



BIRMINGHAM TRACK CLUB
 ★ WHERE RUNNERS ARE FORGED ★
THE VULCAN RUNNER

March 2024 **3**



**RUMPSHAKER 5K:
 LET'S MAKE A DIFFERENCE**

By Amanda Vandegrift

The author and her brothers,
 R to L: Matt Martz, Amanda
 Martz Vandegrift, and Adam
 Martz. The race is in memory
 of their mother, Lisa Martz

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 Let's Make a Difference

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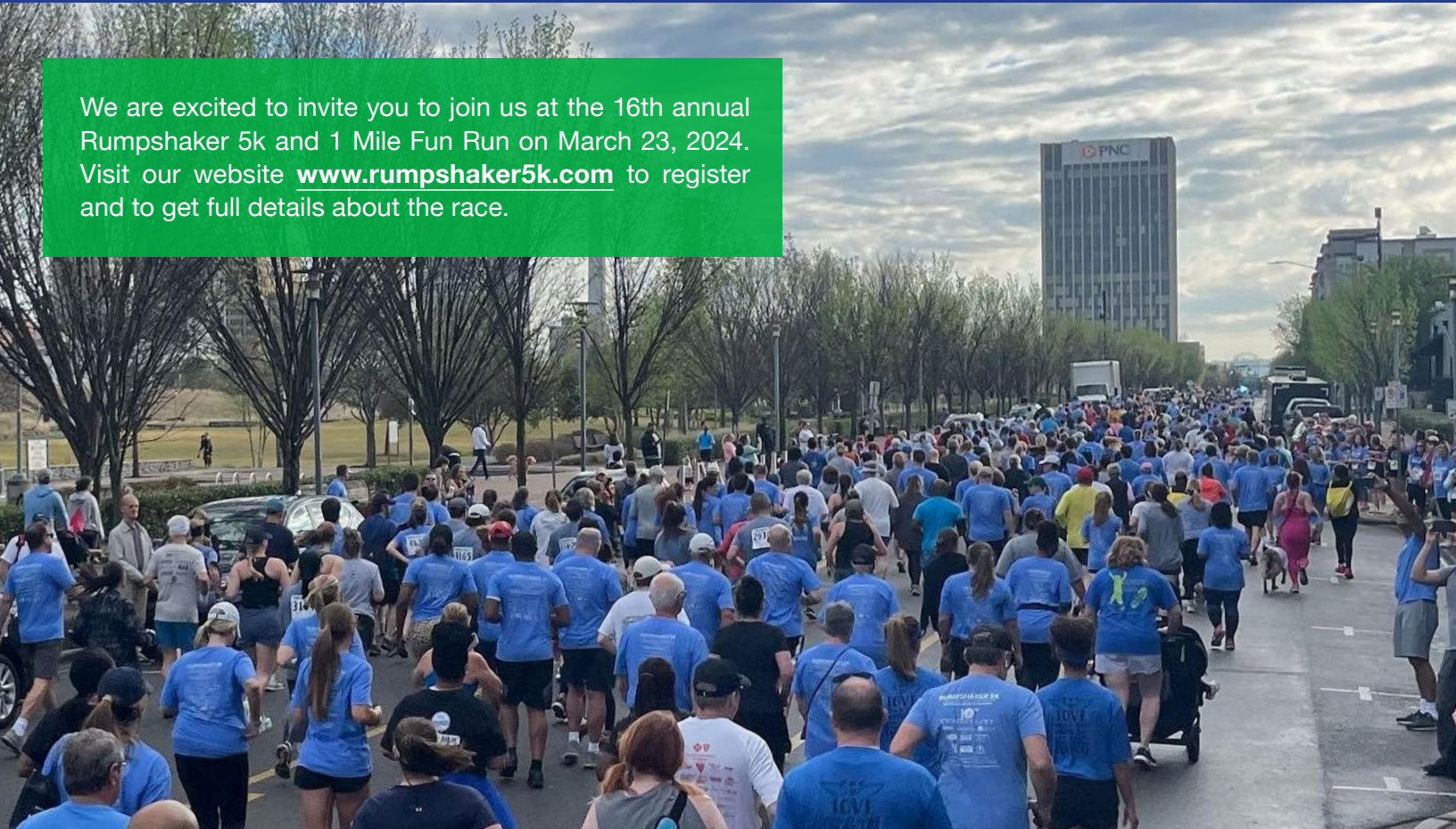
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RUMPSHAKER 5K: LET'S MAKE A DIFFERENCE

We are excited to invite you to join us at the 16th annual Rumpshaker 5k and 1 Mile Fun Run on March 23, 2024. Visit our website www.rumpshaker5k.com to register and to get full details about the race.



Believe That What You Do Matters

Rumpshaker, Inc. is the non-profit organization behind the Rumpshaker 5k and 1 Mile Fun Run. Our founders, board of directors and race committee all agree that raising awareness about colon cancer matters. It matters because colon cancer has the potential to affect all of us. It is equally common in men and women, it can develop without any symptoms, and it can develop at any age. By increasing awareness about this disease, we hope to increase the screening rates. Colon cancer is one of the most treatable and beatable cancers if it is diagnosed early, but sadly, many individuals delay their routine colonoscopies and their cancer is found in a later stage when treatment options and success rates are minimized.

“Believe that what you do matters and will make a difference in people’s lives. You don’t have to save the world in one stroke but you can make a difference one person at a time.” ~unknown

Our organization was created in memory of Lisa Martz. Lisa was diagnosed with colon cancer at the age of 48. The only symptom she had was fatigue. Lisa was not the type of person who liked bringing attention to herself, but during her nearly four-year fight with this disease, she was the true symbol of hope, faith and determination. Those around her took notice of her extraordinarily positive attitude and strength despite her circumstances.

“Never underestimate the valuable and important difference you make in every life you touch, for the impact you make today has a powerful rippling effect on every tomorrow.” ~unknown

Lisa’s powerful influence on her family and friends lead them to create an organization that continues her fight by giving back to others. The funds raised by your participation in the Rumpshaker 5k

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RUMPSHAKER 5K: LET'S MAKE A DIFFERENCE

support various outreach programs, prevention efforts, and patient services including but not limited to:

- The Semi-Colon Club, a support group for those affected by colorectal cancer
- The Lisa Martz Hope Scholarship, awarded to college students whose families have been affected by colorectal cancer
- Rumpshaker at Work, a corporate health education program
- The Lisa Martz Hope Fund, which provides short term financial assistance to patients
- Partnership with organizations like the Alabama Department of Public Health and the American Cancer Society to promote colorectal cancer awareness and increase screening rates

**DON'T WAIT, REGISTER TODAY FOR THE
11TH ANNUAL RUMPSHAKER 5K!**

March 23, 2024 - Regions Field

www.Rumpshaker5k.com - info@rumpshaker5k.com

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 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.



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

I know I talk a lot about volunteering in this space, so allow me to talk a little more about it this month. On February 3 (the same day as our awesome annual party), the inaugural Railway Marathon and Half Marathon was held on the Five Mile Creek Greenway in Fultondale. For that race, the BTC manned the water stop near the marathon/half marathon turnaround point. Also, on Saturday, February 24, BTC members once again marshalled the starting area of the Blue Cross Blue Shield of Alabama Kids Marathon at Spain Park High School. Talk about a wild and crazy, but fun experience! It's these types of events that allow BTC members to give back to the Birmingham running community. We have a few other upcoming volunteer opportunities to mention, including manning a water stop for the APIRE Wine 10k on Saturday, March 2, and numerous opportunities with the BTC Statue 2 Statue 15k race weekend.

In addition to those mentioned above, more opportunities are coming throughout the rest of the year. And remember, you earn points each time you volunteer for a BTC sponsored activity. These points are accumulated throughout the year and can add up to merchandise credit awards and even a free year of membership.

One final word about a volunteer need. We are in desperate need of assistance with the Finish Line Crew. We need someone to take over Finish Line Crew leadership as well as two or three folks who can help with equipment management. The Finish Line Crew is a crucial component of the four BTC races. If you are interested in becoming part of, or leading the Finish Line Crew, please let me know.

Now, mark your calendars for our next BTC social event. On Saturday, March 16 from 2pm - 4pm (or as long as you like), we will gather at Monday Night Brewing to simply socialize with our fellow runners. This will be a great opportunity to meet and mingle in a relaxed atmosphere without the hot sweatiness of our post-run gatherings. The BTC social committee is working on a fun St. Patrick's Day theme, and there will be some desserts along with our ever-popular door prizes. Please plan to purchase your own drinks and any additional food items.

Finally, one more calendar item to keep in mind...on Sunday, March 10, we "spring forward" into Daylight Saving Time. I know, I know -- some people love it and some people hate it. Either way, for you morning runners, keep in mind that for the first few weeks of DST, it will be darker for longer in the mornings. Please stay safe when running in the dark.

Remember, wear bright, reflective clothing, carry a light (both for you to see and for others to see you, especially cars), try to run with a friend (or several), and always obey the running rules of the road. Please see more running safety tips, courtesy of the RRCA, on page 7 of this issue!

Stay safe out there, and 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



SCAN
THE QR CODE
FOR \$10 OFF
REGISTRATION



REGISTER ONLINE
at RunSignup.com

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Treasurer

Ruth Kles

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Secretary

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BTC Committees

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Long Run Coordinator
Moderate Run Coordinator
Medical Director
Social Chairs

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

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Bradley Wells
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"The Vulcan Runner" Newsletter
Japan Exchange Program
1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew
Webmaster
IT Chair
USATF Representative

Rebecca Williamson
Kelly Sims
Kim Benner
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finishline@birminghamtrackclub.com
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itchair@birminghamtrackclub.com
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BTC Race Directors

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

Vicky Brakhage
Judy Loo
Marla Gruber
Hunter Bridwell

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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



BTC NEW MEMBER SPOTLIGHT



Bobby and his fiancé, Rosemarie

The BTC is a large, diverse group of runners from all over the Birmingham area and beyond. We have many runners who have been members for years, but we also love to welcome new members to our group! To help welcome our new running friends, The Vulcan Runner would like to introduce a new feature: the BTC New Member Spotlight. Whether you are a brand-new runner, a recent transplant to the city, or someone who has returned to your running roots, welcome!

This month we are thrilled to feature new member **Bob (Bobby) Hewes** and his fiancé, **Rosemarie!** Many of you met Bobby and Rosemarie at our recent Annual Party. They recently relocated to Birmingham and wasted no time finding the most fun group around! Get to know this fun couple, who are proof that age has no limits, and running can be a lifetime sport!

Here's what Bobby had to say about moving back to Birmingham and joining the BTC:

I am happy I came back home to Birmingham in December of 2023.

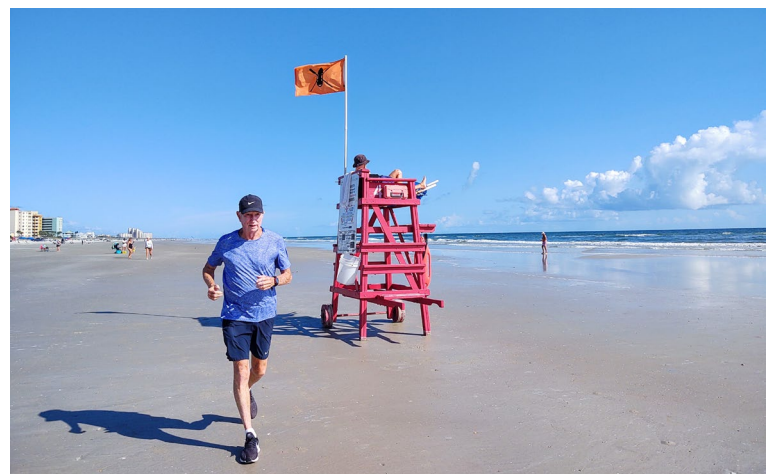
I have been running for 70 years. I grew up in Birmingham and started running on the Lakeview Grammer school sidewalks in the 7th grade. I won the Birmingham 40- and 80 -yard dashes that year. In my senior year at Ramsay High School in 1960, I came in second in the state in the 440- yard dash. So now you know I'm old!

I ran track at the University of Alabama for one year but injury and partying prevented me from continuing there. I continued running at the various places I've lived over the years. In 1979, I completed my only marathon, the Schultz Light Marathon in Tampa, Florida, running an 8:55 per mile pace.

I lived in New Smyrna Beach, Florida for the last 15 years before moving to Birmingham in 2023. I won the Daytona Running Series six times in my age group and received their "Hall of Fame" plaque. Of course, I have slowed down a lot over the years, but in New Smyrna Beach, there were a few of us in the 80 to 85 group. I hope there will be enough of us here to have that category.

My fiancé, Rosemarie, and I love Birmingham so far. Rosemarie is a great dancer, as some of you witnessed at the BTC party recently. We look forward to getting to know more of you. I plan to run, and Rosemarie wants to volunteer at BTC races.

Look for Bobby out on the roads soon! Are you a newer member of the BTC, or a member who recently has returned to running? We would love to feature you in our next issue! Please drop us an email (newsletter@birminghamtrackclub.com), and let's get to know each other better!



RUNNING SAFETY TIPS FROM THE RRCA



- » **Be street smart:** Run against traffic. Look both ways crossing an intersection/crosswalk. Obey traffic signals.
- » **Run on sidewalks:** When available, run on sidewalks. Some communities have ordinances requiring sidewalk use.
- » **Never trust a driver:** Don't assume they will give you the right of way at a crosswalk. Drivers are distracted and you are not their first priority.
- » **Be Alert:** Always be aware of your surroundings and what is going on nearby.
- » **Run with a club/crew:** Running with a group increases your safety. If you are traveling, find a club to run with. Check with local hotels about safe running routes.
- » **Be visible in the dark:** Wear reflective clothing or a lighted vest when running in the dark. Be thoughtful about running in unlit areas with poor visibility. Don't run in the middle of the road when it's dark.
- » **Be smart about headphone use:** Keep the volume low enough that you can maintain awareness of your surroundings. Don't zone-out in unpopulated areas - especially on quiet trails.
- » **Trust your intuition:** If something doesn't feel right, you may be in danger. Avoid a person or area if it feels unsafe. Get to a safe place and be ready to protect yourself.
- » **Move away from verbal harassment:** Ignoring "cat calling" is the best way to diminish that behavior by others. Take a video if someone is making threats or verbally harassing you to share with police as needed.
- » **Get self-defense training:** It is a harsh reality that people have been attacked while running. Learn how to defend yourself and strategies from getting away from an attacker.
- » **Vary your routine:** Select various routes so your routine is not too predictable when running alone. Be thoughtful about what you post online about your routes.
- » **Plan your routes with safety in mind:** Run in familiar areas that allow you to safely alter your route as needed.
- » **Carry your cell phone:** Text a friend or family member so they know you are out on your run. Find apps that can safely track your run. Use your wearable technology to keep you safe.
- » **Carry ID:** Slip it in your cell phone case or consider a Road ID that has pertinent medical information.

COMPILED FROM THE ROAD RUNNERS CLUB OF AMERICA WEBSITE, LOCATED AT:
<https://www.rrca.org/education/for-runners/runner-safety-tips/>

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:

Matt Basquill	Thomas Cortez	Bo Glasgow	Loren Kulp	Maureen Russell
Davis Bradford	Ashley Dawson	Robert Glasgow	Caroline LaFon	Chester Soileau
Chris Callahan	Bill Dawson	Ronan Glasgow	David Malick	Richard Turner
Adrienne Carter	Nora Dawson	Alan Hess	Charles McCalley	Matthew Vinson
Gay Chambers	Joseph Dease	Carl Gibson Holladay	Zaylie Quick	Josh Wade
Sarah Clay	Katherine Dease	Lakitta Johnson	Katie Reynolds	Stacy Wade
Todd Clay	Stephen Dease	Susan Keith	Jeffrey Rodgers	

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.

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!



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

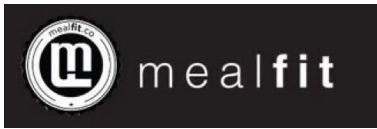
Need to restock your running wardrobe or buy some holiday gifts? The new fall/winter BTC gear is [now available to order](#) on the BTC website! We are debuting some fun new artwork as well as revisiting some classic BTC designs in multiple color options and shirt styles.



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!](mailto:Benefits@birminghamtrackclub.com)



THERAPYSOUTH

Treadmill vs. Outdoor Running: Are They Made Equal?

By Hannah Cox, TherapySouth



Like many of you, recent ice days and thunderstorm deluges forced me to use the “*dread*”-mill to stay on top of my running plans. The physiological variables my Garmin watch tracks (heart rate, exertion, cadence, and aerobic vs. anaerobic benefit) were slightly different when I compared them to data collected from runs I completed outside. This made me wonder: is a run completed on the treadmill equal to a run completed outside? If not, how are they different? Here is what the research had to say:

Submaximal VO_2 Pace (Defined as VO_2 less than 80% of $VO_{2\text{Max}}$)

- When comparing a run outside and running on the treadmill, a person’s submaximal VO_2 was almost the same.
- Blood lactate values were measured to be lower on the treadmill
- Preferred Running speeds were slower on the treadmill
- Heart rate and perceived exertion (RPE) varied at submaximal levels:
 - At faster rates of submaximal levels, both RPE and HR were higher on the treadmill
 - At slower rates of submaximal levels, both RPE and HR were lower on the treadmill

Maximal VO_2 Pace (Defined as VO_2 greater than 80% of $VO_{2\text{Max}}$)

- VO_2 and blood lactate values were lower when running outside
- Heart rate and perceived exertion were both similar when comparing running outside to running on the treadmill.

$VO_{2\text{Max}}$ and maximal heart rate were similar when comparing both conditions

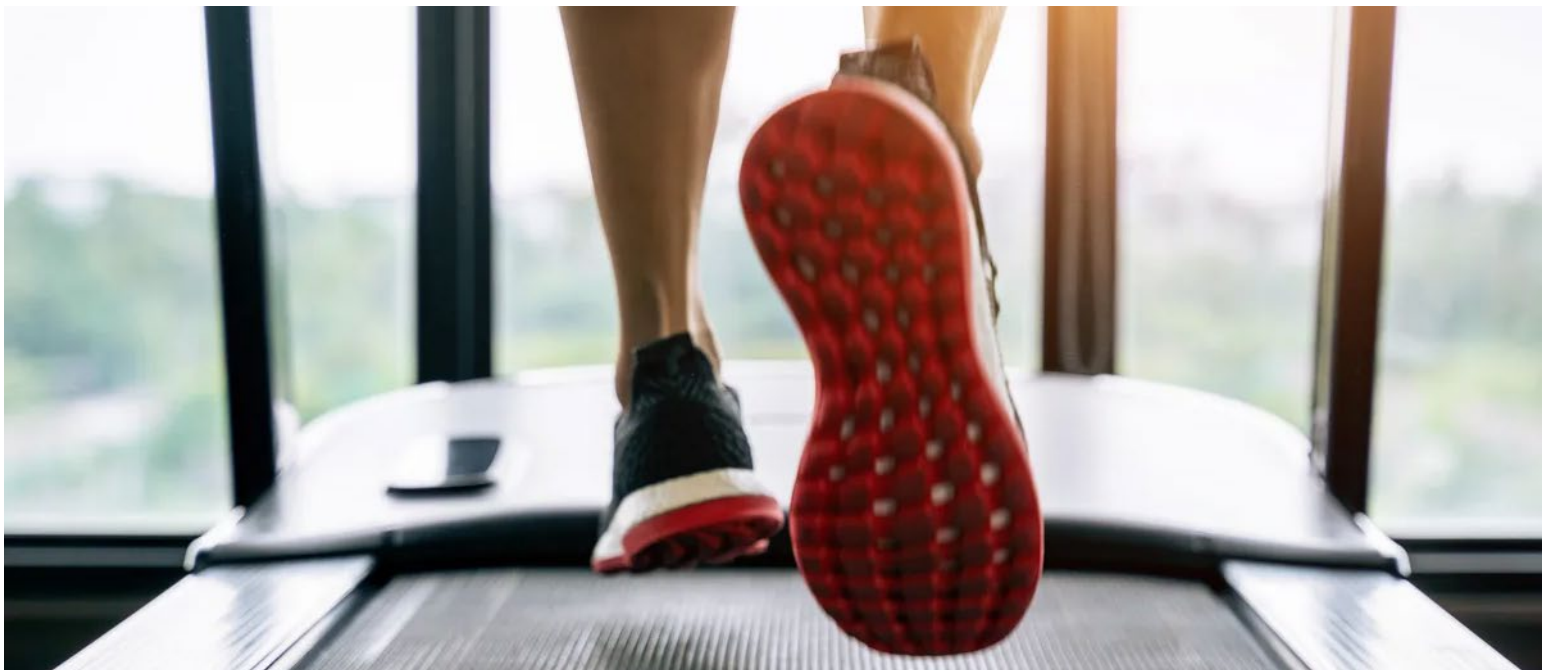
It was hypothesized by several articles that some of the differences are a result not only of the running surfaces, but of the environments. One variable of consideration was wind resistance. When running outside, wind resistance increases as speed increases. Therefore, most research studies on the treadmill are performed on a 1% incline to best match the physiological workload of outdoor running.

The bottom line is: I believe we are comparing apples to oranges. As summarized above, your treadmill workout may need tweaking based on what physiological variable you consider priority. Ultimately, the differences are not large enough for me to deter anyone from the treadmill. What is more important is staying consistent and showing up for each workout!

** $VO_{2\text{Max}}$ is defined as the amount of oxygen that an individual can utilize during intense or maximal exercise. It is used to measure cardiovascular fitness and aerobic endurance. Other measurements of VO_2 are a percentage based from an individual’s $VO_{2\text{Max}}$.*

**RPE is defined as Rating of Perceived Exertion. This is a subjective assessment the runner makes, based on how hard he or she believes to be working.*

**Blood lactate levels essentially serve as an indirect marker for biomechanical events such as fatigue within exercising muscles.*



Strengthen your movement with TherapySouth Endurance

Get your running efficiency to it's maximum potential by having it evaluated by a TherapySouth Endurance specialist. Our trained therapists use gait analysis to assess your dynamic pressure and patterns during activity.

Our services:

- identify movement dysfunction to decrease stress to joints and soft tissues while preventing injury
- provide treatments that can improve efficiency and power, increase flexibility and speed up recovery



TherapySOUTH 

Scan the QR code to learn more
about our wellness programs.



TIME TO PARTY WITH THE BTC

SHAMROCK SOCIAL

JOIN US AT MONDAY NIGHT BREWERY ON 3/16 FROM 2-4
DESSERTS AND DOOR PRIZES

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, 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 March 3, 2024 are listed below.

Participant	Total
Adams, Ryan	265
Adwell, Stephen	174
Ahmed, Kabeer	133
Alvarez, Jose	575
Barron, Darlene	0
Barton, Tabitha	205
Basquill, Matt	226
Benner, Kim	128
Bennett, Mitchell	48
Blackmon, Kim	275
Bookout, Jason	0
Bookout, Kimberly	451
Bossard, Teri	194
Boswell, Ryan	185
Bouley, Rachel	168
Brakhage, Victoria	189
Bray, Elizabeth	317
Brown, Katie E.	106
Brown, Katie G.	233
Brown, Sean	21
Bryant, Jason L.	214
Burst, Theresa	0
Caine, Lawrence	133
Callahan, Chris	0
Calvert, Aaron	295
Campos, Chris	0
Carden, Melissa	361
Carlton, Bob	219
Carter, Adrienne	0
Chaffinch, Violet	161
Chambers, Gay	184
Chandler, Teresa	185
Clay, Brad	402
Clay, Sarah	204
Cleveland, Jeff	247
Cliett, Stephanie	260
Coe, Emily	0
Coe, Matt	258
Coleman, Tim	327
Cooper, Cara	218
Cowie, Katelyn	205
Cramer, Robyn	260
Cramer, Steve	79
Creed, Brad	76
Deffenbaugh, Todd	237
Dimicco, Al	238
Dixon, Jeff	251
Downs, Matt	184

Participant	Total
Duke, Cindy	210
Eberhardt, David	0
Ennis, Amanda	222
Ennis, Matt	360
Estes, Cameron	232
Evans, Debbie	160
Fisher, Kaitlin	0
Flanery, Haley	372
Fons, Aaron	287
Foreman, Michael	155
Franklin, Shane	211
Frederick, Winston	137
Gaston, Katie	186
Gaston, Michael	426
Grainger, Matt	333
Gray, Michael	137
Gullapalli, Satya	231
Hall, Thomas	0
Hannah, Edward	40
Hanson, Valerie	137
Hargrave, Alan	209
Harlow, Craig	0
Harrelson, Karen	237
Harrison, Lisa	217
Hatcher, Heydon	277
Henninger, Alison	196
Herron, Michael	179
Hogeland, Angie	209
Hogeland, Jeff	218
Holder, Gene	0
Hoover, Alison	0
Hoover, Jim	187
Howell, Allen	0
Huddleston, Clare	371
Jenkins, Kaki	346
Jensen, Sarah	202
Johnson, Kimberly	201
Johnson, Phillip	195
Johnson, Troy	291
Jones, Caleb T	218
Jones, Julie	191
Kaylor, Sara	0
Kazamel, Mohamed	425
Kemper, Tricia	263
Kles, Ruth	289
Knight, David	0
Koepp, Bryan	121
Krick, Stefanie	305

Participant	Total
Kuhn, Jimmy	0
Kulp, Loren	114
LaFon, Caroline	0
Laird, Audrey	101
Lamb, Patrick	189
Lancaster, Jeff	238
Losavio, Lauren	255
Lovett, Meg	246
Lyda, Beth	256
Lyda, John	195
Lyle, Randy	0
Malick, David	285
Mathews, Skip	106
Matthews, Jamieson	213
McCalley, Charles	110
McElroy, Catherine	163
McGriff, Colton	200
McLain, Chase	55
McShan, Kenneth	0
Melton, Kristen	109
Merry, Vicki Sue	300
Miller, Pamela	305
Millican, Randolph	240
Morris, Gordon	0
Moss, Renie	200
Muncher, Monica	0
Nodjomian, Jason	168
Noerager, Brett	471
Noerager, Felicia	0
Northern, Kristie	337
Oechslin, Tamara	0
Orihuela, Carlos	295
Ortis, Ellen	0
Padgitt, Scott	249
Palmer, Irma	0
Parks, Charlie	415
Patrick, Yeadon	0
Pearce, Julie	0
Plante, David	0
Pritchett, Leigh Ann	170
Rakestraw, Stephanie	169
Randolph, Megan	242
Rawson, Brent	123
Rearden, Shannon	396
Reaves, Brandon	0
Reaves, Brittany	263
Renfro, Jeff	199
Richetti, Vee	0

Participant	Total
Richey, Lori Beth	203
Robinson, Tamara	0
Roper, Lynn	173
Rose, Billy	423
Ruschhaupt, Skyler	264
Russell, Maureen	0
Rutledge, Lisa	0
Sherer, Jeremy	171
Sherrell, Jeff	357
Shin, Ye Jung	430
Shinn, Ronald	124
Sides, Dean	72
Silwal, Suman	0
Simpson, Kevin	0
Sims, Cecelia	0
Sloane, Mike	231
Smith, Daryl	250
Smith, Erin	145
Smith, Holly	0
Smith, Jason	199
Smith, Jerry P.	218
Soileau, Chester	0
Starnes, Dan	0
Steele, Julianne	81
Steers, Eddie	483
Stockton, Rick	156
Strother, Jamar	106
Thornton, Amanda	234
Trimble, Jamie	0
Valles, Tina	0
Waddell, Chassi	115
Waid, David	173
Walker, Brooke	223
Walton, Suzie	180
Waters, Marc	201
Watkins, Britney	201
Watkins, Tommy	219
Wende, Adam	0
Whatley, Prince	246
Wheeler, Elizabeth	187
White, Robin	253
Williams, Mattie	0
Winstead, Rachel	0
Wiseman, Steve	275
Wu, Xing	0
York, Gary	268
Zajac, Jason	349

SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

February 19, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Ruth Kles, Vicky Brakhage, Ellen Ortis, Cameron Estes, Kaki Jenkins, Alex Morrow, Maureen Russell, Judy Loo, Kelly Sims, Mark Criswell, Haley Flanery, and Alan Hargrave.

Vicky Brakhage made a motion to approve the minutes of the January 2024 Executive Board Meeting. The motion was seconded by Alex Morrow and passed without opposition.

Membership (Cameron Estes)

We currently have 771 members and 613 memberships.

Saturday Morning Long Run (Cameron Estes)

We have a 20 mile run scheduled on April 6, 2024, which is the date for Statue 2 Statue. Race Director, Judy Loo, has offered that anyone who wants to do Statue 2 Statue can contact her at statue2statue@birminghamtrackclub.com and she will order them a special S2S2S shirt. All participants will need to let Judy know by March 18, 2024, so she can order the correct number of shirts by the deadline.

There are 16 miles on the schedule for the next long run. The Trak Shak is having their big sale that same day.

Newsletter Editor (Jamie Trimble)

The next newsletter publication date will be on March 4, 2024. Please have all newsletter content to Julie Pearce by Friday, February 23, 2024.

Treasurer (Jamie Trimble)

Welcome to our new treasurer, Ruth Kles. Ruth will plan to have a meeting with Jamie Trimble and April Harry to discuss the transition later this week. The monthly financial statement will be sent after this meeting.

1200 Mile Club (Kelly Sims)

There are 178 registered for this year's 1200 Mile Club. Kelly Sims and Bradley Wells are working on distributing the jackets that were ordered. We have a lot of left over jackets from years past and it was decided to sell those old jackets for \$25.

Adam's Heart Runs (Vicky Brakhage)

The total number of registrants for Adam's Heart Runs was down 120 this year from last year. We believe this was due to the bad weather and the Railway 5K, Half-Marathon, Marathon, and Ultra that took place the very next weekend. Our total expenses were down \$1,719 from last year, but we lost approximately \$1,500 due to the registration numbers being down. Discussion was held regarding changing the date of next year's race to either earlier in January or to the middle of February to allow more time between Adam's Heart Runs and the Railway races. It was decided to set a preliminary date of January 18, 2025.

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

The BTC annual party was a huge success. We came in approximately \$1,700 under budget. The total cost for the part was about \$6,300.

Member Benefits (Ellen Ortis)

O'Henry's has graciously offered to provide a free drink coupon to all members who complete their 1200 miles for the year.

Merchandise (Bradley Wells)

There is a large inventory of shirts that are waiting to be picked up. Bradley Wells plans to order singlets in March or April for the warmer months. We will create a discount code for the volunteers who won merchandise discounts.

USATF Representative (Charles Thompson)

Charles Thompson handed out a schedule of events for the Birmingham Crossplex. On March 15-16, the University of Montevallo is holding their Falcon Classic Invite. On March 29-30, UAB is holding their Spring Invite. On June 8, the Alabama Sports Festival will be at UAB. High school JV and middle school track and field will start in March.

Marketing (Alex Morrow)

Currently, we are focusing our marketing on Statue 2 Statue and promoting the fall goal race, which is the St. Jude Rock-N-Roll Running Series in Nashville.

Moderate Run Group (Mark Criswell)

The Saturday Morning Moderate Run Group is offering a 15K training plan to build up for Statue 2 Statue.

Japan Exchange (Jamie Trimble)

We recently had a meeting about restarting the Japan Exchange Program. Before we can reach out to Maebashi about the Japan Exchange, we will need approval from the City of Birmingham to invite runners here for Vulcan 10K. We are currently pursuing sponsorships to help with the cost of bringing runners from Japan if we get approval.

Statue 2 Statue (Judy Loo)

Statue 2 Statue is scheduled for April 6, 2024. The deadline to be guaranteed a t-shirt is March 18, 2024. Judy Loo is working on some corporate sponsorships. The cost for Mountain Brook police increased by \$75 per officer. Cola Cola is sponsoring bottled water and sports drinks. Parking is on Kemper's property and they requested that we sign an indemnification agreement and that we add them to the race's insurance coverage. We will need someone with a truck to help set up the three water stops and pick them back up after the race. There will be discount offered during for the Trak Shak's big sale from February 23-25, for \$10 off the race registration.

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BTC EXECUTIVE BOARD MEETING

February 19, 2024

IT Chair (Alan Hargrave)

There was a question regarding whether or not we can confirm what percentage of our group emails are actually viewed. Alan Hargrave was able to find that information through RunSignUp. For example, the most recent mass email sent on February 15, 2024 had a 75% viewing rate.

All of the race directors would like to have a RunSignUp training meeting. We will see about scheduling that.

Social Committee (Haley Flanery, Kaki Jenkins, Maureen Russel)

There will be an afternoon social on Saturday, March 16, 2024, at Monday Night Brewery. The current time for the social is planned for 2:00-4:00. Participants will need to purchase their own drinks, but the BTC will provide dessert and door prizes. The social will have a St. Patrick's Day theme, so we are calling it the Shamrock Social. We plan to offer a membership signup discount and a S2S discount during the social.

Old Business

We previously discussed the option of offering a race series challenge in which a data company can calculate overall winners for the full race series. Because we did not learn about this option until just a few weeks before Adam's Heart, we think it is better to work on getting it set up this year and we can possibly offer it for the 2025 BTC Race Series.

We previously discussed the possibility of hosting a BTC track meet. Unfortunately, the only open date that we could host the track meet this year is Memorial Day weekend. Discussion was held regarding several local races happening that weekend and the fact that a lot of people go out of town for the holiday. As such, it was decided to table further discussion on the track meet for a later date.

We are currently working on finalizing a sponsorship proposal to submit to Blue Cross and Blue Shield.

New Business

The Blue Cross Blue Shield Kids Marathon will be at Spain Park High School on Saturday, February 24, 2024. We could use some volunteers to help get the race started. They will need to be there by 8:30 am. The race starts at 10:00 am.

The RRCA National Convention is at Costa Mesa, California on May 2-5, 2024. Jamie Trimble made a motion to approve \$3,200 for expenses for him to attend for the RRCA National Convention. The motion was seconded by Judy Loo and passed without opposition.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, March 11, 2024, at 6:00 p.m.



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	March 9, 2024	6:00 a.m.
West Georgia Track Club 10k/5k (Carrollton, Georgia)	March 9, 2024	8:00 a.m. (EST)
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.
Rumpshaker 5k and 1 Mile Fun Run	March 23, 2024	8:00 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.
Statute 2 Statue 15k (*BTC Race Series Race*)	April 6, 2024	8:00 a.m.
High Country 5k and 1 Mile Fun Run (Hoover)	April 6, 2024	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	April 13, 2024	6:00 a.m.
Red Shoe Run: Rockin' 5k and 1 Mile Fun Run	April 13, 2024	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	April 20, 2024	6:00 a.m.
Mutt Strutt Dog-Friendly 5k and Fun Run	April 20, 2024	7:30 a.m.
The Indy 5k Presented by BlueCross BlueShield of Alabama (Barber Motorsports Park)	April 26, 2024	5:30 p.m.
BTC Saturday Long and Moderate Run Groups	April 27, 2024	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 4, 2024	6:00 a.m.
Red Bull Wings for Life Virtual Run	May 5, 2024	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 Alan Hargrave](#), or visit the BTC website to [submit your race](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

