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BIRMINGHAM TRACK CLUB  
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# THE VULCAN RUNNER

April 2025 4



## CELEBRATING THE FIRST GROUP RUN OF THE BTC SPRING 5K TRAINING PROGRAM!

*By Sarah Jensen, BTC Moderate Run Coordinator*

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# CELEBRATING THE FIRST GROUP RUN OF THE BTC SPRING 5K TRAINING PROGRAM!

At the beginning of April, the Birmingham Track Club (BTC) kicked off its Spring 5K Training Program with an enthusiastic group of runners and walkers at TrimTab. You could really feel the excitement as everyone came together, ready to start their running journey together. Here are just a few things we heard afterwards:

I loved being with a group of people and the post-run social. Can't wait for next Saturday!

I was nervous about starting, but the support from everyone made it so much fun!

The run/walk pace was perfect. I found my rhythm and met some amazing people.



## READY TO JOIN US?

Whether you're a seasoned walker or just starting out, this program is designed for everyone. Don't worry about speed or experience – it's all about enjoying the journey and celebrating every milestone. We'll have fun, stay motivated, and support each other every step of the way. Plus, it's a great way to meet new friends and get some fresh air!

## BTC MEMBERS GET EXTRA PERKS:

- **Private GroupMe:** Connect with mentor runners, get tips on staying motivated, and learn about fueling during training.
- **6-Week 5K Training Program:** Science-backed and guided by Resolute Running's coaching philosophy. Includes midweek workout recommendations to do on your own to keep you on track.

## INTERESTED IN JOINING THE BTC SPRING 5K TRAINING TEAM?

Reach out to Sarah at [ModerateRuns@BirminghamTrackClub.com](mailto:ModerateRuns@BirminghamTrackClub.com)

Become a BTC Member: Sign up here (\$24/year) <https://bit.ly/JoinTheBTC>



# PRESIDENT'S ADDRESS

By Jamie Trimble



## Greeting BTC Members and fellow Birmingham runners!

On Saturday, March 29, we held our spring social, "Running With My Peeps," at TrimTab Brewing. We had coffee and brews from Trim Tab, spring-themed cookies and cupcakes, a food truck and quite a few door prizes. It was so great seeing all of you who came to celebrate! A huge "Thank You" to our wonderful BTC social committee for putting on these great events. I look forward to our next social.

In addition to our run social, March 29 also kicked off our Spring 5k training/return to running program led by our Moderate Run Lead, Sarah Jensen. This is a program designed to ease you into (or back into) running with the goal of being able to complete a 5k race. We have sub-groups that are starting with walking and working their way up to running, all the way to runners who just want to run a little more regularly. There's no better way to make running a habit than having a support group to help hold you accountable. And, you'll almost assuredly make some new friends along the way. If you or anyone you know wants to train for a 5k and/or wants to get back to regular running, come join us! You can email Sarah at [moderateruns@birminghamtrackclub.com](mailto:moderateruns@birminghamtrackclub.com) for more information.

This past Saturday was the return of the BTC's annual Statue 2 Statue 15k. It was the 33rd annual running of this storied race, which is called The South's Toughest 15k because it's a Birmingham running event like no other. Once again, race director Judy put on a super fun event, supported by many wonderful volunteers and sponsors. Next month we'll have a full recap of this great race.

We are now right in the middle of Spring racing season. Congratulations to the Birmingham runners who completed the Tokyo Marathon, including several who earned their coveted Abbott World Major sixth star. Congratulations as well to all of you who completed races of any distance in March. Good luck to all who are running the Boston Marathon and/or the London Marathon, both coming up later this month; as well as to those running other races near and far this month. No matter where your running journey takes you, be sure to take pictures in your BTC gear (especially those 1200 Mile Club jackets) and

submit them for all of us to see here in the Vulcan Runner – we love to celebrate you!

While Mother Nature has been at her fickle best lately, we've had a few days of heat and humidity already. That can only mean real Summer is right around the corner, and our Saturday group runs will need more water stop volunteers. Please help out by picking up a water stop, or coordinating with someone closer to a location. Your fellow runners will thank you!

Stay safe out there and Happy Running!

**Jamie Trimble**  
*BTC President*

## SHADES CREST HIGH COUNTRY 5K APRIL 12



*Presented By*

**Shades Crest Baptist Church**

*Pre-registration costs:*

- \$35 until April 12
- \$40 on Race Day
- \$10 Student Rate
- Rain or Shine: No Refunds

**CHIP  
TIMING**

SCAN  
THE QR CODE  
TO REGISTER



**REGISTER ONLINE**  
at [RunSignup.com](https://RunSignup.com)

# 2025 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

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Membership  
Membership Benefits  
Merchandise

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Cameron Estes  
Ellen Ortis  
Bradley Wells  
Julie Pearce

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"The Vulcan Runner" Newsletter  
Japan Exchange Program  
1200 Mile Club  
Volunteer Coordinator  
Historian  
Finish Line Crew  
Webmaster  
IT Chair  
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Matt Grainger  
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webmaster@birminghamtrackclub.com  
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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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:

Don't Go Breaking My...Hip?

By Ashton Bellamy, Pharm.D., & Kim Benner, Pharm.D.



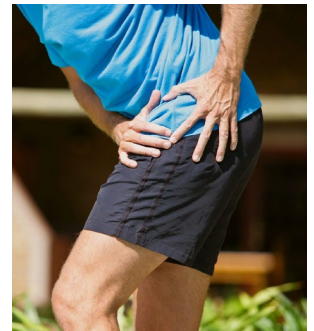
This month's Medication and Miles will focus on a recently published study on a prescription only class of medications: gabapentinoids. As a class of medications, gabapentinoids include gabapentin (Neurontin, Gralise) and pregabalin (Lyrica), and they work in the brain to inhibit neurotransmitter release, which helps modulate epilepsy as well as pain perception. Gabapentin is FDA approved for use in postherpetic neuralgia (nerve pain that can occur with conditions such as shingles) and as adjunctive therapy in epileptic adults and children older than three.<sup>1</sup> Pregabalin has more FDA approved indications that include postherpetic neuralgia, peripheral neuropathy associated with diabetes (diabetic peripheral neuropathy), adjunctive therapy for epilepsy in adults and children older than four, fibromyalgia, and neuropathic pain associated with spinal cord injuries.<sup>2</sup>

Prescriptions written for gabapentin and pregabalin have been increasing over the years, with gabapentin prescriptions doubling from 2004 to 2022 and pregabalin prescriptions increasing by around 60%.<sup>3,4</sup> Most prescriptions for both medications are written for adults older than 50 years of age; however, increases in prescribing rates have been observed in younger patient populations as well.<sup>4,5</sup> Gabapentin has risen to make the top ten list of most prescribed medications in the US.<sup>6</sup>

When most medications are brought to market for real-world use, there is some knowledge about their side effect profiles; however, not everything is known. Over the years and as use of these medications has increased, healthcare providers and patients alike have become more aware of the side effects that patients can have when taking gabapentinoids. One of the most significant adverse effects observed is central nervous system (CNS) depression, especially when a patient is using other medications that can cause CNS depression. These medications could include opioids (morphine, oxycodone, hydrocodone, etc.), antihistamines (Benadryl, etc.), muscle relaxants (cyclobenzaprine, methocarbamol, etc.), antidepressants (amitriptyline, sertraline, etc.), sedatives (trazodone, zolpidem, etc.), and alcohol, to name a few. These adverse effects may present as dizziness, drowsiness, somnolence (sleepiness), and confusion and potentially could lead to serious and fatal respiratory depression. The risk is heightened when gabapentinoids are taken with other medications that have similar side effects, creating an additive effect impacting CNS and respiratory function. In 2019, the FDA released a warning regarding the serious breathing problems with gabapentin and pregabalin and required labeling changes.<sup>7</sup>

A November 2024 study found an increased rate of a side effect not previously outlined in literature or in drug information directly associated with gabapentin or pregabalin use.<sup>8</sup> This study, which took place in Australia and included 29,293 patients hospitalized for hip fractures between March 1, 2013, through June 30, 2018, found an increased rate of hip fractures in patients prescribed a gabapentinoid. Of the 29,293 patients hospitalized for hip fractures, 18,759 (66%) were age 80 years or older, 19,357 (69%) were female, and 3,190 patients were dispensed gabapentinoids before admission, with pregabalin being the most prescribed agent (93.9%). Of the 2,946 patients available for the main analysis, 1,752 (59.5%) were age 80 years or older and 2,099 (71.2%) were female. The study evaluated two timeframes prior to hospitalization for a hip fracture: 60 days to one day prior to admission and 121 to 180 days before admission. The study design called for a washout period between days 61 and 120, to minimize any lingering medications effects. In the timeframe immediately prior to hospitalization (days 60 to one), 402 patients had a gabapentinoid dispensed; between days 121 and 180 prior to hospitalization, and 205 patients had a gabapentinoid dispensed. The gabapentinoid dispensing rate observed was associated with almost double the odds of experiencing a hip fracture.

This study also evaluated specific patient populations including patients with chronic kidney disease (CKD) and patients considered to have high frailty risk, as classified using the Hospital Frailty Risk Score. In patients with CKD, there was an appreciable increase of odds of hip fracture in patients who had been dispensed a gabapentinoid in the timeframe preceding admission. It is important to note that both pregabalin and gabapentin require the kidneys for excretion and in patients with chronic kidney disease, dosage adjustments should be made to ensure that the medication does not last in the system longer than it should, increasing their risk of experiencing a side effect, such as confusion, dizziness, or even falls that could lead to fractures. In patients with high frailty risk, higher odds of hip fracture were observed. In patients with both CKD and high frailty risk scores, higher odds of a hip fracture were also observed.



This study also documented other medications that the patients may have been taking. The medications accounted for included antidepressants, antipsychotics, benzodiazepines, and opioids; however, the study design did not lend itself to making associations or assumptions about the usage of other medications and the impact those medications potentially could have.

This study is helpful because it identifies a previously underrecognized effect of gabapentinoid prescribing and dispensing and the risk of hip fracture. This study also contributes information on certain patient populations, such as those with kidney disease, frailty, or those taking

CONTINUED ON NEXT PAGE

# MEDICATION AND MILES:

## Don't Go Breaking My...Hip?

other medications with known interactions. While the information from this study is useful, applying it to patient care can still be difficult. For example, the records from which this information came can only note that the gabapentinoid was dispensed but cannot confirm it was taken or taken correctly by the patient. Additionally, this study could not distinguish if the odds of hip fracture were higher with one gabapentinoid over another, which could influence prescribing and potentially labeling or warnings of the medication(s). This study also did not account for whether there were increased odds of hip fracture immediately after starting the gabapentinoid, which is when falls (or other adverse effects) have a higher likelihood of occurring.

Preventing hip fractures involves diet, avoiding excessive smoking and alcohol consumption, exercising to maintain strength and balance, having good eyesight, and “fall-proofing” a patient’s surroundings. Additionally, if a patient is taking both over the counter and prescription medications, he should ensure that the medications do not have side effects like sleepiness, dizziness, or confusion that could interfere with everyday functioning. Additionally, getting screened (and treated if necessary) for osteoporosis if a patient is at high risk can help prevent fractures. The United States Preventive Services Task Force (USPSTF) recommends that women 65 years of age and older and

post-menopausal women under 65 years of age who are at high risk (as validated by several scales a healthcare provider can use) get screened for osteoporosis. The evidence supporting these screening recommendations is lacking for male patients; however, it is important to discuss your health, medications, and any concerns you may have with your healthcare providers to determine if testing is necessary.

### References

1. *Gabapentin. Package insert. Pfizer, 2017.*
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3. Mikulic, M. Number of gabapentin prescriptions in the U.S. 2004-2022. *Statista. 2024*
4. Benassayag Kaduri N, Dressler R, Abu Ahmad W, Rotshild V. Trends in Pregabalin Use and Prescribing Patterns in the Adult Population: A 10-Year Pharmacoepidemiologic Study. *CNS Drugs. 2024;38(2):153-162. doi:10.1007/s40263-024-01064-5.*
5. Pauly NJ, Delcher C, Slavova S, Lindahl E, Talbert J, Freeman PR. Trends in Gabapentin Prescribing in a Commercially Insured U.S. Adult Population, 2009-2016. *J Manag Care Spec Pharm. 2020;26(3):246-252. doi:10.18553/jmcp.2020.26.3.246.*
6. IQVIA Institute for Human Data Science. Medicine use and spending in the U.S.—a review of 2018 and outlook to 2023. 2019. Accessed October 9, 2024.
7. <https://www.fda.gov/drugs/drug-safety-and-availability/fda-warns-about-serious-breathing-problems-seizure-and-nerve-pain-medicines-gabapentin-neurontin>.
8. Leung MTY, Turner JP, Marquina C, et al. Gabapentinoids and Risk of Hip Fracture. *JAMA Netw Open. 2024;7(11):e2444488. Published 2024 Nov 4. doi:10.1001/jamanetworkopen.2024.44488.*

## 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



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





# 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:

William Belew	Jeff Clark	Karen Harrelson	Bria Poe	Marilyn Thomas
Katharine Bibb	Lori Coward	Emery Hicks	Anna Pyle	Sarah Thompson
Ekkehard Bonatz	Julie Croushorn	Julie Jones	Jose Rivera	Wiley Turnipseed
Jason Bookout	Jessica Dallow	Georgina Montalvan	Tamara Robinson	Jocelyn Turnipseed
Kaylee Bookout	Kristin Davis	Erica Murphy	Jeffrey Rodgers	Wilson Turnipseed
Cameron Bookout	Ashley Dawson	Taylor Patterson	Anjie Rose	Diamond Vrocher
Lilah Bookout	Nora Dawson	Jeremy Pegouske	Katy Ryan	Hilary Vrocher
Kimberly Bookout	Bill Dawson	Stacie Pegouske	Mary Margaret Sanders	George Warren
Shelby Bradley	Matt Denton	Gabriela Pinkerton	Jeff Sherrell	Amy Weeks
Brett Burbank	Deana Goodwine	Jacob Pinkerton	Amy Syx	Lance Weeks

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 Merchandise

Shop our BTC merchandise available on the [BTC website](#) – stock up!

We love to see members wearing their BTC gear around town at out-of town. Don't forget to take along your favorite BTC merch for those out-of-town races, and [send us a pic!](#) Winter gear will be available soon on the BTC website.



## 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 Group Runs Update



### The Saturday Moderate Group is On the Move!

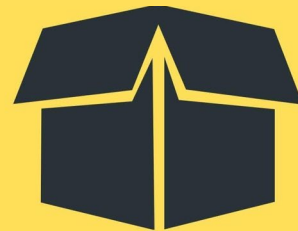
Big news! As of February 1, we have retired the Moderate Distance Run FB group page and have moved all our Birmingham Track Club group run events to one FB page. We will still have our moderate distance/pace group runs at 6:30 a.m. on Saturdays, but the event will be posted on what is now called the Birmingham Track Club Saturday Run Group page. The BTC will continue to host 6:00 a.m. runs that will target half marathon and full marathon training, so there will be something for every runner!

Be sure to add yourself to the [Birmingham Track Club Saturday Run Group page](#) if you haven't already! We are excited to be on one big, happy BTC family page!



On February 1, 2025

# WE HAVE MOVED



BTC Moderate run events will be posted on the BTC Saturday Group Run FB page (currently called Saturday Long Run)

[Facebook.com/groups/BTCSaturdayLongRun](https://www.facebook.com/groups/BTCSaturdayLongRun)



# BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator



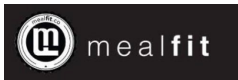
## NEW BTC MEMBER BENEFIT!

Birmingham Track Club members can now enjoy 15% off at the register when you visit Chop N Fresh in Lane Park (Mountain Brook Village). Just let them know you are a member of the Birmingham Track Club, and they will apply your discount. If you need to order ahead, you can call in with and let them know on the phone you're a BTC member. As always, please thank Chop N Fresh for supporting the BTC!

## CURRENT LIST OF MEMBER PARTNERS

FARM  
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restore  
HYPER WELLNESS



FLEET FEET  
Sports

The  
TrakShak  
Running Shops

2024 was a great year for the BTC! We hope all of you enjoyed some of the many benefits of BTC membership – from race discounts to gear discounts, and special offers by some of our favorite businesses, BTC membership is the best deal around! You can always find the latest and greatest list of “BTC perks” on the [“Members Only”](#) section of the BTC website, and you can see a list of races offering discounts to members [here](#). If you need to sign up or renew your membership, you can do so [here](#).

Lastly, we've added a discount code for the website RunningWarehouse.com! Are you curious about this code and what other benefits you have access to as a member of the BTC? You can find them any time under the MEMBERS ONLY section of your RunSignUp.com profile. <https://runsignup.com/MemberOrg/BirminghamTrackClub/Page/MembersOnly>

## 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 your 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. (at participating locations only)

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

## Is it a Calf Strain or Just Soreness?

By Hannah Cox,  
TherapySouth



A sudden tweak in your calf can be concerning, but this discomfort may not indicate you have developed a major injury. A simple calf strain screen can help you determine the severity of the issue and guide your next steps.

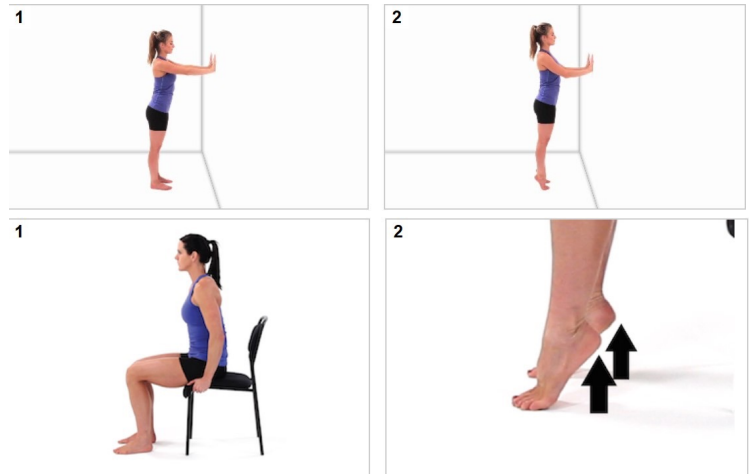
Start by performing a heel raise on both legs. If successful, progress to a heel raise on one leg. Next, try plyometric jumping on both legs, followed by plyometric jumping on one leg. If you're able to complete a step without pain or compensation, move on to the next. However, if you experience pain or weakness at any stage, it's a sign that your calf needs attention before returning to full activity.



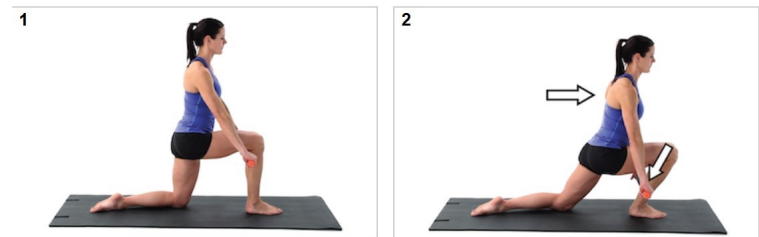
Failing a step means your calf requires specific stretching, strengthening, or soft tissue work to aid recovery. In addition to the screen, check out the following interventions to improve mobility and tissue health. If discomfort persists despite these interventions, come see us for further assistance. Taking care of strains early can return you to unrestricted activity quickly – but the longer an injury lingers, the longer the recovery will take!



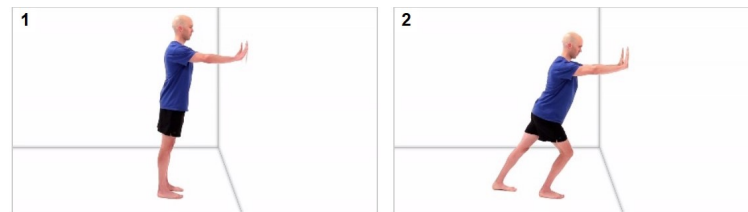
This was one of the screening tools, but can also aid in strengthening of the calf. The goal is to perform 30 repetitions slowly without significant pain or limitation. If you have pain or significant weakness with this, you should start this activity in a seated position. (See below)



Another great technique to improve calf and ankle mobility is to “floss.” Assume a half-kneeling position, putting the problematic leg in front. Shift your body weight forward, maintaining your heel on the ground. To further improve ankle mobility, you can put a resistance band in front of the ankle (anchored behind you) or put a weight on top of your knee.



It is natural to be concerned when faced with what appears to be a sudden injury or discomfort in the calf – after all, calf muscles play an important part in running. But by addressing it early, you can tackle any serious problems early or addresses any minor ones appropriately and get on the road to healing sooner!



Perform this stretch (to tolerance – don't push into pain!) for 30 seconds for 4 reps to improve calf mobility and length!

If you have any questions regarding strength training,  
send us an e-mail at: [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net)



# 1200 MILE CLUB

The 2025 edition of the 1200 Mile Club is now open! Remember: you must be a BTC member to join the challenge – [click here to join or to renew](#) your membership! The BTC is pleased to welcome Matt Grainger as the new Coordinator of the 1200 Mile

Club! First time 1200 Mile Club finishers are entitled to purchase a coveted 1200 Mile jacket for a nominal fee, and recurring finishers receive patches to display for subsequent years.

**Cumulative miles from 2025 are listed below.**

Participant	Total
Adwell, Stephen	0
Ahmed, Kabeer	312
Aquino, Eugene	534
Barton, Tabitha	359
Basquill, Matt	204
Benner, Kim	495
Bishop, Troy	0
Blackmon, Kim	304
Booher, Lisa	0
Bookout, Jason	393
Bookout, Kimberly	426
Bossard, Teri	503
Boswell, Ryan	109
Bouley, Rachel	170
Brakhage, Victoria	282
Bray, Elizabeth	0
Brown, Katie	85
Brown, Sean	194
Bryant, Jason L.	129
Burst, Theresa	0
Caine, Lawrence	102
Calvert, Aaron	521
Campos, Chris	735
Carlton, Bob	342
Chaffinch, Randy	302
Chaffinch, Violet	288
Chandler, Teresa	190
Clay, Brad	278
Cleveland, Jeff	400
Cliett, Stephanie	375
Cobb, Patty	344
Coe, Emily	332
Coe, Matt	409

Participant	Total
Colpack, Susan	163
Colvard, James	27
Conner, Melanie	174
Cooper, Cara	318
Cowie, Katelyn	252
Cramer, Robyn	297
Cramer, Steve	126
Creed, Brad	282
Creel, Mary	101
Davis, Samantha	244
Dawson, Ashley	506
Dawson, Bill	0
Deffenbaugh, Todd	361
Denney, Stephanie	322
Dill, Kinsley	244
Dimicco, Al	354
Dixon, Jeff	502
Downs, Matt	315
Duke, Cindy	309
Ennis, Matt	571
Estes, Cameron	462
Estrada, Steven	792
Flanery, Haley	165
Fons, Aaron	158
Franklin, Shane	0
Frederick, Winston	249
Freeman, Daren	419
French, Eric	0
Gaston, Katie	0
Gaston, Michael	718
Goode, Johnny	258
Grainger, Matt	564
Grames, Robby	346

Participant	Total
Gray, Michael	257
Gruber, Marla	444
Haggard, Georgia	260
Hall, Thomas	31
Hanson, Valerie	156
Hargrave, Alan	317
Harrelson, Karen	489
Harrison, Lisa	277
Hatcher, Heydon	190
Henninger, Alison	0
Herron, Michael	337
Hicks, Emery	461
Hogeland, Angie	286
Hogeland, Jeff	386
Holder, Gene	0
Hoover, Alison	391
Jack, Arian	239
Jenkins, Kaki	545
Jensen, Sarah	329
Johnson, Kimberly	315
Johnson, Phillip	325
Johnson, Troy	342
Jones, Julie	288
Jones, William	309
Kaylor, Sara	0
Kemper, Tricia	0
Kles, Ruth	411
Knight, David	209
Krick, Stefanie	466
Kuhn, Jimmy	358
Kulp, Loren	361
Lancaster, Jeff	358
Landefeld, Dale	173

Participant	Total
Lane, Anna Louise	310
Losavio, Lauren	312
Lovett, Meg	0
Lugo, Whitney	336
Lyda, Beth	409
Lyda, John	458
Lyle, Randy	338
Malick, David	394
Markham, Elishua	314
Mathews, Nikita	386
Mathews, Skip	342
McCalley, Charles	338
McKee, Rachel	267
Melton, Kristen	0
Merry, Vicki Sue	327
Miller, Pamela	405
Millican, Randy	150
Morris, Gordon	252
Moss, Renie	48
Namer, Lexi	352
Nodjomian, Jason	222
Noerager, Brett	731
Noerager, Felicia	345
Northern, Kristie	476
Oliver, Tom	241
Orihuela, Carlos	401
Orihuela, Catheryn	0
Ortis, Ellen	178
Padgitt, Scott	241
Pearce, Julie	0
Pinnick, Honora	322
Pinnick, Jonathan	0
Plante, David	0
Powell, Logan	554
Quinn, Vivian	390
Quinsey, Caleb	199
Rakestraw, Stephanie	220
Randolph, Megan	0
Rawson, Brent	375
Renfro, Jeff	308

Participant	Total
Richetti, Vee	440
Rivera, Jose	0
Robinson, Rod	0
Rodgers, Brian	452
Rodgers, Jeffrey	262
Rose, Billy	717
Rose, Jamie	317
Ruschhaupt, Skyler	0
Russell, Maureen	561
Rutledge, Lisa	372
Sherer, Jeremy	314
Sherrell, Jeff	382
Shin, Ye Jung	441
Shinn, Ronald	244
Sides, Dean	235
Silwal, Suman	0
Simpson, Kevin	641
Sloane, Mike	0
Smith, Daryl	368
Smith, Erin	393
Smith, Holly	0
Smith, Jason	0
Smith, Jerry P.	283
Soileau, Chester	0
Starnes, Dan	491
Stephens, Cory	301
Stewart, Mariah	169
Stockton, Rick	326
Sweatt, Jason	0
Syx, Amy	433
Thompson, Sarah	0
Thornton, Amanda	276
Toth, Christopher	246
Toth, Nick	211
Varner, Greg	317
Vaughn, Catherine	285
Vinson, Matthew	116
Waddell, Chassi	334
Walker, Brooke	264
Walker, Skylar	0

Participant	Total
Washington, Monica	0
Waters, Marc	301
Watkins, Britney	390
Watkins, Tommy	333
Wende, Adam R	209
Whatley, Prince	445
Wheeler, Elizabeth	431
White, Robin	0
Whitley, Mary Elizabeth	329
Whitt, Trey	227
Wiseman, Steve	422
Wu, Xing	226
Wyers, Ronald	300
York, Gary	587



# SHOW US YOUR BTC GEAR



# BTC EXECUTIVE BOARD MEETING

## March 10, 2025

The meeting was called to order by Vice President Bradley Wells.

Attendance: Bradley Wells, Ruth Kles, Alan Hargrave, Vicky Brakhage, Sarah Jensen, Cameron Estes, Marla Gruber, Alex Morrow, Charles Thompson, Ellen Ortis, Judy Loo, and Julie Pearce.

Vicky Brakhage made a motion to approve the minutes of the February 2025 Executive Board Meeting. The motion was seconded by Julie Pearce and passed without opposition.

### **Membership (Cameron Estes)**

We currently have 822 members and 648 memberships.

### **Treasurer (Ruth Kles)**

Our current bank account balance is \$62,800. There were \$9,000 in deposits due to the renewal of our Therapy South and Andrews Sports Medicine sponsorships. We also have \$78 in credit card rewards from past purchases.

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

Chop N Fresh is offering a 15% discount to all BTC Members. Members can just tell them at the checkout register that they are a BTC member and they will apply the discount. They are working on an online code that can be used for online orders.

### **Merchandise (Bradley Wells)**

Bradley Wells is working on new designs for Spring and Summer merchandise. He is also planning to reorder hoodies. The hoodies will be available as pre-order only.

### **1200 Mile Club (Bradley Wells)**

We sold one of the old 1200 Mile Club jackets. We may have enough jackets in stock for those who missed the 2024 jacket order the first time. Discussion was held about sending a mass email notifying members that registration is currently open, as several people have reached out indicating that they were never notified that they could register for the 2025 1200 Mile Club.

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

The March newsletter's publication date is April 7, 2025, so please have all content to Julie Pearce by Friday, March 21, 2025.

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

The UAB Green and Gold Invitational was held on February 7-8th. The Samford Invite and Open was held on February 14-15th. The

Gulf Southern Conference Championship was held on February 20-21st. The Southwest Athletic Conference Championship was held on February 22nd. The American Indoor Track and Field Championship was held on February 28 – March 1st. The Southland Conference Indoor Championship was held on March 2nd. On March 1st, the outdoor track and field schedule will begin.

### **IT Chair (Alan Hargrave and Jamie Trimble)**

Alan Hargrave noted that we will save \$52 per month by sending the monthly newsletter from RunSignUp instead of Constant Contact. When sending the newsletter via RunSignUp earlier this month, there were no bounce back emails.

### **Marketing (Alex Morrow)**

We are currently focusing our marketing on Statue 2 Statue and the St. Patrick Day Special.

### **Saturday Morning Long and Moderate Group Runs (Cameron Estes and Sarah Jensen)**

The Saturday Morning Runs are getting longer, so we need more water stop volunteers. We are planning to start up a new beginner run group this month. We plan to host a social on March 29, 2025, to kick off the new beginner run group. The plan is to target a 5K race in May, which can be voted on. We are confirming with Trim Tab that we can host the social there. The social run will have staggered start times. Sarah Jensen requested that some of our more experienced runners volunteer as mentors for the beginner runners.

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

There was a typo in the last newsletter that mistakenly indicated that the last bus leaves for the start line at 6:30am, but it is actually the first bus that leaves at 6:30am. We are doing a St. Patrick's Day special for 17% off registration from March 14 – 17th. All permits for the race have been submitted. Judy Loo is planning to mark the course this weekend.

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

Dogwood Pavillion has been reserved for this year's race. Marla Gruber plans to reach out to Trader Joe's about sponsoring food items and Trim Tab about hosting packet pickup. Marla also intends to speak with Oak Mountain State Park about pre-paying the park entry fees for the registered runners.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, April 14, 2025, at 6:00 p.m.





# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	April 12, 2025	6:00 a.m./6:30 a.m.
<a href="#">Highlands College Birmingham Marathon – Marathon, Half Marathon, 10k, and Family Fun Run (Fultondale)</a>	April 12, 2025	7:00 a.m.
<a href="#">UAB National Alumni Society Scholarship Run</a>	April 12, 2025	8:00 a.m.
<a href="#">Shades Crest Baptist Church High Country 5k (Hoover)</a>	April 12, 2025	8:00 a.m.
<a href="#">Red Shoe Run: Rockin' 5k and 1 Mile Fun Run</a>	April 12, 2025	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	April 19, 2025	6:00 a.m./6:30 a.m.
<a href="#">Cookie Fix Cookie Crusher VH5k</a>	April 19, 2025	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	April 26, 2025	6:00 a.m./6:30 a.m.
<a href="#">Saint Elias Cedar Run 5k and Cedar Shake Fun Run</a>	April 26, 2025	8:00 a.m.
<a href="#">The Indy 5k</a>	May 2, 2025	5:30 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 3, 2025	6:00 a.m./6:30 a.m.
<a href="#">We Love Homewood 5k and 1 Mile Fun Run</a>	May 3, 2025	7:30 a.m.
<a href="#">Jog for Judah 5k Fun Run</a>	May 3, 2025	8:15 a.m.
<a href="#">Donor Dash for Life 5k Run/Walk (Hoover)</a>	May 3, 2025	9:00 a.m.
<a href="#">Queen Bee 10k and 5k (separate stroller divisions)</a>	May 3, 2025	9:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 10, 2025	6:00 a.m./6:30 a.m.
<a href="#">Kitty Kat Haven &amp; Rescue 5k Meow-A-Thon and 1 Mile Whisker Walk (Hoover)</a>	May 10, 2025	8:00 a.m.
<a href="#">Motherwalk and Run 5k</a>	May 10, 2025	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 17, 2025	6:00 a.m./6:30 a.m.
<a href="#">Spring Scramble 5k</a>	May 17, 2025	5:30 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 24, 2025	6:00 a.m./6:30 a.m.
<a href="#">Bridge Builder 5k Run</a>	May 24, 2025	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 31, 2025	6:00 a.m./6:30 a.m.
<a href="#">Speed Stampede 2 Mile Run</a>	May 31, 2025	8:00 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 Kabeer Ahmed](#), or visit the BTC website to [submit your race](#).



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

