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MY BOSTON JOURNEY, PART II

By Eric Thomas

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MY BOSTON JOURNEY, PART II

In our June issue, we brought you part one of Eric Thomas's journey to the Boston Marathon ([click here to read it if you missed it](#)). This month, we feature the rest of Eric's story, his race experience, and his plans for the future.

After all that it took to get to this start line of the most storied race in marathoning, reliving the actual race is a must, but first let me get back to Boston News Channel 25, the day after the 2024 race. The newscasters were of course talking about the marathon and all the festivities from this most iconic event. As part of the coverage, the newscasters flashed back to ten years prior -- April 15, 2014. Both the City of Boston and all of America showed out as strong, resilient, and not easily broken that day.



The incomparable Meb Keflezighi was running the race. An Eritrean born runner, Meb escaped from the African country with his family as a child, ultimately finding refuge and citizenship in the United States. Meb won Boston that day in 2014, doing so as a true American citizen and the first American man to win the prestigious race in over 30 years. All of the American elites ran and raced beautifully. They unofficially worked together by not chasing down Meb after he had broken away from the lead pack of runners just over halfway into the race. This strategy forced the favored Africans to work harder on their own to try to catch Meb without the lead Americans pushing the pace, which they ultimately waited too long to do in starting their pursuit.

It was only after the race that it came to me: I had run my first Boston Marathon ten years to the day of Meb's historic win on One Boston Day (observed every April 15 in Boston). To make things even sweeter, I had the opportunity to meet and take a picture with Meb on Saturday, April 13 at the Black Unicorn Marathoners Celebrate and Connect event honoring him and other Boston Black marathoners. Meb was very genuine and humble -- a true champion in every sense of the word. Meb inspired me to make a go at Boston back then, and meeting him that Saturday before heading to Hopkinton was added inspiration as I prepared to earn my first unicorn medal.

Returning to the Hopkinton starting line...We were off after the pistol fired. My main goal after traveling 1,200 miles on JetBlue with family and friends was simple: finish this iconic race. My second goal was to have fun doing it while being able to enjoy the experience. Beyond

those two goals, I had hopes of running between a 3:20 and a 3:30 finish time. I had run a 3:03 at my qualifying race in Pennsylvania in September of 2023, but I was nowhere near that level of fitness because of nagging plantar fasciitis over the previous four months. This was okay, because all the hard work had been done -- it was now time to enjoy the race that I had trained so diligently to run. Plus, as I mentioned earlier, it was already 62 degrees at start time, which is hot for runners, me included. My ideal racing temperature would have been high 40's to low 50's.

Cary had told me that the crowd of runners would probably never thin out because of the two-lane roads in most sections. Cramping 30,000 people on those roads formed a pretty much continuous 20+ mile parade, so I would say he was spot on with his assessment. Because most everyone around had a similar fitness level as everyone else, it made for a lot of company throughout the whole endeavor. Boston is a course that is net downhill, which means that it starts higher and eventually ends lower. Indeed, for the first 13 miles, we pretty much went downhill. This affects your quads -- go too fast too quickly and you will be toast by the end of the race. It wasn't all downhill though, as there were some great "rollers" (hills) sprinkled in throughout the course to keep it an honest race. To pace it right you must leave something in the "tank" for the bigger hills between miles 19 and 23. They are called the Newton Hills, with one hill in particular known as "Heartbreak Hill." This hill gained its notoriety from a famous duel between two Boston favorites back in the day. That's a story for another day, but let's just say that the loser of this duel had his heart broken by losing to his rival after assuming that he had soundly beaten him. When passing his opponent earlier on Heartbreak Hill, he patted his competitor on the back; only to be passed himself before crossing the finish line for believing that he had the eventual victor beat on those Newton Hills.

After running this historic route, I can confirm that it is indeed great advice to leave something in the "tank" if a runner has a specific goal in mind. The course, the people, the atmosphere, and the race itself all can cause you to misjudge how fast you should be going from the very start. I tried not to peek at my watch too often. But right off the bat, I noticed I was running a low 6-minute mile -- unintentionally -- because of everyone around me, and I smartly decided to back off that pace. Keeping that in mind, I kept it easy through the first six or seven miles and just ran based on how I was feeling. I would say the effort was about a seven out of ten. By this time, I was pleasantly surprised to see that Cary had caught up with me, although we had both agreed before the race that we were going to enjoy it. Cary was slotted in Wave Two with me as well but maybe a couple of corrals further back. Thankful that Cary came up and found me, we ran together for about the next 11 or 12 miles, reminiscing about some of our group training runs back in Birmingham.

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So, I had excellent company and an even better friend on the hot and hilly day. Cognizant that it was warm out, Cary kept reminding me to drink, even going so far as to get two cups of water at most aid stations. If I missed an aid station, Cary was there with an extra cup. I joked that I felt like Kipchoge (the well-known elite runner) and that he was my world-famous water handler. But Cary was just being himself: a great runner but an even better friend! It worked out well for us both though because we stayed well-hydrated as temperatures crept up into the low 70's. It would have been a beautiful day for almost any

activity but a footrace on hot concrete, not so much. We came through the half faster than the 3:20 pace group at around one hour and 36 minutes. This was somewhat faster than what we wanted but certainly within both of our wheelhouses.

Intentionally slowing down the pace a little between miles 14 through 18, we knew, -- well Cary knew -- what lay ahead. I forget which mile it was that we went through the famous "scream tunnel" with the girls of Wellesley College, but it was just as electric as the many times I watched it on tv, only this time I was living it. You could hear the screams well before you arrived and shortly after you departed the area. Several girls hold up signs offering kisses to any of the thousands of accomplished runners, and yes, they will kiss you. I laughed to myself as one guy stopped in his tracks and planted a big kiss on the lips of one girl, and she almost instantly gave a look as if she was a bit turned off. Or maybe he was not the ideal guy she wanted a kiss from, who knows? I guess you can't be too picky when you're holding up a sign that says, "kiss me!"

Throughout the race we passed so many spectators on both sides of the road that it just gave us the necessary energy to keep going: a smile, a laugh, an orange slice, a joke, or a great word of encouragement at just the right moment. I had never been in a race with this much crowd support, and I could feel all the love surrounding us, uplifting us to climb the next hill, getting us closer to the finish line one step at a time. One particular sign that made me chuckle read, "All toenails go to heaven." This hit home when you lose as many toenails as I do during a marathon-training cycle build-up (about five and a half months and six toenails -- yikes!).

I passed a group of Latinos on my left who were proudly displaying their Puerto Rican flag. They had a tent set up with a massive sound system banging some of the Ying Yang Twins' greatest hits. People on both sides of the streets were jamming along and even a few runners

as well. It was like the city had planned a party and a race broke out. There were people all on their rooftops, their porches, sidewalks, anywhere they could get a good view just to cheer us on and enjoy the festivities. This made me feel like a rockstar for just a moment and for sure I wanted to keep going.

Around mile 18, Cary told me to go ahead because he was going to fall back a little bit. He said it was hot out, but I really think that he was

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enjoying himself so much that he wanted to savor the moment with the people. I mean, he was really running around for most of the race, just high-fiving kids and adults, literally. I soldiered on ahead still feeling pretty good, slowing down a bit on each Newton hill as I climbed it and letting each hill pull me forward after cresting the top. This strategy worked tremendously well until I got to Heartbreak Hill. Being from Birmingham, truth be told, you get very used to running hills. Heartbreak Hill is not a walk in the park, but we have some menacing hills that our local runners take on regularly (hello, Stone River Road?). What makes Heartbreak Hill so tough is where it is located within the race. After having about 20 miles of exhaustion under your belt, you do not want to do much climbing at all. I would compare summiting Heartbreak Hill to running up Green Springs Avenue from George Ward Park to its crest.

Saying all of that, I am not ashamed to say that Heartbreak Hill got the better of me during the jaunt, as I briefly walked twice making the climb. Finally, after cresting Heartbreak and running under a sign that said, "Congratulations, you have conquered Heartbreak Hill," I coasted down the backside. Twenty-one miles in, and now all I wanted to do was finish. By this point the heat was starting to wear on me. The self-imposed limited mileage over the last few months due to my bad left foot had finally exposed the crack in the armor of my marathon preparation.

To counter the physical exhaustion, I started to think about my friends and family who would be there to greet me after crossing the finish line. Then I began repeating a mantra that I had come up with on the fly through the Newton Hills, "No brakes, No Push!" It basically meant to let the hills take you, and don't expend any more energy than absolutely necessary. Then I started to put the finish line out of my head and only thought of making it to the next mile. Like the saying goes, "there's only one way to eat an elephant; one bite at a time." Once that mantra finally stopped working, I started to repeat another classic mantra to myself: "one foot in front of the other, just keep moving!" This got me right to the edge of the city limits of Boston. At that point, there were only a couple of miles left in the race.

Looking straight ahead, I could see the huge, world-famous Citgo sign -- the same one that's been shown countless times on television in many thrilling races from the past. My legs wanted to cramp so badly at that point, forcing me to down Gatorade at pretty much every aid station I passed to get in the electrolytes I needed. I continued to slow down the closer I got to the finish line, but I refused to stop. By this point, I was alternating between the mantras I had come up with, doing anything to distract me from my pain while keeping solely focused on making it that iconic finish line.

Not too long after that point, and similar to what had happened in some of my prior marathons, I somehow begin to feed off the energy



of the crowd more and more. It was a little different this time because that energy was greatly magnified, and it was like no race I had run up until this point. The crowds were louder and deeper. On both sides of the road. On balconies and sidewalks. Pouring out of hotels and restaurants. Strangers were giving me the energy that was seemingly, somehow, taking away the cramps that I had started to experience just moments before. The moment I had dreamed about so many times before was finally real. The crowds got even louder still. Crossing under the overpass, I saw a sign that read "Boston Strong" painted in the race colors of yellow and blue above me. My strength returned more and more with every step. I was now so close; there were only two turns left. The two most famous street names in the history of road racing: right on Hereford, left on Boylston.

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And just like that, I was on the straight away down Boylston Street with thousands of screaming spectators, and I could see the finish line in sight. I was doing my best to soak it all in while possibly catching a glimpse of the huge “fathead” cutouts that my wife had bought for friends and family to wave in the crowd. There were so many people that I didn’t see them, but I did hear someone say, “Let’s go #8542!” My number! I was moving so fast but still trying to absorb what was transpiring. The finish line was rapidly approaching. I reached it and crossed in jubilation! I thought to myself, “Wow, I really just finished the Boston Marathon!” I had finally manifested what I had visualized happening so many times before. My mind was racing and filled with sentiment. Of course, I also thought about the victims and the survivors when coming down Boylston Street. They, and we as a nation, are “Boston Strong” -- something we will forever be in their honor and memory as we continue the fight against terrorism.

A couple minutes after crossing the finish line, Cary found me. He had finished not far behind me. I was surprised but also thankful to

learn that he had stopped with three other runners to help carry a young lady who had passed out to the nearest emergency medical personnel. Being such a hot day for a marathon, almost 4,000 runners had to seek some type of medical attention. In the spirit of being “Boston Strong,” Cary was able to step into the role of a hero, as did many others like him, by helping fellow runners who were overwhelmed by the heat of the day. This “Boston Strong” mentality has been happening since the attacks and continues to happen every year: ordinary people rising to the occasion to become heroes. The terrorists vastly underestimated this before and after the bombings and ultimately got what they deserved. I was proud to be a finisher of this race. Feeling Boston Strong, I finally ran the Boston Marathon.

After collecting my personal bag from gear check, we ventured over to one of the beautiful buildings right off Boylston Street: Arlington Church. It was about a half of a mile past the finish line. I was so happy to be reunited with all my peeps, heading towards our pretty sizable group of runners, friends and family from Birmingham. But before I was able to do that, I was in for another huge surprise.

A man walked up to me and said, “I see that you wear Oofos. How would you like to be an official Oofos sponsored athlete?” He had a camera crew with him, but I really thought that he was joking. He could see the hesitation in my face so he explained, “No, we are serious. Do you have social media?” I answered, “Yeah, I do.” He continued, saying, “We are about to sponsor you and make you famous.” At this point, my mind was still calculating, and I think I may have said something profound like, “Wow!! Okay!!” And the next thing I knew, I was being interviewed by the Oofos social media team for all of their platforms, signing a contract, taking pictures and trying on the slides they gave me on the sidewalk. Needless to say, I am officially an Oofos athlete now! We walked to their store nearby, where they engraved my marathon medal, gave me three new pairs of Oofos and generally treated me like a Rockstar for the moment! This was in addition to receiving gift cards, clothing, and my next two race registrations paid for by Oofos. I liked Oofos before Boston, but I love them even more now!

So, to wrap it up, Boston was an incredible trip. It was worth every bit of the wait and every bit of the training and the effort. I hope everyone who wants to get there does exactly that, and they enjoy it as much as I did, because it is truly a special event.

Keep running, and it will come. I know I plan to go back!



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

Welcome to our combined July/August summer issue of *The Vulcan Runner*. I hope this finds you well and enjoying your summer. No matter where your travels take you, I hope you're finding new and fun places to run. While you're traveling, be sure to get a few pictures with your BTC gear and send them to Julie Pearce at newsletter@birminghamtrackclub.com. We want to see where all your travels and running take you this summer!

On July 4, we put on our annual **Peavine Falls Run**, and it truly was one of our best ever! Attendance was up again this year, and everyone had a great time running the hills and trails at Oak Mountain State Park, not to mention the epic after-party. **Race Director Marla Gruber** really stepped it up with the cool Peavine logo tank this year. Congratulations to everyone who ran this year, and be sure to come join us again next year. This race and many of our BTC activities are not possible without our great sponsors. Thank you to club sponsors **TherapySouth** and **Andrews Sports Medicine** and to BTC Race Series Sponsor **Resolute Running**. Thank you to **The Trak Shak** for all that they do for the running community, and in particular for providing the winner awards. Special thanks also to two new sponsors, **TrimTab Brewing** and **Trader Joe's**. TrimTab provided its facility for our pre-race packet pickup, which was a really cool change of pace, as well as provided post-race refreshments. Trader Joe's supplied all of the great post-race food this year. We look forward to expanding these new partnerships. Please be sure to patronize all of our BTC sponsors!

One final word about Peavine, and that is a huge shout out and "THANK YOU" to everyone who volunteered. These events don't happen without all of the behind-the-scenes hard work of so many people. Congratulations to **Andrea Mejia** who was the winner of the volunteer random drawing for a Trak Shak gift card. Finally, thanks to **Resolute Running** and our trail running friends from **B-U-T-S** for manning the on-course water stops, which every runner appreciated.

On Saturday, July 27, the BTC once again joined with our Trak Shak friends to man the **Retro Run 5k** water stop. This is always one of the most fun things we do as a club. We had a great time together providing water and cheering on the runners. It was truly quite the party! Thank you to everyone who came out and congratulations to all of the runners.

We have a lot of fun events coming your way in the coming weeks and months. Here are just a few things to be sure to put on your calendar...

- On Thursday, August 1, the BTC is teaming up with the Thursday Night Runners for an evening Happy Hour run from TrimTab Brewing. There will be BTC-sponsored drink discounts, so come join us at 5:15 pm for a run and some great fellowship afterwards.

- Our next BTC Saturday Morning run social will be on August 10, also from TrimTab Brewing. Come join us for a run downtown at 6:00 am, then hang out afterwards for Brunch and Brews, where there will be drink discounts, a food truck and of course, door prizes.

In conjunction with the run social, August 10 will also kick off of the Moderate Run Group's **"New Runner/Return to Running"** training program. The program is designed to help anyone who is either new to running or wants to get back into running to train for a 5k or 10k. In conjunction with the Long Run Group's goal race of BHM 26.2, this program will get you ready to run the BHM 5k or 10k. We'll meet at 6:00 am with the Long Run Group, have a little runner orientation, and then begin with a training run or run/walk. So, if you or someone you know wants to begin running or return to running, this is the place for you -- come join us! For more information, check out the Moderate Run Facebook group, or contact Sarah Jensen at moderateruns@birminghamtrackclub.com.

Speaking of the Saturday Morning Moderate Run Group, I am pleased to announce that **Sarah Jensen** is taking the reins of leading this group. After championing this group for years, **Mark Criswell** is handing things over to Sarah. Many, many thanks to Mark for his dedication and leadership of our Moderate Runs Group. He isn't going anywhere, so you'll still see him out there with us most Saturday mornings at 6:30.

In other club news, long time **1200 Mile Club Coordinator Kelly Simms** is handing things over to Rebecca Williamson. Thank you, Kelly, for all of your efforts over these last several years of coordinating one of the BTC's most significant and member benefits. The 1200 Mile Club is most recognizable by the jackets we all earn from running 1200 miles in a year. Stay tuned for some new multi-year recognitions to go along with the annual jacket patches.

Finally, the Board of Directors and Executive Committee are already hard at work planning the remainder of this year and making plans for an even better year in 2025. So, stay tuned for updates.

Stay safe out there and Happy Running!

Jamie Trimble
BTC President

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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.

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Race Results

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

birminghamtrackclub.com

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MEDICATION AND MILES:

Understanding and Managing Exercise-Induced Bronchoconstriction

By Ashley Aleman Garcia, 2027 PharmD Candidate and Kim Benner, PharmD

An issue faced by many runners that may be overlooked is exercise-induced bronchoconstriction (EIB). This condition, characterized by a temporary narrowing of the airways during physical exertion, can cause symptoms such as shortness of breath, chest tightness, wheezing, and coughing. While EIB can be a daunting obstacle to overcome, understanding its causes, mechanisms, and management strategies is crucial for runners seeking to fully enjoy their sport.



Understanding EIB

EIB occurs in a significant percentage of both athletes and non-athletes, with up to 90% of individuals with asthma experiencing this phenomenon. The triggers for EIB are diverse, ranging from environmental factors such as cold, dry air to genetic predispositions and underlying respiratory conditions like asthma. During exercise, the body's demand for oxygen increases, leading to rapid breathing and exposure of the airways to irritants, pollutants, and allergens. In susceptible individuals, this can result in inflammation, neuronal changes, and ultimately, bronchoconstriction. Bronchoconstriction is a physical response where the air passages in the lungs become narrower than usual. This narrowing happens because the smooth muscles around these air passages contract, making it more difficult for air to flow freely in and out of the lungs.

Managing EIB

Effective management of EIB involves a multi-faceted approach, encompassing both drug and non-drug interventions. Short-acting beta-agonists (SABA), inhaled corticosteroids (ICS), leukotriene receptor antagonists (LTRA), mast cell stabilizing agents (MCSA) and

short-acting muscarinic antagonist (SAMA) are among the drug options available, each targeting different aspects of the inflammatory process.

- **Short-acting beta agonists (SABA).** These are quick-relief inhalers that work by relaxing the muscles around the airways, making it easier to breathe. They are typically used 5 to 20 minutes before exercise to prevent bronchoconstriction. Examples include albuterol (Ventolin) and levalbuterol (Xopenex).
- **Inhaled corticosteroids (ICS).** These are anti-inflammatory medications that reduce inflammation in the airways, thereby preventing bronchoconstriction. They should be used daily for long-term control of asthma and EIB. Examples include fluticasone (Flovent) and budesonide (Pulmicort); they can be combined with a beta agonist like in Symbicort or Dulera.
- **Leukotriene receptor antagonists (LTRA).** These medications block the action of leukotrienes, which are substances in the body that cause inflammation and bronchoconstriction. They are taken orally and may be used as an alternative or in addition to inhaled corticosteroids; a common example is montelukast (Singulair).
- **Short-Acting Muscarinic Antagonists (SAMA; also called anticholinergics).** These medications block the action of acetylcholine, a neurotransmitter that can cause bronchoconstriction. They are used as an alternative or in addition to short-acting beta agonists. Ipratropium bromide (Atrovent) is an example of a short-acting muscarinic antagonist; tiotropium (Spiriva) is another common anticholinergic.
- **Mast cell stabilizing agents (MCSA).** These medications work by preventing mast cells in the airways from releasing substances that cause inflammation and bronchoconstriction. They are usually used before exercise to prevent symptoms. Cromolyn sodium (Intal) is an example of a mast cell stabilizer, even though this class is used the least.

In addition to medication, non-pharmacological interventions play a crucial role in mitigating the impact of EIB. This includes implementing warm-up exercises before vigorous workouts to gradually increase heart rate and breathing rate, as well as protecting the airways from cold, dry air, pollutants, and allergens by wearing scarves or face masks during outdoor activities in cold weather. Identifying and avoiding triggers such as high pollen or air pollution levels or chlorine exposure in pools, and maintaining optimal indoor air quality through regular cleaning and ventilation are also important. Staying well-hydrated, gradually progressing exercise intensity, and practicing breathing techniques like pursed-lip or diaphragmatic breathing during exercise can further help alleviate EIB symptoms. Ensure you are appropriately using and cleaning your inhaler and other asthma

MEDICATION AND MILES:

Understanding and Managing Exercise-Induced Bronchoconstriction

type medications as they vary as to how they work and they are very technique dependent.

Furthermore, maintaining a healthy weight through diet and exercise may contribute to reducing the severity of EIB symptoms. By incorporating these non-pharmacological strategies into daily life, individuals with EIB can better manage this condition and enjoy physical activity with fewer respiratory symptoms.

Conclusion

Exercise-induced bronchoconstriction may present a challenge to runners, but with proper understanding and management, it need not be a barrier to achieving success in the sport. By employing a comprehensive approach that addresses both the physiological and environmental factors contributing to EIB, runners can continue to pursue their passion with confidence and vitality. So, lace up your shoes, breathe in the fresh air, and let nothing hold you back from reaching your full potential on the open road.

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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:

Stephen Adwell	Hunter Garnett	Renie Moss	Christianna Rudder
Eugene Aquino	Martin Gomez	Michelle Mott	Stephen Savincki
Brad Arnold	Meg Gore	Bridget Murphy	Aubrey Shirah
Jacob Bodino	Brittney Gray	Hillary Nava	Briley Shirah
Bill Bowman	Kay Hallingquest	Kathryn Nicholas	Carley Shirah
Trevor Brumleve	Tracy Hallingquest	Jason Nodjomian	Patrick Shirah
Josie Bryan	Liberty Heise	Alejandra Hernandez Ortiz	Sheri Spencer
Wes Bryan	Charissa Henrich	Christy Parsons	Mariah Stewart
Aaron Calvert	Chris Henrich	Mitchell Pinkerton	Eric Thomas
Addison Clowers	James Henrich	Honora Pinnick	Whit Thornton
Emily Coe	Andrea Hester	Jonathan Pinnick	Seth Tibbs
Matt Coe	Becky Howard	Janis Posey	Chris Toth
Charlie Connell	Patrick Jackson	Jessica Randazza-Pade	Christopher Toth
Melanie Conner	Liz Johnson	Megan Randolph	Lauren Toth
Jay Cooke	Caleb T Jones	William Rasberry	Madeline Toth
Susanna Copeland	Rachael Josey	Jonah Rinehart	Nick Toth
Adolfo Cruz	Bryan Koepp	Margaret Riser	Nick Tyler
David Deerman	Fred Launsby	Tom Riser	Kendrick Wallace
Kristin Dillard	Skip Mathews	Brian Rodgers	David Waid
Tania Eddlemon	Kelly Morrison	Holly Rodgers	Mark Wilson
Bairon Francisco	Helen Moss	Jack Rodgers	Wesley Worsham
Lisa Frederick	Philip Moss	Laura Rodgers	Spencer Wyatt

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, we need volunteers to help with our Finish Line Crew and volunteers to write articles and put together content for *The Vulcan Runner*.

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

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



BTC Merchandise

New BTC Spring and Summer gear will be available soon! In the meantime, we still have a limited amount of Fall and Winter merchandise available on the [BTC website](#) – stock up now for next year!



SHOW US YOUR BTC GEAR!

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



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

BTC Member Benefits

All of these ladies have volunteered in the last month by putting out water stops or working races or packet pick up. They each received a free Farm Bowl smoothie card, which made for a perfect post-run treat! Did you know we have a Farm Bowl card for you, too? Show up on Saturday, put out a water stop, and volunteer to help at one of our events. And thank you, Farm Bowl, for supporting local runners who are contributing to the community!



BTC Group Runs Update

Our BTC Long Run Group has selected the St. Jude Rock 'n' Roll Nashville Marathon and Half Marathon on April 27, 2024 as our Spring target race. You can easily adapt your Saturday long runs around our schedule – please join us! We meet every Saturday morning at 6:00 a.m., usually at The Trak Shak in Homewood. Please visit our [BTC Long Run Facebook page](#) for details on the weekly routes. Please contact Cameron Estes, our [BTC Long Run Coordinator](#), with questions, suggestions, or ideas. While there is no cost to join the group, we do depend on members to help out with the water stops we all need (especially during the hot summer months). You can volunteer to provide a water stop at the [RunSignUp.com](#) link we'll post each week, or you can donate money toward provided water stop supplies if that is easier for you.

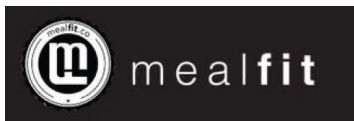
Our Moderate Run Group also meets on Saturday mornings. This group runs shorter mileage on Saturday mornings (typically 3-8 miles), usually starting at 6:30 a.m. It is the perfect starting place for those who are new to long miles or those who just prefer to run shorter distances. Check out the group's [Facebook page](#) for details. And a big "thanks!" to Mark Criswell for activating this group again!



BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator

... CURRENT LIST OF MEMBER PARTNERS ...



NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

Download (or print) your membership card by clicking [this link](#) or by following these instructions:

- Go to <https://runsignup.com/MyClubMemberships>.
- Log into RunSignUp using the email you used to register with the BTC.
- Click the **"Membership Card"** link for your current BTC membership (need to renew you membership? Click **"manage"** to do so easily).
- Print your membership card or save a .PDF to your phone. Easy peasey!
- Enjoy your BTC discounts (and be sure to support the local businesses who support the BTC)!

REMEMBER TO USE YOUR BTC MEMBERSHIP BENEFITS

- » **MealFit:** 20% off first order.
Use Code BHAMTC online (mealfit.co).
- » **Trak Shak:** 10% off. Present card
- » **Moving On:** 10% off. Present card.
- » **Restore:** 10% off services and 20% off memberships.
Present card.
- » **FleetFeet:** 10% off. Present card.
- » **Taco Mama/Otey's:** 20% off. Present card.

We are adding more fabulous BTC benefits every month. Does your company want to be a part of the action? Email Benefits@birminghamtrackclub.com!



THERAPYSOUTH

The Role of Rate of Perceived Exertion (RPE) in Running

By Hannah Cox, TherapySouth



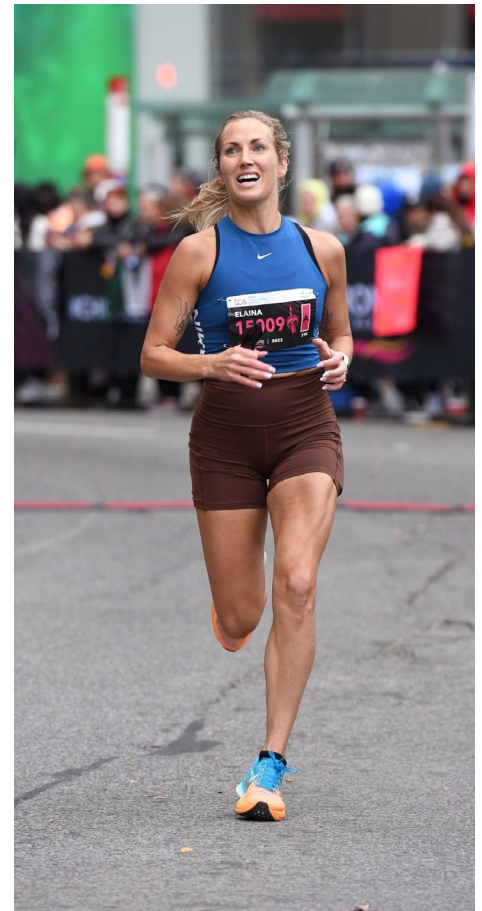
Every runner has tweaks and aches that occur during a training cycle. What can be tough to determine is what to do about it. Should you switch your hill repeats to a fartlek run? Should you decrease your long run distance for the next two weeks? Should you take off two weeks altogether from all activity?

More current research suggests using a “visual analog scale” of pain, which requires an individual to rate his or her pain from zero to ten (zero being the absence of pain and ten being in the backseat of an ambulance) to make an appropriate determination of how to address the issue. The runner’s RPE dictates the extent of changes that should be made to his or her training. I have summarized my findings into this concise chart to help my patients get healthy as soon as possible:

6-10	STOP! <ul style="list-style-type: none"> • A tissue’s capacity to adjust to training variables has been exceeded. • Continuing at this level will prevent healing and worsen injury.
3-5	MANAGEMENT ZONE <ul style="list-style-type: none"> • The discomfort feels closer to levels of acute injury. • It is important to change training variables • Modify form or activities • Remain at current activity level and/or incorporate modified training load, intensity, duration, frequency or form • Body continues to heal if training variables are managed appropriately
0-2	THERAPEUTIC DISCOMFORT ZONE <ul style="list-style-type: none"> • You may feel some discomfort and it may even mimic (at a lower intensity) pain from a chronic or acute injury. • You can continue to train in this zone safely without worsening current injury or produce new injury. • Progress training variables of: load, intensity, duration, or frequency

What most runners find surprising is that even when they rate their pain as a 5 out of 10, I can still incorporate their training schedule and goals into their current activity. The presence of pain doesn’t necessarily mean I will tell someone to stop running. Rather, we need to evaluate several variables to determine what part of training should be modified.

A mistake I see most competitive athletes make is that they wait too long – until their pain is at least a 6 out of 10 or until they have a race or a big game in two weeks. They avoided asking for help earlier, concerned I would tell them to stop performing an activity all together. Unfortunately, now that pain levels are high, it will be hard to calm down the tissue in a short time frame to endure competition. An appropriate time to seek help from your coach or come in for treatment is when your pain is in the management zone. Yes, we may need to modify your short-term goals, but with proper care and treatment, your long term goals can still be met!



Injury occurs when load exceeds a tissue’s capacity to sustain it. “Managing” an injury doesn’t always mean to avoid an activity completely; it only indicates modifications need to be made! So the next time you are trying to determine “how injured you are,” use this chart to prevent your discomfort from wrecking your next season!

FRESH JUNKIE RACING OFFERS BTC MEMBERS RACE DISCOUNTS ON ALABAMA RACES

By Mike Gray



Hi, BTC runners! I am a member of the Birmingham Track Club and a participant in the 1200-Mile Club. I also am a member of Team RWB (Red, White & Blue), which supports military veterans on their health and wellness journeys. This year, I am serving as an ambassador for Fresh Junkie Racing (FJR).

FJR is a prominent event production company that specializes in organizing and managing high-quality running events. FJR has carved out a niche by offering meticulously crafted races that cater to both competitive athletes and recreational participants. Many of you likely are

familiar with FJR's Alabama events: the Battleship 12K in Mobile, the War Eagle Run Fest in Auburn and the Tuscaloosa Half Marathon in Tuscaloosa. FJR also hosts events in Louisiana and Mississippi.

FJR was founded by Pat Fellows and Brandon Schenck, both of whom are avid runners who wanted to bring their personal experiences and love for the sport to the community. FJR also powers a podcast called the "The Tempo" for race previews and recaps.



FJR's latest promotion is its FJR ambassadors program. My mission is to promote FJR races for the 2024-25 race year. Along with this I get to offer everyone a 15% discount code. [Check out the FJR website](#), and if you find a race you like, use the code **RWB15** to save on your registration fee.

FRESHJUNKIE™ RACING

Fall 2024

Northshore Half Marathon Covington, LA	October 13
Battleship 12K Mobile, AL	November 17
Baton Rouge & Tammany Turkey Trot Baton Rouge, LA & Covington, LA	November 28
Mississippi Gulf Coast Marathon Biloxi, MS	December 14-15

Spring 2025

Louisiana Marathon Baton Rouge, LA	January 18-19
Mardi Gras Mambo Baton Rouge, LA	February 15
War Eagle Run Fest Auburn, AL	February 23
Tuscaloosa Half Marathon Tuscaloosa, AL	March 29
Tiger 10K Baton Rouge, LA	April 27
Huey P. Long Bridge Run Elmwood, LA	May 10

I have run the Battleship 12K and the Tuscaloosa Half Marathon many times, and I have seen many local runners at each of these races. And finishing the War Eagle Run Fest on the 50-yard line inside Jorden-Hare Stadium is about as unique as it comes!

I hope even more BTC runners will join me at these races in 2024 and 2025!

BATTLESHIP 12K

USE CODE

RWB15

TO SAVE 15 %

NEW BTC MODERATE RUN GROUP LEADER LAUNCHES A RETURN TO RUNNING AND BEGINNER TRAINING SESSIONS



Did you know that in addition to our BTC 6:00 am Long Run Group, the BTC also has a group of runners who meet at 6:30 am from The Trak Shak for moderate distances? The Moderate Run Group is beginner friendly and includes runners with a variety of paces that average from 10:30 - 12:30, as well as walkers and those who prefer to walk/run.

After many years of starting and restarting the Moderate Group, **Mark Criswell** is handing the baton to **Sarah Jensen** to organize the Moderate Group activities. We are grateful for Mark's leadership and commitment to the group he has built!

Saturday Moderate Runs

The BTC Moderate Run Group offers an option to the Saturday morning long runs favored by the BTC Long Run Group. The "Mod Group's" runs are specifically designed for beginner runners or those returning to running after an injury, postpartum, or another break (most routes will be stroller friendly!). During August and September, the mileage for the Group's Saturday social runs will be based on our goal races: the 5k and 10k races during the BHM 26.2 weekend events. If you are training for a half or full marathon, there will be people from each pace group who will meet early/stay later for more miles. Our average paces range from 10:30 - 13:00. Please join us every Saturday morning at 6:30am from The Trak Shak in Homewood.

- Goal Race: Sunday, BHM 5k/10k, October 6, 2024. Register for your preferred race distance [here](#).
- Training is FREE, but BTC membership is strongly encouraged (BTC members will receive a BHM 5K/10K discount). Register for the BTC [here](#)!
- Session Start Date: August 10, 2024 is our launch Event + BTC Social starting from TrimTab Brewing (2721 5th Ave S, Birmingham, AL 35233)

Join us early at 6:00 am - we will go over what to expect, the pace groups, the schedule, etc. Then we'll set out on our first run followed by our BTC summer social. If you are interested in the group but are unable to attend the launch, or if you just want more information prior to then, please email us at: ModerateRuns@BirminghamTrackClub.com.

All other group runs start at 6:30 am from The Trak Shak in Homewood (2839 18th St S, Birmingham, AL 35209)

BTC Moderate Group Run Paces

- **Walkers (16-18 minute/mile) All walking, no intervals**
Leaders: Mark Criswell & Judy Loo
- **Pace 1 (12:30-13:30 minute/mile) Run 30 sec., Walk 30 sec.**
Leaders: Skip Matthews (lead), Melanie Connor, and Tim Cockerill
- **Pace 2 (11:30-12:30 minute/mile) Run 2 mins., Walk 1 min.**
Leaders: Liz Johnson (lead) and Kandy Cockerill
- **Pace 3 (11:00-12:00 minute/mile) All running, no walk intervals**
Leaders: Sarah Jensen (lead) and Julie Jones

The run/walk interval groups will start the session with more walking, less running and a little slower average pace but as we get closer to our October 6 goal race, the running intervals increase, walking decreases, and average pace increases.

If you're interested in joining us, please either just show up for a Saturday run at 6:30 am and/or fill out our interest form: <https://forms.gle/hVece77UbHSAoDwh9>.

Please share with anyone you know that may be looking to get into (or back into!) running! We look forward to running with you!



1200 MILE CLUB

The 2024 edition of the 1200 Mile Club is now open! You may sign up via the link you received via email in January, or [via this link on the BTC website](#). You must be a BTC member to join the challenge – [click here to join](#) or renew your membership!

First-time finishers are entitled to purchase a coveted 1200 Mile Club jacket for a nominal fee. Recurring finishers receive patches to display for the years they complete the challenge. Other exclusive 1200 Mile Club swag is available for purchase as well.

Cumulative miles from August 1, 2024 are listed below.

Participant	Total
Adams, Ryan	740
Adwell, Stephen	906
Ahmed, Kabeer	1,131
Alvarez, Jose	1,285
Anderson, Kerri	100
Barron, Darlene	491
Barton, Tabitha	720
Basquill, Matt	791
Benner, Kim	1,011
Bennett, Mitchell	187
Blackmon, Kim	823
Bolen, Parker	675
Booher, Lisa	975
Bookout, Jason	795
Bookout, Kimberly	1,153
Bossard, Teri	910
Boswell, Ryan	682
Bouley, Rachel	788
Brakhage, Victoria	627
Bray, Elizabeth	955
Brown, Katie E.	885
Brown, Katie G.	893
Brown, Sean	296
Bryant, Jason L.	570
Burke, Julia	45
Burst, Theresa	0
Caine, Lawrence	469
Callahan, Chris	857
Calvert, Aaron	813
Campos, Chris	1,238
Carden, Melissa	1,129
Carlton, Bob	652
Carter, Adrienne	0
Chaffinch, Violet	601

Participant	Total
Chambers, Gay	743
Chandler, Teresa	760
Clay, Brad	1,430
Clay, Sarah	501
Cleveland, Jeff	742
Cliett, Stephanie	953
Cobb, Patty	779
Coe, Emily	663
Coe, Matt	825
Coffin, Diane	425
Coleman, Tim	955
Colpack, Susan	711
Cooper, Cara	743
Cowie, Katelyn	747
Cramer, Robyn	893
Cramer, Steve	292
Creed, Brad	550
Creel, Mary	430
Dawson, Ashley	1,135
Deffenbaugh, Todd	752
Dimicco, Al	832
Dixon, Jeff	1,090
Downs, Matt	656
Duke, Cindy	762
Eberhardt, David	703
Ennis, Amanda	738
Ennis, Matt	1,138
Estes, Cameron	942
Estrada, Steven	1,764
Evans, Debbie	969
Fisher, Kaitlin	613
Flanery, Haley	1,313
Fons, Aaron	688
Forbus, Reed	0

Participant	Total
Foreman, Michael	702
Foster, Ashley	650
Franklin, Shane	314
Frederick, Winston	765
Gaston, Katie	186
Gaston, Michael	967
Goode, Johnny	650
Grainger, Matt	1,175
Gray, Michael	650
Gullapalli, Satya	548
Hall, Thomas	0
Hannah, Edward	40
Hanson, Valerie	556
Haralson, Danny	691
Haralson, Micki	717
Hargrave, Alan	755
Harlow, Craig	77
Harrelson, Karen	698
Harrison, Lisa	771
Hatcher, Heydon	957
Henninger, Alison	729
Herron, Michael	782
Hogeland, Angie	743
Hogeland, Jeff	896
Holder, Gene	572
Hoover, Alison	0
Hoover, Jim	187
Howell, Allen	0
Huddleston, Clare	1,011
Jenkins, Kaki	1,016
Jensen, Sarah	565
Johnson, Kimberly	255
Johnson, Liz	0
Johnson, Phillip	261

Participant	Total
Johnson, Troy	780
Jones, Caleb T	789
Jones, Julie	630
Kaylor, Sara	296
Kazamel, Mohamed	1,504
Keith, Jerry	491
Kemper, Tricia	919
Kles, Ruth	914
Knight, David	0
Koepp, Bryan	302
Krick, Stefanie	972
Kuhn, Jimmy	1,258
Kulp, Loren	737
LaFon, Caroline	446
Laird, Audrey	636
Lamb, Patrick	756
Lancaster, Jeff	824
Losavio, Lauren	1,039
Lovett, Meg	623
Lyda, Beth	761
Lyda, John	866
Lyle, Randy	1,217
Malick, David	962
Markham, Elishua	620
Mathews, Skip	517
Matthews, Jamieson	741
McCalley, Charles	809
McElroy, Catherine	776
McGriff, Colton	506
McLain, Chase	293
McShan, Kenneth	0
Melton, Kristen	551
Merry, Vicki Sue	897
Miller, Pamela	979
Millican, Randolph	749
Morris, Gordon	526
Moss, Renie	629
Muncher, Monica	550
Nix, Anthony	764
Nodjomian, Jason	571
Noerager, Brett	1,669

Participant	Total
Noerager, Felicia	719
Northern, Kristie	1,109
Oechslin, Tamara	623
Orihuela, Carlos	1,005
Orihuela, Catheryn	0
Ortis, Ellen	446
Padgitt, Scott	872
Palmer, Irma	542
Parks, Charlie	1,123
Patrick, Yeadon	0
Pearce, Julie	0
Phelps, Tyler	2,152
Plante, David	597
Powell, Logan	812
Pritchett, Leigh Ann	340
Rakestraw, Stephanie	728
Randolph, Megan	881
Rawson, Brent	787
Rearden, Shannon	1,151
Reaves, Brandon	1,007
Reaves, Brittany	737
Renfro, Jeff	752
Richetti, Vee	461
Richey, Lori Beth	427
Rivera, Jose	364
Robinson, Tamara	0
Roper, Lynn	641
Rose, Billy	1,663
Ruschhaupt, Skyler	750
Russell, Maureen	1,200
Rutledge, Lisa	826
Sherer, Jeremy	689
Sherrell, Jeff	1,215
Shin, Ye Jung	1,366
Shinn, Ronald	587
Sides, Dean	532
Silwal, Suman	0
Simpson, Kevin	0
Sims, Cecelia	99
Sloane, Mike	695
Smith, Christie	934

Participant	Total
Smith, Daryl	775
Smith, Erin	786
Smith, Holly	598
Smith, Jason	860
Smith, Jerry P.	775
Smith, Justin	714
Soileau, Chester	0
Spikings, Matt	586
Starnes, Dan	816
Steele, Julianne	81
Steers, Eddie	1,598
Stockton, Rick	479
Strother, Jamar	447
Thornton, Amanda	662
Trimble, Jamie	0
Valles, Tina	469
Waddell, Chassi	655
Waid, David	907
Walker, Brooke	651
Walker, Skylar	499
Walton, Suzie	615
Waters, Marc	632
Watkins, Britney	773
Watkins, Tommy	776
Watters, Ana	0
Watters, Larkin	1,118
Watters, Robert	946
Wells, Bradley	0
Wende, Adam	1,270
Whatley, Prince	663
Wheeler, Elizabeth	736
White, Robin	935
Whitt, Trey	750
Williams, Mattie	607
Williamson, Rebecca	703
Winstead, Rachel	0
Wiseman, Steve	1,012
Woody, Bill	821
Wu, Xing	815
York, Gary	1,089
Zajac, Jason	1,156

SHOW US YOUR BTC GEAR



SHOW US YOUR BTC GEAR



PEAVINE FALLS

July 4, 2024

This year's Peavine Falls Race was one for the record books! Thank you to first year Race Director Marla Gruber for putting on a fantastic race! The BTC is so appreciative of our wonderful sponsors for helping make this race a "must run" every year: **TherapySouth, Andrews Sports Medicine, TrimTab Brewing Company, and Trader Joe's** – you are the best!



PEAVINE FALLS

July 4, 2024



RETRO RUN!

June 27, 2024

Thanks to The Trak Shak for hosting a rockin' Retro Run on June 27, 2024! As always, we had a great time with our BTC friends!



FEETS OF STRENGTH

The summer months tend to be slow one for PR's and other “feets of strength” our members may accomplish because, well – it's hot! But a little heat is NOTHING for these two running rockstars!

First up is **Michael Brown**. While Michael is a frequent podium finisher in his favored short distance runs, he recently dipped his toes into the triathlon world and made quite a splash (see what I did there?). Congratulations to Michael for completing the Chattanooga Riverfront Sprint Triathlon on June 23, 2024. In his first ever triathlon, Michael finished 13th overall and nabbed first Master out of over 550 participants. Way to go, Michael!



A little further from home, our hometown ultra marathon celebrity, **Micah Morgan**, was busy taking on her second Badwater 135 race in the California desert. Micah completed the “world's toughest foot race” on July 24, 2024 with a time of 29:11:28, which made her the fifth overall and the second female finisher. She also beat her initial Badwater 135 time by almost an hour. We are in awe of you, Micah! Local runners **Cary Morgan**, **Marianthe Grammas**, and **Carrie English Wallace** crewed for Micah along with well-known ultramarathoner Pam Proffitt Smith. Congratulations to Micah and her crew for a job well-done! And P.S. -- If you want to read more about Micah and her first Badwater 135 race, [check out this article](#) in the September 2018 issue of *The Vulcan Runner*!



Have you recently run a new PR or race a new distance? [Let us know](#) about your running-related accomplishment so we can celebrate YOU!

BTC EXECUTIVE BOARD MEETING

June 17, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Trish Portuese, Kim Benner, Alex Morrow, Hunter Bridwell, Charles Thompson, and Alan Hargrave

Bradley Wells made a motion to approve the minutes of the May 2024 Executive Board Meeting. The motion was seconded by Alan Hargrave and passed without opposition.

Membership (Jamie Trimble)

We currently have 783 members and 627 memberships.

Treasurer (Jamie Trimble)

The current bank account balance is just under \$40,000. The monthly financials spreadsheet was shared during the meeting.

Merchandise (Bradley Wells)

Bradley Wells has all of the 1200 Mile Club jackets, as we are planning to sell all of the old jackets. There are still a few new jackets that need to be picked up. We plan to do a spring-cleaning sale on the old merchandise.

1200 Mile Club (Jamie Trimble)

Rebecca Williamson will take over as the committee chair for the 1200 Mile Club from Kelly Sims. We really appreciate all of the great work Kelly did over the last few years.

Social Committee (Jamie Trimble and Bradley Wells)

We had a great social at City Walk a few weeks ago and there was a great turnout for the group run hosted with the Trak Shak for Global Running Day. For our next social, we are planning to reach out to other group runs in the area to see if they are interested in hosting a run social with us. For example, there is a large group of downtown runners that meet on Thursday nights, so we hope to reach out to them to see about hosting a social with them after one of their Thursday evening runs at Ghost Train Brewery.

USATF Representative (Charles Thompson)

On June 22, 2024, the USATF Alabama Track and Field Championship will be held at Choccolocco. On June 8, 2024, the Alabama State Games was held at Pelham High school and our own Charles Thompson won four gold medals at the games.

IT Chair (Alan Hargrave)

Alan Hargrave updated the t-shirt deadline for Peavine Falls on the website and updated the 1200 Club Chair to Rebecca Williamson.

Marketing (Alex Morrow)

There were 98 runners who attended the BHM 26.2 Preview Run last Saturday. There were a lot of new faces there and Alex Morrow tried to reach out to all of them to provide information on our group runs in case they would like to participate in the BHM 26.2 training runs. Unfortunately, several of the runners Alex spoke with indicated that they don't have Facebook, so we are looking to putting more information on our Saturday morning runs on Instagram. Currently, our marketing is mostly focused on promoting Peavine Falls and the Shiner Ridge Double on July 4, 2024.

Saturday Morning Long Runs (Jamie Trimble)

BHM 26.2 was selected as our target race for the fall, so all of our runs with focus on training for the half and full marathon.

Newsletter Editor (Jamie Trimble)

Please have all newsletter content to Julie Pearce by July 19, 2024. We will be combining the July/August newsletter into one newsletter to be published on July 29, 2024.

Japan Exchange (Jamie Trimble)

Jamie Trimble, Alex Morrow, and John Lyda have their plane tickets to fly to Maebashi, Japan to discuss reopening the Sister City program.

Peavine Falls (Hunter Bridwell)

An email blast advising that the t-shirt deadline has been extended to June 22, 2024 was just sent out. The shirts need to be order by the June 24, 2024. The race shirt will be a tank top this year. We will need volunteers for the race and packet pick up, so the volunteer site is open on RunSignUp. Both of the water stops are already covered. Packet Pickup will be at Trak Shak on Saturday, June 29, 2024, and at Trim Tab Brewery on Wednesday, July 3, 2024, from 3:00-7:00pm.

Vulcan Run (Hunter Bridwell, Trish Portuese)

We are still waiting to hear back from the City of Birmingham to determine if this year's Vulcan Run 10K will be on the normal course downtown or if we will have to do a new 10K course in Homewood. We will hopefully hear back so we can make a decision in the very near future.

New Business

We are planning to have a strategic planning meeting in August, so a date will be selected in the near future.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, July 8, 2024, at 6:00 p.m.

BTC EXECUTIVE BOARD MEETING

July 8, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Ruth Kles, Alex Morrow, Hunter Bridwell, Trish Portuese, Cameron Estes, Kaki Jenkins, Kim Benner, Ellen Ortis, Sarah Jensen, Julie Pearce, Judy Loo, Haley Flanery.

Jamie Trimble introduced Sarah Jensen, who is taking over the Saturday Morning Moderate Run Group Coordinator from Mark Criswell.

Alex Morrow made a motion to approve the minutes of the June 2024 Executive Board Meeting. The motion was seconded by Hunter Bridwell and passed without opposition.

Membership (Jamie Trimble)

We currently have 791 members and 627 memberships.

Treasurer (Ruth Kles)

The financial report will be sent via email in the near future.

Newsletter Editor (Julie Pearce)

We are having a combined July/August newsletter that will be published on July 29, 2024. Please have all content to Julie as soon as possible, including any good pictures from Peavine Falls.

Member Benefits (Ellen Ortis)

Ellen Ortis is working on distributing Farm Bowl coupons. She is planning to give some of the Farm Bown coupons to water stop volunteers and can distribute some to the Peavine Falls volunteers.

1200 Mile Club (Jamie Trimble)

Rebecca Williamson is looking into special patches for five-year awards.

Marketing (Alex Morrow)

Alex Morrow is working on a thank you post for all of the great sponsors from Peavine Falls. We are also reaching on to Alchemy Running Crew about possibly doing a run with them.

Saturday Morning Long Runs (Cameron Estes)

We are currently training for BHM 13.1 and 26.2. This weekend we have a cut back run, so there are less miles. It is hot, so we definitely need to promote the need for water stop volunteers. Discussion was held about writing a thank you post or newsletter article for all of the water stop volunteers so far this year.

Saturday Morning Moderate Runs (Sarah Jensen)

Sarah Jensen is going to start target races for moderate group. For the fall, they are going to train for the BHM 5K and 10K, as well as the Vulcan Run 10K. Sarah is also introducing unofficial pace leads for the moderate runs and they have specific run/walk groups. Sarah offered to write an article for the newsletter describing all of the new opportunities with the moderate run group. Sarah plans to host a kick-off for the BHM training approximately eight weeks before the race.

Social Committee (Haley Flanery and Kaki Jenkins)

We are planning to do a run social with the Thursday Night Runners at Trim Tab on August 1, 2024. Then on August 17, 2024, we hope to host a themed run like our prior donut run and lemon/peaches run. Finally, our next big social will be on September 14, 2024. We are planning to have a potluck, tailgate social at the Trak Shak after the Saturday Morning

Long Run. Run Gum has provided the BTC with 200 free samples of their new Speed Lab Energy Chews, which we can distribute at one of the socials. Run Gum also have a 20% discount code we would like to email to all active BTC members.

Japan Exchange (Jamie Trimble)

Jamie Trimble, Alex Morrow, and John Lyda, along with their respective spouses, are preparing for their trip to Maebashi, Japan to discuss renewing the sister city runner exchange program. The trip is scheduled for August 21 – August 26, 2024.

Peavine Falls (Marla Gruber)

This year's Peavine Falls was a success. There was an issue with a shortage of water, but we will have that resolved next year. There were 511 total registered for the race and approximately 454 participants. Marla Gruber had a discussion with Oak Mountain State Park and they are offering the BTC the option to pay Oak Mountain a flat fee and get a pass for all of the race participants to get into the park without paying a fee at the gate. We are hopeful that this would expedite runners getting into the park on race morning. Someone also requested we maybe see about having the back gate open early, but that will have to be discussed with Oak Mountain State Park. Preliminary figures look like our revenue from the race was up approximately \$3,000; however, we will have to wait for all of the expenses to come in to determine the final financials. A lot of participants took advantage of the second packet pickup at Trim Tab, so Marla would like to continue that next year.

Volunteers (Kim Benner)

Kim Benner is getting a list of all of the volunteers from Peavine Falls to do a drawing for volunteer rewards.

Vulcan Run (Hunter Bridwell, Trish Portuese)

It is not looking like the City of Birmingham is going to approve us hosting the race downtown on the original course. As such, Hunter Bridwell is looking into booking Rosewood Hall in Homewood and will figure out a 10K course in Homewood. We will discuss with Trader Joes being there after the race to hand out post-race food. Discussion was held about offering special 50th anniversary bibs and a retro graphic on the t-shirts.

Adam's Heart (Vicky Brakhage)

We previously discussed hosting the race on January 18th, which is a week earlier than usual, to allow an extra week between Adam's Heart and the new Railway Half Marathon and Marathon. However, we realized that would be the same day as the MLK Drum Run. As such, it was decided to leave Adam's Heart on the last Saturday in January, which is the 25th. This will still put two weeks between Adam's Heart and the Railway Half Marathon and Marathon.

New Business

The Trak Shak's Retro Run is on July 27, 2024, and the BTC has offered to handle the water stop again this year. We will put out a social media post asking for volunteers. It is always a lot of fun and the volunteers can go to the after party back at the Trak Shak after the race.

The BTC Executive Board will hold a strategic planning meeting in August, so possible dates and locations were discussed.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, August 12, 2024, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
BTC + Thursday Night Runners Happy Hour Run at TrimTab Brewing Company	August 1, 2024	5:15 p.m.
BTC Saturday Long and Moderate Run Groups	August 3, 2024	6:00 a.m./6:30 a.m.
BTC Executive Board Meeting (via Zoom)	August 5, 2024	6:00 p.m.
BTC Executive Board Meeting (2025 Planning meeting)	August 8, 2024	6:00 p.m.
BTC Saturday Long and Moderate Run Groups at TrimTab Brewing Company * BTC Run Social and Moderate Run Group Training Kick Off! *	August 10, 2024	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	August 17, 2024	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	August 24, 2024	6:00 a.m./6:30 a.m.
Run Baby Run 5k (Oxford, AL)	August 24, 2024	6:30 p.m.
BTC Saturday Long and Moderate Run Groups	August 31, 2024	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	September 7, 2024	6:00 a.m./6:30 a.m.
BTC Executive Board Meeting	September 9, 2024	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	September 14, 2024	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	September 21, 2024	6:00 a.m./6:30 a.m.
15th Annual Head Over Teal 5k/10k/Family Fun Day	September 28, 2024	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 28, 2024	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	October 5, 2024	6:00 a.m./6:30 a.m.

BTC discounts are applied automatically for all current BTC members when registering through RunSignUp. Need to join or renew your membership? [Click here!](#)

Need to add a race (actual or virtual) to the calendar?
Email Webmaster [Alan Hargrave](#), or visit the BTC website to [submit your race](#).



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FOLLOW THE QR CODE

