



★ BIRMINGHAM TRACK CLUB ★  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

June 2024 ⑥



## FLORENCE BRADLEY'S APPALACHIAN TRAIL TRIUMPH: A JOURNEY OF RECOVERY AND RESILIENCE

*By Matt Ennis*



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# FLORENCE BRADLEY'S APPALACHIAN TRAIL TRIUMPH: A JOURNEY OF RECOVERY AND RESILIENCE

*We first introduced you to local athlete Florence Bradley and her epic Appalachian Trail adventures in the September 2023 issue of The Vulcan Runner ([click here](#) to read about the beginning of her journey). We are thrilled to bring you – as they say – the rest of her story!*

When I last spoke with Florence Bradley, this Birmingham native and BTC member was completing the northern segment of the Appalachian Trail. Despite the excruciating discomfort in her foot, Florence pressed on, fueled by her unyielding determination, daily ibuprofen, and the support of fellow hikers she met along the trail.

One such encounter stands out vividly --a Thanksgiving feast provided by a kind-hearted man who makes it his mission to drive his van alongside the trail, offering home-cooked meals to weary hikers.

On that memorable Thanksgiving Day, Florence found herself enveloped in the warmth of camaraderie and the savory aroma of a traditional Thanksgiving spread. Amidst the rugged wilderness, she sat down to enjoy a full meal, complete with turkey, mashed potatoes, stuffing, and all the fixings. It was a moment of respite, a reminder of the simple joys of shared meals and the kindness of strangers.

The day after Thanksgiving, Florence finished up the northern segment of her through hike and quickly found a doctor to look at her foot. After enduring the pain of hiking on a foot plagued by what she thought was tendinitis, Florence received a sobering diagnosis: multiple stress fractures in her heel.

Forced to confront the severity of her injury, Florence took six weeks off the trail to allow her heel to heal. It was a period of uncertainty, but Florence remained steadfast in her determination to finish what she had started. When she finally returned to the trail in Roanoke, Virginia to tackle the southern portion of her journey, she did so with renewed vigor and a newfound appreciation for her body's resilience.

With her heel mostly recovered, Florence found that hiking the southern leg of the trail was among her favorite times on the trail. Freed from the constraints of pain, she reveled in the beauty of the wilderness around her and the simple joy of pain-free hiking. By reducing the weight in her pack, switching to a more appropriate hiking boot, and improving her stride through better posture, Florence not only made the journey more manageable but also significantly reduced her fall rate, from about five times a day to just once in her final 300 miles.

On April 14th, 355 days after she began her journey covering over 2,000 miles, Florence Bradley reached the end of her Appalachian Trail adventure at Harpers Ferry, West Virginia. Surrounded by 15 fellow hikers at Harpers Ferry Brewery, she celebrated her accomplishment



with laughter, stories, and a well-earned break on an inflatable flip-flop provided by The Appalachian Trail Conservancy. Importantly for Florence, she was encouraged by everyone in Birmingham and with the BTC who followed her and supported her via social media.

As she transitions back to life off the trail, Florence finds joy in the simple pleasures she once took for granted: spending time with her family, enjoying the comfort of indoor plumbing, and indulging in plenty of hearty meals, with a particular craving for meat and a disdain for anything resembling trail bars. (But she still loves Snickers)

With one adventure behind her, Florence looks ahead to her next challenge: Alaska. But this time, she knows she won't be alone. With her husband by her side and the promise of comfortable accommodations along the way because "he's a hotel guy," she's ready to embark on a new journey—one that promises its own set of adventures and rewards. For Florence Bradley, the trail may have ended, but the spirit of adventure burns as brightly as ever.



# PRESIDENT'S ADDRESS

By Jamie Trimble



## Greeting BTC Members and fellow Birmingham runners!

Summer is here and the running is...hot and sweaty! Yes, it may be hot and humid, but these conditions are what makes runners stronger come fall racing season. However, running this time of year requires us to be smart about how we run. Check out the information below for tips on running in the Alabama heat and humidity.



The time is now to sign up for the Peavine Falls Run on July 4th! This race is always a blast and a great way to celebrate our country with a few hundred running friends. This year, the BTC is teaming up with Zombie Trail Races for the Independence Day Double at Oak Mountain State Park. Run both Peavine Falls in the morning (<https://runsignup.com/peavine-falls>) and the Shiner Ridge Revival 7.4 Mile Trail Run (<https://ultrasignup.com/register.aspx?did=106889>) that evening and earn a cool challenge medal. Who doesn't like a race challenge and the swag that comes with it?

As always, we can definitely use plenty of volunteers for Peavine Falls. Whether its packet pickup, equipment setup/breakdown, post-race food service, or working a water stop, we need you! Volunteering earns BTC Bucks volunteer points, and one lucky volunteer will win a sweet Trak Shak gift card.

On Memorial Day, Volunteer Coordinator Kim Benner and I had a great time participating in the Cotton Row Run put on by our friends at the Huntsville Track Club. Kim ran the 10k and the 5k, while I volunteered at

the post-race food tent. Several other BTC runners were in attendance at this fun race as well. Congratulations are in order to BTC members who placed in their age-groups: Theresa Burst (1st in the 10k) and Angie Hogeland (2nd in the 5k). The BTC and HTC continue to grow our clubs' relationship and we look for more ways to collaborate across our running communities. We look forward to seeing HTC runners at our Peavine Falls Run on July 4th.

It's not too early to be thinking about our fall marathon/half marathon race training. I am excited to announce that our fall goal race will be Birmingham's very own BHM 26.2! This race has something for everyone, offering a 5k, 10k, half marathon and marathon. This race is also on a new course, running from the Finley Cener in Hoover. Training will kick off on Saturday, June 15 with a course preview run sponsored by our friends at BHM 26.2. Be on the lookout for more details in the coming days.

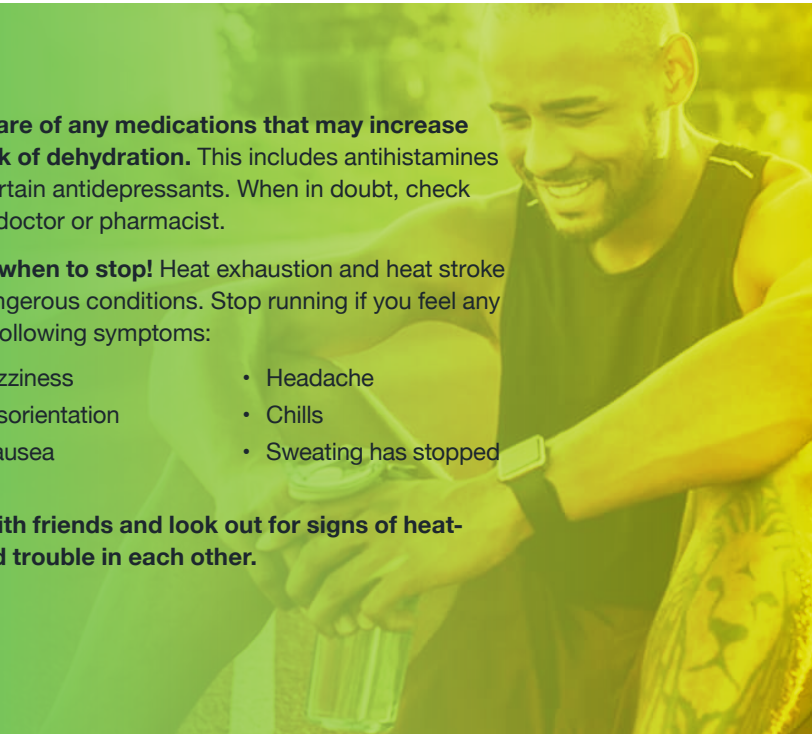
Earlier I mentioned running in the heat and humidity. Now is the time of year where we need to have all of our Saturday morning run water stops filled. Please help out with this each Saturday by picking up a water stop or contributing to someone who does. Believe me, your fellow runners appreciate it!

Stay safe out there and Happy Running!

**Jamie Trimble**  
*BTC President*

## TIPS FOR SUMMER RUNNING

- ~ **Run early or late when it's not as hot.** Be aware that the humidity is higher early in the morning though.
- ~ **Seek shade:** run more on trails and tree-covered greenways when possible.
- ~ **SLOW DOWN!** Forget the pace and run by effort.
- ~ **Hydrate, hydrate, hydrate:** before, during and after your run
- ~ **Dress appropriately:** wear light colored, breathable, moisture-wicking fabrics
- ~ **Fuel properly:** don't run on an empty stomach. Running in heat and humidity requires more energy. Tip: carry extra fuel in case a friend is in need.
- ~ **Wear sunscreen:** use a minimum of 30 SPF, preferably a "sport" version that is designed to withstand sweating.
- ~ **Be aware of any medications that may increase the risk of dehydration.** This includes antihistamines and certain antidepressants. When in doubt, check with a doctor or pharmacist.
- ~ **Know when to stop!** Heat exhaustion and heat stroke are dangerous conditions. Stop running if you feel any of the following symptoms:
  - Dizziness
  - Disorientation
  - Nausea
  - Headache
  - Chills
  - Sweating has stopped
- ~ **Run with friends and look out for signs of heat-related trouble in each other.**



# 2024 Officers



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## BTC Committees

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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:

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## Race Results

Find the latest and most complete local race results at the following:

birminghamtrackclub.com

championship-racing.com



# MY BOSTON JOURNEY PART 1

By Eric Thomas

It's April 16, 2024. 10:14 a.m. The day is slightly overcast and a little windy outside, different from the sunny, mid-seventies it was just a day before. I'm sitting in a room at the Crown Plaza Hotel in Woburn, Massachusetts, about 22 minutes from one of the most iconic finish lines in the world of distance running. I am watching a little tv and trying to process the events of the previous 24 hours. The crowds of spectators screaming and cheering, the small towns on the way to Boston, my friends and family rooting me on, coming into the city and hearing that deafening roar a quarter mile from the finish line. It was all so incredible to experience.

I had just run the 128th edition of the world's oldest continually run foot race: the Boston Marathon. Honestly, running this race has been an aspiration of mine for the past ten years. After missing the mark on the first two tries, I finally accomplished the goal of "BQ-ing" (Boston Qualifying) on my third attempt. In 2016, I missed the qualifying time by ten minutes; in 2018 I missed the time needed by 15 minutes. Yikes! I was going in the wrong direction. So, I decided to change my focus from the marathon distance for a while and to work on getting faster at shorter distances. Plus, I had been getting these little freak- injuries here and there after periods of great racing. Finally, I decided to give it another go in 2023. This time, I knew I was a lot stronger, fitter, and ready to tackle the distance. With renewed determination, I earned my BQ at the Erie Marathon at Presque Isle in Pennsylvania.

My first thoughts of completing the Boston Marathon became an idea, in part, because of the Boston Marathon bombings of 2013. At that time, I had just completed my first half-marathon in my hometown of Birmingham, Alabama at the Mercedes Marathon. A stranger to the marathon distance, I became intrigued with the thought of running a full marathon. After about a year of rigorous training, I was curious about everything "marathon related" and with "Boston " being right around the corner, I was keen on following this "world marathon major" for the first time.

Before the tragedy, I knew that Boston was an iconic sporting event, but really, I was curious about why a runner had to qualify to participate. That's when I found out that it was a runner's race and was so steeped in history that so many people all over the world were trying to qualify every year to run it. Following the marathon online while at work on April 15, 2013, little did I know that what would transpire on that fateful day would drastically alter the lives of many people, as well as America itself. Three victims died instantly from the initial impact of the bombs. Hundreds more were severely injured. An officer of the peace was killed after the initial attacks; another victim succumbed nearly a year later as a result of his injuries. I watched helplessly with so many Americans on that day, hurting for all those involved. I had the feeling that once again, evildoers were attacking our freedom and the things we hold so dear.

The raw emotions on replay after seeing the bomb blasts over and over; and seeing random people who were minding their business and



enjoying the day, become victims in an instant was a lot to process. The bombing was supposed to cause fear, death, intimidation and more, and the cowardly acts did just that, but those who taken too soon did not die in vain, and the nation found togetherness in a time of crisis. The memory of those who were lost continues to live on and the term "Boston Strong" was born. One perpetrator was soon killed, and another was ultimately captured and brought to justice.

I had only been running for about three years and racing seriously for about a year shortly before all of this happened. Still, I felt connected as a runner. In running I felt I had found "my thing," my tribe, like-minded people from all walks of life who understood each other. It felt like I belonged. The devices that exploded on Boylston Street that day -- a day the State of Massachusetts calls Patriots Day -- seemed like an attack on all Americans, but runners in particular. It was then that I knew one day, I was going to run the Boston Marathon. Not knowing how, not knowing when, but I was determined to get here; to be Boston Strong.

Flash-forward to 2024. I'm still sitting here processing the previous day's events. Boston News Channel 25 is on the TV in my hotel room. A day ago, I was standing in Wave Two /Corral One with two of my good friends from Birmingham, Mike Schor and Cary Guffey. Just three of the thousands of runners who had made the 26+ mile trek by school bus to the athletes' village in the small town of Hopkinton, Massachusetts.



# MY BOSTON JOURNEY PART 1



The athletes' village is ground zero for everyone competing on race day. It's a middle/high school and surrounding grounds where we hurry up and wait, before we each start our personal 26.2-mile journey by foot back to the city of Boston.

On the ride over, I sat near the front of the bus with a guy named Mark, whom I'd just met. Mark, from Oakland, California, was running his second Boston Marathon. Quickly, we got acquainted through our

love of running and soon ventured off into all things about life: family, work, sports, etc. That's the thing I love about running -- it quickly crosses all preconceived boundaries, walks of life, and timelines, and it allows you to open up and get to know a person a little bit. It's a natural icebreaker for someone you may have not been able to converse with otherwise. After we got off the bus, Mark and I bid each other good luck and well wishes. There were so many runners out there in the aptly named village that I was lucky to come across the few runners whom I did know.

Shortly after getting off the bus, I was relieved to encounter Emily E. from Birmingham. We took a quick picture and were off to our other planned meet-ups, mine being with Cary, as we had planned at the Red Sox/Angels baseball game the day before. The prospects of that meet-up happening dimmed quickly because neither of us had our phones when making the bus ride over to Hopkinton. Fortunately, I remembered Carey mentioning that he would be wearing a bright yellow hoodie, so I looked as best as I could for about 10-15 minutes through a sea of neon colored running outfits until I finally found him walking towards me. Carey was a lifesaver, which he would prove over and over throughout the day as a seasoned Boston veteran. Providing all our essentials for the last couple of hours wait before our wave/corral start, Cary laid down a tarp so we could rest our legs from standing. He also came through with snacks; some peanut butter crackers were a godsend because all I had on me were Gu gels, Gatorade, and Maurten drink. Normally I wouldn't eat much before a race but when you're racing that late in the morning you need some sort of sustenance to hold you over before the race begins!

After getting a little food in my stomach I started to look around, taking in all the scenery of the town of Hopkinton. This was the 100th year that the race began in Hopkinton, a very special milestone indeed. There is

a famous sign at the Hopkinton Middle School that says, "Hopkinton: It all starts here." Hopkinton could be any beautiful, small, quaint town in America. It could be Homewood, Alabama, Erie, Pennsylvania, or Greenwood, Mississippi. Try to picture rows of neatly manicured yards and homes that have been well-maintained for at least a hundred years or more; there was a certain charm to it. Aside from the homes, the residents themselves felt so welcoming; allowing 30,000 people to disrupt their lives for a minimum of a full day takes a special kind of patience. But then to be outside cheering us on, cooling us down, and feeding us fruit and snacks is great kindness displayed at its zenith. If that wasn't enough, beer, and/or shots of alcohol were happily provided to any runners wanting to venture on the wild side during their travels.

Finally, Wave Two was called to start walking around 9:45 a.m. Cary calmly told me to wait while about 6,000 or so runners rushed to their corrals around us as we continued to sit on the tarp, conserving energy. I was a little anxious, but I patiently waited and followed his advice because I knew he wouldn't steer me wrong. He also wisely told me to avoid standing in line at the small city of porta-potties with lines that snaked hundreds of feet long as there would be rows and rows of them all throughout the athlete's village. True enough there was another small city of them on the mile walk to the start line. We finally got up and offered our tarp, snacks and sunscreen to some incoming runners from a new wave entering the village.

At that point I was thinking to myself that Boston really had an event of such magnificent proportions operating like a well-oiled machine. It was an impressive display of logistics to get 30,000 athletes to run a footrace through the streets, even after 128 years of doing it. So, we three, Cary, Mike, and I, walked about a mile to the start line. I had already given my throw-away shoes (an extra pair I brought in case the grounds in the village were muddy, which thankfully turned out not to be the case) to the volunteers taking up for the local charities. We soon separated and got in our respective corrals. I took off my throw-away sweatshirt (to keep me warm while waiting) and gave it to the charity volunteers as well. It was about 62 degrees and sunny as the announcers said over the p.a. system; I surely didn't need it anyway.

Sixty-two degrees is warm for a marathon, so much so, that the announcers were cautioning everyone to stay hydrated throughout the race. Here I was, one of 8,000 runners in my wave (there were several waves, plus wheelchair athletes, elite men, elite women, etc.) preparing to set off at 10:25 a.m., in the little city of Hopkinton, Massachusetts. Soon the national anthem would be sung, a starting pistol would be fired into the air, and to the chorus of thousands of sneakers clapping the ground, off we would go! I would really be running the 128th edition of the Boston Marathon to fulfill a dream that started 11 years ago!

***Tune in next month for the rest of Eric's story! Spoiler alert: He finished the race and even gained a sponsor!***

# MEDICATION AND MILES:

## Dangerous Oleander Found in Common Nonprescription Products

By: Anna P. Burrow, PharmD Candidate 2026 and Kim W. Benner, PharmD

Obesity continues to be a big problem in the United States. Because obesity increases the risk of long-term complications, some of the main therapy recommendations are lifestyle interventions, such as nutrition and physical activity, to achieve weight reduction. However, these changes can be difficult, prompting many to search for other methods to achieve long-term weight loss. Thus, the usage of dietary supplements for weight loss has become a common practice among Americans.

It has been estimated that as many as 34% of adults report using a dietary supplement for weight loss. Many people think any weight loss supplements sold without a prescription have been evaluated by Food and Drug Administration (FDA) for safety and efficacy prior to marketing. But, while the FDA is responsible for regulating all dietary supplements, “supplements” are not classified as drugs; therefore, they do not undergo review or approval by the FDA before the product is marketed. However, if a supplement is deemed unsafe,



the FDA can and will act. One example involves the presence of toxic yellow oleander in certain supplements that were particularly marketed for weight loss. In January of 2024, the FDA expanded a previous Safety Alert from September 2023, issuing a warning that multiple dietary supplements had been found to contain toxic yellow oleander.

Analysis showed that various dietary supplements labeled as tejocote (*Crataegus mexicana*) root or Brazil seed were adulterated and substituted with toxic yellow oleander (*Thevetia peruviana*).

All parts of the oleander plant are poisonous to humans as they contain substances that act as “cardiac (heart) glycosides” that can affect the hearts’ ability to pump blood. In addition to the heart effects, various adverse effects such as irritation of contacted membranes, mouth redness, nausea, vomiting, abdominal pain, diarrhea, headache, altered mental status, visual disturbances, and nerve damage can occur. Although mortality due to oleander poisoning generally is low, there is a potential for death. One such fatality occurred when a 63-year-old woman ingested yellow oleander seeds that had been falsely labeled as “Nues de la India,” or candlenuts, a supplement used for weight loss.

In light of the ongoing investigation, the FDA is recommending that consumers stop using and dispose of these products, and any consumers who have taken these products should contact their health care provider for any necessary evaluation. Currently, 19 supplements have been confirmed to be substituted with toxic yellow oleander and additional marketed tejocote root products may be added as the investigation continues. Note that tejocote root may also be marketed under names such as *Crataegus mexicana*, Raiz de Tejocote, and Mexican Hawthorn. The current list (as of April 2024) of substituted products is listed below:

Selling Firm	Brand Name
Amazon.com	nwl NUTRA Mexican Tejocote Root
Global Mix Inc.	EVA NUTRITION Mexican Tejocote Root
Sunset Sales +	ELV King All Natural Tejocote Root ELV King Tejocote Root Raiz de Tejocote
ALIPOTEC RAIZ DE TEJOCOTE	ALIPOTEC Tejocote Root Dietary Supplement Pieces
Natural Supplements, LLC	Science of ALPHA Mexican Tejocote Root
H and Natural	H & Natural Tejo Root Raiz de Tejocote H & Natural Brazil Seed
Backstage CTC Seller	ALIPOTEC Tejocote Root Raiz de Tejocote
Amazon.com	ALIPOTEC Tejocote Root Dietary Supplement Pieces Nutraholics ELV Tejocote Root Dietary Supplement Pieces Nutraholics ELV Nutraking Mexican Tejocote Root Supplement Pieces ALIPOTEC Tejocote Root
Global Mix, Inc.	Niwali Raiz de Tejocote Science of Alpha Mexican Tejocote Root
Innovacion Natural, LLC.	ALIPOTEC Tejocote Root Dietary Supplement Pieces
Pastor-Villareal, Inc.	Tejocotex Tejocote Root
Alipotec South TX	ALIPOTEC ELV Mexican Tejocote Root
World Green Nutrition, Inc.	
World Green Nutrition Inc./Alipotec	Green ELV Nutrition brand Elv Control Herbal Supplement (capsules)

# MEDICATION AND MILES:

## Dangerous Oleander Found in Common Nonprescription Products

When deciding to use a nonprescription medication it is important to review all substances and ingredients carefully and not just assume they are all safe for every day use. Consult your pharmacist or health care provider for a discussion of what might be best for your needs based on your current health status and any other medications you may take. This will keep you healthy, happy and exercising!

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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  
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## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

There are tons of great reasons to become a member of the Birmingham Track Club! The BTC sponsors and sanctions many local races. The BTC publishes your favorite monthly newsletter, *The Vulcan Runner*, to keep you up to date on the local running community. The BTC also sets up weekly training runs with various distances, targeting half and full marathons, and makes sure that there are water stops along the way. Don't miss out on fantastic socials that are making a comeback, as well as exclusive BTC apparel for our members. Most importantly, BTC Members receive

\*discounts\* on BTC races, as well as many other races in and around the Birmingham area, and at several local merchants!

Whether you are a beginner or an experienced runner, joining the BTC is a great way to get involved in the running community, meet other runners, and stay informed of running events in the area. We invite all of you to [join the BTC](#) or [renew your membership!](#) See you on the run soon!

### Please welcome the following new and returning members to the Birmingham Track Club:

Tori Bayush  
Cathy Beasley  
Jim Causey  
Barbie Cleino  
Sam Garvin

Cheryl Gayheart  
Mariana Gruschow  
Patricia Harris  
Jeff Martinez  
Grant Mealer

Daniel Sanchez  
Catherine Vaughn  
Emma Watkins  
Jessica Watkins  
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 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!



## SHOW US YOUR BTC GEAR!

Where will the BTC take you this summer? Don't forget to take your BTC gear on your summer vacations, and snap a pic to share! Need new BTC gear? It's coming soon on the BTC website! Submit your pictures to [newsletter@birminghamtrackclub.com](mailto:newsletter@birminghamtrackclub.com).



BTC and HTC leaders at the Huntsville Track Club's Memorial Day Cotton Row Run



# NEW BTC MEMBERSHIP PERK!

## Farm Bowl + Juice Co

By Ellen Ortis, Member Benefits Chair

### We have a fresh summer benefit, BTC!

Farm Bowl + Juice Co has generously given us coupons for free smoothies, bowls, and juices. To grab yours, you can participate in any upcoming BTC event, volunteer at a race, or set out a water stop on Saturday. Below is a Q&A with Andrea, the founder of Farm Bowl.

#### Q: How long has Farm Bowl been around?

Farm Bowl + Juice Co opened its doors in January 2018, so six years.

#### Q: What was your inspiration for Farm Bowl?

We wanted to provide a quick healthy snack or meal replacement option with a focus on wellness and nutrition through our plant-based ingredients.

#### Q: What sets Farm Bowl apart?

Our entire menu is 100% plant based and gluten-free, which allows our customers to make healthy choices without having to worry about what is in their food. We have lots of products and ingredients that are natural healing agents like our lemon juice and cayenne-based Fireball Wellness Shot for cold & flu or superfood spirulina for iron.

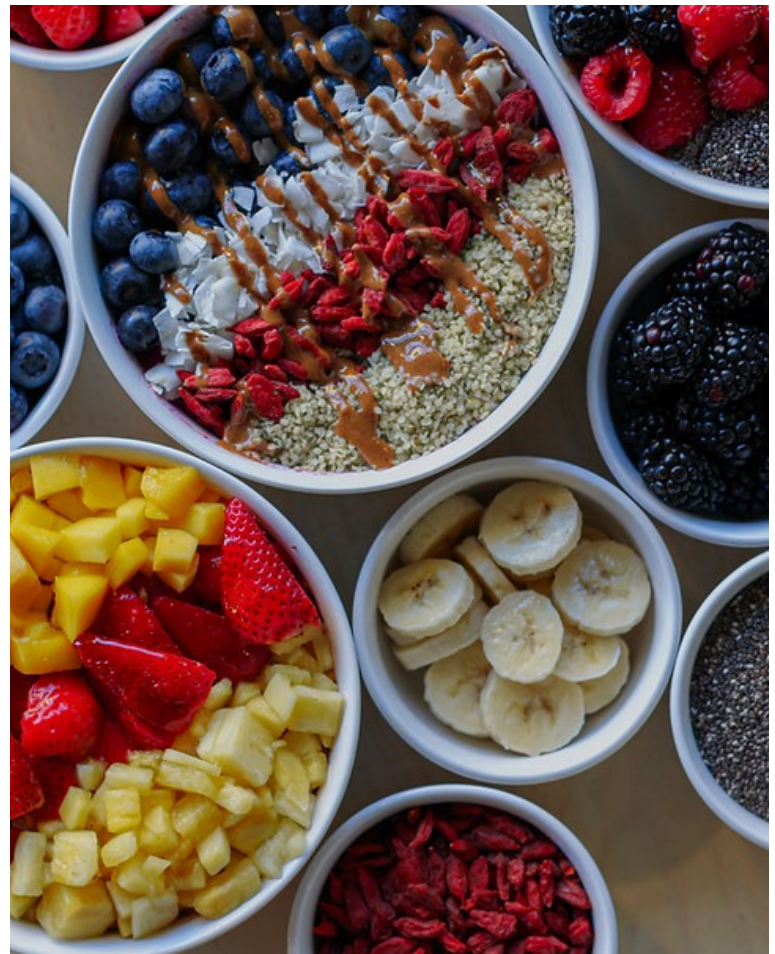
#### Q: How can Farm Bowl be a resource for runners?

We have so many unique offerings for runners! One example is a new limited time smoothie we just launched called the Spring Break – it contains beet powder, a natural supplement for all kinds of things but specifically anti-inflammation for runner's achy joints. Also, our cold-pressed juices are a great way to get in your daily greens for energy and protein.

#### Q: What is your go-to menu item post workout?

I always recommend the Bounce Back Smoothie and add our vegan protein for an extra 20 grams of protein. Also, our Hustle Juice is a good refresher containing beets which can improve exercise performance.

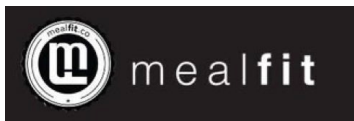
Check out Farm Bowl + Juice Co. after your next run, and don't forget to thank their employees for supporting the BTC!



# 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)!





# THERAPYSOUTH

## IT Band Syndrome

By Hannah Cox, TherapySouth



So you have IT band issues – that nagging discomfort that leads to pain along the outside of your thigh and into your knee. Typically, most runners and online influencers (who may or may not understand the problem) will instantly direct you into side-lying leg raises, lateral band walks, and clamshell exercises to increase the strength of your hip abductor muscles. Additionally, they will recommend that you foam roll your IT Band until you are bruised along your thigh. Although gluteus medius (hip abductor muscle) weakness is involved and compression of the IT band certainly may contribute to your pain, these are not the interventions to fast-track you to a pain-free run!

Generally, I tell patients to pull their running back, but not to completely eliminate running altogether while nursing an “IT band” issue (I’m placing “IT band” in quotes because this diagnosis label is not accurate relative to the tissues we will be our targeting in our treatment!). Initially, I recommend that patients avoid running down incline surfaces and avoid pitched surfaces altogether - that is difficult to do in Birmingham, but a high school track is your best bet. To further decrease the strain on structures connected to the IT band, you can alternate the direction on which you run on a track.



Very often, runners report that they have decreased pain with speed work, but they are limited by conversational-paced runs secondary to pain. This occurs because the joint angles relative to the knee and hip change with gait speed. Therefore, to decrease the pain while training, you may have to shift your current cycle to focus more on speed work. I also recommend avoiding heavy biking while treating this injury (the bike usually serves as a great substitute to maintain aerobic capacity, but it may be more detrimental in this circumstance). Because muscles in the anterior-lateral aspect of the hip are tight and weak, the repetitive movement pattern of the bike may increase your symptoms.

Okay, now that I’ve given you permission to run while treating your knee and lateral thigh pain, let’s dig into how we will improve your pain. Understanding the physiological aspects of this condition is critical. The IT band is composed of a fascial layer - this is the “casing” in which the muscles are contained. As such, the IT band does not stretch or contract like a muscle does -- it just exists as it is. Yes, it can sustain changes in tensile force, but most people tend to try to rehab it like a muscle. But doing so will take you longer to recover and will lead to difficulty managing your runs. What should be the focus of our treatments are the muscles that the IT band originates from: the tensor fascia lata (TFL), gluteus medius, and gluteus maximus. Tightness and weakness in these muscles leads to pull on the IT band - and compression of the IT band over structures in the knee leads to pain.

In my experience, foam rolling and massage of the IT band isn’t going to help your performance, although these modalities may provide a relief that is short lived. The quickest way to modify the tension of the IT band over other structures is to decrease the tension in the TFL, gluteus medius, and gluteus maximus muscles. This can be done with dry needling (which I think is the quickest way to resolve the issue) and soft tissue mobilization. Additionally, I would focus on increasing strength training with single leg activities. (i.e., single leg deadlift, lateral ski jumps, standing wall clams, etc.).

If you are still having trouble getting over your “IT band” issue after trying the suggestions above, give us a call or reach out to [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net)

# RRCA UPDATE

By Jamie Trimble, BTC President



As most of you know, the Birmingham Track Club is a member of the Road Runners Club of America (RRCA). In fact, the BTC is a 501(c)3 non-profit organization, and we get this non-profit status as a member of the RRCA. In addition to our non-profit status, the RRCA provides our club's insurance. This insurance protects the officers and leaders of the club, provides race insurance to all of the races in our Race Series, and also protects the club from liability at any club-sponsored event. Beyond the non-profit status and insurance, the RRCA also is a huge resource for our club in terms of club management and operation.

The single biggest RRCA resource is the annual convention. This year, Volunteer Coordinator Kim Benner and I represented the BTC at the 66th Annual RRCA Convention in Costa Mesa, California on May 2-5. The annual convention is a gathering of RRCA-member running clubs, races, individuals and sponsors from all across the country. It is an opportunity to learn, collaborate and make new running friends.

The convention includes general information sessions as well as daily break-out sessions for learning and collaborating about a variety of club and event management topics. With Kim and I both in attendance, it gave us the opportunity to "divide and conquer" across some of the various topics pertinent to the BTC. Kim attended sessions covering Volunteer Management, Event PR, and Workout Programs. Meanwhile, I attended sessions on Board Governance, Policies and Procedures, Club Finances, and Event Marketing Strategies. The great thing about these sessions is that we were able to learn about best practices and find out what other clubs are doing. We were also able to share some of the things that we do (and do well) within the BTC. What I find interesting about this is that while there are always things we can do to improve, there are a lot of things we do really well. It's fun to share with other folks about our successes. We plan

to take the information learned at this year's RRCA Convention and apply it to continuing to make the BTC the very best running club we can be.

Besides the "business" aspects of the RRCA Convention, there are many opportunities to do things together with the other attendees, RRCA officers, board and staff, which results in making plenty of new running friends. Each morning there was a group run (complete with vendor provided shirts and medals), or morning yoga. The convention keynote speaker this year was the amazing race announcer, Fitz Koehler. Fitz and her announcing partner Rudy Novotny are the voice of many of the biggest races across the country. She shared with us her perspectives on life and running through the lens of her fight against cancer.

As part of the convention, the RRCA hosts an auction where attendees bring items for auction to benefit its various charitable efforts. This year, we provided a race package in collaboration with our friends at BHM 26.2. Included were two entries to any of the BHM 26.2 races, some BHM 26.2 race shirts, a BHM hat, some Dreamland BBQ sauce, a package of Jim 'n Nicks cheese biscuit mix (for some local Alabama flavor), and two BTC shirts. Our package's highest bidder was the race director from the Toledo, Ohio Glass City Marathon. The fun thing about this is that Kim and I were the high bidders on their Glass City marathon package as well. Many thanks to Anna Martin of BHM 26.2 for the BHM 26.2 race entries and race swag.

All-in-all, Kim and I had a great time representing the BTC at this year's RRCA convention and look forward to using what we learned to make the BTC even better.





# 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 June 2, 2024 are listed below.**

Participant	Total
Adams, Ryan	597
Adwell, Stephen	593
Ahmed, Kabeer	638
Alvarez, Jose	1,047
Anderson, Kerri	100
Barron, Darlene	491
Barton, Tabitha	515
Basquill, Matt	562
Benner, Kim	697
Bennett, Mitchell	187
Blackmon, Kim	681
Bolen, Parker	530
Booher, Lisa	851
Bookout, Jason	659
Bookout, Kimberly	791
Bossard, Teri	678
Boswell, Ryan	487
Bouley, Rachel	563
Brakhage, Victoria	408
Bray, Elizabeth	638
Brown, Katie E.	388
Brown, Katie G.	593
Brown, Sean	240
Bryant, Jason L.	487
Burke, Julia	45
Burst, Theresa	0
Caine, Lawrence	389
Callahan, Chris	481
Calvert, Aaron	608
Campos, Chris	772
Carden, Melissa	840
Carlton, Bob	331
Carter, Adrienne	0
Chaffinch, Violet	384
Chambers, Gay	393
Chandler, Teresa	576

Participant	Total
Clay, Brad	1,010
Clay, Sarah	407
Cleveland, Jeff	615
Cliett, Stephanie	681
Cobb, Patty	555
Coe, Emily	322
Coe, Matt	602
Coffin, Diane	0
Coleman, Tim	737
Colpack, Susan	506
Cooper, Cara	533
Cowie, Katelyn	530
Cramer, Robyn	686
Cramer, Steve	223
Creed, Brad	468
Creel, Mary	0
Dawson, Ashley	903
Deffenbaugh, Todd	550
Dimicco, Al	591
Dixon, Jeff	548
Downs, Matt	498
Duke, Cindy	544
Eberhardt, David	606
Ennis, Amanda	533
Ennis, Matt	923
Estes, Cameron	605
Estrada, Steven	1,279
Evans, Debbie	813
Fisher, Kaitlin	402
Flanery, Haley	586
Fons, Aaron	591
Forbus, Reed	0
Foreman, Michael	504
Foster, Ashley	539
Franklin, Shane	314
Frederick, Winston	639

Participant	Total
Gaston, Katie	186
Gaston, Michael	807
Goode, Johnny	423
Grainger, Matt	693
Gray, Michael	435
Gullapalli, Satya	548
Hall, Thomas	0
Hannah, Edward	40
Hanson, Valerie	342
Haralson, Danny	481
Haralson, Micki	352
Hargrave, Alan	550
Harlow, Craig	77
Harrelson, Karen	500
Harrison, Lisa	552
Hatcher, Heydon	768
Henninger, Alison	509
Herron, Michael	569
Hogeland, Angie	531
Hogeland, Jeff	588
Holder, Gene	0
Hoover, Alison	0
Hoover, Jim	187
Howell, Allen	0
Huddleston, Clare	881
Jenkins, Kaki	854
Jensen, Sarah	468
Johnson, Kimberly	255
Johnson, Phillip	250
Johnson, Troy	642
Jones, Caleb T	455
Jones, Julie	440
Kaylor, Sara	296
Kazamel, Mohamed	1,027
Keith, Jerry	330
Kemper, Tricia	542

Participant	Total
Kles, Ruth	666
Knight, David	0
Koepp, Bryan	210
Krick, Stefanie	809
Kuhn, Jimmy	723
Kulp, Loren	503
LaFon, Caroline	446
Laird, Audrey	406
Lamb, Patrick	525
Lancaster, Jeff	544
Losavio, Lauren	736
Lovett, Meg	488
Lyda, Beth	637
Lyda, John	634
Lyle, Randy	699
Malick, David	796
Markham, Elishua	408
Mathews, Skip	429
Matthews, Jamieson	463
McCalley, Charles	672
McElroy, Catherine	558
McGriff, Colton	389
McLain, Chase	151
McShan, Kenneth	0
Melton, Kristen	278
Merry, Vicki Sue	547
Miller, Pamela	725
Millican, Randolph	647
Morris, Gordon	341
Moss, Renie	414
Muncher, Monica	400
Nix, Anthony	632
Nodjomian, Jason	394
Noerager, Brett	1,195
Noerager, Felicia	469
Northern, Kristie	788
Oechslein, Tamara	477
Orihuela, Carlos	686
Ortis, Ellen	74
Padgitt, Scott	623
Palmer, Irma	542
Parks, Charlie	1,004
Patrick, Yeadon	0

Participant	Total
Pearce, Julie	0
Phelps, Tyler	1,345
Plante, David	597
Powell, Logan	0
Pritchett, Leigh Ann	230
Rakestraw, Stephanie	523
Randolph, Megan	613
Rawson, Brent	563
Rearden, Shannon	1,006
Reaves, Brandon	762
Reaves, Brittany	574
Renfro, Jeff	528
Richetti, Vee	354
Richey, Lori Beth	303
Rivera, Jose	364
Robinson, Tamara	0
Roper, Lynn	392
Rose, Billy	1,116
Ruschhaupt, Skyler	750
Russell, Maureen	597
Rutledge, Lisa	546
Sherer, Jeremy	483
Sherrell, Jeff	854
Shin, Ye Jung	1,145
Shinn, Ronald	403
Sides, Dean	450
Silwal, Suman	0
Simpson, Kevin	0
Sims, Cecelia	99
Sloane, Mike	458
Smith, Christie	761
Smith, Daryl	590
Smith, Erin	534
Smith, Holly	598
Smith, Jason	707
Smith, Jerry P.	579
Smith, Justin	582
Soileau, Chester	0
Spikings, Matt	470
Starnes, Dan	570
Steele, Julianne	81
Steers, Eddie	1,112
Stockton, Rick	332

Participant	Total
Strother, Jamar	364
Thornton, Amanda	531
Trimble, Jamie	0
Valles, Tina	341
Waddell, Chassi	428
Waid, David	907
Walker, Brooke	558
Walker, Skylar	499
Walton, Suzie	504
Waters, Marc	525
Watkins, Britney	467
Watkins, Tommy	576
Watters, Ana	0
Watters, Larkin	812
Watters, Robert	729
Wende, Adam	931
Whatley, Prince	569
Wheeler, Elizabeth	490
White, Robin	762
Whitt, Trey	611
Williams, Mattie	488
Williamson, Rebecca	522
Winstead, Rachel	0
Wiseman, Steve	721
Woody, Bill	451
Wu, Xing	216
York, Gary	727
Zajac, Jason	835



# BTC SUMMER FUN IN THE SUN SOCIAL

May 18, 2024





# BTC EXECUTIVE BOARD MEETING

# May 13, 2024

The meeting was called to order by President Jamie Trimble.

**Attendance:** Jamie Trimble, Vicky Brakhage, Alex Morrow, Cameron Estes, Ellen Ortis, Kim Benner, Bradley Wells, Charles Thompson, Trish Portuese, Judy Loo, Rebecca Williamson, Haley Flanery, Marla Gruber, Alan Hargrave, Julie Pearce, and Hunter Bridwell.

Bradley Wells made a motion to approve the minutes of the April 2024 Executive Board Meeting. The motion was seconded by Alex Morrow and passed without opposition.

## **Membership (Cameron Estes)**

We currently have 774 members and 619 memberships.

## **Treasurer (Jamie Trimble)**

Jamie Trimble shared the monthly financial report since Ruth Klies is out of the country.

## **Merchandise (Bradley Wells)**

Bradley Wells is researching new singlets with a better brand. He already has new artwork for the spring merchandise. We plan to do a spring sale with markdowns on all in stock merchandise.

## **1200 Mile Club (Jamie Trimble)**

We will plan to leave registration open for the 1200 Mile Club. We have 221 registered participants so far this year. Ellen Ortis will send the coupon for O'Henry's free drip coffee to Alan Hargrave to send to participants who reach their 1200 miles for the year.

## **Social Committee (Haley Flanery)**

Our next social is on Saturday, May 18, 2024. The theme is Fun in the Sun Social Run at City Walk at the from 7:30-9:30 am. There will be lemonade, water, Powerade, and food after the run.

## **USATF Representative (Charles Thompson)**

On June 8, 2024, the Alabama State Games will be held at Pelham High school. On June 15, 2024, The Alabama Heat will be held in Choccolocco.

## **IT Chair (Alan Hargrave)**

RunSignUp had a webinar about their new website. They are also offering organization websites. Alan made a test of our website on RunSignUp and it might be something we can look towards in the future since it is free.

## **Marketing (Alex Morrow)**

There will be a meeting after the normal board meeting to discuss a more cohesive strategy for the club and come up with tangible goals for the future.

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

We will open a poll on Facebook to select a target race for the fall. The temperatures are warming up, so we need water stop volunteers.

## **Newsletter Editor (Julie Pearce)**

The next newsletter publication date will be June 3, 2024. Please have all newsletter content to Julie Pearce by Friday, May 24, 2024. There is going to be an article featuring a first time Boston runner. Discussion was held about combining either June/July newsletter or July/August newsletter.

## **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. They will provide details once they have set an itinerary. The Birmingham Mayor seems interested in getting involved with the Sister City.

## **Statue 2 Statue (Judy Loo)**

Participants loved the race shirt and several first timers said they want to come run Statue 2 Statue again. All expenses have been submitted and there was a profit of \$1,032 this year.

## **Peavine Falls (Marla Gruber)**

We are partnering with Zombie Trail Series for a morning and evening event. There is going to be a special medal for those who participate in both events and Zombie Trail Series has requested that we pay half the cost of the medals, which is \$250. The bibs have been ordered and Set Up Events confirmed they are doing timing. Marla's father is going to drive the rental truck. 120 registered runners are registered so far. Discussion was held about offering another option for packet pick up at one of the breweries downtown. The Huntsville Track Club is helping to promote Peavine Falls and we are cross promoting Cotton Row.

## **Volunteer Coordinator (Kim Benner)**

Kim Benner will get with Marla Gruber to discuss volunteer needs for Peavine Falls.

## **Vulcan Run (Hunter Bridwell, Trish Portuese)**

We are waiting to hear back to confirm if it may be possible to combine the City of Birmingham Police and the Jefferson County Sheriff so we can do the traditional race route for the 50th anniversary. In case it is not an option, we are looking at other options for a course since we would prefer not to do a double loop course for the 10K state championship race. Hunter Bridwell will work on sponsorships.

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

Discussion was held regarding possible options to open registration earlier. In the past, we have always waited until after Vulcan Run 10K to discuss opening registration for the BTC Race Series. This year, we hope to have a strategic planning meeting in August so we can get registration opened immediately after Vulcan Run. Alan Hargrave offered to look at options in RunSignUp to open registration for just a single race without having to wait for the race series to be opened.

## **New Business**

The RRCA National Convention was held April 24 – 27th, and was attended by Jamie Trimble, Kim Benner, and Alex Morrow. There were three breakout sessions, so they each attended a session. They put together a gift package to be auctioned that included free race entries into BHM 26.2 and BTC merchandise. It was won by the Ohio group who does the Glass City Marathon and Kim and Jamie won their race entry. Kim attended a volunteer session and felt like she learned a lot of helpful information. Jamie attended a session on organization management and learned some things about specific policies and procedures. Alex recommended looking into all of the different programs offered by RRCA.

The Marketing Committee is having a meeting immediately after this board meeting and the Social Committee will be having a meeting tomorrow at Slice.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, June 10, 2024, at 6:00 p.m.



# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	June 8, 2024	6:00 a.m./6:30 a.m.
BTC Executive Board Meeting (Location TBA)	June 10, 2024	6:00 p.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.
<a href="#">Transplant Games 5K Run/Walk</a>	July 6, 2024	7:30 a.m.
BTC Executive Board Meeting (Location TBA)	July 8, 2024	6:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	July 13, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	July 20, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	July 27, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	August 3, 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**

