



**BIRMINGHAM TRACK CLUB**  
**WHERE RUNNERS ARE FORGED**

# THE VULCAN RUNNER

April 2024 **4**



*The Ellis Porch*

# STATUE 2 STATUE

The South's Toughest 15k

**SATURDAY**  
**APRIL 6, 2024**



[www.BirminghamTrackClub.com](http://www.BirminghamTrackClub.com)

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# PRESIDENT'S ADDRESS

By Jamie Trimble



## Greeting BTC Members and fellow Birmingham runners!

What were you doing St. Patrick's Day weekend? If you weren't at the BTC social at Monday Night Brewing, you missed some serious fun! We had an amazing turnout for our first (but certainly not last) non-running social. This event was a great opportunity to meet and mingle with fellow runners without having to actually run. It was so great seeing all of you who came, and I had the pleasure of meeting a number of newer members as well as some of the old guard whom I had never met.

I am continually amazed by this city's running community. It's events like this that give us all the chance to get to know each other, especially for those who don't run together on a regular basis, or who are parts of different regular running groups. As always, a huge THANK YOU to our friends at TherapySouth, Trak Shak, Resolute Running, the BTC and local race directors, as well as several other local organizations that generously provided door prizes. And, once again a big shout out to our social committee for putting on these great events. Like I said, this will not be the last social of this nature, so be on the lookout for an announcement of our next gathering as well as information on our next traditional run social later in the spring. In the meantime, [check out some photos from the event on page four](#) of this issue!

This coming **Saturday, April 6**, is the return of the annual **Statue 2 Statue 15k**. This race is called The South's Toughest 15k because it's a Birmingham running event like no other. Registration numbers are up this year, but if you haven't registered, what are you waiting for? Head on over to the race registration page and sign up today! (<https://runsignup.com/Race/AL/Birmingham/StatuetoStatue15K>). Race director Judy Loo always puts on a super fun event. I hear she's ordering up some fantastic running weather for this year's race (no pressure Judy). We can always use your help to put on this race. Whether it's packet pickup, working a water stop, parking lot and traffic control, or helping with pre- and post-race setup/teardown, there's a spot for you.

One more volunteer opportunity we have coming up is the Red Shoe Run Rockin' 5k on Saturday, April 13. The BTC will be manning the water stop for this race that benefits a great cause: the Ronald McDonald House Charities of Alabama. Come join us as we continue to give back to the running community and earn some BTC volunteer points.

As you know, it's starting to get warm around here and soon enough it will be full-on summer. That means we will need more water stops for our Saturday morning group runs. Please help out by picking up a water stop, or coordinating with someone closer to a location. Your fellow runners will thank you! You will find the link to sign up to "stock" a water stop on the [Birmingham Track Club Long Run Group Facebook page](#) in the post for the Saturday long and moderate distance runs.

Stay safe and take care of your fellow runners. 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](https://RunSignup.com)

# 2024 Officers



## President

**Jamie Trimble**

president@birminghamtrackclub.com



## Treasurer

**Ruth Kles**

treasurer@birminghamtrackclub.com



## Vice-President

**Bradley Wells**

vicepresident@birminghamtrackclub.com



## Secretary

**Vicky Brakhage**

secretary@birminghamtrackclub.com



## BTC Committees

General Counsel/Parliamentarian  
Long Run Coordinator  
Moderate Run Coordinator  
Medical Director  
Social Chairs

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

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

Alex Morrow  
Cameron Estes  
Ellen Ortis  
Bradley Wells  
Julie Pearce

marketing@birminghamtrackclub.com  
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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  
Trish Portuese  
Jamie Trimble  
Alan Hargrave  
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Charles Thompson

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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

Vicky Brakhage  
Judy Loo  
Marla Gruber  
Hunter Bridwell

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

## BTC Mission Statement

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

## Contact BTC at:

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

## Race Results

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



# BTC ST. PATRICK'S DAY SOCIAL

Monday Night Brewing



# MEDICATION AND MILES:

## Neti Pots a No-No?

By Kim Benner, PharmD

A “neti pot” is a type of saline nasal irrigation (SNI) treatment. (The word “neti” is Sanskrit for “nasal cleansing”). Neti pots look like little teapots with long spouts made of ceramic or plastic. They are used to rinse the nasal passages with a saline (salt-based) solution as a treatment for congested sinuses, colds, and allergies, and for moistening nasal passages exposed to dry indoor air. Research shows that high-volume nasal irrigation devices like neti pots can effectively relieve congestion from rhinosinusitis (inflammation of the sinuses and nasal cavities). The use of neti pots has increased in the U.S. during the last couple of decades, perhaps due to an increasing prevalence of allergies and other respiratory diseases. There also are other methods of rinsing nasal passages, including specially shaped cups and squeezable plastic bottles, battery-operated pulsed water devices, and bulb syringes.

Using a neti pot is straightforward. Fill the pot with a saline (salt) and water solution, tilt your head forward, and pour the solution into one nostril. The liquid goes into one nostril and out of the other one. The solution you use can be purchased at a local pharmacy without a prescription or made at home using table salt. The saline mixture is thought to drain the nasal passage of allergens and other bothersome contaminants.

While the United States Food and Drug Administration (FDA) says neti pots do not pose a problem on their own, the FDA does warn that the incorrect use of neti pots and other devices for rinsing out the sinuses have been linked to an increased risk infection. Patients can learn how to use neti pots safely, but incorrect usage can lead to bacterial sinus infections. Patients have accidentally put themselves in danger using untreated “tap water” in these devices. Tap water generally has small amounts of bacteria, protozoa, and other microorganisms, including amoeba. These organisms are okay to swallow because stomach acid kills them, but in the nose, they can remain alive and eventually cause serious infections. In addition, if a person does not clean a neti pot properly after use, some bacteria can remain and infect the patient later.

For years, it has been known that people who use neti pots can become infected with a brain-eating amoeba if they use improperly treated water. Recently, a second kind of deadly amoeba was found in patients who perform nasal rinsing. The CDC published a report in a medical journal that for the first time connects Acanthamoeba infections to neti pots and other nasal rinsing devices. The report described ten patients with Acanthamoeba infection who reported performing nasal rinsing before becoming ill. All these patients were immunocompromised (meaning their immune system was down), seven had chronic sinusitis, and many used common “tap” water for nasal rinsing.

Experts reemphasized the earlier warning that extremely rare, but potentially deadly, consequences can come from flushing nasal passages with tap water. Acanthamoeba causes different kinds of illness with an 85% fatality rate in reported cases. This amoeba can be found naturally in many places like lakes, rivers, seawater, and soil. It can cause diseases of the skin and sinuses and can infect the brain. The microorganism also has been connected to non-fatal, but sight-threatening, eye infections, sometimes through contaminated contact lens solution.

Whereas amoeba could theoretically be introduced during any rinsing encounter, the risk of infection likely increases over time with continued exposure.



### Tips for Using Nasal Rinses Safely

If you do choose to use a nasal rinse, there are some things you can do to make it as safe as possible. First, be sure to clean the neti pot correctly before and after each use and let it air dry thoroughly between each use. Wash your hands before and after each use. Never share a neti pot with someone else. If the neti pot is made of plastic, replace it every few months to prevent organisms from growing on it (like your toothbrush). Follow the manufacturer’s directions for use and most importantly, use only certain water/solutions for the rinsing (see Treating Water Used for Nasal Rinsing).

Other important tips for safe use of nasal rinses include using appropriately treated water at room temperature -- hot water

CONTINUED ON NEXT PAGE

# MEDICATION AND MILES:

## Neti Pots a No-No?

can burn the sinuses, and if the water is too cold, the saline solution might not dissolve as well. Children over the age of two years who have nasal allergies may benefit from using nasal rinsing devices only when recommended by a health care provider. For other questions or concerns about using nasal rinses or devices, talk to your health care provider.

In summary, while saline rinses can provide some moderate benefit for patients who suffer from “nose issues,” there are strict rules to follow for appropriate use to keep you safe and healthy!

### References:

1. *Is Rinsing Your Sinuses With Neti Pots Safe?* <https://www.fda.gov/consumers/consumer-updates/rinsing-your-sinuses-neti-pots-safe>. January 2024. Accessed March 26, 2024.
2. *Haston JC, Serra C, Imada E, et al. Acanthamoeba Infection and Nasal Rinsing, United States, 1994–2022. Emerging Infectious Diseases. 2024;30(4):783-785. doi:10.3201/eid3004.231076.*
3. *Centers for Disease Control and Prevention. Sinus rinsing for health or religious practice [cited 2023 Mar 11]. <https://www.cdc.gov/parasites/naegleria/sinus-rinsing.html>. Accessed March 26, 2024.*

## Treating Water Used for Nasal Rinsing

CDC provides 3 options to make water safe for sinus rinsing or ritual nasal rinsing:

### 1. Boil or distilled (preferred);

**Boil:** Use water that has been previously boiled for 1 minute and left to cool. At elevations above 6,500 feet, boil for 3 minutes.

**Buy:** Use water with a label specifying that it contains distilled or sterile water.

### 2. Filter (if boiled, sterile, or distilled water not available);

**3. Disinfect** (if no boiled or sterile water and no filter available). The cloudiness of the water can affect the ability to disinfect the water.

## Strengthen your movement with TherapySouth Endurance

Get your running efficiency to its 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



## 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:

Justin Aldridge  
Erica Anderson  
William Belew  
Ryan Boswell  
Zach Carlton  
Stephanie Dean  
Jeff Dixon

Cary Guffey  
Michelle Guffey  
Lindsay Hackney  
Cara Hunter  
Julie Jones  
Stacy Kadle  
Britany Kirkes

Sam Kline  
Michele Kong  
Patty Landry  
Lauren Losavio  
Elishua Markham  
Kristen Melton  
Yeadon Patrick

Jeff Renfro  
Kevin Roberson  
Tamara Robinson  
Beth Rose  
Jessica Scruggs  
Dean Sides  
Kevin Simpson

Dan Starnes  
Rick Stockton  
Wiley Turnipseed  
Monica Washington  
Rhett Wheeler  
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.

## 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

New BTC Spring and Summer gear will be available soon! In the meantime, we still have a limited amount of Fall and Winter merchandise available on the [BTC website](#) – stock up now for next year!

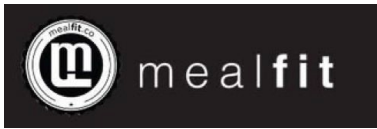




# BTC MEMBER BENEFITS SPOTLIGHT

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

## Previous Injury Gait Analysis

By Hannah Cox, TherapySouth



So you signed up for a big race – paid the non-refundable race fee, confirmed an Airbnb reservation, and purchased a plane ticket. Aside from completing your long runs, you must remain injury-free; avoiding that nagging injury that returns at the climax of each training season is key. Runner’s World magazine may recommend five stretches to avoid this [fill in the blank] injury, but will performing these activities keep you healthy?

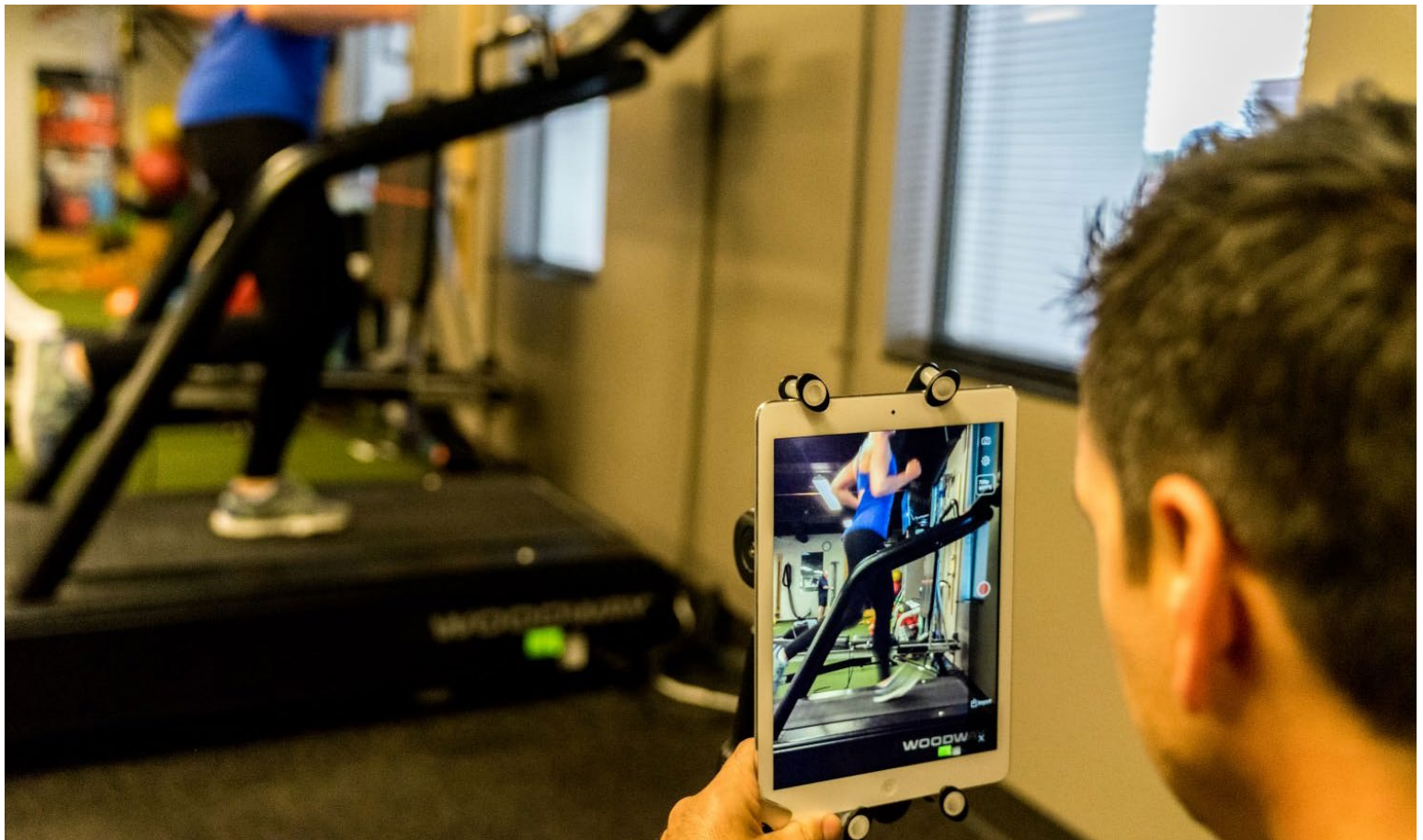
All sports medicine research agrees that the biggest predictor of injury is a previous injury. As you shift your training from “aerobic base building” to more targeted metrics, let TherapySouth aid in preventing a chronic injury from reoccurring.

For clients who wish to optimize their mechanics and health during training season, I recommend a gait assessment performed by a TherapySouth Endurance therapist. We throw clients on the treadmill and analyze running form from various points of view: movement of all body segments (literally from head to toe!), cadence, foot strike patterns, changes in speed, incline posture, strength and mobility at all points of the gait cycle, etc. We shoot several videos in slow motion,

breaking down all this information for the client. After identifying the underlying cause of inefficiencies and discomfort, clients are provided with hands-on treatment (such as soft tissue mobilization, dry needling, cupping, or taping), in addition to an individualized regimen for stretching and strengthening, and coaching for proper running form.

We are also happy to team up with your run coach! Whatever goals your coach has for you, we can work to help you meet those goals with improved biomechanics.

If the biggest predictor of injury is previous injury, then preventative measures should be a component of your training season. Not only will your season be more enjoyable (read as: less painful and more efficient -- and likely with faster splits!), but you also will save costs from doctor’s visits, braces, physical therapy visits, chiropractic visits, or – worst case scenario -- deferred race days! Shoot us an email at: [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net) to find out more or to set up a running assessment today.



# 1200 MILE CLUB

The 2024 edition of the 1200 Mile Club is now open! You may sign up via the link you received via email in January, or [via this link on the BTC website](#). You must be a BTC member to join the challenge – [click here to join](#) or renew your membership!

First-time finishers are entitled to purchase a coveted 1200 Mile Club jacket for a nominal fee. Recurring finishers receive patches to display for the years they complete the challenge. Other exclusive 1200 Mile Club swag is available for purchase as well.

## Cumulative miles from April 2, 2024 are listed below.

Participant	Total
Adams, Ryan	372
Adwell, Stephen	174
Ahmed, Kabeer	289
Alvarez, Jose	762
Anderson, Kerri	91
Barron, Darlene	301
Barton, Tabitha	343
Basquill, Matt	327
Benner, Kim	402
Bennett, Mitchell	83
Blackmon, Kim	395
Bookout, Jason	451
Bookout, Kimberly	652
Bossard, Teri	369
Boswell, Ryan	276
Bouley, Rachel	330
Brakhage, Victoria	189
Bray, Elizabeth	462
Brown, Katie E.	106
Brown, Katie G.	389
Brown, Sean	126
Bryant, Jason L.	312
Burst, Theresa	0
Caine, Lawrence	212
Callahan, Chris	338
Calvert, Aaron	480
Campos, Chris	0
Carden, Melissa	597
Carlton, Bob	219
Carter, Adrienne	0
Chaffinch, Violet	243
Chambers, Gay	258
Chandler, Teresa	325

Participant	Total
Clay, Brad	604
Clay, Sarah	289
Cleveland, Jeff	362
Cliett, Stephanie	394
Cobb, Patty	336
Coe, Emily	94
Coe, Matt	371
Coleman, Tim	492
Colpack, Susan	295
Cooper, Cara	329
Cowie, Katelyn	312
Cramer, Robyn	399
Cramer, Steve	102
Creed, Brad	292
Dawson, Ashley	569
Deffenbaugh, Todd	362
Dimicco, Al	336
Dixon, Jeff	387
Downs, Matt	301
Duke, Cindy	325
Eberhardt, David	418
Ennis, Amanda	336
Ennis, Matt	558
Estes, Cameron	332
Estrada, Steven	853
Evans, Debbie	160
Fisher, Kaitlin	205
Flanery, Haley	586
Fons, Aaron	459
Foreman, Michael	256
Franklin, Shane	314
Frederick, Winston	266
Gaston, Katie	186

Participant	Total
Gaston, Michael	632
Goode, Johnny	305
Grainger, Matt	333
Gray, Michael	240
Gullapalli, Satya	436
Hall, Thomas	0
Hannah, Edward	40
Hanson, Valerie	252
Haralson, Danny	0
Haralson, Micki	352
Hargrave, Alan	323
Harlow, Craig	77
Harrelson, Karen	330
Harrison, Lisa	217
Hatcher, Heydon	447
Henninger, Alison	309
Herron, Michael	302
Hogeland, Angie	313
Hogeland, Jeff	363
Holder, Gene	0
Hoover, Alison	0
Hoover, Jim	187
Howell, Allen	0
Huddleston, Clare	581
Jenkins, Kaki	346
Jensen, Sarah	308
Johnson, Kimberly	252
Johnson, Phillip	250
Johnson, Troy	413
Jones, Caleb T	336
Jones, Julie	306
Kaylor, Sara	0
Kazamel, Mohamed	595

Participant	Total
Kemper, Tricia	405
Kles, Ruth	413
Knight, David	0
Koepp, Bryan	121
Krick, Stefanie	514
Kuhn, Jimmy	568
Kulp, Loren	225
LaFon, Caroline	0
Laird, Audrey	201
Lamb, Patrick	305
Lancaster, Jeff	345
Losavio, Lauren	415
Lovett, Meg	246
Lyda, Beth	256
Lyda, John	381
Lyle, Randy	524
Malick, David	285
Mathews, Skip	267
Matthews, Jamieson	276
McCalley, Charles	419
McElroy, Catherine	313
McGriff, Colton	200
McLain, Chase	76
McShan, Kenneth	0
Melton, Kristen	187
Merry, Vicki Sue	423
Miller, Pamela	455
Millican, Randolph	372
Morris, Gordon	207
Moss, Renie	248
Muncher, Monica	224
Nix, Anthony	420
Nodjomian, Jason	246
Noerager, Brett	726
Noerager, Felicia	251
Northern, Kristie	487
Oechslin, Tamara	0
Orihuela, Carlos	430
Ortis, Ellen	74

Participant	Total
Padgitt, Scott	383
Palmer, Irma	0
Parks, Charlie	415
Patrick, Yeadon	0
Pearce, Julie	0
Phelps, Tyler	0
Plante, David	0
Pritchett, Leigh Ann	230
Rakestraw, Stephanie	302
Randolph, Megan	418
Rawson, Brent	303
Rearden, Shannon	396
Reaves, Brandon	429
Reaves, Brittany	263
Renfro, Jeff	305
Richetti, Vee	0
Richey, Lori Beth	303
Rivera, Jose	0
Robinson, Tamara	0
Roper, Lynn	291
Rose, Billy	716
Ruschhaupt, Skyler	264
Russell, Maureen	472
Rutledge, Lisa	0
Rutledge, Lisa	0
Sherer, Jeremy	280
Sherrell, Jeff	600
Shin, Ye Jung	430
Shinn, Ronald	204
Sides, Dean	164
Silwal, Suman	0
Simpson, Kevin	0
Sims, Cecelia	99
Sloane, Mike	231
Smith, Christie	471
Smith, Daryl	389
Smith, Erin	420
Smith, Holly	384
Smith, Jason	199

Participant	Total
Smith, Jerry P.	346
Smith, Justin	0
Soileau, Chester	0
Spikings, Matt	260
Starnes, Dan	273
Steele, Julianne	81
Steers, Eddie	757
Stockton, Rick	156
Strother, Jamar	294
Thornton, Amanda	413
Trimble, Jamie	0
Valles, Tina	289
Waddell, Chassi	217
Waid, David	173
Walker, Brooke	362
Walton, Suzie	310
Waters, Marc	201
Watkins, Britney	269
Watkins, Tommy	337
Watters, Ana	0
Watters, Larkin	452
Watters, Robert	379
Wende, Adam	566
Whatley, Prince	363
Wheeler, Elizabeth	299
White, Robin	253
Whitt, Trey	399
Williams, Mattie	230
Winstead, Rachel	0
Wiseman, Steve	435
Woody, Bill	339
Wu, Xing	216
York, Gary	387
Zajac, Jason	521

# SHOW US YOUR BTC GEAR



# SHOW US YOUR BTC GEAR



# WINE 10K

March 2, 2024



# FEETS OF STRENGTH

Congratulations are in order for **Adam Wende**, who completed the Tokyo Marathon on March 3, 2024 – his sixth Abbott World Marathon Major! Way to go on earning that Sixth Star, Adam!



**Kabeer Ahmed** got himself a shiny new PR at the Tuscaloosa Half Marathon on March 23, 2024. Congratulations, Kabeer!



Have you completed a new race distance, a challenge race, or logged a new race PR?  
**[Let us hear from you!](#)** The BTC loves to celebrate your accomplishments!



# BTC EXECUTIVE BOARD MEETING

# March 11, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Ruth Klies, Vicky Brakhage, Cameron Estes, Judy Loo, Alan Hargrave, Marla Gruber, Kim Benner, Charles Thompson, Trish Portuese, Rebecca Williamson, Julie Pearce, and Ellen Ortis.

Alan Hargrave made a motion to approve the minutes of the February 2024 Executive Board Meeting. The motion was seconded by Marla Gruber and passed without opposition.

## **Membership (Cameron Estes)**

We currently have 775 members and 619 memberships.

## **Treasurer (Ruth Klies)**

The monthly financial report was sent via email. Ruth Klies created account numbers for each of the BTC accounts to make things easier. We are going to start using Ramp for all of the race directors to submit their expenses, which allows them to be reimbursed directly to their accounts. All race directors received an invite email for Ramp.

Therapy South and Andrews Sports Medicine have both continued their \$5,000 sponsorships for 2024.

## **Newsletter Editor (Julie Pearce)**

The next newsletter publication date will be on April 1, 2024. Please have all newsletter content to Julie Pearce by Friday, March 22, 2024. Discussion was held regarding the process for changing our newsletter distribution from Constant Contact to RunSignUp.

## **Member Benefits (Ellen Ortis)**

Farm Bowl is offering the BTC 1,000 coupons for an assortment of free products like smoothies or bowls. We will have to determine how to distribute those coupons.

## **Merchandise (Bradley Wells)**

We plan to do a spring merchandise order with a white singlet and possibly a hat or visor. We can do a poll on Facebook to determine if members would prefer a hat or a visor. Bradley Wells intends to do a spring cleanout sale maybe at the end of March. Discussion was held regarding other merchandise options. We are still waiting on the 1200 Mile Club patches for 2023.

## **Social Committee (Jamkie Trimble)**

The next BTC social will be on Saturday, March 16, 2024, at Monday Night Brewery from 2:00-4:00 pm. Haley Flanery has some good door prizes. Discussion was held about preparing name tags for the officers and committee chairs so new people might know who to go to with questions.

## **IT Chair (Alan Hargrave)**

Alan Hargrave noticed that the Saturday Morning Long Run events on Facebook are not showing the start time for the runs. Cameron Estes will look into it to make sure it includes the start time.

## **Saturday Morning Long Run (Cameron Estes)**

We are starting to get into longer distances with the training plans. The weather is getting warmer, so we will need to push water stop volunteers. We will plan to do a prize drawing for water stop volunteers in the near future. Discussion was held regarding purchasing five gallon coolers and sports drink mixes for volunteers to put out.

## **USATF Representative (Charles Thompson)**

On March 15-16, the University of Montevallo is holding their Falcon Classic Invite. On Saturday, March 23, 2024, the Rumpshaker 5K is taking place. On March 29-30, UAB is holding their Spring Invite. On May 3-4, The Alabama High School Athletic Association is hosting the 1A, 2A, and 3A Trak and Field Meets in Cullman.

## **Japan Exchange (Rebecca Williamson)**

The Maebashi Marathon has been permanently cancelled; however, there is another option at a nearby town on August 25, 2024, that offers a 5K, 10K and half marathon. Rebecca Williamson, Jamie Trimble and Alex Morrow met with the Japanese Consulate General about restarting the Japanese Exchange Program and we would love to invite them to the Vulcan Run 10K.

## **Statue 2 Statue (Judy Loo)**

There is a section of road that is part of the course that is currently closed for construction. Judy Loo is waiting to hear back from Mountain Brook Police to make sure we will be good to run through that area. There are currently 270 registered for the race. We are offering a \$5 discount for anyone who registers for the race the weekend of the BTC social on March 16th and 17th. The deadline to be guaranteed a t-shirt is March 18, 2024.

## **Peavine Falls (Marla Gruber)**

There are currently 97 registered for the race. Discussion was held about possibly collaborating with the Huntsville Track Club about a holiday race event, in which we promote their Cotton Row race on Memorial Day and they will promote Peavine Falls on Independence Day. Trader Joes is also interested in sponsoring some of our races.

## **Vulcan Run (Trish Portuese)**

The City of Birmingham still has a shortage of police officers, so we may still have a problem with hosting the race downtown. They have said that the number of police officers needed to do the normal one loop 10K course is pretty much off the table. Trish will plan to reach out to Jefferson County Sheriff's Office to see if it may be possible to combine the City of Birmingham Police and Jefferson County Sheriff.

## **Adam's Heart Runs (Vicky Brakhage)**

All expenses from the 2023 Adam's Heart Run have been submitted.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, April 8, 2024, at 6:00 p.m.

# Upcoming Events

EVENT	DATE	TIME
<a href="#">Statute 2 Statue 15k (*BTC Race Series Race*)</a>	April 6, 2024	8:00 a.m.
<a href="#">High Country 5k and 1 Mile Fun Run (Hoover)</a>	April 6, 2024	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	April 13, 2024	6:00 a.m.
<a href="#">Red Shoe Run: Rockin' 5k and 1 Mile Fun Run</a>	April 13, 2024	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	April 20, 2024	6:00 a.m.
<a href="#">Mutt Strutt Dog-Friendly 5k and Fun Run</a>	April 20, 2024	7:30 a.m.
<a href="#">UAB National Alumni Society Scholarship Run – 10k, 5k, fun run and virtual run</a>	April 20, 2024	8:00 a.m.
<a href="#">The Indy 5k Presented by BlueCross BlueShield of Alabama (Barber Motorsports Park)</a>	April 26, 2024	5:30 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	April 27, 2024	6:00 a.m.
<a href="#">Girls on the Run Bham 5k Tutu Run</a>	April 27, 2024	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 4, 2024	6:00 a.m.
<a href="#">Red Bull Wings for Life Virtual Run</a>	May 5, 2024	Virtual
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 11, 2024	6:00 a.m.
<a href="#">Kitty Kat Haven &amp; Rescue 5k Meow-a-Thon and 1 Mile Whisker Walk</a>	May 11, 2024	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 18, 2024	6:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 25, 2024	6:00 a.m.

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

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



**BECOME A BTC MEMBER!**  
**FOLLOW THE QR CODE**

