



BIRMINGHAM TRACK CLUB
 WHERE RUNNERS ARE FORGED
THE VULCAN RUNNER

April 2026 **4**



**STATUE TO STATUE KICKS OFF
 APRIL RUNNING IN FULL BLOOM**

By Judy Loo, Race Director

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STATUE TO STATUE KICKS OFF APRIL RUNNING IN FULL BLOOM

What a beautiful Saturday morning for the Statue to Statue 15K Run! As Race Director, I was truly inspired by the incredible runners and dedicated volunteers who came together to make this event such a success. I want to extend my sincere thanks to each and every one of you -- you made this race possible.

Congratulations to our Overall Male winner, **Caleb Geffen**, with an impressive time of 51 minutes, and our Overall Female winner, **Whitney Woodard**, who finished strong at 1:08. These were outstanding performances by both winners on what we all know is a challenging course. Congratulations to ALL the runners who crossed the finish line. You all are winners!

We were especially excited to welcome many first-time participants this year. I hope you enjoyed the South's Toughest 15K, and I would love to hear how you did. I hope to see you back again next year.

We were also excited to have Reel Wheel Media on the course and love seeing the fun race videos and photos. Be sure to check them out on RunSignUp by clicking [HERE](#).

If you placed in the top three of your age group and were unable to pick up your gift card award, they are available at Trak Shak for pickup through April 22.

A heartfelt thank-you to all of our sponsors for their generous support: BTC, TherapySouth, Andrews Sports Medicine, HydraLive Therapy, Crestline Pet Care PC, Strategic Financial Partners – Michael Brown, Crestwood Roofing Company, Piggly Wiggly, TrimTab Brewing Company, SoHo Social, Taco Mama, Oak Hill Bar & Grill, Reel Wheel Media, Trak Shak, Championship Racing, and Brooke Dodson with Smithfield Foods for providing Nathan's Hot Dogs.

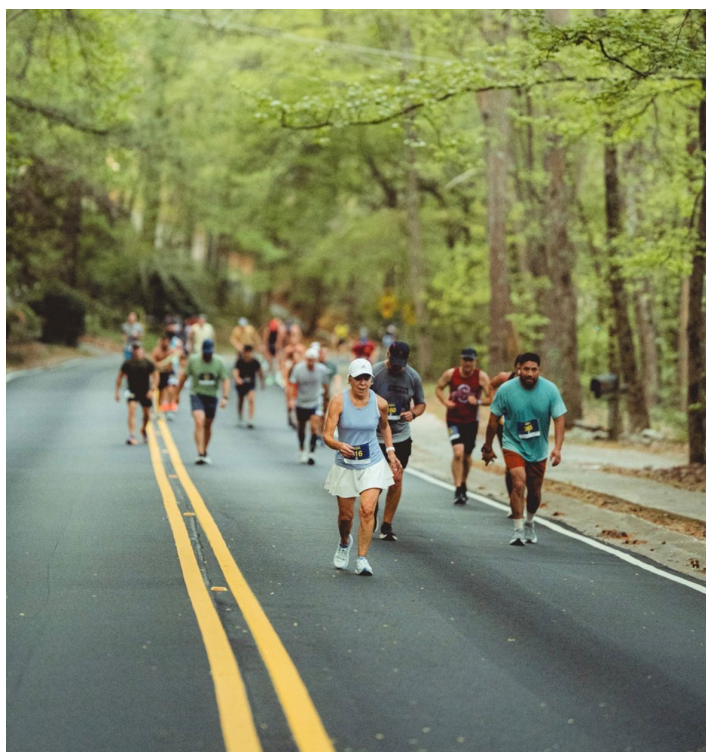
Special thanks to Trish Portuese, Michele Parr, and Jamie Trimble. I truly appreciate all of your extra help and support in making sure everything ran smoothly -- you were invaluable to the success of this event.

Be sure to save the date for next year's race: **April 3, 2027**. We look forward to seeing all of you there!



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STATUE TO STATUE KICKS OFF APRIL RUNNING IN FULL BLOOM



PRESIDENT'S ADDRESS

By Bradley Wells



Hello BTC Family,

As the spring running season rolls on, I continue to be energized by the passion, commitment, and camaraderie that define the Birmingham Track Club. Every race, group run, and volunteer shift is a reminder that BTC is much more than a running club -- it's a community built by people who care deeply about one another and about this sport we all love.

I want to start by celebrating a major success: Statue to Statue, which we ran just two weeks ago, was an outstanding day for BTC and for Birmingham running as a whole. From the runners who took on the challenge from Vulcan to Liberty, to the volunteers who worked water stops, provided course support, and performed finish line duties, this event was a true team effort. It simply would not happen without you. Thank you to everyone who ran, cheered, planned, and volunteered -- you showed exactly what BTC is all about.

Looking ahead, we're continuing our push toward one of our biggest goals for the year: **reaching 1,000 BTC members**. Growing our membership isn't just a number -- it means more voices, more energy, and more opportunities to expand what we can offer as a club. If you're already a member, I encourage you to invite a training partner, a friend, or someone new to running to join us. If you're on the fence, there has never been a better time to get plugged in.

And getting plugged in goes beyond race day.

One of the greatest strengths of BTC is member involvement. Whether it's volunteering at a race or water stop, helping with packet pickup, serving on a committee, or even stepping into a leadership or board role, there are so many ways to contribute. You

don't need prior experience -- just a willingness to help and a love for the running community. If you've ever thought, "I'd like to be more involved," this is your sign.

If you're interested in volunteering, helping at an event, or learning more about serving on the board, please reach out to me directly. I would love to connect and help you find a place to contribute that fits your interests and availability.

I also want to briefly share a personal highlight from this past weekend. I had the opportunity to attend the **RRCA National Conference**, where I met with track club leaders from across the country. It was an incredibly valuable experience -- full of learning, idea-sharing, and conversations about what makes clubs thrive. I came away with great insight, practical best practices, and fresh inspiration, and I'm excited to begin putting those ideas to work here in Birmingham to make BTC even stronger.

None of this progress happens without engaged members, dedicated volunteers, and a shared belief in what BTC can be. With your support, I am confident we can continue delivering outstanding races, growing our membership, and building a club that serves runners at every stage -- from first-timers to lifelong competitors.

Thank you, as always, for being part of this journey. I'm proud of where we are and even more excited about where we're going.

See you out there,

Bradley Wells
President, Birmingham Track Club



2026 Officers



President

Bradley Wells

president@birminghamtrackclub.com



Treasurer

Ruth Kles

treasurer@birminghamtrackclub.com



Vice-President

Matt Ennis

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



BTC Committees

General Counsel/Parliamentarian	Lauren Weber	parliamentarian@birminghamtrackclub.com
Long Run Coordinator	Cameron Estes	longruns@birminghamtrackclub.com
Moderate Run Coordinator	Sarah Jensen	moderateruns@birminghamtrackclub.com
Medical Director	Dr. Rachel Henderson	medical@birminghamtrackclub.com
Social Chair	Haley Flanery	social@birminghamtrackclub.com
Marketing/Social Media	Alex Morrow	marketing@birminghamtrackclub.com
Membership	Cameron Estes	membership@birminghamtrackclub.com
Membership Benefits	Ellen Ortis	benefits@birminghamtrackclub.com
Merchandise	Ellen Ortis	store@birminghamtrackclub.com
"The Vulcan Runner" Newsletter	Julie Pearce	newsletter@birminghamtrackclub.com
Japan Exchange Program	Rebecca Williamson	japan@birminghamtrackclub.com
1200 Mile Club	Matt Grainger	1200@birminghamtrackclub.com
Volunteer Coordinator	Kaki Jenkins	volunteer@birminghamtrackclub.com
Historian	Trish Portuese	historian@birminghamtrackclub.com
Finish Line Crew	Jamie Trimble	finishline@birminghamtrackclub.com
Webmaster	Kabeer Ahmed	webmaster@birminghamtrackclub.com
IT Chair	Alan Hargrave	itchair@birminghamtrackclub.com
USATF Representative	Charles Thompson	usatfrep@birminghamtrackclub.com

BTC Race Directors

Adam's Heart Run	Vicky Brakhage	adamsheart@birminghamtrackclub.com
Statue 2 Statue	Judy Loo	statue2statue@birminghamtrackclub.com
Peavine Falls	Marla Gruber	peavinefalls@birminghamtrackclub.com
Vulcan Run	Hunter Bridwell	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



COMMUNITY CORNER

By Jennifer Andress, Mayor of Homewood and External Affairs and Special Projects Director, Freshwater Land Trust

Happy Spring, BTC!

I am happy to deliver some great reasons to get outside and hit the roads and trails, as there are all kinds of improvements for runners underway across the Birmingham area.

At Red Mountain Park, check out the brand-new restroom pavilion at the Frankfurt entrance. This project has been a long time coming, and thanks to a grant from Representative Terri Sewell, it is now a reality. The structure is beautiful, reminiscent of the monument sign on Lakeshore Parkway and echoing the iron ore once removed from Red Mountain. ▶

Speaking of bathroom pavilions, Homewood's Shades Creek Greenway is getting one at the Green Springs end of the trail. Construction is underway at the far-end of the parking lot at the soccer fields, connecting to the trail between the trailhead and the .25-mile mark headed east. The footers have been poured and the pre-fab structure has arrived, so you should see this go up quickly from here.

Homewood also has a new connector underway along Central Avenue and the Griffin Brook tributary. You have probably noticed the cones in place. Once completed, this trail will lead you to Spring Park in Rosedale (with water and bathrooms onsite) and is also a safer route to downtown Homewood from Edgewood and Central Park.

A brand-new trail in East Birmingham is under construction further upstream of Shades Creek, connecting the Irondale Furnace trail in Mountain Brook to the Flora Johnston Nature Preserve. This trail is a collaborative effort with Freshwater Land Trust, Councilor Hunter Williams and the City of Birmingham, and will add another mile-plus along Shades Creek. Look for an official opening later this summer. ▶



RED MOUNTAIN RESTROOM PAVILION

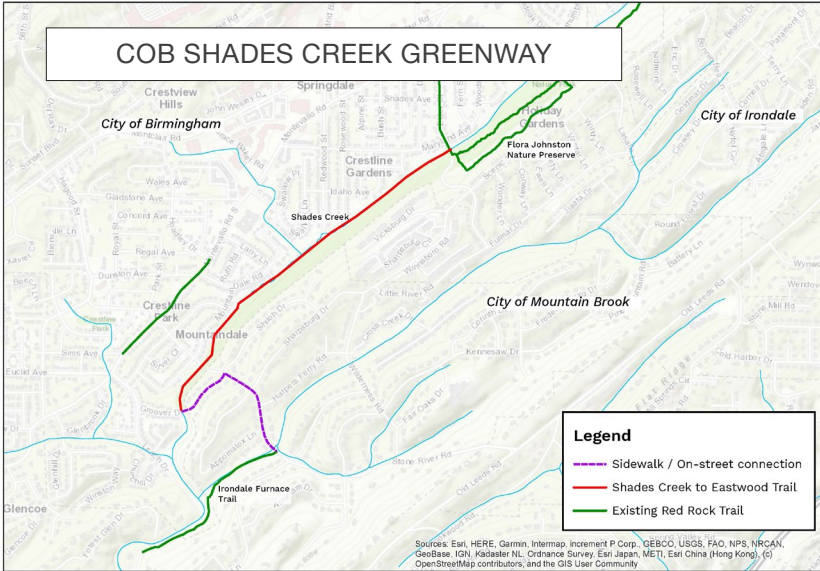


IRONDALE FURNACE/FLORA JOHNSTON NATURE PRESERVE CONNECTOR TRAIL

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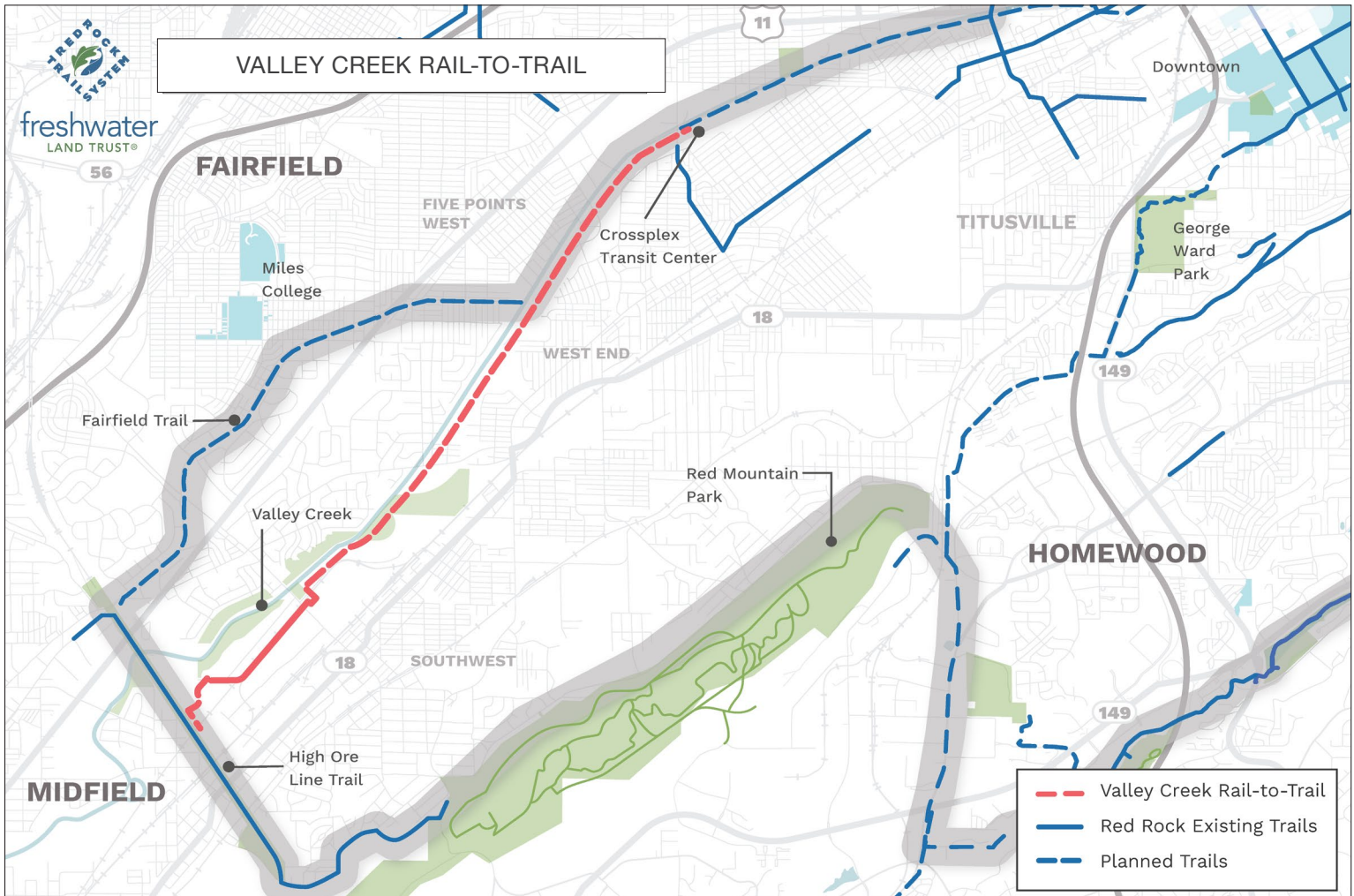
COMMUNITY CORNER

By Jennifer Andress, Mayor of Homewood and External Affairs and Special Projects Director, Freshwater Land Trust



Freshwater Land Trust also is working with the City of Birmingham on the Valley Creek Rail-to-Trail (see map), connecting the High Ore Line in Midfield to the Birmingham Crossplex. This will be a 4-mile trail along Valley Creek. Design is underway, with plans to begin construction in early 2027. This connector will get you from Red Mountain Park to the Hugh Ore Line to Valley Creek to the Crossplex and eventually back to downtown Birmingham via the Red Rock Action Plan loop. You can see the plans [HERE](#).

Regional cooperation and connectivity are huge priorities of mine, and I always love bringing updates to the BTC. If anyone can appreciate safer ways to recreate outdoors, it's this great group of runners and walkers. Run safe out there and I'll be back with more updates as they come!



MEDICATION AND MILES:

Clearing the Smoke: A New Runner's High?

By Ashton Bellamy, PharmD, and Kim Benner, PharmD

In December 2025, the President signed an executive order directing the Attorney General to expedite the review of marijuana and rescheduling it from Schedule I to Schedule III under the Controlled Substances Act. For reference, marijuana currently is a Schedule I substance, which, by definition, is a drug with no currently accepted medical use that has the highest potential for abuse and dependence. A Schedule III substance is one that has potential for abuse and dependence that is less than Schedule I or II substances, but abuse may lead to low to moderate physical dependence or high psychological dependence. By definition, a Schedule III substance does have an accepted medical use in the United States. Rescheduling marijuana could have a multitude of effects: formal acknowledgement of its medical uses, reduction of tax burdens, lower abuse potential, and help with research funding. Despite these perceived benefits if marijuana is rescheduled, changing this classification will not make marijuana federally legal or legalize state dispensaries, and there will not be an immediate impact on criminal penalties. Changes and rescheduling could come as soon as sometime in 2026, so it is important to be aware of marijuana's impact on athletic performance.¹

Before discussing the impact of marijuana on exercise, it is important to make the distinction between hemp and marijuana. Both originate from cannabis plants, but the main difference between them is the tetrahydrocannabinol (THC) percent composition. THC is the psychoactive ingredient and is what provides the "high". Hemp has 0.3% or less of THC and can be found in CBD. Marijuana contains more than 0.3% THC.² Marijuana can also be used (or consumed) in several ways: smoking, edibles, drinking tea brewed from marijuana, vaping, and dabbing.³ This article will focus on marijuana; because it currently is a Schedule I substance, there is a good deal of information published on its use and impact on exercise beyond some small reports from use in states where it is legal to use.

Potential Benefits

Most of the benefits associated with marijuana and exercise are associated with post-workout or recovery phases. Marijuana may help with calming nerves, reducing anxiety, and improving sleep, which ultimately aids in recovery.⁴ Marijuana also may boost motivation and make exercising more enjoyable; however, there is some data suggesting it does not help with performance. A University of Colorado-Boulder study of 42 runners explored marijuana use prior to running on a treadmill. This study concluded that use was associated with a positive mood and enjoyment during the workout. One ultrarunner included in this study commented that during peak training, consumption of a marijuana-containing gummy provided a mid-run "pick me up" when motivation was waning.⁵ One participant also noted that it helped the time pass during the workout. The researchers recognize that use has benefits and harms that would need to be evaluated.



The psychological benefits of running are attributed to endorphins and other neurotransmitters such as serotonin and dopamine that shift in response to exercise. This is often termed the "runner's high". In addition to endorphins, there may be additional neurotransmitters that play a role in causing the feelings of euphoria and sense of accomplishment after exercise. These neurotransmitters are called "endocannabinoids" and are compounds that our bodies naturally make.⁶ They act as messengers and help with sleep, mood, appetite, pain, memory, stress response, and immune function; however, they do not and will not produce a "high". Endocannabinoids mainly work in the central nervous system.⁷ Exercise increases the amount of endocannabinoids our bodies produce.⁸

Marijuana, an exogenous cannabinoid (one produced outside of the body), mimics the endocannabinoids our bodies produce naturally and binds to the same regions within the brain or central nervous system. When marijuana is consumed, its effects will mimic those of our own endocannabinoids, and give the user a feeling of euphoria, reduced anxiety, and improved mood and self-esteem. While marijuana may help with motivation and may provide post-workout effects such as a "runner's high" and a positive impact on sleep and recovery, performance could be negatively impacted.

Potential Drawbacks

Not much information has been published on how marijuana impacts exercise performance, and the negative impact of marijuana on exercise is mainly extrapolated from data on how it

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MEDICATION AND MILES:

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impacts a person, regardless of exercise status. In the previously mentioned study, participants noted higher enjoyment and more intense euphoria when they consumed marijuana prior to exercise; however, when compared to a run without marijuana consumption, the same intensity felt significantly harder during the cannabis run. Additionally, in this study, the pace differential was >30 seconds per mile when someone had consumed marijuana. Thus, marijuana is/was not considered a “performance enhancing drug”.

Several small studies have made similar findings. One study found that marijuana yielded no improvement in aerobic performance, with some studies demonstrating a worsening in aerobic performance under the influence.⁹ Another study found that marijuana consumption led to increased and earlier fatigue during anaerobic exercise.¹⁰ Studies also suggest that maximal effort duration is shortened when marijuana is consumed near the time of exercise.¹¹

It is known that marijuana causes neurological and motor impairments, has cardiovascular risks, and causes respiratory issues from smoking or inhalation.^{12,13} Balance and coordination are affected when marijuana is consumed, potentially increasing the risk for falls or poor form with weights or similar movements. Marijuana also slows reaction time, which can impact weightlifting.^{14,15} Its use also has neurological and psychological considerations, with altered perceptions of exertion, potentially causing dizziness, and impairing judgment.^{5,16} Marijuana can increase heart rate, which can compound on an already increased heart rate due to exercise. Additionally, oxygen supply and demand can be mismatched, and blood pressure may be elevated after consumption. These factors can increase risks for heart attacks and strokes.¹⁷ Lastly, respiratory issues from smoking marijuana can lead to lung irritation, making it difficult to breathe. Smoking can cause coughing, wheezing, and persistent inflammation. The inability to breathe effectively can result in decreased oxygenation of tissues and muscles, limiting the amount of exercise a person can do.¹⁵ These potential sequelae that can occur are serious and should be considered and discussed with a healthcare professional prior to making any decisions about marijuana consumption.

Other Considerations

- Potential for significant drug interactions with marijuana ingestion
- The legal impact, employment and maintaining a drug-free workplace, and safety while operating machinery or driving
- Respiratory harm: direct damage to lung tissues can lead to chronic bronchitis or other conditions
- Cardiovascular concerns: can increase heart rate and blood pressure, increasing the risk of heart attack or stroke
- Gastrointestinal (GI) concerns: long-term use may lead to Cannabinoid Hyperemesis Syndrome (CHS), which is a condition that leads to recurrent vomiting and severe pain

- Impact on cognitive function: impairs memory, attention, concentration, and problem-solving abilities
- Mental health concerns: can lead to depression and anxiety; in predisposed individuals, can lead to psychosis, with higher doses causing extreme confusion, paranoia, panic, and hallucinations

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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:

Jeff Clark	Rosemary Greaves	Emma Lewis	Mary Margaret Sanders
Jorge Cortes	Karen Harrelson	Elishua Markham	Fred Singleton
Jessica Dallow	Xuan Huang	Erica Murphy	Sarah Thompson
Martin Gomez	Courtney Jackson	Madhumita Paul	
Deana Goodwine	Julie Jones	Dana Peele	
Greg Greaves	Josh Kimbrough	Chloe Powell	

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.

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



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](#).



Saturday Morning Water Stop Volunteers Needed!

We're not saying your water stops need to be as creative and fun as this one (but huge thanks, **Xuan Huang**, for this especially awesome one!), but as the days get warmer and more humid, we all need more hydration, especially during our long runs! The BTC loves organizing long and moderate distance runs for our runners – and while they are free and open to everyone, we need everyone's help to ensure we stay safe and hydrated. Please sign up to supply a water stop periodically – it is easy, inexpensive, and your fellow runners will love you for it! You'll find the link to sign up (along with instructions) on each week's route.



Thank you!

BTC Group Runs Update

Join the BTC Long or Moderate Groups for a group run on Saturday mornings! The Long Run group meets at 6:00 a.m. at Trak Shak in Homewood and typically offers two distance options. The Moderate Group meets at 6:30 a.m., also at Trak Shak, and offers multiple distance options, as well as run/walk or walking options. The BTC truly has an option for everyone!

Please check the BTC Saturday Group Run [Facebook](#) page each week for details on the distances and routes each group will be running, as well as to sign up to volunteer to supply a much-needed water stop!



BTC Long and 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 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!](#) Spring gear will be available soon on the BTC website.



BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator

NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

Download (or print) your membership card by clicking [this link](#) or by following these instructions:

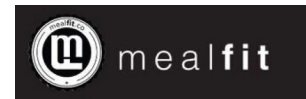
- Go to <https://runsignup.com/MyClubMemberships>.
- Log into RunSignUp using the email you used to register with the BTC.
- Click the **“Membership Card”** link for your current BTC membership (need to renew your membership? Click **“manage”** to do so easily).
- Print your membership card or save a .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!

CURRENT LIST OF MEMBER PARTNERS



THERAPYSOUTH

Leaking on the Run? Let's Talk About Your Pelvic Floor.

By Hannah Cox,
TherapySouth



Are you experiencing urinary leakage with longer distances, faster paces, downhill running, or plyometrics? If so, you are not alone -- and this is not “just something runners deal with.” You may be experiencing pelvic floor dysfunction.

What Is the Pelvic Floor?

The pelvic floor is a group of muscles that function like a hammock at the base of your pelvis. These muscles support the bladder, reproductive organs, and large intestine. They also play a critical role in core stability and managing intra-abdominal pressure — which is especially important during high-impact activities like running, jumping, sprinting, and downhill training.

Every foot strike creates force that travels up the kinetic chain. Your pelvic floor is part of the system that absorbs and manages that load. When it's not functioning well, symptoms can appear.

Who Does This Affect?

Pelvic floor dysfunction can affect anyone — including male runners!

While we often see symptoms in young female athletes, postpartum runners are the demographic most commonly affected. However, leakage during exercise is not a “normal” part of motherhood or training progression. It's a sign that something needs attention.

It's Not Always Just the Pelvic Floor

Pelvic floor dysfunction can also mimic other running injuries. Symptoms may present as:

- Deep hip pain (sometimes mistaken for a labral tear)
- Low back discomfort
- Groin pain
- Core instability
- Persistent “tight hip flexors”

Because the pelvic floor works in coordination with the diaphragm, abdominal wall, hips, and deep core system, dysfunction in this area can create symptoms elsewhere.

And No — Endless Kegels Aren't the Answer

One of the biggest misconceptions is that leakage automatically means weakness and that more Kegels will fix it. Pelvic floor muscles can be:

- Weak
- Overactive and tight
- Poorly coordinated
- Struggling with pressure management

In many runners, the issue is not just strength — it's timing and pressure control. These muscles may need:

- Mobility and stretching
- Soft tissue work
- Coordinated strengthening
- Breathing retraining
- Progressive impact loading

Most importantly, the muscles need to learn how to manage intra-abdominal pressure during running mechanics.

The Good News

Leaking with running is common — but it is treatable.

Addressing pelvic floor dysfunction doesn't mean giving up mileage or intensity. It means restoring the system so you can return to distance, speed work, and plyometrics without symptoms. If you're experiencing leakage, pain, or pressure with running, consider being evaluated by a pelvic health physical therapist. Your training should challenge you -- not embarrass you.

GREETINGS BTC MEMBERS AND FELLOW BIRMINGHAM RUNNERS!



Hello again! Now that my time as BTC President has ended, I am excited to announce that I am the new Road Runners Club of America (RRCA) Alabama state representative. I want to thank fellow BTC member Teri Bossard for her service as our RRCA State Rep for the last several years.

For those of you who don't know about the Road Runners Club of America, it is the oldest and largest national association of runners and running organizations dedicated to growing the sport of running since 1958. The BTC is an RRCA member, and through that membership we maintain our tax-exempt status. RRCA also provides insurance for our club and our races, as well as contributing a wealth of information and support upon which we rely.

As the new RRCA Alabama State Rep, I look forward to carrying the same enthusiasm I have for the Birmingham running community to the rest of the state. There are many other great clubs around the state, and as state rep I want to find ways to connect and grow the relationships among and between them. While each club represents its local running community, I believe we can all benefit from supporting each other. That support can take many forms, from running in each other's races, to simply having a connection to folks and places to run whenever we're outside of our local running community. There are also opportunities to share ideas and experiences between clubs that can foster growth and interest in our sport across the state.

This month, I will be attending the RRCA National Convention in Arlington, VA as your state rep. Having represented the BTC at national convention the last several years, I am excited to continue developing connections and relationships nationwide to benefit the Birmingham running community and all of the running communities throughout the state.

Another important aspect of RRCA is awarding State, Regional and National Championship races. This year, our very own Vulcan Run 10k is the RRCA 10k State Championship!

The 2026 RRCA Championship races in Alabama are:

- **May 16: Montgomery Jubilee Runs – 8k State Championship; Montgomery**
- **August 1: Woodstock 5k – 5k State Championship; Anniston**
- **October 10: Monte Sano 15k – 15k Southern Region Championship; Huntsville**
- **November 7: Vulcan Run – 10k State Championship; Homewood**
- **November 28: Costal Half Marathon – Half Marathon State Championship; Orange Beach**
- **December 16: Rocket City Marathon – Marathon State Championship; Huntsville**

I look forward to seeing you out on the roads, or at one of these great races!

Jamie Trimble
RRCA Alabama State Representative

1200 MILE CLUB

The 2026 Challenge is officially open!

The 2026 edition of the 1200 Mile Club Challenge is now live – [click this link](#), and start logging those miles! When you break down 1200 miles, it's only:

- 100 miles per month
- 25 miles per week
- About 3.5 miles per day

How's that for runner math?! Remember: you must be a BTC member to participate ([click here to join or renew your membership](#)). Go kick butt on the roads or trails this year!

Matt Grainger, 1200 Mile Club Coordinator

Cumulative miles from 2026 are listed below.

Participant	Total
Ahmed, Kabeer	465
Aquino, Eugene	424
Benner, Kim	341
Booher, Lisa	321
Bookout, Jason	272
Bookout, Kimberly	672
Bossard, Teri	579
Boswell, Ryan	170
Boyd, DeWayne	291
Boylan, Robert	275
Bradley, Shelby	134
Brakhage, Victoria	57
Brasher, Julia	191
Bray, Elizabeth	332
Brown, Katie G.	375
Brown, Sean	44
Burst, Theresa	0
Caine, Lawrence	278
Callahan, Chris	95
Calvert, Scott	364
Campos, Chris	0
Carlton, Bob	279
Castro, Andrea	173
Chaffinch, Violet	110
Chambers, Gay	395
Chandler, Teresa	375
Clay, Brad	341
Cleveland, Jeff	351
Cliett, Stephanie	368
Coe, Emily	296

Participant	Total
Coe, Matt	0
Colpack, Susan	298
Cooper, Cara	343
Corrin, Roger	290
Couch, Jacob	0
Cowart, Dave	255
Cowie, Katelyn	299
Cramer, Robyn	329
Cramer, Steve	65
Creed, Brad	164
CREEL, MARY	343
Davis, Samantha	319
Dawson, Ashley	404
Dawson, Bill	291
Deffenbaugh, Todd	283
Denney, Stephanie	174
Dimicco, Al	304
Dixon, Jeff	238
Duke, Cindy	340
Edwards, Haniah	0
Edwards, Thomas	0
Ennis, Amanda	297
Ennis, Matt	443
Estes, Cameron	374
Estrada, Steven	945
Flanery, Haley	0
Frederick, Winston	413
French, Eric Lewis	0
Goode, Johnny	273
Gorrie, Alie B.	337

Participant	Total
Graham, Ryan	0
Grainger, Matt	563
Grames, Robby	198
Gray, Michael	260
Gruber, Marla	480
Haefs, Jonathan	443
Hall, Thomas	0
Haralson, Danny	302
Haralson, Micki	374
Hargrave, Alan	336
Harrelson, Karen	506
Harrison, Lisa	271
Heard, Macy	361
Henninger, Alison	278
Hogeland, Angie	339
Hogeland, Jeff	317
Holder, Gene	0
Hoover, Alison	0
Hurst, Anna	330
Jenkins, Kaki	565
Jenkins, Kate Herrera	264
Jensen, Sarah	180
Johnson, Kimberly	41
Johnson, Phillip	0
Johnson, Troy	303
Jones, Julie	270
Kezar, Carolyn	97
Knight, David	320
Krick, Stefanie	497
Kuhn, Jimmy	0

Participant	Total
Lamb, Patrick	60
Lancaster, Jeff	512
Landefeld, Dale	321
Lane, Anna Louise	302
Lockett, Michella	0
Losavio, Lauren	374
Lyda, Beth	150
Lyda, John	484
Lyle, Randy	385
Maiola, Frankie	393
Malbrough, Quinn	0
Markham, Elishua	318
Martin, Sheree	0
Mathews, Nikita	311
Mathews, Skip	326
McCalley, Charles	317
McInnish, Amber	295
Melton, Kristen	0
Merry, Vicki Sue	492
Millican, Randolph	313
Morris, Gordon	300
Morrow, Alex	0
Moss, Philip	282
Muncher, Monica	148
Murchison, Reginald	480
Nodjomian, Jason	296
Northern, Kristie	584
Orihuela, Carlos	201
Orihuela, Catheryn	426
Palmore, Chad	46
Pearce, Julie	0
PLANTE, DAVID	224
Powell, Patrick	499
Reaves, Brandon	0
Reaves, Brittany	0
Renfro, Jeff	265
Richetti, Vee	197
Roberts, Fletcher	344
Robinson, Tamara	352
Rodgers, Brian	363
Rodgers, Jack	0
Rodgers, Jeffrey	258

Participant	Total
Rose, Billy	356
Rose, Jamie	201
Rutledge, Lisa	300
Saffold, Ethan	0
Sanford, Gary	766
Sherer, Jeremy	288
Sherrell, Jeff	163
Shin, Ye Jung	538
Sides, Dean	359
Simpson, Kevin	374
Sloane, Mike	109
Smith, Daryl	364
Smith, Erin	397
Smith, Holly	0
Smith, Jason	482
Smith, Jerry P.	59
Smith, Justin	0
Smith, Mimi	391
Soileau, Chester	0
Spikings, Matt	253
Stephens, Cory	0
Stockton, Rick	272
Stone, Kayla	281
Tarabella, Abbie	0
Thomas, Marilyn	300
Thornton, Amanda	440
Townes, Janelle	97
Trimble, Jamie	143
Vick Jr., Gerald	363
Vinson, Matthew	169
Waddell, Chassi	323
Watkins, Tommy	310
Watters, Erin	174
Wells, Bradley	0
Wende, Adam R	285
Whatley, Prince	178
Wheeler, Elizabeth	0
White Vick, Katie	429
White, Robin	712
Wiseman, Steve	409
Woodard, Larry	300
York, Gary	480

SHOW US YOUR BTC GEAR



The meeting was called to order by President Bradley Wells.

Attendance: Bradley Wells, Matt Ennis, Vicky Brakhage, Hunter Bridwell, Cameron Estes, Alex Morrow, Judy Loo, Jamie Trimble, Trish Portuese, Julie Pearce, Sarah Jensen, Charles Thompson, Kaki Jenkins, Ellen Ortis, Alan Hargrave, Marla Gruber, and Matt Grainger

Trish Portuese made a motion to approve the minutes of the January 2026 Executive Board Meeting. The motion was seconded by Bradley Wells and passed without opposition. The minutes will be sent to the Executive Board via email after the monthly meetings from now on.

Discussion was held regarding goals for the year. Some of the goals we would like to set are 1) increasing membership to 1000 members, 2) offer top-notch race experiences, 3) work toward rebranding to Birmingham Area Runners, and 4) bringing new members into the Executive Board. Bradley Wells would like to meet with each committee to determine other goals.

Treasurer (Bradley Wells)

The monthly financial report will be sent out via email.

Membership (Cameron Estes)

We currently have 731 members and 564 memberships. Our goal is to increase memberships to 1,000.

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

We have the same volunteers signing up for water stops every week, so we need to generate more interest in water stop volunteers. We will let members know that we do have coolers and Gatorade powder that they can use to set up the water stops.

Marketing (Alex Morrow)

A major goal for marketing is working to bring in more sponsors. We really need to bring in multiple people to handle social media for the BTC. Discussion was held regarding the possibility of budgeting funds to pay for a social media person to create content.

Newsletter Editor (Julie Pearce)

Please have all newsletter content for the April newsletter to Julie Pearce by Friday, March 27, 2026. She sent an email with important newsletter dates. Julie just wanted to issue a reminder that we do still sell advertisements in the newsletter if anyone knows any businesses or races that would like to purchase advertising space. For the April newsletter, we will have a Statue 2 Statue recap article and Julie will mention the need for water stop volunteers for the Saturday Morning Runs.

Member benefits and Merchandise (Ellen Ortis)

Ellen Ortis has taken over as the merchandise chair. She has found a new company to start working with for shirts and has new design ideas. There are no new member benefits to report. We are looking for someone to take over as the chair for the Member Benefits committee.

Social Committee (Kaki Jenkins)

Discussion was held about upcoming socials. We might reach out to the Thursday Night Runners about possibly combing a social with them on Thursday, March 26, 2026. They start their runs at 5:30, so the social could be from 5:30-8:00.

Statue 2 Statue (Judy Loo)

Police want to add four or five new police officers on the course for the race. They said that a runner almost got hit last year, because there was an intersection with no police presence. This is going to increase expenses substantially. Discussion was held about offering for us to have volunteers at those intersections rather than paying for additional police officers. Discussion was held about sending a post-race survey asking what they liked or didn't like about specific aspects of the race. The race course is in the process of getting recertified.

1200 Mile Club (Matt Grainger)

We have jackets and patches available for pickup. The 15-year patches are being printed now.

Volunteer Committee (Kaki Jenkins)

Kaki Jenkins is taking over as Volunteer Committee Chair from Kim Benner. Discussion was held about the volunteers needed for Statue 2 Statue.

Japan Exchange (Bradley Wells)

There are no updates on the Japan Exchange Program.

USATF Representative (Charles Thompson)

Charles Thompson went over upcoming USATF event dates.

New Business

Bradley Wells made a motion to allocate \$3,000 to send representatives from the BTC to the RRCA National Convention. The motion was seconded by Matt Ennis and passed without opposition.

We are proud to announce that Jamie Trimble is new RRCA State Representative and that the Vulcan Run 10K will be the RRCA 10K championship race for the state of Alabama.

There being no further business, the meeting was adjourned. The next monthly meeting will be held on Monday, April 13, 2026, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	April 18, 2026	6:00 a.m./6:30 a.m.
St. Elias Cedar Run – 5k and 1 Mile	April 18, 2026	8:00 a.m.
20th Annual UAB National Alumni Scholarship Run – 5k and 1 Mile Fun Run	April 18, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	April 25, 2026	6:00 a.m./6:30 a.m.
20th Annual Spring Scramble 5k	April 25, 2026	5:30 p.m.
BTC Saturday Long and Moderate Run Groups	May 2, 2026	6:00 a.m./6:30 a.m.
We Love Homewood 5k, 1 Mile, and Fun Run	May 2, 2026	7:30 a.m.
Kitty Kat Haven & Rescue 5k Meow-A-Thon and 1-Mile Whisker Walk (Hoover)	May 2, 2026	8:00 a.m.
Queen Bee 5k and 10k (with separate stroller divisions)	May 2, 2026	2:00 p.m.
BTC Saturday Long and Moderate Run Groups	May 9, 2026	6:00 a.m./6:30 a.m.
MotherWalk 5k and Fun Run	May 9, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 16, 2026	6:00 a.m./6:30 a.m.
13th Annual Blazer Bolt for Brain Cancer – 5k and 1-Mile Fun Run	May 16, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 23, 2026	6:00 a.m./6:30 a.m.
Bridge Builder 5K (downtown Birmingham)	May 23, 2026	8:00 a.m.
Cotton Row Run – 10k, 5k, and 1-Mile (Huntsville)	May 25, 2026	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 30, 2026	6:00 a.m./6:30 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 Kabeer Ahmed](#), or visit the BTC website to [submit your race](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

