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THE VULCAN RUNNER

September 2025 9



**BTC CELEBRATES
SUMMER!**

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BTC CELEBRATES SUMMER!



BTC CELEBRATES SUMMER!



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

On Saturday, August 16, the BTC held a watermelon-themed run social at Trim Tab Brewing. The long-standing Just A Call Away 5k put on by the Crisis Center went virtual this year, so we teamed up with race organizers to help raise money and awareness for their great cause. The Crisis Center's mission is to serve the needs of people experiencing personal crisis or mental health issues. Together we had a HUGE turnout, amazing decorations and treats from our fantastic social committee, watermelon, libations from Trim Tab, coffee, Powerade and water provided by Coca-Cola, and most of all, A LOT of fun! But the highlight of the morning was the watermelon eating contest. This was so much fun -- we will try to do it again sometime. It was so great seeing so many of you! Thank you to everyone who supported the Crisis Center by running the virtual race or making a donation; your contributions really make a difference in our local community. And finally, we had several folks become new BTC members, so welcome to all of you!

Speaking of BTC membership, I wanted to provide a quick reminder of several things regarding your membership. First, I know how easy it is to let time get away and next thing you know, your BTC membership has lapsed. I urge everyone to double-check your membership status, and if your membership has expired, please renew. It's truly the best \$24 a year you can spend anywhere. To help out with this in the future, BTC membership in RunSignup now has a membership auto-renewal feature. This is an "opt in" feature that lets you decide to use it or not, but it can make that annual renewal process so much easier, and you never have to worry about forgetting to renew.

Not only does BTC membership make you a part of the world's be running club, it also brings so many perks, including many offers and discounts from local retailers. Member Benefits Chair Ellen Ortis continues to add ways for you to get more bang for your membership buck. Check out the list of benefits in this newsletter, or go to our [Members Only page](#) to check out the great benefits of BTC membership.

While you're on the Members Only page, go ahead and get your BTC Membership Card. To do that, at the bottom of the page, press

the 'Membership Dashboard' button (or, under the 'More' menu item, select "Manage My Membership"). Select press the 'Manage' button on your current membership, then on your member panel, the 'Manage' drop down has an option for Membership Card. Here you can view your card, print it. Or, if you're on your mobile device, from your Membership Dashboard, you can add your membership to your mobile wallet. That way you always have it available. Also note, in the future, some of our benefits partners may start requiring you to show your card to receive your discount.

Our Saturday Morning Group Runs continue to train for the target Chicago Marathon. If you have a fall marathon, even if it's not Chicago, your mileage is starting to really ramp up. How better it is to train with other folks than slogging through the never-ending Alabama summer alone! So come join us! If you're not training for a marathon or a half marathon, we still have something for everyone. We always have two longer distance options at 6:00 am, and shorter distance options at 6:30 am.

Our Saturday Morning Moderate Distance group at 6:30 am continues to grow. If you, or someone you know, is looking for lower mileage, but still wants someone to run with, this group is for you. No matter your pace or distance, you won't find a friendlier, more welcoming group than these folks.

Looking ahead, Sunday, October 5 is the BHM 26.2 race. This race has distances for everyone: a fun run, a 5k, a 10k, half marathon, marathon, 5-person marathon relay, and even a virtual option. All of these races provide BTC members with a 10% discount, proving once again that membership has its privileges! Also, the BTC will once again manage the main water stop for the race. We can always use volunteers to help out and bring the fun. Be on the lookout for a call for volunteers coming soon!

Stay safe out there and Happy Running!

Jamie Trimble
BTC President

IN MEMORY OF KELLY SIMS

1200 Mile Club Chair, Dedicated Runner, Forever Friend

On May 28, 2025, the Birmingham Track Club lost one of its brightest members, Kelly Sims. Known for her sharp humor, generous spirit, and unforgettable laugh, Kelly brought joy to everyone around her. She served as Chair of the 1200 Mile Club for two years, supporting fellow runners even while undergoing cancer treatment.

Kelly was a true runner at heart. Neighbors often recall her running through her neighborhood, her son riding his bike beside her. She loved chasing PRs and had planned to run the virtual Boston Marathon in 2020 before a cancer diagnosis changed her plans. Despite the setback, Kelly faced treatment with the same grit she brought to every race. She fought hard, always hoping for more runs with friends, more milestones with her son, and more life.

To know Kelly was to laugh with her, to admire her spirit, and now that she is no longer with us, to feel her absence deeply. She truly was one-of-a-kind.

To honor her legacy, the BTC has created the **Kelly Sims Award**, which will be presented annually to a member who embodies perseverance, resilience, and an unwavering commitment to the running community. This award recognizes individuals whose character, passion for running, and dedication to others reflect the spirit Kelly carried with her in running and in all she did.



2025 Officers



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Long Run Coordinator
Moderate Run Coordinator
Medical Director
Social Chairs

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

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Statue 2 Statue
Peavine Falls
Vulcan Run

Vicky Brakhage
Judy Loo
Marla Gruber
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BTC Mission Statement

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

Contact BTC at:

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

Race Results

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



MEDICATION AND MILES:

Exercise: A Way to Decrease Dementia Risk?

By Ashton Bellamy, Pharm.D. & Kim Benner, Pharm.D.

Exercise impacts our lives daily. It provides physical benefits such as helping to maintain a healthy weight, improving strength and stamina, and increased energy. But in addition to the physical benefits it provides, exercise also has many mental and cognitive health benefits, such as reducing stress, depression, and anxiety, improved mood and cognitive functioning, and enhancement of overall brain health. Another important benefit of exercise includes the preventive impact it can have on health, which involves managing or preventing cardiovascular diseases such as stroke or elevated blood pressure, endocrine disorders such as Type II diabetes, and some cancers, as well as helping us live longer, healthier lives generally. Growing evidence also supports exercise as means to reduce risk of cognitive decline, including dementia.¹

Historically, the benefits of exercise have been seen across all age groups and thought to be associated with any amount of physical activity without regard to fitness level.¹ Current Centers for Disease Control and Prevention (CDC) recommendations for adults call for at least 150 minutes of moderate-intensity physical activity per week or 75 minutes of vigorous intensity exercise in addition to strength training two or more days per week. Adults 65 years of age and older also are recommended to incorporate movements to improve balance.¹

In 2015, a study of American adults aged 45 years and older examined the association between physical activity level and subjective cognitive decline.² Subjective cognitive decline generally is defined as self-reported worsening or increase in confusion or memory loss, which can be one of the earliest symptoms of Alzheimer's disease. Additionally, subjective cognitive declines may not be detectable by a standardized test or something that can be diagnostically tested for and diagnosed. This study observed that physical activity may help reduce risks of subjective cognitive decline, with 1 in 11 active adults reporting subjective cognitive decline compared to 1 in 6 inactive adults. The authors of this study reinforced the importance of promoting physical activity for its positive effects on the cognitive health of these adults.

In 2023, a review of multiple studies evaluating exercise variables such as frequency, intensity, time, type, volume, and progression and each variable's association with cognitive function was published.³ In general, regular exercise showed significant positive impacts in overall cognitive function in healthy people; however, aerobic and resistance training had the greatest benefits in global cognitive function (overall cognitive ability) and executive function (skills that help with focus, planning, impulse control, and multitasking, to name a few). Additionally, the most profound positive effects of exercise on all cognitive functions were observed in patients greater than 60 years of age. This particular study analyzed the effects of these variables on memory, finding that mind-body exercises, such as yoga or Tai chi, and resistance training had the greatest impact on memory. Mind-body exercises may be ideally suitable for the older patient population as well, not only because these exercises are less intense, but because they also combine physical activity, mental focus, and



breathing to help improve balance, flexibility, and strength, which has additional benefits for overall health.

Most recently, a new publication highlighted the association of cardiorespiratory fitness (CRF) with dementia and genetic predisposition from a biomedical database and research resource from participants within the United Kingdom.⁴ In general, dementia involves a decline in cognitive abilities like memory, thinking, and reasoning, which interferes with everyday life. Alzheimer's disease is the most common form of dementia. In this study, a scoring system was used to quantify a participant's predisposition for Alzheimer's disease, but it was not used as a predictor or indicator of disease or possible disease. During this study, 61,214 participants, with an average age of 56 years and almost 52% female, were followed for up to 12 years. Baseline activity levels were performed in a subset of individuals and were comprised of a six-minute submaximal exercise test on a stationary bike while wearing heart monitors. Cardiorespiratory fitness was calculated using patient-specific information as well as the findings from the exercise test. A baseline cognitive function examination was performed and designed to evaluate prospective memory (defined as the ability to successfully carry out an instruction after a delay), visual memory (measured by matching pairs together), verbal/numeric memory (number of correct answers in a 13 question "test"), and processing speed (reaction time test to the correct answer). Higher values were indicative of better cognitive function. The scoring system used to assess genetic predisposition accounted for common genetic variants associated with Alzheimer's disease.

Older participants, participants with lower levels of physical activity, and obesity and other chronic conditions were some of the associations found with lower CRF. At baseline, higher CRF was associated with better overall cognitive function and performance in all the areas tested. When considering only CRF and incidence of dementia

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MEDICATION AND MILES:

Exercise: A Way to Decrease Dementia Risk?

(not considering any sort of genetic component yet), a total of 553 participants (0.9%) developed dementia. Higher CRF was associated with reduced risk of dementia and compared to patients with low CRF, the risk of dementia was reduced by 40% in patients with higher CRF at baseline. When considering genetic risk, CRF, and risk of dementia, similar results were observed, even in patients considered to be more genetically predisposed to developing dementia. In patients with high CRF and moderate to high genetic predisposition for dementia, the risk of dementia was reduced by 35% compared to patients with low/moderate CRF and moderate to high genetic predisposition. This is an important association, as these findings suggest that higher CRF may be able to mitigate development of dementia even in patients who have a higher genetic predisposition. Additional findings from this study included lowered risk of dementia and delayed onset of dementia across middle and older age populations.

The benefits of exercise are important in a multitude of ways, which has been repeatedly shown in multiple studies that have evaluated cardiac, mental, and cognitive health, among many others. Different kinds of exercises may have different impacts, and there may be an

age component to what specific types of exercise benefit each age groups the most. It is always important to discuss plans and any health considerations with your healthcare provider before starting any new workout plans, and consider working with a coach, trainer, or joining a class depending on the type of exercise and your personal goals. While incorporating exercise into a routine may be challenging, it is an investment with benefits that will be felt in all aspects of life – now and later.

References:

1. <https://www.cdc.gov/physical-activity/features/boost-brain-health.html#:~:text=It%20can%20improve%20memory%20and,to%20those%20who%20are%20active.>
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3. Zhang M, Jia J, Yang Y, Zhang L, Wang X. Effects of exercise interventions on cognitive functions in healthy populations: A systematic review and meta-analysis. *Ageing Res Rev.* 2023;92:102116.
4. Wang S, et al. Association of cardiorespiratory fitness with dementia risk across different levels of genetic predisposition: a large community-based longitudinal study. *Br J Sports Med* 2024; DOI: 10.1136/bjsports-2023-108048.

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- provide treatments that can improve efficiency and power, increase flexibility and speed up recovery



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BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

There are tons of great reasons to become a member of the Birmingham Track Club! The BTC sponsors and sanctions many local races. The BTC publishes your favorite monthly newsletter, *The Vulcan Runner*, to keep you up to date on the local running community. The BTC also sets up weekly training runs with various distances, targeting half and full marathons, and makes sure that there are water stops along the way. Don't miss out on fantastic socials that are making a comeback, as well as exclusive BTC apparel for our members. Most importantly, BTC Members receive *discounts* on BTC races, as well as many other races in and around the Birmingham area, and at several local merchants!

Whether you are a beginner or an experienced runner, joining the BTC is a great way to get involved in the running community, meet other runners, and stay informed of running events in the area. We invite all of you to [join the BTC](#) or [renew your membership!](#) See you on the run soon!

Please welcome the following new and returning members to the Birmingham Track Club:

Jennifer Beall
Kim Blackmon
Bill Bowman
Natalie Burns
Tim Cockerill
Kandy Cockerill
Emily Coe
Addie Coe
Matt Coe
Oliver Coe

Michael Cowie
Katelyn Cowie
Cristin Dedmon
Bob Evans
Bairon Francisco
Jeremy Galloway
Katy Galloway
Alie B. Gorrie
Nicolas Gutierrez
Macy Heard

Alejandra Hernandez Ortiz
Matthew Hinshaw
Rachael Josey
John Lyda
Anna Kate Lyda
Beth Lyda
Skip Mathews
Amber McInnish
Caleb Mintz
Jessica Rainer

Vee Richetti
Matt Spikings
Mariah Stewart
Kim Taylor
Jimmy Tracy
Stephanie Turner
Rebecca Williamson
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.

BTC Merchandise

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

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



Ready to Get More Involved in the BTC?

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

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

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



BTC Group Runs Update



The Saturday Moderate Group is On the Move!

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

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



On February 1, 2025

WE HAVE MOVED



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

Facebook.com/groups/BTCSaturdayLongRun

BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator



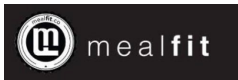
NEW BTC MEMBER BENEFIT!

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

CURRENT LIST OF MEMBER PARTNERS

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The
TrakShak
Running Shops

2024 was a great year for the BTC! We hope all of you enjoyed some of the many benefits of BTC membership – from race discounts to gear discounts, and special offers by some of our favorite businesses, BTC membership is the best deal around! You can always find the latest and greatest list of “BTC perks” on the [“Members Only”](#) section of the BTC website, and you can see a list of races offering discounts to members [here](#). If you need to sign up or renew your membership, you can do so [here](#).

Lastly, we’ve added a discount code for the website RunningWarehouse.com! Are you curious about this code and what other benefits you have access to as a member of the BTC? You can find them any time under the MEMBERS ONLY section of your RunSignUp.com profile. <https://runsignup.com/MemberOrg/BirminghamTrackClub/Page/MembersOnly>

NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

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

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

REMEMBER TO USE YOUR BTC MEMBERSHIP BENEFITS

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

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

THERAPYSOUTH

Compression Sleeves: Stylish Support or Performance Booster?

By Hannah Cox,
TherapySouth



Calf compression sleeves are a common sight at races, often signaling that someone is either racing hard or at least wants to look the part! But do compression sleeves actually offer any real benefit, or are they more style than substance? I investigated the science behind the hype, and here's what the research says:

First, let's bust a myth: calf sleeves don't significantly improve running performance. Multiple studies have shown no meaningful difference in race times, oxygen consumption, or muscle efficiency while wearing them. In other words: They won't make you faster.

That said, the story changes a bit when it comes to perceived effort and recovery. Research shows that wearing calf sleeves can slightly improve oxygen in the muscles during rest and post-run recovery. Some runners report feeling less muscle soreness after long efforts, and there is moderate evidence suggesting sleeves reduce inflammation and help with delayed-onset muscle soreness (DOMS). In a trail running study performed by Stickford, et al., runners even reported less Achilles tendon pain after wearing them.

But ultimately, are compression garments worth it? If you are looking for a mental edge, extra support for tired legs, or just want to feel a little more race-ready – go for it. However, if you're hoping they'll shave minutes off your 10K time or keep all injuries at bay, it is best to temper your expectations.

Personally, I love wearing compression sleeves at work during heavy training weeks – they help keep my calves feeling fresher (bonus: my patients think I look cool!). If you are looking to improve your running performance through training or recovery strategies, reach out to us at tsendurance@therapysouth.net, and we can build a plan that works for you!

Reference:

- Engel FA, Holmberg HC, Sperlich B. Is There Evidence that Runners can Benefit from Wearing Compression Clothing? *Sports Med.* 2016 Dec;46(12):1939-1952. doi: 10.1007/s40279-016-0546-5. PMID: 27106555.
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Listen to your body. Making a few adjustments at the first sign of discomfort can prevent a minor issue from turning into a major setback! If you have any questions or training considerations come see us or send us an email at: tsendurance@therapysouth.net

1200 MILE CLUB

The 2025 edition of the 1200 Mile Club is now open! Remember: you must be a BTC member to join the challenge – [click here to join or to renew](#) your membership! The BTC is pleased to welcome Matt Grainger as the new Coordinator of the 1200 Mile

Club! First time 1200 Mile Club finishers are entitled to purchase a coveted 1200 Mile jacket for a nominal fee, and recurring finishers receive patches to display for subsequent years.

Cumulative miles from 2025 are listed below.

Participant	Total
Ahmed, Kabeer	1,075
Aquino, Eugene	1,219
Barton, Tabitha	554
Basquill, Matt	501
Benner, Kim	1,207
Blackmon, Kim	662
Booher, Lisa	1,282
Bookout, Jason	1,168
Bookout, Kimberly	1,651
Bossard, Teri	1,410
Boswell, Ryan	273
Bouley, Rachel	1,362
Brakhage, Victoria	946
Bray, Elizabeth	588
Brown, Katie	797
Brown, Sean	648
Bryant, Jason L.	326
Burbank, Brett	919
Caine, Lawrence	519
Callahan, Chris	672
Calvert, Aaron	1,155
Campos, Chris	1,671
Carlton, Bob	876
Chaffinch, Randy	808
Chaffinch, Violet	827
Chandler, Teresa	921
Clay, Brad	946
Cleveland, Jeff	998
Cliett, Stephanie	1,003
Cobb, Patty	464
Coe, Emily	716
Coe, Matt	844
Coffin, Diane	924

Participant	Total
Colpack, Susan	759
Colvard, James	149
Conner, Melanie	174
Cooper, Cara	846
Cowie, Katelyn	623
Cramer, Robyn	921
Cramer, Steve	343
Creed, Brad	940
Creel, Mary	726
Cromey, Tyler	1,553
Davis, Samantha	744
Dawson, Ashley	1,514
Dawson, Bill	1,015
Deffenbaugh, Todd	808
Denney, Stephanie	778
Dill, Kinsley	892
Dimicco, Al	961
Dixon, Jeff	1,251
Downs, Matt	843
Duke, Cindy	865
Ennis, Matt	1,349
Estes, Cameron	661
Estrada, Steven	2,283
Flanery, Haley	165
Fons, Aaron	158
Frederick, Winston	907
Freeman, Daren	419
Gaston, Michael	1,337
Goode, Johnny	838
Grainger, Matt	1,453
Grames, Robby	937
Gray, Michael	753
Gruber, Marla	1,177

Participant	Total
Haggard, Georgia	759
Hall, Thomas	31
Hanson, Valerie	418
Haralson, Danny	681
Haralson, Micki	807
Hargrave, Alan	832
Harrelson, Karen	1,505
Harrison, Lisa	753
Hatcher, Heydon	352
Henninger, Alison	763
Herron, Michael	909
Hicks, Emery	1,156
Hogeland, Angie	752
Hogeland, Jeff	1,166
Holder, Gene	829
Hoover, Alison	575
Hopper, Whittley	828
Hurst, Anna	585
Jack, Arian	913
Jenkins, Kaki	1,438
Jenkins, Kate Herrera	783
Jensen, Sarah	694
Johnson, Kimberly	919
Johnson, Phillip	914
Johnson, Troy	955
Jones, Julie	753
Jones, William	309
Kemper, Tricia	848
Kles, Ruth	503
Knight, David	826
Krick, Stefanie	1,253
Kuhn, Jimmy	1,147
Kulp, Loren	983

Participant	Total
Lamb, Patrick	734
Lancaster, Jeff	1,210
Landefeld, Dale	624
Lane, Anna Louise	863
Losavio, Lauren	910
Lugo, Whitney	1,043
Lyda, Beth	993
Lyda, John	1,061
Lyle, Randy	967
Malick, David	1,228
Markham, Elishua	849
Mathews, Nikita	1,064
Mathews, Skip	860
McCalley, Charles	777
McElroy, Catherine	873
McKee, Rachel	616
Melton, Kristen	10
Merry, Vicki Sue	797
Miller, Pamela	918
Millican, Randy	677
Morris, Gordon	764
Moss, Renie	53
Murchison, Reginald	1,262
Namer, Lexi	615
Nodjomian, Jason	710
Noerager, Brett	1,877
Noerager, Felicia	969
Northern, Kristie	1,246
Oliver, Tom	241
Orihuela, Carlos	1,290
Orihuela, Catheryn	1,228
Ortis, Ellen	360
Padgitt, Scott	292
Pinnick, Honora	322
Poe, Bria	243
Powell, Logan	1,531
Pritchett, Leigh Ann	706
Quinn, Vivian	671
Quinsey, Caleb	199
Rakestraw, Stephanie	756

Participant	Total
Rawson, Brent	1,043
Renfro, Jeff	647
Richetti, Vee	1,025
Roberts, Fletcher	691
Robertson, John	837
Rodgers, Brian	1,256
Rodgers, Jeffrey	778
Rose, Billy	2,034
Rose, Jamie	820
Russell, Maureen	1,406
Rutledge, Lisa	998
Sanford, Gary	1,569
Sherer, Jeremy	748
Sherrell, Jeff	754
Shin, Ye Jung	1,306
Shinn, Ronald	613
Sides, Dean	578
Simpson, Kevin	1,625
Sloane, Mike	726
Smith, Daryl	958
Smith, Erin	1,014
Smith, Jason	1,345
Smith, Jerry P.	647
Spikings, Matt	824
Starnes, Dan	1,009
Stephens, Cory	407
Stewart, Mariah	919
Stockton, Rick	916
Syx, Amy	1,492
Thompson, Sarah	503
Thornton, Amanda	1,088
Toth, Christopher	609
Toth, Nick	522
Varner, Greg	795
Vaughn, Catherine	783
Vinson, Matthew	431
Waddell, Chassi	790
Walker, Brooke	724
Walker, Skylar	304
Ware, Jennifer	810

Participant	Total
Waters, Marc	663
Watkins, Britney	999
Watkins, Tommy	897
Wende, Adam R	794
Whatley, Prince	918
Wheeler, Elizabeth	1,043
White, Robin	1,409
Whitley, Mary Elizabeth	780
Whitt, Trey	582
Wiseman, Steve	1,108
Wu, Xing	768
Wyers, Ronald	852
York, Gary	1,463
Zajac, Jason	1,187

SHOW US YOUR BTC GEAR



Send pics of you or fellow members wearing your BTC gear to:
newsletter@birminghamtrackclub.com.

BTC EXECUTIVE BOARD MEETING

August 11, 2025

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Alex Morrow, Sarah Jensen, Charles Thompson, Cameron Estes, Ellen Ortis, Marla Gruber, Alan Hargrave, Judy Loo, Hunter Bridwell, Kim Benner, Trish Portuese, Matt Grainger, and Haley Flanery.

Alex Morrow made a motion to approve the minutes of the July 2025 Executive Board Meeting. The motion was seconded by Hunter Bridwell and passed without opposition.

Membership (Cameron Estes)

We currently have 804 members and 633 memberships. The BTC's membership numbers are currently down. Cameron Estes offered to send an email blast to those whose memberships have recently expired.

Newsletter Editor (Jamie Trimble)

Julie Pearce will be out of town during the September newsletter's publication date, so please have all newsletter content to her early this month. Julie will let us know the exact date for which she will need newsletter content.

Treasurer (Jamie Trimble)

The BTC's current account balance is \$54,594. We received the \$2,500 sponsorship from Andrews Sports Medicine. After all of the Peavine Falls expenses were paid, the account balance was \$53,871.

Member Benefits (Ellen Ortis)

Slice has agreed to offer a discount to BTC members. We don't have exact details on the discount yet, but Ellen Ortis is going to follow up with them and let us know.

Merchandise (Bradley Wells)

Bradley Wells placed the order for new shirts with the new vendor we are trying out, but they came out more expensive than we were expecting and shipping is taking longer than usual. Bradley intends to look into new shirts and hoodies for the fall and will go back to our previous vendor. Discussion was held regarding other merchandise options like a ¾ zip shirt. Bradley offered to do a survey to see what members are the most interested in purchasing.

1200 Mile Club (Matt Grainger)

The 2024 patches are now available for pickup at the Trak Shak location on Highway 280. Matt Grainger has also designed new patches for the 5-year, 10-year, and 15-year finishers that will be available to preview.

USATF Representative (Charles Thompson)

On August 30, 2025, the Ross Bridge 8K, is taking place and Charles Thompson will be working at the finish line. Charles intends to wear a Vulcan Run 10K t-shirt to promote the race.

IT Chair (Alan Hargrave)

Membership cards are available on the BTC website, and you can save them to the digital wallet on your smart phone. There is also a new option available to add your race registration to your digital wallet, which will help with race check-in during packet pick up.

Marketing (Alex Morrow)

We are currently promoting the August social with the Crisis Center. Alex Morrow also met with Hydralive Therapy about a possible monetary sponsorship of the BTC. Finally, Alex spoke with the directors for BHM26.2, and they are going to allow the BTC to set up a booth at their race expo. We are planning to sponsor a water stop for BHM26.2.

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

Saturday, August 16, 2025, is the social at Trim Tab Brewery. The marathon training schedule has 12 miles that day since it is a cut-back week. Cameron Estes will post routes in the near future. We have had good participation with water stop volunteers at the long runs recently. The moderate run group continues to grow.

Social Committee (Haley Flanery)

We are having a social benefiting the Crisis Center, Inc. on August 16, 2025, at Trim Tab Brewery. Please promote the event on social media. Everyone is welcome, but you must register for the 5K to be eligible for the free beer ticket and door prizes. Coca Cola will provide water and Gatorade for after the run. The Crisis Center is providing excellent door prizes for those registered for the virtual 5K, but they may also allow you to purchase a ticket for the door prizes while there. This will be a summer social run with a watermelon theme. We will have a watermelon eating contest at 8:00 that will cost \$5 to participate. Participants will eat as much watermelon in one minute without using their hands.

Vulcan Run (Hunter Bridwell and Trish Portuese)

Hunter Bridwell is meeting with the race directors with BHM26.2 to talk about their race and the possibility that they will sponsor one of the water stops for the Vulcan Run 10K. Strategic Financial Partners has offered a \$500 sponsorship to Vulcan Run thanks to Michael Brown. We hope to host a course preview run this fall, since the course has changed to remove the huge hill in the last mile. We are in the process of having the new course certified.

Old Business

The BTC hosted the water stop for the Retro Run 5K and it was a lot of fun. Jeff Martinez and the Trak Shak really appreciated us.

There has been very good progress with reorganizing the equipment and the BTC storage unit. Jamie Trimble purchased new shelves and garbage cans. Now all of the water coolers can be stored upside down after they have been cleaned. There is still more to do, but we are making progress.

We will offer a new annual award in honor of Kelly Sims. Jamie Trimble would like to appoint a committee to determine the official guidelines for the award.

There being no further business, the meeting was adjourned. We will have the annual strategic planning meeting on Wednesday, August 13, 2025, at the home of Bradley Wells at 6:00 pm. The next monthly meeting will be held on Monday, September 8, 2025, at 6:00 p.m. via Google Meet.

BTC ANNUAL STRATEGIC PLANNING MEETING

August 13, 2025

At the home of Bradley Wells in Birmingham, AL 35216

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Alex Morrow, Ellen Ortis, Marla Gruber, Alan Hargrave, Judy Loo, Hunter Bridwell, Kim Benner, Matt Grainger, Rebecca Williamson, and Haley Flanery.

Newsletter Editor (Jamie Trimble)

Julie Pearce will be out of town during the September newsletter's publication date, so please have all newsletter content to her Wednesday, August 20, 2025.

1200 Mile Club (Matt Grainger)

Matt Grainger provided examples for new consecutive year patches. They will be 2" x 4' patches. The 10-year patch has Electra, the 5-year patch has Sloss, the 15-year patch has Vulcan, and the 20-year patch will have the Rotary Trail (Magic City sign). The cost will be \$300 for 200 patches. Anyone who has completed the consecutive years will be eligible to receive the patch.

2026 BTC Races (Jamie Trimble, Vicky Brakhage, Judy Loo, Marla Gruber, and Hunter Bridwell)

- Adam's Heart Runs is scheduled for January 31, 2026. We are keeping prices the same.
- Statute 2 Statute is scheduled for April 4, 2026. We are keeping prices the same.
- Peavine Falls is scheduled for July 4, 2026. We are keeping prices the same. We plan to add a price increase that coincides with the T-shirt order deadline.
- Vulcan Run is scheduled for November 7, 2026. We are keeping prices the same. We plan to add a price increase that coincides with the T-shirt order deadline.

Discussion was held about promoting the next race at the previous race. For example, we could offer a discount for registering for Statute2Statue at Adam's Heart Runs and we can offer a discount for Vulcan Run and Peavine Falls., etc.

We plan to get quotes from vendors to provide t-shirts and for photographers to take pictures at all four races.

Discussion was held regarding each race having their own committee to help the race directors. There could be a committee member who handles food and drinks, another that handles promotion through social media, and another to handle t-shirts, etc. We can increase the budget for the races to purchase gift cards to thank the committee members for their help.

Jamie Trimble will try to get a contract with Trader Joes to supply food for all four races. We may also see if Trim Tab will sponsor beer for the races.

Marketing (Jamie Trimble and Alex Morrow)

Discussion was held regarding the potential of hiring a professional marketing company to handle all four races. There is a potential marketing person we are considering, but her base fee is \$10/participant at each race, which is very high. Discussion about potentially offering to pay only for new participants, since we don't see the need to pay her for the participants we bring in on our own. We could also offer her a percentage of the sponsors she brings in. We are still looking for a new social media head. We will target to follow up on this by the October BTC Executive Board meeting to set up a conference call with possible marketing groups.

BTC Annual Party (Haley Flanery)

A potential date for the annual party is Saturday, February 7, 2026. We are open to new venue locations for the annual party. We hope to keep budget under \$10,000.00. It was agreed to keep ticket prices at \$20 for members and \$40 for non-members. The party will have a Mardi Gras theme.

Japan Exchange (Rebecca Williamson)

We are waiting for the Birmingham Mayor to sign a letter to send officially inviting runners from Maebashi, Japan to travel to Birmingham and participate in one of our BTC races. The Birmingham Sister City Program donated \$12,000, but we are looking for additional sponsors. Progressive Insurance said they are unable to sponsor this year, but maybe next year. We plan to pay for the runners' flights for this first year. They will possibly be staying at Ross Bridge.

Membership (Jamie Trimble)

We are setting a goal to increase membership to 1,000. Suggestions discussed to increase membership include 1) display signs at the Trak Shak before and after the Saturday Morning Group Runs that includes a QR code for runners to register, 2) display flyers at Therapy South and Andrews Sports Medicine promoting membership in the BTC, 3) join other run groups to meet their members and promote the BTC. We did set up autorenewal on BTC memberships through RunSignUp, but members do have to opt into it. Jamie Trimble, Bradley Wells, Alex Morrow, and Cameron Estes will set up a meeting to further discuss increasing membership.

There being no further business, the Strategic Planning meeting was adjourned. We will have next monthly meeting on Monday, September 8, 2025, at 6:00 p.m. via Google Meet.



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	September 6, 2025	6:00 a.m./6:30 a.m.
BTC Executive Board meeting (via Zoom)	September 8, 2025	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	September 13, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	September 27, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	October 4, 2025	6:00 a.m./6:30 a.m.
BHM 26.2 – Marathon, Half Marathon, Marathon Relay, 10k, 5k, and Kids' Fun Run	October 5, 2025	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 11, 2025	6:00 a.m./6:30 a.m.
BTC Executive Board meeting (via Zoom)	October 13, 2025	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	October 18, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	October 24, 2025	6:00 a.m./6:30 a.m.
Vulcan Run 10k *BTC Race Series Race*	November 1, 2025	8:00 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 Kabeer Ahmed](#), or visit the BTC website to [submit your race](#).





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