



# BIRMINGHAM TRACK CLUB ★ WHERE RUNNERS ARE FORGED ★ THE VULCAN RUNNER

May 2024 5

## STATUE TO STATUE 2024

*By Jude Loo, Race Director*

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# STATUE TO STATUE 2024

What a beautiful day it was for the BTC's legendary Statue to Statue 15k race on April 6, 2024! Tyler Phelps, Josh Evand and Zach Carlton were the top three Overall Male winners with Carmen Hussar, Rachel Mitchel and Lindsay Slemmons as the top 3 Overall Female winners. Congratulations to these runners and to all of the finishers who tackled the challenge!

Thanks to all of the runners who ran and to all the wonderful volunteers who helped with this year's race. **We also want to give a very special thank you to all of our dedicated and supportive Sponsors:**

- *Therapy South*
- *Art of Running*
- *Andrews Sports Medicine*
- *Who is Coffee*
- *Resolute Running*
- *Championship Racing*
- *UrbanCookhouse (awards sponsor)*
- *Trak Shak*
- *Liberty Animal Hospital (facility sponsor)*
- *Just 4 Running*
- *Village Pet Care*
- *Piggy Wiggly (fruit sponsor)*
- *Chiropractic Today*
- *Red Diamond Coffee (coffee truck sponsor)*

Many of you have been long time sponsors of the Statue to Statue race, and we are so appreciative for your support. We truly could not host this run with each and every one of you.

Save the Date for **April 5, 2025 for the 33rd edition of the South's Toughest 15k!** You will not want to miss it!





# PRESIDENT'S ADDRESS

By Jamie Trimble



## Greeting BTC Members and fellow Birmingham runners!

Even though it's been almost a month, I want to revisit our **Statue 2 Statue 15k** race on April 6, 2024. We had an amazing turnout -- one of the biggest in several years -- and the after-party was a blast. The weather was absolutely fantastic, and Race Director Judy Loo outdid herself with everything about the race. How about those thermal mugs she had for the age group awards? If you didn't get your award at the race, send an email to Judy at [statue2statue@birminghamtrackclub.com](mailto:statue2statue@birminghamtrackclub.com), and she'll work with you to get your award. As always, many thanks to all of our sponsors and volunteers who made this year's race such a great event. Congratulations to Matt Grainger for winning the Trak Shak gift card volunteer award.

Next up in the BTC Race Series is the ever-popular **Peavine Falls Run** on July 4, 2024. But before that, there is a nearby race we'd like to bring to your attention. We have been working to grow our relationship with other running groups and clubs around the state, including the Huntsville Track Club. For this year's Cotton Row Run on Memorial Day (May 27, 2024), our friends at the HTC are giving BTC members a 10% discount. There's no code needed -- just register with your BTC RunSignup account, and the discount will be applied at checkout. So go run Cotton Row on Memorial Day and then come run Peavine Falls on Independence Day! We're looking to make this combination of races a regular summer holiday challenge in the future.

On Saturday, April 13, 2024, the BTC manned the water stop for the Red Shoe Run Rockin' 5k, which benefits the Ronald McDonald House Charities of Alabama. Thank you to Kabeer Ahmed, the Smith family (Erin, Daryl, Colton, and Everette), Cheryl Gayheart, Pamela Miller, and Michele Parr for representing the BTC. The BTC cares about the Birmingham running community, and we love giving back to our local running events.

Now looking ahead...mark your calendars for Saturday, May 18, 2024, when we will host our next big run social. The BTC Social Committee is

hard at work planning this event, which you won't want to miss! Also, it will soon be time to identify the target race(s) for the BTC long and moderate run groups' summer training schedule. In the coming weeks we will solicit target race suggestions, which will then be compiled and voted on by you. Be on the lookout for more information about both of these items.

The Saturday morning run groups are a great way to get your miles in, make new friends and have those friends hold you accountable to your run goals. Many of us know this and take advantage of these runs. But, did you know many people think they must be a certain "type" of runner (fast, run long distance, etc.) to join our Saturday morning runs? This really couldn't be farther from the truth! ALL runners of all abilities are welcomed and encouraged to join us, and we all know there's not a more welcoming group of runners anywhere. For those who want lower, slower miles; who might be coming back from injury; who are recovering from a marathon or ultra; or, who just don't want to get up quite as early, the Moderate Run Group at 6:30am is the perfect place. For those folks who are already running longer miles, at the Long Run Group there's a pace for everyone. So, if you know someone who runs alone, who is getting into running (or wants to start), or maybe someone who was a runner and wants to get back into it, encourage them to come join us. Even better, bring them with you!

Finally, registration for the BTC 1200 Mile Club is still open and is free to all BTC members. As an extra incentive this year, when you reach that 1200-mile goal, you will receive a coupon for a free drink from O'Henry's Coffee, which you can use to celebrate your accomplishment.

Stay safe out there and Happy Running!

Jamie Trimble  
BTC President



**MAY 27, 2024 • HUNTSVILLE, ALABAMA • A SOUTHERN CLASSIC!**

**CLICK HERE** TO ACCESS  
THE RACE WEBSITE.

*The Huntsville Track Club is giving  
a 10% discount to all BTC members*

*\* Discount will be applied automatically in RunSignup. \**



# 2024 Officers



## President

**Jamie Trimble**

president@birminghamtrackclub.com



## Treasurer

**Ruth Kles**

treasurer@birminghamtrackclub.com



## Vice-President

**Bradley Wells**

vicepresident@birminghamtrackclub.com



## Secretary

**Vicky Brakhage**

secretary@birminghamtrackclub.com



## BTC Committees

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

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

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"The Vulcan Runner" Newsletter  
Japan Exchange Program  
1200 Mile Club  
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Alan Hargrave  
Alan Hargrave

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IT Chair

USATF Representative

Charles Thompson

usatfrep@birminghamtrackclub.com

## BTC Race Directors

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

Vicky Brakhage  
Judy Loo  
Marla Gruber  
Hunter Bridwell

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

## BTC Mission Statement

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

## Contact BTC at:

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

## Race Results

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





# BTC Supports Girls on the Run

The BTC is proud to support the Birmingham Metro chapter of Girls on the Run. We have enjoyed the opportunity to partner with GOTR for a number of years. The BTC recently made a \$600 contribution to GOTR and received letters of appreciation from its Executive Director and a participant who has benefitted from the program. Please visit: <https://www.gotrbham.org/#> if you would like to learn more about this life-changing program or to get involved.

Dear donor,

thank you for supporting girls on the run. I have been doing girls on the run for 3 amazing years. Without you there would be no gotr. we really appreciate you!

Love,

Naomi



it's a good day to be happy



March 19, 2024

Birmingham Track Club  
c/o Jamie Trimble  
PO Box 530363  
Birmingham, AL 35253



We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Dear Jamie:

We are sincerely thankful for your gift of \$600 on March 16, 2024. Support from the Birmingham Track Club allows girls in our community to experience the magic of Girls on the Run – a place where girls are celebrated for their individuality and inspired to use their uniqueness to enrich their communities.

Your support makes our work possible and gives girls in Birmingham the chance to grow stronger and shine brighter than ever before. And with that bright light from within, anything is possible.

On behalf of the hundreds of girls we serve in our region, we thank you again for your commitment to Girls on the Run.

Sincerely,

*Wynne Speer*  
Wynne Speer  
Interim Executive Director

*Thank you!*

Girls on the Run Birmingham is qualified as a charitable organization under Section 501(c)(3) of the Internal Revenue Code. Contributions to Girls on the Run Birmingham are tax-deductible to the extent permitted by law. No goods or services were provided in exchange for this donation.

Birmingham  
35253

gotrbham.org  
@gotrbham





# MEDICATION AND MILES:

## What Replaced Caffeine in Your Decaf Coffee?

By Kim Benner, PharmD

Currently, there are four methods for decaffeinating coffee: two that involve the use of solvents, one that uses pressurized carbon dioxide, and another that uses activated charcoal. The first step in the extraction process under any method is to extract caffeine from the coffee beans. Caffeine is a water-soluble compound, but there are also 1,000 water soluble compounds in coffee beans, many of which are responsible for the robust and complex flavor of coffee. Each of the caffeine removal processes use a selective solvent to draw out the caffeine without removing too many of the other important compounds. This will limit alterations and avoid diminishing the flavor and quality of the beans in the process. Water is not a selective solvent because it will remove more than just the caffeine from the coffee beans. Over the years many toxic compounds (including benzene and chloroform) have been used as solvents to make decaf coffee. Two of the decaffeination methods used today still use chemical solvents (ethyl acetate and methylene chloride) to remove the caffeine. Because these compounds evaporate at temperatures over 100 degrees Fahrenheit, their processes had “been deemed safe by the FDA and only allow trace amounts of chemical compounds in their products”.

Alternative methods of decaffeinating coffee do exist, such as the Swiss method, which is when coffee beans are washed using steam. This method is more expensive and less effective; it uses activated charcoal, via a “proprietary carbon filter system,” to extract most of the caffeine from the coffee beans prior to roasting.



### Solvent Concerns

While ethyl acetate is considered to be an “all-natural” way of decaffeinating coffee because the solvents’ primary ingredients occur naturally in several fruits and berries, there is growing concern around the use of methylene chloride as the solvent in the decaffeination process. The National Institute for Occupational Safety and Health (NIOSH) estimates that one million workers potentially are exposed to methylene chloride during its manufacture and use. Methylene chloride is widely used in paint removers, degreasing agents, and

aerosol propellants. It is used as a blowing agent in flexible urethane foams, as a process solvent in the manufacture of pharmaceuticals and food products, **including the decaffeination of coffee**, and as a fumigant for grains and fruits. Methylene chloride is a colorless, volatile, nonflammable liquid with a penetrating, ether-like odor that is detectable at about 200 parts per million (ppm) in air. In 1984, approximately 628 million pounds of methylene chloride were produced and imported by the United States. Methylene chloride is used by nearly all of the major coffee companies in the United States, including Starbucks and Dunkin’ Donuts, according to data compiled by the advocacy group Clean Label Project.

Since 1976, methylene chloride has been documented in several studies to be cancer causing in animals. At least 85 people have died since the early 1980’s from acute exposure to methylene chloride, mostly those working in home renovation contracting work, some of whom used personal protective equipment. Methylene chloride has continued widespread use, even after the EPA banned one consumer use in 2019. NIOSH recommends that methylene chloride be regarded as a “potential occupational carcinogen.”

The research is troubling. A 1986 study found that rodents exposed to methylene chloride in the air developed tumors in their lungs and livers. In 2016, the EPA said studies on animals revealed that exposure to the chemical caused tumors in the breasts. Studies on humans exposed to the chemical also found a cancer link. A study from 2011 found a link between exposure and the development of brain and liver cancer. And a 2013 study of 3,000 adults, who were exposed to the chemical while developing film, determined that these individuals had a higher risk of developing blood cancer. Although the potential for methylene chloride-induced cancer in humans has not been determined, the probability of a population of exposed workers developing cancer could be decreased by reducing exposure. Therefore, NIOSH recommends that occupational exposure to methylene chloride be controlled to the lowest feasible limit.

Consumer health advocates are petitioning the Food and Drug Administration to ban methylene chloride. While the chemical is almost entirely removed during the decaffeination process, advocates say that a little-known nearly 66-year-old federal law mandates the agency ban the additive because it has been proven to cause cancer in rodents. Campaigners said that because the chemical is linked to cancer in rats, it goes against a 1958 ruling called the Delaney Clause, which maintains that additives should be banned if they potentially cause cancer in animals. In 2023, the United States Environmental Protection Agency (EPA) proposed to ban “most uses” of the chemical due to health concerns; however, its use in foods is still under the FDA’s Federal Food, Drug and Cosmetic Act.

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# MEDICATION AND MILES:

## What Replaced Caffeine in Your Decaf Coffee?

Any ban could impact the 10% of American adults (around 28 million people), who drink decaffeinated coffee daily, according to the National Coffee Association (NCA). The NCA says the health benefits of drinking decaf coffee outweigh the risks: “The overwhelming weight of scientific evidence shows that drinking European Method decaf — like all coffee — is associated with significant health benefits, including longer lives and reduced risk of multiple cancers and chronic diseases.” The advocacy group Environmental Defense Fund (EDF) announced in January 2024 that it petitioned the FDA to ban four cancer-causing chemicals allowed in products like decaffeinated coffee — so stay tuned! In the meantime, like most things, take your decaf coffee in moderation, look for decaf processed using the Swiss method, and/or continue to enjoy your coffee with a nice little jolt — just in moderation!

### References

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## 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:

Suresh Boppana  
Julia Burke  
Jim Causey  
Lori Coward  
Paulina Eichold

Chris Hanvey  
Gene M Holder  
Arian Jack  
Ann Lusco  
Taylor Rowell

Prapapan Sittivorapong  
Haley Slaughter  
Skylar Walker  
Prince Whatley  
Lori White

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

## BTC Group Runs Update

Our BTC Long Run Group has selected the St. Jude Rock 'n' Roll Nashville Marathon and Half Marathon on April 27, 2024 as our Spring target race. You can easily adapt your Saturday long runs around our schedule – please join us! We meet every Saturday morning at 6:00 a.m., usually at The Trak Shak in Homewood. Please visit our [BTC Long Run Facebook page](#) for details on the weekly routes. Please contact Cameron Estes, our [BTC Long Run Coordinator](#), with questions, suggestions, or ideas. While there is no cost to join the group, we do depend on members to help out with the water stops we all need (especially during the hot summer months). You can volunteer to provide a water stop at the [RunSignUp.com](#) link we'll post each week, or you can donate money toward provided water stop supplies if that is easier for you.

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





## Ready to Get More Involved in the BTC?

As an all-volunteer organization, the BTC relies on its volunteers for all aspects of our club, from organizing weekly runs and races to coordinating the 1200 Mile Club and selling our exclusive BTC merchandise. Are you ready to take on a new challenge or just give back to the club? If so, we can use your help! In addition to volunteering for upcoming races and events, we need volunteers to help with our Finish Line Crew and volunteers to write articles and put together content for *The Vulcan Runner*.

Multiple volunteers also are needed each week for the water stops the BTC coordinates for our long and moderate distance runs on Saturdays – please see the weekly routes for a link to sign up to provide water and sports drinks at a water stop, or to volunteer to make a financial contribution towards these much needed items.

To learn more about the many ways you can get more involved with the BTC, please contact [BTC President Jamie Trimble](#).



## BTC Merchandise

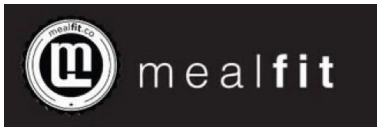
New BTC Spring and Summer gear will be available soon! In the meantime, we still have a limited amount of Fall and Winter merchandise available on the [BTC website](#) – stock up now for next year!



# BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator

## .... CURRENT LIST OF MEMBER PARTNERS ....



## NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

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

- Go to <https://runsignup.com/MyClubMemberships>.
- Log into RunSignUp using the email you used to register with the BTC.
- Click the **"Membership Card"** link for your current BTC membership (need to renew you membership? Click **"manage"** to do so easily).
- Print your membership card or save a .PDF to your phone. Easy peasey!
- Enjoy your BTC discounts (and be sure to support the local businesses who support the BTC)!

## REMEMBER TO USE YOUR BTC MEMBERSHIP BENEFITS

- » **MealFit:** 20% off first order.  
Use Code BHAMTC online (mealfit.co).
- » **Trak Shak:** 10% off. Present card
- » **Moving On:** 10% off. Present card.
- » **Restore:** 10% off services and 20% off memberships.  
Present card.
- » **FleetFeet:** 10% off. Present card.
- » **Taco Mama/Otey's:** 20% off. Present card.

We are adding more fabulous BTC benefits every month. Does your company want to be a part of the action? Email [Benefits@birminghamtrackclub.com](mailto:Benefits@birminghamtrackclub.com)!





# HIP FLEXOR HANG UP

By Hannah Cox, TherapySouth



Hip flexors are one of the tightest muscle groups on any active individual who comes through our clinic doors. When these muscles are tight, you can experience chronic low back pain or soreness in your groin area after a workout, or you may even develop hip impingement when incorporating a heavy amount of hill repeats into your training. If you have experienced these symptoms, but have only had a small improvement with stretching, it is likely that your hip flexors also are weak.

A tight muscle is not only indicative of a lack of flexibility, but it also can be a strong indicator of weakness. Muscles are composed of units called sarcomeres. As a stretch stimulus is provided to a muscle,

sarcomeres are created consecutively, essentially increasing the length of the muscle. However, what should be completed after a stretch routine is a strengthening routine. As your body lengthens a muscle and increases the range of motion of that muscle, the newly attained muscle units (a/k/a, the new sarcomeres) are extremely weak, relative to the existing portion of the muscle. Strengthening is the missing link. To fix tight, weak hip flexors, follow up your massage and stretching routines with the following strengthening exercises:



## ▲ Hip Drive:

Find a resistance band and place it around your feet. While slightly leaning into a wall with your hands, drive one knee up as high as you can and hold for 5 seconds. Repeat this thirty reps per leg.



## ◀ Bridge + Hip Drive:

If the last exercise was too easy, then give this a try! Start by putting the upper portion of your back on a sofa or workout bench. Then, maintaining a bridge position (and with a resistance band around your feet) drive one leg up into hip flexion. Again, hold this for a few seconds and repeat thirty times per side.

## ▶ Single Leg Deadlift + Hip Flexion:

Perform a single leg deadlift (stand on one leg, knee bending slightly with the other leg coming back behind you.) Now as you return to a standing position, take the leg that was lifted behind you and drive it into hip flexion, holding a match position.



Before you buy a standing desk or perform a crazy scorpion-hip-opener stretch you saw on TikTok, give these exercises a try. It may seem counterintuitive to strengthen a structure that already seems tight, but avoiding strengthening exercises will only exacerbate your symptoms over time!

# 1200 MILE CLUB

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

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

**Cumulative miles from May 5, 2024 are listed below.**

Participant	Total
Adams, Ryan	478
Adwell, Stephen	448
Ahmed, Kabeer	483
Alvarez, Jose	895
Anderson, Kerri	100
Barron, Darlene	301
Barton, Tabitha	440
Basquill, Matt	461
Benner, Kim	552
Bennett, Mitchell	152
Blackmon, Kim	537
Bolen, Parker	0
Booher, Lisa	0
Bookout, Jason	550
Bookout, Kimberly	736
Bossard, Teri	544
Boswell, Ryan	391
Bouley, Rachel	474
Brakhage, Victoria	408
Bray, Elizabeth	638
Brown, Katie E.	238
Brown, Katie G.	486
Brown, Sean	169
Bryant, Jason L.	395
Burke, Julia	45
Burst, Theresa	0
Caine, Lawrence	295
Callahan, Chris	481
Calvert, Aaron	608
Campos, Chris	0
Carden, Melissa	693
Carlton, Bob	331
Carter, Adrienne	0

Participant	Total
Chaffinch, Violet	299
Chambers, Gay	393
Chandler, Teresa	442
Clay, Brad	804
Clay, Sarah	380
Cleveland, Jeff	482
Cliett, Stephanie	531
Cobb, Patty	435
Coe, Emily	208
Coe, Matt	478
Coffin, Diane	0
Coleman, Tim	600
Colpack, Susan	415
Cooper, Cara	416
Cowie, Katelyn	420
Cramer, Robyn	534
Cramer, Steve	162
Creed, Brad	387
Dawson, Ashley	719
Deffenbaugh, Todd	469
Dimicco, Al	457
Dixon, Jeff	548
Downs, Matt	397
Duke, Cindy	427
Eberhardt, David	557
Ennis, Amanda	441
Ennis, Matt	750
Estes, Cameron	453
Estrada, Steven	1,069
Evans, Debbie	508
Fisher, Kaitlin	402
Flanery, Haley	586
Fons, Aaron	550

Participant	Total
Forbus, Reed	0
Foreman, Michael	366
Foster, Ashley	0
Franklin, Shane	314
Frederick, Winston	398
Gaston, Katie	186
Gaston, Michael	716
Goode, Johnny	423
Grainger, Matt	693
Gray, Michael	314
Gullapalli, Satya	548
Hall, Thomas	0
Hannah, Edward	40
Hanson, Valerie	342
Haralson, Danny	481
Haralson, Micki	352
Hargrave, Alan	426
Harlow, Craig	77
Harrelson, Karen	411
Harrison, Lisa	462
Hatcher, Heydon	592
Henninger, Alison	401
Herron, Michael	445
Hogeland, Angie	431
Hogeland, Jeff	463
Holder, Gene	0
Hoover, Alison	0
Hoover, Jim	187
Howell, Allen	0
Huddleston, Clare	710
Jenkins, Kaki	710
Jensen, Sarah	386
Johnson, Kimberly	255



Participant	Total
Johnson, Phillip	250
Johnson, Troy	514
Jones, Caleb T	455
Jones, Julie	395
Kaylor, Sara	296
Kazamel, Mohamed	800
Keith, Jerry	330
Kemper, Tricia	542
Kles, Ruth	536
Knight, David	0
Koepp, Bryan	210
Krick, Stefanie	648
Kuhn, Jimmy	568
Kulp, Loren	359
LaFon, Caroline	310
Laird, Audrey	306
Lamb, Patrick	422
Lancaster, Jeff	419
Losavio, Lauren	576
Lovett, Meg	377
Lyda, Beth	490
Lyda, John	489
Lyle, Randy	699
Malick, David	460
Mathews, Skip	340
Matthews, Jamieson	385
McCalley, Charles	562
McElroy, Catherine	412
McGriff, Colton	389
McLain, Chase	110
McShan, Kenneth	0
Melton, Kristen	278
Merry, Vicki Sue	547
Miller, Pamela	585
Millican, Randolph	502
Morris, Gordon	207
Moss, Renie	309
Muncher, Monica	320
Nix, Anthony	497
Nodjomian, Jason	313
Noerager, Brett	938

Participant	Total
Noerager, Felicia	358
Northern, Kristie	633
Oechslin, Tamara	0
Orihuela, Carlos	546
Ortis, Ellen	74
Padgitt, Scott	490
Palmer, Irma	0
Parks, Charlie	813
Patrick, Yeadon	0
Pearce, Julie	0
Phelps, Tyler	0
Plante, David	368
Pritchett, Leigh Ann	230
Rakestraw, Stephanie	430
Randolph, Megan	418
Rawson, Brent	450
Rearden, Shannon	740
Reaves, Brandon	606
Reaves, Brittany	574
Renfro, Jeff	396
Richetti, Vee	0
Richey, Lori Beth	303
Rivera, Jose	364
Robinson, Tamara	0
Roper, Lynn	392
Rose, Billy	908
Ruschhaupt, Skyler	535
Russell, Maureen	597
Rutledge, Lisa	404
Sherer, Jeremy	373
Sherrell, Jeff	600
Shin, Ye Jung	1,004
Shinn, Ronald	296
Sides, Dean	390
Silwal, Suman	0
Simpson, Kevin	0
Sims, Cecelia	99
Sloane, Mike	231
Smith, Christie	629
Smith, Daryl	524
Smith, Erin	514

Participant	Total
Smith, Holly	384
Smith, Jason	199
Smith, Jerry P.	469
Smith, Justin	474
Soileau, Chester	0
Spikings, Matt	355
Starnes, Dan	570
Steele, Julianne	81
Steers, Eddie	940
Stockton, Rick	270
Strother, Jamar	364
Thornton, Amanda	505
Trimble, Jamie	0
Valles, Tina	341
Waddell, Chassi	327
Waid, David	173
Walker, Brooke	473
Walker, Skylar	0
Walton, Suzie	395
Waters, Marc	309
Watkins, Britney	369
Watkins, Tommy	450
Watters, Ana	0
Watters, Larkin	619
Watters, Robert	627
Wende, Adam	757
Whatley, Prince	453
Wheeler, Elizabeth	355
White, Robin	415
Whitt, Trey	529
Williams, Mattie	230
Williamson, Rebecca	420
Winstead, Rachel	0
Wiseman, Steve	575
Woody, Bill	451
Wu, Xing	216
York, Gary	564
Zajac, Jason	667



# SHOW US YOUR BTC GEAR





# STATUE TO STATUE

April 6, 2024





# STATUE TO STATUE

April 6, 2024





## BTC EXECUTIVE BOARD MEETING

April 8, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Hunter Bridwell, Vicky Brakhage, Alex Morrow, Ellen Ortis, Judy Loo, Charles Thompson, Trish Portuese, Cameron Estes, Ruth Klies, Marla Gruber, Bradley Wells, Kim Benner, Kaki Jenkins, Haley Flanery, and Rebecca Williamson.

Alex Morrow made a motion to approve the minutes of the March 2024 Executive Board Meeting. The motion was seconded by Hunter Bridwell and passed without opposition.

#### Membership (Cameron Estes)

We currently have 767 members and 612 memberships.

#### Newsletter Editor (Jamie Trimble)

The next newsletter publication date will be on May 6, 2024. Please have all newsletter content to Julie Pearce by Friday, April 19, 2024. Judy Loo offered to prepare an article with a Statue 2 Statue wrap up.

#### Treasurer (Ruth Klies)

The monthly financial report was sent via email. Ryan Boswell is sending invoices for the newsletter and Ruth Klies will issue payment. Revenue is up and expenses are down. We are looking into the possibility of changing banks.

#### Member Benefits (Ellen Ortis)

Farm Bowl has provided the BTC with 1,000 coupons for an assortment of free products like smoothies or bowls. Discussion was held regarding how to distribute them to members and it was decided that they will be handed out during socials and given to water stop volunteers. Ellen is working with O'Henry's to get an email coupon that members can use once they earn their 1200 miles for the year.

#### Merchandise (Bradley Wells)

All the remaining hoodies from last year have been sold. 1200 Mile Club jackets are still being distributed. Bradley Wells intends to have spring merchandise available for pre-orders next month. We will plan to do a poll on what new merchandise members would prefer such as hat vs visor.

#### Social Committee (Kaki Jenkins and Haley Flanery)

We are looking into hosting our next social on May 18, 2024. We can possibly make it a summer-themed run social. Another possible social will be around August 10, 2024. This one could possibly be an Olympics theme and be a push for the Vulcan Run. The last social for the year will be around November 9, 2024. We can possibly do the Jiggle Jog during this social.

#### USATF Representative (Charles Thompson)

May 2-4 will be the Bellsouth Outdoor Championship in Montevallo. May 3-4 will be the high school 1A, 2A, and 3A championship in Cullman. June 8, 2024, will be the Alabama State Games at Pelham High School. June 22, 2024, will be the Alabama State Track and Field Championship at Choccolocco Park in Oxford.

#### Marketing (Alex Morrow)

A suggestion for our future races will be to open registration for a short period immediately after the race has ended at a discounted price to encourage people to sign up for next year's race while the

race is still fresh in their mind. Discussion was held about whether that is possible through RunSignUp due to the race series.

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

We are getting close to our target race for the spring, Rock-N-Roll Nashville. In May, we will open discussions about selecting a target race for the fall.

#### Japan Exchange (Rebecca Williamson)

Jamie Trimble, Alex Morrow, and John Lyda are planning a trip to Japan as a diplomatic group to discuss reopening the Sister City program and recruit Japanese runners to come and participate in Vulcan Run 10K.

#### Statue 2 Statue (Judy Loo)

There were 393 registered for this year's Statue 2 Statue and 321 finishers. Discussion was held about offering more ambassador opportunities to out-of-town run groups.

#### Volunteer Coordinator (Kim Benner)

We had a great group of volunteers for Statue 2 Statue. Matt Grainger won the gift card for volunteering. It looks like Statue 2 Statue will make a profit of approximately \$1,500.

#### Peavine Falls (Marla Gruber)

Discussion was held about doing a cross promotion with the Huntsville Track Club with Cotton Row and Peavine Falls.

#### Vulcan Run (Trish Portuese)

Trish Portuese reached out to the Jefferson County Sheriff's Office to see if it may be possible to combine the City of Birmingham Police and Jefferson County Sheriff. This is the 120th anniversary of the Vulcan Statue, the 25th anniversary of Vulcan Foundation, and the 100th anniversary for Boutwell Auditorium, so the Vulcan Foundation would like to work with the Birmingham Track Club. They are having a big celebration in June that we might want to discuss with them on how we can contribute or participate. We gave a donation to Girls on the Run from Vulcan Run at the March Social. We are currently working with Coca Cola for a 2025 race series sponsorship.

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

Vicky Brakhage will submit paperwork to Oak Mountain State Park to reserve the Dogwood Pavilion for next year's race and check with Oak Mountain to see if they need to be included on our insurance policy. Vicky discussed her plan to be more proactive with email blasts and social media to try and get registration numbers up for next year.

#### New Business

We get a lot of requests to volunteer at water stops for other local races, which is a great opportunity to get our name out there. The Red Shoe Run has requested that we work the water stop at their race on Saturday, April 13, 2024. Volunteers will need to be at the water stop downtown at 2nd Avenue South and 31st Street by 7:30 am. We will need 7-8 volunteers.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, May 13, 2024, at 6:00 p.m.

# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 11, 2024	6:00 a.m.
<a href="#">Kitty Kat Haven &amp; Rescue 5k Meow-a-Thon and 1 Mile Whisker Walk</a>	May 11, 2024	8:00 a.m.
<a href="#">Motherwalk &amp; Run 5k</a>	May 11, 2024	8:00 a.m.
<a href="#">BTC Executive Board meeting</a>	May 13, 2024	6:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups * BTC RUN SOCIAL *</a>	May 18, 2024	6:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 25, 2024	6:00 a.m.
<a href="#">Cotton Row Run 5k, 10k, and 1 Mile Fun Run (Huntsville) * BTC DISCOUNT *</a>	May 27, 2024	7:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	June 1, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	June 8, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	June 15, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	June 22, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	June 29, 2024	6:00 a.m./6:30 a.m.
<a href="#">Liberty Day 5k and 1 Mile Fun Run (Columbiana)</a>	June 29, 2024	8:00 a.m.
<a href="#">Peavine Falls Run * BTC RACE SERIES *</a>	July 4, 2024	7:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	July 6, 2024	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 Alan Hargrave](#), or visit the BTC website to [submit your race](#).





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

