



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

August 2026 **8**

CONNECTING COMMUNITIES

Construction Begins on the
Hollywood Boulevard Bridge

By Jennifer Andress, Mayor, City of Homewood

Homewood Mayor
Jennifer Andress
and Mountain Brook
Mayor Graham
Smith at the site of
the new Hollywood
Boulevard Bridge

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CONNECTING COMMUNITIES

Construction Begins on the Hollywood Boulevard Bridge

The long-awaited Hollywood Boulevard Bridge project has been in the works for almost 15 years. Championed by then-BTC President and now Homewood Mayor Jennifer Andress, the Birmingham Track Club was an early supporter and donor to the project. Although the project required the cooperation of multiple municipalities and government officials, we owe a special debt of gratitude to Mayor Andress for her vision, her commitment, and her determination to see this project completed. We look forward to bringing you more updates and – most especially – to safe runs over our new bridge! - JDP, Editor

I am happy to report that work recently began on phase one of the Hollywood Boulevard bridge project. This phase of the project should last 60 days. The bridge enhancements will take approximately 12 months to plan and are expected to go out to bid in Spring of 2027.

Many of you know how long this project has been in the works. The beginning of construction marks the culmination of 14 years of hard work and collaboration by a multitude of officials at every level of Alabama's government, along with grass-roots community support and funding. I want to highlight everyone who made Monday's announcement possible:

Alabama Congressional Delegates

- Senator Katie Britt
- Senator Tommy Tuberville
- Representative Robert Aderholt
- Representative Gary Palmer

Alabama State Representation

- Senator Jabo Waggoner
- Senator Dan Roberts
- Senator Rodger Smitherman
- Former Senator Slade Blackwell
- Representative David Faulkner
- Representative Jim Carns
- Former Representative Paul DeMarco
(Chair, Highway 280 Public Road Co-operative District)

Jefferson County Commission

- President Jimmie Stephens
- Commissioner Mike Bolin
- Commissioner Joe Knight
- Chief of Staff Danielle Cater
- County Manager Cal Markert
- Deputy County Manager Heather Carter
- Roads & Transportation Director Chris Nicholson
- Former Commissioner Steve Ammons
- Jefferson County Commission

Mountain Brook

- Mayor Graham Smith
(Highway 280 Public Road Co-operative District, Treasurer)
- Former Mayor Stewart Welch
- Former Mountain Brook Council President Virginia Smith
(Highway 280 Public Road Co-operative District, Member)
- Former Mountain Brook Councilor Jesse Vogtle
- Former Mountain Brook Councilor Alice Womack
- Mountain Brook City Council

Trussville

- Mayor Ben Short
- Former Mayor Buddy Choate
- Former Trussville Councilor Lisa Bright

Birmingham

- Mayor Randall Woodfin
- Birmingham Councilor Darrell O'Quinn
(Highway 280 Public Road Co-operative District, Member)
- Birmingham Councilor Josh Vasa
- Former Birmingham Councilor Valerie Abbott
(Highway 280 Public Road Co-operative District, Member)
- Birmingham City Council

Homewood

- Mayor Jennifer Andress
(Highway 280 Public Road Co-operative District, Vice Chair)
- City Manager Cale Smith
- Former Mayor Alex Wyatt
- Former Mayor Patrick McClusky
- Former Mayor Scott McBrayer
- Former Homewood Council President Peter Wright
(Highway 280 Public Road Co-operative District, Member)
- Homewood City Council

Donors

- Birmingham Track Club (BTC)
- Hollywood Garden Club
- Raymond James
- Melinda Underwood and PFT
- Tony Truitt- Truitt Insurance
- Community Foundation of Greater Birmingham- Regional Cooperation Grant

As well as

- All of our attorneys for working on our multi-jurisdictional agreements
- Union Hill Cemetery
- Homewood Public Works
- Our local media for always reporting on our work through the years and highlighting the need for this safe connection

CONNECTING COMMUNITIES

Construction Begins on the Hollywood Boulevard Bridge

Lastly and most importantly, thank you to ALDOT, Director John Cooper, and Eastern Central Region Engineer DeJarvis Leonard for their support!

Critical safety and connectivity upgrades are underway along the Hollywood Boulevard bridge over Highway 280 linking Homewood, Mountain Brook, and Birmingham. Improvements will include installing a new traffic signal and enhancing pedestrian access across the bridge.

Some of the improvements you can expect to see in the future include:

- Expanded and improved connectivity across three municipal boundaries.
- Long-awaited enhanced pedestrian safety and access.
- New sidewalks on Hollywood Boulevard from Malaga Avenue into Mountain Brook.
- New traffic light at exit ramp coming off Highway 280.
- New turn lane going onto the existing on-ramp to Highway 280 East and safety corrections addressing long-standing pedestrian concerns.
- Construction for new sidewalks to begin by early Summer 2026.

Thanks to the insight and collaboration of county leaders and officials, this project will expand and improve connectivity at the Highway 280 bridge serving Birmingham, Homewood, and Mountain Brook. A project more than fourteen years in the making, it corrects a serious pedestrian safety concern and strengthens the connections between our communities. This effort reflects what is possible when relationships, shared priorities, and regional cooperation come together for the greater good.

The Hollywood Bridge project has been a long time coming, and the BTC has been there from the beginning. To read more about the evolution of the project and the BTC's involvement, check out these articles:



Watercolor rendering of the proposed Hollywood Bridge by Wyatt Pugh, the City of Homewood's Director of Inspections & Permits



The BTC held a social run to commemorate the Hollywood Bridge project in the Fall of 2018. Local politicians attended in support of the project, and the BTC sold "We Built This Bridge" shirts to help raise funds and awareness for the bridge.

PRESIDENT'S ADDRESS

By Bradley Wells



Hello BTC Family,

As we move into August, I want to take a moment to celebrate the incredible success of this year's **Peavine Falls Run**. Once again, this race showcased everything that makes the Birmingham Track Club special: dedication, community, and a shared love of running.

A special congratulations and heartfelt thank you goes to **Marla Gruber**, our Race Director, whose hard work and leadership helped make this year's event one of our best yet. Organizing a race of this size takes months of planning and coordination, and Marla's efforts were evident in every detail. I also want to recognize the countless volunteers who gave their time before, during, and after the race. From registration and course support to water stations and finish line assistance, this event simply would not happen without you. Thank you for helping create such a memorable Fourth of July tradition for our running community.

Thank You for Helping Us Beat the Heat

While we're beginning to think ahead to fall racing season, summer is still very much with us. Please continue to prioritize safety during your training. Stay hydrated, adjust your pace when necessary, and be mindful of heat-related symptoms.

One of the best ways we can support each other during these warmer months is through our Saturday morning water stops. These stations make a tremendous difference for runners and walkers training through the summer heat. If you're willing to help, BTC can provide all the supplies you need. We simply need volunteers willing to set up. It's an easy and impactful way to give back to the club and help fellow members train safely. If you'd like to volunteer, we'd love to hear from you.

Looking Ahead to Fall

As we begin shifting our focus toward fall races and cooler temperatures, I want to encourage everyone to reconnect with the power of group running. Whether you're preparing for your very first 5K, working toward a new 10K or half marathon distance, or chasing a marathon personal record, you're not in this journey alone.

One of the greatest strengths of BTC is the support we provide one another. Running with a group helps us stay motivated, accountable, and inspired. It pushes us on the days we need encouragement and celebrates with us when we reach our goals. Let's challenge ourselves to show up, invite others along, and continue building the friendships and connections that make this club more than just a running organization.

Every pace has a place here. Every goal matters. And together, we're stronger than any one of us could be alone.

Thank you for all you do to make BTC such a welcoming and vibrant community. I look forward to seeing everyone out on the roads, trails, and starting lines this fall.

See you out there,

Bradley Wells

President, Birmingham Track Club



2026 Officers and Directors



President

Bradley Wells

president@birminghamtrackclub.com



Treasurer

Ruth Kles

treasurer@birminghamtrackclub.com



Vice-President

Matt Ennis

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



Past-President

Jamie Trimble

pastpresident@birminghamtrackclub.com

BTC Committees

Long Run Coordinator
Moderate Run Coordinator
Medical Director
Marketing and Strategy Director
Social Media

Social Chair
Membership
Membership Benefits
Merchandise
"The Vulcan Runner" Newsletter
Japan Exchange Program
1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew
Webmaster
IT Chair
USATF Representative

Cameron Estes	longruns@birminghamtrackclub.com
Sarah Jensen	moderateruns@birminghamtrackclub.com
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Kayla Stone	socialmedia@birminghamtrackclub.com
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Anna Louise Lane	
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Cameron Estes	membership@birminghamtrackclub.com
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Rebecca Williamson	japan@birminghamtrackclub.com
Matt Grainger	1200@birminghamtrackclub.com
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Jamie Trimble	finishline@birminghamtrackclub.com
Kabeer Ahmed	webmaster@birminghamtrackclub.com
Alan Hargrave	itchair@birminghamtrackclub.com
Charles Thompson	usatfrep@birminghamtrackclub.com

BTC Race Directors

Race Operations Director
Adam's Heart Run
Statue 2 Statue
Peavine Falls
Vulcan Run

Alex Morrow	raceops@birminghamtrackclub.com
Vicky Brakhage	adamsheart@birminghamtrackclub.com
Judy Loo	statue2statue@birminghamtrackclub.com
Marla Gruber	peavinefalls@birminghamtrackclub.com
Hunter Bridwell	vulcan@birminghamtrackclub.com

BTC Mission Statement

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

Contact BTC at:

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

Race Results

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

birminghamtrackclub.com
championship-racing.com



COMMUNITY CORNER

Spotlight on the Shades Creek Greenway

By Jennifer Andress, Mayor of the City of Homewood

The Shades Creek Greenway is one of my favorite places in all of Homewood. I have visited the trail multiple times a week for the past 20 years, and have known anecdotally what the Greenway has meant for Homewood. There are so many visitors from all over the region who enjoy time on the trail, and then stick around for coffee or lunch, or pick up groceries or fill up their tank of gas before they head home, adding to Homewood's sales tax revenue that allows us to re-invest in our city. The amenity also adds to our own quality of life, allowing us to recreate, enjoy nature and improve our health.

I was thrilled to learn recently just how much the Greenway attracts usage. Freshwater Land Trust (FLT), the facilitator of the Red Rock Trail System (RRTS), has invested in [Placer.ai](#) technology in an attempt to quantify trail benefits throughout Jefferson County. The Shades Creek Greenway is now at 3.9 miles long, and [Placer.ai](#) is software that provides location intelligence and foot traffic insights, using anonymous cell phone data.

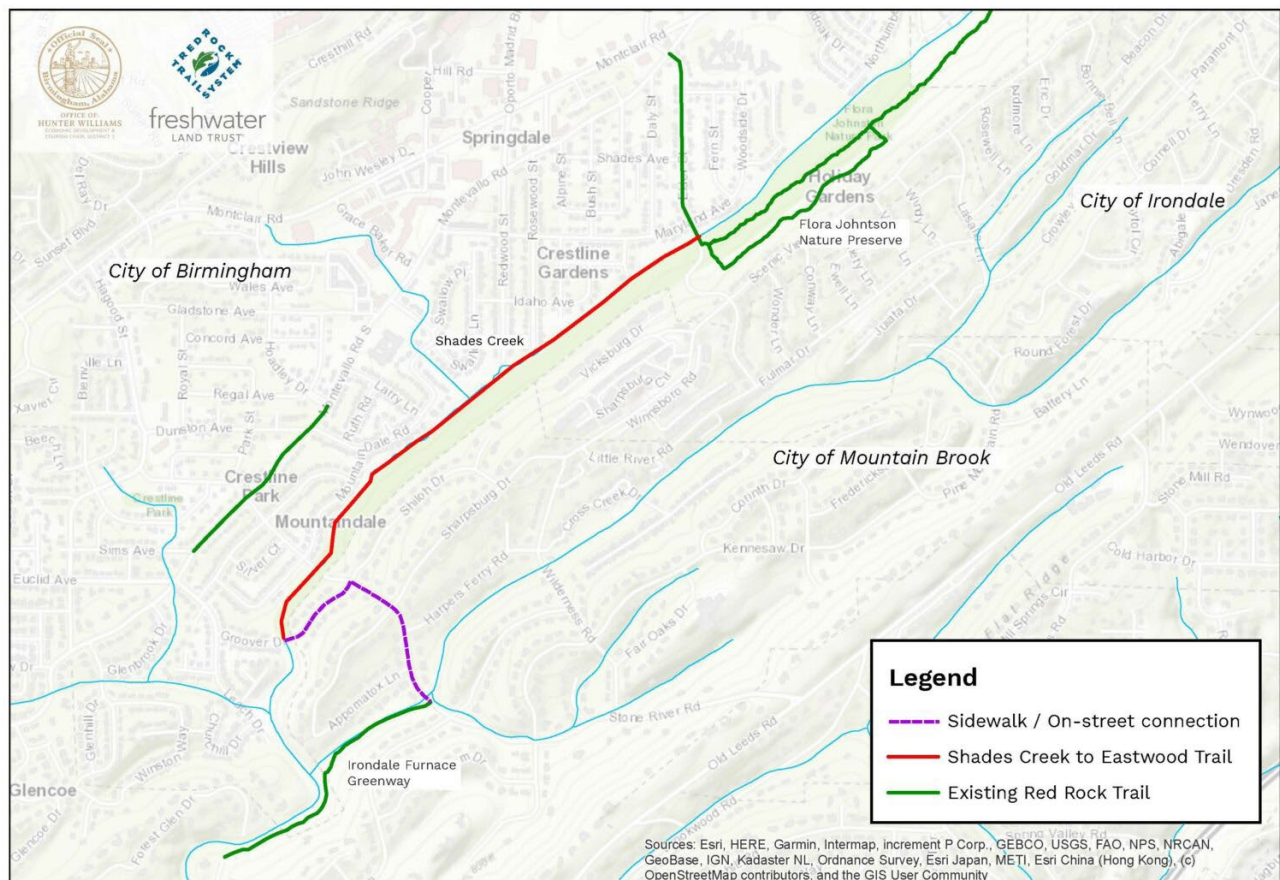
FLT is showing 260,000 annual users of the Greenway on foot or bicycles, the highest in the entire RRTS, which is currently at 179 miles of trails throughout Jefferson County. The Greenway is in consistent

use from 7:00-5:00 every day of the week. This is a 21% year-over-year increase for the last three years, and users come from every direction in Jefferson County. Samford University students are regular users of the trail, and the income category most represented is \$25,000 to \$100,000 annually. Users return an average of 3.5 times a year.

And there is more good news about our trail! A study was commissioned by A Mission for Michael, a mental health treatment organization focused on wellness and behavioral health care. Researchers from Cherry Data Signals surveyed 3025 Americans about what factors they associate with longevity, focusing on how people view their health, stress levels and environment.

The results showed that Homewood ranked 121 nationally, second in all of Alabama, and was recognized for our outdoor culture, centered around our Greenway and parks, that make spending time outdoors part of our everyday life.

So the numbers are starting to show what we intuitively know: outdoor recreation is a vital asset for any community, and Homewood is one of the top destinations in all of North Central Alabama!



Map courtesy of the Freshwater Land Trust

VULCAN 5K/10K GROUP TRAINING PROGRAM KICK OFF ON AUGUST 22

By Sarah Jensen, Moderate Run Coordinator



Want to run your first race, or need some motivation to get back into running? Sign up for the BTC's FREE 5k and 10k training program to get ready for the 2026 Vulcan Run on November 7.

Training Program Benefits for BTC Members

BTC members who opt into the training program will receive:

- An 8-week coach-designed 5K or 10K training plan
- Weekly Vulcan-focused group workouts during Saturday Moderate Group runs
- Additional midweek workouts to complete on your own schedule
- Access to a private group chat for encouragement, accountability, and training tips
- Support from experienced mentor runners
- Guidance from RRCA-certified coaches

Training groups will be organized based on participant interest and may include walking, run/walk, and running-only options.

- This program is designed for beginners training for their first 5K or 10K, as well as runners and walkers returning after injury, pregnancy, or time away from exercise.
- Participants should be cleared by a medical professional to begin training. We recommend being able to comfortably walk one mile in approximately 20 minutes before starting the program.

How to Join

The training program officially begins Saturday, August 22.

You must be a current BTC member ([click here to join or renew](#)) and complete the [interest form](#):

Questions? Contact
ModerateRuns@BirminghamTrackClub.com

MEDICATION AND MILES:

Apple Cider Vinegar – Is it Worth the Hype?

By Averie Blackwell and Hallie Holmes, PharmD Candidates 2027, Kim Benner PharmD

Apple cider vinegar and its health benefits are a topic that seems to be constantly questioned. Coming from apples that have been distilled and fermented, apple cider vinegar is a supplement that is full of compounds that, hypothetically, aid in weight loss and metabolism. As a fermented food, apple cider vinegar contains natural probiotics that support a good microbiome, which improves digestion. Throughout the fermentation process, sugars from the apple are converted to alcohol, which is then converted into acetic acid and vinegar. Overall, the high levels of acetic acid in apple cider vinegar work in the stomach to normalize stomach pH and lower blood sugar levels. These actions help influence the body's metabolism and weight loss abilities.¹



One study done in Japan showed that consuming one to two teaspoons a day of apple cider vinegar led to modest weight loss (2 to 4 pounds).² While this does sound promising, it is important to remember that the “weight loss” that comes from apple cider vinegar is mainly due to acetic acid slightly increasing satiety and leading to a minor decrease in calorie intake after meals. Long-term effects and evidence of weight loss have not yet been studied, so it is important to do your own research before jumping on the “apple cider vinegar diet” trend. However, modest short-term benefit is shown to be true, and drinking one to two teaspoons of apple cider vinegar a day -- along with a healthy diet and exercise -- could be worth trying.³

Along with the presumed weight loss promise that apple cider vinegar holds, another promising benefit are the antioxidant properties it provides. Apple cider vinegar contains polyphenols, which are plant-based antioxidant compounds that have been shown to have a multitude of health benefits, primarily related

to heart health. Specifically, these antioxidant compounds can decrease blood pressure and have beneficial effects on cholesterol (total cholesterol and triglycerides). Studies on apple cider vinegar intake and lowering cholesterol levels have showed a modest decrease, but these studies generally have been small, so there is a need for stronger research to establish this premise.³ Apple cider vinegar also can be used to kill harmful bacteria while acting as a disinfectant. In fact, it is commonly used to clear infections such as nail fungus, warts, and ear infections.⁴

Just like every home remedy and diet supplement, there are a few drawbacks that should be discussed with apple cider vinegar use. For most people, consuming very small amounts of apple cider vinegar (one to two teaspoons a day) is safe and reasonable. However, it is important to remember that vinegar contains acetic acid, which is a compound that should be used cautiously and safely. Drinking more than the recommended amount a day can lead to negative side effects such as tooth enamel erosion, throat irritation, stomach irritation, and nausea. To avoid these side effects, it is recommended to combat the acidity of the vinegar by mixing it with water to dilute it. It also is reasonable to incorporate it into meals such as mixing it with salad dressing or sauces. It is important to talk with your pharmacist or provider before using apple cider vinegar regularly as it can affect some medications (diabetes medications, diuretics, and certain blood pressure medications).³

If consuming apple cider vinegar as a liquid is not favorable for you, there are a variety of other formulations in which apple cider vinegar is available, including apple cider vinegar gummies, capsules/tablets, powders that can be mixed in beverages, and topical preparations. Again, as promising as the benefits of apple cider vinegar may sound, always do your own research before taking a new supplement regularly and speak with your provider about whether it is right for you.

References:

1. Robert H. Shmerling M. *Apple cider vinegar for weight loss: Does it really work?* Harvard Health. June 15, 2023. Accessed June 2, 2026. <https://www.health.harvard.edu/blog/apple-cider-vinegar-diet-does-it-really-work-2018042513703>.
2. Japan Trial: Tomoo KONDO, Mikiya KISHI, Takashi FUSHIMI, Shinobu UGAJIN & Takayuki KAGA (2009) *Vinegar Intake Reduces Body Weight, Body Fat Mass, and Serum Triglyceride Levels in Obese Japanese Subjects*, Bioscience, Biotechnology, and Biochemistry, 73:8, 1837-1843, DOI: 10.1271/bbb.90231
3. *Northwestern Medicine. Does Apple Cider Vinegar Really Improve your health?* Northwestern Medicine. April 1, 2026. Accessed June 2, 2026. <https://www.nm.org/healthbeat/healthy-tips/nutrition/quick-dose-what-are-the-benefits-of-apple-cider-vinegar>.
4. Gunnars K. *6 Health Benefits of Apple Cider Vinegar, Backed by Science*. Healthline. Published March 4, 2020. <https://www.healthline.com/nutrition/6-proven-health-benefits-of-apple-cider-vinegar#antibacterial>

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	Thomas Gillard	Catheryn Orihuela	Holly Tierney
Hunter Bowman	Alie B. Gorrie	David Plante	Nick Toth
Carol Cahill	Alejandra Hernandez Ortiz	Janis Posey	Chris Toth
Shelby Cahill	Hannah Hilal	Brian Rodgers	Christopher Toth
Branan Cahill	Katherine Hintz	Jack Rodgers	Madeline Toth
Hope Cahill	Anna Hurst	Laura Rodgers	Lauren Toth
James Cazzaly	Kaki Jenkins	Holly Rodgers	Takisha Watson
Anne-Laura Cook	Hammond Lake	Margaret Rodgers	Reid Watson
Kyle DeMarco	Herman Mannings III	Mariah Stewart	Craig Williamson
Bob Evans	Michael Naro	Jay Stringer	Cammie Wolfe
Bairon Francisco	Carlos Orihuela	Amanda Thomas	

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.

Strengthen your movement with TherapySouth Endurance

Get your running efficiency to it's maximum potential by having it evaluated by a TherapySouth Endurance specialist. Our trained therapists use gait analysis to assess your dynamic pressure and patterns during activity.

Our services:

- identify movement dysfunction to decrease stress to joints and soft tissues while preventing injury
- provide treatments that can improve efficiency and power, increase flexibility and speed up recovery



Scan the QR code to learn more
about our wellness programs.



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 Bradley Wells](#).



Saturday Morning Water Stop Volunteers Needed!

We're not saying your water stops need to be as creative and fun as this one (but huge thanks, **Xuan Huang**, for this especially awesome one!), but as the days get warmer and more humid, we all need more hydration, especially during our long runs! The BTC loves organizing long and moderate distance runs for our runners – and while they are free and open to everyone, we need everyone's help to ensure we stay safe and hydrated. Please sign up to supply a water stop periodically – it is easy, inexpensive, and your fellow runners will love you for it! You'll find the link to sign up (along with instructions) on each week's route.

Thank you!



BTC Group Runs Update

Join the BTC Long or Moderate Groups for a group run on Saturday mornings! The Long Run group meets at 6:00 a.m. at Trak Shak in Homewood and typically offers two distance options. The Moderate Group meets at 6:30 a.m., also at Trak Shak, and offers multiple distance options, as well as run/walk or walking options. The BTC truly has an option for everyone!

Please check the BTC Saturday Group Run [Facebook](#) page each week for details on the distances and routes each group will be running, as well as to sign up to volunteer to supply a much-needed water stop!



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

Facebook.com/groups/BTCSaturdayLongRun

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](#)! Spring gear will be available soon on the BTC website.



BTC MEMBER BENEFITS SPOTLIGHT

By Michael Brown, Member Benefits Coordinator

Hello BTC Family!

Michael Brown here! I'm thrilled to step into the role of Membership Benefits Coordinator for the BTC. My goal is to build out exciting new partnerships and perks for our community.

Naturally, I'm looking for discounts on items that directly support our running -- like gear, shoes, recovery, and nutrition. But running is only part of our lives! I'm also reaching out to local service providers -- think lawn care, roofing, fence installation, and home repairs -- who want to reach a dedicated, targeted local audience like our awesome running community.

How you can help: If you own a local business or know a business owner who would be interested in partnering with us to offer an exclusive discount to Birmingham Track Club members, please reach out or have them drop me an email at: Benefits@birminghamtrackclub.com.

In the meantime, please support our current benefit partners listed below - -we are grateful for their support!

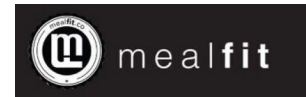
Looking forward to bringing you more value this year!

Best,
Michael Brown, Membership Benefits Coordinator

CURRENT LIST OF MEMBER PARTNERS



CHOP^NFRESH



restore
HYPER WELLNESS

FLEET FEET
Sports

The
TrakShak
Running Shops

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!

1200 MILE CLUB

The 2026 Challenge is officially open!

The 2026 edition of the 1200 Mile Club Challenge is now live – [click this link](#), and start logging those miles! When you break down 1200 miles, it's only:

- 100 miles per month
- 25 miles per week
- About 3.5 miles per day

How's that for runner math?! Remember: you must be a BTC member to participate ([click here to join or renew your membership](#)). Go kick butt on the roads or trails this year!

Matt Grainger, 1200 Mile Club Coordinator

Cumulative miles from 2026 are listed below.

Participant	Total
hmed, Kabeer	1,081
Aquino, Eugene	924
Benner, Kim	679
Blackmon, Kim	761
Booher, Lisa	1,250
Bookout, Jason	945
Bookout, Kimberly	1,069
Bossard, Teri	1,239
Boswell, Ryan	385
Boyd, DeWayne	781
Boylan, Robert	768
Bradley, Shelby	134
Brakhage, Victoria	97
Brasher, Julia	736
Bray, Elizabeth	586
Brown, Katie G.	945
Brown, Sean	44
Burbank, Brett	1,014
Burst, Theresa	0
Caine, Lawrence	674
Callahan, Chris	95
Calvert, Scott	932
Campos, Chris	0
Carlton, Bob	948
Castro, Andrea	173
Chaffinch, Violet	363
Chambers, Gay	948
Chandler, Teresa	800
Clay, Brad	855
Cleveland, Jeff	818
Cliett, Stephanie	852
Coe, Emily	992

Participant	Total
Coe, Matt	0
Coffin, Diane	691
Colpack, Susan	669
Cooper, Cara	821
Corrin, Roger	706
Cortes, Jorge	826
Couch, Jacob	793
Cowart, Dave	511
Cowie, Katelyn	751
Cramer, Robyn	782
Cramer, Steve	182
Crawford, Katelyn	265
Creed, Brad	483
CREEL, MARY	803
Cromey, Tyler	799
Davis, Samantha	491
Dawson, Ashley	1,017
Dawson, Bill	818
Deffenbaugh, Todd	558
Denney, Stephanie	358
Dimicco, Al	748
Dixon, Jeff	653
Duke, Cindy	792
Edwards, Haniah	0
Edwards, Thomas	154
Ennis, Amanda	727
Ennis, Matt	983
Estes, Cameron	937
Estrada, Steven	1,642
Flanery, Haley	0
Frederick, Winston	920
French, Eric Lewis	0

Participant	Total
Goode, Johnny	712
Gorrie, Alie B.	860
Graham, Ryan	205
Grainger, Matt	1,203
Grames, Robby	509
Gray, Michael	575
Gruber, Marla	1,012
Haefs, Jonathan	749
Hall, Thomas	0
Haralson, Danny	547
Haralson, Micki	894
Hargrave, Alan	740
Harrelson, Karen	1,240
Harrison, Lisa	617
Heard, Macy	811
Henninger, Alison	418
Hogeland, Angie	758
Hogeland, Jeff	825
Holder, Gene	771
Hoover, Alison	0
Hurst, Anna	748
Jenkins, Kaki	1,224
Jenkins, Kate Herrera	745
Jensen, Sarah	180
Johnson, Kimberly	318
Johnson, Phillip	145
Johnson, Troy	857
Jones, Julie	749
Kezar, Carolyn	97
Knight, David	659
Krick, Stefanie	937
Kuhn, Jimmy	1,154

Participant	Total
Lamb, Patrick	60
Lancaster, Jeff	1,145
Landefeld, Dale	629
Lane, Anna Louise	697
Lockett, Michella	0
Losavio, Lauren	858
Lyda, Beth	398
Lyda, John	860
Lyle, Randy	823
Maiola, Frankie	815
Malbrough, Quinn	0
Markham, Elishua	890
Mathews, Nikita	745
Mathews, Skip	744
McCalley, Charles	766
McInnish, Amber	579
Melton, Kristen	982
Merry, Vicki Sue	1,153
Miller, Pamela	769
Millican, Randolph	645
Morris, Gordon	576
Morrow, Alex	0
Moss, Philip	642
Muncher, Monica	468
Murchison, Reginald	1,122
Nodjomian, Jason	743
Noerager, Brett	1,549
Northern, Kristie	1,229
Orihuela, Carlos	877
Orihuela, Catheryn	957
Palmore, Chad	209
Pearce, Julie	0
PLANTE, DAVID	703
Powell, Patrick	1,246
Renfro, Jeff	570
Richetti, Vee	736
Richey, Lori Beth	808
Roberts, Fletcher	823
Robinson, Tamara	352
Rodgers, Brian	978
Rodgers, Jeffrey	490
Rose, Billy	1,216
Rose, Jamie	201

Participant	Total
Russell, Maureen	1,050
Rutledge, Lisa	710
Saffold, Ethan	0
Sanford, Gary	1,669
Sherer, Jeremy	663
Sherrell, Jeff	746
Shin, Ye Jung	897
Sides, Dean	534
Simpson, Kevin	374
Sloane, Mike	677
Smith, Daryl	752
Smith, Erin	983
Smith, Jason	1,020
Smith, Jerry P.	509
Smith, Mimi	808
Soileau, Chester	0
Spikings, Matt	682
Stockton, Rick	637
Stone, Kayla	689
Thomas, Marilyn	795
Thornton, Amanda	1,223
Townes, Janelle	97
Trimble, Jamie	476
Vick Jr., Gerald	363
Vinson, Matthew	322
Waddell, Chassi	673
Watkins, Tommy	699
Watters, Erin	174
Webb, James	1,038
Wells, Bradley	842
Wende, Adam R	1,127
Whatley, Prince	461
Wheeler, Elizabeth	0
White Vick, Katie	429
White, Robin	1,388
Wiseman, Steve	935
Woodard, Larry	667
Wu, Xing	593
York, Gary	1,213

BTC EXECUTIVE BOARD MEETING

July 13, 2026

The meeting was called to order by President Bradley Wells.

Attendance: Bradley Wells, Matt Ennis, Vicky Brakhage, Hunter Bridwell, Alex Morrow, Ellen Ortis, Jessica Randazza Pade, Matt Grainger, Trish Portuese, Alan Hargrave, Julie Pearce, Charles Thompson, Sarah Jensen, Andrea Castro, Kayla Stone, Haley Flanery, and Rebecca Williamson.

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

Treasurer (Bradley Wells)

Ruth Kles was unable to attend the meeting tonight, so we will ask her to send an email with the BTC account balance information.

Marketing (Jessica Randazza Pade)

Jessica Randazza Pade sent a survey to BTC members to gauge their opinions on the direction BTC is going. 169 members responded to the survey. The board viewed a presentation on the results of the survey. 4.3 out of five would recommend joining the BTC. 151 offered to help shape the BTC. When asked what the BTC is for, the overwhelming majority answered with some form of "community." The full presentation will be sent to the Board via email.

Peavine Falls (Bradley Wells)

This year's Peavine Falls was a successful race. Marla Gruber did a fantastic job as race director. Registration was up, though participation was down. There were concerns about the heat, but it helped to have a third water stop. We will have a more detailed race recap in the future.

Vulcan Run (Hunter Bridwell)

Discussion was held regarding the possibility of hosting a social on August 22, 2026. We would make this a Vulcan Run Preview Run, as well as an official kick-off to the training group. Now that Peavine Falls is over, we will focus marketing on the race and advertising the 5K option.

Saturday Morning Long and Moderate Group Runs (Sarah Jensen)

Sarah Jensen wanted to thank our new social media directors for posting about the moderate run group. Group run participation has been increasing and Sarah is hopeful that we will have a very large group for the Vulcan Run 5K and 10K training group. Discussion was held about advertising the training group to new runners and those that might be trying to get back into running. We would really like to have pace leaders at the training runs and possibly during the race. Discussion was held on how to encourage more experienced runners to volunteer as a pace leaders for the training group.

Membership (Bradley Wells)

There are currently 565 memberships and 735 members.

Social Committee (Haley Flanery)

Our next social is the Vulcan Run Kickoff Social on August 22, 2026.

Member Benefits (Bradley Wells)

We are getting requests from organizations that would like to partner with the BTC and Bradley Wells would like to determine set guidelines on how to handle these types of requests. For example, Club Pilates wants to offer a benefit for BTC Members, and possibly offer a stretching class after the Saturday Morning Group Runs. They may also be interested in hosting a social. After discussion, it was decided that these requests will be forwarded to our Member Benefits Chair, Michael Brown. If the request involves another committee such as social or marketing, Michael can forward the request to them as well.

Social Media (Kayla Stone and Andrea Castro)

Our new social media directors, Kayla Stone and Andrew Castro, put together a presentation on the BTC's social media presence. This is the first month that our new directors have handled the BTC Instagram account. The posts over the last month really focused on Peavine Falls. Engagement was low when they started, but it is starting to increase. They are currently planning to post about summer runs and then focus on the Vulcan Run 5K and 10K. The group run routes will be posted on Stories.

Retro run (Bradley Wells)

The Trak Shak's Retro Run will be on Saturday, July 25, 2026. The BTC will be sponsoring a water stop, so we need to set up a volunteer link through RunSignUp. This year's Retro Run is country themed, so the BTC water stop is going to do a Dolly Parton theme.

Japan Exchange (Rebecca Williamson)

We are sending an official invitation to the Sister City of Maebashi, Japan, for runners to come participate in the Vulcan Run. Unfortunately, there were no applications from BTC runners to go run in Maebashi. Discussion was held regarding possibly helping BTC runners pay expenses to fly to Japan for future races. We don't accept applications until we get an official invitation from Maebashi and they sent us the invite a little late this year, so there wasn't a lot of time for BTC runners to apply. In the future, we hope to advertise ahead of time so BTC members will have more time to prepare their applications.

Newsletter (Julie Pearce)

Please have all newsletter content to Julie Pearce by Friday, July 24, 2026.

USATF Representative (Charles Thompson)

On July 11, 2026, the Jeff Jackson Relay was held at Bessemer High school. There were 300 athletes and over 1,000 spectators. On July 25, 2026, the Alabama Last Chance will be at Center Point High School.

There being no further business, the meeting was adjourned. The next monthly meeting will be held on Monday, August 10, 2026, at 6:00 p.m. in person.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	August 8, 2026	6:00 a.m./6:30 a.m.
Otey's to Otey's Run -- Finish the Fight Against GI Cancer (5.5-mile)	August 8, 2026	11:00 a.m.
BTC Saturday Long and Moderate Run Groups	August 15, 2026	6:00 a.m./6:30 a.m.
Vulcan 10k training program starts 95k and 10k options). Sign up here! You must be a BTC member (sign up for membership here)	August 22, 2026	--
BTC Saturday Long and Moderate Run Groups	August 22, 2026	6:00 a.m./6:30 a.m.
Ridge to Blazing Ridge -- 10-mile and 20-mile (Oak Mountain State Park)	August 22, 2026	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	August 29, 2026	6:00 a.m./6:30 a.m.
Lifeline's Run for One 5K (Veterans Park)	August 29, 2026	8:00 a.m.
Smile-A-Mile 5K and 1-Mile Fun Run	August 29, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 5, 2026	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	September 12, 2026	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	September 19, 2026	6:00 a.m./6:30 a.m.
Move for Impact: Kingston-Woodlawn Wellness Day 5k and Kids Run	September 19, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 26, 2026	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	October 3, 2026	6:00 a.m./6:30 a.m.
9th Annual Ostomy 5k	October 3, 2026	8:15 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

