



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

June 2023 6



The Rick Melanson **PEAVINE FALLS RUN**

Oak Mountain State Park

July 2023 – 42nd Annual Rick Melanson Peavine Falls Run

www.BirminghamTrackClub.com

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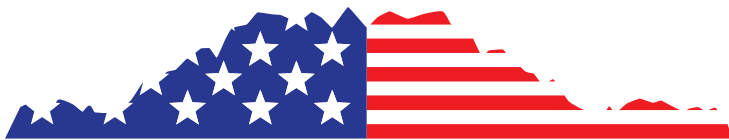
11 1200 Mile Club

JULY 2023 – 42ND ANNUAL RICK MELANSON PEAVINE FALLS RUN

By Hunter Bridwell, Race Director, Peavine Falls Run

Final preparations are once again underway for this year's running of the Rick Melanson Peavine Falls Run. Can you believe this will be the 42nd running of this great event?! I have had a blast directing this race for the last several years and am excited for another great kickoff to Independence Day. There really is no better start to the holiday than coming out for a nice leisurely stroll at Oak Mountain State Park.

This year, we're refreshing the race logo to have more of an Independence Day theme. Check out the new design from BTC member (and *The Vulcan Runner's* own graphic designer) Ryan Boswell – coming soon to a race t-shirt near you!



The Rick Melanson
**PEAVINE
FALLS RUN**

Oak Mountain State Park

PEAVINE FALLS PREVIEW RUN

For the third year in a row, my good friend, Chris Callahan, will be leading a preview run at Oak Mountain State Park. In conjunction with Wednesday Night Lights, this year's preview will take place at 6pm on Wednesday, June 14, 2023. The meeting spot is Dogwood Pavilion near the South Trail Head. Don't forget park entry is \$5. Check out the [Facebook event](#) for more details.

PACKET PICK-UP SCHEDULING CHANGE

Please note one change to the event schedule related to Advanced Packet Pick-up. Advanced Packet Pick-up normally occurs the day before the race, but this year's race occurs on a Tuesday, so we will hold Advanced Packet Pick-up from 1:00 to 5:00 pm at the Trak Shak in Homewood on Sunday, July 2. I hope this helps those of you who must work on that Monday (like me). You can find the updated event schedule [HERE](#).

When you stop by to grab your packet, make sure stock up on all the gear you need from The Trak Shak. The Trak Shak continue to be a great race partner for all our events and will once again be providing the race prizes for The Peavine Falls Run. Thank you, Trak Shak!

Don't forget that BTC Members get discounts on every BTC race. Paying \$25 for the Peavine Falls Run as a BTC Member is better than paying \$30 as a non-member! [Join the BTC](#) as a single member for the very low annual cost of \$24, grab a family membership for \$36 or check out further membership discounts for multi-year memberships. There are various other races around the area that automatically apply a discount for BTC members as well. Come join the greatest running club in all the land!

Lastly, a little bit of news regarding upcoming Peavine Falls Run events. This will be my last year directing this amazing race. Not to worry, you're still stuck with me for the Vulcan Run 10k in November. Marla Gruber will be assisting during this year's Peavine Falls Run, and she will take over as your race director for Peavine Falls in 2024. I look forward to her leading the race to new heights! << **Elevation pun**

I can't wait to see everyone out at Oak Mountain State Park on July 4! Can these cooler morning temperatures possibly hang on for one more month? [Sign up](#) today and find out with the rest of us!



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

One month! Yes, we're only one month away from the iconic Birmingham running tradition known as the Peavine Falls Run on the Fourth of July, in beautiful Oak Mountain State Park. This is the third race in the annual BTC Race Series, and it is unique in its own right. Peavine is a hybrid, 8.2-mile race, consisting of a 3.5-mile, 460-foot climb to the Peavine Falls parking lot, 3.4 miles back down the "rolling" road, then turning onto a single-track dirt trail for 1.3 miles, and finally, back onto asphalt for a fast quarter-mile finish.

Race director **Hunter Bridwell** always puts on a festive race. After conquering the course, there will be food and refreshments, including the classic icee pops! One of the hallmarks of this race is the race t-shirt, with the course elevation profile prominently displayed on the front. This is definitely a shirt that is worn with pride. This year, Hunter wanted to add a cool new patriotic twist to the shirt design, and The Vulcan Runner's own graphic designer, **Ryan Boswell**, really delivered – this is one you'll definitely want in your running attire collection! So don't delay, and [sign up today!](#) And remember, BTC members get a discount...membership has its privileges after all.

You may have noticed that **Cameron Estes** has been putting some serious hills into our Saturday morning group run routes. This is no coincidence as she's been preparing everyone for Peavine. Speaking of our Saturday morning group runs and the Peavine Falls run, I have some super exciting news to share. While Hunter has been an amazing race director for Peavine Falls these last several years, the workload of directing it along with our very own Vulcan Run, and his new duties serving on the Hoover City Parks and Recreation Board has him stretched just a bit thin. We are thrilled that **Marla Gruber** will be taking over race director duties for Peavine Falls in 2024. She will be shadowing and helping Hunter with this year's race and then take it on full time afterwards. I know Marla is going to do a great job and will make Peavine her own going forward. With Marla taking over Peavine, I'm also pleased to announce that Cameron will continue full time as the Long Run Coordinator. I truly appreciate the work done by so many dedicated people like Hunter, Marla and Cameron (and so many others), who all make this club and our many events so successful, and just so much fun!

Speaking of appreciating someone, I am incredibly appreciative of **Julie Pearce** and the work she does each and every month to put together this amazing newsletter. Like many things in life, sometimes you don't realize how good you have something until you see or experience something else. As I look around the country, there are a lot of running clubs from which we here at the BTC can learn how

to do things better or differently. But there is definitely one thing we do that I will put up against any club in the country, and that is The Vulcan Runner. This publication not only looks amazing, but it provides great content that is useful to us as a club and to our running community. Each month when I receive my copy, I literally read it "cover to cover" and I hope you will do the same!

The Vulcan Runner is not only great because it looks good, but as I mentioned, it also has great, relevant content. Whether it's **Kim Benner's** Medication and Miles articles, **Jennifer Andress's** Community Updates, or the therapy/medical columns by our sponsors TherapySouth and Andrews Sports Medicine, we get timely and pertinent information that makes us better runners. With that being said, if there's something you would like to know more about through The Vulcan Runner, let us know. Also, we are always (ALWAYS!) looking for content contributors. If you have knowledge or an experience you think would be of interest to your fellow runners, send us an article. You don't even have to be a good writer (Julie is a great editor!) Or, if you ARE a good writer but don't know what to write about, Julie has a list of topics just waiting for you. Contact Julie at newsletter@birminghamtrackclub.com.

Looking ahead to upcoming events, mark your calendars for the evening of Wednesday, June 7. That is Global Running Day, and we're kicking off summer with a party! To celebrate, the BTC is joining with our friends at the Trak Shak to sponsor their weekly Wednesday night run. There will be snacks, door prizes, a Saucony shoe demo, and I'm pretty sure Jeff Martinez's famous margaritas will be on tap! So come on out, run a few miles with friends (or make some new ones) and join the fun!

Finally, be sure to check your email (and Facebook) as you should have received a message to vote on the fall goal race for summer training. Send us your selection and look for the goal race announcement coming soon. Even if your race isn't the specific one selected, we still want you to join us each Saturday morning for some training miles. We welcome all distances and all paces! Also, be sure to hang around for a while after your run to visit, especially if you're new (or returning) to the group. We like to have fun, even when we are not running!

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

Jamie Trimble
BTC President

2023 Officers



President

Jamie Trimble

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com
pastpresident@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
Marla Gruber
Mark Criswell
Dr. Rachel Henderson
Britney Cowart
and Kaki Jenkins

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Membership Benefits
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Cameron Estes
Ellen Ortis
Bradley Wells
Julie Pearce

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newsletter@birminghamtrackclub.com

"The Vulcan Runner" Newsletter
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1200 Mile Club
Volunteer Coordinator

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Kelly Sims
Kim Benner
Trish Portuese
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historian@birminghamtrackclub.com
finishline@birminghamtrackclub.com
webmaster@birminghamtrackclub.com

Finish Line Crew
Webmaster

IT Chair
USATF Representative

Alan Hargrave
Alan Hargrave
Charles Thompson

itchair@birminghamtrackclub.com
usatfrep@birminghamtrackclub.com

BTC Race Directors

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

Lisa Booher
Judy Loo
Hunter Bridwell
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



RAIN, THUNDER, AND CHAFING

By Matt Ennis



On May 5, 2023, two of our BTC members, Erin and Daryl Smith, embarked on an unforgettable journey conquering the Flying Pig Marathon in Cincinnati.

With their two kids and supportive parents in tow, Erin and Daryl ventured to Cincinnati, eager to tackle their sixth marathon together. In the days before, the forecast looked clear and only mentioned rain the evening before the race. Little did they know that the weather gods had a trick up their sleeves.

As race day dawned, the forecast turned a little worse and there was a light sprinkling of rain, but no hint of the deluge to come.

Unfortunately, because there had been no real mention of inclement weather earlier in the week, the Smiths found themselves in Cincinnati with no rain gear. Daryl, ever the weather guru/pessimist, slathered himself with Vaseline to be safe, while Erin, on the other hand, decided to forego any anti-chafing measures whatsoever. This would prove to be a painful gamble.

As the starting line drew near, a sprinkle of rain greeted the anxious runners. The race announcer, seizing the moment, declared, "Weather might come, so run at your own risk!" Truly this was a cue for mischief, setting the stage for a 26-mile adventure like no other.

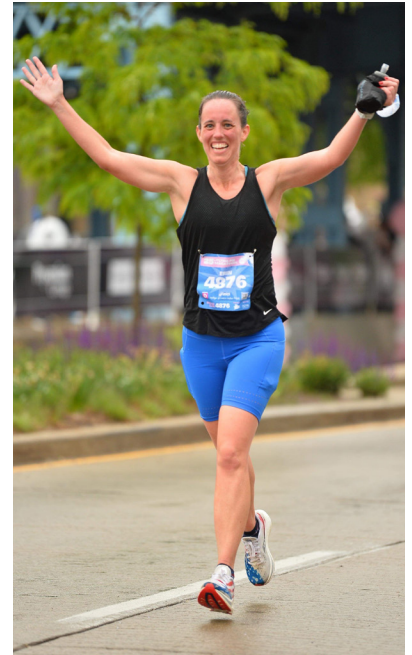
The first couple of miles flew by without incident, but just as Erin and Daryl settled into their rhythm, the skies unleashed a thunderous storm. Raindrops transformed into a torrential downpour. And as if marathons aren't hard enough, the rain was accompanied by thunderous bolts of lightning. The sudden deluge caused chaos, with a bewildered individual darting into the middle of the race, screaming that the race was canceled, and the streets were closed.

While many runners called it quits, Erin and Daryl, fueled by determination and a dash of stubbornness, pressed onward. Thunder roared above, rain drenched the course, and to their disbelief, some volunteers even abandoned their posts, leaving the runners to fend for

themselves, becoming their own water station attendants. The storm prompted spectators to flee the scene, seeking shelter from nature's wrath, but Erin and Daryl were undeterred and continued on.

After several miles, the worst of the storm subsided and only a consistent drizzle remained throughout the race. However, fate had another twist in store. Beginning at mile two, as the adrenaline coursed through her veins, Erin began to feel an unwelcome sensation -- chafing! As most runners have learned the hard way, water is not a lubricant. Despite the discomfort, her determination and high spirits kept her going. Little did she know that her chafing would soon become the stuff of legend and one of the worst cases of chafing I have ever seen. In fact, now that a few days have passed, it is better described as a wound than chafing. It is gnarly!

Meanwhile, Daryl -- who is always one to embrace the unexpected -- hatched a plan of his own. With the finish line beckoning, he snagged a beer from an abandoned beer tent and, in a display of sheer awesomeness, ran the last mile with it in hand. As he crossed the finish line (AKA finish swine), he chugged the beer, which is probably the best way to finish any race!



In the end, Erin and Daryl emerged victorious, conquering the Flying Pig Marathon amidst thunderstorms and chafing, unmanned water stations and closed streets. They showcased the indomitable spirit of a marathon runner, proving that a little rain and chafing couldn't dampen their enthusiasm. Congratulations to them both on the more than well-earned PRs – Daryl with a 3:58 and Erin with a 4:08.

ROBERT A. FERGUSON ENDOWED LECTURE SERIES:
A CONFERENCE ON
RUNNING MEDICINE

PRESENTED BY UAB SPORTS & EXERCISE MEDICINE
SAT. JUNE 10, 2023 | UAB HILL STUDENT CENTER | 9 A.M. - 4 P.M.

Join us to learn more about **optimizing performance, advances and research in running medicine and avoiding injuries.**

CONFERENCE DETAILS:

This one-day lecture series will feature a keynote address from Karl "Bert" Fields, M.D., a national leader in sports and exercise medicine, as well as panel discussions, breakout sessions and lectures with UAB Sports and Exercise Medicine physicians, athletic trainers, physical therapists and sports performance coaches. These sessions will discuss optimizing performance, avoiding injury, new research in running medicine, nutrition, mental health and more.



Karl "Bert" Fields, M.D.

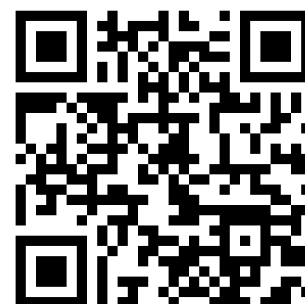
WHO SHOULD JOIN:

Birmingham has a thriving running community and this conference is designed to appeal to anyone with an interest in running, ranging from runners, athletes and coaches to healthcare providers, athletic trainers, physical therapists and more. There will be something for everyone!

REGISTER NOW!

Scan the QR code or visit go.uab.edu/fergusonlecture to register now. Registration is \$20 for individual participants and includes a catered lunch. Teams, running clubs and UAB-affiliated faculty and staff will receive a discounted rate.

Registration will be available online until May 26 and in-person at 8:30 a.m. the day of the conference.



**SPORTS &
EXERCISE MEDICINE**



POWER IN THE PEACHES!

By Hannah Cox



The secret of uphill running is in the “peaches;” aka the gluteal muscles. Strengthening this muscle group can be accomplished easily through a handful of exercises. In this article, I am going to share several of my favorite glute exercises to improve your running form and power during uphill running.

A common postural correction I make for many runners is adjusting their pelvic position while running up an incline. The tip I give to clients to help improve their posture is this: pretend someone has thrown a lasso around your hips where a belt would sit. Then, pretend that individual is pulling you forward by that lasso. This will improve your gluteal muscle activation and prevent you from closing your posture. You can see the difference in the following photos:

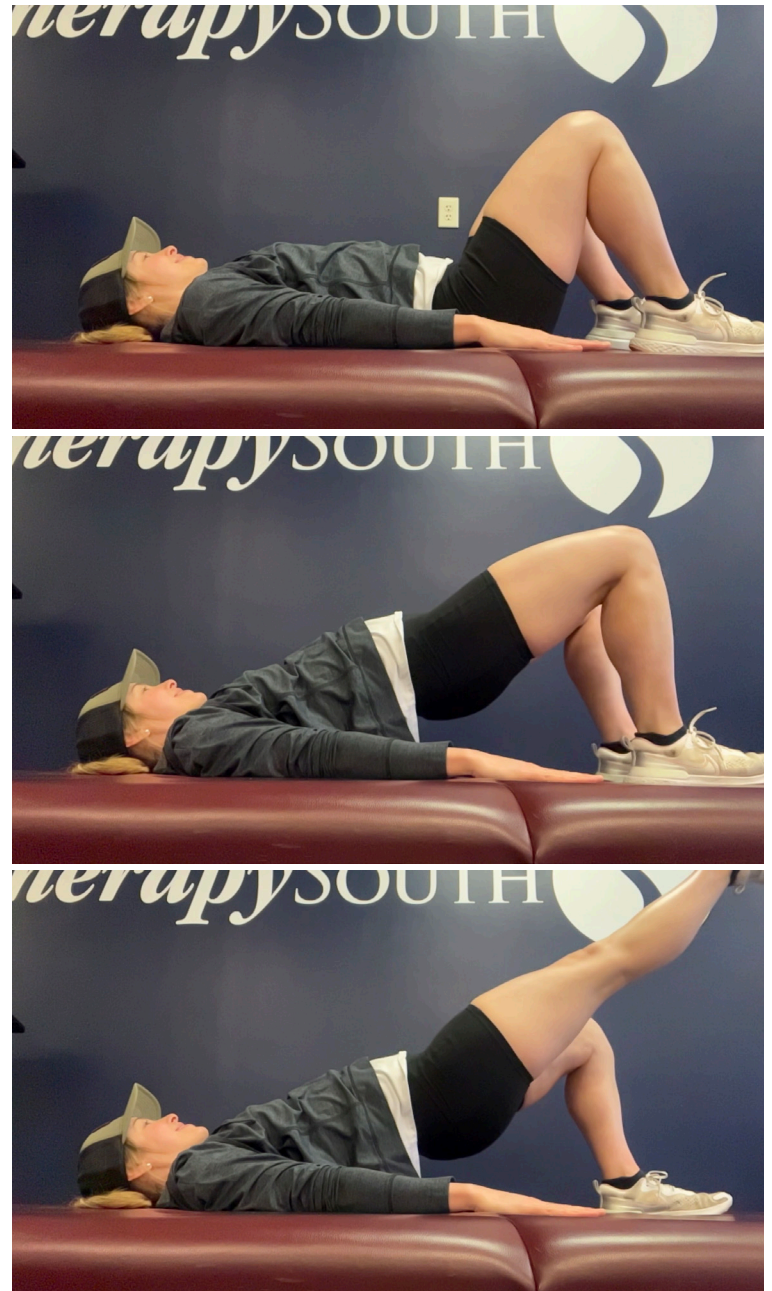


As you look at the first photo, you can see my pelvis is pushed back relative to my trunk position. This closes my posture, and the rest of the kinetic chain follows: my trunk is shifted forward, now requiring a mild overstride on my front leg and limited push-off on my trailing leg. In contrast, the second picture demonstrates a stronger run form: my pelvis is pulled forward, allowing me to lift my chest. Additionally, I was able to push off on my back leg with less energy use and with increased power.

Uphill strength and posture are important for Birmingham runners! (You can't run far on a flat surface in this town!).

Kick-Out Bridge

First, start by laying on your back. Pick your bottom up off the ground by pushing through your heels. When you have pushed your bottom as high as it will go, kick one leg out and hold for 2 seconds without letting your pelvis drop! Then lower that leg back to the original bridge position, and then lower your bottom back to the starting position on the mat.



CONTINUED ON NEXT PAGE

POWER IN THE PEACHES!

Single Leg Squat (Modified Version)

You will start with all your body weight on one leg. (As you can see in the picture, you may use a light touch on an object to maintain balance like I did with the bar.) Maintaining body weight in your heel, you will slowly lower yourself into a chair. Once sitting in the chair, you will push up through the same heel back to the starting position. (To make this harder, sit onto progressively lower surfaces until you can perform a single leg squat without modification).



Single leg deadlift (Modified Version)

Start by selecting an appropriate weight. I usually start clients out with a weight between 10-20 pounds. Then put the same side foot on the wall or supported on a bench. With all your weight in the other leg, you will hinge forward from your hips, until you attain a 90-degree angle. Once that angle is obtained, you will return to the starting position.



Give these exercises a try, and let us know if you have any questions at tsendurance@therapysouth.net.

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](#).



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:

Tori Bayush	Bryan Froneyberger	Patrick Lasseigne
Cathy Beasley	Brian Gleason	Brittany Marlin
Katie Brown	Mary Gleason	Jeff Martinez
Barbie Cleino	Meghan Gleason	Amanda Thornton
Jake Cook	Skylar Holland	Emma Watkins
Cindy Cutchen	Brittany Lasseigne	Jessica Watkins
Melissa Dennis	Joshua Lasseigne	Tommy Watkins

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 MEMBER BENEFITS

By Ellen Ortis, BTC Member Benefits Chair



This month we are introducing our latest BTC member benefit: **10% DISCOUNT ON MOVING SERVICES FROM MOVING ON.**

What services does Moving On provide?

Moving On is a full-service moving company that offers a diverse range of services including:

- Residential and commercial moving,
- Designer services including white glove delivery,
- Receiving and short and long-term storage

How long have you been in the Birmingham area?

Our owners are life-long Birmingham residents and have been in business for almost 10 years.

What sets you apart from other moving companies?

We are committed to a set of core values that impact every job we do and every decision we make. We value honesty and integrity in every situation, diligence and perseverance in how we do a job whether large or small, and providing the very best in customer service. You can always talk to a real person at Moving On! We love what we do, and hopefully it shows!

How do Birmingham Track Club members schedule with a 10% discount?

Call us at 205-612-2445 or email us at movingonbham@gmail.com and tell us you saw this offer in The Vulcan Runner newsletter. We look forward to hearing from you!



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 June 3, 2023 are listed below.

Participant	Total
Adwell, Stephen	592
Ahmed, Kabeer	575
Altobella, Janet	462
Anderson, Kerri	307
Bailey, Brittany	646
Barron, Darlene	535
Barton, Tabitha	572
Belew, William	0
Benner, Kim	677
Bennett, Mitchell	660
Benson, Wayne	266
Blackmon, Kim	722
Boackle, Larry	0
Boackle, Tomie Ann	0
Booher, Lisa	823
Bookout, Jason	260
Bookout, Kimberly	934
Bossard, Teri	832
Boswell, Ryan	403
Bradley, Michelle	289
Brakhage, Victoria	558
Bray, Elizabeth	903
Bridges, John	347
Bromberg, Georgia	104
Brown, Charlie	736
Brown, Katie E.	694
Brown, Katie G.	446
Brown, Sean	516
Bryant, Jason L.	483
Caine, Lawrence	373
Callahan, Chris	972
Carden, Melissa	889
Carlton, Bob	557
Carter, Adrienne	0

Participant	Total
Chaffinch, Randy	396
Chaffinch, Violet	509
Chandler, Teresa	681
Cheek, James	58
Clay, Brad	940
Clay, Sarah	486
Cleveland, Jeff	802
Cliett, Stephanie	680
Cobb, Patty	551
Cockerill, Kandy	183
Coffin, Diane	544
Coleman, Tim	537
Colpack, Susan	507
Corrin, Roger	425
Crain, Teresa	0
Cramer, Robyn	454
Cramer, Steve	212
Crawford, O'Neal	542
Creed, Brad	379
Crowson, Bill	0
Crunk, Emmagene	575
Davidson, Lori	670
Dawson, Ashley	1,039
Deffenbaugh, Todd	552
Denton, Matt	790
Dimicco, Al	528
Dixon, Jeff	647
Downs, Matt	501
Duke, Cindy	584
Eason, Sydney	0
Eichold, Paulina	662
Elrod, Stacey	0
Ennis, Amanda	455
Ennis, Matt	646

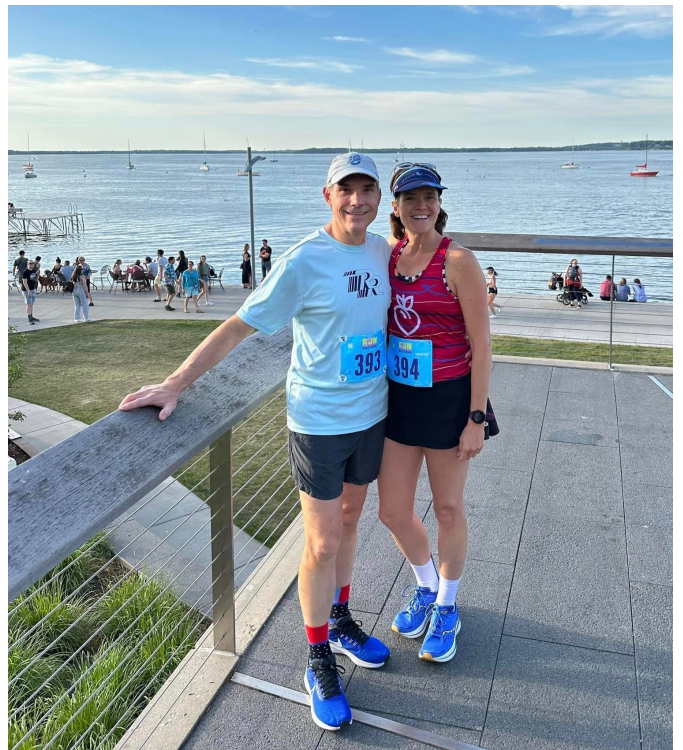
Participant	Total
Estes, Cameron	744
Estrada, Steven	1,282
Evans, Debbie	698
Everitt, Mollie	346
Files, Timothy	26
Flanery, Haley	571
Fons, Aaron	531
Forbus, Reed	353
Foreman, Michael	544
Frankel, Ali	511
Franklin, Shane	311
Frederick, Winston	521
Freeman, Sheila	185
Gaston, Michael	732
Gates, Tonya	0
Gayheart, Cheryl	528
Gee, Lynique	171
Goode, Johnny	642
Goyal, Rita	0
Grady, Carla	0
Graham, Jon	701
Grainger, Matt	828
Gray, Michael	500
Griffin, Misty	684
Gruber, Marla	160
Gruschow, Mariana	117
Gullapalli, Satya	0
Hall, Thomas	51
Hanna, Cara	575
Haralson, Danny	272
Haralson, Micki	0
Harding, Brandy	150
Hargrave, Alan	523
Harrelson, Karen	420

Participant	Total
Harrison, Lisa	589
Henderson, Andrew	433
Henninger, Alison	565
Hess, Alan	502
Holder, Gene	457
Holland, Skylar	0
Hoover, Alison	153
Howell, Allen	613
Howell, Rachel	312
Izard, Melody	0
Jenkins, Kaki	925
Jenkins, Kate Herrera	334
Jensen, Sarah	290
Johnson, Ethan	459
Johnson, Liz	0
Johnson, Phillip	450
Johnson, Troy	485
Kazamel, Mohamed	0
Keith, Jerry	281
Keith, Susan	0
Kemper, Tricia	639
Knight, David	356
Kuhn, Jimmy	882
Kulp, Loren	541
LaFon, Caroline	298
Laird, Audrey	631
Lamb, Patrick	480
Lancaster, Jeff	445
Landefeld, Dale	619
Lovett, Meg	76
Lyda, Beth	678
Lyda, John	644
Lyle, Randy	875
Malec, Bonnie	343
Malick, David	573
Markham, Elishua	262
Martin, Sheree	126
Mathews, Skip	391
Matthews, Jamieson	468
McElroy, Catherine	558
McLain, Chase	340
McShan, Kenneth	491
Melton, Kristen	671
Merry, Vicki Sue	776
Morris, Gordon	42
Morrow, Alex	0
Mott, Marilyn	140
Muncher, Monica	400
Noerager, Brett	1,137

Participant	Total
Noerager, Felicia	520
Northern, Kristie	732
Norton, Laura	901
Oechslein, Tamara	544
Oehrlein, Kimberly	212
Orihuela, Carlos	612
Ortis, Ellen	541
Padgitt, Scott	639
Parks, Charlie	1,056
Parsons, Christy	119
Peagler, Shana	0
Pearce, Julie	89
Plante, David	0
Poole, Jonathan	561
Powell, Logan	602
Pritchett, Leigh Ann	0
Randolph, Megan	585
Rawson, Brent	623
Reaves, Brandon	551
Reaves, Brittany	520
Renfro, Jeff	474
Richey, Lori Beth	616
Ricketts, Timothy	0
Ritchie, Joseph	842
Ritchie, Lauren	403
Roberson, Kevin	324
Roberts, Fletcher	0
Robinson, Lyndsey	416
Rodgers, Jeffrey	501
Romans, Cassidy	252
Roper, Lynn	541
Rose, Billy	1,202
Rowell, Taylor	0
Russell, Maureen	635
Rutherford, Keith	388
Rutledge, Lisa	677
Shaffield, Danny	1,422
Sherer, Jeremy	573
Sherrell, Jeff	613
Shinn, Ronald	437
Sides, Dean	406
Simpson, Kevin	1,394
Sims, Cecelia	74
Sloane, Mike	417
Smith, Daryl	592
Smith, Erin	658
Smith, Holly	786
Smith, Jerry P.	434
Smith, Justin	559

Participant	Total
Spikings, Matt	635
Starnes, Dan	0
Steele, Julianne	483
Stockton, Rick	410
Sweatt, Jason	0
Swiney, Elana	0
Taylor, Kim	380
Taylor, Melissa	655
Terakedis, Amber	204
Thomas, Tre	641
Tomlin, Chace	0
Trimble, Jamie	476
Tyndal, Hannah	354
Valles, Tina	518
Veren, Andie	394
Vrocher, Diamond	429
Vrocher, Hilary	987
Wade, Josh	0
Waid, David	1,162
Walker, Brooke	500
Walton, Suzie	548
Washington, Monica	307
Watkins, Britney	360
Watkins, Tommy	638
Watters, Ana	0
Watters, Larkin	547
Watters, Robert	195
Weaver, Brooke	0
Weber, Amy	261
Weeks, Lance	328
Wells, Bradley	584
Wende, Adam	482
Whatley, Prince	652
Whillock, Amber	0
White Vick, Katie	563
White, Robin	894
Williams, Chris	413
Williams, Kelly	187
Williams, Mattie	375
Williams, Shaunda	167
Williamson, Rebecca	597
Wiseman, Steve	654
Woodard, Whitney	755
Woody, Bill	419
Wright, Amy	0
Wu, Xing	421
Yamashita, Ryota	157
York, Gary	772
Zajac, Jason	1,000

SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

May 8, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Hunter Bridwell, Julie Pearce, Cameron Estes, Alan Hargrave, Bradley Wells, Charles Thompson, Kaki Jenkins, and Matt Ennis.

Alan Hargrave made a motion to approve the minutes of the April 2023 Executive Board Meeting. The motion was seconded by Cameron Estes and passed without opposition.

Membership (Cameron Estes)

We currently have 756 members and 600 memberships.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be June 5, 2023. Please have all content to Julie Pearce by May 26, 2023. We are looking for new and fresh content to include in the newsletter and we have a list of running topics for which we could use writers.

Treasurer (Jamie Trimble)

The monthly financials were sent via email by April Harry.

Merchandise (Bradley Wells)

Bradley Wells is looking into a new BTC tank (race singlet) for the summer, as well as more long sleeve shirts and hoodies.

1200 Mile Club (Hunter Bridwell)

Hunter Bridwell will get the 1200 Mile Club patches from Kelly Sims. Discussion was held about multi-year awards and recognizing 1200 Mile Club challenge finishers at quarterly socials.

Japan Exchange (Jamie Trimble for Rebecca Williamson)

We are no longer working through the City of Birmingham to bring runners from Japan to Birmingham. We are looking at other options such as private company sponsorships to get the exchange going again.

USATF Representative (Charles Thompson)

There are events being held at Cullman High School on May 5-6, 2023, Hoover High School on May 15-16, 2023, and the Alabama State Games will be held at UAB on June 10, 2023.

Social Committee (Kaki Jenkins)

Discussion was held regarding the upcoming social calendar and collaborative socials. We will target June 7, 2023, for a Wednesday night mini-social with the Trak Shak. Jamie Trimble will reach out to Jeff Martinez. We will plan to host more themed runs on Saturday mornings like the neon run and Buc-ee's run. We could also consider a Saturday night brewery visit. A tentative date for the next big social will be August 12th or 19th.

Saturday Morning Long Run (Cameron Estes)

Cameron Estes will remain the long-run coordinator moving forward. We will solicit race options for the fall marathon training soon.

Volunteer Committee (Jamie Trimble for Kim Benner)

Kim will coordinate the volunteer needs for Peavine Falls with Hunter Bridwell.

Finish Line Committee (Jamie Trimble)

Jamie will coordinate finish line needs for Peavine Falls with Hunter Bridwell.

Peavine Falls (Hunter Bridwell)

Marla Gruber will take over as the race director beginning in 2024. Hunter shared an expected race budget of \$7,600 and expected revenue of \$9,500 for this year's race. Packet pick up will be on Sunday, July 2, 2023, at the Trak Shak.

New Business (Jamie Trimble)

Matt Ennis will begin helping the BTC seek out sponsorship opportunities for races and helping to write our proposals to these potential sponsors.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, June 12, 2023, at 6:00 p.m.



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	June 10, 2023	6:00 a.m. and 6:30 a.m.
The Big Run 5k Presented by Michelob Ultra	June 10, 2023	7:30 a.m.
4th Annual Sleepy Kraken Runyak – road run/paddle/trail run (Coker, AL)	June 10, 2023	8:00 a.m.
Alabama State Games (UAB Track & Field Complex)	June 10, 2023	8:00 a.m.
Run, Ride, and Rumble for PTSD Awareness	June 10, 2023	8:00 a.m.
BTC Executive Board meeting (via Zoom)	June 12, 2023	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	June 17, 2023	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	June 24, 2023	6:00 a.m. and 6:30 a.m.
I'm with Mike 5k	June 24, 2023	8:00 a.m.
Ozan Wine Run 5k (Calera)	June 24, 2023	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 1, 2023	6:00 a.m. and 6:30 a.m.
BTC Peavine Falls Run	July 4, 2023	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 9, 2023	6:00 a.m. and 6:30 a.m.
Cahaba Medical Care 5k (Centreville)	July 9, 2023	7:00 a.m.
BTC Executive Board meeting (via Zoom)	July 10, 2023	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	July 15, 2023	6:00 a.m. and 6:30 a.m.
10th Annual Nicholas Fillinger Memorial 5k Run (Cullman)	July 15, 2023	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	July 29, 2023	6:00 a.m. and 6:30 a.m.
The Trak Shak Retro Run 5k	July 29, 2023	7:00 p.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:

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

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