



BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

February 2024 (2)



**THIS YEAR'S BTC
ANNUAL PARTY TOOK
A PIZZA OUR HEARTS!**

By Julie Pearce

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THIS YEAR'S BTC ANNUAL PARTY TOOK A PIZZA OUR HEARTS!

This year's Annual Party was one for the record books! Thanks to BTC Social Chairs **Kaki Jenkins**, **Britney Cowart**, and Annual Party Committee Members **Haley Flanery** and **Maureen Russell** for planning a fantastic party at The Upstairs at Avondale Brewery – members and guests enjoyed delicious food and drinks (including hand crafted “spaghetti and meatball” cupcakes and “Take a Pizza My heart”- themed cookies, courtesy of Haley Flanery), a fun photo booth with candy heart memes, music and dancing, all wrapped up in a fun Valentine's Day theme (because what's not to love about your running friends and celebrating all things running?!)

One of the highlights of each Annual Party is the recognition of special accomplishments achieved by our members. We were thrilled to present BTC awards to two very deserving members:



Dr. Arthur Black/Rick Melanson Service Award: Richard Langston



Randy Johnson/Danny Haralson Service Award: Ellen Ortis



We also recognized our first time 1200 Mile Club recipients and presented them with their 1200 Mile Club jackets. Congratulations to our new 1200 Mile Club inductees!

Darlene Barron	Matt Ennis	Logan Powell
Mitchell Bennett	Mollie Everitt	Brandon Reaves
Parker Bolen	Haley Flanery	Brittany Reaves
Teri Bossard	Aaron Fons	Maureen Russell
Jason L. Bryant	Michael Foreman	Holly Smith
Aaron Calvert	Kathryn Foti	Justin Smith
Chris Campos	Michael Gaston	Dan Starnes
Randy Chaffinch	Jon Graham	Julianne Steele
Sarah Clay	Meagan Gray	Amanda Thornton
Patty Cobb	Cara Hanna	Mason Tope
Emily Coe	Andrew Henderson	Hilary Vrocher
Michael Connors	Jeff Hogeland	Josh Wade
O'Neal Crawford	Troy Johnson	Brooke Walker
Lori Davidson	Jamieson Matthews	Marc Waters
Matt Downs	Kenneth McShan	Chris Williams
Emily Edquist	Kristen Melton	Mattie Williams
Paulina Eichold	Anthony Nix	Whitney Woodard

CONTINUED ON NEXT PAGE

THIS YEAR'S BTC ANNUAL PARTY TOOK A PIZZA OUR HEARTS!

We also recognized members who have achieved other milestones during the 16 years of the 1200 Mile Club:

Five Years	Ten Years
Kabeer Ahmed	Kaki Jenkins
Jason Bookout	David Malick
Kimberly Bookout	Charlie Parks
Britney Cowart	Danny Shaffield
Cameron Estes	Kevin Simpson
Steven Estrada	Gary York
Jeff Lancaster	
John Lyda	Fifteen Years
Laura Norton	Johnny Goode
Carlos Orihuela	Randy Lyle
Ellen Ortis	
Jeff Renfro	"Perfect" Sixteen Years
Lauren Ritchie	Brad Clay
Ana Watters	Alan Hargrave
Shaunda Williams	Jimmy Khun
Rebecca Williamson	Rick Stockton
Jason Zajac	

We appreciate all of our members who have given their time as volunteers for the BTC! We recognized volunteers who earned rewards based on their number of volunteer hours or volunteer points accrued during the year. Congratulations to our top volunteers:

One Year Membership Recipients	Merchandise Credit Recipients
<i>Earned by Volunteer Points</i>	Kabeer Ahmed
Kabeer Ahmed	Kim Benner
Kim Benner	Vicky Brakhage
Vicky Brakhage	Hunter Bridwell
Hunter Birdwell	Alan Hargrave
Alan Hargrave	Kaki Jenkins
Richard Langston	Richard Langston
Judy Loo	Ellen Ortis
Jamie Trimble	Kaki Jenkins
Ellen Ortis	Joey Saffold
Kaki Jenkins	Chris Solomon
Joey Saffold	Jamie Trimble
<i>Earned by Random Drawings</i>	Amy Wright
Nicolette Patrick	
Kenny McShan	
Lori Coward	
Sarah Jensen	
Jason Smith	

We also recognized two of our Saturday Morning Long Run Water Stop Volunteers (aka our unsung heroes!) with a free one-year membership:

Most Times Award: Rebecca Williamson – ten times!
Random drawing from all who volunteered: Xuan Huang

And finally, we welcomed the following leaders who will serve the BTC this year:

President: Jamie Trimble
Vice-President: Bradley Wells
Secretary: Vicky Brakhage
Treasurer: Ruth Kles

Many, many thanks to **April Harry** for her years of service to the BTC as Treasurer. It can be a thankless job, but April has handled it so well.

We are looking forward to a wonderful 2024, and we hope you all are as well!



THIS YEAR'S BTC ANNUAL PARTY TOOK A PIZZA OUR HEARTS!



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

WOW, what a party! If you missed Saturday night's **BTC Annual Party**, you missed a party for the ages! Our Annual Party Committee (**Haley Flanery, Kaki Jenkins, Britney Cowart, and Maureen Russell**) put on quite the pizza-themed event at Avondale Brewing; complete with Post Office Pies pizza, Avondale drinks, a DJ for a rocking dance party, and some amazing decorations. We awarded our annual service awards, gave out 1200 Mile Club first time member jackets, recognized volunteer award winners, honored our 2023 BTC Race Series Race Directors, elected officers, and celebrated the past year of this amazing running club and all who participate in it.

Congratulations to **Richard Langston** on winning the prestigious Dr. Arthur Black/Rick Melanson annual service award. This is the highest annual award the club gives for outstanding service and leadership. Richard has served this club in a volunteer capacity for so many years, and there's no one more deserving. Congratulations as well to **Ellen Ortis**, who was awarded the Randy Johnson/Danny Haralson Annual Service Award. Ellen has been a great ambassador for the BTC for several years, and she has recently really stepped things up as Member Benefits chair, scoring BTC members some great local discounts and other benefits. Congratulations to Richard and Ellen, and thank you both for all you do to support this amazing club.

Also at the Annual Party, we took the opportunity to recognize those who volunteered for our races, events and Saturday run water stops. As a reminder, you earn points each time you volunteer for a BTC race or related activity. These points are accumulated throughout the year, and can add up to merchandise credit awards and even a free year of membership. In addition to earning volunteer points, after each BTC race, a volunteer is randomly chosen to receive a Trak Shak gift card. I encourage everyone to volunteer in some capacity this year. By volunteering your time, you'll be helping the BTC and your fellow runners!

On Saturday, January 27, the BTC Race Series kicked off with the **Adams Heart Runs** held at Oak Mountain State Park. Despite the less-than-ideal weather conditions, **Race Director Vicky Brakhage** put on a great race and those who ran had fun in the rain. Congratulations to all who ran the race, and a special thank you to the volunteers who helped Vicky put on our first race of the year.

Next up in the BTC Race Series is the iconic **Statue 2 Statue 15k**. "The South's Toughest 15k" will be held on Saturday, April 6, 2024. **Race Director Judy Loo** is already hard at work preparing to make this year's race the best ever. So, mark your calendars and plan to run, volunteer, or do both.

Speaking of calendars, just a reminder that if you're looking for a local race or BTC event, the calendar on the BTC website is a great resource for all things running in the area. We receive regular requests to include races and running-related events from around the city and region, which we continually update on this calendar. Many of these events also provide BTC members with discounts, which are usually listed. So, if you're looking for a race or running event, check out the BTC website calendar at <https://www.birminghamtrackclub.com/upcoming-races/> (or at the end of this newsletter). If you have a race

or running-related event you would like added to the BTC calendar, please submit your request at: <https://www.birminghamtrackclub.com/submit-a-race-to-btc/>.

It has been a privilege serving as your President for the past year, and I am honored to continue serving in this capacity for the next year. I am also excited about the officers who will serve with me. Returning officers are: **Bradley Wells, Vice President; Vicky Brakhage, Secretary, and Hunter Bridwell, Past President**. I want to welcome to the board our new **Treasurer, Ruth Kles**. Ruth has become a very active member in BTC activities and I'm excited that she is taking on an even greater role with the club. Ruth assumes the duties from **April Harry**, who has been Treasurer for the last four years. Many, many thanks to April for the work she has done as our Treasurer. This role is one of the most important roles in club leadership, even if it's not always the most visible.

Together with the officers, committee chairs, race directors and volunteers, I look forward to making 2024 another great year for the BTC and the entire Birmingham running community.

Happy Running!

Jamie Trimble
BTC President

SHADES CREST HIGH COUNTRY 5K

APRIL 6



Presented By

Shades Crest Baptist Church

Pre-registration costs:

- \$35 until April 6
- \$40 on Race Day
- \$10 Student Rate
- Rain or Shine: No Refunds

**CHIP
TIMING**

SCAN
THE QR CODE
FOR \$10 OFF
REGISTRATION



REGISTER ONLINE
at RunSignup.com

2024 Officers



President

Jamie Trimble

president@birminghamtrackclub.com



Treasurer

Ruth Kles

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

parliamentarian@birminghamtrackclub.com
longruns@birminghamtrackclub.com
moderateruns@birminghamtrackclub.com
medical@birminghamtrackclub.com
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Marketing/Social Media
Membership
Membership Benefits
Merchandise

Alex Morrow
Cameron Estes
Ellen Ortis
Bradley Wells
Julie Pearce

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

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Kelly Sims
Kim Benner
Trish Portuese
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historian@birminghamtrackclub.com
finishline@birminghamtrackclub.com
webmaster@birminghamtrackclub.com

Finish Line Crew
Webmaster

IT Chair
USATF Representative

Alan Hargrave
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



LIKE FATHER, LIKE SON

Our Running Weekend in Richmond, Virginia

By Charles McCalley



It's funny how one's interests and hobbies change over the years. Before running ever became my passion much less my hobby, homebrewing beer took up much of my spare time back in the 90's and early 2000's. Yep, I was all in -- I was a member of a local homebrew club, I entered my beers into competitions, and I even won a few medals and ribbons for my efforts. When Charlie, my first son, was born, all I knew was that I was going to raise him into the hobby and have him follow in my footsteps to become a great crafter of barley, water and hops!

And then one day, everything changed. I was at a family gathering over the 2001 holidays, and I noticed my twin brother looking all trim and fit. I asked him what brought on this sudden change in physicality, and he told me he had started running and had even joined a local running club (the BTC). I'm here to tell you, I was not about to have him become more fit and trim than me – so it was on! And that's what started my running journey.

Well, 25 full marathons, five ultramarathons and a handful of halves and shorter races later, running is still my thing and will be until my body says it's over. What happened to my homebrewing hobby, you might ask? I got tired of lifting and carrying all of the heavy containers and fermenters around. My back got tired of it too... plus strict beer laws loosened up in our state around that time, and it was just easier to purchase a good IPA from the Pig rather than laboring and then waiting six weeks to drink what I made.

But my son Charlie, the guy I said would follow in my homebrewing footsteps? Well, homebrewing may not have been the path, but like father, like son, running has become part of Charlie's life as well. With literal footsteps, he has been pounding the pavement running among other workouts as he prepares himself for a career in the Navy. At age 24, he drove himself and all of his belongings to live outside of Annapolis, Maryland last year as he began training with Naval officers and an ex-Navy seal to prepare himself for a military career that will begin in 2024.

When I told Charlie I planned to run the Richmond Marathon on November 11, he asked me if the race had a half marathon too. Because he lives only two hours away from Richmond, he was intrigued with the idea of signing up for the race. And just like that, a father/son marathon running weekend was born! Charlie had never run a half marathon, and he wanted to see what he could do in a race, especially with all of the physical conditioning he had been accumulating. We were both so excited about this, anticipating the marathon weekend with each passing day. We each had time goals for our respective races: Charlie wanted to break a 1:40 in the half marathon and my goal was 4:30 for the full. But more than the time goals, we were just so excited to be together to do something that we both love and something that challenges us physically.

How did we do? Charlie crushed his goal coming in at 1 hour and 36 minutes! Me? Well, I told Charlie he was going to be waiting for me for a long time at the finish line and to just be patient if I was going to be past the 4 hour and 30-minute mark. He didn't have to wait much as I came blazing (haha!) in on the downhill finish at the 4 hours and 34 minutes mark. But the best part was seeing him smiling and cheering me on as I came to the finish. He was so genuinely excited for me! And when I found out what he accomplished, I was so excited for him!

Our bond and love for each other was strengthened that day on the streets of Richmond, Virginia. We basked in our accomplishments over several beers at the post-race party and a couple of smash burgers later that night at a place called Cobra Burger (I highly recommend it, if you're in the area). And to top off the best father/son weekend ever, we woke up the next morning and drove to Baltimore to catch an NFL game between the Baltimore Ravens and the Cleveland Browns. Although our Ravens lost on a last second field goal, what was not lost on me were the memories we made during this marathon running weekend and the strengthening bond and love I will always have for my son!



COMMUNITY CORNER

By Jennifer Andress, Homewood City Council, Former BTC President 2011-2014

Greetings, BTC! I hope your 2024 is off to a great start!

I am checking in on several Homewood and Jefferson County projects, with exciting updates for the running community.

First up: on January 31, 2024, we learned that Homewood was awarded a \$2 million grant from ALDOT, the ATRIPP-II. This grant will allow for safety and pedestrian improvements along Highway 31 from Ventura Avenue to Lakeshore Parkway.

This grant request has been a long time in the works. I traveled to Montgomery in February of 2021 with Homewood Mayor Patrick McClusky, and we heard about this ALDOT grant during a breakout session at our Alabama League of Municipalities conference. I knew this would be the perfect project for this grant. Homewood City Engineer Cale Smith and I worked with Clark Bailey from Kimley Horn, detailing safety issues along Highway 31; Clark and Kimley Horn then completed an APPLE study to gather conceptual ideas to propose in our application, which we submitted in November of 2023.

The most important proposals we have made are a crosswalk at Ventura Avenue, where runners often cross to access the sidewalk system adjacent to the Birmingham Zoo, and improving the safety at the Poinciana/Huntington/Lancaster corridor. We have also proposed completing the sidewalk along Highway 31 from Mayfair to Saulter Road.



There will be opportunities for public input, and I will pass on next-steps just as soon as Cale and I know them. I am thrilled that ALDOT and Governor Ivey see the value in this project!

While you are running down Saulter Road, be sure to check out our newest park, near South Wellington. It is a lovely park, designed by the renowned Jane Reed Ross. It is not officially open yet, but it is very close to being open and available for use.

TIMELINE OF THE PROPOSED HOLLYWOOD BOULEVARD BRIDGE OVER HIGHWAY 280

2010: Representative Paul DeMarco and Mountain Brook Councilor Jesse Vogtle identify a need for safe pedestrian access across the bridge, as traffic patterns change on 280 due to the loss of a traffic signal immediately southeast at the Hampton Inn.

2012: Jennifer Andress advocates for the project as President of the Birmingham Track Club, a 1200-member organization. Homewood City Council hears the issue in Finance Committee, and recommends allocating \$60,000 for pedestrian access. The issue is dropped after advocates of the cemetery speak at a Public Hearing against any sidewalk over the right-of-way (ROW) along Hollywood Boulevard.

2016: Representative David Faulkner and Andress (now on the Homewood City Council) join with Homewood Councilor Peter Wright, Mountain Brook Mayor Stewart Welch, Mountain Brook Council President Virginia Smith and Councilor Alice Womack to pick up the project again.

2017: APPLE study with the Regional Planning Commission for alternative solutions to increased safety and efficiency at the bridge is undertaken.

2017: Mayor Welch, President Smith and Councilor Andress meet with Mayor Randall Woodfin and members of the Birmingham City Council to get approval for work in the ROW, which was obtained.

April 2018: Meeting with ALDOT, Senator Jabo Waggoner, Representatives Faulkner and Jim Carns, Mayor Welch, President Smith, Councilors Womack and Lloyd Shelton, Councilors Andress, Wright and Britt Thames. ALDOT agrees in theory with constructing a pedestrian bridge.

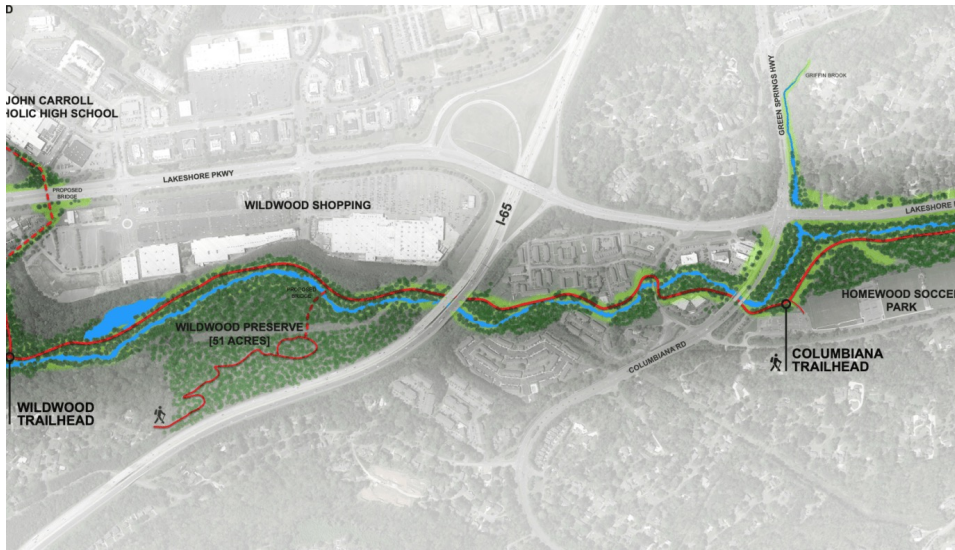
Summer 2018: Co-operative is formed with Jefferson County and the Cities of Birmingham, Mountain Brook and Homewood. Commissioner Steve Ammons, Birmingham Council President Valerie Abbott and Councilor Darrell O'Quinn join President Smith and Councilors Womack, Andress and Wright.

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COMMUNITY CORNER

And speaking of “not officially open yet,” Phase 2 of the Shades Creek Greenway is looking to be completed in March. I have heard- shhhhh! – that several of you have checked it out, and it is amazing. The Greenway (Phase 1 and Phase 2) also were designed by Jane Reed Ross, my personal hero. Again, this project has been in the works for years and years, and I am so happy to see it almost completed! This addition to the Greenway will be a huge asset to the running community.

Also a long time in the works: my favorite bridge project, the Hollywood Boulevard bridge, to which the BTC has so generously donated funds. Our Highway 280 Co-operative has been meeting weekly in 2024 with the County on raising additional funds, and I hope to have official news to share soon. I am so happy to have Paul Demarco back on the project, as well as Councilor Graham Smith from Mountain Brook, in addition to our other Co-op members. I have included a timeline on this project (see sidebar) to bring everyone up-to-date on where we have been and where we are going. But rest assured, this project is still very much on the radar.



Lastly, I serve as the Chair of the newly formed Jefferson County Greenways Commission, and we are in the process of hiring a Parks Superintendent who will manage Red Mountain Park, Ruffner Park and the Turkey Creek Preserve. This is a new position and a new line item in the Jefferson County budget, which will allow all three properties to share staff, maintenance costs, and fundraising efforts. It is a giant step forward for Jefferson County, as we were the largest county in the country without a Parks and Recreation department. All of the pre-work to get to this point was done by Ruffner Mountain's Carlee Sanford and TC McLemore, formerly of Red Mountain Park. This is an absolute game-changer for Jefferson County!

That's it for now, BTC! I wish you all strong, happy and safe running!

2019: After preliminary plans are drawn by Sain and Associates, ALDOT determines any pedestrian bridge must be 20 feet from the existing bridge for inspection access, making the expanse much longer and in the path of an Alabama Power pole; also, we cannot use a stanchion (support pole) in the median, as previously proposed.

2020: COVID shut down.

January 2021: Jefferson County begins conceptals on an expanded bridge with protected pedestrian access and a traffic light to improve the entire thoroughfare, not just the pedestrian aspect of it.

March 2021: Mayors Woodfin, Welch and Patrick McClusky write a letter expressing full support of this project.

July 2021: Conceptual presented to Co-operative.

September 2021: Firm is hired for construction documents.

February 2023: Construction plans completed.

Spring 2023: Zoning change approved for 43 new homes that will egress onto Hollywood Boulevard just east of the new proposed traffic light, adding to traffic on the bridge that already received an F rating at high traffic times.

Spring 2023: County works with ALDOT for implementation plans (how and when to install). Approval is given for project once fundraising is completed.

Summer 2023: Mountain Brook Councilor Graham Smith replaces Alice Womack on the co-operative; takes the role as Treasurer.

Fall 2023: Paul DeMarco replaces Steve Ammons as the County representative for the co-operative.

We have fundraised throughout this project, and in 2023, we received a grant from the Community Foundation of Greater Birmingham for the regional cooperation aspect of this project. We are working with the County on raising the remaining needed funding.

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:

Brad Arnold	Jackson Cramer	Michael Herron	Irma Palmer	Terri Sullivan
Tony Blakeney	Robyn Cramer	Bobby Hewes	Tyler Phelps	Amber Terakedis
Rachel Bouley	Steve Cramer	Alison Hoover	Robert Pless	Becky Tomlin
Theresa Bradley	Brad Creed	Jim Hoover	Logan Powell	Chace Tomlin
Matthew Brannan	Jay Crosby	Allen Howell	Leigh Ann Pritchett	Lora Vaughn
Chip Brantley	Mary Lee Crosby	Clare Huddleston	Jeffrey Purvis	John Verciglio
Josh Braswell	Emmagene Crunk	Kate Herrera Jenkins	Stephanie Rakestraw	Gerald Vick Jr.
John Bridges	David Eberhardt	Troy Johnson	Lisa Randall	Suzie Walton
Mary Broome	Camille Estrella	Kimberly Johnson	Shannon Rearden	Britney Watkins
Charlie Brown	Debbie Evans	Phillip Johnson	Brandon Reaves	Bradley Wells
Sean David Brown	Mollie Everitt	William Jones	Brittany Reaves	Elizabeth Wheeler
Jason L. Bryant	Kaitlin Fisher	Sara Kaylor	Jose Rivera	Charlie White
Morgan Bryant	Haley Flanery	Jerry Keith	Tammy Ruff	Robin White
Amanda Claire Campos	Aaron Fons	Stefanie Krick	Skyler Ruschhaupt	Robin White
Jeff Cleveland	Sheila Freeman	Dale Landefeld	Ethan Saffold	Katie White Vick
Tim Coleman	Katie Gaston	Jennifer Lovett	Travis Self	Trey Whitt
Cara Cooper	Jon Graham	Cary Martin	Jack Shannon	Chris Williams
Susan Copeland	Ryan Graham	Jamieson Matthews	Jeremy Sherer	Elizabeth Williams
LaRonda Corrin	Matt Grainger	Tammy McClure	Ye Jung Shin	Justin Williford
Roger Corrin	Michael Gray	Chase McLain	Isaac Shore	Rachel Winstead
Britney Cowart	Marla Gruber	Randolph Millican	Sally Singleton	Bill Woody
Camden Cox	Jay Haley	Maureen Milmoie	Shaunda Smith	Jason Zajac
Cason Cox	Edward Hannah	Sarah Elizabeth Moreman	Jason Smith	
Colton Cox	Valerie Hanson	Monica Muncher	Courtney Soumeillan	
Damon Cox	Craig Harlow	Brett Noerager	Cory Standifer	
Emery Cox	Lisa Harrison	Felicia Noerager	Eddie Steers	
Lety Cox	Alison Henninger	Tamara Oechslein	Jamar Strother	

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

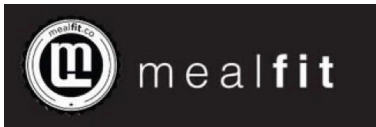
Need to restock your running wardrobe or buy some holiday gifts? The new fall/winter BTC gear is [now available to order](#) on the BTC website! We are debuting some fun new artwork as well as revisiting some classic BTC designs in multiple color options and shirt styles.



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!



THERAPYSOUTH

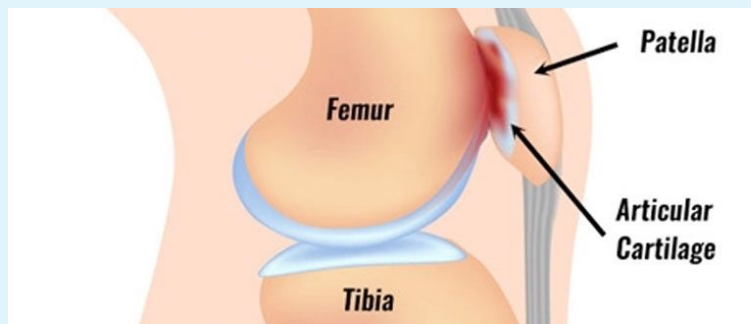
Patellofemoral Problems Have You Down?

By Hannah Cox, TherapySouth



In a recent article, we evaluated how overstriding is related to knee pain, primarily because it puts a lot of stress on the quadriceps muscle. Over time, strain on the quadriceps can lead to “runner’s knee,” a common problem that has plagued many runners. What is runner’s knee and how do we fix it?

Runner’s knee is more specifically defined as patellofemoral pain syndrome. The quadricep muscle group is composed of four muscles that originate at the hip and merge together distally to form the patellar tendon. The patellar tendon runs directly over the kneecap and anchors into the tibia bone below. If the quadriceps muscle becomes tight (through lack of flexibility or through trigger point formation), the patellar tendon will compress the knee cap. Over time, this compression inflames the underlying cartilage, leading to chronic knee pain.



Commonly, runners who present with patellofemoral pain demonstrate a “quad dominant” running pattern. I usually see these patients overstriding, landing harshly on the running surface, or lacking posterior chain engagement, they are individuals who run a lot of their miles on inclines or declines.

If you think that you suffer from patellofemoral pain, we should first address your running pattern. (If you haven’t already, read my [previous article in last month’s issue](#) to modify your overstride). I would also avoid running up and down inclines to mitigate the pain. Additionally, you should include the following exercises into your routine 3-4 days/week:



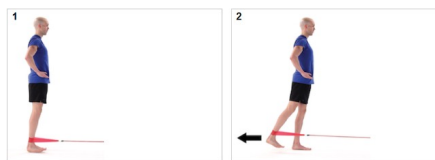
Begin by lying on your belly. Pull the end of a strap over your shoulder on the same side of your body, and bend your knee until you feel a gentle stretch in your thigh. Do not let your low back arch during the stretch.



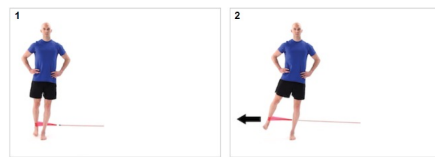
Begin in a half kneeling position with your back foot up on a chair behind you and your hips facing forward. Shift your weight forward, pressing your hips forward at the same time. Hold this position. You should feel a stretch on the front of your hip and thigh.



Begin standing with a resistance loop around your thighs. Lift one foot off the ground, keeping your thigh in the same place. Pull your leg outward against the resistance, then slowly bring it back and repeat. Make sure to keep your back straight, hips level, and do not let your standing knee collapse inward during the exercise.



Begin in a standing upright position balancing on one leg, with a resistance band secured around your other ankle, facing the anchor point. Slowly draw your leg backward, creating further tension in the band, then carefully bring your leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.



Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jamb to your side and secured around your ankle that is furthest from the anchor point. Slowly draw your leg out to the side, away from your body, creating further tension in the band, then carefully bring your leg back to the starting position. Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

I would hold each stretch above for thirty seconds and repeat four times. For each strengthening exercise, the goal is to perform thirty repetitions without stopping. If you need a resistance band or want to come get your gait evaluated, drop by a TherapySouth location today!

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



TherapySOUTH 

Interested in learning more about our women's health services? Visit 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 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 is now open! You may sign up via the link you received via email in January, or [via this link on the BTC website](#). 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 February 4, 2024 are listed below.

Participant	Total
Adams, Ryan	136
Adwell, Stephen	69
Ahmed, Kabeer	133
Alvarez, Jose	309
Benner, Kim	128
Bossard, Teri	68
Bouley, Rachel	66
Brakhage, Victoria	84
Bray, Elizabeth	160
Brown, Katie E.	0
Brown, Sean	0
Bryant, Jason L.	101
Burst, Theresa	0
Calvert, Aaron	0
Campos, Chris	0
Chaffinch, Violet	64
Chandler, Teresa	0
Clay, Brad	201
Clay, Sarah	0
Cleveland, Jeff	128
Cliett, Stephanie	134
Coe, Emily	0
Coe, Matt	131
Coleman, Tim	164
Cowie, Katelyn	94
Creed, Brad	76
Dimicco, Al	124
Dixon, Jeff	121
Downs, Matt	100
Duke, Cindy	111
Ennis, Amanda	97
Evans, Debbie	0
Flanery, Haley	0
Foreman, Michael	0
Franklin, Shane	103
Frederick, Winston	0
Gaston, Katie	122
Gaston, Michael	201
Grainger, Matt	168
Gray, Michael	35
Hannah, Edward	40
Hanson, Valerie	57

Participant	Total
Hargrave, Alan	107
Harrelson, Karen	139
Henninger, Alison	112
Herron, Michael	80
Hogeland, Angie	106
Hogeland, Jeff	112
Huddleston, Clare	195
Jenkins, Kaki	170
Jensen, Sarah	101
Johnson, Kimberly	100
Johnson, Phillip	90
Jones, Caleb T	126
Jones, Julie	74
Kemper, Tricia	136
Kles, Ruth	141
Knight, David	0
Koepp, Bryan	121
Lamb, Patrick	83
Lovett, Meg	122
Lyda, Beth	129
Mathews, Skip	106
McCalley, Charles	110
McElroy, Catherine	74
McShan, Kenneth	0
Melton, Kristen	59
Merry, Vicki Sue	142
Millican, Randolph	126
Morris, Gordon	0
Nodjomian, Jason	83
Northern, Kristie	188
Oechslein, Tamara	0
Ortis, Ellen	0
Padgitt, Scott	118
Palmer, Irma	0
Pearce, Julie	0
Rakestraw, Stephanie	102
Rawson, Brent	123
Rearden, Shannon	247
Renfro, Jeff	110
Richey, Lori Beth	102
Robinson, Tamara	0
Roper, Lynn	75

Participant	Total
Ruschhaupt, Skyler	111
Rutledge, Lisa	0
Sherer, Jeremy	99
Sherrell, Jeff	193
Shin, Ye Jung	0
Sides, Dean	72
Silwal, Suman	0
Sloane, Mike	0
Smith, Daryl	137
Smith, Erin	145
Smith, Jason	199
Steele, Julianne	81
Steers, Eddie	0
Strother, Jamar	106
Thornton, Amanda	102
Trimble, Jamie	0
Waddell, Chassi	41
Waid, David	173
Walker, Brooke	99
Watkins, Tommy	109
Wheeler, Elizabeth	97
Williams, Mattie	0
Winstead, Rachel	0
York, Gary	117
Zajac, Jason	179

SHOW US YOUR BTC GEAR



FEETS OF STRENGTH

In between her official BTC duties as BTC Secretary and first year Race Director of Adam's Heart Runs, **Vicky Brakhage** found time to complete the Dopey Challenge during the Disney Marathon Weekend, January 30, 2024. Congratulations, Vicky – that's a lot of bling!

Congratulations also are in order for newer BTC member **Rachel Bouley**, who just completed her first half marathon at The Big Beach Marathon and Half in Gulf Shores on January 28, 2024. Rachel had a great race, and we suspect the racing bug bit her! Way to go, Rachel!

Complete a new race distance or pick up a shiny new PR? [Let us hear from you!](#) The BTC loves to celebrate your accomplishments!



Vicky Brakhage



Rachel Bouley (right)



BTC EXECUTIVE BOARD MEETING

January 8, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Ellen Ortis, Alan Hargrave, Hunter Bridwell, Cameron Estes, Julie Pearce, Trish Portuese, Judy Loo, Kaki Jenkins, Alex Morrow, Maureen Russell, and Haley Flanery.

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

Membership (Cameron Estes)

We currently have 767 members and 610 memberships.

Newsletter Editor (Julie Pearce)

There was an issue with the links in last month's newsletter, but the issue has been resolved. The next newsletter publication date will be on February 5, 2024. Please have all newsletter content to Julie Pearce by January 26, 2024. We plan to include articles on Adam's Heart Runs and an annual party recap in next month's newsletter.

Treasurer (Jamie Trimble)

April Harry sent the financial statement via email on January 8, 2024. The RRCA dues for 2024 have been paid.

1200 Mile Club (Bradley Wells)

A new 1200 Mile Club jacket has been finalized. It is the same color as the previous jacket. All first time 1200 Mile Club members will get a 50% discount on the jacket, which will be \$40. Existing members will have to pay full price if they wish to order a new jacket, which will be \$80. The order deadline for the new jackets will be on January 19, 2024. Registration for 2024 will opened up tonight, January 8, 2024. We will enable donations for the 1200 Mile Club registration link. Jamie Trimble will check the President's email address for previous 1200 Mile Club patch order information with Marian Nelson.

Adam's Heart Runs (Jamie Trimble)

Jamie Trimble, Kim Benner, and Hunter Bridwell will all be out of town for the race. Ellen Ortis has agreed to drive the truck for all of the start and finish line gear.

Annual Party (Kaki Jenkins, Haley Flanery, Maureen Russell)

The annual party is on February 3, 2024, at Avondale Upstairs. The theme is "Take a Pizza My heart." The food is being prepared by Post Office Pies. Desserts will be pizza-themed cookies and a sheet cake. We will have a DJ for the event. Jamie Trimble will bring the BTC backdrop for pictures. A picture slideshow will be shown, so send pictures to Haley Flanery. We will include 1200 Mile Club milestone winners in the slideshow.

Registration for the annual party will be from 5:30-6:00, the business meeting will be from 6:00-6:30. Food will be served at 6:30. Setup will take place from 4:00-6:00pm. We must be out of the venue by 10:00pm.

Officer nominations will be handled by Hunter Bridwell and the nominating committee. Award nominations are closed. Hunter will handle the voting process to select the award winners.

Volunteer Committee (Kim Benner)

Points were awarded for volunteering in 2023. The awards provided were in the form of memberships and merchandise credits. Eight people earned membership credits and 13 people earned merchandise credits for volunteering in 2023. In 2022, we had 75 unique volunteers. In 2023, we had 104 unique volunteers.

Social Committee (Kaki Jenkins)

We plan to hold a social on March 16, 2024. Discussion was held regarding locations and food options.

Member Benefits (Ellen Ortis)

Ellen Ortis is working with O'Henry's regarding the possibility of offering BTC members a discount. We plan to include a list of the member benefits in the newsletter and will share a link to the Member Benefits page on the website on social media.

Merchandise (Bradley Wells)

Bradley Wells hopes to have the pre-ordered merchandise ready for pick up on Saturday, January 13, 2024. He will also update inventory on the webpage and open it for sales. A lot of members liked having the shirt with all of the member names on the back, so we will plan to do another order of those.

IT Chair (Alan Hargrave)

Several people have donated funds to the Saturday Morning Long Run water stops. Discussion was held regarding the best way to disperse those funds to water stop volunteers who would like to be reimbursed.

Marketing (Alex Morrow)

Currently, we are focusing our marketing on Adam's Heart Runs, the annual party, the BTC Race Series, and 1200 Mile Club.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, February 12, 2024, at 6:00 p.m. Location to be determined.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	February 10, 2024	6:00 a.m.
BTC Executive Board meeting (location TBA/virtual option available)	February 12, 2024	5:00 p.m.
BTC Saturday Long and Moderate Run Groups	February 17, 2024	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 24, 2024	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 2, 2024	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 2, 2024	6:00 a.m.
ASPIRE Wine 10k (Homewood)	March 2, 2024	7:00 a.m.
Camp Horne 10k Ramble (Cottondale)	March 2, 2024	8:00 a.m.
SWAT5k-RUCK (trail race with or without rucks) (Hoover)	March 2, 2024	5:00 p.m.
Mobile Classic 5k Run and Walk (Mobile)	March 3, 2024	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 9, 2024	6:00 a.m.
BTC Executive Board meeting (location TBA/virtual option available)	March 11, 2024	6:00 p.m.
BTC Saturday Long and Moderate Run Groups *BTC Social Run *	March 16, 2024	6:00 a.m.
Friends of the Albert L. Scott Library's Shamrock Family Fun Run (Alabaster)	March 16, 2024	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 23, 2024	6:00 a.m.
Race to Cure Sarcoma Birmingham – 5k and 1 Mile Fun Run/Walk	March 23, 2024	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 30, 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

