



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

May 2025 **5**



CONGRATULATIONS TO OUR 2025 STATUE TO STATUE RUNNERS!

By Judy Loo, Statue to Statue Race Director

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CONGRATULATIONS TO OUR 2025 STATUE TO STATUE RUNNERS!

What an incredible day for the Statue to Statue 15K! Congratulations to everyone who participated—you all are winners, and you all made this event truly special.

A heartfelt thank you to our runners, sponsors, and volunteers. Your dedication, energy, and support are what make this event possible year after year.

We'd like to recognize our top finishers:

- Overall Male Winner: Gatlin Holland
- 2nd and 3rd Overall Male Finishers: Bryce Hutchinson and Tyler Phelps
- Overall Female Winner: Victoria Roughsedge
- 2nd and 3rd Overall Female Finishers: Rachel Mitchell and Nelle Fox

It was especially meaningful to welcome home Nelle Fox, who traveled from Bridgewater, Virginia back to her hometown to compete in this year's race.

SPECIAL THANKS TO OUR SPONSORS:

TherapySouth, Andrews Sports Medicine, Resolute Running, Crestwood Roofing Company, Crestline Pet Care, Who.Is Coffee, TrimTab Brewing, Piggly Wiggly, On Tap, Taco Mama, Trak Shak, Just 4 Running, and Championship Racing.

Your generous support makes this event possible—**thank you!** We encourage everyone to support these outstanding local businesses.

SAVE THE DATE:
APRIL 4, 2026

We can't wait to see you at next year's race!



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

I want to briefly revisit our Statue 2 Statue 15k race on April 5. The weather was absolutely fantastic and Judy Loo, once again, did an amazing job with everything about the race. This year's awards were gift cards provided by race sponsors On Tap Sport Café at Liberty Park and Taco Mama. Thank you to both of these restaurants, as well as all our race sponsors. Thank you as well to our many volunteers who made this year's race such a great event. Congratulations to **Andrea Castro** for winning the Trak Shak gift card volunteer award. Remember, volunteering for BTC events earns points toward year-end awards, as well as the chance for a Trak Shak gift card when working a BTC race.

Next up in the BTC Race Series is the ever-popular Peavine Falls Run on July 4. Marla Gruber is working hard to make this year's race as fun – or even more fun -- as ever. Like last year, we will hold packet pickup at Trim Tab Brewing on Thursday, July 3. So, sign up and come kick off your Independence Day with the BTC. And, don't forget that your BTC membership gets you an automatic discount at registration. **#BTCPerks!**

Speaking of race discounts, are you looking to find races in which BTC membership gets you a discount? Well, there are two convenient ways to find them. First, there's the main calendar on the BTC website (<https://www.birminghamtrackclub.com/upcoming-races/>). Second, there's a page dedicated to races managed through RunSignup that gives BTC members discounts (<https://runsignup.com/MemberOrg/BirminghamTrackClub/Page/RaceDiscounts>). Check out both of these resources when planning your upcoming races. And for all of you race directors out there, you can give BTC members an automatic discount through the "Club Membership Discounts" setup. Using this RunSignup feature is not only easy to do, but it gives you great insights into your race's participation demographics, and it reduces the need for so many coupon codes.

Our Saturday Morning moderate group's 5k/Return to Running training is in full swing. This group has been out there each Saturday and members also have been working on building their mileage throughout the week. This is a great group of folks who have been working together and supporting each other through this process. They even have a dedicated GroupMe chat they're using for communication and encouragement. Isn't that what running really is all about? The group has chosen the Bridge Builder 5k on Saturday, May 24 at Railroad Park for their target race. And, you guessed it, the Bridge Builder 5k is giving all BTC members \$5.00 off registration! If you're looking for a spring 5k, come join our training group to run this race while also supporting a great cause. (<https://runsignup.com/Race/AL/Birmingham/BridgeBuilder5K>)

I have some GREAT news regarding BTC 1200 Mile Club...the patches ARE IN!!! We certainly apologize for the delay, but we were dealing with the dreaded supply chain issues. Not only do we have the 2024 patches, we also have new 2023 patches (the 2023 patches we received last year were not up to our standards, so we have replacements for you). To receive your patch, come out to a Saturday morning group run and find Matt Grainger, or go by the Homewood or 280 Trak Shak locations. You can also contact Matt directly at 1200@birminghamtrackclub.com.

Finally, be on the lookout for new BTC merchandise coming soon. Bradley Wells is working on pulling that together as we speak. And, as always, send us those pics of you wearing your BTC gear, especially as you plan those spring and summer vacations!

Stay safe out there and Happy Running!

Jamie Trimble
BTC President



2025 Officers



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president@birminghamtrackclub.com



Treasurer

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treasurer@birminghamtrackclub.com



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vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



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

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"The Vulcan Runner" Newsletter
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Statue 2 Statue
Peavine Falls
Vulcan Run

Vicky Brakhage
Judy Loo
Marla Gruber
Hunter Bridwell

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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, Homewood City Council, Freshwater Land Trust, Jefferson County Greenways Commission and BTC President 2012-2014



Happy May, BTC! I have a few updates to send your way:

You may have noticed a new addition to the parking lot at the Shades Creek Greenway and Homewood Soccer Park...two new porta-potties! That is long-awaited good news, but I am thrilled to report we are moving forward with a pavilion close to this location, complete with bathrooms, storage and an outdoor classroom (see picture for location). Huge thanks to our City Engineer Cale Smith, City Manager Glen Adams, Mayor Alex Wyatt, Council President Walter Jones, Finance Chair Councilor Barry Smith and Parks & Recreation and Public Works Director Berkley Squires for making this long-held dream of mine - and EVERY runner ever! - a reality.

My co-workers at Freshwater Land Trust (FLT) also are working on new wildlife signage with our friends from Samford University for the Shades Creek Greenway, to include the famous barred owl. I will share that once we are done with our design.

CONTINUED ON NEXT PAGE

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

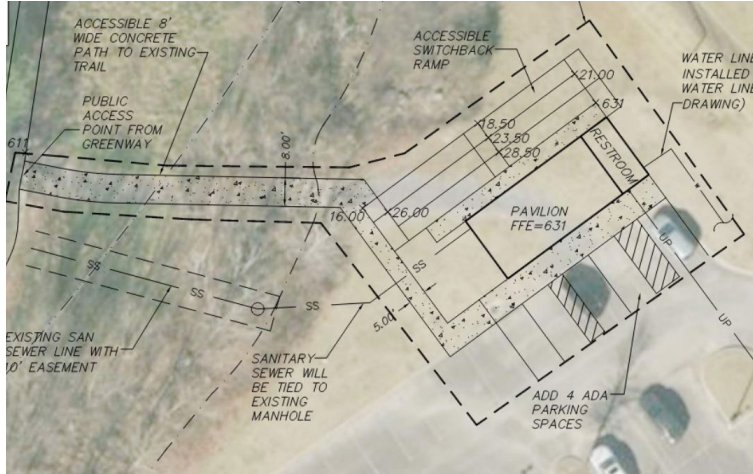


TherapySOUTH

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

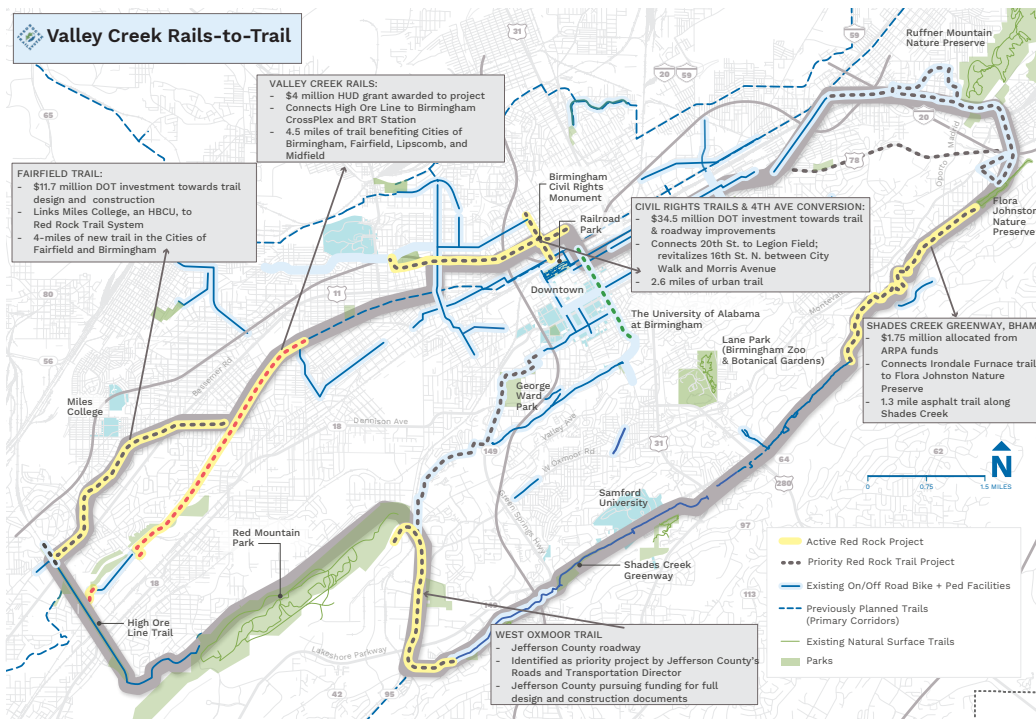


COMMUNITY CORNER



And speaking of bathrooms and pavilions, Red Mountain Park also is getting an upgrade. Look for construction to start this month on a new pavilion with several bathrooms and running water, to the left of the Frankfurt Drive entrance. This is Phase 1 of what eventually will be a larger parking lot. We also have security cameras mounted now, and our number of incidents has declined. Thank you to our Parks Superintendent Fran Marks and the entire Jefferson County Greenways team.

At FLT, we will be closing this month on a rail line in West Birmingham, to begin work on the long-awaited Valley Creek Rails to Trail (see map). Here are the details of this project:



PROJECT DESCRIPTION

Freshwater Land Trust is excited to announce that the City of Birmingham will be closing on a three-mile CSX abandoned rail line this month for the purpose of building the Valley Creek Rails-to-Trail, an alternative transportation and recreation project located in west Birmingham. The trail, which will utilize an abandoned rail line and Freshwater Land Trust owned property, will be 4.5-miles long once complete. Furthermore, the Valley Creek Rails-to-Trail will link to the City of Midfield's three-mile High Ore Line, ultimately connecting the Birmingham CrossPlex to Red Mountain Park via off-road trail.

This project, which originally was planned to be constructed with a 2012 Department of Transportation TIGER grant, has been stalled for many years. However, thanks to a large federal grant provided by Congresswoman Sewell, and large local contributions from the Jefferson County Commission, Councilor Carol Clarke, and Councilor Crystal Smitherman, FLT and the City of Birmingham made a renewed effort to acquire the abandoned rail line from CSX. With the acquisition of this critical property, the Valley Creek Rails-to-Trail project will finally be moving forward.

This is a big piece of the loop we call the Red Rock Action Plan, a 36-mile loop connecting Red Mountain Park, Railroad Park and Ruffner Mountain.

Speaking of connecting, I don't have an official Hollywood Boulevard bridge update, but I expect to have one very soon. Jefferson County has been working with the cemetery caretakers to address their concerns about a sidewalk in the Birmingham right-of-way, and should have engineering plans soon for us to consider. With that sidewalk, all sorts of federal funding become available to us. We are shovel-ready with our engineering plans for the bridge, and we are working on raising funds to complete the project. We have asked for funding again from Senators Katie Britt and Tommy Tuberville, and Representative Gary Palmer, and we know from our meetings with them in 2024, and earlier this year on Zoom, that they like our project. Keep fingers crossed, and I will update you as we continue our work.

That's all for now! Happy Running!

MEDICATION AND MILES:

Beyond the Beach - The Power of Everyday Sunscreen

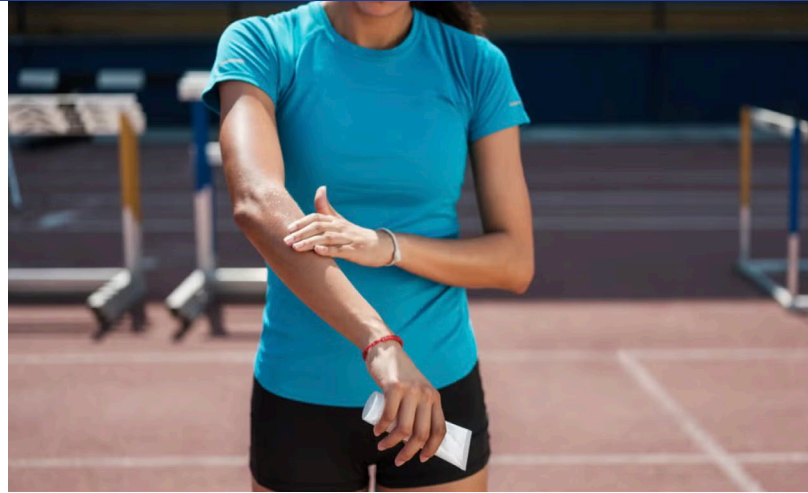
By Jonathan Vargas, PharmD Candidate 2025, Kim Benner, PharmD

The sun is a blessing for this world – indeed, we need it to survive! But just like most everything else, too much of a good thing is not really a good thing. The sun can cause sunburn, premature aging, or even skin cancer. Luckily, all of these can all be prevented through the use of a heavily underutilized tool; sunscreen. The sun's ultraviolet (UV) rays harm our skin in different ways. UVB rays cause sunburn, UVA rays lead to premature aging, and both can contribute to skin cancer.¹ The power of sunscreen is that it can block these rays, keeping our bodies from being harmed in the process.

Sunscreen works by blocking harmful UV rays, and its effectiveness is measured by SPF (sun protection factor). For adequate protection, experts recommend an SPF of at least 30.² However, most people don't apply enough sunscreen, using only about 20–50% of the recommended amount.² A higher SPF may be used by those who are prone to under-applying. However, no matter what SPF level is chosen, sunscreen should be reapplied every two hours when outdoors (yes, even on cloudy days!). It also is important to reapply sunscreen after swimming or sweating because even water-resistant sunscreens aren't perfect. Also, please note that some sunscreens may not provide any protection from UVA rays, so it is recommended to use a broad-spectrum sunscreen to prevent premature aging.¹

At least one ounce of lotions, creams, gels, or ointments should be used to cover the face, neck, arms, and legs.^{1,2} Creams typically are best for facial skin, but they can be used on the rest of the body for those who have dry skin.² Gels, on the other hand, should be used for oily skin and/or hairy areas of the body, such as the scalp.² Spray-on sunscreens are convenient, but make sure to spray the skin until it is glistening, then rub it in for optimal coverage.² Many people skip the rubbing in part when they use that form of sunscreen, but it is an important step to ensuring that the skin stay protected.

One last sunscreen formulation is a wax stick, or lip balm, which can be used to protect the areas around the eyes with a lower risk of getting sunscreen in the eyes, in addition to being applied to the lips.² Sunscreen should be applied to all skin that is not covered if you plan to go outdoors, including eyelids and lips. Never forget that sunburn or skin cancer can happen to any skin that is not covered and even when the sun is covered by the clouds!



In summary, sunscreen is essential to protecting the body from the harmful UV rays from the sun that can cause sunburns, skin cancer, and premature aging. At least one ounce of a broad-spectrum product with a recommended SPF is 30 should be used to cover any skin that is not already covered by clothing. Take care to choose the right formulation for your particular skin type and for the area where the sunscreen is to be applied. While sunscreen is a summer essential, the sun's UV rays are present all year—even in winter or on cloudy days. Therefore, make sure you add sunscreen to your daily routine year-round!

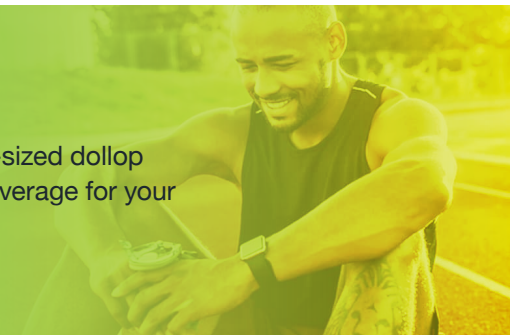
References

1. Chien ALL. *Sunscreen and Your Morning Routine*. [www.hopkinsmedicine.org](https://www.hopkinsmedicine.org/health/wellness-and-prevention/sunscreen-and-your-morning-routine#:~:text=Wearing%20sunscreen%20is%20one%20of). Published 2023. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/sunscreen-and-your-morning-routine#:~:text=Wearing%20sunscreen%20is%20one%20of>
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3. Commissioner O of the. *Should You Put Sunscreen on Infants? Not Usually*. FDA. Published online August 23, 2021. <https://www.fda.gov/consumers/consumer-updates/should-you-put-sunscreen-infants-not-usually>

HOW MUCH SUNSCREEN SHOULD I USE?

≈ **Use one ounce – or enough to fill a shot glass – of sunscreen on your body.** Of that amount, use .04 ounces on your face – enough to fill just the bottom of a shot glass.

≈ **No shot glass handy?** A nickel-sized dollop should also provide sufficient coverage for your face.



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:

Yeadon Patrick	Madhumita Paul	Austyn Hodge	Fletcher Roberts	Emily Castleberry
Patrick Lamb	Brandon Jones	Paulina Eichold	Ann Lusco	Luckie Milad
Catherine Jared	Natalie Jett	Sabrina Hudgins	Lucas Riley	Wendy Malone
Larry Pirkle	Tracy Spence	Barbie Cleino	Catherine McElroy	
Kathryn Pirkle	Skylar Walker	Cathy Beasley	Josh Evans	

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

BTC Merchandise

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

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



Ready to Get More Involved in the BTC?

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

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

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



BTC Group Runs Update



The Saturday Moderate Group is On the Move!

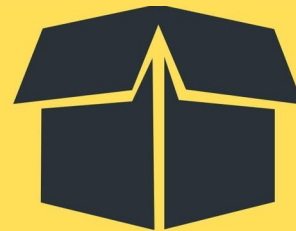
Big news! As of February 1, we have retired the Moderate Distance Run FB group page and have moved all our Birmingham Track Club group run events to one FB page. We will still have our moderate distance/pace group runs at 6:30 a.m. on Saturdays, but the event will be posted on what is now called the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

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



On February 1, 2025

WE HAVE MOVED



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

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

BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator



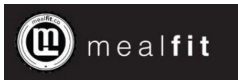
NEW BTC MEMBER BENEFIT!

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

CURRENT LIST OF MEMBER PARTNERS

FARM
BOWL
+ JUICE CO

CHOP^NFRESH



restore
HYPER WELLNESS



FLEET FEET
Sports

The
TrakShak
Running Shops

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

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

NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

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

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

REMEMBER TO USE YOUR BTC MEMBERSHIP BENEFITS

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

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

THERAPYSOUTH

Crush the Descent: The Secret to Downhill Dominance

By Hannah Cox,
TherapySouth



One common mistake new runners make is signing up for a race with a net downhill elevation, assuming it will be easier and offer a chance to set a personal record. While it may seem like coasting downhill would be less taxing, the reality is quite different! Without specific preparation, your quadriceps can quickly become overworked, leading to a stiff, awkward stride – often described as “running like the tin man.” Post-race recovery can also be brutal, as knee flexion becomes painful and difficult to tolerate.

So what is the key to mastering a downhill race? Eccentric quadriceps training. In simple terms, this means strengthening your quads to control movement while they’re lengthening. This type of training helps your muscles better absorb the impact of each step, enhancing shock absorption through the leg and reducing the risk of knee pain both during and after the race.

Here are my favorite movements to incorporate in training to improve downhill racing endurance and efficiency:

Exercise	Focus	Why It's Effective
Eccentric Step-Downs	Eccentric Quad Control	Mimics the downhill stride, targets VMO in quad and patellar tracking
Reverse Nordic Curls	Full-Range Quad Strength	Builds strong eccentric control and stretches rectus femoris
Goblet Squats	Controlled Descent	Emphasizes slow lowering phase, increases time under tension
Walking Lunges (Especially with downhill gradient)	Functional Loading	Adds specificity, mimics trail movement patterns
Bulgarian Squats	Knee-Dominant Strength	Prioritizes quads of glutes, improves single leg control, maximizes quad demand for patellar tendon health

Programming Considerations:

- *Eccentric Emphasis:* use a 3-5 second lowering phase in most lifts
- *Unilateral Focus:* Downhill running involves single-leg loading – train one leg at a time for symmetry and balance
- *Volume:* 3-4 sets of 8-12 reps, 2-3x/week
- *Progressions:* Add external load, increase step height or range, or include isometric holds at the bottom phase
- *Add about two exercises from this list to each strength session – if you attempt to complete all of them in one session, you may find yourself too sore to run.*

If you have any further questions about strength training or strength programming to fully prepare for your next run, reach out to us at: tsendurance@therapysouth.net

1200 MILE CLUB

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

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

Cumulative miles from 2025 are listed below.

Participant	Total
Adwell, Stephen	0
Ahmed, Kabeer	584
Aquino, Eugene	682
Barton, Tabitha	415
Basquill, Matt	251
Benner, Kim	639
Bishop, Troy	0
Blackmon, Kim	364
Booher, Lisa	370
Bookout, Jason	471
Bookout, Kimberly	799
Bossard, Teri	718
Boswell, Ryan	148
Bouley, Rachel	170
Brakhage, Victoria	389
Bray, Elizabeth	588
Brown, Katie	217
Brown, Sean	308
Bryant, Jason L.	170
Burbank, Brett	480
Burst, Theresa	0
Caine, Lawrence	180
Calvert, Aaron	621
Campos, Chris	735
Carlton, Bob	342
Chaffinch, Randy	406
Chaffinch, Violet	375
Chandler, Teresa	356
Clay, Brad	390
Cleveland, Jeff	521
Cliett, Stephanie	507
Cobb, Patty	464
Coe, Emily	453

Participant	Total
Coe, Matt	507
Colpack, Susan	255
Colvard, James	27
Conner, Melanie	174
Cooper, Cara	423
Cowie, Katelyn	304
Cramer, Robyn	419
Cramer, Steve	159
Creed, Brad	398
Creel, Mary	401
Davis, Samantha	321
Dawson, Ashley	735
Dawson, Bill	462
Deffenbaugh, Todd	444
Denney, Stephanie	422
Dill, Kinsley	340
Dimicco, Al	482
Dixon, Jeff	682
Downs, Matt	433
Duke, Cindy	392
Ennis, Matt	729
Estes, Cameron	522
Estrada, Steven	992
Flanery, Haley	165
Fons, Aaron	158
Franklin, Shane	0
Frederick, Winston	520
Freeman, Daren	419
French, Eric	0
Gaston, Katie	0
Gaston, Michael	941
Goode, Johnny	368
Grainger, Matt	745

Participant	Total
Grames, Robby	468
Gray, Michael	357
Gruber, Marla	510
Haggard, Georgia	356
Hall, Thomas	31
Hanson, Valerie	224
Hargrave, Alan	429
Harrelson, Karen	683
Harrison, Lisa	372
Hatcher, Heydon	250
Henninger, Alison	0
Herron, Michael	469
Hicks, Emery	539
Hogeland, Angie	354
Hogeland, Jeff	545
Holder, Gene	0
Hoover, Alison	391
Jack, Arian	359
Jenkins, Kaki	719
Jensen, Sarah	329
Johnson, Kimberly	437
Johnson, Phillip	437
Johnson, Troy	443
Jones, Julie	354
Jones, William	309
Kaylor, Sara	0
Kemper, Tricia	0
Kles, Ruth	488
Knight, David	308
Krick, Stefanie	579
Kuhn, Jimmy	358
Kulp, Loren	492
Lamb, Patrick	344

Participant	Total
Lancaster, Jeff	494
Landefeld, Dale	254
Lane, Anna Louise	395
Losavio, Lauren	417
Lovett, Meg	0
Lugo, Whitney	444
Lyda, Beth	535
Lyda, John	585
Lyle, Randy	338
Malick, David	553
Markham, Elishua	410
Mathews, Nikita	386
Mathews, Skip	342
McCalley, Charles	338
McElroy, Catherine	394
McKee, Rachel	324
Melton, Kristen	0
Merry, Vicki Sue	449
Miller, Pamela	528
Millican, Randy	303
Morris, Gordon	342
Moss, Renie	48
Namer, Lexi	352
Nodjomian, Jason	312
Noerager, Brett	926
Noerager, Felicia	461
Northern, Kristie	597
Oliver, Tom	241
Orihuela, Carlos	562
Orihuela, Catheryn	0
Ortis, Ellen	239
Padgitt, Scott	241
Pearce, Julie	0
Pinnick, Honora	322
Pinnick, Jonathan	0
Plante, David	0
Poe, Bria	173
Powell, Logan	790
Quinn, Vivian	513
Quinsey, Caleb	199

Participant	Total
Rakestraw, Stephanie	220
Randolph, Megan	0
Rawson, Brent	593
Renfro, Jeff	398
Richetti, Vee	595
Rivera, Jose	0
Roberts, Fletcher	0
Robinson, Rod	0
Rodgers, Brian	571
Rodgers, Jeffrey	356
Rose, Billy	994
Rose, Jamie	392
Ruschhaupt, Skyler	0
Russell, Maureen	656
Rutledge, Lisa	540
Sanford, Gary	736
Sherer, Jeremy	401
Sherrell, Jeff	512
Shin, Ye Jung	568
Shinn, Ronald	353
Sides, Dean	314
Silwal, Suman	0
Simpson, Kevin	800
Sloane, Mike	507
Smith, Daryl	479
Smith, Erin	505
Smith, Holly	0
Smith, Jason	0
Smith, Jerry P.	355
Soileau, Chester	0
Spikings, Matt	395
Starnes, Dan	668
Stephens, Cory	407
Stewart, Mariah	169
Stockton, Rick	428
Sweatt, Jason	0
Syx, Amy	619
Thompson, Sarah	225
Thornton, Amanda	417
Toth, Christopher	291

Participant	Total
Toth, Nick	263
Varner, Greg	428
Vaughn, Catherine	387
Vinson, Matthew	200
Waddell, Chassi	443
Walker, Brooke	360
Walker, Skylar	0
Ware, Jennifer	400
Washington, Monica	0
Waters, Marc	409
Watkins, Britney	510
Watkins, Tommy	427
Wende, Adam R	297
Whatley, Prince	544
Wheeler, Elizabeth	556
White, Robin	0
Whitley, Mary Elizabeth	428
Whitt, Trey	327
Wiseman, Steve	547
Wu, Xing	332
Wyers, Ronald	404
York, Gary	822

SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

April 14, 2025

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Hunter Bridwell, Vicky Brakhage, Trish Porteus, Alex Morrow, Bradley Wells, Judy Loo, Kabeer Ahmed, Cameron Estes, Matt Grainger, Kim Benner, Ellen Ortis, Sarah Jensen, Alan Hargrave, and Marla Gruber.

Bradley Wells made a motion to approve the minutes of the March 2025 Executive Board Meeting. The motion was seconded by Hunter Bridwell and passed without opposition.

Membership (Cameron Estes)

We currently have 837 members and 651 memberships. Membership is currently up due to the new Return to Running 5K training group.

Newsletter Editor (Jamie Trimble)

The May newsletter's publication date will be May 7, 2025. Julie Pearce could not attend tonight's meeting, but we believe the deadline for newsletter content will be April 25, 2025. Jamie Trimble will confirm that is correct and send a confirmation email.

Treasurer (Jamie Trimble)

We are currently \$5,000 ahead for the year. The current bank account balance is \$52,000.

Member Benefits (Ellen Ortis)

Ellen Ortis is working on a few new member benefit options, but nothing has been confirmed just yet.

Merchandise (Bradley Wells)

Bradley Wells is working on six new designs for merchandise. He is going to create a series of shirts that all go together cohesively. He is using Birmingham landmarks for designs. Discussion was held about doing some of the designs as artwork that could be sold or used as awards for races.

1200 Mile Club (Matt Grainger)

Patches for 2023 and 2024 were just delivered today, so we will send a mass email to let everyone know they are here. Some people have reported an issue with adding their miles through RunSignUp. We do plan to have new 5-year, 10-year, and 15-year awards, such as a patch.

Social Committee (Jamie Trimble)

We had a good social last month at Trim Tab Brewery. We gave away lots of free race entries. Jamie will get with Haley Flanery and Kaki Jenkins to discuss our next social.

IT Chair (Alan Hargrave)

One possible issue with members not receiving their 1200 Mile Club emails is that the emails are going to their spam folders. Also, once they sign up, they don't appear on the list of registered runners until the end of the month.

Marketing (Alex Morrow)

Alex Morrow is going to do thank you post for all of the Statue 2 Statue sponsors. Next, we will be focusing on Peavine Falls.

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

We will vote on the goal fall marathon in the next month or two. Cameron Estes will be on maternity leave soon, so we will need help with Saturday Morning Long Runs announcements. Kickoff for 5K training group is going great. There are 29 people registered, and attendance is strong. Sarah Jensen would like to thank Resolute Running for creating the training plans. It helped boost BTC membership since all of the 5K training group members had to be BTC members to get the training plan. We need experienced runners to come to the 6:30 training group runs to mentor the new and returning runners. The training group voted on Bridge Builder 5K for their goal race.

Japan Exchange (Jamie Trimble)

There was a meeting last week with the mayor's office and we provided info on what we have been trying to plan to get runners from Maebashi to come to Birmingham. We should know more next month.

Statue 2 Statue (Judy Loo)

There were 371 registered for Statue 2 Statue and 298 finishers. The weather was great, and all of the volunteers were amazing. Marla Gruber made sure no one got on the buses without their bib. Trish Portuese did great with the start line. Richard Langston was awesome setting up and breaking down the water stops. Andrea Castro was selected by random draw to win a Trak Shak gift card. Finally, Dave Cowart was a huge help.

Peavine Falls (Marla Gruber)

Happy birthday Marla Gruber! Marla confirmed that Trim Tab will allow us to do packet pickup at their location and is donating beer. Dogwood Pavillion has been reserved for this year's race. Marla is waiting to hear back from Trader Joe's about sponsoring food items and will get with Oak Mountain State Park about pre-paying the park entry fees for the registered runners.

Vulcan Run (Hunter Bridwell and Trish Portuese)

Hunter Bridwell and Trish Portuese are looking into a new course to remove the big hill and try to keep it a single loop course. The new course will have to be recertified. Rosewood Hall's rental fee will go up slightly this year, as they gave us a big discount for our first year in 2024.

Adam's Heart Runs (Vicky Brakhage)

The USATF certification for all three courses will expire this year, so we will need to get those recertified. Vicky will submit paperwork to Oak Mountain State Park in the next couple of months to reserve Dogwood Pavillion for next year's race.

New Business

Jamie Trimble helped Jeff Martinez and the Trak Shak at the Red Shoe Run this past Saturday.

The RRCA National Convention is the week after next. Jamie Trimble, Kim Benner, Bradley Wells, and Matt Grainger are all attending to represent the BTC.

Next month Jamie wants to discuss upgrading equipment and the BTC storage unit. There being no further business, the meeting was adjourned. The next meeting will be held on Monday, May 12, 2025, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	May 10, 2025	6:00 a.m./6:30 a.m.
Kitty Kat Haven & Rescue 5k Meow-A-Thon and 1 Mile Whisker Walk (Hoover)	May 10, 2025	8:00 a.m.
Motherwalk and Run 5k	May 10, 2025	8:00 a.m.
Queen Bee 5k and 10k (Heardmont Park)	May 10, 2025	9:00 a.m.
BTC Executive Board Meeting	May 12, 2025	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	May 17, 2025	6:00 a.m./6:30 a.m.
Spring Scramble 5k	May 17, 2025	5:30 p.m.
BTC Saturday Long and Moderate Run Groups	May 24, 2025	6:00 a.m./6:30 a.m.
Bridge Builder 5k Run	May 24, 2025	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 31, 2025	6:00 a.m./6:30 a.m.
Speed Stampede 2 Mile Run	May 31, 2025	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	June 7, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	June 14, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	June 21, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	June 28, 2025	6:00 a.m./6:30 a.m.
BTC Peavine Falls Run * BTC RACE SERIES ** BTC DISCOUNT*	July 4, 2025	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 5, 2025	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](#).



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FOLLOW THE QR CODE

