



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

July 2023 7



JEMISON PARK UNDER RENOVATION

By Julie Pearce

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2 Jemison Park Under Renovation

4 President's Address

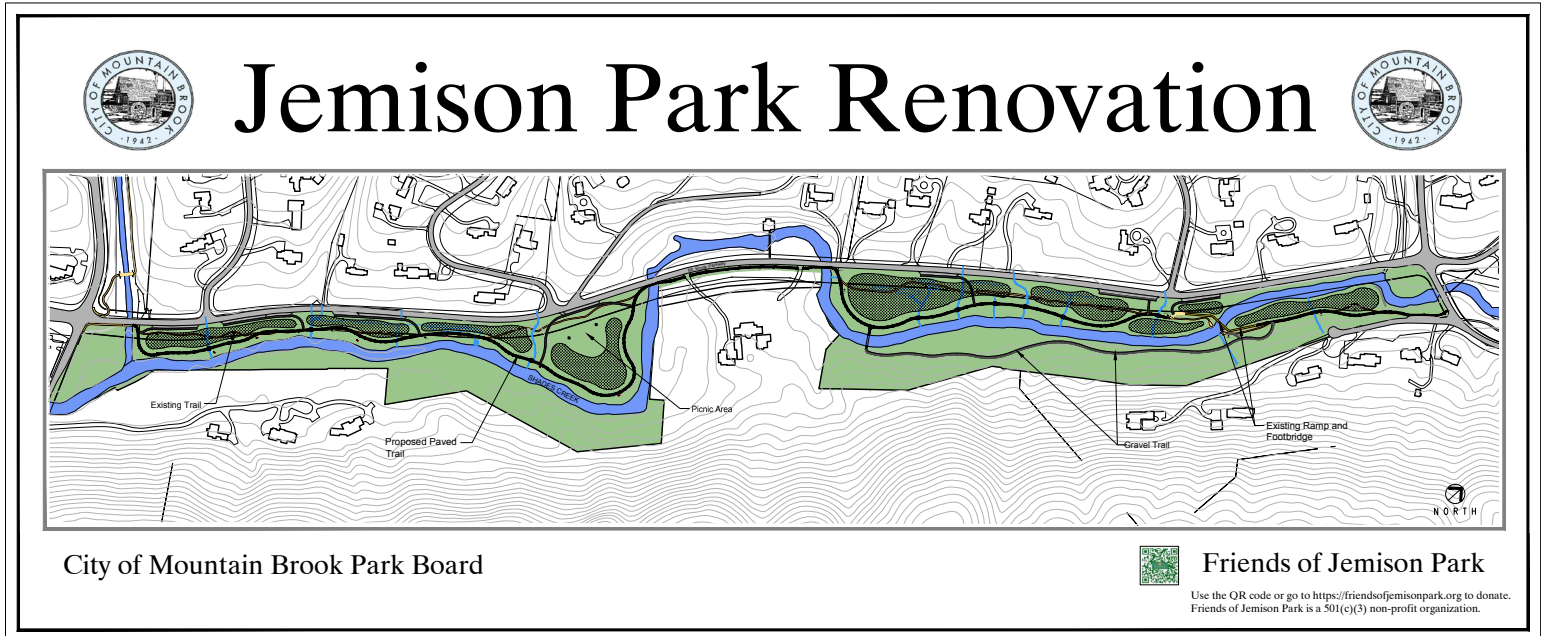
6 Medication and Miles

7 The Plague of Plantar Fasciitis

10 1200 Mile Club

14 Feets of Strength

JEMISON PARK UNDER RENOVATION



Jemison Trail is a beloved running path for many Birmingham-area runners. The trail, which is part of the picturesque Jemison Park in Mountain Brook, closed on June 26, 2023 as renovations began on the new and improved park. Renovations are expected to take up to six months to complete, and workers have been proceeding steadily since they began.

I recently spoke with Mountain Brook Parks/Recreation Superintendent Shanda Williams about the project. Ms. Williams explained that renovations began with selective tree removal to make way for a new and improved pathway. The concrete path has been removed in preparation for the new trail, which will be eight feet wide and made of a more runner-friendly asphalt surface. It also should withstand flooding better than gravel surfaces. The wider width will accommodate more users, allowing them to walk (or run) side-by-side and pass others with more ease.

Ms. Williams explained that the original trail was installed on top of the sanitary sewer when the county put it in many decades ago. The area had already been cleared of trees, so it was “an easy install.” But the new trail (depicted by the thick black line on the rendering) will meander towards the creek. This new pathway will help keep users away from traffic and will take advantage of more scenic views of the creek. If you have been near Jemison Park after a heavy rain, you might have noticed that the bank of the creek is higher in most places than the trail. The new route also should keep the trail out of the water when smaller flooding events occur.

Another improvement with the new trail will be evident where the trail crosses ditches. On the original trail, service pipes were only as wide as the trail, which made passing others a bit awkward. The new pipes will be much longer than the trail, which will provide a safer and more aesthetic shoulder. Ms. Williams hopes that these pipes will almost disappear and not be as noticeable to users.

The renovations also include improvements to the parking areas, including extensions and designated ADA parking, in keeping with efforts to make Jamison Park and the trail accessible to all users. Each parking area will have a sidewalk attached to direct users to the trail. Ms. Williams expects that this signage will help with erosion caused by users walking across the ground in all directions.

Jemison Park’s picnic area also is slated for improvements, which will include two better defined areas for picnicking and resting. Benches and other accessories will be returned once the trail is complete. The old trail areas and other disturbed locations will be planted with native plants to create meadows and help sustain pollinators.

In preparation for the Park’s closure for renovations, the Friends of Jemison Park helped create a new gravel trail on the opposite side of Shades Creek closer to Overbrook Road and Park Brook Road. This new trail, called Chief’s Woodland Trail, originally was intended to give people a new place to explore while the main trail was shut

CONTINUED ON NEXT PAGE

JEMISON PARK UNDER RENOVATION



down in phases. However, as Ms. Williams explained, the City of Mountain Brook realized it was more cost-effective to shut down the entire trail to complete all renovations at the same time.

Chief's Woodland Trail, which offers a different view of Shades Creek, may be accessible for a few more weeks, but it also will be closed temporarily while the new trail is installed. Eventually, the City and the Friends of

Jemison Park hope to connect Chief's Woodland Trail, which currently is a dead-end trail, to the main trail with another pedestrian bridge.

The \$2.7 million renovation project was funded by the City of Mountain Brook, the Friends of Jemison Park, and many private donors who contributed funds towards making the new and improved Jemison Trail better for everyone.

Sally Worthen with Friends of Jemison Park has expressed thanks to the citizens of the community who supported the private capital campaign and enabled the Friends to meet its fundraising goal of matching the City of Mountain Brook's pledge of \$1.4 million. Please see the "Friends of Jemison Park" sidebar for information about how to donate to future projects.



Both Mr. Williams and Ms. Worthen are very excited about this project and the benefits it will bring to all who use it. I am confident I speak for the majority of runners in our area when I say that we are as well!

PHOTO CREDIT:
ANN CHAMBLISS, FRIENDS OF JEMISON PARK



Friends of Jemison Park

To support the continued renovations at Jemison Park, including the future bridge to connect Chief's Woodland Trail to the Jemison Trail, please visit the Friends of Jemison Park website at: <https://friendsofjemisonpark.org/donate/>, call Lindsay Puckett at Charles Schwab and Co. Inc. (205.876.4644) to donate stock, or mail a check to the Friends of Jemison Park at:

FRIENDS OF JEMISON PARK
P.O. BOC 530813
BIRMINGHAM, ALABAMA 35253

Read more about the history of Jemison Park, including a catalogue of its flora and fauna, on the Friends of Jemison Park website.

PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

WOW! What a great **Peavine Falls Run** we had on July Fourth! If you missed it, you missed the biggest turnout we've had in over five years. This year we had over 500 registered runners and a fast field. The water stops were rocking thanks to Resolute Running Training Center and Birmingham Ultra Trail Society (BUTS). The weather certainly was hot, but nothing like the previous Saturday (or even last year). Congratulations to **Race Director Hunter Bridwell** for once again putting on a fantastic race and after-party. There's no better way kick off Independence Day festivities than Peavine. A huge shout out and "Thank you" to all of the volunteers who worked packet pickup, race day registration/pickup, food/drink service, and equipment setup/teardown. These events are possible, and a lot of fun, because of the many volunteers who work hard to make them happen. We also appreciate our great sponsors: **TherapySouth**, who provided the cold finish line towels; **Andrews Sports Medicine and Race Physician Dr. Rachel Henderson**; and **The Trak Shak** for providing the award gift cards.

Now that Peavine is over, I have some exciting news to share. We are pleased to announce that **Rocket City Marathon** has been chosen as our fall Long Run training target race. Also, the RCM race directors will be providing a discount to BTC members. Woo Hoo! Kickoff for RCM training will be Saturday, August 19, which just happens to be the date for our next big run social. So, mark your calendars and be on the lookout for details on the social and the race discount.

You may be thinking, but I have a fall marathon/half marathon before Rocket City. Never fear, we've got you covered. Starting Saturday, July 8, we'll include "unofficial" training distances each week for our runner-up marathons: the Indianapolis Monumental Marathon (October 28) and Marine Corps Marathon (October 29). If these races don't exactly match you target race, there are always ways to add/cut miles. Come on out and join us each Saturday at 6 a.m. because training is ALWAYS better with friends. Don't forget to sign up for or contribute to the water stops; we all appreciate it even more this time of year!

Speaking of race discounts, one of the many benefits of being a BTC member is getting discounts on races in the area and even within the region. We are constantly working to find races in the Birmingham area, within Alabama and around the region that can provide us with a discount. The latest race to give BTC members a discount is the **Carrollton Half Marathon**, located in Carrollton, GA, just across the state line. This race will be held on Saturday, September 23, and BTC members will receive a \$10 discount upon registration (you must be a current BTC member and logged into runsignup with your BTC member account). [Click here](#) to access the race website.

For other races that offer BTC member discounts, [check out the calendar](#) near the end of this newsletter or on our website. Also, if you are a race director or race organizer, you can easily submit your race on our website and we'll add it to the calendar.

There are so many benefits of BTC membership. For a mere \$24 per year (yes, \$2.00 per month), you get a host of benefits worth well more than the annual cost. Here are two simple examples of how membership pays for itself:

- BTC Race Series (Adams Heart, Statue to Statue, Peavine and Vulcan): \$5 discount per race; \$20 discount for the series
- Trak Shak 10% discount: buying a \$150 pair of shoes saves you \$16.50 (hint, the discount is applied BEFORE tax, so you're saving even more)

There you go! If all you did was run the BTC Race Series (or just two of the races) and buy one pair of shoes at Trak Shak, BOOM, you've made you membership fee back. Race discounts are just one of the many benefits of being a member of the BTC -- there are so many other ways you can benefit from BTC membership. Here are just a few more benefits and things your membership supports:

- BTC Annual Party: \$15 discount
- 1200 Mile Club, open to members only
- Non-BTC race discounts (see above and the website calendar)
- Run socials with food, beverages & amazing door prizes
- The Vulcan Runner (aka this awesome newsletter!)
- Weekly group training runs
- Other recent retail discounts (MovingOn, MealFit, etc.)

So, if you're not a BTC member, or you've let your membership lapse, then [sign up or renew](#) and begin (or continue) to enjoy all that this incredible club has to offer. Also, if you are a member, we want to see you! Come on out to a group run, a run social or one of the BTC races and make some new running friends.

To recap: Fall marathon training has begun; Rocket City Marathon training begins and summer run social on August 19, join or renew your membership, and support those who support this club.

Finally, another great summer running tradition is right around the corner... the Trak Shak Retro Run 5k on Saturday, July 29. This is always a fun event with a fantastic after party. BTC members get 20% off registration (See, more race discounts)! The BTC will once again be manning the water stop, so if you're not running, come on out and have some fun with us! <https://runsignup.com/Race/AL/Homewood/TheTrakShakTwilightRetroRun>

I look forward to seeing you on the roads, or maybe after a run!

Jamie Trimble
BTC President

2023 Officers



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Vice-President

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BTC Committees

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

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Dr. Rachel Henderson
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Statue 2 Statue
Peavine Falls
Vulcan Run

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Hunter Bridwell

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BTC Mission Statement

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

Contact BTC at:

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Race Results

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



MEDICATIONS AND MILES:

ACEs and ARBs: It's Not a Card Game! (Part One)

By AnLi Link, 2025 PharmD Candidate and Kim Benner, PharmD

Hypertension, or high blood pressure, affects many people, including athletes. About 119 million people in the United States (nearly half of its population) have hypertension, and perhaps surprisingly, hypertension can be a common condition identified in athletes.¹⁻² Consistently high blood pressure that is uncontrolled or untreated can lead to a higher risk for complications, including but not limited to: heart attack, stroke, kidney damage, vision loss, and sexual dysfunction.³

The good news is that there are many medications that can be used to treat hypertension in order to prevent these secondary complications. Two of the most commonly used hypertension medications are ACE (angiotensin converting enzyme) inhibitors and ARBs (angiotensin II receptor blockers). However, it always is important to consider what medications you are taking while exercising, and blood pressure medications are no exception. Hypertension medications, such as ACE inhibitors and ARBs, have the potential to both positively and negatively alter functionality and performance when exercising. Part one of this series will focus particularly on ACE inhibitors.

ACE inhibitors work by relaxing blood vessels, allowing for reduced pressure in the arteries and reduced stress on the heart.⁴ While different ACE inhibitors are formulated differently and individuals may see different effects, most will see a decrease in blood pressure in an hour. Generally, the greatest effect of ACE inhibitors occurs within 4-6 hours, and they are typically dosed once a day.⁴⁻⁶

There are many important things to consider when taking an ACE inhibitor while exercising. One is the potential for a pertinent drop in blood pressure that can be harmful. During and after exercise, blood pressure naturally drops, sometimes for up to nine hours after exercise. This is called post-exercise hypotension (PEH), and it

However, most people who regularly exercise tend to tolerate ACE inhibitors, making PEH and ACE inhibitor use more of a caution than a warning. Further, ACE inhibitors may be beneficial to those who exercise when compared to other blood pressure medications.⁶ For example, diuretics have the potential to dehydrate and deplete people of electrolytes. Beta blockers (medications that end in “-olol”) can reduce cardiac output and the maximum amount of oxygen the body can use at a time (VO₂ max).⁶ While ACE inhibitors lower blood pressure, they do so in a different way than other medications, allowing for some patients to avoid these bad side effects.^{6,9-10} ACE inhibitors do not directly dehydrate a patient's body, and they do not affect VO₂ max. ACE inhibitors also have been shown to improve muscle metabolism efficiency and physical performance through their mechanism with reduced insulin resistance and specific muscle properties, respectively.¹⁰ Overall, while individuals may experience different results, ACE inhibitors are well-tolerated in people who exercise and are safe to use.

As an athlete, managing chronic conditions such as high blood pressure can be tricky. Different medications act differently in the body and can affect an athlete's performance, and ACE inhibitors are no exception. However, with precautions, athletes can take ACE inhibitors and experience little to no changes. Important things to consider when taking an ACE inhibitor and exercising are when the medication is taken, when the exercise is taking place, and how the athlete feels throughout medication use and exercise. Different ACE inhibitors will exhibit peak effects at different times upon use. This information is useful for planning when it is best to exercise. Recognizing that extreme lightheadedness, dizziness, and/or blurred vision could be a side effect of an ACE inhibitor is essential to determining when it is safe to keep exercising or when it is time for a break. Finally, it is important for athletes to inform their health care providers of any fitness habits, lifestyle changes, and sudden changes in performance in order to prescribe medications appropriately.

Overall, ACE inhibitors are safe for use by athletes when they are appropriately monitored and taken under the right measures. Next month's article will discuss ARBs, another medication that lowers blood pressure, in relation to exercise.

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Common ACE inhibitors	
Generic name	Brand name
Lisinopril	Prinivil, Zestril
Benazepril	Lotensin
Fosinopril	Monopril
Captopril	Capoten
Enalapril	Vasotec
Quinapril	Accupril
Ramipril	Altace

sometimes can cause a significant drop in blood pressure in people with established hypertension.⁶⁻⁸ PEH combined with a medication that lowers blood pressure may cause a person to have low blood pressure, or hypotension. People with hypotension may experience lightheadedness, dizziness, fainting, and/or blurred vision.⁸ This can be particularly dangerous for people who participate in high intensity exercise because they could fall and risk injuring themselves.

CONTINUED ON NEXT PAGE

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ACEs and ARBs: It's Not a Card Game! (Part One)

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THE PLAGUE OF PLANTAR FASCIITIS

By Hannah Cox, TherapySouth



The number of patients I see battling plantar fasciitis always increases dramatically at the start of every summer. Plantar fasciitis is the third-most reported running-related injury and has one of the running world's biggest reputations for chronic injury. Once plantar fasciitis sets in, it is not easy to resolve while maintaining an active lifestyle. So for this month's article, I'm going to give you some important tips to help you avoid the "plague of plantar fasciitis."

Footwear

It is time to part ways with your flip-flops! Traditional flip-slop style shoes fail to support the medial longitudinal arch of the foot (the higher of the two series of bones in the arch of the foot). This lack of support leads to increased pronation (read as: foot moving into a flattened position) with each step, thus increasing the strain on the plantar fascia. Popular alternatives to flip-flops my patients have loved are Oofos or Chacos.

Calf Muscle Mobility



To reduce the amount of force absorption the plantar fascia is required to withstand with each step, the calf muscle must be flexible. In fact, the more flexible your gastrocnemius (the chief muscle of the calf, which flexes the knee and foot) and soleus (a muscle in the lower calf) muscles are, the more power you can load for a stronger push-off! Perform the two stretches below to maintain mobility in both the gastrocnemius and soleus muscles:

Start with the foot you intend to stretch farther back. Maintaining your heel on the floor, lean forward as if you were pushing into the wall. You should feel a pull behind the knee and down into your heel. Hold this for thirty seconds and

repeat four times. Then, perform the same stretch, but bend your knee; this will eliminate the gastrocnemius, placing the soleus on stretch. If you feel this stretch closer to your heel, then you are performing it correctly. Just as you did for the previous stretch, perform this four times and hold for thirty seconds.

Strength

The calf muscles and small intrinsic muscles in the foot need to be strong (especially if you are a toe-runner!) to attenuate the ground reaction forces with each stride. If the forces are controlled in the calf, then the plantar fascia will undergo less strain. The first exercise is the heel raise. Start with your feet flat on the ground. Then raise yourself up slowly (as if standing on your tip-toes to reach something on a top shelf) and lower yourself back down slowly. The goal is to complete thirty of these without a rest break. Once you have conquered this, you can perform the heel raise on one leg! Another great exercise is a dried bean or marble pick-up. You can grab some dried beans at the store, or some marbles at a nearby dollar store. You will want to pick up 2-3 objects with your toes and place them in a container. Just set a timer for five minutes and see how many you can collect!



Add these activities to your daily stretching or strengthening routines to prevent yourself from becoming the next victim of plantar fasciitis. Please reach out if you have any questions regarding treatments or if you can't get rid of your plantar fasciitis: tsendurance@therapysouth.net.

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:

Stephen Adwell	Melanie Conner	John High	Seneithia Parker	Tre Thomas
John Luke Bousquet	Mary Creel	Chuck Holmes	Caleb Pittman	Chris Toth
Nicholas Bousquet	David Deerman	Ruth Kles	Janis Posey	Christopher Toth
Reese Bousquet	Charles Dixon	Bryan Koepp	Megan Randolph	Nick Toth
Aaron Calvert	Emily Edquist	Kathleen Lawrence	David Reeves	Joseph Tyson
Melissa Carden	Krystal Fontenot	Joseph Matela	Cassidy Romans	Hannah Walker
Randy Chaffinch	Kathryn Foti	Deanna McShan	Stephen Savincki	Gwen Williams
Violet Chaffinch	Mary Ellen Graham	Kathryn Nicholas	Christie Smith	Jim Williams
Tiffany R Clayton	Lori Harris	Jason Nodjomian	Jim Taylor III	

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.

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](#).





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 (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!



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 July 19, 2023 are listed below.

Participant	Total
Adwell, Stephen	744
Ahmed, Kabeer	835
Altobella, Janet	631
Anderson, Kerri	370
Bailey, Brittany	724
Barron, Darlene	775
Barton, Tabitha	668
Belew, William	0
Benner, Kim	848
Bennett, Mitchell	758
Benson, Wayne	266
Blackmon, Kim	864
Boackle, Larry	0
Boackle, Tomie Ann	0
Booher, Lisa	823
Bookout, Jason	387
Bookout, Kimberly	1,142
Bossard, Teri	1,006
Boswell, Ryan	501
Bradley, Michelle	344
Brakhage, Victoria	663
Bray, Elizabeth	1,100
Bridges, John	347
Bromberg, Georgia	601
Brown, Charlie	805
Brown, Katie E.	848
Brown, Katie G.	601
Brown, Sean	516
Bryant, Jason L.	570
Caine, Lawrence	373
Callahan, Chris	1,131
Calvert, Aaron	552
Carden, Melissa	1,076
Carlton, Bob	660
Carter, Adrienne	0
Chaffinch, Randy	594
Chaffinch, Violet	619
Chandler, Teresa	803

Participant	Total
Cheek, James	58
Clay, Brad	1,139
Clay, Sarah	580
Cleveland, Jeff	976
Cliett, Stephanie	815
Cobb, Patty	688
Cockerill, Kandy	321
Coffin, Diane	544
Coleman, Tim	634
Colpack, Susan	611
Corrin, Roger	425
Cowart, Britney	0
Crain, Teresa	0
Cramer, Robyn	582
Cramer, Steve	238
Crawford, O'Neal	542
Creed, Brad	559
Creel, Mary	495
Crowson, Bill	0
Crunk, Emmagene	575
Davidson, Lori	771
Dawson, Ashley	1,269
Deffenbaugh, Todd	643
Denton, Matt	955
Dimicco, Al	652
Dixon, Jeff	810
Downs, Matt	581
Duke, Cindy	685
Eason, Sydney	0
Eichold, Paulina	662
Elrod, Stacey	0
Ennis, Amanda	590
Ennis, Matt	765
Estes, Cameron	899
Estrada, Steven	1,423
Evans, Debbie	998
Everitt, Mollie	416
Files, Timothy	26

Participant	Total
Flanery, Haley	870
Fons, Aaron	661
Forbus, Reed	353
Foreman, Michael	650
Frankel, Ali	574
Franklin, Shane	527
Frederick, Winston	785
Freeman, Sheila	185
Fronerberger, Bryan	0
Gaston, Michael	922
Gates, Tonya	0
Gayheart, Cheryl	581
Gee, Lynique	171
Goode, Johnny	803
Goyal, Rita	0
Grady, Carla	0
Graham, Jon	973
Graham, Ryan	469
Grainger, Matt	952
Gray, Meagan	0
Gray, Michael	552
Griffin, Misty	684
Gruber, Marla	243
Gruschow, Mariana	117
Gullapalli, Satya	0
Hall, Thomas	51
Hanna, Cara	687
Haralson, Danny	329
Haralson, Micki	424
Harding, Brandy	150
Hargrave, Alan	641
Harrelson, Karen	492
Harrison, Lisa	694
Henderson, Andrew	655
Henninger, Alison	657
Hess, Alan	603
Hogeland, Jeff	711
Holder, Gene	564

Participant	Total
Holland, Skylar	0
Hoover, Alison	153
Howell, Allen	723
Howell, Rachel	480
Izard, Melody	0
Jenkins, Kaki	1,082
Jenkins, Kate Herrera	334
Jensen, Sarah	353
Johnson, Ethan	459
Johnson, Liz	0
Johnson, Phillip	496
Johnson, Troy	583
Kampe, Edna	0
Kazamel, Mohamed	1,144
Keith, Jerry	346
Keith, Susan	628
Kemper, Tricia	759
Knight, David	587
Kuhn, Jimmy	1,040
Kulp, Loren	644
LaFon, Caroline	298
Laird, Audrey	762
Lamb, Patrick	567
Lamb, Patrick	0
Lancaster, Jeff	628
Landefeld, Dale	764
Lovett, Meg	76
Lyda, Beth	819
Lyda, John	778
Lyle, Randy	875
Malec, Bonnie	371
Malick, David	899
Markham, Elishua	354
Martin, Sheree	126
Mathews, Skip	446
Matthews, Jamieson	529
McElroy, Catherine	695
McLain, Chase	406
McShan, Kenneth	658
Melton, Kristen	807
Merry, Vicki Sue	942
Morris, Gordon	167
Morrow, Alex	0
Mott, Marilyn	375
Muncher, Monica	490
Nicholas, Kathryn	0
Nix, Anthony	0
Noerager, Brett	1,360
Noerager, Felicia	621
Northern, Kristie	904
Norton, Laura	1,059
Oechslein, Tamara	644

Participant	Total
Oehrlein, Kimberly	212
Orihuela, Carlos	722
Ortis, Ellen	636
Padgitt, Scott	745
Parks, Charlie	1,056
Parsons, Christy	119
Peagler, Shana	0
Pearce, Julie	89
Plante, David	625
Poole, Jonathan	662
Powell, Logan	741
Pritchett, Leigh Ann	0
Randolph, Megan	682
Rawson, Brent	730
Reaves, Brandon	691
Reaves, Brittany	660
Renfro, Jeff	645
Richey, Lori Beth	690
Ricketts, Timothy	0
Ritchie, Joseph	1,111
Ritchie, Lauren	799
Roberson, Kevin	324
Roberts, Fletcher	0
Robinson, Lyndsey	416
Robinson, Tamara	0
Rodgers, Jeffrey	594
Romans, Cassidy	364
Roper, Lynn	541
Rose, Billy	1,416
Rowell, Taylor	0
Russell, Maureen	790
Rutherford, Keith	488
Rutledge, Lisa	807
Saffold, Joseph	0
Shaffield, Danny	1,621
Sherer, Jeremy	686
Sherrell, Jeff	747
Shinn, Ronald	504
Sides, Dean	511
Silwal, Suman	0
Simpson, Kevin	1,653
Sims, Cecelia	74
Sloane, Mike	641
Smith, Daryl	702
Smith, Erin	768
Smith, Holly	984
Smith, Jerry P.	636
Smith, Justin	717
Spikings, Matt	765
Starnes, Dan	683
Steele, Julianne	620
Stockton, Rick	492

Participant	Total
Sweatt, Jason	0
Swiney, Elana	0
Taylor, Kim	425
Taylor, Mellissa	1,021
Terakedis, Amber	247
Thomas, Tre	770
Tomlin, Chace	172
Trimble, Jamie	618
Tyndal, Hannah	416
Valles, Tina	645
Veren, Andie	394
Vrocher, Diamond	563
Vrocher, Hilary	1,217
Wade, Josh	0
Waid, David	1,390
Walker, Brooke	601
Walton, Suzie	667
Washington, Monica	307
Watkins, Britney	442
Watkins, Tommy	764
Watters, Ana	0
Watters, Larkin	678
Watters, Robert	320
Weaver, Brooke	0
Weber, Amy	286
Weeks, Lance	382
Wells, Bradley	669
Wende, Adam	572
Whatley, Prince	728
Whillock, Amber	0
White Vick, Katie	771
White, Robin	1,086
Williams, Chris	413
Williams, Kelly	187
Williams, Mattie	435
Williams, Shaunda	167
Williamson, Rebecca	718
Wiseman, Steve	780
Woodard, Whitney	922
Woody, Bill	511
Wright, Amy	0
Wu, Xing	513
Yamashita, Ryota	157
York, Gary	815
Zajac, Jason	1,213

SHOW US YOUR BTC GEAR



SHOW US YOUR BTC GEAR



FEETS OF STRENGTH

While the heat of summer isn't the typical season for PRs and long distances, some of our BTC members don't let that stop them from achieving their goals!

Our first kudos go out to **Terri Chandler**. Terri recently completed her 100th race of a marathon or longer distance. Although this "feet" was many years in the making, Terri did not set this lofty goal until 2020, after she discovered that she had already run 67 marathon or longer races. Over the next three years, she completed 33 more marathon or longer distances to meet her goal. Terri explain that most of these next 33 races were virtual events because organized races were still hard to find for during the Covid-era. Part of Terri's entry fee from each race was donated to a different charity, with her 100th race -- a virtual marathon -- benefitting Feeding America. She completed the race through some of her favorite running areas -Homewood, Mountain Brook, and Crestline. Many of her running friends kept her company through the race, and they celebrated with a finish line party in Homewood's Central Park. Congratulations, Terri – this is an amazing accomplishment!



Congratulations also are in order for **Daniel Chaplin** (second from left), who recently completed his 44th half marathon. Daniel completed the Mayor's Midnight Half Marathon in Anchorage, Alaska on June 17, 2023. Daniel said the race offered breathtaking views of the lakes and the bay and was a well-run race. Soon after completing half marathon #44, Daniel completed #45 – the Missoula Half Marathon in Missoula, Montana -- on June 30, 2023. This latest finish leaves him with only five more states to run before finishing his goal of running a half marathon in every state. Way to go, Daniel!

Have you recently run a bucket list race, completed a new race distance, or set a PR? [Let us know](#) know about it so we can celebrate YOU!



42ND ANNUAL RICK MELANSON PEAVINE FALLS RUN



The BTC would like to thank retiring Peavine Falls Race Director Hunter Bridwell for his many years of service to this race and to the BTC. Hunter has made Peavine the “must-do” Fourth of July race, and we are so grateful for his efforts. Hunter is passing the baton to the very capable Marla Gruber, our NEW Peavine Falls Race Director. We are excited to see Marla put her own stamp on this now-iconic holiday race! ▼



BTC EXECUTIVE BOARD MEETING

June 12, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Hunter Bridwell, Cameron Estes, Vicky Brakhage, Trish Portuese, Charles Thompson, Alan Hargrave, Mark Criswell, Alex Morrow, Kelly Sims, Bradley Wells, Kaki Jenkins, and Marla Gruber.

Hunter Bridwell made a motion to approve the minutes of the May 2023 Executive Board Meeting. The motion was seconded by Bradley Wells and passed without opposition.

Membership (Cameron Estes)

We currently have 763 members and 603 memberships.

Newsletter Editor (Jamie Trimble)

We plan to combine July and August into one newsletter to be published on July 17, 2023. Please have all content to Julie Pearce by July 7, 2023. We plan to include an article about Peavine Falls.

Treasurer (Jamie Trimble)

The financial report was sent via email by April Harry. Andrews Sports Medicine has issued a check for their \$5,000 sponsorship.

Merchandise (Bradley Wells)

Bradley Wells will be doing an inventory on all merchandise in stock with the plan of having a sale on left-over merchandise.

1200 Mile Club (Kelly Sims)

There are currently 253 participants registered for the 1200 Mile Club. We plan to close registration at the end of June. There are still some women's small jackets that are on back order. Bradley Wells will follow-up on the progress of getting those.

USATF Representative (Charles Thompson)

On June 17, 2023, the USATF track meet will be at Choccolocco. On June 24, 2023, the USATF track meet will also be held in Choccolocco. On July 22, 2023, the USATF track meet will be held at Center Point High School.

IT Chair/Web Master (Alan Hargrave)

The Mobile Track Club reached out to us to get our help with using RunSignUp. Alan Hargrave was kind enough to help them with that.

Social Committee (Kaki Jenkins)

The Global Run Day Social went very well and had a good turn out. There were quite a few runners there that do not attend the Saturday

morning runs, so we hope we reached a new group of runners. We plan to have our next social on August 19, 2023. We would love to have it at Vulcan Park, but we will need to look into expenses.

Vulcan Run 10K (Hunter Bridwell and Trish Portuese)

The Birmingham Police Department has advised us that they do not have the resources to allow us to host the Vulcan Run 10k on the normal course downtown. There is a USATF certified course that starts at Boutwell Auditorium that is a double loop 5k course that we can propose to see if they would approve it since it would not involve as many police officers. They also mentioned that we may not be able to get the discounts that we procured last year. Discussion was held regarding possible 10k routes in Homewood.

Long Run and Moderate Run Committees (Cameron Estes and Mark Criswell)

The Rocket City Marathon was selected as the fall goal race. Official training will begin on August 19, 2023. The Indianapolis Monumental Marathon and the Marine Corps Marathon also received a lot of votes, so Cameron plans to also include some higher mileage days earlier in the training for those running one of those races. Jamie Trimble will reach out to the race directors for the Rocket City Marathon to see if they would be willing to provide the BTC with a discount code. This weekend's long run and moderate run will start from Pepper Place in downtown Birmingham.

Volunteers and Finish Line (Jamie Trimble)

We are currently focusing on Peavine Falls. The volunteer pages on RunSignUp will open in the near future, so we will need to promote our need for volunteers, including for packet pickup. We can remove the page requesting water stop volunteers for water stop number two, as Resolute Running has volunteered to handle it.

Peavine Falls (Hunter Bridwell)

There are currently 268 registered for Peavine Falls, which is up quite a bit from this same time last year. Packet pickup will be held at the Trak Shak on Sunday, July 2, 2022, from 1:00-5:00 pm. Jamie Trimble will plan to arrive with the truck at 5:30, and volunteers will be needed to help set up.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, July 10, 2023, at 6:00 p.m. Location to be determined.



BTC EXECUTIVE BOARD MEETING

July 10, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Vicky Brakhage, Trish Portuese, Charles Thompson, Alex Morrow, Alan Hargrave, Hunter Bridwell, Kelly Sims, Bradley Wells, Kaki Jenkins, Ellen Ortis, and Rebecca Williamson.

Alex Morrow made a motion to approve the minutes of the June 2023 Executive Board Meeting. The motion was seconded by Bradley Wells and passed without opposition.

Membership (Jamie Trimble)

We currently have 777 members and 616 memberships.

Member Benefits (Ellen Ortis)

Discussion was held regarding possible sports-related businesses to reach out to about offering benefit options to BTC members.

Newsletter Editor (Jamie Trimble)

We plan to combine July and August into one newsletter to be published on July 17, 2023. Please have all content to Julie Pearce as soon as possible.

Treasurer (Jamie Trimble)

The financial report was sent via email by April Harry. We have received the sponsorship payments from Andrews Sports Medicine and Therapy South. We had trouble getting the payments from the PO Box, but we got new keys to the PO Box, so that should no longer be an issue.

Merchandise (Bradley Wells)

Bradley Wells is looking at some tank top options for the summer. He plans to send an email about merchandise in the next two weeks. After that, he will start working on Fall merchandise.

1200 Mile Club (Kelly Sims)

There were some last-minute registrations for this year's 1200 Mile Club, but registration is now closed. There are 263 current registrants. We do have one new BTC member that just moved to Birmingham and joined the BTC on July 1st, and would like to sign up for 1200 Mile Club. Discussion was held regarding reopening the registration for just a short period so this person can join due to their extenuating circumstances. There are still some women's size small jackets that are on back order. Bradley Wells followed up on the progress of getting those jackets and it appears that the jacket color options we have purchased have now been discontinued. We will have to either look for another supplier or change the 1200 Mile Club jacket colors in the future.

Japan Exchange (Rebecca Williamson)

We are setting a goal to bring runners from Japan to participate in the Vulcan Run 10k in 2024. The Birmingham Botanical Gardens has offered to assist with bringing runners in from Japan. We are looking for sponsors to help cover the costs of housing the runners and providing food and travel expenses. Typically, the runners pay their own airfare.

USATF Representative (Charles Thompson)

On July 22, 2023, the USATF track meet will be held at Center Point High School.

IT Chair/Web Master (Alan Hargrave)

When a BTC member registers for the race series, RunSignUp automatically allocates funds for each race from their total registration. Unfortunately, we don't agree with how they allocate the funds, so Alan is having to go through and manually change the allocation of funds provided for each race.

Marketing (Alex Morrow)

We are currently focusing on Vulcan Run 10K. Jamie Trimble posted pics from the BTC long run that showcased how it is growing and garnered a lot of positive feedback on social media.

Social Committee (Kaki Jenkins)

We plan to have our next social on August 19, 2023, at the Trak Shak in Homewood. We will promote the fall race, 1200 Mile Club, and Vulcan Run 10k. Discussion was held about future social ideas.

Long Run and Moderate Run Committees (Jamie Trimble)

Cameron Estes had her baby on July 4, 2023, but she has already prepared routes for the next three weeks of long runs. The Rocket City race directors are going to offer BTC members a discount and would like to come down and join the BTC for a long run and offer race merchandise in the future.

Peavine Falls (Hunter Bridwell)

We really appreciate all of the volunteers. We anticipate a profit of over \$5,000. Hunter Bridwell will be doing a second t-shirt order for those that did not get a t-shirt. We ended up with 504 registrants. Marla Gruber will take over as race director in 2024.

Vulcan Run 10K (Hunter Bridwell and Trish Portuese)

We plan to submit a USATF certified course that starts at Boutwell Auditorium that is a double loop 5k course to the City of Birmingham to see if they will approve it. If the city will not approve the double loop course, we will have to consider possible 10K routes in Homewood. Discussion was held about also offering a 5k option downtown if the city approves the course.

New Businesses

Discussion was held regarding the Hollywood Pedestrian Bridge that was proposed many years ago. From what we have been told, the Alabama Department of Transportation required changes to the bridge and now plan to restructure the entire intersection, so the bridge has been placed on hold pending resolution of those issues.

The Jemison Trail is currently closed for renovations. Discussion was held about the BTC offering another water fountain or some other contribution to the trail.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, August 14, 2023, at 6:00 p.m. at the Vestavia Hills Public Library.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	July 2, 2023	6:00 a.m. and 6:30 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 Saturday Long and Moderate Run Groups	August 5, 2023	6:00 a.m. and 6:30 a.m.
Woodstock 5k *RRCA National Championship Race* (Anniston, AL)	August 5, 2023	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	August 12, 2023	6:00 a.m. and 6:30 a.m.
BTC Executive Board meeting	August 14, 2023	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	August 19, 2023	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	August 26, 2023	6:00 a.m. and 6:30 a.m.
BTC Saturday Long and Moderate Run Groups	September 2, 2023	6:00 a.m. and 6:30 a.m.
Ross Bridge 8k and 1 Mile Fun Run	September 2, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 9, 2023	6:00 a.m. and 6:30 a.m.
BTC Executive Board meeting	September 11, 2023	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	September 16, 2023	6:00 a.m. and 6:30 a.m.
Hold the Fort 5k and 10k (Oak Mountain State Park)	September 16, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 23, 2023	6:00 a.m. and 6:30 a.m.
14th Annual Head Over Teal 5k, 10k, and Family Fun Day	September 23, 2023	8:00 a.m.
Carrollton Half Marathon (Carrollton, Georgia) * BTC DISCOUNT *	September 23, 2023	7:15 a.m. (EST)
BTC Saturday Long and Moderate Run Groups	September 30, 2023	6:00 a.m. and 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 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:

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

Birthdate:

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

Cell:

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

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