,400
Northern, Kristie	13	1,945
Norton, Laura	4	2,272
Oechslein, Tamara	3	1,276
Oehrlein, Kimberly	R	141
Oliver, John	7	803
Orihuela, Carlos	5	1,535
Ortis, Ellen	4	1,458
Palmer, Irma	1	446
Parks, Charlie	9	1,590
Payson, Tabitha	R	644
Payson, Tommy	3	1,169
Peagler, Shana	10	1,213
Pearce, Julie	6	1,071
Pinkerton, Mitchell	1	1,213
Pitts, Adele	2	1,208
Plante, David	10	1,439
Pritchett, Leigh Ann	R	484
Pronath, Katrina	R	468
Randolph, Megan	2	1,659
Rawson, Brent	4	976
Renfro, Jeff	4	1,403
Richey, Lori Beth	5	1,725
Ritchie, Joseph	5	1,891
Ritchie, Lauren	4	1,648
Roberson, Kevin	5	1,008
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	1,559
Shaffield, Danny	9	2,604
Sherer, Jeremy	6	1,264
Sherrell, Jeff	3	2,025
Shinn, Ronald	9	1,518
Sides, Dean	5	1,217
Silwal, Suman	11	1,409
Simpson, Kevin	9	3,032
Sims, Cecelia	2	939
Sloane, Mike	7	1,240

Participant	Years	Total
Smith, Daryl	2	1,745
Smith, Erin	2	1,912
Smith, Jason	3	2,047
Smith, Jerry P.	13	1,316
Soileau, Chester	5	1,453
Spikings, Matt	2	1,460
Steele, Julianne	R	0
Stockton, Rick	15	1,236
Swiney, Elana	R	0
Taylor, Kim	1	1,227
Taylor, Melissa	1	2,145
Thompson, Samuel	1	159
Thompson, Sara	5	1,749
Tomlin, Chace	3	1,300
Trimble, Jamie	8	1,731
Tucker, Brian	R	769
Valles, Tina	3	1,204
Vaughn, Lora	R	887
Wade, Josh	R	0
Waid, David	5	2,817
Waits, John	1	1,218
Walton, Suzie	1	1,417
Washington, Monica	1	762
Watkins, Tommy	1	1,730
Watters, Ana	4	1,963
Watters, Larkin	3	1,234
Watters, Robert	8	1,215
Weaver, Brooke	1	1,207
Weber, Amy	2	783
Weeks, Lance	2	651
Wells, Bradley	6	1,706
Wende, Adam	8	1,200
Whatley, Prince	10	1,365
Wheelis, Taylor	1	1,366
White, Morgan	1	441
White, Robin	3	2,205
Wilhite, Thomas	6	478
Williams, Mattie	R	255
Williams, Shanada	1	0
Williams, Shaunda	4	1,200
Williamson, Rebecca	4	1,416
Wiseman, Steve	8	1,585
Woody, Bill	14	1,209
Wright, Amy	4	291
Wu, Xing	11	1,516
York, Gary	9	2,076
Zajac, Jason	4	1,731
Zapata, Carlos	3	1,202

FEETS OF STRENGTH

Big congratulations to BTC member **Cary Guffey** who won the inaugural State 47 Marathon in Las Cruces, New Mexico) on January 7, 2023! We couldn't help but notice that Cary's finish time was a full five minutes faster than the second-place finisher – that's amazing! Way to go, Cary!

We love celebrating PRs and new distances and pretty much all things running-related! [Drop us a line](#) to let us know when you hit a big running milestone so we can celebrate YOU!



SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

January 16, 2023

The meeting was called to order by President Hunter Bridwell.

A motion to approve the minutes from the December Executive Board Meeting will be postponed until the next meeting.

Membership (Cameron Estes)

We currently have 709 members and 556 memberships.

Newsletter Editor (Hunter Bridwell)

Hunter Bridwell provided the next publication date for the newsletter and advised on when content is due to Julie Pearce.

Treasurer (Hunter Bridwell)

The monthly financial report was sent via email by April Harry. Hunter Bridwell discussed the current financial standing based on the most recent financial report.

Moderate Run Committee (Mark Criswell)

The Saturday Morning Moderate Run Group has been seeing steady growth. Mark Criswell will promote BTC membership and the annual party at the upcoming Moderate Runs due to increased participation.

Long Committee (Marla Kornegay)

Cameron Estes will assume Marla's long run coordination duties while she is on maternity leave.

Social Committee (Kaki Jenkins and Britney Cowart)

The annual party will be held at Cahaba Brewing. Catering has been confirmed. We will have a taco bar with vegetarian options. The DJ has also been confirmed. It is looking like we will come in well under the approved \$10,000 budget, probably around \$8,000 - \$8,500.

Japan Exchange (Rebecca Williamson)

There is no new news on the Japan Exchange program. Rebecca Williamson reached out to Jaylen, who is our contact in Japan. Unfortunately, COVID cases have been on the rise over there.

1200 Mile Club (Kelly Sims)

The jacket orders have been closed, so we will get those ordered. Hunter Bridwell has ordered the patches.

Volunteer Committee (Hunter Bridwell)

Kim Benner is currently out of town, but she has been coordinating the volunteer needs for Adam's Heart Runs with Lisa Booher.

Finish Line Crew (Hunter Bridwell)

Jamie Trimble is currently out of town, but he has been coordinating the finish line needs for Adam's Heart Runs with Lisa Booher.

IT Chair (Alan Hargrave)

Registration for the 2023 1200 Mile Club has been opened on RunSignUp. Alan Hargrave is working on cleaning up some issues on the spreadsheets.

Marketing (Alex Morrow)

We will be promoting Adam's Heart Runs and the BTC Annual Party in the upcoming days on social media platforms.

New Business

We will need volunteers to help with the Mercedes Kids Marathon start/finish line, expo volunteers to work the BTC booth, and the BTC water stop for Mercedes will need 20+ volunteers. Any high school students needing community service hours will be helpful.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, February 13, 2023, at 6:00 p.m. Location to be determined.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	February 11, 2023	6:00 a.m. and 6:30 a.m.
Regions Superhero 5K	February 11, 2023	8:00 a.m.
Mercedes-Benz Marathon Weekend (Marathon, Half Marathon, Marathon Relay, and 5K)	February 12, 2023	7:03 a.m.
BTC Saturday Long and Moderate Run Groups	February 18, 2023	6:00 a.m. and 6:30 a.m.
Tuscaloosa Marines 5k Memorial Run	February 18, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 25, 2023	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	March 4, 2023	6:00 a.m. and 6:30 a.m.
ASPIRE Wine 10k	March 4, 2023	7:00 a.m.
Miracles in Motion 5k and 10k (Moody, AL)	March 4, 2023	7:00 a.m.
Camp Horne 10k Ramble (Cottondale)	March 4, 2023	8:00 a.m.
Life is Art 5k and 1-Mile Fun Run (Bremnen, AL)	March 4, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 11, 2023	6:00 a.m. and 6:30 a.m.
GreenWise Market Village 2 Village 10k and 7.5k runs	March 11, 2023	7:30 a.m.
Miles for Missions 7k (Brookwood, AL)	March 11, 2023	8:00 a.m.
Lace Up for Learning Scholarship Run/Walk	March 11, 2023	9:00 a.m.
Tour de Brewers XIX – St. Patrick's Day Edition	March 11, 2023	11:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 18, 2023	6:00 a.m. and 6:30 a.m.
Southminster Scamper 5k, Fun Run, and More	March 18, 2023	8:00 a.m.
The Circle of Love 5k	March 18, 2023	9:00 a.m.
Orangetheory Fitness Tum Tum Tree Foundation 10k, 5k, and 1 Mile Fun Run	March 19, 2023	3:00 p.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:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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