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BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

May 2023 (5)



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PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

Welcome to spring; wait, no, summer...uh no, winter. It seems to be a recurring theme this time of year in Alabama, but will someone please remind me what season it is?!? Mother Nature continues her fickle ways -- one day it's hot, and we're all wearing shorts and tanks, then the next day we're back to long sleeves, tights, gloves and toboggans. What's a runner to do?

Never fear, we know real summer is just around the corner and we'll all be wearing as little as we can possibly get away with wearing. With summer, that means our traditional Independence Day Peavine Falls Race is next up in the BTC Race Series. If you haven't signed up yet, what are you waiting for? Our esteemed race director, Hunter Bridwell, once again has lots of fun on tap. There also are some rumors of a cool new shirt design this year! But you'll need to come run the race to find out and get your own swag!

Speaking of things just around the corner, registration for the 1200 Mile Club is still open, **but only through June 30, 2023**. If you haven't registered and think you might run 1,200 miles this year, go ahead and sign up! Although you must be a BTC member to participate, there is no cost to register, and first-timers earn the coolest jacket around. One thing I have learned in my race-related travels is that our 1200 Mile Club is somewhat unique and draws a lot of interest from runners in other places. Whenever I wear my jacket to races, expos or traveling, I inevitably get questions about it and lots of "that's so cool" comments -- both about the jacket itself and the challenge. Some other clubs have "Run the Year" challenges (e.g., running 2,023 miles in 2023), but that can be a tall task for many of us recreational runners. So, **sign up**, log those miles and join in (or continue with) the BTC 1200 Mile Club.

The 1200 Mile Club is just one of the many great benefits BTC membership provides. As a club, we are constantly looking for ways to add tangible benefits and provide value for our members. I am very excited to announce Ellen Ortis as our new Member Benefits Chair! Ellen has been looking for ways to contribute to the BTC, or in her words, to "give back" to the BTC. Those of you who know Ellen know this is a great role for her and she will do an outstanding job. Starting with this newsletter issue, Ellen will begin contributing regular articles about new (and existing) BTC member benefits, as well as highlighting the organizations that provide us with those benefits. If you or someone you know is interested in providing BTC member benefits, please reach out to Ellen at benefits@birminghamtrackclub.com.

If you or someone you know want to contribute to the BTC, please let us know. We are always looking for folks to help in a variety of ways. Whether it is as a committee chair, a committee volunteer, volunteering at a race or other BTC supported event, we can use you! Send me an [email](#) or find me at a run or event, and let's talk about how you can help the BTC and the Birmingham running community.

Finally, while summer is almost here, it's not too soon to start thinking about fall marathon and half marathon races. Each year, the BTC long and moderate run groups target a fall marathon and half marathon to tailor our summer training around. In the coming weeks we will be soliciting target race suggestions, which will then be compiled and the top 4-5 races will be voted on for our target race training. Your opinion counts, so be on the lookout and let us know what race(s) you're running this fall.

Stay safe and I look forward to seeing you on the roads!

Jamie Trimble
BTC President



2023 Officers



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Long Run Coordinator
Moderate Run Coordinator
Medical Director
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Marla Gruber
Mark Criswell
Dr. Rachel Henderson
Britney Cowart
and Kaki Jenkins

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Statue 2 Statue
Peavine Falls
Vulcan Run

Lisa Booher
Judy Loo
Hunter Bridwell
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:

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secretary@BirminghamTrackClub.com

Race Results

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



MEDICATION AND MILES:

Eye Need a Reminder Part II

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

Last month in Medication and Miles, we focused on eye health. Just like athletes take care of their muscles before and after running, so should they place this same emphasis on eye health. This may mean being proactive and having the right products and practices to maintain the best eye health possible. Part II of our eye health series will continue our discussion on taking the best care of our eyes so we can see the road ahead.

SWEAT PROTECTION.

Starting in the early spring months, the temperatures are no longer mild in Alabama (at least on most days!), and sweat production increases -- and begins early -- while we are running. Although probably more of a nonsense and distraction than anything, getting sweat into our eyes while running actually can be dangerous. Sweat is composed of saline, hormones, and oil, which is different from tears.¹ It leads to stinging eyes and blurred vision, which could lead to injury. While there are not many pharmacologic ways to help prevent sweat in the eyes, there are different nonpharmacologic strategies we can use to keep it out of our eyes.

A ventilated, moisture-wicking hat can protect eyes from sweat, and it can help with sun protection as well. Headbands can also help catch some of the sweat before it rolls down the forehead near the eyes. Lip balm or petroleum jelly application just above the eyebrows also could be an option; however, this may be uncomfortable to some people because of the heaviness of the product itself.² Proper hydration also may be a way to lessen the salinity of sweat so that even when it does reach the eye, it does not sting and burn as much as it would in a less hydrated person. Although wiping the eyes to free them from sweat may seem like a good idea, the germs on the hands and the bacteria present in sweat could lead to eye infections. For contact lens wearers, daily disposable options may be preferred because they can be discarded after each use.

SUNLIGHT PROTECTION.

While applying sunscreen to the skin becomes second nature, many people fail to take the necessary steps to protect their eyes against UV radiation. Most of UV radiation is absorbed through the cornea, which is the transparent part of the eye that serves as a protection for the iris and pupil. Over time, unopposed UV exposure could lead to eye damage such as cataracts, damage to the inner structures of the eye, or growths called pinguecula and pterygium, which are results of UV radiation.³ Even if it is not sunny, eye protection is still needed to protect from UV rays as well as serving a barrier from particles such as dust and debris.

When looking for sunglasses, consider the UV protection offered and look for lenses that block 100% of UV light. Runner's World recommends looking for sunglasses with labels that note UV absorption up to 400 nanometers (UV 400).⁴ One other addition that runners may find beneficial is polarized lenses. Polarization is different from UV protection -- while polarized lenses do not provide any UV protection to the eyes, polarized lenses do minimize glare, which could be helpful when the sun is beaming. Runners should look for a comfortable pair (or two) of sunglasses that fit properly (no slipping down the nose and no bouncing upon movement). The lenses should also be cleaned regularly to prevent buildup of dust, dirt, and debris on the inside of the lens closest to the eye.

ALLERGIES.

Changing seasons can mean that allergens such as pollen, dirt, and dust can lead to red, watery eyes, which are uncomfortable and itchy. This is known as allergic conjunctivitis. Although sunglasses may serve as a physical barrier for avoiding the allergen, other management strategies may be needed. The primary treatment strategies include avoiding the allergen, applying cool compresses, and using preservative-free artificial tears⁵ when needed.

In addition to preservative free artificial tears, other over-the-counter (OTC) options include topical antihistamines, mast cell



CONTINUED ON NEXT PAGE

MEDICATION AND MILES:

Eye Need a Reminder Part II

stabilizers, combination antihistamine/mast cell stabilizers, and steroids. Antihistamines are used to help itchiness associated with allergic conjunctivitis. Most antihistamine eye drops are paired with a decongestant (example: naphazoline and pheniramine). This is important to note because the inclusion of the decongestant limits the duration of OTC use before someone would need to visit their provider. Examples may include Visine Allergy Eye Relief Multi-Action, Naphcon-A, and Opcon-A, but there are more options available.

The use of a combination antihistamine and decongestant should be limited to three days, and if the product does not provide sufficient relief, a medical visit is in order. If using a single ingredient antihistamine product, unsupervised use can last up to two weeks.⁶ Mast cell stabilizers work in conjunction with antihistamines because they can help prevent the histaminergic release that allergens provoke. Stabilizing these cells helps treat allergic conjunctivitis by prevent histamine release and mitigating the effects of histamine once it is released. Examples of OTC options include: Pataday, Zaditor, and Alaway, but many options are available, and your pharmacist may be able to assist in product selection. If additional relief is needed after about two weeks of a mast cell stabilizer/antihistamine combination eye drops, it is important to seek the guidance of a medical provider.⁵

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6. Duprey K, Aquino M, Teape D, Rebeiro K. Seasonal allergy eye drop tips. Lifespan. <https://www.lifespan.org/lifespan-living/seasonal-allergy-eye-drop-tips>. Published April 18, 2022. Accessed March 12, 2023.

A few important reminders from last month's article:

EYE HYGIENE AND QUICK TIPS⁶

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



COMMUNITY CORNER UPDATE

By Jennifer Andress, Homewood City Councilor, BTC President 2012-2014

Greetings, BTC!

I have a very small but very positive update to bring you. I had a great meeting on April 27, 2023 with Jefferson County officials for a **Hollywood Boulevard Bridge** update. Plans are almost complete and are in final review at ALDOT. Heather Carter, Head of Jefferson County Roads and Transportation, summed up the last 11 years of my life succinctly: "This is a small but complicated project."

This project has been quite a journey, and I appreciate you hanging in there with me and all of us working to make this happen: Senator Jabo Waggoner, Senator Dan Roberts, Senator Rodger Smitherman, former Senator Slade Blackwell, Representative David Faulkner, Representative John Rogers, former Representative Paul DeMarco, County Commissioner Steve Ammons, County Manager Cal Markert, Mountain Brook Mayor Stewart Welch, Mountain Brook City Council President Virginia Smith, former Mountain Brook City Councilor Alice Womack, Homewood Mayor Patrick McClusky, Homewood City Council President Alex Wyatt, former Homewood City Council President Peter Wright, Birmingham Mayor Randall Woodfin, Birmingham City Councilor Valerie Abbott, and Birmingham City Councilor Darrell O'Quinn.

Today I truly saw the finish line in sight. Although there is still a lot of work to be done before we get to the construction phase, there is light at the end of the tunnel – or bridge, in our case. I am so grateful for the County's support and hard work.

And thank you BTC for your support and your financial contribution to this worthy project!



EXERCISES TO AVOID OR INCLUDE WEEKLY: THE DEADLIFT

By Hannah Cox



Often enough, when I'm prescribing deadlifts to clients, some are hesitant to include these in their strength routines. Many clients have the misconception that performing a deadlift will cause their back "to go out," or lead to an intervertebral disc injury. Others, including my young, Honda Odyssey driving crowd, associate deadlifts with meat heads who live on protein shakes. But to the contrary, I have found that deadlifts are great for improving running posture and improving the endurance of posterior chain muscle groups.

The deadlift was found to have the highest muscle activation of the back extensor musculature compared to other exercises in a study performed by Fischer, et al. The extensors are an important muscle group used to maintain that "tall" posture when running. Maintaining posture is crucial for several reasons: decreasing overstriding, improving posterior chain engagement, improving uphill running efficiency, and minimizing injury predisposition. The posterior chain refers to the muscle groups that run on the back of the leg and spine. The stronger these muscles are, the more force you will have per stride, making you faster and causing you to feel less fatigued. Ever have a running buddy charge uphill like a soldier running into battle? It's because his or her posterior chain is incredibly strong!

The best news? There is evidence showing exercise programs that include deadlifts are an effective option for the treatment of mechanical low back pain in regards to pain and function. A study performed by Lars Berglund, et al., found that patients with back pain would benefit from performing deadlifts if two criterion were met:

- Patients reported a pain severity less than a score of 60 on a scale of 1-100
- Patients achieved a score of greater than sixty seconds on the Biering-Sørensen test.

If you want to see if you are a great candidate for deadlifting, this is how to perform the Biering-Sørensen test:

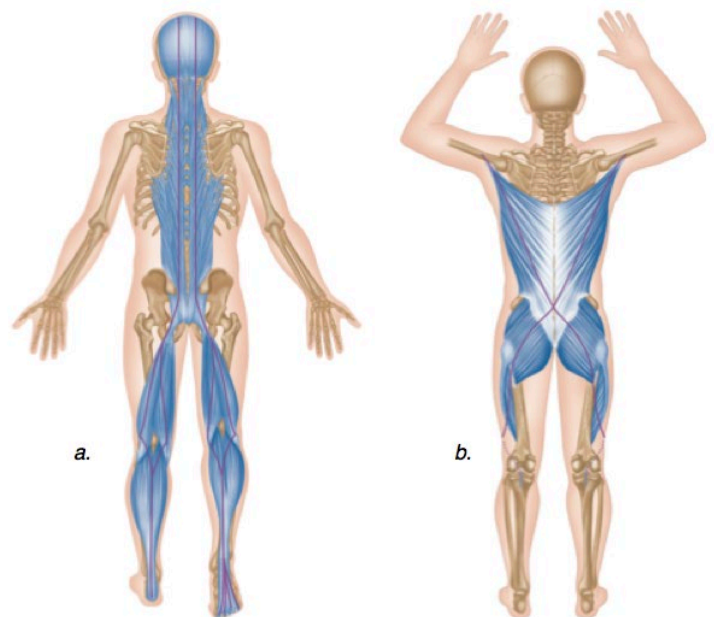
- Start by lying on your belly, with the hip bones at the edge of a table, bench, or bed.
- Cross your arms over your chest and have a partner hold down your legs as you raise your chest even with your pelvis into a neutral position.
- Hold this position for greater than sixty seconds!

**Safety Sidenote – Rarely, low back pain can be associated with changes in bowel and bladder function. Additionally, if you feel that you have significant onset of weakness, changes in sensation, or changes in reflexes in your legs, please consult a medical professional promptly!*

When performed properly, the deadlift is a great adjunct to a strengthening program. If you would like to start incorporating deadlifting into your routine, but are concerned about form or safety, come see us at TherapySouth, and we will be happy to help!

Sources:

1. Berglund L, Aasa B, Hellqvist J, Michaelson P, Aasa U. Which Patients With Low Back Pain Benefit From Deadlift Training? *J. Strength Cond Res.* 2015;29(7):1803-11.
2. Fischer S, Calley D, Hollman J. Effect of an Exercise Program That Includes Deadlifts on Low Back Pain. *J. Sport Rehab.* 2021;30:672-675.



Picture of the posterior chain, courtesy of Melbourne Osteopathy and Sports Injury Prevention Center.

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:

Ken Blackmon
Jennifer Dutton
Paulina Eichold
Mark Estep

Tonya Gates
Chris Hanvey
Ann Lusco
Prapapan Sittivorapong

Lauren Trahan
Prince Whatley

If you are a prospective member, welcome! We hope you will decide to [join the BTC](#) – the [benefits](#) are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. [Visit the BTC website](#) for more information.

Ready to Get More Involved in the BTC?

As an all-volunteer organization, the BTC relies on its volunteers for all aspects of our club, from organizing weekly runs and races to coordinating the 1200 Mile Club and selling our exclusive BTC merchandise. Are you ready to take on a new challenge or just give back to the club? If so, we can use your help! In addition to volunteering for upcoming races and events, the following positions are open:

- [Vulcan Race Director](#)
- [Finish Line Crew](#)
- [Member Benefits Chair](#)

To learn more about each of these positions (or to ask about other ways to get involved), please contact [BTC President Jamie Trimble](#).



BTC MEMBER BENEFITS ARE TASTIER THAN EVER!

By Ellen Ortis, BTC Member Benefits Chair

There's a fresh new benefit to being a member of the Birmingham Track Club! Local company Mealfit is now offering a 20% discount on your first order when you use discount code BHAMTC. In peak training with high mileage weeks, this will be a great option for fueling well without spending too much precious time in the kitchen. We did a quick Q&A with Thomas Cox, the owner of Mealfit, to learn more about the company:

What is Mealfit?

Mealfit is a meal prep and catering company. We also feed Highlands College.

How long have you been in the Birmingham area?

We've been here five and a half years.

Who makes up the majority of your clientele?

We have a secondary "doing business as" company called Table & Thyme that is a higher end catering company, and that is the bulk of our business.

Do you have nutrition labels, or information on what kinds of calories I'm consuming?

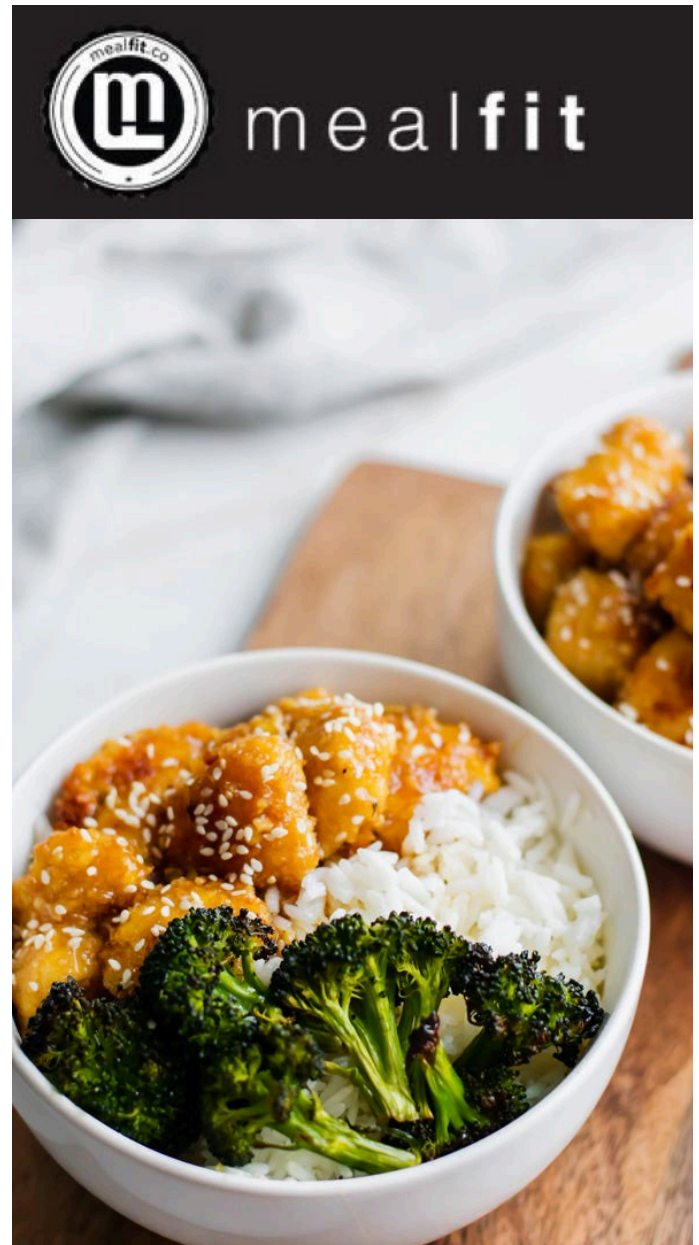
Yes. All of the nutrition information for the different items we sell on our website.

Why is Mealfit a good fit for runners?

Mealfit makes life easier. Running is a high endorphin exercise that pulls you away from work and family. Those endorphins make you want to make even more good decisions -- like eating healthy. We help with that by providing foods for your fridge so you do not have to "make" lunch or dinner.

How do I place my first order with a discount?

- Go to <https://www.mealfit.co/collections/mealfit-meals> and order your meals before 2 pm every Saturday. Use the code BHAMTC for a special BTC member discount.
- Pick up your meals on Monday after 3 pm at one of these convenient locations: <https://www.mealfit.co/pages/pickup-locations>
- When life is easier - Go to this link and give a RAVE Review: https://g.page/r/CTYHMQWQu_995EB0/review





Taking care of your feet is one of the most impactful things you can do to improve your quality of life. A small malalignment of the foot/ankle complex due to joint restrictions or muscle imbalances can cause more severe problems in the knees, hips, and back over time. This is why it is so important to have a professional assess your feet for potential dysfunctions that could impact your overall quality of life.

Don't just walk through the pain, come see us at TherapySouth!

We're here for you

→ *each step of the way...*



**Scan the QR Code to
schedule an appointment
at a clinic near you.**

BTC Group Runs Update

Our BTC Long Run group is in full swing, and we would love to have you join us for a Saturday morning long run. We meet every Saturday morning at 6:00 a.m., usually at The Trak Shak in Homewood. Please visit our [BTC Long Run Facebook page](#) for details on the weekly routes. Please contact Marla Gruber, our [BTC Long Run Coordinator](#), with questions, suggestions, or ideas. While there is no cost to join the group, we do depend on members to help out with the water stops we all need (especially during the hot summer months). You can volunteer to provide a water stop at the [RunSignUp.com](#) link we'll post each week, or you can donate money toward provided water stop supplies if that is easier for you.

We are thrilled to "resurrect" our Moderate Run group as well! This group runs shorter mileage on Saturday mornings (usually 3-8 miles), usually starting at 6:30 a.m. It is the perfect starting place for those who are new to long miles or those who just prefer to run shorter distances. Check out the group's [Facebook page](#) for details. And a big "thanks!" to Mark Criswell for activating this group again!



1200 MILE CLUB

2023 REGISTRATION IS OPEN!

It's time to register for the 2023 edition of the BTC's 1200 Mile Club. Whether you're working on earning your first 1200 Mile Club jacket, or you are a yearly participant, [sign up](#), and start tracking your progress today.

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

The rules are the same as last year: any miles that you would put on your training log count towards your goal of 1200 Miles (elliptical, rowing machine and biking miles do not count). If you think you have what it takes to complete the challenge, [sign up](#) today. Registration is FREE to all active BTC members. Not a BTC member? Or, has your membership lapsed? [Join or renew now](#), and register for the 1200 Mile Club!

Cumulative miles from May 1, 2023 are listed below.

Participant	Total
Adwell, Stephen	423
Ahmed, Kabeer	405
Altobella, Janet	390
Anderson, Kerri	254
Bailey, Brittany	487
Barron, Darlene	535
Barton, Tabitha	428
Belew, William	0
Benner, Kim	534
Bennett, Mitchell	560
Benson, Wayne	266
Blackmon, Kim	579
Boackle, Larry	0
Boackle, Tomie Ann	0
Booher, Lisa	0
Bookout, Jason	205
Bookout, Kimberly	194
Bossard, Teri	663
Boswell, Ryan	298
Bradley, Michelle	211
Brakhage, Victoria	339
Bray, Elizabeth	715
Bridges, John	347
Bromberg, Georgia	104
Brown, Charlie	618
Brown, Katie E.	554
Brown, Katie G.	306
Brown, Sean	397
Bryant, Jason L.	311
Caine, Lawrence	342
Callahan, Chris	779
Carden, Melissa	514
Carlton, Bob	221
Carter, Adrienne	0

Participant	Total
Chaffinch, Randy	306
Chaffinch, Violet	411
Chandler, Teresa	552
Cheek, James	30
Clay, Brad	807
Clay, Sarah	393
Cleveland, Jeff	631
Cliett, Stephanie	405
Cobb, Patty	430
Cockerill, Kandy	183
Coffin, Diane	544
Coleman, Tim	525
Colpack, Susan	280
Corrin, Roger	404
Crain, Teresa	0
Cramer, Robyn	312
Cramer, Steve	157
Crawford, O'Neal	542
Creed, Brad	282
Crowson, Bill	0
Crunk, Emmagene	0
Davidson, Lori	535
Dawson, Ashley	834
Deffenbaugh, Todd	434
Denton, Matt	638
Dimicco, Al	289
Dixon, Jeff	391
Downs, Matt	391
Duke, Cindy	473
Eason, Sydney	0
Elrod, Stacey	0
Ennis, Amanda	373
Ennis, Matt	516
Estes, Cameron	564

Participant	Total
Estrada, Steven	1,032
Evans, Debbie	698
Everitt, Mollie	266
Files, Timothy	26
Flanery, Haley	449
Fons, Aaron	421
Forbus, Reed	346
Foreman, Michael	400
Frankel, Ali	384
Franklin, Shane	311
Frederick, Winston	390
Freeman, Sheila	185
Gaston, Michael	591
Gates, Tonya	0
Gayheart, Cheryl	357
Gee, Lynique	171
Goode, Johnny	382
Grady, Carla	0
Graham, Jon	701
Grainger, Matt	466
Gray, Michael	352
Griffin, Misty	528
Gruber, Marla	125
Gruschow, Mariana	117
Gullapalli, Satya	0
Hall, Thomas	51
Hanna, Cara	462
Haralson, Danny	211
Haralson, Micki	0
Harding, Brandy	150
Hargrave, Alan	414
Harrelson, Karen	91
Harrison, Lisa	469
Henderson, Andrew	433

Participant	Total
Henninger, Alison	463
Hess, Alan	413
Holder, Gene	333
Hoover, Alison	153
Howell, Allen	343
Howell, Rachel	253
Izard, Melody	0
Jenkins, Kaki	399
Jenkins, Kate Herrera	334
Jensen, Sarah	257
Johnson, Ethan	327
Johnson, Liz	0
Johnson, Phillip	341
Johnson, Troy	368
Kazamel, Mohamed	0
Keith, Jerry	196
Keith, Susan	0
Kemper, Tricia	512
Knight, David	0
Kuhn, Jimmy	882
Kulp, Loren	425
LaFon, Caroline	298
Laird, Audrey	525
Lamb, Patrick	379
Lamb, Patrick	0
Lancaster, Jeff	348
Landefeld, Dale	497
Lovett, Meg	76
Lyda, Beth	540
Lyda, John	277
Lyle, Randy	321
Malec, Bonnie	295
Malick, David	380
Markham, Elishua	231
Martin, Sheree	126
Mathews, Skip	307
Matthews, Jamieson	377
McElroy, Catherine	459
McLain, Chase	266
McShan, Kenneth	491
Melton, Kristen	498
Merry, Vicki Sue	522
Morris, Gordon	42
Morrow, Alex	0
Mott, Marilyn	45
Muncher, Monica	205
Noerager, Brett	896
Noerager, Felicia	271
Northern, Kristie	570

Participant	Total
Norton, Laura	738
Oechslein, Tamara	425
Oehrlein, Kimberly	212
Orihuela, Carlos	482
Ortis, Ellen	0
Padgitt, Scott	518
Parks, Charlie	993
Parsons, Christy	119
Peagler, Shana	0
Pearce, Julie	89
Plante, David	0
Poole, Jonathan	367
Powell, Logan	498
Pritchett, Leigh Ann	0
Randolph, Megan	456
Rawson, Brent	345
Reaves, Brandon	426
Reaves, Brittany	413
Renfro, Jeff	389
Richey, Lori Beth	521
Ricketts, Timothy	0
Ritchie, Joseph	579
Ritchie, Lauren	245
Roberson, Kevin	274
Roberts, Fletcher	0
Robinson, Lyndsey	336
Rodgers, Jeffrey	398
Romans, Cassidy	161
Roper, Lynn	426
Rose, Billy	975
Rowell, Taylor	0
Russell, Maureen	0
Rutherford, Keith	245
Rutledge, Lisa	280
Shaffield, Danny	1,247
Sherer, Jeremy	440
Sherrell, Jeff	320
Shinn, Ronald	370
Sides, Dean	236
Simpson, Kevin	981
Sims, Cecelia	74
Sloane, Mike	209
Smith, Daryl	359
Smith, Erin	553
Smith, Holly	614
Smith, Jerry P.	434
Smith, Justin	429
Spikings, Matt	505
Starnes, Dan	0

Participant	Total
Steele, Julianne	309
Stockton, Rick	313
Sweatt, Jason	0
Swiney, Elana	0
Taylor, Kim	318
Taylor, Melissa	655
Terakedis, Amber	175
Thomas, Tre	505
Tomlin, Chace	0
Trimble, Jamie	476
Tyndal, Hannah	273
Valles, Tina	412
Veren, Andie	394
Vrocher, Diamond	336
Vrocher, Hilary	752
Wade, Josh	0
Waid, David	937
Walker, Brooke	385
Walton, Suzie	420
Washington, Monica	307
Watkins, Britney	292
Watkins, Tommy	495
Watters, Ana	0
Watters, Larkin	473
Watters, Robert	195
Weaver, Brooke	0
Weber, Amy	219
Weeks, Lance	203
Wells, Bradley	403
Wende, Adam	406
Whatley, Prince	523
Whillock, Amber	0
White Vick, Katie	563
White, Robin	557
Williams, Chris	296
Williams, Kelly	187
Williams, Mattie	297
Williams, Shaunda	167
Williamson, Rebecca	468
Wiseman, Steve	522
Woodard, Whitney	584
Woody, Bill	285
Wright, Amy	0
Wu, Xing	311
Yamashita, Ryota	157
York, Gary	702
Zajac, Jason	759

SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

April 10, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Charles Thompson, Alan Hargrave, Hunter Bridwell, Julie Pearce, Cameron Estes, Trish Portuese, Judy Loo, Mark Criswell, and Ellen Ortis.

Hunter Bridwell made a motion to approve the minutes of the March 2023 Executive Board Meeting. The motion was seconded Bradley Wells and passed without opposition.

Membership (Cameron Estes)

We currently have 759 members and 602 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on May 1, 2023. Please have all content to Julie Pearce by April 21, 2023. Julie is reaching out to Andrews Sports Medicine to see if they are interested in including an article in any of the upcoming newsletters. We will update committee information in the newsletter.

Treasurer (Jamie Trimble)

The monthly financials were sent via email by April Harry. Financials are currently up due to increased revenue from memberships and merchandise sales.

Merchandise (Bradley Wells)

Bradley Wells completed an inventory of all available merchandise, so the online store is up to date on the BTC website. We still have some of the shirts with the member names available and a couple of hoodies. It would be helpful to have more volunteers to help with the BTC merchandise.

1200 Mile Club (Hunter Bridwell)

Members have been asking about the 2022 patches, so Hunter Bridwell and Bradley Wells plan to get some patches from Kelly just to keep on hand. We have also left some patches at the Homewood Trak Shak in case anyone would like to pick up their patch from there. Registration for the 2023 1200 Mile Club will close on June 30, 2023. There are currently 246 registered this year.

USATF Representative (Charles Thompson)

The Samford University Invitational will be held on April 13-14, 2023. The SSAC Outdoor Track and Field Championship will be held on April 21-22, 2023. The SAA Outdoor Championship for Birmingham Southern will be held on May 5-6, 2023. The 1A-3A High School Championships will be held at Cullman High School on May 5-6, 2023.

IT Chair and Webmaster (Alan Hargrave)

Michael Greene has resigned as the BTC Webmaster. Alan Hargrave has been keeping the webpage up to date and will continue to do so for now.

Social Committee (Cameron Estes)

The Run Social we held in March at Ladybird Taco was a success. For the next social, we are discussing a joint social with BUTS at Red Mountain Park. Discussion was also held regarding a future mid-week social in the evening so runners who can't make the Saturday Morning Long Runs might have a chance to attend a social.

Saturday Morning Moderate Run (Mark Criswell)

The moderate run group has grown and has a great group every Saturday. Mark Criswell will encourage runners in that group to register for the 1200 Mile Club.

Saturday Morning Long Run (Cameron Estes)

We will continue to encourage water stop volunteers. There was some strange activity on a post about water stops on the Birmingham Track Club Saturday Morning Long Run Facebook page in which people not in the private Facebook group and not affiliated with the BTC were liking and commenting on the post. It was probably just bots, but Jamie Trimble did block some people who are not local from being able to like or comment on posts. We will need to start thinking about fall goal races. Cameron will probably ask members to nominate races for the fall and then we will take the most popular races and create a poll for members to vote.

Statue 2 Statue (Judy Loo)

We had 288 finishers at Statue 2 Statue. There were some reports that police asked runners to move to the sidewalk earlier than we were expecting during the race. Judy Loo would like another police officer directing traffic at the top of the hill in front of the animal hospital to help drivers turn around when coming from Liberty Park. Police and busses were the two biggest expenses with the race. Judy reduced the number of buses down from 6-4 to save money, but the police costs were still high.

New Business (Jamie Trimble)

WBRC reached out to us via email requesting to interview someone from the BTC discussing the health benefits of running. Bradley Wells expressed interest in doing the interview after some encouragement from others on the board.

Jamie Trimble attended the RRCA National Convention. He met other running club presidents from Alabama, as well as the new RRCA Alabama State Representative, and discussed working together more to promote events. Jamie plans to submit the Vulcan Run as 10K as the RRCA National Championship 10K since it will be the 50th anniversary.

Peavine Falls will be held on Tuesday, July 4, 2023. Discussion was held regarding holding packet pick up on Sunday, July 2, 2023 at the Trak Shak, as it might be easier for runners to pick up their packet on Sunday rather than Monday.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, May 8, 2023, at 6:00 p.m. Discussion was held about meeting in person, so location will be determined.

Upcoming Events

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

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

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





BTC Membership application

Single: ☐ Family: ☐ Renewal: ☐ Gender: ☐

First Name:

Last Name:

Street:

City:

State:

--	--

Zip:

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Birthdate:

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Cell:

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e-mail:

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

Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F
 3. _____/_____/_____/_____/ M F
 4. _____/_____/_____/_____/ M F

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

Initial:

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

Birmingham Track Club, P.O.Box 530363, Birmingham, AL 35253