



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

March 2023 3



By Julie Pearce

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FAREWELL TO MERCEDES!



Since 2001, the **Mercedes-Benz Marathon Weekend** has been a staple for runners, not just in Birmingham, but across the southeast. Along with the millions of dollars raised for its charity partners, the weekend of races has been a “must do” hometown event for so many of us. Based on the many social media posts from supporters and the stories shared among friends before and after the race weekend, it is clear that “Mercedes” (as it is known locally) will be sorely missed. Thank you to Valerie McLean Cuddy and her extraordinary team for their vision, their hard work, and their dedication to running a first-class event in Birmingham!



FAREWELL TO MERCEDES!



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

I am humbled and honored to serve as your 2023 President. I'm extremely excited about the direction in which we are headed in 2023, and I look forward to serving with this year's officers: Vice President Bradley Wells, Secretary Vicky Brakhage, Treasurer April Harry, and Past President Hunter Bridwell.

Speaking of Hunter, a special thank you for his last three years of service as BTC President. He led us through a pandemic (remember social distancing?) and the seemingly never-ending aftermath. I know I have some big shoes to fill (both literally and figuratively!) Also, congratulations to him on winning the prestigious Arthur Black/Rick Melanson Annual Service Award, which was very well deserved. The good news is that Hunter isn't going anywhere, as he will fulfill the duties of Past President along with continuing to direct our Peavine Falls and Vulcan Run races.

Before we look ahead, I do want to mention the final **Mercedes Marathon Weekend**. If you were around or participated in the events and festivities, you know the BTC was everywhere! We had one of the most popular booths at the expo, selling lots of BTC merchandise, signing up new members, registering runners for Statue 2 Statue, and handing out 1200 Mile Club jackets and patches. We had volunteers manning the Kids' Marathon (in the cold rain). And, we had THE BEST water stop on the entire course, complete with a Care Bear! A huge "Thank you" to all of the volunteers who represented this club so well over the entire weekend. While we are all sad to see Mercedes go (at least in its current form), the BTC is proud to have been a significant contributor over the years to the premier running event in Birmingham.

And now, looking ahead, your BTC Board and Executive Committee are working hard to bring plenty of fun events throughout the rest of 2023. On March 18, we will have our first big run social of the year at Ladybird Taco in Lane Park. Britney Coward, Kaki Jenkins and Cameron Estes are working on a social that you will not want to miss! Come join the run, then hang around for some great food, fellowship and, as always, door prizes!

The next race in the BTC Race Series is **Statue 2 Statue** on April 1. Judy Loo always puts on a great event for the "South's Toughest 15k". If you haven't done so, [sign up today](#) to run and/or volunteer (yes, you can do both). Registration is also open for the other two Race Series races: Peavine Falls on July 4 and Vulcan Run on November 4. These, as well as many other races around Birmingham (and surrounding areas) provide discounts to BTC members; so, if you're not a member, or if your membership has lapsed, [join today](#) and get those race discounts!

Finally, I have some very exciting news to share... along with our long-time club sponsor TherapySouth, we are so excited to welcome Andrews Sports Medicine as a new club sponsor this year! Thank you **TherapySouth** and Phillip Moore for continuing to sponsor the BTC, and thank you **Andrews Sports Medicine** and Dr. Rachel Henderson (our BTC race doctor) for your support! We are so blessed to have access to world-class sports medicine from many different providers here in Birmingham. TherapySouth and Andrews Sports Medicine are certainly two of the best, and we are proud they have chosen to support the BTC.

If there is anything the BTC can do, or you would like to see us do, feel free to reach out to me or any of the Board/Executive Committee members. Let's make 2023 a great year together!

Jamie Trimble
BTC President

SHADES CREST HIGH COUNTRY 5K APRIL 15



Presented By
Shades Crest Baptist Church

Pre-registration costs:

- \$35 until April 15
- \$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](#)

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

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social@birminghamtrackclub.com

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Membership Benefits
Merchandise

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Cameron Estes
Sara Thompson
Bradley Wells

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"The Vulcan Runner" Newsletter
Japan Exchange Program

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

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

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BTC Race Directors

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

Lisa Booher
Judy Loo
Hunter Bridwell
Hunter Bridwell

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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



RUMPSHAKER 5K



BIRMINGHAM

RUMPSHAKER 5K

15TH
YEAR

March 25, 2023 REGIONS FIELD

Funny Name, Serious Cause

Benefiting Colon Cancer Awareness

5K and 1 Mile Fun Run / www.rumpshaker5k.com



PRESENTED BY

Alabama Colon and Rectal Institute P.C.
"we're behind you all the way"



A PASSION FOR RUNNING INSPIRES A PASSION FOR HOPE

By Amanda Vandegrift, Race Director, Rumpshaker 5K



You know the feeling of accomplishment associated with running and the drive it can inspire in you to reach your next goal. You probably recall the moment when running became your passion. Mine was the moment I finished my first half marathon, and with each half and full marathon I completed the desire continued to grow. It was my passion for running along with the inspiration of my loving mother, Lisa Martz, which inspired the Rumpshaker 5K. It's hard to believe that was 15 years ago!

Diagnosed with colon cancer at the age of 48 (2004), Mom was a true symbol of hope, faith and determination to our family and friends. As I participated in race after race for many good causes, I wanted nothing more than to do a race in honor of her. Unfortunately, at that time there were no races that raised awareness about colon cancer. During this time I began to think about and even started planning a 5k to bring attention to this disease. I quickly realized the enormous amount of time and commitment needed to plan a race and decided the halt the 5k planning in order to spend more time with my mom.

When she lost her battle in October 2007, our family relied on the strength Mom had shown during her almost four year battle with the disease. The following year I returned to planning what would become the first Rumpshaker 5K (2009). Our race committee was a small group of family, BTC running friends and one physician. Although none of us had any race planning experience, we were all ecstatic about starting a new 5k that would raise awareness about colon cancer.

In the beginning, our goal for the Rumpshaker 5K was simply to raise awareness about colorectal cancer. After the first race in 2009, we created the non-profit, Rumpshaker, Inc., and our mission expanded to include programs to assist colon cancer survivors and those fighting the disease. Our success is based on two things: the support of the running community and the families who participate each year to honor or remember loved ones who have fought their own battles with colon cancer. Because of this generous support, the Rumpshaker 5K is our largest fundraiser each year. With the funds raised we have been able to accomplish the following:

Provide hope to patients:

- Donated over \$150,000 in direct aid to patients in their fight with colorectal cancer by providing avenues of short-term financial assistance while they undergo treatment.
- Established the Lisa Martz Hope Scholarship and awarded over \$125,000 in scholarships for college students whose parent has

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A PASSION FOR RUNNING INSPIRES A PASSION FOR HOPE

had colon cancer. Proceeds from our annual Lisa Martz Charity Classic Golf Tournament fund the scholarship.

- Host a monthly support group, The Semi-Colon Club, for patients, survivors and caregivers.
- Host a podcast, The Semi-Colon Club Podcast, dedicated to providing support to patients, survivors and caregivers.

Promote awareness within our community:

- Attend community outreach events with a focus on increasing colon cancer screening rates.
- Host Rumpshaker at Work events (lunch and learn events) to talk about the importance of colon cancer screening and encourage screening.
- Sponsor Alabama's first colon cancer awareness car tag.

Fight colon cancer:

- Donated over a quarter of a million dollars to local hospital GI labs to assist with the purchase of state-of-the-art diagnostic equipment.
- Partner with Alabama Department of Public Health to provide free colonoscopies to qualified Alabamians.

While the Rumpshaker 5K has a funny name, our cause is serious and we are passionate about raising awareness about colon cancer and screening. The facts shown below could save your life or the life of someone you love.

- Colorectal Cancer (aka colon cancer or rectal cancer) is cancer of the colon and/or rectum.
- It is the third most diagnosed cancer and the second leading cause of cancer deaths in the US.
- It is equally common in men and women.
- With recommended screening **this cancer can be prevented**, by removing polyps before they become cancerous, or detected early when it can be more easily and successfully treated. **Most colon cancer deaths are preventable by early detection.**

Are you at Risk for Colorectal Cancer?

Answer the following six questions to determine if you are at risk of developing polyps or colorectal cancer:

1. Are you age 45 or older?
2. Have you had a colorectal polyp or cancer in the past?
3. Has anyone in your family had polyps or colorectal cancer?
4. Does your diet contain foods that are high in fat and low in fiber?
5. Have you been diagnosed with an inflammatory bowel disease such as Crohn's Disease or ulcerative colitis?
6. Have you noticed persistent changes in your bowel habits?

If you answered "yes" to one or more of the questions above, you are at risk for developing colorectal polyps or cancer. Please contact your physician to discuss the results of this survey, other risk factors and to review the screening options that are available to you.

We hope you'll join us at the Rumpshaker 5K on March 25, 2023! Always, your support is critical in helping us continue our mission.

Don't wait, [register today](#) for the
15th Annual Rumpshaker 5K!

March 25th - Regions Field
www.Rumpshaker5k.com - info@rumpshaker5k.com



COMMUNITY CORNER UPDATE

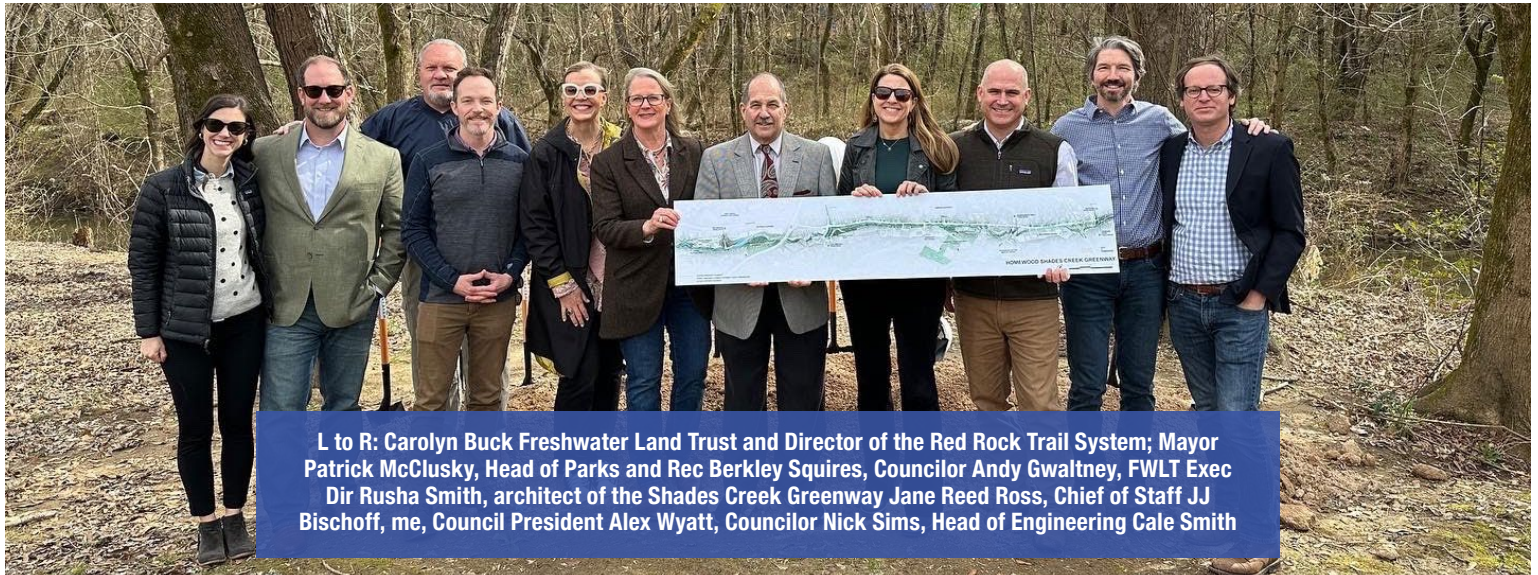
By Jennifer Andress, Homewood City Councilor, BTC President 2012-2014

Ground was officially broken on Friday, February 10, 2023 for the long-awaited Phase 2 of the Shades Creek Greenway. This section will add another 1.4 miles of trail, headed westward along Shades Creek. This section will connect Columbiana Road to the Wildwood shopping center.

In attendance were stakeholders from the Freshwater Land Trust, including Executive Director Rusha Smith and Red Rock Trail System Director Carolyn Buck. Rusha spoke to the crowd before we shoveled dirt, as did as Homewood Mayor Patrick McClusky and the architect of the entire project, Jane Reed Ross. Jane has been involved with this project since its inception in 1993.

Phase 2 will be completed this year, and it will make the Shades Creek Greenway 4.4 miles total, or 8.8 miles round trip, the second largest trail segment in the Red Rock Trail System.

I am thrilled to see this progress underway. After years of delays from easement acquisition and a COVID-related freeze on spending, we are on our way to having a first-class connector the entire length of Homewood!



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:

Darrin Abernathy
Jamie Bishop
Dawn Bonser
John Bridges
William Brown
David Bryant
Mark Chappell
Sarah Clay
Chris Cole
Teresa Crain
Jennifer Croker
Wendi Culver
Colleen Danley
Margaret DeHaye
Matt Downs
Jennifer Doyle
Sydney Eason
Timothy Files
Tony Fiore
Robert Funk
Rita Goyal
Chloe Hardin
Lynn Hardin

Peter Hardin
Jack Hasson
Brenda A. Henry
Angie Hogeland
Bethany Hogeland
Jeff Hogeland
Xuan Huang
Melody Izard
Steve Johnson
Stephanie Jones
Stacy Kadle
Edna Kampe
Sara Langston
Phyllis Mark
Charles McCalley
Kristen Melton
Susanne Moore
Abigail Morrow
Marilyn Mott
Katrina Pronath
Jennifer Reeves
Robert Roche
Maureen Russell

Nacho Sanchez
Dean Sides
Suman Silwal
Lauren Slaughter
Holly Smith
Justin Smith
Dan Starnes
Beau Talley
Shellie Talley
Marilyn Thomas
Seth Tibbs
Matthew Vinson
David Waid
John Waits
Tashia Weaver
Bradley Wells
Chris Williams
Kelly Williams
Ryota Yamashita

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.

Welcome Andrews Sports Medicine & Orthopaedic Center

The Birmingham Track Club is pleased to welcome **Andrews Sports Medicine & Orthopaedic Center** as a new club sponsor. Andrews Sports Medicine has supported the BTC for a number of years, with Dr. Rachel Henderson serving as our Medical Director and on-site race doctor. Andrews also recently donated a new medical tent for use at BTC races. As a part of this sponsorship, look for more sports medicine-related articles from Andrews in The Vulcan Runner, like the one in our February issue addressing stress fractures.

Along with TherapySouth, Andrews Sports Medicine's sponsorship is an important part of continuing the BTC mission to promote running and fitness in Birmingham and surrounding communities. Welcome **Andrews Sports Medicine & Orthopaedic Center!**

The Birmingham Track Club is always looking for additional club and/or race sponsors to help us further our mission. For more information or to discuss becoming a sponsor, contact our BTC Marketing Director, Alex Morrow (marketing@birminghamtrackclub.com) or our BTC President, Jamie Trimble (president@birminghamtrackclub.com).



ANDREWS

Sports Medicine

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!



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](#).



Taking care of your feet is one of the most impactful things you can do to improve your quality of life. A small malalignment of the foot/ankle complex due to joint restrictions or muscle imbalances can cause more severe problems in the knees, hips, and back over time. This is why it is so important to have a professional assess your feet for potential dysfunctions that could impact your overall quality of life.

Don't just walk through the pain, come see us at TherapySouth!

We're here for you

→ each step of the way...



Scan the QR Code to
schedule an appointment
at a clinic near you.

THE BENEFITS OF STATIC STRETCHING

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



In last month's article, I investigated the best type of warm-up routine. Ultimately, it was determined that dynamic stretches prior to activity improved performance. I also made the case that exclusively performing static stretches could result in decreased performance. (i.e. decreased power and decreased speed of the following workout.) However, I do not want to discourage people from the benefits of static stretching, as injury prevention is a primary benefit!

Although static stretching decreases max power output and max speed available in the ensuing workout, it can improve the overall muscle length and joint range of motion. These factors are important to prevent injury, improve stride length, and improve running form. Just as VO2 Max decreases approximately 10% each decade for an individual, so does flexibility. The great news about static stretching is that a small commitment can produce big results. Even a minimum amount of time spent stretching per week (five minutes per muscle) will generate improvements! For more ambitious runners who seek the maximum gain, research indicates the following parameters:

- Work up to a total of five to ten minutes of stretch time (per muscle) per week
- A stretch should be held for a duration of 30-60 seconds
- Increase the weekly frequency of stretching to at least five days per week

These parameters almost seem “too good to be true.” However, there are multiple mechanisms that stimulate physiological improvements. To start, each muscle fiber is composed of tiny units called “sarcomeres.” A single muscle fiber is composed of thousands of linked sarcomeres. More sarcomeres are added to each muscle fiber with stretching, so more stretching increases the resting length of the muscle. Muscles connect to bones via tendons. Tendons are essentially non-contractile, fascial extension of a muscle that anchor it into the bone. (Thus, allowing a muscle to contract and move an arm or leg). Within the musculotendinous junction (a/k/a, where muscle transitions into tendon), receptors called Golgi Tendon Organs (GTO's) are found. GTO's function similar to a seatbelt: pull on it quickly and it has no give, but pull on it slowly (aka using a static stretch) and the GTO will allow the muscle to stretch to its full length. Additionally, neural pathways in the spine and cortical neurons in the brain demonstrate decreased excitability with static stretching – this is why meditation is commonly paired with stretching.

Save the dynamic stretches for your warm-up, but perform static stretching throughout the rest of your day, or at least for the five-minute recommended minimum time. You probably spend more than five minutes scrolling through Netflix or Tik-Tok every evening, so this should be an easy addition to most any routine.

If you have any questions or want static stretch recommendations, e-mail us at tsendurance@therapysouth.net, and we will be happy to help!

Sources:

- Ewan Thomas, et al. *The Relation Between Stretching Typology and Stretching Duration: The Effects on Range of Motion*. Review Int J Sports Med. 2018 Apr;39(4):243-254. doi: 10.1055/s-0044-101146. Epub 2018 Mar 5
- Halder K, Chatterjee A, Pal R, Tomer OS, Saha M. Age related differences of selected Hatha yoga practices on anthropometric characteristics, muscular strength and flexibility of healthy individuals. Int J Yoga 2015; 8: 37-46
- Lundy-Ekman, Laurie et al. *Neuroscience: Fundamentals for Rehabilitation*, Fourth Edition. St. Louis, Missouri. Elsevier. 2003.

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 March 5, 2023 are listed below.

Participant	Years	Total
Adwell, Stephen	150	49
Ahmed, Kabeer	255	125
Anderson, Kerri	126	75
Barron, Darlene	256	114
Barton, Tabitha	188	102
Benner, Kim	275	141
Bennett, Mitchell	263	114
Benson, Wayne	184	89
Blackmon, Kim	276	132
Boackle, Larry	0	
Boackle, Tomie Ann	0	
Booher, Lisa	0	
Bookout, Jason	144	51
Bookout, Kimberly	194	194
Bossard, Teri	288	99
Bradley, Michelle	144	92
Brakhage, Victoria	226	114
Bray, Elizabeth	340	204
Bromberg, Georgia	104	
Brown, Charlie	306	173
Brown, Katie E.	281	133
Brown, Katie G.	127	46
Brown, Sean	191	90
Bryant, Jason L.	213	114
Caine, Lawrence	174	99
Callahan, Chris	370	184
Carlton, Bob	0	
Carter, Adrienne	0	
Chaffinch, Randy	211	109
Chaffinch, Violet	202	105
Chandler, Teresa	240	131
Cheek, James	30	17
Clay, Brad	405	204
Clay, Sarah	242	172

Participant	Years	Total
Cleveland, Jeff	314	160
Cliett, Stephanie	264	132
Cobb, Patty	204	111
Cockerill, Kandy	133	66
Coleman, Tim	297	150
Colpack, Susan	202	100
Corrin, Roger	216	114
Cramer, Robyn	141	90
Cramer, Steve	101	52
Creed, Brad	195	100
Crowson, Bill	0	
Davidson, Lori	274	141
Deffenbaugh, Todd	200	100
Dimicco, Al	160	51
Dixon, Jeff	261	132
Downs, Matt	181	106
Duke, Cindy	232	123
Eason, Sydney	0	
Elrod, Stacey	0	
Ennis, Amanda	168	89
Estes, Cameron	266	133
Estrada, Steven	511	241
Evans, Debbie	335	137
Everitt, Mollie	101	40
Flanery, Haley	290	149
Fons, Aaron	202	102
Forbus, Reed	117	117
Frankel, Ali	129	51
Franklin, Shane	114	114
Frederick, Winston	137	137
Freeman, Sheila	185	107
Gaston, Michael	296	175
Gayheart, Cheryl	231	114
Gee, Lynique	111	111

Participant	Years	Total
Goode, Johnny	261	135
Grady, Carla	0	
Graham, Jon	404	228
Grainger, Matt	298	155
Gray, Michael	178	76
Griffin, Misty	283	160
Gruschow, Mariana	95	53
Gullapalli, Satya	0	
Hall, Thomas	51	51
Hanna, Cara	212	135
Haralson, Danny	211	110
Haralson, Micki	0	
Harding, Brandy	150	87
Hargrave, Alan	200	100
Henderson, Andrew	293	180
Henninger, Alison	236	114
Holder, Gene	0	
Hoover, Alison	153	153
Howell, Allen	257	164
Howell, Rachel	235	122
Izard, Melody	0	
Jenkins, Kaki	203	203
Jensen, Sarah	109	51
Johnson, Ethan	214	147
Johnson, Liz	0	
Johnson, Phillip	248	142
Johnson, Troy	193	92
Keith, Jerry	0	
Keith, Susan	0	
Kemper, Tricia	248	140
Knight, David	0	
LaFon, Caroline	205	119
Laird, Audrey	253	131
Lamb, Patrick	77	

Participant	Years	Total
Lamb, Patrick	0	
Lancaster, Jeff	252	143
Lovett, Meg	76	41
Lyda, Beth	262	154
Lyle, Randy	0	
Malec, Bonnie	138	57
Malick, David	248	113
Martin, Sheree	0	
Mathews, Skip	201	102
Matthews, Jamieson	190	75
McLain, Chase	123	61
Melton, Kristen	246	128
Merry, Vicki Sue	394	234
Morris, Gordon	42	42
Mott, Marilyn	9	
Muncher, Monica	120	52
Noerager, Brett	422	230
Noerager, Felicia	186	113
Norton, Laura	325	141
Oechslin, Tamara	216	106
Oehrlein, Kimberly	212	128
Orihuela, Carlos	253	119
Padgitt, Scott	314	159
Parks, Charlie	479	270
Parsons, Christy	119	119
Peagler, Shana	0	
Pearce, Julie	89	89
Poole, Jonathan	258	136
Powell, Logan	246	132
Randolph, Megan	213	111
Rawson, Brent	224	110
Reaves, Brandon	188	130
Reaves, Brittany	212	137
Renfro, Jeff	237	131
Richey, Lori Beth	180	77
Roberson, Kevin	137	71
Roberts, Fletcher	0	
Robinson, Lyndsey	126	50
Rodgers, Jeffrey	180	90
Roper, Lynn	221	116
Rose, Billy	494	251
Rowell, Taylor	0	
Rutherford, Keith	186	113
Rutledge, Lisa	0	
Shaffield, Danny	654	308
Sherer, Jeremy	227	134
Shinn, Ronald	130	130
Sides, Dean	179	115
Simpson, Kevin	0	

Participant	Years	Total
Sims, Cecelia	74	
Sloane, Mike	209	106
Smith, Daryl	229	118
Smith, Erin	277	145
Smith, Holly	313	160
Smith, Jerry P.	237	138
Smith, Justin	215	101
Steele, Julianne	200	100
Stockton, Rick	208	119
Sweatt, Jason	0	
Taylor, Mellissa	0	
Terakedis, Amber	111	68
Thomas, Tre	291	145
Tomlin, Chace	0	
Trimble, Jamie	240	125
Tyndal, Hannah	105	30
Valles, Tina	210	106
Veren, Andie	191	91
Waid, David	432	201
Walker, Brooke	187	93
Walton, Suzie	181	95
Washington, Monica	81	81
Watkins, Britney	135	135
Watkins, Tommy	257	158
Weaver, Brooke	0	
Weber, Amy	146	128
Weeks, Lance	152	87
Wells, Bradley	254	144
Wende, Adam	257	175
Whatley, Prince	293	149
Whillock, Amber	0	
White Vick, Katie	291	162
White, Robin	343	203
Williams, Chris	191	96
Williams, Kelly	0	
Williams, Mattie	185	75
Williams, Shaunda	167	107
Williamson, Rebecca	229	114
Wiseman, Steve	254	125
Woodard, Whitney	279	151
Woody, Bill	180	89
Wright, Amy	0	
Wu, Xing	105	105
York, Gary	433	225
Zajac, Jason	400	234
Sloane, Mike	7	1,240
Smith, Daryl	2	1,745
Smith, Erin	2	1,912
Smith, Jason	3	2,047

Participant	Years	Total
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, Mellissa	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

SHOW US YOUR BTC GEAR



SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

February 13, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, April Harry, Vicky Brakhage, Julie Pearce, Trish Portuese, Bradley Wells, Kelly Sims, Alex Morrow, Judy Loo, Alan Hargrave, Cameron Estes, and Charles Thompson.

April Harry made a motion to approve the minutes of the December 2022 and January 2023 Executive Board Meeting Minutes. The motion was seconded by Alex Morrow and passed without opposition.

Membership (Cameron Estes)

We currently have 719 members and 565 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on March 6, 2023. Please have all content to Julie Pearce by February 24, 2023. We plan to do an article featuring a farewell to the Mercedes Marathon and Half-Marathon. We will also feature the next race in the BTC Race Series, which is Statue 2 Statue. We plan to remove membership application at the end of the newsletter and instead include a link to register through RunSignUp.

Treasurer (April Harry)

We really need to focus on our race expenses. All costs have gone up, so it would really help to work on race sponsorships. We are waiting on the sponsorship check from Andrews Sports Medicine.

Long Run Committee (Alex Morrow and Cameron Estes)

Cameron Estes is taking over creating routes for the Saturday Morning Long Runs since Marla Gruber is on maternity leave. The long runs will start focusing on Statue 2 Statue, so we will probably reduce mileage and focus on hills. Discussion was held regarding future socials. A tentative social was discussed for March 18, 2023 and another social later in the year possibly partnering with the Birmingham Ultra Trail Society (BUTS).

Social Committee (Jamie Trimble)

The BTC Annual Party was a success. Thank you to everyone who coordinated the event.

Merchandise (Bradley Wells)

There were \$485 in merchandise sales (via Square) at the Mercedes Expo. The new hoodie design is now on the website and ready to open for pre-orders. We are planning a new shirt design with a list of all BTC members on back. We will send an email blast notifying all current and former members of the new merchandise and asking if they want to be listed on the t-shirt, they need to get registered as soon as possible.

1200 Mile Club (Kelly Sims)

There are 182 members registered for this year's 1200 Mile Club. We will leave registration open until the end of March. Jackets are in the storage unit. Discussion was held regarding doing another order of jackets, as we had some members indicate they did not receive the emails notifying them it was time to order.

USATF Representative (Charles Thompson)

Charles Thompson provided a list of upcoming USATF events in February and March. Charles was part of start and finish line crew at The Superhero 5K.

Volunteer Committee (Jamie Trimble)

We want to thank all of those who volunteered for Adam's Heart Runs and Mercedes. Carol Gearheart won the Trak Shak gift card for volunteering.

IT Chair (Alan Hargrave)

Alan Hargrave updated BTC website to show correct upcoming races.

Marketing (Alex Morrow)

We will start to push Statue 2 Statue and the new BTC merchandise. Make sure to take pictures at events that the BTC is involved with so we can post to social media. Charles Thompson offered to put out signs for our races at USATF events, as they provided a boost in registration for Adam's Heart Runs this year.

Adam's Heart Runs (Jamie Trimble)

Registration for Adam's Heart Runs was up 15% from last year. Vicky Brakhage has officially taken over as the new race director.

Mercedes Marathon, Half-Marathon, and Expo (Jamie Trimble)

We had several new members register from the expo. Judy Loo confirmed that she had good results from the Statue 2 Statue discount offered.

New Business (Hunter Bridwell)

The RRCA National Convention will be held March 23-26, 2023. In the past, we have sent a representative from the BTC to attend the National Convention. Jamie Trimble made a motion to approve \$2,000 for expenses for him to attend RRCA National Convention. The motion was seconded by Julie Pearce and passed without opposition.

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

Upcoming Events

EVENT	DATE	TIME
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 Executive Board meeting (via Zoom)	March 13, 2023	6:00 p.m.
BTC Saturday Long and Moderate Run Groups *BTC Run Social at Ladybird Taco *	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 Saturday Long and Moderate Run Groups	March 25, 2023	6:00 a.m. and 6:30 a.m.
Rumpshaker 5k and 1 Mile Fun Run *BTC DISCOUNT*	March 25, 2023	8:00 a.m.
2023 Autism Walks	April 1 – April 22, 2023	Virtual Event
BTC Statue to Statue 15k *BTC Race Series* *BTC Discount*	April 1, 2023	8:00 a.m.
Kiwanis Run for the Kids 5k and 1 Mile Fun Run	April 1, 2023	7:45 a.m.
BTC Saturday Long and Moderate Run Groups	April 8, 2023	6:00 a.m. and 6:30 a.m.
Hospice of West Alabama 5k Run/Walk (Tuscaloosa)	April 8, 2023	8:00 a.m.
Heartbeat of Irondale 5k and 1 Mile Fun Run	April 8, 2023	8:00 a.m.
9th Annual Judy M. Merritt Memorial 5k & EGGstravaganza	April 8, 2023	9:00 a.m.
Kaleb's 5k Run/Walk (Cullman)	April 8, 2023	8:00 a.m.
BTC Executive Board meeting (via Zoom)	April 10, 2023	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	April 15, 2023	6:00 a.m. and 6:30 a.m.
27th Annual UAB National Alumni Society Scholarship Run presented by Viva Health (10k/5k/Virtual)	April 15, 2023	8:00 a.m.
Shades Crest Baptist Church High Country 5k and Elementary Challenge (K-5th) (Hoover)	April 15, 2023	8:00 a.m.
Project Renew 5k (Trussville)	April 15, 2023	10:00 a.m.
Red Shoe Run Rockin' 5k and 1 Mile Fun Run	April 15, 2023	
BTC Saturday Long and Moderate Run Groups	April 22, 2023	6:00 a.m. and 6:30 a.m.

Arc & Soles 5k and 1 Mile Fun Run (Montevallo)	April 22, 2023	8:00 a.m.
10th Annual Cedar 5k and 1 Mile Fun Run	April 22, 2023	8:00 a.m.
The INDY 5k presented by BlueCross Blue Shield of Alabama	April 28, 2023	5:30 p.m.
BTC Saturday Long and Moderate Run Groups	April 29, 2023	6:00 a.m. and 6:30 a.m.
The Beat Goes On 5k (Ashville)	April 29, 2023	8:00 a.m.
Ann's 5k Run & Walk for Life (Cropwell)	April 29, 2023	8:00 a.m.
The City of Lights Run with Perseverance 5k (Dora)	April 29, 2023	8:00 a.m.
Girls on the Run BHAM 5k Tutu Run	April 29, 2023	8:30 a.m.
5th Annual Devil Dash and Dine 5k (Cordova)	April 29, 2023	12:00 p.m.
Virtual Sharon Heights Run to the Son 5K and 1 Mile Fun Run	April 29, 2023	Virtual

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

Need to add a race (actual or virtual) to the calendar?
[Email Webmaster Michael Greene](#), or visit the BTC website to [submit your race](#).





BTC Membership application

Single: ☐ Family: ☐ Renewal: ☐ Gender: ☐

First Name:

Last Name:

Street:

City:

State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F
 3. _____/_____/_____/_____/ M F
 4. _____/_____/_____/_____/ M F

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

Birmingham Track Club, P.O.Box 530363, Birmingham, AL 35253