



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

June 2025 6

YOUR FAVORITE JULY 4TH TRADITION IS BACK!

*By Marla Gruber,
Peavine Falls Race Director*



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2 Your Favorite July 4th
Tradition is back!

3 President's Address

4 Maebashi is Back!

7 BTC's Beginner Group and Beyond

9 Medication & Miles

13 TherapySouth

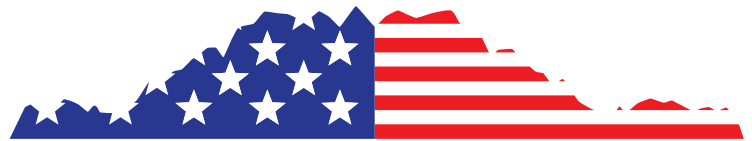
YOUR FAVORITE JULY 4TH TRADITION IS BACK!

Join the BTC for the second race in the BTC Race Series: The Rick Melanson Peavine Falls Run.

The fun starts at 7:00 a.m. on July 4 at Oak Mountain State Park, with a 6:30 a.m. start for walkers. **New this year:** Your race bib will be your entry into the park, so we encourage early packet pick up! To make packet pick up even easier – and lots more fun – our friends at Trim Tab will be hosting a packet pick up on July 3, in addition to an early pick up at Trak Shak on Saturday, June 28.

We can't wait to see you for eight miles of climbing and fun!

Register [here!](#)



The Rick Melanson PEAVINE FALLS RUN

Oak Mountain State Park



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

We are one month away from everyone's favorite summer race, the iconic **Peavine Falls Run** on July 4th. Now is the time to sign up and join the fun! Your first "treat" is a beautiful climb up to the Peavine Falls parking lot, then on your way back down you can commune with nature as you detour from the road onto the trails of Oak Mountain State Park. Speaking of treats, there will be even more when you finish, with the ever-popular icee-pops, snacks, and adult beverages courtesy of our friends at Trim Tab Brewing. Not only is Trim Tab contributing to the post-race festivities, pre-race packet pick on July 3rd will be held at Trim Tab's facility on 5th Ave South. We'll also hold a pre-race packet pickup at Trak Shak on the Saturday prior to the race (June 28). Now, for the best treat of all, with your race registration you will receive complimentary entry into Oak Mountain State Park!!! Folks, this is THE BEST race deal you will find anywhere. So come join the fun and celebrate our nation's independence with a few hundred of your closest running friends. You can register here: <https://runsignup.com/peavinefalls> And don't forget, we always need plenty of volunteers to put on our great races. Sign up to volunteer here: <https://runsignup.com/peavinefalls/volunteer>.

Have you registered for a fall marathon or half marathon? Or, are you considering a fall marathon or half marathon? If so, we want you to train with us each Saturday morning. Long Run Coordinator Cameron Estes will soon be putting out the call for target races. Be on the lookout for information coming soon to submit your race and vote.

Congratulations to our 5k training/return to running group! This group met each Saturday morning, as well as throughout the week, sometimes even in the rain! They trained hard, supported each other, and made some new friends along the way. Together they celebrated by running the Bridge Builder 5k on Saturday, May 24. More details are in Sarah Jensen's recap in this issue.

This coming Wednesday, June 4 is **Global Running Day**. In case you're not aware, Global Running Day is a day to celebrate the sport of running all around the world, and it is held each year on the first Wednesday in June. This year, the BTC is teaming up with our friends at the Trak Shak to celebrate big time. There will be runs from Trak Shak Homewood at 5:30 am and 5:30 pm. Both runs will feature Nike demos of the Vapor Fly 4 and Vomero 18 "super shoes". There will be breakfast following the 5:30 am run, and after the 5:30 pm run, we'll have snowballs from Snowood Snoballs, courtesy of the BTC. I also hear that there will be giveaways from Trak Shak, and the BTC will be giving away free entries to Peavine Falls. So come on out and join us on Wednesday and celebrate the sport we all love.

Finally, I must share some sad news. On Wednesday, May 28, Kelly Sims passed away after a heroic battle against cancer. Kelly was a passionate runner and served as our 1200 Mile Club coordinator for several years. For those of you who knew Kelly (and many of you knew her very well), you know that she was a genuinely kind and joyful person, with a smile that would light up a room. We look forward to sharing a tribute to Kelly in next month's issue of *The Vulcan Runner*.

Stay safe out there and Happy Running!

Jamie Trimble
BTC President



MAEBASHI IS BACK!

Represent the BTC in Our Sister City of Maebashi, Japan!

By Rebecca Williamson, BTC Japan Exchange Coordinator

BTC Members,

We are thrilled to share a unique and meaningful opportunity to represent the Birmingham Track Club on an international stage! Through our Sister City relationship with Maebashi, Japan, select members will have the chance to travel to Japan and participate in the Maebashi City Marathon on August 31, 2025.

This exchange is more than just a race – it is a celebration of cultural connection, community, and the spirit of running. You'll join runners from around the world while proudly representing the BTC and the City of Birmingham.

Here's what you need to know:

- Your BTC membership must be current to apply.
- Participants are responsible for their own airfare and meals.
- A short essay is required as part of the application.

Whether you've dreamed of running internationally or want to be part of something bigger than a race, this is a wonderful chance to share miles, stories, and friendships across the globe.

We hope you'll consider applying -- and sharing this life-changing experience with the BTC family upon your return.

For more details and the application form, please email Japan@birminghamtrackclub.com. Let's run the world, one city at a time!

**MAEBASHI CITY MARATHON:
AUGUST 31, 2025**





The Rick Melanson
**PEAVINE
FALLS RUN**

Oak Mountain State Park

7a.m. July 2, 2025 – 44th Annual Rick Melanson Peavine Falls Run

2025 Officers



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Treasurer

Ruth Kles

treasurer@birminghamtrackclub.com



Vice-President

Bradley Wells

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Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



BTC Committees

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

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

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Membership Benefits
Merchandise

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"The Vulcan Runner" Newsletter
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IT Chair
USATF Representative

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Charles Thompson

itchair@birminghamtrackclub.com
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BTC Race Directors

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Statue 2 Statue
Peavine Falls
Vulcan Run

Vicky Brakhage
Judy Loo
Marla Gruber
Hunter Bridwell

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

BTC Mission Statement

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

Contact BTC at:

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

Race Results

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



A STRONG START, AND STILL GOING: BTC'S BEGINNER GROUP AND BEYOND

By Sarah Jensen, Moderate Group Run Coordinator



This spring, the Birmingham Track Club launched **Runnin' with Our Peeps**, a beginner-friendly training group designed for new runners and those returning after a break. Led by Sarah Jensen, this eight-week program focused on building consistency, confidence, and community through weekly group runs and run-walk intervals averaging 11:30–12:00 pace.

Whether it was someone's first 5K or their first run in years, this group created space for every kind of comeback.

"Before starting, running was a solo effort and the idea of attending running events felt intimidating. But from day one, the group was incredibly encouraging and welcoming. I've made new friends and even signed up for a fall half marathon!"

– Mary Margaret Sanders

The program wrapped with a celebration at the **Bridge Builder 5K**, a flat and beginner-friendly course in downtown Birmingham. Hosted at Railroad Park, the event supports local scholarships, youth mentoring, and leadership development, making it a meaningful finish line for the group. BTC extends sincere thanks to D'Trona and the Bridge Builder 5K team for their warm partnership and thoughtful

race-day experience. We're proud to support this community-centered race and look forward to being involved again in the future.

"I'm so proud of this crew. They showed up, found joy in the miles, and proved running really is better together."

— Sarah Jensen, BTC Moderate Group Lead

While the 5K training program has concluded, many runners have continued with BTC's Saturday morning Moderate Group—finding new goals, accountability partners, and joy in the process.

"Running used to feel like punishment to me, and I had a harsh mindset. Since joining BTC, it's become a joyful experience. I've made close friends and run two half marathons—I'm now training for another. I'm so grateful for the support of the Saturday long run crew."

– Alie B. Gorrie

CONTINUED ON NEXT PAGE

A STRONG START, AND STILL GOING: BTC'S BEGINNER GROUP AND BEYOND

Keep Running With Us – Saturdays at 6:30 AM

The BTC's Moderate Group continues to meet every Saturday at 6:30 AM to run from the Trak Shak in Homewood. While it's no longer a formal training program, it is a welcoming, beginner-friendly group with a range of paces and distances. All are welcome.

No sign-up needed—just show up! Routes are posted weekly at: runsignup.com/btc-group-runs

The Moderate Group includes:

- Walk, run/walk, and continuous run options
- Routes ranging from 3 to 8+ miles
- Average paces from 10:45 to 13:00
- Stroller-friendly routes
- Supportive runners training for everything from 5Ks to marathons

This is a great space to build community and stay consistent—whether you're starting fresh or keeping up your momentum from spring. We hope to see you at a run soon!



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



MEDICATION AND MILES:

A Safe and Smart Guide to Insect Repellents

By Jaylee Munoz, PharmD Candidate 2025, Jonathan Cunningham, PharmD Candidate 2025 and Kim Benner, PharmD

As we attempt to protect ourselves and our children from vector-borne diseases like malaria, dengue fever, and Lyme disease, the use of insect repellents remains a cornerstone of preventive strategies. N, N-diethyl-meta-toluamide (DEET), a widely recognized synthetic repellent also known as OFF, has long been a subject of scrutiny regarding its safety, particularly for children. Simultaneously, growing interest in natural alternatives has prompted research into their efficacy and safety.

DEET has been used for over 70 years and is considered highly effective in repelling mosquitoes and other biting insects. Recent studies confirm that it is safe for children when used correctly, with minimal risk of toxicity. For children, a DEET concentration of 10-30% is recommended. Concentrations above 30% do not provide significantly longer protection and may increase the likelihood of skin irritation. DEET should be applied sparingly to exposed skin and clothing, avoiding hands, eyes, and mouth. It is not recommended for infants under two months old. Rare side effects include skin irritation, particularly in sensitive individuals. Neurological effects, such as seizures, are extremely rare and associated with improper use or over-application.

As consumers seek chemical-free options, natural repellents like citronella, lemon eucalyptus, and other oil-based products have become popular. While these alternatives are generally considered safer, their shorter duration of action presents challenges. Lemon Eucalyptus Oil, approved by the CDC, offers efficacy comparable to DEET at lower concentrations, with protection lasting up to six hours. However, it is not recommended for children under three years old. Citronella, effective for short durations (one to two hours), requires frequent reapplication and may be less reliable in high humidity. Clove Oil, Petitgrain Oil, and Peppermint Oil provide moderate protection (two hours) but are less studied compared to DEET. Permethrin is only intended to be used for clothing, as well as bedding, and shoes. Although it has been proven effective, it also has presented adverse reactions in higher concentrations.

Studies demonstrate that while natural repellents can offer some degree of protection, DEET remains the most reliable choice for prolonged exposure in high-risk environments. For low-risk settings or brief outdoor activities, natural alternatives may suffice but require diligent reapplication. When at risk for exposure, it is recommended to choose the right product according to the activity. Users must follow application guidelines, avoiding applying repellent to damaged skin or near eyes and mouth. It is preferable to wash off repellents once indoor activities resume and to combine repellent use with physical barriers, such as long-sleeved clothing and bed nets, for comprehensive protection.



The evidence underscores the safety and efficacy of DEET when used appropriately, making it the gold standard for protecting many from insect-borne illnesses. Natural alternatives can serve as supplementary options but lack the long-lasting protection of DEET. Users should weigh the risk of insect exposure against potential side effects, choosing products that align with the activity and the environment.

Reference

Ghali, H., & Albers, S. E. (2024). An updated review on the safety of N, n-diethylmeta-toluamide insect repellent use in children and the efficacy of natural alternatives. *Pediatric Dermatology*, 41(3), 403–409. <https://doi.org/10.1111/pde.15531>

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:

Cindy Cutchen
Mary Ellen Graham
Sky Smith
Jeff Renfro

Yolanda Rich
James Shoaf
Gene Holder
Yeadon Patrick

Tommy Watkins
Emma Watkins
Jessica 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 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

BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator



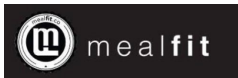
NEW BTC MEMBER BENEFIT!

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

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+ JUICE CO

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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

Knees Crying? Your Hips Are Lying!

By Hannah Cox,
TherapySouth



If you have ever felt a nagging ache or sharp pain on the outside of your knee during or after a run, you probably have been told your IT band was acting up. But here's the truth: IT band syndrome isn't really a knee problem – it's a hip problem in disguise!

The iliotibial (IT) band is a thick band of fascia, not a muscle. That means it doesn't contract like quads or hamstrings, and despite what popular advice may claim, it cannot truly be "stretched" or massaged into submission. The gluteus maximus, one of your powerhouse hip muscles, inserts directly into the IT band. When the gluteus maximus is weak, tight, or not functioning properly, it creates abnormal tension on the IT band. This tension can then pull on the structures near the knee, causing pain and inflammation on the outside of the knee.

However, the gluteus maximus isn't the only culprit. Poor control of hip rotation and pelvic stability -- especially during weight-bearing activities like running -- can contribute significantly to IT band irritation. Weakness in other hip stabilizers (like gluteus medius and deep rotators) also can lead to excessive strain on the IT band as it attempts to compensate.

If you are dealing with IT band issues, don't just foam roll your outer thigh and hope for the best. Strengthening your hips and improving control of your pelvis while running are key to resolving the root cause -- and getting you back on the road pain-free. Try the following exercises to prevent or improve IT band pain:

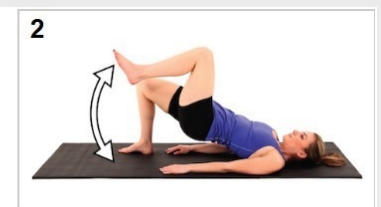
Side Plank Clam: Lift up into a side plank position, balancing body weight through your forearm and knee. With your top leg, move it upwards while maintaining your pelvis stable and fighting the tendency for your pelvis to fall toward the floor.



Lunge with Rotational Strengthening: Take your typical posterior-lunge, but add a resistance band that is anchored toward the inside of your body. While performing the lunge movement, push your knee out, fighting the band's resistance.



Marching Bridge: Starting in a bridge position, lift your bottom away from the floor. Once your glutes reach end range, alternate lifting and holding one leg in the air. The caveat is to prevent your hip from falling back toward the floor- you are looking to maintain a level pelvis!



Piriformis stretch: While laying on your back, bend one knee. Then take your painful leg and place this ankle on your other knee. Bring your knee (with ankle on top) to your chest until you feel a stretch in your glutes!



If you have any further questions to prevent or resolve your IT band pain, feel free to contact us: 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	740
Aquino, Eugene	801
Barton, Tabitha	415
Basquill, Matt	337
Benner, Kim	760
Bishop, Troy	0
Blackmon, Kim	444
Booher, Lisa	516
Bookout, Jason	614
Bookout, Kimberly	799
Bossard, Teri	856
Boswell, Ryan	195
Bouley, Rachel	731
Brakhage, Victoria	389
Bray, Elizabeth	588
Brown, Katie	360
Brown, Sean	308
Bryant, Jason L.	170
Burbank, Brett	563
Burst, Theresa	0
Caine, Lawrence	180
Calvert, Aaron	621
Campos, Chris	735
Carlton, Bob	342
Chaffinch, Randy	406
Chaffinch, Violet	480
Chandler, Teresa	356
Clay, Brad	390
Cleveland, Jeff	652
Cliett, Stephanie	635
Cobb, Patty	464
Coe, Emily	588

Participant	Total
Coe, Matt	507
Colpack, Susan	440
Colvard, James	79
Conner, Melanie	174
Cooper, Cara	564
Cowie, Katelyn	304
Cramer, Robyn	419
Cramer, Steve	159
Creed, Brad	398
Creel, Mary	401
Davis, Samantha	415
Dawson, Ashley	735
Dawson, Bill	587
Deffenbaugh, Todd	553
Denney, Stephanie	422
Dill, Kinsley	459
Dimicco, Al	599
Dixon, Jeff	854
Downs, Matt	528
Duke, Cindy	493
Ennis, Matt	870
Estes, Cameron	522
Estrada, Steven	1,239
Flanery, Haley	165
Fons, Aaron	158
Franklin, Shane	0
Frederick, Winston	520
Freeman, Daren	419
French, Eric	0
Gaston, Katie	0
Gaston, Michael	1,022
Goode, Johnny	368
Grainger, Matt	937

Participant	Total
Grames, Robby	468
Gray, Michael	435
Gruber, Marla	635
Haggard, Georgia	440
Hall, Thomas	31
Hanson, Valerie	224
Haralson, Danny	469
Haralson, Micki	0
Hargrave, Alan	500
Harrelson, Karen	882
Harrison, Lisa	465
Hatcher, Heydon	304
Henninger, Alison	0
Herron, Michael	549
Hicks, Emery	665
Hogeland, Angie	454
Hogeland, Jeff	687
Holder, Gene	473
Hoover, Alison	391
Jack, Arian	404
Jenkins, Kaki	719
Jenkins, Kate Herrera	480
Jensen, Sarah	397
Johnson, Kimberly	568
Johnson, Phillip	568
Johnson, Troy	569
Jones, Julie	354
Jones, William	309
Kaylor, Sara	0
Kemper, Tricia	0
Kles, Ruth	488
Knight, David	522
Krick, Stefanie	711

Participant	Total
Kuhn, Jimmy	358
Kulp, Loren	606
Lamb, Patrick	443
Lancaster, Jeff	628
Landefeld, Dale	254
Lane, Anna Louise	505
Losavio, Lauren	528
Lovett, Meg	0
Lugo, Whitney	579
Lyda, Beth	630
Lyda, John	585
Lyle, Randy	338
Malick, David	714
Markham, Elishua	410
Mathews, Nikita	753
Mathews, Skip	342
McCalley, Charles	412
McElroy, Catherine	484
McKee, Rachel	324
Melton, Kristen	0
Merry, Vicki Sue	449
Miller, Pamela	651
Millican, Randy	303
Morris, Gordon	478
Moss, Renie	53
Namer, Lexi	615
Nodjomian, Jason	384
Noerager, Brett	926
Noerager, Felicia	584
Northern, Kristie	767
Oliver, Tom	241
Orihuela, Carlos	733
Orihuela, Catheryn	0
Ortis, Ellen	239
Padgitt, Scott	241
Pearce, Julie	0
Pinnick, Honora	322
Pinnick, Jonathan	0
Plante, David	0
Poe, Bria	173

Participant	Total
Powell, Logan	991
Pritchett, Leigh Ann	0
Quinn, Vivian	513
Quinsey, Caleb	199
Rakestraw, Stephanie	488
Randolph, Megan	0
Rawson, Brent	593
Renfro, Jeff	437
Richetti, Vee	595
Rivera, Jose	0
Roberts, Fletcher	0
Robertson, John	392
Robinson, Rod	0
Rodgers, Brian	571
Rodgers, Jeffrey	457
Rose, Billy	1,311
Rose, Jamie	473
Ruschhaupt, Skyler	0
Russell, Maureen	656
Rutledge, Lisa	540
Sanford, Gary	918
Sherer, Jeremy	496
Sherrell, Jeff	661
Shin, Ye Jung	738
Shinn, Ronald	471
Sides, Dean	399
Silwal, Suman	0
Simpson, Kevin	800
Sloane, Mike	507
Smith, Daryl	562
Smith, Erin	593
Smith, Holly	0
Smith, Jason	767
Smith, Jerry P.	355
Soileau, Chester	0
Spikings, Matt	487
Starnes, Dan	762
Stephens, Cory	407
Stewart, Mariah	298
Stockton, Rick	428

Participant	Total
Sweatt, Jason	0
Syx, Amy	797
Thompson, Sarah	225
Thornton, Amanda	581
Toth, Christopher	337
Toth, Nick	323
Varner, Greg	532
Vaughn, Catherine	480
Vinson, Matthew	274
Waddell, Chassi	492
Walker, Brooke	360
Walker, Skylar	304
Ware, Jennifer	512
Washington, Monica	0
Waters, Marc	513
Watkins, Britney	510
Watkins, Tommy	547
Wende, Adam R	399
Whatley, Prince	679
Wheeler, Elizabeth	556
White, Robin	0
Whitley, Mary Elizabeth	523
Whitt, Trey	417
Wiseman, Steve	703
Wu, Xing	418
Wyers, Ronald	404
York, Gary	1,026

SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

May 12, 2025

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Ellen Ortis, Alan Hargrave, Julie Pearce, Judy Loo, Ruth Kles, Kim Benner, and Kabeer Ahmed.

Bradley Wells made a motion to approve the minutes of the April 2025 Executive Board Meeting. The motion was seconded by Julie Pearce and passed without opposition.

Membership (Jamie Trimble)

We currently have 840 members and 662 memberships. Membership is up due to the 5K training group.

Newsletter Editor (Julie Pearce)

The June newsletter's publication date will be June 2, 2025. The deadline for newsletter content will be May 25, 2025.

Jamie Trimble made a motion to cancel Constant Contact and send all future newsletters through RunSignUp. The motion was seconded by Ellen Ortis and passed without opposition. Alan Hargrave will handle the cancelation.

Treasurer (Ruth Kles)

The BTC's current account balance is \$47,800.

Member Benefits (Ellen Ortis)

Ellen Ortis has looked into CPR training for members, which was requested by Jamie Trimble. The cost would be \$75 per person for the certification or \$50 for the class without the certification. We will discuss the option with members to determine if there is any interest in the CPR class.

Merchandise (Bradley Wells)

Bradley Wells is still distributing 1200 Mile Club jackets and patches. He is also working on new designs for merchandise. Discussion was held regarding new, more cohesive designs and working with a new company.

Social Committee (Jamie Trimble)

Wednesday, June 4, 2025, is Global Running Day. The BTC will collaborate with the Trak Shak Wednesday evening run and we will sponsor the snow cone truck. We can promote membership and Peavine Falls at the event. This will be an early summer social. There will be a morning and evening run with Nike.

Saturday Morning Long and Moderate Group Runs (Jamie Trimble)

Cameron Estes plans to open voting for the fall marathon and half marathon early next month. We will likely target an out-of-town race.

This Saturday is the last day of the 5K training group. The training group voted on Bridge Builder 5K for their goal race on May 24, 2025. This race is offering a \$5 discount for BTC members. Discussion was held regarding a social or congratulatory event for the 5K training group after their race. We can also offer them an O'Henry's free coffee card and/or smoothie card.

Japan Exchange (Jamie Trimble)

Rebecca Williamson had a call with the executive director of the Sister City Program, and they plan to have a meeting later this week.

Peavine Falls (Jamie Trimble)

Marla Gruber confirmed that Trim Tab will allow us to do packet pickup at their location and is donating beer. We need to update the race website to confirm this.

Statue 2 Statue (Judy Loo)

All invoices for Statue 2 Statue have been submitted and paid.

New Business

The RRCA National Convention was attended by Jamie Trimble, Kim Benner, Bradley Wells, and Matt Grainger. Alex Morrow was also there as an RRCA certified coach. The attendees had the opportunity to meet with other track clubs and discuss how things are handled. Discussion was held regarding the pros of insurance provided through RRCA.

Jamie Trimble discussed how a lot of the BTC equipment is old and worn out. As such, we would like to purchase a new PA system, new racks for storing coolers in the storage unit, garbage cans, water hoses, a water hose reel, and a folding table cart.

Jamie Trimble made a motion to allocate \$2,500.00 for new equipment. The motion was seconded by Ellen Ortis and passed without opposition.

Jamie Trimble would like to have a workday to clean out the storage unit. The date will be determined in the future.

Discussion was held regarding an August strategic planning meeting to discuss plans and ideas for 2026. Jamie Trimble will send out an email to get available dates.

Discussion was held regarding hosting an in-person meeting for the Executive Board on a set schedule. For example, we could meet in person the first meeting of every quarter and keep the remaining meetings via Google Meet.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, June 9, 2025, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups *RUN SOCIAL – DETAILS TBA! *	June 7, 2025	6:00 a.m./6:30 a.m.
Rainsville Freedom Run 10k and 5k (Rainsville, AL)	June 7, 2025	8:00 a.m.
I'm With Mike 5k and 1 Mile – Virtual or In-Person (Homewood)	June 7, 2025	8:00 a.m.
Mike Eskridge Legacy 5k – “The Skridge” – Family-Friendly 5k and Kids’ Run (Homewood)	June 7, 2025	6:00 p.m.
BTC Executive Board Meeting (via Zoom)	June 10, 2025	6:00 p.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 Saturday Long and Moderate Run Groups	July 12, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	July 19, 2025	6:00 a.m./6:30 a.m.
Hotter n’ Hell Trail Run – 18m and 9m trail races (Oak Mountain State Park)	July 19, 2025	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	July 26, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	August 2, 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](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

