



USATRACK & FIELD



BIRMINGHAM TRACK CLUB



WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

July/August 2025 7



## RUNNING WITH THE SPIRIT OF COMRADES

By Gary York

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1200 Mile Club

# RUNNING WITH THE SPIRIT OF COMRADES



coverage are broadcast nationwide, but the most-watched moment is the final 15 minutes, when the country's residents crowd around their televisions to watch the last runners cross the finish line. The official timer at the finish line turns his back to the last runners as the countdown hits zero, and he fires the pistol to end the race. Comrades is bigger to South Africans than the Super Bowl is to Americans. The name Comrades is fitting: this is a race about perseverance and community.

One special tradition honors those with more than ten finishes, who earn the right to wear a Green Number -- their permanent number, assigned to them forever. These veterans embody endurance and generosity. With 15 kilometers to go, I found myself walking alongside a Green Number runner who turned to me and said, "Congratulations, you're going to finish!" His quiet confidence gave me fresh strength. If he believed it, I could believe it too.

On June 8, 2025, I completed the 98th running of the **Comrades Marathon** -- the world's oldest and largest ultramarathon. At 56 miles, it was by far the longest race I've ever run. But what sets Comrades apart isn't just the distance. It's the spirit.

First run in 1921 to honor fallen soldiers of World War I, Comrades has grown into a national treasure in South Africa and a bucket-list challenge for ultrarunners around the world. Each year, the race alternates direction between the inland city of Pietermaritzburg and the coastal city of Durban. This year was a "Down Run" -- although with over 4,000 feet of climbing in the Valley of a Thousand Hills, "down" is a relative term!

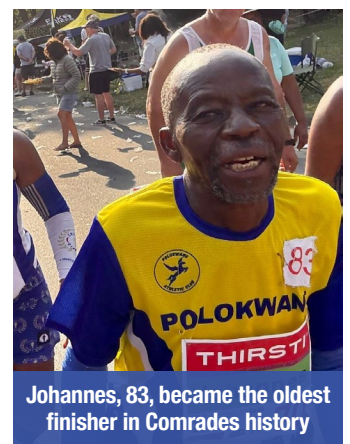
More than 20,000 runners lined up for a 5:45 am start. Before the start, voices joined in a stirring rendition of Shosholozza, a traditional song once sung by South African miners and now a symbol of hope and perseverance. A cock crows, the cannon fires, and the race begins. From that moment, gun time (not chip time) is the only time that counts. Runners have 12 hours to finish, and the cutoff is strictly enforced. I had until 5:45 pm to reach the finish line. One year a rugby team stood arm-in-arm across the finish line to block late finishers exactly at the 12 hour mark, so the time cut off is very serious.

Along the route, aid stations appeared every 2-3 kilometers, each one full of volunteers cheering, singing, and handing out water sachets. The whole nation seems to rally behind the runners, making it one of the most supported and encouraging races I've ever experienced. To South Africans, it is a national treasure. Thirteen hours of live

This was continent number six for me in my quest to run a marathon on all seven continents. Only Australia remains. This was more than twice as far as any previous race I had done. I knew it would test me, and it did.

The pacing advice at Comrades goes like this: Run the first third with your head, the second third with your legs, and the last third with your heart. That became my plan. I kept things conservative early, ran when I felt like it, walked when I felt like it, and saved myself for the big downhills. The strategy worked. I crossed the finish line in 11:41, well under the 12-hour limit.

There were moments of struggle. It was a hot, humid day, and the hills were more like mountains -- think Stone River on steroids! But Comrades is full of stories that inspire you to keep going. I ran beside an 83-year-old man who became the oldest person ever to finish the race. A 70-year-old woman set an age group record, finishing in under 9:30. And yes -- someone finished ahead of me while skipping rope the entire way! People are amazing.



Johannes, 83, became the oldest finisher in Comrades history

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# RUNNING WITH THE SPIRIT OF COMRADES

My touchpoint for races has been an inspiring poem called "The Race." It tells the story of a boy who keeps falling in a race but gets up again and again. At the end, his father tells him, "To me, you won -- you rose each time you fell."

*And now when things seem dark and bleak and difficult to face,  
the memory of that little boy helps me in my own race.*

*For all of life is like that race, with ups and downs and all.*

*And all you have to do to win is rise each time you fall.*

*And when depression and despair shout loudly in my face,  
another voice within me says, "Get up and win that race!"<sup>1</sup>*

<sup>1</sup> Attributed to Dr. D.H. "Dee" Groberg.

Crossing the Comrades finish line was a moment I will never forget. It reminded me why I run -- not just for the challenge, but for the community, the stories, and the quiet triumph of the human spirit. If you are looking for a race that will humble you, inspire you, and change you, start dreaming of Comrades. The Up Run is calling.



Comrades finisher medal earned  
11 hours, 41 minutes

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# PRESIDENT'S ADDRESS

By Jamie Trimble



## Greeting BTC Members and fellow Birmingham runners!

Welcome to the Summer issue of *The Vulcan Runner*. Running this time of year can certainly be challenging with the heat and humidity. For those of you training for a Fall marathon or half marathon, just know that our “poor man’s altitude training” will make you stronger for your race. Not only that, but when the temps do finally drop, running will feel amazing. Just be sure to fuel and hydrate properly while training in this heat.

Our annual Peavine Falls Run on July 4th was a huge success! Race Director Marla Gruber put on another great race with another cool looking race shirt. Congratulations to everyone who ran this year, and we hope you’ll come back next year, and bring a friend (or two!). This race and many of our BTC activities are not possible without our great sponsors. Thank you to **TherapySouth, Andrews Sports Medicine, Resolute Running, Bluff Park Running Club, Trak Shak, Trim Tab Brewing and Trader Joe’s**. Trim Tab provided their facility for our pre-race packet pickup, and provided post-race libations. Trader Joe’s supplied all of the great post-race food again this year. Resolute Running and Bluff Park Running Club (aka, The Goats) manned the water stops, and boy did they bring the fun! Please be sure to patronize all of our BTC sponsors and let them know how much you appreciate their support of the BTC.

Also, a huge shout out and “THANK YOU” to our many volunteers. These events don’t happen without all of the behind-the-scenes hard work of so many people. Congratulations to **Mary Margaret Sanders** who was our Trak Shak gift card random drawing volunteer.

On Saturday, July 26th, the BTC once again manned the Trak Shak’s Retro Run 5k water stop. This is always one of the most fun things we do as a club and it gives us the opportunity to give back to the Trak Shak, who does so much for the BTC and the entire Birmingham running community. Thank you to everyone who came out and congratulations to all of the runners.

Our next BTC Saturday Morning run social will be on August 16, from Trim Tab Brewing downtown. This year we’re doing something a little different: we are teaming up with the Crisis Center to help them raise money and awareness for their mission to serve the needs of people experiencing personal crisis or mental health issues. The Crisis Center has historically put on the Just A Call Away 5k run. However, this year the Just A Call Away 5k is a virtual run, culminating at our run social. We encourage you to sign up for the virtual race and complete it on your own or at our run social. There will be some great swag, door prizes and fun activities (including a Watermelon Crawl!), drinks, snacks, a food truck, and great opportunities to run with the BTC and support the Crisis Center. You can sign up here: <https://runsignup.com/Race/AL/Birmingham/ACallAway5K>

Please note, this BTC run social is free and open to all runners, as always, whether you participate the virtual JACA 5k or not. So please come out and join us for what is going to be a lot of fun.

As I mentioned in last month’s newsletter, BTC member and former 1200 Mile Club coordinator Kelly Sims passed away in May. At the July BTC monthly meeting, the Board and Executive Committee voted to create a new annual award to honor Kelly’s amazing spirit and her passion for running and this club. Details for the “Kelly Sims Endurance Award” are still to be worked out, but it will recognize a member each year who embodies the spirit, passion, strength, and endurance that Kelly exhibited as both a runner and in her heroic fight against cancer. I can’t think of a better way to honor her memory.

Stay safe out there and Happy Running!

**Jamie Trimble**  
*BTC President*



# 2025 Officers



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Moderate Run Coordinator  
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Statue 2 Statue  
Peavine Falls  
Vulcan Run

Vicky Brakhage  
Judy Loo  
Marla Gruber  
Hunter Bridwell

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## BTC Mission Statement

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

## Contact BTC at:

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

## Race Results

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



# MEDICATION AND MILES:

## Have Your Favorite Colored Food and Drink Been Caught Red Handed?

By Teresa Passerello, Pharm.D. Candidate 2027 and Kim W. Benner, PharmD



The Federal Food Drug and Cosmetic Act (FD&C Act) regulates additives in consumer products including color additives. A color additive is any substance (such as dyes or pigments) created through the synthesis, extraction, isolation, or other processes with or without change to the final identity of the substance from any source (such as vegetables, animals, or minerals) that adds color to the human body when added or applied to any food, drug, or cosmetic.<sup>1</sup> Before a color additive can be used, a color additive petition must be submitted to the FDA. Additionally, petitions may be filed to propose the amendment or repeal of any existing color additive regulation.<sup>2</sup>

For the FDA to deem a color additive safe, it must find sufficient and convincing evidence establishing “a reasonable certainty of no harm” from the use of the petitioned color additive. Before a color additive is rendered safe under the general safety clause, several factors must be considered. These include the potential levels of consumption or exposure of the additive, the “cumulative effect” (the effects of exposure/ingestion to the additive over time), and safety factors including the use of animal experimentation.<sup>2</sup>

In the early 1950s, the FDA established several laws regulating pesticide residues, food additives, and color additives in food. In 1958, the Delaney Clause was enacted to regulate the use of food additives and to prevent the use of any additive that possessed carcinogenic activity.<sup>3</sup> Section one of the Clause states that a food additive should be completely banned if it produces carcinogenic effects in humans or animals.<sup>2</sup>

FD&C Red No. 3 was first introduced in 1907. It was later provisionally listed as “Red No.3” for food, drug, and cosmetic use in 1960, and it was permanently listed for use in food and ingested drugs in 1969. In 1990, the additive was removed from cosmetic use due to the development of thyroid neoplasia in rat carcinogenicity studies.<sup>2</sup>

On January 16, 2025, the FDA repealed the use of Red No. 3 in food and ingested drugs due to a petition that reported data from a 1987 study focused on the toxicity and carcinogenicity of red dye in rats.<sup>4</sup> These studies showed development of thyroid tumors in male rats due to an increase in thyroid stimulating hormone (TSH) causing follicular hyperplasia after ingestion of Red No. 3.<sup>2</sup> However, based on the

available data, the FDA’s Center for Food Safety and Applied Nutrition (CFSAN)’s Cancer Assessment Committee (CAC) stated that the risk of developing thyroid tumors induced by Red No. 3 from current low exposures of the additive were unlikely. Additionally, the FDA has stated, “There is no conclusive available clinical evidence that demonstrates increased TSH levels either promote or actively cause thyroid carcinogenesis in humans.”<sup>2</sup> When comparing the average exposure of Red No. 3 in humans to the level needed to cause cancer in rats, a 210-fold margin of exposure was derived. Further, carcinogenicity was not observed in other animals, including female rats and either sex of mice, gerbils, or dogs. The FDA has stated its belief that the Delaney Clause prevents the discovery of potential safe food additives for humans. Regardless of how minute the probability or risk of carcinogenic effects in humans may be, if an additive is proven to have carcinogenic effects in animals, the Delaney Clause bans its use.<sup>2</sup>

Therefore, the FDA was forced to revoke its use in ingested food and drugs due to its designation under the Delaney Clause. The FDA ruling published on January 16, 2025 concludes that the designation of Red No. 3 as unsafe for human consumption. The FDA’s order for the repeal of Red No. 3 in food is effective January 15, 2027 and January 18, 2028 for the repeal of its use in ingested drugs.<sup>2</sup>

On April 22, 2025, the U.S. Department of Health and Human Services (HHS) and the FDA announced its new efforts to further edit the synthetic dyes used in the U.S.’s food supply. This includes six initiatives<sup>5</sup>:

1. Establish a standard and timeline for the transition from petrochemical-based dyes to natural alternatives for the food industry.
2. Begin the process to remove Citrus Red No. 2 and Orange B synthetic dyes within the next few months.
3. Removal of the following six synthetic dyes by the end of the year: FD&C Green No. 3, FD&C Red No. 40, FD&C Yellow No. 5, FD&C Yellow No. 6, FD&C Blue No. 1, and FD&C Blue No. 2.
4. Accelerate the review and approval of natural color additives as well as authorize four new natural dyes.
5. Research the impact of food additives on the health and development of children through a partnership with the National Institutes of Health (NIH).
6. Advance the deadline from the previously published 2027-2028 timeline for the removal of FD&C Red No. 3 from the U.S. food supply.

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# MEDICATION AND MILES:

## Have Your Favorite Colored Food and Drink Been Caught Red Handed?

Within its attempt to accelerate the approval of natural dyes, the FDA is fast-tracking the approval of calcium phosphate, Galdieria extract blue, gardenia blue, butterfly pea flower extract, and other natural additives. The FDA along with the NIH plan to promote nutrition and research of food safety in hopes of guiding future regulatory decisions.<sup>5</sup>

Studies have shown mixed results regarding the impact of synthetic dyes on the health of children. In 2021, the Office of Environmental Health Hazard Assessment (OEHHA) published a health effects assessment on the neurobehavioral effects of synthetic food dyes in children in collaboration with the Children's Environmental Health Center and the California Environmental Protection Agency.<sup>6</sup> After a review of 25 studies, OEHHA determined that all exposure estimates for synthetic dyes except for FD&C Red No. 3 were below the US FDA or the Joint FAO/WHO Expert Committee on Food Additives (JECFA) acceptable daily intake (ADI). It was reported that none of the child intake estimates based



on a daily serving of foods sampled exceeded US FDA ADI's for food dyes.<sup>6</sup> However, the mean FD&C Red No. 3 intake for children sometimes exceeded the ADI in single serving frozen desserts, frostings, and icings. Additionally, it was reported that over-the-counter (OTC) medications did not exceed the ADI. The conclusion of the OEHHA report indicates that there can be an impact on behavior in some children caused by synthetic food dyes. The review of the 25 studies in addition to current human epidemiologic evidence indicates a relationship between food dye and behavioral outcomes in some children.<sup>6</sup>

On May 9, 2025, the FDA announced the approval of the three new natural color additives without the need for batch certification by the FDA. Calcium phosphate, Galdieria extract blue, and butterfly pea flower extract, which previously were announced for fast track review, have since been approved.<sup>7</sup>

- Calcium phosphate is a synthetic white powder that generally is recognized to be safe for use in food. The petition originally detailed safe use of calcium phosphate in ready-to-eat chicken products, icing, white candy melts, doughnut sugar, and sugar for coated candies, which was amended to remove icing to reduce dietary exposure of calcium.<sup>8</sup>

- Galdieria extract blue was approved for use in nonalcoholic beverages and beverage bases, fruit/vegetable drinks, smoothies, and juices, dairy-based smoothies, milkshakes and flavored milk, cereal coatings, hard and soft candy, gum, frostings, ice cream/frozen dairy desserts, puddings/custards, whipped cream/toppings (including non-dairy alternatives), yogurt, and creamers (including non-dairy alternatives). This additive is derived from dried Galdieria sulphuraria, which is a species of red microalgae.<sup>7</sup>
- Butterfly pea flower extract, already has approval for use in several consumer products. The new petition advocated for its use in ready-to-eat cereals, crackers, snack mixes, hard pretzels, plain potato chips, plain corn chips, and tortilla and multigrain chips. This additive is extracted from the dried flower petals of the butterfly pea plant.<sup>7</sup>

Further statements regarding the FDA's pursuit of other natural additives are needed. As of May 2025, the FDA has not released the new advanced timeline for the removal of FD&C Red No. 3. Stay tuned and in the meantime, watch the use of coloring agents in your food and drink!

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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:

Eugene Aquino	Dave Gamble	Andrea Lueder	Jessica Randazza-Pade	Tre Thomas
Nicholas Bousquet	Art Graham	Kristen McGee	Joshua Randazza-Pade	Amanda Thornton
Reese Bousquet	Brittney Gray	Deanna McShan	William Rasberry	Nick Toth
John Bousquet	Tracy Hallingquest	David Mooney	Brian Rodgers	Chris Toth
Scott Calvert	Kay Hallingquest	Gina Morse	Jack Rodgers	Christopher Toth
James Cazzaly	Jennifer Harris	Kevin Morse	Laura Rodgers	Madeline Toth
Violet Chaffinch	Reginald Harris	Laurel Morse	Holly Rodgers	Lauren Toth
Randy Chaffinch	Chris Henrich	Kathryn Nicholas	Margaret Rodgers	Kendrick Wallace
Melanie Conner	James Henrich	Jason Nodjomian	Josh Rumore	Key Warren
David Deerman	Charissa Henrich	Carlos Orihuela	Maureen Russell	Madelyn Warren
James Dees	Anna Hurst	Catheryn Orihuela	Julie Sailors	Lisa Warren
Stephanie Denney	Sarah Jensen	Soo Yeun Park	Jessica Scruggs	Marian Wilson
Cameron Estes	Lingjay Kong	Mitchell Pinkerton	James Sermons	Wesley Worsham
Tony Fiore	Anna Louise Lane	Janis Posey	David Spencer	

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

## BTC Merchandise

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

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



## Ready to Get More Involved in the BTC?

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

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

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



## BTC Group Runs Update



### The Saturday Moderate Group is On the Move!

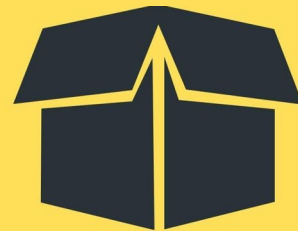
Big news! As of February 1, we have retired the Moderate Distance Run FB group page and have moved all our Birmingham Track Club group run events to one FB page. We will still have our moderate distance/pace group runs at 6:30 a.m. on Saturdays, but the event will be posted on what is now called the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

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



On February 1, 2025

# WE HAVE MOVED



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

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

# BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator



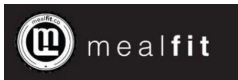
## NEW BTC MEMBER BENEFIT!

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

## CURRENT LIST OF MEMBER PARTNERS

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CHOP<sup>N</sup>FRESH



restore  
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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](mailto:Benefits@birminghamtrackclub.com)!

# THERAPYSOUTH

## Breaking Point: The Bone Stress Injury Breakdown

By Hannah Cox,  
TherapySouth



Several of my athletes have come into the clinic with swelling and pain during activity. However, when they are evaluated by a doctor, their x-rays often show no signs of a fracture. Despite these negative imaging results, they continue to experience pain that limits their ability to train. It is important to understand that imaging is not always the definitive guide for managing activity levels – your body's signals are just as important. Listen to what your body is telling you!

These athletes likely are dealing with a stress reaction, which falls on the spectrum of bone stress injuries (BSIs), a continuum of bone overload conditions that range in severity depending on how much the bone has been stressed or damaged over time. Here is a clear breakdown of the two common injuries we see:

The severity of a bone stress injury determines how much rest and adjustment is needed in the coming weeks of training. A stress reaction is an early warning: there's already bone overload, but no structural damage. In most cases, this means only minor modifications to training are necessary. Pain and swelling should guide your activity level: if pain stays at or below a 3 out of 10 and the swelling is minimal, you're likely training within a safe range. In contrast, a stress fracture indicates that the bone has progressed to an actual break, requiring more significant changes to your training plan and a longer period of reduced load or rest.

X-rays often fail to detect early stress reactions and newly formed fractures. What typically appears on an x-ray is a sign of the bone's healing response, as the visible line represents the remodeling process rather than the initial injury. So even if you go to the doctor and the x-ray findings are negative, you should continue training based on symptoms!

Type of Injury	Definition	Imaging Finding	Symptoms	Training Indications
<b>Stress Reaction</b>	Early-stage bone overload without a visible fracture line	MRI: Bone marrow edema X-Ray: negative for fracture line	Local pain with activity  Improves with rest	Decreased mileage  Decreased weight with strength training
<b>Stress Fracture</b>	Progression of stress reaction with a visible fracture line	MRI: Edema + Fracture Line X-Ray: May show fracture if progressed	Localized, activity-related pain  Can occur at rest if severe	Swimming to maintain cardiovascular endurance  May progress to biking in a few weeks  Pause strength training – light resistance training with bands initially

Activity	Stress Reaction	Stress Fracture
<b>General Activity</b>	Relative rest or reduced load.	May require complete offloading (walking boot and/or crutches)
<b>Return to Sport</b>	3-6 weeks depending on the fracture site (which bone and where on the bone) and load tolerance	6-12 weeks minimum depending on the severity and location



Listen to your body. Making a few adjustments at the first sign of discomfort can prevent a minor issue from turning into a major setback! If you have any questions or training considerations come see us or send us an email at: [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net)

# WORLD POLICE & FIRE GAMES

BTC members had a blast hosted a water stop during the 2025 World Police & Fire Games Half Marathon in downtown Birmingham. The BTC's own **Daryl Smith** placed first in his division, and **Billy Rose** took first place in the public division of the race. Congratulations, Daryl and Billy!



# 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	910
Aquino, Eugene	928
Barton, Tabitha	554
Basquill, Matt	395
Benner, Kim	900
Bishop, Troy	0
Blackmon, Kim	552
Booher, Lisa	857
Bookout, Jason	787
Bookout, Kimberly	1,239
Bossard, Teri	1,011
Boswell, Ryan	241
Bouley, Rachel	731
Brakhage, Victoria	644
Bray, Elizabeth	588
Brown, Katie	497
Brown, Sean	455
Bryant, Jason L.	251
Burbank, Brett	658
Burst, Theresa	0
Caine, Lawrence	340
Callahan, Chris	672
Calvert, Aaron	805
Campos, Chris	735
Carlton, Bob	342
Chaffinch, Randy	611
Chaffinch, Violet	596
Chandler, Teresa	627
Clay, Brad	618
Cleveland, Jeff	775
Cliett, Stephanie	764
Cobb, Patty	464

Participant	Total
Coe, Emily	622
Coe, Matt	740
Coffin, Diane	652
Colpack, Susan	549
Colvard, James	149
Conner, Melanie	174
Cooper, Cara	634
Cowie, Katelyn	426
Cramer, Robyn	677
Cramer, Steve	241
Creed, Brad	619
Creel, Mary	616
Cromey, Tyler	1,102
Davis, Samantha	525
Dawson, Ashley	1,116
Dawson, Bill	743
Deffenbaugh, Todd	627
Denney, Stephanie	610
Dill, Kinsley	586
Dimicco, Al	714
Dixon, Jeff	978
Downs, Matt	633
Duke, Cindy	606
Ennis, Matt	1,034
Estes, Cameron	566
Estrada, Steven	1,554
Flanery, Haley	165
Fons, Aaron	158
Franklin, Shane	0
Frederick, Winston	776
Freeman, Daren	419
French, Eric	0
Gaston, Katie	0

Participant	Total
Gaston, Michael	1,119
Goode, Johnny	589
Grainger, Matt	1,104
Grames, Robby	709
Gray, Michael	549
Gruber, Marla	816
Haggard, Georgia	520
Hall, Thomas	31
Hanson, Valerie	418
Haralson, Danny	563
Haralson, Micki	546
Hargrave, Alan	615
Harrelson, Karen	1,082
Harrison, Lisa	570
Hatcher, Heydon	352
Henninger, Alison	580
Herron, Michael	666
Hicks, Emery	823
Hogeland, Angie	569
Hogeland, Jeff	837
Holder, Gene	589
Hoover, Alison	575
Jack, Arian	504
Jenkins, Kaki	1,057
Jenkins, Kate Herrera	589
Jensen, Sarah	578
Johnson, Kimberly	685
Johnson, Phillip	686
Johnson, Troy	697
Jones, Julie	522
Jones, William	309
Kaylor, Sara	0
Kemper, Tricia	0

Participant	Total
Kles, Ruth	488
Knight, David	629
Krick, Stefanie	861
Kuhn, Jimmy	808
Kulp, Loren	713
Lamb, Patrick	540
Lancaster, Jeff	770
Landefeld, Dale	341
Lane, Anna Louise	619
Losavio, Lauren	622
Lovett, Meg	0
Lugo, Whitney	713
Lyda, Beth	740
Lyda, John	797
Lyle, Randy	702
Malick, David	883
Markham, Elishua	583
Mathews, Nikita	844
Mathews, Skip	600
McCalley, Charles	538
McElroy, Catherine	627
McKee, Rachel	499
Melton, Kristen	10
Merry, Vicki Sue	664
Miller, Pamela	778
Millican, Randy	455
Morris, Gordon	561
Moss, Renie	53
Murchison, Reginald	947
Namer, Lexi	615
Nodjomian, Jason	483
Noerager, Brett	1,399
Noerager, Felicia	708
Northern, Kristie	913
Oliver, Tom	241
Orihuela, Carlos	943
Orihuela, Catheryn	880
Ortis, Ellen	321
Padgitt, Scott	292
Pearce, Julie	0

Participant	Total
Pinnick, Honora	322
Pinnick, Jonathan	0
Plante, David	0
Poe, Bria	243
Powell, Logan	1,187
Pritchett, Leigh Ann	400
Quinn, Vivian	671
Quinsey, Caleb	199
Rakestraw, Stephanie	544
Randolph, Megan	0
Rawson, Brent	811
Renfro, Jeff	465
Richetti, Vee	789
Rivera, Jose	0
Roberts, Fletcher	463
Robertson, John	556
Robinson, Rod	0
Rodgers, Brian	888
Rodgers, Jeffrey	562
Rose, Billy	1,567
Rose, Jamie	603
Ruschhaupt, Skyler	0
Russell, Maureen	982
Rutledge, Lisa	752
Sanford, Gary	1,104
Sherer, Jeremy	586
Sherrell, Jeff	754
Shin, Ye Jung	911
Shinn, Ronald	556
Sides, Dean	461
Silwal, Suman	0
Simpson, Kevin	1,106
Sloane, Mike	726
Smith, Daryl	670
Smith, Erin	712
Smith, Holly	0
Smith, Jason	1,139
Smith, Jerry P.	494
Soileau, Chester	0
Spikings, Matt	574

Participant	Total
Starnes, Dan	866
Stephens, Cory	407
Stewart, Mariah	777
Stockton, Rick	690
Stone, Kayla	0
Sweatt, Jason	0
Syx, Amy	982
Thompson, Sarah	345
Thornton, Amanda	735
Toth, Christopher	425
Toth, Nick	385
Varner, Greg	647
Vaughn, Catherine	587
Vinson, Matthew	364
Waddell, Chassi	576
Walker, Brooke	521
Walker, Skylar	304
Ware, Jennifer	629
Washington, Monica	0
Waters, Marc	663
Watkins, Britney	764
Watkins, Tommy	675
Wende, Adam R	520
Whatley, Prince	784
Wheeler, Elizabeth	796
White, Robin	0
Whitley, Mary Elizabeth	609
Whitt, Trey	505
Wiseman, Steve	832
Wu, Xing	418
Wyers, Ronald	631
York, Gary	1,160

# SHOW US YOUR BTC GEAR



Send pics of you or fellow members wearing your BTC gear to:  
[newsletter@birminghamtrackclub.com](mailto:newsletter@birminghamtrackclub.com).

# BTC EXECUTIVE BOARD MEETING

## June 9, 2025

The meeting was called to order by Vice President Bradley Wells.

Attendance: Bradley Wells, Vicky Brakhage, Ruth Kles, Trish Portuese, Marla Gruber, Cameron Estes, Sarah Jensen, Alex Morrow, Charles Thompson, Hunter Bridwell, Matt Grainger, Alan Hargrave, Julie Pearce, Haley Flanery, Judy Loo, and Rebecca Williamson.

Julie Pearce made a motion to approve the minutes of the May 2025 Executive Board Meeting. The motion was seconded by Ruth Kles and passed without opposition.

### Membership (Cameron Estes)

We currently have 835 members and 657 memberships.

### Newsletter Editor (Julie Pearce)

We will plan to do a combined July and August issue for the newsletter. Julie Pearce will confirm the publication date and the due date for newsletter content via email.

### Treasurer (Ruth Kles)

The BTC's current account balance is \$47,768.95. We have \$91.00 in cash back available through Ramp that we can use when we need it.

### Merchandise (Bradley Wells)

Bradley Wells has a new shirt design for merchandise. He is going to send out proofs of the new design in the near future. We are working with a new company that Bradley met at the RRCA National Convention. We are offering a t-shirt and tank top. The new company will handle all of the shipping. Bradley is planning on having a spring-cleaning sale for old merchandise after the long run later in June.

### 1200 Mile Club (Matt Grainger)

Matt Grainger has 2024 patches and there are some available for pickup at the Trak Shak. Discussion was held about doing separate patches for 5 and 10-year members. Matt confirmed that he has not received any new emails from members reporting that they are not getting the 1200 Mile Club monthly emails, so the issue we were having seems to have been resolved thanks to Alan Hargrave.

### Social Committee (Haley Flanery)

Discussion was held regarding ideas for the next social. We are planning for a social at the end of July or early August. Please let Haley Flanery know if you have any ideas for a future social.

### USATF Representative (Charles Thompson)

On June 7, 2025, the AAU Southern Eastern District Qualifier is at Chelsea High School. On June 14, 2025, the Alabama State Games Track and Field will be at Center Point High school. The World Police and Fire Games will be held at Samford University from June 30 – July 5, 2025.

### Marketing (Alex Morrow)

The Global Run Day event last week went very well with a great turnout. There was also a great turnout with lots of new faces at the BHM26.2 preview run. We will now focus on promoting Peavine Falls and the Japan exchange program.

### Japan Exchange (Rebecca Williamson)

We received an invitation from Birmingham's Sister City, Maebashi, Japan, to come and participate in the Maebashi City Marathon. We have received two applications so far. We can accept 3-4 members to travel to Maebashi to participate in the marathon. Applications are due by June

13, 2025. Birmingham's Sister City Director is going to help us get in touch with Progressive Insurance about a possible sponsorship to bring runners from Maebashi to Birmingham for a future race.

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

Cameron Estes sent email to vote on a fall goal marathon. So far, the top contenders are the Detroit Marathon, Marine Corps Marathon, New York City Marathon, and Chicago Marathon. Cameron plans to close voting on June 11, 2025.

### Peavine Falls (Jamie Trimble)

We are sending an email blast promoting Peavine Falls. The shirts for this year will be a tank top. Trader Joes is donating post-race food. The race bib will be the ticket for free entry into Oak Mountain State Park. Volunteers will receive a pass to get free entry into the park. We will offer packet pickup at the Trak Shak on Saturday, June 28, 2025, after the Saturday Morning Long Run, as well as at Trim Tab on Thursday, July 3, 2025, from 3:00-7:00 pm. The BUTS were unable to volunteer for the waters top this year, so the Bluff Park Goats will be handling the water stop. There are currently 173 registered runners, which is down from last year. Marla is looking for a volunteer to drive the truck for the race.

### Vulcan Run (Hunter Bridwell)

Trish Portuese has found three alternative course routes that will eliminate the giant hill from last year's race. Cameron Estes will look into incorporating the route that we are leaning the most towards into a Saturday Morning Long Run. We will have to get the course certified. Rosewood Hall has confirmed that we can host the post-race celebration with them and we will use the same catering as last year.

### New Business

A proposed date for our strategic planning meeting is Wednesday, August 13, 2025. This meeting will be in-person. Please send an email to the Executive Board if you are unable to attend and we can look for alternative dates if that date doesn't work for several people.

Jamie is researching new equipment and is going to order new coolers.

Discussion was held about how we can honor Kelly Sims with the 1200 Mile Club. Suggestions were to include her name in the 1200 Mile Club name, create a special patch for a specific number of consecutive years, or create a special award in her name for those that hit maybe 1500 miles in a year. We will discuss further at next month's meeting.

Discussion was held regarding updating the Birmingham Track Club brand with a new logo and new marketing materials. If anyone knows a graphic designer that would be interested in submitting a proposal, we would like to hear from them. We may create a new committee for discussing ideas on updating the BTC brand.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, July 14, 2025, at 6:00 p.m.

# BTC EXECUTIVE BOARD MEETING

# July 14, 2025

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Vicky Brakhage, Alex Morrow, Trish Portuese, Kabeer Ahmed, Charles Thompson, Kim Benner, Alan Hargrave, Kaki Jenkins, Ruth Kles, Cameron Estes, Haley Flanery, Ellen Ortis, and Rebecca Williamson.

There was an error in the minutes from the June Executive Board Meeting. The Peavine Falls updated was listed as being given by Jamie Trimble, but it was actually provided by Marla Gruber. After correcting this error, Vicky Brakhage made a motion to approve the minutes of the June 2025 Executive Board Meeting. The motion was seconded by Alan Hargrave and passed without opposition.

## Membership (Cameron Estes)

We currently have 817 members and 642 memberships. Discussion was held about turning on an option for BTC Memberships to automatically renew through RunSignUp.

## Newsletter Editor (Jamie Trimble)

We will do a combined July and August issue for the next newsletter. The deadline to submit content is July 18, 2025, and the publication date is July 28, 2025. Julie Pearce will be out of the country for the September newsletter's publication date, so the content deadline for the September newsletter will need to be a little earlier than usual. Julie Pearce will confirm the due date.

## Treasurer (Ruth Kles)

The BTC's current account balance is \$49,978.93. We are working on paying all invoices from Peavine Falls.

## Social Committee (Haley Flanery)

We are having a social benefiting the Crisis Center, Inc. on August 16, 2025, at Trim Tab Brewery. The Crisis Center is no longer hosting the Just a Call Away 5K, so this will be a fundraiser for them. They have already set up a registration page on RunSignUp for folks to register and donate. This will be a summer social run with a watermelon theme. We will have different run distances and we will do a watermelon crawl. You don't have to donate to the Crisis Center participate in the run and social.

## Member Benefits (Ellen Ortis)

Ellen is currently working on a couple of restaurants for benefits. She previously reached out to several CPR training groups about the possibility of hosting a CPR training course for BTC members, but none of the training groups were willing to offer a discount and there did not appear to be a lot of interest, so we have decided not to host a CPR training course.

## USATF Representative (Charles Thompson)

The World Police and Fire Games took place from July 30, 2025 – July 5, 2025, at Samford University. On July 12, 2025, The Titans Tune Up Meet took place at Chelsea High School.

## IT Chair (Alan Hargrave)

We have cancelled our subscription to Constant Contact, so that will save \$59.00 a month. If we decide to proceed with membership automatic renewals through RunSignUp, they provide two options: 1) the membership will renew automatically on the day it expires, or 2) the membership will renew the day after it expired. We will look further into this option.

## Marketing (Alex Morrow)

We are working on promoting the August social with the Crisis Center. Alex Morrow also has a meeting with Hydralive Therapy about a possible sponsorship of the BTC. If Hydralive Therapy plans to attend BTC events to offer services, we need to ensure they have licensed people performing these therapies with safeguards in place.

## Saturday Morning Long and Moderate Group Runs (Cameron Estes and Jamie Trimble)

The Saturday Morning Moderate Run Group continues to grow. There were three new runners this past Saturday. For the long run group, we are having

good participation with water stops. The Long Run group had a very large group this past Saturday. Distances are starting to get longer as we build for the Chicago Marathon.

## Peavine Falls (Jamie Trimble)

Peavine Falls went well. The only issue we had was a shortage of cups at the finish line. There was a surge in registration close to the race day, so it does appear that there was a profit from the race.

## Vulcan Run (Jamie Trimble and Trish Portuese)

There are currently 140 registered for the Vulcan Run 10K, which is up from the last two years. To thank those that participated in Peavine Falls, we are offering a \$5 discount if they register for Vulcan Run. The discount code is valid for two weeks. The new 10K course is set up on RunGo, but we are waiting on the course certification. There are still hills on the course, but it is better than last year. Rosewood Hall is already reserved for the after party and Hunter Bridwell is working on catering.

## Japan Exchange (Rebecca Williamson)

We received a \$12,000 donation from the Sister City Committee to bring runners from Maebashi, Japan to come participate in a BTC race. A letter should be sent to Maebashi next week inviting them to travel to Birmingham. We have also selected runners to participate in the races in Maebashi. The runners selected are Susan Hale and Kate Jenkins. Their husbands will also attend the trip to Japan and may run the 5K.

## New Business

Jamie Trimble purchased new PA system that worked great at Peavine Falls. He also purchased a new water hose and all new trash cans. We threw away all of the old trash cans at Peavine Falls. Finally, Jamie has purchased new steel shelves for the storage unit. He is still looking into purchasing a cart for moving tables.

On Saturday, July 19, 2025, we are going to have a storage unit clean out day and install the new shelves. Jamie Trimble, Judy Loo, and Vicky Brakhage plan to be there, but we would appreciate any other helpers.

Discussion was held about how we can honor Kelly Sims with the 1200 Mile Club. Suggestions were to rename the 1200 Mile Club in her honor or create a new annual award in her name to be presented to someone who completed 1200 Mile Club and overcame obstacles or challenges while training. A possible name is the Kelly Sims Endurance Award.

Alan Hargrave made a motion to create a new annual award in honor of Kelly Sims. The motion was seconded by Kim Benner and passed without opposition. We will finalize the award name and criteria at a later date.

The Police and Fire Games were held in Birmingham and the BTC hosted a water stop for the half marathon on Sunday. Our very own BTC member, Daryl Smith, won the heavy weight category.

On Saturday, August 26, 2025, the Trak Shak is hosting their annual Retro Run 5K. The BTC will handle the water stop for the race. They changed the course a little this year, but the water stop is still approximately in the same spot as prior years. Volunteers at the water stop will receive a wrist band to attend the race after party. We will create a volunteer signup through RunSignUp.

We have decided to plan ahead for the locations of our remaining meetings for the year. Our current plan is to hold the regular August board meeting via Google Meet, then we will have our strategic planning meeting on August 13, 2025, in person. Our meetings in September and December will be via Google Meet, and we will plan to meet in-person in October and November.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, August 11, 2025, at 6:00 p.m. via Google Meet. Then we will have a strategic planning meeting in-person on Wednesday, August 13, 2025. The location will be announced at a later date.

# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	August 2, 2025	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	August 9, 2025	6:00 a.m./6:30 a.m.
BTC Executive Board meeting (location TBA and via Zoom)	August 11, 2025	6:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups *BTC Run Social from Trim Tab Brewing *</a>	August 16, 2025	6:00 a.m./6:30 a.m.
Just a Call Away 5k (in conjunction with the BTC Run Social)	August 16, 2025	VIRTUAL
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	August 23, 2025	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	August 30, 2025	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	September 6, 2025	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	September 13, 2025	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	September 27, 2025	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 4, 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**

