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# THE VULCAN RUNNER

September 2023 9



## RUNNING WHILE PREGNANT: FROM THE RUNNERS' PERSPECTIVE

*By Julie Pearce*

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# RUNNING WHILE PREGNANT: FROM THE RUNNERS' PERSPECTIVE

I like to remind my now-17-year-old that I ran my very first 5k race when I was newly pregnant with him (so newly pregnant, I'm not even sure I knew I was "running for two" at the time). I was not much of a runner back in those days, but I ran (very slowly) until I was five or six months pregnant. Although I continued cross training until three days before our son made his big debut, I missed running, and I often wonder if I could have kept up my training during pregnancy.

Recently, pregnant athletes and new mothers have been all over the news, and it seems we've had quite a few BTC members who have continued to run and train well throughout their pregnancies, I asked several of them for their input and advice to other prospective and expectant mothers. While these are their real experiences, every runner is different -- please consult with your personal physician if you are pregnant or planning to become pregnant.

**Q: What adaptations did you make to continue running while pregnant?**



**Cameron Estes:** Most importantly with running during pregnancy, listen to your body (and your doctor!) and know that every single pregnancy is different. I was lucky to be able to run through both of my pregnancies. I did make a lot of adaptations -- my goal was just to be able to run the whole run, no matter the pace. I slowed my pace and went by feel (it was very, very slow compared to my regular easy pace at the end). Any speedwork went out the window (I did attempt some "speedwork" for a little while, just doing some shorter repeats so that not everything was easy pace, but that did get more difficult). I lowered overall mileage -- I was able to keep my favorite Thursday six mile run and Saturday long run (although my long runs became much shorter) and I would decrease the mileage of my other weekly runs or skip them.

Also, walk whenever you need to do so. Towards the end of my pregnancies, I had many more walk breaks in my runs and chose to just walk for some of my runs (they still counted for miles on my feet). Know where alllll of the bathrooms and porta potties are located - I would need to stop for a potty break at least every three miles, and even more frequently toward the end! And I would be sure to take in more fluids than normal throughout the day.



**Ellen Ortis:** The "walking warm up" was a fabulous pregnancy discovery. I would walk for ten minutes to get things moving instead of just throwing it into third gear and taking off. I was pregnant through a brutally hot summer, so there was a good deal of walking mixed into my long runs as the heat picked up. I completed a half marathon at 18 weeks, and then cut my long run mileage back to about ten miles

each Saturday. My last long run was a seven-mile run at 37 weeks pregnant. Five days later, the day before I went into labor, I tried to run and made it about a quarter of a mile before having to walk the rest of my route.



**Emily Johnston:** Yes! While I was pregnant with my oldest son, I ran through 38 weeks, when I fell (on a walk, not a run!) and sprained my ankle. With my second son, I had to take about six weeks off running from when I was 22-28 weeks because of horrible SI joint instability, but I was able to get back up to five miles and run through delivery. I clearly got a lot slower when I was pregnant and had to adjust expectations appropriately. What was super fun was pacing Rebecca Williamson to a marathon PR at the Rocket Cit Marathon. I just ran with her during the back half of the race. It was early, so that pace was doable -- it was fun and made me feel like I was still accomplishing something.



**Amy Wright:** I was planning to run two marathons before becoming pregnant and I was already at the 20 miles long run stage of my Mercedes training plan so I talked with my doctor about my plan. Because it was exercise my body was used to doing, I could continue, but I NEEDED to ensure I had proper hydration -- 2x what you would normally use on a run (8oz became 16oz became 32 oz), and I increased my drinking to 64 oz water/tea/La Croix a day.

I also changed up my fuel to orange slices, not my favorite, but they seemed to always make my son happy when I was running with him in utero. I can't stand orange slices now and he's almost 5 years old. You will find foods that you previously didn't like now amazing and foods you love that make the baby unhappy.

I told my running partner about my pregnancy so if I had an emergency, she would tell EMTs that I was pregnant. Terri didn't share that information with anyone until I was ready to make an announcement. I never really went running alone after 18 weeks; if I was not physically with another person, I always had my phone and my husband was willing to get me from wherever I was.

I did not look at my pace. No PR was worth getting so exhausted that I couldn't move the rest of the day or the next. All of my race goals while I was pregnant were to finish. If it was too hot, I would complete maybe four miles instead of six. If I was too sore, I might complete three 3 miles instead of four. If I got good sleep with no hot flashes, I might run six miles instead of three. The point here is to listen to your body: if it's tired from growing a person, drop back your pace or your mileage; if it's energized from a hormonal cocktail, add an extra mile!



# RUNNING WHILE PREGNANT: FROM THE RUNNERS' PERSPECTIVE



**Tabitha Payson:** I added a stomach band and KT tape. Eventually I started just walking rather than running.

**Q: Other than running, what else did you do for fitness and health while you were pregnant?**

**Emily Johnston:** I lifted weights. I hate it, but it is important. When I was injured with my second child, I did lots of Peleton and walking.

**Cameron Estes:** I would recommend continuing any strength training – it always helps running and pregnancy!

**Amy Wright:** I used a few prenatal yoga videos for stretching with a third trimester belly.

**Tabitha Payson:** I continued lifting weights during pregnancy.

**Q: Are there any products or services that you found especially helpful while running through pregnancy and after?**

**Ellen Ortis:** Running while pregnant puts you in the minority of the running community, and even more so the general population. There's no pamphlet at your OB's office with tips for taking care of your body while running during pregnancy. I found that it was important to be my own best advocate, and I curated the team I thought I needed to get through pregnancy in the healthiest way I could. I actually went to see Dr. Sophia Lal, a sports medicine practitioner, before I ever went to my OB/GYN. At just five weeks pregnant, I was having a lot of discomfort in my hip following some new pregnancy hormones flowing through my body. Dr. Lal prescribed physical therapy with Caroline Pitts, which was extremely beneficial throughout my pregnancy. Every few weeks my body would carry weight differently as the baby grew, and my muscles had to readjust constantly.

Aside from Dr. Lal's guidance and Caroline's expertise, the most beneficial service I found was Spinning Babies. It's a course offered through some local hospitals that guides expectant mothers through simple exercises that help adjust her body to the growth of the baby. It was a game-changer, and I highly recommend the course.

**Tabitha Payson:** KT tape, compression socks, and Senita maternity running shorts were my go-to gear during pregnancy.

**Cameron Estes:** I always ran in my running belt; I felt like it helped hold up my belly and reduce pressure – I recommend the Gabriella Belt that's available on Amazon -- 've worn it for two pregnancies now. I also recommend pelvic floor PT before and after pregnancy (in general!) but it also helped keep me running while pregnant and helped me return to running afterwards. Pelvic floor PTs recommend waiting 12 weeks to begin running after baby (boo!), but I was glad for the extra time to heal and begin strength training after my first baby before running. I am currently at week six after baby two and plan to wait until 12 weeks to

run this time around as well. I've been told it's even more important to focus on your pelvic floor core after a second baby (Plus, who wants to return to running in the heat of summer?!)

**Amy Wright:** I ran with a belly band (Amazon under the search words "pregnancy belly support" will give you lots of options). I also ran in maternity running clothes, especially bras and skirts. The chafe is real when your clothes don't fit properly.

Postpartum, if you are nursing, a car charger for your breast pump (about \$10 on Amazon) and in-bra pumping equipment, such as Willow, are key. If you do not breastfeed, the divided container for holding pre-measured formula to add to water filled bottles is amazing. Remember that fed is best, no matter how you do it – this is true both for you on runs and for your baby.

The high end jog stroller (BOB or Thule or the like) is totally worth it with the car seat adapter so if your baby can be in a car seat they can be in the jog stroller. Cahaba Cycles and Bob's Bikes are awesome resources for replacing innertubes for the stroller wheels. Our son was in a car seat in our stroller at seven days old, but CHECK WITH YOUR PEDIATRICIAN! I also recommend a stroller organizer that hangs from the handlebar so you have your water, the baby's bottle, and other essentials at the ready.

**Emily Johnston:** People also asked me about nursing sports bras. I don't think you need one – I would pump/feed before running and then do the same right afterwards. That was usually good enough, particularly with the distances I was running at any given point.

**Q: What advice can you offer re. coming back to running after having a baby?**

**Emily Johnston:** Go slow and be kind to yourself. Pay attention to when your OB says you can go back to running -- you are risking hernias, which you don't want! But walking is great. I walked and walked those weeks before I could run. You also are at high risk of injuries due to sleep deprivation and high levels of relaxin (they will not go back to normal until after breastfeeding). So be careful. Have a low threshold to go see a PT who is good at pelvic floor, SI joint issues, etc. if you need help.

**Tabitha Payson:** Be patient with yourself and your body. It is easy to compare yourself to other runners who seem to bounce back quickly, but everyone is different.

**Ellen Ortis:** Take your time. There's no rush. Sleep in on Saturdays, and then join your running buddies for coffee after they finish -- and you should, because the postpartum days can be lonely. When you're ready to move, start by walking. I took four months to let my body reset before I dove back into programmed running. I don't regret one day of it.

**Cameron Estes:** Patience! It will come back, mama! It may not look the same for a long time, but you will get there! The first few months seem like they will take forever (waiting three months to run again?!) but I promise they fly by quickly!

# RUNNING WHILE PREGNANT: FROM THE RUNNERS' PERSPECTIVE

One of the most fun parts of a changing/slowing pace during pregnancy, and then the return to running and slowly gaining back speed, is being able to run with quite a variety of other runners! I was in the groove of running with my usual crowd at our pace, but I was able to move through a bunch of different pace groups throughout my pregnancy and return, and I LOVED getting to run with so many different friends!

Even when you aren't back to running, it's nice to get out of the house and visit your run friends for the post run coffee and hugs. It's great to sneak away with no babies for some adult time, but it is just as fun to show off the babies to your run friends! I love being able to do something "normal" that was a part of my old routine!

**Amy Wright:** Give your body grace. It just made a person out of Snatch and Tailwind and stroopwafels. Don't compare pre-baby stats with post-baby stats. And sometimes a nap is more important than your daily run or walk to be the best mom and human you can be.

Set a post-baby race goal. Mine was the LJCC turkey trot 10k after an early September birth. My goal was just to toe the start line and cross the finish line.

When running with a stroller, start on Lakeshore trail. Much like driving a car, running with a stroller has a learning curve.



**Q: What, if anything, has changed about post-baby running?**

**Erica Speegle:** Give yourself time. Be patient and take your time coming back. All of my PR's came postpartum, but I really couldn't string together consistent,

healthy training until my son was a year old. Our second son was just born recently, so now I've got to remind myself: "Be patient."

**Emily Johnston:** I am faster! Having babies is not the end of your running career! A supportive husband/partner is key though – you'll need someone to watch the baby for Saturday morning long runs.

**Amy Wright:** The pelvic floor is not as strong as it was pre-baby. Kegels forever, or whatever your doctor recommends. Or run where there are potties available for a bit.

You now have the cutest coach/running partner who is happy to listen to all of your running/racing stories. And one day they will want to run with you and race with you and be just like you when you run together – or at least we can dream!

Pre-baby running clothes just don't fit the same. And that's okay.

**Ellen Ortis:** Stroller running has certainly made me a stronger runner! I also learned a lot about my body through pregnancy -- particularly the importance of eating protein the day before a big run, and the beauty of warming up slowly.

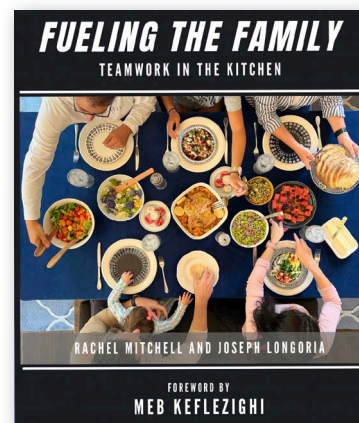
**Cameron Estes:** I definitely do not take solo runs for granted (and by solo, I mean without a stroller or little people). But I love being able to run with a stroller and my daughter! We go on my errands and adventures, all while getting miles. Many of my runs and goals look different now, but I am grateful to be running. And I am always extra grateful for time to run with fun friends!

## JOIN THE BTC FOR A FALL RUN SOCIAL



***Celebrating the launch of Fueling the Family, a new cookbook by local runners, Rachel Mitchell and Joey Longoria.***

Runs will start at 6 a.m., followed by food, fun, and a special appearance by Meb Keflezighi





# PRESIDENT'S ADDRESS

By Jamie Trimble



## Greeting BTC Members and fellow Birmingham runners!

I hope this finds you doing well and surviving the summer heat. Even with the heat, we've had amazing crowds for our Saturday Morning Long and Moderate Run groups. It has been so much fun running together and then having great fellowship afterwards. If you're not coming on Saturday mornings, you're really missing out -- come join us and make some new friends (or rekindle old ones); I promise you'll have a blast!

Speaking of running fellowship, our run social last month was absolutely incredible. We had a huge turnout for the three run distances. The food from Edgar's and socializing afterwards was great, and we had a ton of door prizes. Thank you to our many door prize sponsors: **TherapySouth, Trak Shak, Resolute Running, BTC Vulcan Run, and BHM 26.2**. We also had a great response to the membership drive and 1200 Mile Club registration opportunity that weekend. If your BTC membership has recently expired, remember to [renew your membership](#) and continue to enjoy the many benefits of this wonderful running club.

The Saturday Morning Long Run training for the Rocket City Marathon is now in full swing. One of the many benefits of BTC membership is great race discounts. The RCM race directors are giving BTC members a generous 10% discount -- no code required. When you sign up for any of the RCM races, the discount code will be automatically applied at checkout (when signed into RunSignUp with your BTC account). #MembershipHasItsPerks!

The Vulcan Run 10k is now just two months away. Due to circumstances beyond our control, there will be a new course this year. Race Director Hunter Bridwell and Trish Portuese have been working hard to finalize the course and put together what is always a fun race. Stay tuned for details on the race and possibly some other exciting changes. In the meantime, go ahead and [sign up to](#) be a part of this Birmingham fall running tradition.

This month's issue of *The Vulcan Runner* features some great content about running and pregnancy. Several of our regular runners have recently had babies and were able to successfully run throughout their pregnancy. If you currently are pregnant or may be in the near future and want to know more about running while pregnant, this issue is for you. And remember, if there's a running related topic that you'd like to learn more about, please reach to our Editor, [Julie Pearce](#) -- *The Vulcan Runner* staff is always looking for new and exciting running-related content to bring to our members!

We all know that Birmingham has an amazing running community. This spirit of community was on full display the morning of Friday, September 1, as we gathered at 4 a.m. along with the Memphis running community and running communities all around the country to "finish Liza's run." We gathered to run and remember Liza Fletcher, who was tragically murdered while on a run in Memphis, Tennessee on September 2, 2022. Whenever you are running, please take safety precautions. Run with a friend or group whenever possible, and always be sure someone knows where you will be running, because everyone should come home from a run.

Finally, a huge thank you to everyone who has provided water stops for our runs this summer. It's been unbelievably hot and humid, and your fellow runners appreciate your efforts. If you have never volunteered for a water stop, or if it's been a while since you have done so, it's really easy and it's a great way to give back to this wonderful running community. Look for the sign up links on the Long and Moderate group run Facebook links each week, or [email our Run Coordinator, Cameron Estes](#), to volunteer.

Stay safe out there, and I look forward to seeing you on the roads!

**Jamie Trimble**  
*BTC President*



# 2023 Officers



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**Jamie Trimble**

president@birminghamtrackclub.com



## Treasurer

**April Harry**

treasurer@birminghamtrackclub.com  
pastpresident@birminghamtrackclub.com



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**Bradley Wells**

vicepresident@birminghamtrackclub.com



## Secretary

**Vicky Brakhage**

secretary@birminghamtrackclub.com



## BTC Committees

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Moderate Run Coordinator  
Medical Director  
Social Chairs

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

parliamentarian@birminghamtrackclub.com  
longruns@birminghamtrackclub.com  
moderateruns@birminghamtrackclub.com  
medical@birminghamtrackclub.com  
social@birminghamtrackclub.com

Marketing/Social Media  
Membership  
Membership Benefits  
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Alex Morrow  
Cameron Estes  
Ellen Ortis  
Bradley Wells  
Julie Pearce

marketing@birminghamtrackclub.com  
membership@birminghamtrackclub.com  
benefits@birminghamtrackclub.com  
store@birminghamtrackclub.com  
newsletter@birminghamtrackclub.com

"The Vulcan Runner" Newsletter  
Japan Exchange Program  
1200 Mile Club  
Volunteer Coordinator

Rebecca Williamson  
Kelly Sims  
Kim Benner  
Trish Portuese  
Jamie Trimble

japan@birminghamtrackclub.com  
1200@birminghamtrackclub.com  
volunteer@birminghamtrackclub.com  
historian@birminghamtrackclub.com  
finishline@birminghamtrackclub.com

Finish Line Crew  
Webmaster

Alan Hargrave

webmaster@birminghamtrackclub.com

IT Chair

Alan Hargrave

itchair@birminghamtrackclub.com

USATF Representative

Charles Thompson

usatfrep@birminghamtrackclub.com

## BTC Race Directors

Adam's Heart Run  
Statue 2 Statue  
Peavine Falls  
Vulcan Run

Lisa Booher  
Judy Loo  
Marla Gruber  
Hunter Bridwell

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



## BTC Mission Statement

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

## Contact BTC at:

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

## Race Results

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





A photograph of Meb Keflezighi, a professional marathon runner, celebrating at the 2014 Boston Marathon. He is shirtless, wearing a red and blue striped singlet, with his arms raised in triumph. He is surrounded by a cheering crowd and a yellow banner in the background that reads "2014 BOSTON MARATHON".

# MEET MEB!

## **FUELING THE FAMILY**

TEAMWORK IN THE KITCHEN

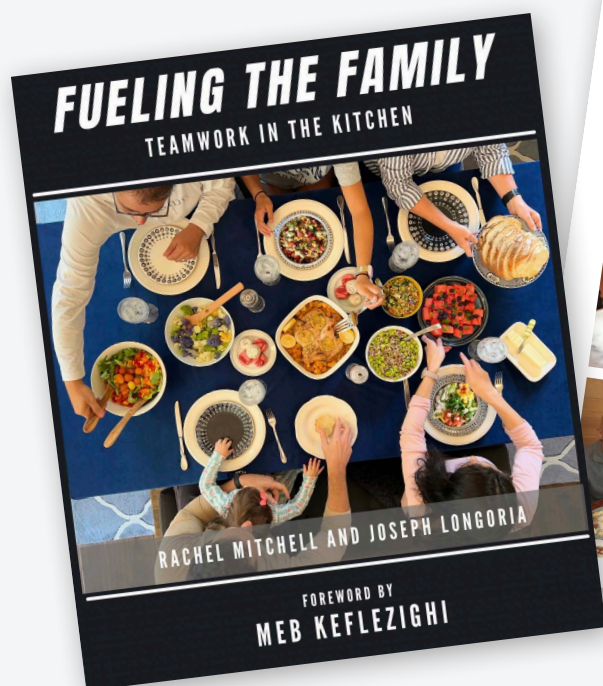


## **BOOK LAUNCH & SIGNING**

**September 23rd  
8:00AM - 10:00AM**

**The Trak Shak  
Homewood**





## SPECIAL PREVIEW

### ARROZ CON POLLO (RICE & CHICKEN)

4 Servings

4 TABLESPOONS EXTRA-VIRGIN OLIVE OIL  
4 CHICKEN THIGHS, BONE-IN & SKIN ON (APPROXIMATELY 2 POUNDS)  
KOSHER SALT, TO TASTE  
FRESHLY GROUND BLACK PEPPER, TO TASTE  
PAPRIKA  
TURMERIC POWDER  
2 CUPS MEDIUM OR LONG-GRAIN WHITE RICE  
1 MEDIUM YELLOW ONION, DICED  
3 CUPS CHICKEN STOCK  
1 CAN (10 OUNCES) MEXICAN-STYLE ROTEL, UNDRAINED

- Using a large 12-inch skillet, heat the olive oil on medium-high heat. Season both sides of the chicken thighs with salt and pepper, paprika, and turmeric, and place the chicken skin-side down. Cook for a few minutes on each side until browned. Use a slotted spoon to remove the chicken from the pan and set aside.
- Add the uncooked rice to the pan. Stir to coat the rice with olive oil, adding more olive oil if necessary—about 4 minutes.
- Add the onion. Cook the onion and rice mixture, stirring frequently, until the onions have softened—about 4 minutes.
- Add the chicken stock and stir to incorporate the rice and onion. Then, mix in the undrained can of Rotel.
- Place the browned chicken thighs in the pan in a single layer, reduce the heat to low, and cover with a lid. Cook for 20-25 minutes—fluff the rice and serve warm.





# RUNNING THROUGH PREGNANCY & BEYOND

By Susanna Carter, M.D.

If you are reading this article then I presume you are either a pregnant runner or a runner hoping to become pregnant. Either way, I commend you! Unfortunately, very few women meet the daily recommendations for physical activity in pregnancy, and I spend far more time trying to motivate people to move than I do answering questions about running. As an athlete myself, I get very excited when one of my pregnant patients tells me she is a runner and wants to know how to navigate her sport during gestation.

This is by no means a comprehensive guide to running during your pregnancy, but it hopefully will be a practical resource for answering some common questions associated with safety, volume and nutrition during pregnancy. You'll find a common theme throughout: listen to your body! But one quick disclaimer: please do not run if your pregnancy is considered high risk. You will need clearance from your personal obstetrician to be sure you don't have heart, blood pressure, or placental complications that could make running hazardous.

preeclampsia. Your baby benefits in the womb but also potentially for years to come, as research suggests there is decreased incidence of diabetes and cardiovascular disease later in life as well as improved cognitive performance.

## Volume and Intensity

Pregnancy definitely is not a time to set PR or volume goals. You can expect your runs to feel more challenging, and this is because your body is already diverting a ton of energy to your baby and placenta. Pregnancy alone is like a workout, and your body is becoming more "fit" just by growing this little ball of joy and gearing up to deliver it. Add the physical work of running to that effort, and you actually are maintaining quite a bit of fitness in pregnancy. That is why reducing your overall volume is not going to reduce your fitness much at all. In fact, for some women, there actually is a performance boost in the year or two after pregnancy. This is seen in elite athletes as well as amateurs.



## Physiology, Benefits, and What to Expect as You Run in Pregnancy

The benefits of running outside of pregnancy apply to both you and your baby during pregnancy. These benefits include improved mental health, such as decreased anxiety and lowering the risks of postpartum depression. Running also may decrease your risk for developing gestational diabetes and cardiovascular complications such as

One article on elite Olympic-level runners showed that most cut their volume in half during pregnancy. This might be a good place to start for more recreational runners as well. I would recommend 20 minutes to an hour a day for running, but beyond that the research isn't sufficient to make recommendations. Can you run a half marathon or marathon?

# RUNNING THROUGH PREGNANCY & BEYOND

Sure, it likely is safe to do so if you are well-trained prior to pregnancy and you take it slowly and fuel well . . but why not wait until you can let it rip when you aren't pregnant and there is absolutely no risk to your little one?

With regards to intensity, similar advice applies as to volume. When you are running, your body is splitting blood flow between your uterus (where it wants to send all the good stuff like calories and oxygen to keep the baby healthy) and your working muscles (which also want all the good stuff like calories and oxygen to keep contracting). When the intensity of your pace increases, or the duration of the run for that matter, your body has to shunt blood flow away from the uterus to your muscles and heart or you will collapse. Studies have shown that when you are close to your V02 max effort, or above 90% of your max heart rate, there is decreased blood flow to the uterus, and the baby's heart rate shows decelerations (otherwise known as fetal compromise). This corrects quickly with rest but who wants to stress their baby out like this? Not your obstetrician, I can tell you that. So my advice is that most of your miles be in zone one or two (endurance pace) with some strides or maybe some fartlek-type runs where you aren't maxing anything out for long periods. If Olympic athletes aren't doing it, you don't need to do so either, right?

## Fueling and Hydration

You don't need to overthink fuel and hydration, but they are critically important just as they are when you aren't pregnant. A rule of thumb in pregnancy is that you need about 350 to 500 extra calories a day for a growing fetus. As a runner who may be sweating a lot (is everyone else experiencing heat death every time they run this summer?!), you need

to be drinking something with electrolytes in addition to a lot of water. You can still use your favorite gels or chews for energy on runs as well. Your muscles will soak up that extra sugar for fuel as you run, and you need not worry that it increases your baby's exposure to sugar. Now how much sugar you eat outside of running is a different story but as far as fuel during exercise, keep to your usual regimen.

## A Few Final Thoughts . .

Comparison is the thief of joy. I don't know who first said that but I think of it every time social media comes up in conversation or otherwise. Please don't expect yourself to run as many miles or as fast as your pregnant running peers. Some days, and especially as pregnancy progresses, you just may not feel like the athlete you truly are. Stitches or cramping may slow you to a walk, and that's okay -- it almost always resolves. But if a friend posted that they ran 10k through a field of daisies and felt amazing and you feel like you just smoked a pack of Marlboros and peed yourself when you tried to run a 15-minute mile, it's going to be harder on you if you hold yourself to internet standards (most of which aren't true stories!).

This leads to the bottom line and the Golden Rule of Running in pregnancy: LISTEN TO YOUR BODY. As a runner you are more in tune with your body than 99% of the population. If you feel good, run with joy in your heart. If you feel like a sloth with asthma, walk it off or give yourself the day off. If running with a belly belt feels good, do it. If it makes you hot and claustrophobic, pitch it. Trust yourself to know when your body says it can handle more and when it says it's time to back off.

## ABOUT THE ARTHUR:

*Susanna Carter, M.D. is board certified in Obstetrics and Gynecology and also Preventive Medicine. She practices with Birmingham Obstetrics & Gynecology in Birmingham and Trussville. An avid triathlete, Dr. Crater prefers full ironman distance training and racing.*





# FLORENCE BRADLEY'S APPALACHIAN TRAIL ADVENTURE

By Matt Ennis



In the midst of the Appalachian wilderness, 58-year-old Florence Bradley is halfway through an incredible journey along the Appalachian Trail. Her story isn't just about walking through the woods – it's a tale of determination, personal connections, and an unbreakable positive attitude.

An old-school Birmingham Track Club member and current Mountain Brook resident, Florence is a mother, a triathlete, and was a firefighter in Birmingham for 28 years. Her love for hiking started when she took her daughters on a hike with their Girl Scout troop, and that is when she decided to hike the Appalachian Trail. Although she knew one day she would complete her dream, her husband was glad she decided to wait until the kids were grown. So after a decades-long wait, Florence finally set out this Spring from Harpers Ferry West Virginia, heading north with a 35-pound pack on her back.

Currently hiking through New Hampshire, Florence has made it almost halfway through her trek and was kind enough to talk to me while on her journey. Her plan is to finish the northern section by September and then head back to Harpers Ferry to tackle the southern part, with a goal to complete the entire trail by December. She and her husband have a cruise reservation for the second week of December, so that acts as an extra incentive to keep her motivated.

However, hiking the trail hasn't been all smooth sailing. Tendonitis in her ankle has slowed her down from an intended 15-mile daily pace to around 11 miles per day. Carrying a heavy pack doesn't make things easier, but she is pushing forward nonetheless.

Food has become a significant part of Florence's journey. Despite purposefully packed trail food, she's lost 37 pounds due to the immense amount of calories she's burning. Even a few Snickers bars can't quite make up for the deficit. She misses regular meals, especially burgers, fries, and pretty much any food that isn't in bar form.

But where challenges arise, Florence's indomitable spirit shines through. Her journey is not only about miles conquered but about the human connections forged along the way. A chance encounter with a family in New Jersey transformed a day of desperation into one of cherished memories, as a simple request for hose water led to a shower, a sushi dinner, and newfound friendships. Such moments, she says, are the fuel that keeps her spirits high despite "about 100 falls" and a bone-chipping injury in her hand.



While Florence relishes the beauty of the trail, she admits missing her family – her husband, kids, and especially her dog. Her four-legged companion joined her for six weeks before being sidelined by ticks and encounters with other dogs. Yet, her determination and positivity remain unshaken.

Florence Bradley's journey is one of perseverance and strength, a true testament to the power of the human spirit. I know she feels the support from all of us Birmingham runners. As she

continues her adventure, the trail not only challenges her physically but also shapes her outlook on life. Stay tuned for the second part of her story, as she faces the remainder of the trail with the same unwavering positivity and determination. In the meantime, follow her on Facebook and send some likes her way. She is posting some great photos!

# MEDICATIONS AND MILES:

## Medications for Pregnancy

By Kim Benner, PharmD



Women who like to exercise while pregnant (or trying to become pregnant) may need to take medicine to stay healthy or in times of sickness. It is important to realize that medications, whether prescription, non-prescription or even herbal products, can have dangerous effects on a growing fetus. Even if you are not yet pregnant but would like to become pregnant, some medicines can cause birth defects very early in pregnancy, often before you even know you are pregnant. You should discuss any medications you wish to take with your healthcare provider while pregnant or trying to conceive.

There are many great resources that patients and providers can use to check the safety of any medications before taking them. As mentioned, talking to your health care provider (physician, pharmacist, nurse practitioner, etc.) is a great way to start. The Centers for Disease Control (CDC - <https://www.cdc.gov/pregnancy/meds/treatingfortwo/index.html>), The FDA Medication Safety for Women (<https://www.fda.gov/consumers/womens-health-topics/medication-safety-women>), American College of Obstetrics and Gynecology ([www.acog.org](http://www.acog.org)) and the Organization of Teratology Information Specialists ([www.mothertobaby.org](http://www.mothertobaby.org)) are great reliable resources for safe medications in pregnancy. Use caution when taking this kind of advice from non-reputable websites or word of mouth.

### GENERAL RECOMMENDATIONS FOR MEDICATIONS

#### For nausea:

Ondansetron (Zofran) may be considered for severe nausea and vomiting. First, however, changes in diet and lifestyle are recommended and can include taking vitamins, adjusting mealtimes

and changing the types of foods eaten. Vitamin B6 can be tried as well as doxylamine, a medication found in over-the-counter sleep aids, if vitamin B6 alone does not relieve symptoms.

#### For allergies:

There are many nonprescription medications for allergies that are deemed safe in pregnancy, including chlorpheniramine, dexchlorpheniramine and hydroxyzine; cetirizine and loratadine “may also be safe.” In general, appropriate doses of steroid nose spray (like Flonase) is safe to use during pregnancy. A commonly available decongestant, pseudoephedrine (found in Sudafed and other products), has been linked to a small risk of birth defects so do NOT take pseudoephedrine during the first three months of pregnancy. Phenylephrine (found in Sudafed PE and others) also is not recommended during the first three months of pregnancy. For nasal congestion, saline nasal spray can be used safely, with or without some gentle suction.

#### For pain:

Most resources point to acetaminophen (Tylenol and others) as the pain reliever of choice during pregnancy. The data is more unclear on ibuprofen (Advil, Motrin and others) in early pregnancy; therefore, ibuprofen should only be used under a healthcare provider’s supervision, particularly in the second and third trimesters. Studies on opioids or narcotics (morphine, oxycodone, hydromorphone and others) during pregnancy have found an increased chance for poor pregnancy outcomes such as poor growth of the baby, stillbirth, or preterm delivery. Therefore, these medications should be avoided.

#### For depression/anxiety:

According to the ACOG, if a patient was on an antidepressant before pregnancy that worked, “it is best to continue that medication during and after pregnancy.” However, the dose may need to be increased late in pregnancy. Selective serotonin reuptake inhibitors (SSRIs, such as Celexa, Lexapro, Prozac, Zoloft and others) are commonly used for depression, and studies suggest that most SSRIs do not increase the risk of birth defects. Making time for self-care, joining support groups, and using community resources also can help with anxiety.

There are many more medication recommendations for pregnancy or those trying to conceive. Keep in mind that a woman may be pregnant before she sees signs and symptoms of pregnancy; therefore, caution should be exercised when taking any medication, whether prescription, nonprescription or herbal. Always check with a health care provider first to ensure the best outcome for mother and child.



# #FinishLizasRun

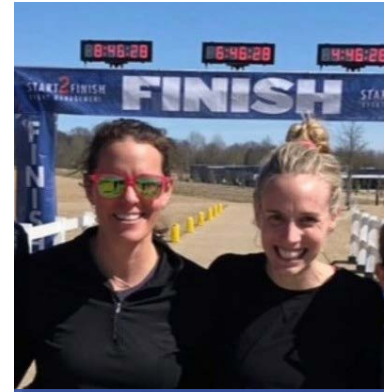
By Julie Pearce

At 4:00 a.m. on September 1, 2023, the Birmingham Track Club hosted a run in memory of Eliza Fletcher, a Memphis runner who was abducted and killed while on her morning run last year. Local runners joined many other runners across the country who gathered to finish Liza's last run. After a welcome by BTC President Jamie Trimble and a prayer from Brad Landry, Rector of All Saints Episcopal Church in Homewood, the group ran a three- or five-mile loop from The Trak Shak in Homewood.

Like many of us, Liza started her run in the early morning hours to accommodate her family and her job as a teacher. Although she didn't live in Birmingham, Liza's connections to local runners make her story hit even closer to home. Jessica

Tackett recently returned to Birmingham after several years in Memphis, where her sons attended school with Liza's children. After the run, Jessica thought about what it meant to #FinishLizasRun: "I had the blessing of coming back home to my boys and to my husband. I didn't know Liza but I relate to her as a mom and waking up early to cram in some exercise before the job of mom begins. But she thought the same – she would just be coming home after exercising. It's almost like waking up every day – we have to be thankful for safety and just coming back home."

**The goal of #FinishLizasRun is to empower runners and emphasize that women should be able to run safely at any time of the day.**



Eliza Fletcher (right) with Molly Martin Witherington, cousin of BTC member Rebecca Williamson





# COMMUNITY CORNER:

## VETERAN'S PARK FEATURES NEW CROSS-COUNTRY COURSE

By Hunter Bridwell, BTC Past President and Parks and Recreation Board Member, City of Hoover

The 3.1 mile cross-country course at Veteran's Park in Hoover has been a staple for cross-country athletes and local runners for quite some time.

The course was redesigned this summer by the City of Hoover and Shelby County, just in time for the high school cross-country season. The redesign was necessary due to drainage problems that had contributed to erosion of the trail over the years. The renovations should eliminate some of the areas where the ground would hold water, making it difficult to use the trail after inclement weather.



The old Veteran's Park trail was known as a challenging course with a steep hill near the end, just before the trail exits the wooded area. And while the renovated course may have a less extreme hill, it remains a technical course with sharper turns and elevation changes that make it a challenging course for both cross-country runners and recreational athletes. Those who are familiar with the old course will recognize that the direction of the course has now been reversed, with the wooded portion now coming in the first 1.5 miles.

# BTC MEMBER BENEFITS SPOTLIGHT:

## THE TRAK SHAK

By Ellen Ortis, Member Benefits Coordinator

You may have been a member of the Birmingham Track Club for a while, but did you know you get a discount at The Trak Shak just for being part of the BTC? Here's a short Q&A with The Trak Shak's Scott Strand to familiarize those of you who don't know about this incredible local shop that supports our club so well.

**How long has The Trak Shak been in business?** The Trak Shak was originally opened by Valerie McLean (now Valerie Cuddy) in 1995 in a little house on Crescent Avenue in Homewood, moving to its current location on the old curve in 1998. Two other locations were opened on Hwy 280 in Inverness and Hoover at Brock's Gap in 2002 and 2019 respectively.

**What sets The Trak Shak apart as a running store?** We have striven to serve the runners and walkers in the Birmingham area by fitting them in great footwear, offering apparel and accessories that runners and walkers need, and being involved with the greater Birmingham running community through many avenues: race involvement, health fairs, and group run opportunities, just to name a few.

**What is your favorite BTC Series race?** The Vulcan Run and Peavine Falls are my favorite.

**What is your favorite Trak Shak event each year?** The Mercedes Marathon was "The" favorite Trak Shak event each year, but we'll have to see what's next.

**What is the BTC benefit at Trak Shak?** What does it include, and how can members put it to use?

All current BTC members have a standing 10% off on all regular purchases all year long. A member simply has to tell their Trak Shak sales associate that they are a BTC member when making a purchase.

Thank you to The Trak Shak for your support of the BTC! offering your Homewood store as a meeting place for numerous runs to opening early and staying late for special events, we are grateful for your support!

**The**  
**TrakShak**  
**Running Shops**

# STAYING STRONG DURING PREGNANCY

By Hannah Cox, TherapySouth



Let TherapySouth help keep you active throughout your pregnancy! Fatigue and physiological changes in the body will strongly impact your workouts. As you progress into the second and third trimesters, the pelvis undergoes many changes, including an anterior (forward) rotation. This leads to decreased activation of the gluteal and abdominal muscles, thereby increasing the strain on the low back. Furthermore, as the body prepares the birth canal for delivery, the SI (Sacro-Iliac) joints experience significant laxity. This can lead to SI joint pain and exacerbate discomfort you may already feel in your low back, even with simple activities such as walking and bending forward.

Often, if a client has notable laxity and pain in the SI joint, we recommend that she come into the clinic to correct this SI joint dysfunction. We resolve any rotation of the SI joints and then fit her with a Serola® belt to maintain the corrections that were made. We also teach clients stretches, stabilization exercises, and body positions that improve any low back discomfort.

Unless the OBGYN has any concerns that would halt exercise, we recommend that our clients continue the workout regimens they had prior to pregnancy. We don't have any "black and white" guidelines for activity, as pregnancy generally is self-limiting. In mid to late pregnancy, patients often prefer modifications to exercise regimens secondary to low back and hip pain. We are happy to find low-impact activities for clients to transition into that are appropriate for their individual exercise goals. In addition, we also can tailor an exercise program to relieve low back pain and increase strength to prepare that mom-to-be to return to post-partum heavier exercise routines.

Although each plan of care is individualized to the client, there are a few stretches I prescribe to all my pregnant and post-partum clients, as they immediately improve low back pain:

## Pelvic tilt:

- Begin by lying on your back with your knees bent and feet resting on the floor.
- Place one hand under your low back.
- Gently flatten your back so that it "squishes" your hand into the floor.
- Repeat this thirty times, moving slowly through the motion.



## Windshield wipers:

- Begin by lying on your back with your knees bent and feet resting on the floor.
- Bring both knees together and gently rock them side to side, just far enough to feel a stretch in the back of your hips and your low back.
- Repeat this thirty times, moving slowly through the motion.



To keep my pregnant clients running efficiently, or to improve a post-partum client's activity tolerance, I prescribe the following strengthening exercises for to be performed at home:

## Clamshell

- Begin by lying on your side with knees bent and heels together.
- Slowly elevate the top leg, maintaining the ankle contact, but separating the knees.
- Repeat this thirty times on each side.



## Bridge

- Begin by lying on your back with your knees bent and feet resting on the floor.
- Slowly raise your bottom from the floor, prevent your knees from touching one another.
- Raise your hips as high as you can, and then slowly lower back to the floor.
- Repeat this thirty times.



If you would like to have your individual exercise goals or running form evaluated, please reach out. We would love to help you stay active and pain-free while doing so!



# RRCA UPDATE

By Teri Bossard, Alabama State RRCA Representative



## Hello runners!

Allow me to formally introduce myself. I'm the Road Runners Club of America (RRCA) representative for Alabama, having taken over the mantle from Alex Morrow at the beginning of this year.



I've been running in and around the greater Birmingham area since 2013. I had been working (and running) in Tuscaloosa for the past few years and was a member of the board for the Tuscaloosa Track Club, as well as a member of Birmingham Ultra Trail Society. Now, I'm back to working downtown and knew I needed to formally join BTC. How could I not? After going to the Road Runners Club of America Convention this year, it became apparent that BTC (and Jamie and Kim Trimble) bring an unparalleled level of enthusiasm to the running community.

Recently I had the pleasure of representing the RRCA at the RRCA National 5K Championship, held in Anniston, Alabama. That was a great event, with over 1,200 participants despite it being a hilly, hot, and humid morning. First place male (Vincent Kiprop, 14:37) and first place female (Esther Gitahi, 16:48) were both from Tuscaloosa, and both were very close to course records. At least one age state record was set, with a great showing from so many people. Again, despite the hills and humidity, it was as if greatness pulls along greatness and lots of people set PRs.

As an RRCA representative, what I loved seeing was that the Race Director had several team categories, including a division for RRCA clubs. Unfortunately, Huntsville Track Club was first in this division (top 5 times combined for 1:41:59) but congratulations to Birmingham Track Club for a team time of 2:15:13, besting Anniston Run Club for 2nd place. The BTC's Top 5 runners were Billy Rose, Vance Wooten, Dale Landefeld, Rachael Dollins, and Cindy Cutchen. In my opinion, I would love to see this style of

team competition happen more often. And I'd like to see BTC out pace HTC next year! Any takers?

If you're up for challenges, please stay tuned for more news about upcoming state and regional RRCA events. Dates to put on your calendar:

### November 11, Chickamauga Battlefield Marathon, Half Marathon, and 5K

- The Chickamauga Battlefield Marathon serves as the 2023 RRCA Southern Region Championship for the marathon distance.
- The Chickamauga Battlefield Half Marathon serves as the 2023 RRCA Georgia State Championships for half the marathon distance.
- The Fort Oglethorpe 5k serves as the 2023 RRCA Georgia State Championships for the 5k distance.

### November 25, Coastal Half Marathon, 5k, and 1 mile

- The Coastal Half Marathon serves as the 2023 Alabama Championship for the half marathon distance.

2024 Championship solicitations are open. If you know of a race that you think would be a great championship event, please encourage them to apply (<https://www.rrca.org/programs/championships/>) or to contact me via [Alabama@RRCA.org](mailto:Alabama@RRCA.org).

Happy trails...or roads...or sidewalks...or treadmills!

## Birmingham's Classic 10k Race!



November 4, 2023

Scan the QR code or register at  
<https://runsignup.com/vulcan10k>

Hosted by the Birmingham Track Club



## 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:**

Jose Alvarez  
Barrett Barnett  
Parker Bolen  
Bill Bowman  
Nicole Bracey  
Alexis Brakhage  
Elizabeth Brakhage  
Joseph Brakhage  
Hannah Broom  
Chris Campos  
Emily Coe  
Matt Coe  
Ian Conerly  
Michael Connoors  
Katelyn Cowie  
Wendi Culver  
Onna Cunningham

Roberta Dunnaway  
Bob Evans  
Eric Ford  
Judah Fuller  
Hunter Garnett  
Travis Glass  
Meg Gore  
Meagan Gray  
Miles Grigorian  
Kay Hallingquest  
Tracy Hallingquest  
Cara Hanna  
Deb Hargrave  
April Harry  
Wendy Hassinger  
Meghan Ann Hellenga  
Michael Hellenga

Alejandra Hernandez Ortiz  
Katherine Hintz  
Angie Hogeland  
Bethany Hogeland  
Jeff Hogeland  
James Jackson  
Caleb T Jones  
Jeff Jones  
Rachael Josey  
Tom Kendrick  
Bijan Khanpour  
Tom Love  
Anna Kate Lyda  
Beth Lyda  
John Lyda  
Joseph Matchan  
Skip Mathews

Pamela Miller  
Renie Moss  
David Neaves  
John Oliver  
Carlos Orihuela  
Catheryn Orihuela  
Nina Orihuela  
Christy Parsons  
Rebecca Phillips  
William Rasberry  
Vee Richetti  
Lynn Roper  
Christianna Rudder  
Josh Rumore  
Adriana Saunders  
James Shoaf  
Randall Simpkins

Colin Soniat  
Matt Spikings  
Kim Taylor  
Marilyn Thomas  
Seth Tibbs  
Mason Tope  
Marc Waters  
Ana Watters  
Heather Watters  
Larkin Watters  
Robert Watters  
Sarah Whorton  
Shanada Williams  
Steve Wiseman

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](#).





## We're here for you on your postpartum journey

Taking care of your body is one of the most impactful things you can do to improve your health postpartum. TherapySouth offers a variety of services to support you throughout your pregnancy and postpartum journey. We understand the physical challenges that you are facing while growing and taking care of a child and are proud to provide hands-on care to improve your pain, mobility, and strength.

### Our services:

- Pregnancy and postpartum pain management for low back, SIJ, neck, perineum, and pelvic floor
- Education and instruction of continuation of pregnancy fitness and postpartum return to exercise



Interested in learning more about our women's health services? Visit [therapysouth.com](https://therapysouth.com) to schedule an appointment.

## BTC Group Runs Update

Our BTC Long Run group is in full swing, and we would love to have you join us for a Saturday morning long run. We meet every Saturday morning at 6:00 a.m., usually at The Trak Shak in Homewood. Please visit our [BTC Long Run Facebook page](#) for details on the weekly routes. Please contact 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.

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





# 1200 MILE CLUB

## 2023 REGISTRATION IS OPEN!

Whether you're working on earning your first 1200 Mile Club jacket, or you are a yearly participant, [sign up](#), and start tracking your progress today.

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

The rules are the same as last year: any miles that you would put on your training log count towards your goal of 1200 Miles (elliptical, rowing machine and biking miles do not count). If you think you have what it takes to complete the challenge, [sign up](#) today. Registration is FREE to all active BTC members. Not a BTC member? Or, has your membership lapsed? [Join or renew now](#), and register for the 1200 Mile Club!

**Cumulative miles from September 4, 2023 are listed below.**

Participant	Total
Adwell, Stephen	993
Ahmed, Kabeer	1,005
Altobella, Janet	897
Anderson, Kerri	506
Bailey, Brittany	840
Barron, Darlene	995
Barton, Tabitha	884
Belew, William	0
Benner, Kim	1,086
Bennett, Mitchell	988
Benson, Wayne	266
Blackmon, Kim	1,135
Boackle, Larry	0
Boackle, Tomie Ann	0
Bolen, Parker	0
Booher, Lisa	1,113
Bookout, Jason	770
Bookout, Kimberly	1,583
Bossard, Teri	1,409
Boswell, Ryan	712
Bracey, Nicole	0
Bradley, Michelle	463
Brakhage, Victoria	856
Bray, Elizabeth	1,503
Bridges, John	347
Bromberg, Georgia	601
Brown, Charlie	1,006
Brown, Katie E.	1,198
Brown, Katie G.	955
Brown, Sean	739
Bryant, Jason L.	795
Caine, Lawrence	578
Callahan, Chris	1,450
Calvert, Aaron	813
Campos, Chris	905
Carden, Melissa	1,543
Carlton, Bob	883
Carter, Adrienne	0
Chaffinch, Randy	808
Chaffinch, Violet	825

Participant	Total
Chandler, Teresa	1,050
Cheek, James	79
Clay, Brad	1,679
Clay, Sarah	832
Cleveland, Jeff	1,346
Cliett, Stephanie	1,088
Cobb, Patty	988
Cockerill, Kandy	484
Coe, Emily	938
Coe, Matt	0
Coffin, Diane	544
Coleman, Tim	908
Colpack, Susan	837
Connors, Michael	1,019
Corrin, Roger	563
Cowart, Britney	751
Crain, Teresa	0
Cramer, Robyn	874
Cramer, Steve	320
Crawford, O'Neal	1,079
Creed, Brad	789
Creel, Mary	581
Crowson, Bill	0
Crunk, Emmagene	575
Davidson, Lori	975
Dawson, Ashley	1,713
Deffenbaugh, Todd	906
Denton, Matt	1,141
Dimicco, Al	913
Dixon, Jeff	1,109
Downs, Matt	768
Duke, Cindy	908
Eason, Sydney	0
Edquist, Emily	1,792
Eichold, Paulina	895
Elrod, Stacey	0
Ennis, Amanda	835
Ennis, Matt	1,085
Estes, Cameron	977
Estrada, Steven	1,943

Participant	Total
Evans, Debbie	1,348
Everitt, Mollie	643
Files, Timothy	26
Flanery, Haley	1,279
Fons, Aaron	933
Forbus, Reed	353
Foreman, Michael	836
Foti, Kathryn	1,019
Frankel, Ali	682
Franklin, Shane	527
Frederick, Winston	915
Freeman, Sheila	185
Fronerberger, Bryan	0
Gaston, Michael	1,171
Gates, Tonya	0
Gayheart, Cheryl	774
Gee, Lynique	504
Goode, Johnny	948
Goyal, Rita	0
Grady, Carla	0
Graham, Jon	1,190
Graham, Ryan	609
Grainger, Matt	1,276
Gray, Meagan	925
Gray, Michael	714
Griffin, Misty	961
Gruber, Marla	406
Gruschow, Mariana	117
Gullapalli, Satya	1,016
Hall, Thomas	51
Hanna, Cara	887
Haralson, Danny	329
Haralson, Micki	532
Harding, Brandy	150
Hargrave, Alan	881
Harrelson, Karen	671
Harris, Lori	0
Harrison, Lisa	844
Haynes, Melanie	0
Henderson, Andrew	968

Participant	Total
Henninger, Alison	877
Hess, Alan	842
Hogeland, Jeff	1,043
Holder, Gene	815
Holland, Skylar	0
Hoover, Alison	153
Howell, Allen	799
Howell, Rachel	561
Izard, Melody	0
Jenkins, Kaki	1,448
Jenkins, Kate Herrera	334
Jensen, Sarah	584
Johnson, Ethan	459
Johnson, Liz	0
Johnson, Phillip	496
Johnson, Troy	780
Kampe, Edna	0
Kazamel, Mohamed	1,560
Keith, Jerry	417
Keith, Susan	628
Kemper, Tricia	1,043
Knight, David	826
Krick, Stefanie	1,162
Kuhn, Jimmy	1,451
Kulp, Loren	866
LaFon, Caroline	298
Laird, Audrey	1,104
Lamb, Patrick	787
Lamb, Patrick	0
Lancaster, Jeff	760
Landefeld, Dale	991
Lovett, Meg	76
Lyda, Beth	959
Lyda, John	1,084
Lyle, Randy	1,342
Maiola, Frankie	0
Malec, Bonnie	376
Malick, David	1,211
Markham, Elishua	426
Martin, Sheree	126
Mathews, Skip	694
Matthews, Jamieson	823
McCalley, Charles	852
McElroy, Catherine	964
McLain, Chase	464
McShan, Kenneth	1,209
Melton, Kristen	916
Merry, Vicki Sue	1,289
Morris, Gordon	243
Morrow, Alex	0
Moss, Renie	58
Mott, Marilyn	508
Muncher, Monica	631
Nicholas, Kathryn	0

Participant	Total
Nix, Anthony	1,048
Noerager, Brett	1,834
Noerager, Felicia	860
Northern, Kristie	1,231
Norton, Laura	1,434
Oechslein, Tamara	871
Oehrlein, Kimberly	212
Orihuela, Carlos	1,069
Ortis, Ellen	743
Padgitt, Scott	1,000
Parks, Charlie	1,069
Parsons, Christy	119
Peagler, Shana	0
Pearce, Julie	633
Plante, David	958
Poole, Jonathan	960
Powell, Logan	1,130
Pritchett, Leigh Ann	0
Randolph, Megan	910
Rawson, Brent	849
Reaves, Brandon	1,033
Reaves, Brittany	991
Renfro, Jeff	937
Richetti, Vee	0
Richey, Lori Beth	855
Ricketts, Timothy	0
Ritchie, Joseph	1,673
Ritchie, Lauren	1,137
Roberson, Kevin	324
Roberts, Fletcher	490
Robinson, Lyndsey	456
Robinson, Tamara	0
Rodgers, Jeffrey	791
Romans, Cassidy	577
Roper, Lynn	863
Rose, Billy	1,964
Rowell, Taylor	0
Russell, Maureen	1,210
Rutherford, Keith	700
Rutledge, Lisa	939
Saffold, Joseph	0
Shaffield, Danny	2,032
Sherer, Jeremy	929
Sherrell, Jeff	1,057
Shinn, Ronald	697
Sides, Dean	630
Silwal, Suman	1,200
Simpson, Kevin	2,258
Sims, Cecelia	74
Sloane, Mike	762
Smith, Daryl	982
Smith, Erin	1,054
Smith, Holly	1,229
Smith, Jerry P.	857

Participant	Total
Smith, Justin	980
Spikings, Matt	1,041
Starnes, Dan	1,034
Steele, Julianne	947
Stockton, Rick	564
Sweatt, Jason	0
Swiney, Elana	0
Taylor, Kim	546
Taylor, Melissa	1,188
Terakedis, Amber	410
Thomas, Tre	863
Thornton, Amanda	807
Tomlin, Chace	172
Tope, Mason	0
Trimble, Jamie	618
Tyndal, Hannah	494
Valles, Tina	848
Veren, Andie	394
Vrocher, Diamond	563
Vrocher, Hilary	1,717
Waddell, Chassi	113
Wade, Josh	0
Waid, David	1,505
Walker, Brooke	861
Walton, Suzie	902
Washington, Monica	307
Waters, Marc	870
Watkins, Britney	626
Watkins, Tommy	991
Watters, Ana	0
Watters, Larkin	850
Watters, Robert	485
Weaver, Brooke	0
Weber, Amy	286
Weeks, Lance	484
Wells, Bradley	909
Wende, Adam	898
Whatley, Prince	848
Whillock, Amber	0
White Vick, Katie	830
White, Robin	1,506
Williams, Chris	791
Williams, Kelly	187
Williams, Mattie	592
Williams, Shaunda	660
Williamson, Rebecca	907
Wiseman, Steve	1,036
Woodard, Whitney	1,293
Woody, Bill	619
Wright, Amy	0
Wu, Xing	718
Yamashita, Ryota	157
York, Gary	1,007
Zajac, Jason	1,579



# RETRO RUN!





# SHOW US YOUR BTC GEAR





# BTC RUN SOCIAL, AUGUST 19, 2023

We had a blast at our August Run Social at Edgar's in Homewood! After running one of our three distance options, runners were treated to a delicious post-run breakfast, lots of socializing with fellow runners, and – of course – fabulous door prizes! Watch your email to be sure you don't miss our next big event!



# BTC EXECUTIVE BOARD MEETING

August 14, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Julie Pearce, Ellen Ortis, Kaki Jenkins, Alan Hargrave, Rebecca Williamson, Cameron Estes, and Kim Benner

Hunter Bridwell made a motion to approve the minutes of the July 2023 Executive Board Meeting. The motion was seconded by Ellen Ortis and passed without opposition.

## Member Benefits (Ellen Ortis)

We plan to do a feature in the newsletter listing all of the membership benefits. Fleet Feet has offered a 10% discount to BTC members. Ellen Ortis is creating a new directory of races in Google Sheets for members to list what races they are running in the future in hopes of allowing our members to connect if they are running the same race.

## Newsletter Editor (Julie Pearce)

Please have all content to Julie Pearce by August 25, 2023, for the September newsletter.

## Treasurer (Jamie Trimble)

The financial report was sent via email by April Harry. We had an issue with the BTC bank account. When we updated the leadership from Hunter Bridwell to Jamie Trimble, the Wells Fargo representative made an error in how they entered the information and the account was closed. They issued checks directly to April Harry for the balance of the account. A new account has been opened, but the funds will not be available until Wednesday, August 16, 2023. Discussion was held about changing banks since there have been issues with Wells Fargo.

## Membership (Cameron Estes)

We currently have 776 members and 616 memberships.

## Long Run Committee (Cameron Estes)

We will kick off Rocket City Marathon training and have a social this Saturday, August 19, 2023. The run will start at the Trak Shak and end at Edgar's in Homewood. We will plan to have a mini social at the Trak Shak on September 23, 2023, with a special guest. Discussion was held regarding how to encourage new people to volunteer for water stops.

## Japan Exchange (Rebecca Williamson)

Rebecca reported that she received a donation to the BTC earmarked for the Japan exchange program. She is continuing to work on ideas for a mutual exchange.

## Social Committee (Kaki Jenkins)

We will have our Edgar's social on Saturday, August 19, 2023. We ran out of food at our last social at Edgar's, so discussion was held about asking runners who finish early to please be mindful about how much food they take so there is still some for runners who finish later. Discussion was held regarding door prizes.

## Merchandise (Bradley Wells)

Bradley Wells is working on new shirt designs and fall merchandise.

## IT Chair/Web Master (Alan Hargrave)

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

## Vulcan Run 10K (Hunter Bridwell and Trish Portuese)

We are still waiting to hear back about course approval for the Vulcan Run 10K.

## New business

Jamie Trimble made a motion to give the 2023 race directors \$100 gift card as a thank you gift for all of their hard work. The motion was seconded by Julie Pearce and passed without opposition.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, September 11, 2023, at 6:00 p.m.





# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	September 9, 2023	6:00 a.m. and 6:30 a.m.
BTC Executive Board meeting	September 11, 2023	6:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	September 16, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">Hold the Fort 5k and 10k (Oak Mountain State Park)</a>	September 16, 2023	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	September 23, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">Runnin' on Insulin 10K</a>	September 23, 2023	7:00 a.m.
<a href="#">14th Annual Head Over Teal 5k, 10k, and Family Fun Day</a>	September 23, 2023	8:00 a.m.
<a href="#">Carrollton Half Marathon (Carrollton, Georgia) * BTC DISCOUNT *</a>	September 23, 2023	7:15 a.m. (EST)
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	September 30, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">CMP 5K Range Run and 1K Fun Run (Talladega)</a>	September 30, 2023	7:00 a.m.
<a href="#">BizDash Birmingham 5K</a>	October 5, 2023	5:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 7, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">Impact 5K and Fun Run (Oak Mountain)</a>	October 7, 2023	9:30 a.m.
<a href="#">16th Annual Honda 5K (Lincoln)</a>	October 7, 2023	5:30 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 14, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">Impact Race to the Heights 5K (trail and road race)</a>	October 14, 2023	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 21, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">Nashville Ultramarathon and Ruck (50 mile, 50k, and 50k Ruck March)</a>	October 21, 2023	7:00 a.m.
<a href="#">Ozan Haunted Win Run 5k (Calera)</a>	October 21, 2023	9:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 28, 2023	6:00 a.m. and 6:30 a.m.
<a href="#">Tuscaloosa Oktoberfest 5K, presented by Mercedes-Benz (Tuscaloosa)</a>	October 28, 2023	9:00 a.m.

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

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



## BTC Membership application

Single: ☐ Family: ☐ Renewal: ☐ Gender: ☐

First Name:

Last Name:

Street:

City:


State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F  
 3. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F  
 4. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

**Waiver:** I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

**Birmingham Track Club, P.O.Box 530363, Birmingham, AL 35253**