



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

April 2023 4



STATUE TO STATUE:

A Little Rain Won't Wash Away Those Hills!

By Judy Loo, Race Director

Photo credit:
Just4Running

www.BirminghamTrackClub.com

[f /BirminghamTrackClub](https://www.facebook.com/BirminghamTrackClub)

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

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

2 Statue to Statue

4 President's Address

6 Medication and Miles

10 Heat Vs. Ice – Which
Should I Choose?

11 1200 Mile Club

16 Feets of Strength

STATUE TO STATUE:

A Little Rain Won't Wash Away Those Hills!

Photo credit:
Just4Running



As we were setting things up for Statue to Statue, it started to rain. That's not a problem for most runners; rain cools things off, after all. But a bad storm. . . that's NOT okay! It was a little stressful trying to coordinate a point-to-point run during a storm. We had to consider shelter for the runners and volunteers, and we knew we could not send runners to the start line during a storm. As we started to line up our Plan B, the weather started to improve. We were so thankful that the stormy weather started to clear, and we were able to get the run going with just a five-minute delay. It turned out to be a beautiful day after all!

Our top three overall males were Gatlin Holland with a 51:06 time followed by Frank Matte (54:01) and Alec Beers (55:33). Our top three overall females were Lauren Hendrix with a 1:05 time, follow by Lindsay Hackney (1:06) and Catherine Poo Ramos (1:08 time).

Lauren Hendrix was one of the over achievers who ran from the finish line to the start line prior to the race -- and then completed the race. Several other runners ran both ways and placed in their age groups, including Jason Smith, Tamara Robinson, and Cary Morgan. Way to go, everyone!

The logistics of the Statue to Statue race are many, and it would not be possible to put on a successful race without the wonderful volunteers who stepped up to help with every detail. I'd like to give a special shout out to Ellen Ortis, who learned to drive a box truck to assist with transporting race day supplies between the BTC warehouse and the race location. This can be a thankless, but important, job, and I am grateful for her help. There are far too many volunteers to thank each of you individually, but you know who you are and how much I appreciate you! From assisting with packet pick up to hosting water stops and coordinating transportation, it takes a village to put on a race, and you all are the best!



CONTINUED ON NEXT PAGE

STATUE TO STATUE:

A Little Rain Won't Wash Away Those Hills!

Photo credit:
Just4Running

I also want to thank our wonderful sponsors: BTC, Therapy South, Andrews Sport Medicine, Resolute Running, Championship Racing (got the race started), Just4Running (photographer), Trak Shak (hosted the packet pickup), and Piggly Wiggly River Run. And a special thank you to Dr. Craig Martin at the Liberty Animal Hospital and Village Pet Care for the awesome post-race party, along with Brooke Dodson for the wonderful Nathan Hot Dogs that were donated for post-race treats!

Congratulations to all the runners. Thank you for running the 2023 edition of Statue to Statue, and I hope to see you next year!



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

Wow, what a party! If you missed our first big run social of the year on Saturday, March 18th at Ladybird Taco, you missed some serious fun! While Mother Nature continued her schizophrenic ways, dropping a cold morning on us after teasing us with Summer breezes just days before, we still had a great turnout. The tacos, chips, salsa, coffee and donuts were amazing, and the door prizes were plentiful. Thank you to our friends at TherapySouth, Trak Shak, and Resolute Running for some great door prizes, and to all of the many race directors who donated race entries. Thank you to all of the runners who came out to support this amazing club! And, a special thanks to Cameron Estes for helping the Social and Marketing Committees make this such a great event. We are already in the planning stages for another late-spring run social, so be on the lookout and don't miss the fun!

This past Saturday was the return of the annual Statue 2 Statue 15k. This race isn't called The South's Toughest 15k for no reason -- it's a Birmingham running right of passage. We had a great turnout, despite a little scary weather before the start. But as always, Race Director Judy Loo and all of our outstanding volunteers adapted and made it another great race. Thank you to Richard Langston for heading up the water stops, and a special shout out to Ellen Ortis for stepping up to drive the equipment truck and help with the race equipment in my absence. These races are possible because of many people who give of their time to volunteer. Please keep that in mind when the Peavine Falls Run comes around in July. We can always use the help!

Speaking of volunteer opportunities, as Mother Nature has decided that we should skip Spring and go straight into Summer, the Saturday Morning Long and Moderate runs can use your help with water stops. Like races, the Saturday morning run water stops are provided strictly by volunteers. So, if there is a water stop near you, please consider stocking it for the Saturday run groups. Or, if it's not convenient for you to do so, please try to coordinate with someone who can and contributing supplies or funds to help cover the cost.

Over the weekend of March 24th-26th, I had the privilege of representing this amazing club at the 65th RRCA National Convention in Chicago. For those of you who don't know about the Road Runners Club of America, it is the national running club organization of which the BTC is a member. The RRCA provides our club insurance as well as a wealth of information and support upon which we rely. This was an amazing opportunity to connect with running clubs and running leaders from around the country. We

had morning group runs, numerous informational sessions over two days, and networking opportunities to meet and learn from other clubs.

One thing that was reinforced for me at the RRCA Convention was that sometimes you don't realize what a great organization you have until you see things from the outside. There are always ways we can improve, but on many occasions when talking about best practices, I found myself thinking (and even saying), "we do that already". This is a tribute to the leaders of this club (well before me). I was also able to spend time getting to know our new RRCA State Representative (and BTC member), Teri Bossard. Terri is taking on the State Rep role as our very own Alex Morrow expands his role as an instructor in the RRCA Coaching Certification Program. Welcome, Terri!



Stay safe, hydrate, take care of your fellow runners, and I look forward to seeing you on the roads!

Jamie Trimble
BTC President

2023 Officers



President

Jamie Trimble

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Bradley Wells

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Medical Director
Social Chairs

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

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

Marketing/Social Media
Membership
Membership Benefits
Merchandise

Alex Morrow
Cameron Estes
Sara Thompson
Bradley Wells
Julie Pearce

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

"The Vulcan Runner" Newsletter
Japan Exchange Program

Rebecca Williamson

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

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

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

BTC Race Directors

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

Lisa Booher
Judy Loo
Hunter Bridwell
Hunter Bridwell

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

BTC Mission Statement

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

Contact BTC at:

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

Race Results

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



MEDICATION AND MILES:

Eye Need a Reminder Part I

By Ashton Bellamy, PharmD Candidate, 2023 and Kim Benner, PharmD, BCPS



There is no doubt that running has many health benefits. Running outdoors in various conditions and climates exposes a runner to changing seasons. While the variety may be nice, different amounts of sunlight and allergens can irritate and damage runners' eyes acutely and over time. The effects of the climate and other factors can influence the frequency at which a runner may experience eye irritation, allergies, and dry eyes. Just like athletes take care of their muscles before and after running, the same focus should be placed on eye health, which may mean being proactive and having the right products and practices to maintain the best eye health possible. The next two Medication and Miles columns will focus on taking the best care of our eyes so we can see the road ahead clearly.

SEASONAL PROTECTION AND DRY EYES.

While Alabama winters are not extremely cold, it is important to consider that cold weather can be a source of inflammation for the eyes. Cold weather can lead to evaporation of the tears that coat the eye itself, which triggers the lacrimal gland to produce extra tears.¹ Evaporation can give the sensation of dry eyes, and the natural response is to produce tears. A non-inclusive list of symptoms related to dry eye can include burning sensations in the eye, scratchy or gritty feeling, and eye fatigue.² Runners who experience dry eyes can alleviate some of the dryness by humidifying indoor spaces, avoiding fans, and minimizing exposure to smoke and other pollutants that may cause further inflammation. If more relief is needed, over the counter (OTC) eye drops can be an option for short-term use. If the drops do not provide adequate relief, or if use extends beyond a few weeks, it is important to seek the advice of a medical provider.

OTC eye drops come in a range of different viscosities and can either contain preservatives or be preservative-free. These factors will influence the frequency of use, duration of effects, and cost. Some options that contain preservatives include Refresh Tears, GenTeal, and Systane. These can be used up to four times per day if needed. The preservatives contained in these brands inhibit bacterial growth once the package has been opened. Preservative-free options include Refresh Plus, TheraTears, and Visine Tears PF. These options are a little more expensive (\$10-\$24 range) because each application is a one-time use, but they are free from chemical preservatives and may be more advantageous for those suffering from moderate to severe dry eye because they can be used more than four times per day if needed.

Gels and ointments are high-viscosity options that can provide relief as well, but because they cause blurry vision, they are only recommended for application at night. Systane Gel and Refresh PM Ointment are examples of options that can be used at bedtime to provide some relief for dry eyes. An important note regarding the use of eye drops in general is that they are not to be used with contact lenses unless recommended otherwise by a medical provider.³ As previously stated, if non-pharmacologic and OTC options do not relieve dry eye symptoms or use extends beyond a few weeks, then long-term supervision under the care of a physician is warranted, and prescription eye drops may be helpful.

HOW RUNNING HELPS OUR EYES

Evidence suggests exercise can reduce the risk of developing glaucoma, which is high eye pressure. Similar to the effects that high blood pressure can have on other aspects of a person's health, high eye pressure can lead to permanent or serious issues as well, including blindness. International researchers also have found that regular exercise, not just running, may reduce the risk of developing cataracts by up to 35%.^{4,5} Also related to aging, runners may have lowered risks of developing age-related macular degeneration (AMD), which leads to progressive loss of central vision, meaning difficulty with fine details and reading.⁶ While there are no validated explanations for this, exercise is thought to keep the body "biologically young" and therefore aging-related problems, such as AMD may be decreased in those who frequently exercise. Lastly, running can also help control blood glucose levels. Having

CONTINUED ON NEXT PAGE

MEDICATION AND MILES:

Eye Need a Reminder Part I

high blood sugar can lead to diabetes and related complications, one of which is diabetic retinopathy, which is damage to the retina that can progress to blindness.⁷

It is just as important to maintain eye health as it is to warm-up and cool down muscles before and after exercise. Being proactive or treating common issues that can result from exercise can be relatively painless and affordable. Vision is one of the greatest gifts we have because it allows us to observe the world around us. Knowing what can be done to help prevent, treat, and maintain our eye health is another way runners are empowered to better take care of our bodies.

EYE HYGIENE AND QUICK TIPS⁸

- Make sure the drops are for the eye (“optic”)
- Follow instruction on package/ask the pharmacist
- Check expiration dates
- Always use clean hands and remove contacts (unless otherwise directed) before applying eye drops
- Tilt head back or lie down.
- Gently pull lower eyelid down to create a pouch to apply medication.
- Look up and squeeze bottle to allow for the drop to fall into the pouch in the lower eyelid. Do not touch the bottle to any part of the eye.
- Let go of lower eyelid and close eyes for around three minutes.
- If using multiple eye medications, wait five minutes between administrations; if using drops and an ointment, use drops first and then wait ten minutes to apply ointment.
- If using an eye drop containing preservatives, discard 30 days after opening; if using a single use, preservative-free drop, discard the applicator after a single use

Part II of this series will continue our focus on good eye health by reviewing sweat and sunlight protection and allergies.

References

1. *Why your eyes water when it's Cold outside.* Georgia Center for Sight. [https://www.georgiacenterforsight.com/blog/why-your-eyes-water-when-its-coldoutside/#:~:text=When%20cold%20air%20causes%20more,film\)%20to%20produce%2extra%20tears.](https://www.georgiacenterforsight.com/blog/why-your-eyes-water-when-its-coldoutside/#:~:text=When%20cold%20air%20causes%20more,film)%20to%20produce%2extra%20tears.) Published October 28, 2020. Accessed March 12, 2023.
2. *Over-the-counter treatments for Dry eyes.* Kirk Eye Center. <https://www.kirkeyecenter.com/over-the-counter-treatments-for-dry-eyes/>. Published December 14, 2021. Accessed March 12, 2023.
3. *Wilkinson CP. Should I take out my contacts to apply artificial tears?* American Academy of Ophthalmology. <https://www.aao.org/eye-health/>

ask-ophthalmologist-q/should-i-take-out-my-contacts-to-apply-artificial-#:~:text=Yes%2C%20you%20can%20use%20the,lens%20wearers%20(as%20labeled). Published February 4, 2022. Accessed March 12, 2023.

4. *Vigorous exercise may help prevent vision loss - Berkeley Lab. News Center.* <https://newscenter.lbl.gov/2009/02/09/vision-loss/>. Published February 9, 2009. Accessed March 12, 2023.
5. *Carter H. Regular exercise reduces cataract risk, research confirms.* Optometry Australia. https://www.optometry.org.au/research_surveys/regular-exercise-reduces-cataract-risk-research-confirms/. Published June 18, 2020. Accessed March 12, 2023.
6. *Williams PT. Prospective study of incident age-related macular degeneration in relation to vigorous physical activity during a 7-year follow-up.* Invest Ophthalmol Vis Sci. 2009 Jan;50(1):101-6. doi: 10.1167/iops.08-2165. Epub 2008 Jun 19. PMID: 18566466; PMCID: PMC4090325.
7. *Green K. Does marathon training improve your vision? 5 ways running boosts your eye health.* Optimax. <https://www.optimax.co.uk/blog/marathon-training-improve-vision-5-ways-running-boosts-eye-health/>. Published January 22, 2022. Accessed March 12, 2023.
8. *Duprey K, Aquino M, Teape D, Rebeiro K. Seasonal allergy eye drop tips.* Lifespan. <https://www.lifespan.org/lifespan-living/seasonal-allergy-eye-drop-tips>. Published April 18, 2022. Accessed March 12, 2023.

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

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:

Elizabeth Alderete	Ryan Boswell	Carla Grady	Patty Landry	Hilary Vrocher
William Belew	Ashley Dawson	Lindsay Hackney	Elishua Markham	Rhett Wheeler
Cameron Bookout	Matt Denton	Karen Harrelson	Kenneth McShan	
Jason Bookout	Lori Edmonds	Jennifer Harrelson	Jeff Renfro	
Kaylee Bookout	Daryl Flanagan	Gene M Holder	Bob Sims	
Kimberly Bookout	Misty Fontenot	Amanda Knopf	Jessica Sparks	
Lilah Bookout	Ashraf Fouad	Bruce Korf	Diamond Vrocher	

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, 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 Jamie Trimble](#).





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.**

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!



HEAT VS. ICE – WHICH SHOULD I CHOOSE?

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



A question we hear often in our clinic from patients is: “Which is better: heat or ice?” Frequently, my response is not as simple as the question posed. There are times when heat is a better choice and other times when ice is the best treatment. The following table illustrates generally how each modality works.

HEAT	ICE
<p>Improves pain</p> <p>Increases blood flow</p> <p>Improves muscle flexibility and extensibility</p> <p>Decreases stiffness in joints</p> <p>Greater relief from Delayed Onset Muscle Soreness (DOMS)</p> <p>My recommendations for use:</p> <ul style="list-style-type: none"> • Use before an event/ between events • Use when outside temps are cold • Use when sore from previous workout 	<p>Improves pain</p> <p>Reduces blood flow</p> <p>Decreases swelling</p> <p>Decreases inflammation</p> <p>Reduces metabolic demand of cellular structures</p> <p>My recommendations for use:</p> <ul style="list-style-type: none"> • Use within first 24-72 hours of injury • Use on areas of inflammation (i.e. patellar tendonitis) • Use upon completing a workout or activity

The only “absolute” in this debate is when battling an acute injury. An acute injury is an injury that occurred less than seventy-two hours prior. In that scenario, the best choice is ice because ice minimizes swelling and decreases cellular metabolism. Outside of this three-day window, heat or ice could be used for relief.

I choose ice for pain relief to numb pain from ruptured, strained, or broken structures (i.e. ruptured tendons or broken bones) throughout the recovery of my patients. Generally, this helps people feel more comfortable. Another situation where ice can be very helpful is immediately following a hard workout. Following my long run, I jump into an ice bath. Sitting in an ice bath lowers my core temperature, shunting blood flow from my legs to my abdominal organs. This slows the cellular metabolism in my legs, preventing me from feeling hot and restless when I try to sleep that evening. Additionally, I feel more recovered the following day for an easy workout.

Although the evidence is limited, the overall consensus is that heat does a better job of reducing Delayed Onset Muscle Soreness (DOMS). Therefore, the day after my long run, I use heat prior to my mobility workout or easy run. Heat is believed to reduce DOMS and stiffness because heat promotes blood flow. Increased blood flow and body temperature directly improve the ability of a muscle to tolerate stretch and increased loads. Joints also demonstrate improved mobility and less stiffness when heat is applied. The joint capsule (outer covering of a joint) is made of a connective tissue that is similar to Saran Wrap. Just like Saran Wrap, the joint capsule stretches to allow for range of motion. Just as heat improves the pliability of muscles, it improves the pliability of joint capsules.

To summarize my recommendations as simply as possible, I recommend ice for significant injuries to reduce pain and swelling. I recommend heat to decrease DOMS from workouts in previous days and to improve mobility before your next round of activities. Use heat as part of your warm-up and ice as part of your cool-down!

Despite the different results they can provide, both heat and ice should be used in a similar way. Apply heat or ice to the problem area for 10-15 minutes. Make sure to include a barrier between your skin and the hot pack or ice pack to prevent burns. If you have any questions regarding ice or heat treatments, please e-mail us at tsendurance@therapysouth.net and we will be happy to help!



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 April 4, 2023 are listed below.

Participant	Total
Adwell, Stephen	267
Ahmed, Kabeer	255
Altobella, Janet	0
Anderson, Kerri	195
Bailey, Brittany	353
Barron, Darlene	395
Barton, Tabitha	295
Belew, William	0
Benner, Kim	423
Bennett, Mitchell	404
Benson, Wayne	266
Blackmon, Kim	276
Boackle, Larry	0
Boackle, Tomie Ann	0
Booher, Lisa	0
Bookout, Jason	205
Bookout, Kimberly	194
Bossard, Teri	288
Boswell, Ryan	211
Bradley, Michelle	159
Brakhage, Victoria	339
Bray, Elizabeth	340
Bridges, John	106
Bromberg, Georgia	104
Brown, Charlie	476
Brown, Katie E.	412
Brown, Katie G.	212
Brown, Sean	295
Bryant, Jason L.	311
Caine, Lawrence	264
Callahan, Chris	537
Carden, Melissa	514
Carlton, Bob	221
Carter, Adrienne	0

Participant	Total
Chaffinch, Randy	211
Chaffinch, Violet	313
Chandler, Teresa	397
Cheek, James	30
Clay, Brad	605
Clay, Sarah	303
Cleveland, Jeff	467
Cliett, Stephanie	405
Cobb, Patty	320
Cockerill, Kandy	133
Coffin, Diane	437
Coleman, Tim	463
Colpack, Susan	280
Corrin, Roger	303
Crain, Teresa	0
Cramer, Robyn	215
Cramer, Steve	124
Crawford, O'Neal	0
Creed, Brad	282
Crowson, Bill	0
Crunk, Emmagene	0
Davidson, Lori	407
Dawson, Ashley	633
Deffenbaugh, Todd	309
Denton, Matt	441
Dimicco, Al	289
Dixon, Jeff	391
Downs, Matt	282
Duke, Cindy	355
Eason, Sydney	0
Elrod, Stacey	0
Ennis, Amanda	288
Ennis, Matt	0
Estes, Cameron	390

Participant	Total
Estrada, Steven	832
Evans, Debbie	555
Everitt, Mollie	174
Files, Timothy	26
Flanery, Haley	449
Fons, Aaron	307
Forbus, Reed	289
Foreman, Michael	247
Frankel, Ali	232
Franklin, Shane	114
Frederick, Winston	258
Freeman, Sheila	185
Gaston, Michael	429
Gayheart, Cheryl	357
Gee, Lynique	111
Goode, Johnny	382
Grady, Carla	0
Graham, Jon	404
Grainger, Matt	466
Gray, Michael	252
Griffin, Misty	396
Gruber, Marla	80
Gruschow, Mariana	117
Gullapalli, Satya	0
Hall, Thomas	51
Hanna, Cara	306
Haralson, Danny	211
Haralson, Micki	0
Harding, Brandy	150
Hargrave, Alan	306
Harrison, Lisa	337
Henderson, Andrew	433
Henninger, Alison	337
Holder, Gene	212

Participant	Total
Hoover, Alison	153
Howell, Allen	343
Howell, Rachel	253
Izard, Melody	0
Jenkins, Kaki	399
Jenkins, Kate Herrera	0
Jensen, Sarah	173
Johnson, Ethan	327
Johnson, Liz	0
Johnson, Phillip	341
Johnson, Troy	267
Kazamel, Mohamed	0
Keith, Jerry	0
Keith, Susan	0
Kemper, Tricia	248
Knight, David	0
Kuhn, Jimmy	0
Kulp, Loren	305
LaFon, Caroline	298
Laird, Audrey	406
Lamb, Patrick	157
Lamb, Patrick	0
Lancaster, Jeff	348
Landefeld, Dale	375
Lovett, Meg	76
Lyda, Beth	394
Lyda, John	126
Lyle, Randy	321
Malec, Bonnie	210
Malick, David	248
Markham, Elishua	166
Martin, Sheree	126
Mathews, Skip	307
Matthews, Jamieson	310
McElroy, Catherine	351
McLain, Chase	206
McShan, Kenneth	350
Melton, Kristen	364
Merry, Vicki Sue	522
Morris, Gordon	42
Morrow, Alex	0
Mott, Marilyn	45
Muncher, Monica	205
Noerager, Brett	422
Noerager, Felicia	271
Northern, Kristie	439
Norton, Laura	577
Oechslein, Tamara	315
Oehrlein, Kimberly	212

Participant	Total
Orihuela, Carlos	253
Ortis, Ellen	0
Padgitt, Scott	397
Parks, Charlie	776
Parsons, Christy	119
Peagler, Shana	0
Pearce, Julie	89
Plante, David	0
Poole, Jonathan	367
Powell, Logan	369
Pritchett, Leigh Ann	0
Randolph, Megan	323
Rawson, Brent	345
Reaves, Brandon	290
Reaves, Brittany	212
Renfro, Jeff	357
Richey, Lori Beth	344
Ricketts, Timothy	0
Ritchie, Joseph	388
Ritchie, Lauren	114
Roberson, Kevin	201
Roberts, Fletcher	0
Robinson, Lyndsey	251
Rodgers, Jeffrey	285
Romans, Cassidy	78
Roper, Lynn	221
Rose, Billy	794
Rowell, Taylor	0
Rutherford, Keith	245
Rutledge, Lisa	280
Shaffield, Danny	999
Sherer, Jeremy	340
Sherrell, Jeff	320
Shinn, Ronald	300
Sides, Dean	236
Simpson, Kevin	721
Sims, Cecelia	74
Sloane, Mike	209
Smith, Daryl	229
Smith, Erin	277
Smith, Holly	470
Smith, Jerry P.	317
Smith, Justin	326
Spikings, Matt	386
Starnes, Dan	0
Steele, Julianne	309
Stockton, Rick	313
Sweatt, Jason	0
Swiney, Elana	0

Participant	Total
Taylor, Kim	225
Taylor, Melissa	492
Terakedis, Amber	138
Thomas, Tre	377
Tomlin, Chace	0
Trimble, Jamie	240
Tyndal, Hannah	174
Valles, Tina	303
Veren, Andie	296
Vrocher, Diamond	0
Vrocher, Hilary	0
Wade, Josh	0
Waid, David	737
Walker, Brooke	272
Walton, Suzie	303
Washington, Monica	206
Watkins, Britney	236
Watkins, Tommy	371
Watters, Ana	0
Watters, Larkin	359
Watters, Robert	0
Weaver, Brooke	0
Weber, Amy	146
Weeks, Lance	203
Wells, Bradley	403
Wende, Adam	406
Whatley, Prince	421
Whillock, Amber	0
White Vick, Katie	434
White, Robin	557
Williams, Chris	296
Williams, Kelly	187
Williams, Mattie	185
Williams, Shaunda	167
Williamson, Rebecca	347
Wiseman, Steve	393
Woodard, Whitney	469
Woody, Bill	180
Wright, Amy	0
Wu, Xing	206
Yamashita, Ryota	0
York, Gary	565
Zajac, Jason	583
Zajac, Jason	4
Zapata, Carlos	3

MARCH BTC SOCIAL



MARCH BTC SOCIAL



SHOW US YOUR BTC GEAR



FEETS OF STRENGTH

This month, we are thrilled to recognize three of Alabama's most recent recipients of the coveted Abbott World Marathon Six Star Medal: **Scott Padgitt**, **Amy Weber**, and **Gary York**! Scott, Amy, and Gary completed their quest at the Tokyo Marathon on February 28, 2023, following the race's multiple year hiatus due to Covid. Congratulations to each of you!

The Abbot World Marathon Majors is comprised of six of the world's largest and most well-known races: the New York Marathon, the Chicago Marathon, the Berlin Marathon, the London Marathon, the

Boston Marathon, and the Tokyo Marathon. Each of these races was required to meet the strenuous criteria set by the Abbott World Marathon Majors committee for a three-year period in order to be designated as a "World Major" race that qualifies for the Abbott World Marathon Majors challenge. Runners who complete each of the six majors are designated 'Six Star' finishers. A list of all Six Star finishers can be accessed [here](#).

[Please share](#) your "feets of strength" with the BTC – we love to celebrate those PRs and big race finishes with you!



BTC EXECUTIVE BOARD MEETING

March 13, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Vicky Brakhage, Charles Thompson, Alan Hargrave, Hunter Bridwell, Kelly Sims, Kaki Jenkins, Alex Morrow, Britney Cowart, Cameron Estes, Rebecca Williamson, Julie Pearce, Bradley Wells, and Judy Loo.

There was a typographical error in the minutes from the February BTC Executive Board Meeting. The winner of the Trak Shak gift card for volunteering was Cheryl Gayheart. The minutes mistakenly listed her as "Carol Gearheart." After the error was corrected, Kaki Jenkins made a motion to approve the minutes of the February 2023 Executive Board Meeting. The motion was seconded by Hunter Bridwell and passed without opposition.

Membership (Cameron Estes)

We currently have 751 members and 770 memberships.

Treasurer (Jamie Trimble)

The monthly financials were sent via email by April Harry. Our financials have improved thanks to merchandise sales and the membership push last month. We still need to send invoices to TherapySouth and Andrews Sports Medicine for their sponsorships.

1200 Mile Club (Kelly Sims)

There are currently 236 members registered for 1200 Mile Club for this year. We will plan to promote registration at the social on March 18, 2023. Kelly Sims will have jackets at the social available for pick up.

USATF Representative (Charles Thompson)

The University of Montevallo will be hosting a track and field invitational on March 17-18th, 2023. On March 31st-April 1st, UAB Track and Field will have their invitational at the Birmingham Crossplex. During the week, high school JV teams and middle school teams are having track meets in the afternoons.

IT Chair (Alan Hargrave)

Alan Hargrave updated the BTC website's calendar and will add the upcoming social to the calendar so it will appear on the BTC home page. The new BTC sponsors have also been added to website. Alan is currently working on transitioning email addresses to the new officers and race director.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on April 3, 2023. Please have all content to Julie Pearce by March 24, 2023. Julie is reaching out to Andrews Sports Medicine to see if they are interested in including an article in any of the upcoming newsletters.

Japan Exchange (Rebecca Williamson)

Rebecca Williamson has reached out to the Birmingham Botanical Gardens regarding the Japan exchange, but has not received a response. We are currently looking for a sponsor to bring runners from Maebashi to Birmingham for one of our local races. Unfortunately, COVID cases have been rising in Japan, so there is a possibility that Maebashi will not be hosting a race this year.

Social Committee, Marketing Committee, Long Run Committee, Moderate Run Committee (Alex Morrow, Cameron Estes, Britney Cowart, Kaki Jenkins)

There will be a run social at Ladybird Taco on March 18, 2023. They are providing food and coffee. Discussion was held regarding a possible membership discount the weekend of the social to promote new membership. We will plan to have the BTC tent set up with merchandise and 1200 Mile Club jackets. There will be three distance options with staggered start times: a 15 mile route starting at 6:00 am, a 9 mile route starting at 6:15 am, and the Moderate Run Group starting at 6:30 am. Melt has also reached out to us wanting to be involved with the BTC, so we have contacted them to see if they would be willing to contribute drinks or if they have a suggestion on how they would like to be involved. For door prizes, we plan to give away two Statue 2 Statue registrations, two Peavine Falls registrations, two Vulcan Run 10K registrations, and possibly two \$25 merchandise gift cards. Jamie Trimble offered to look into Trak Shak gift cards. We will reach out to some other race directors about giving away free race entries. The official start time for the social is 8:00 am.

Statue 2 Statue (Judy Loo)

The volunteer page is open on RunSignUp. So far, there are 251 registered for the race. Most of the water stops are covered, so we really just need volunteers for the first water stop. Parking may be an issue this year, but Judy Loo is working to resolve the issue with the company whose parking lot and deck we have used over the last several years.

Merchandise (Bradley Wells)

The new merchandise is in and ready for pick up for those who pre-ordered. Bradley Wells will have the merchandise at the social on March 18, 2023.

New Business (Jamie Trimble)

Ellen Ortis is our new Member Benefits Chair. Alan Hargrave will get her added to the email.

An idea for a recurring article in the newsletter is a Membership Corner in which we feature a local business/sponsor that is supporting the BTC by offering a discount or in some other manner. For example, Moving On, LLC is offering a 10% discount to BTC members who use their services thanks to BTC member Rachel Howell. So we can do an article about them in the newsletter so our members will be aware of this member benefit and to provide support to the business.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, April 10, 2023, at 6:00 p.m.

Upcoming Events

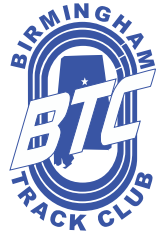
EVENT	DATE	TIME
2023 Autism Walks	April 1 – April 22, 2023	Virtual Event
BTC Saturday Long and Moderate Run Groups	April 8, 2023	6:00 a.m. and 6:30 a.m.
Hospice of West Alabama 5k Run/Walk (Tuscaloosa)	April 8, 2023	8:00 a.m.
Heartbeat of Irondale 5k and 1 Mile Fun Run	April 8, 2023	8:00 a.m.
9th Annual 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	8:00 a.m.
The Whiskey Run (Huntsville) – Half Marathon, 10k, and 5K	April 16, 2023	8:00 a.m.
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.
Hand in Paw Mutt Strutt Dog-Friendly 5k and Fun Run	April 22, 2023	9:00 a.m.
The American Legion 21st District "Stop the Violence" 5K Run/Walk	April 22, 2023	11:00 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 Saturday Long and Moderate Run Groups	May 6, 2023	6:00 a.m. and 6:30 a.m.

<u>BUTS Race to the Lake – 10 mile trail race (Oak Mountain)</u>	May 7, 2023	8:00 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	May 13, 2023	6:00 a.m. and 6:30 a.m.
<u>Motherwalk and Run 5k, 1Mile Fun Run and virtual race</u>	May 13, 2023	8:00 a.m.
<u>CASA of Shelby Couty Superhero 5k and Fun Run (Pelham)</u>	May 13, 2023	8:00 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	May 20, 2023	6:00 a.m. and 6:30 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	May 27, 2023	6:00 a.m. and 6:30 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	June 3, 2023	6:00 a.m. and 6:30 a.m.
<u>Race to the Tower (Oneonta) – 5k, 10k, or 15k + tower climb</u>	June 3, 2023	7:30 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 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:

--	--

Zip:

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

Birthdate:

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

Cell:

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

e-mail:

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

Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F

3. _____/_____/_____/_____/ M F

4. _____/_____/_____/_____/ M F

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

Initial:

--	--

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