



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

September 2026 **9**



www.BirminghamTrackClub.com

 /BirminghamTrackClub

 @BirminghamTrackClub

 @RunBTC

2 Community Corner

4 Love to Talk About Running?

5 Medication & Miles

8 BTC Member Benefits Update

12 1200 Mile Club

15 Upcoming Events

COMMUNITY CORNER

By Jennifer Andress, Mayor, City of Homewood and External Affairs and Special Projects Director, Freshwater Land Trust

Happy Almost-Fall, BTC! I have a few quick connectivity updates to send your way.

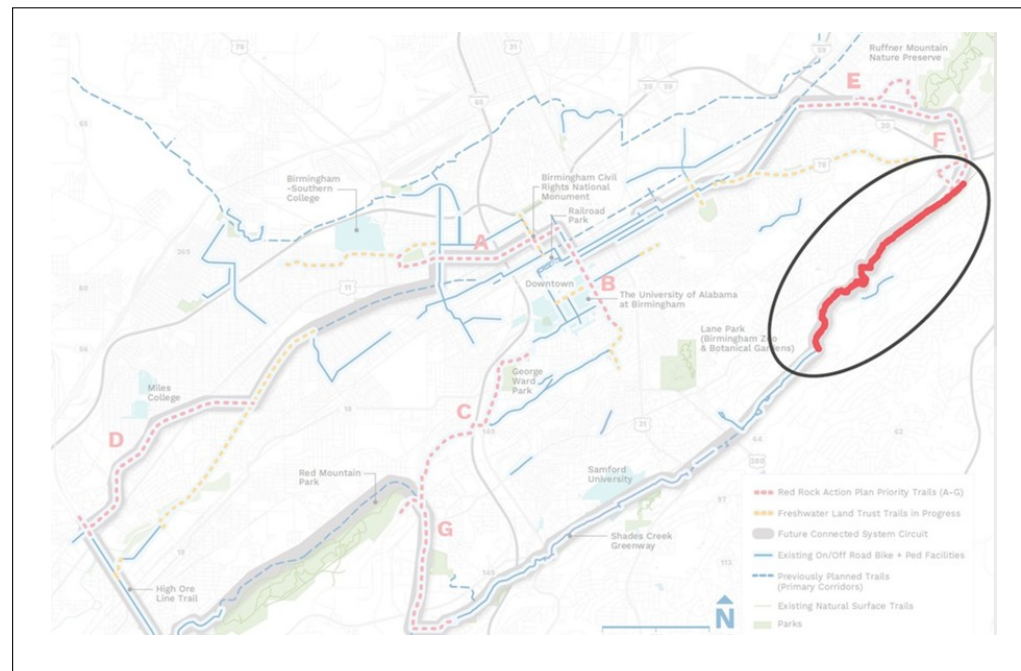
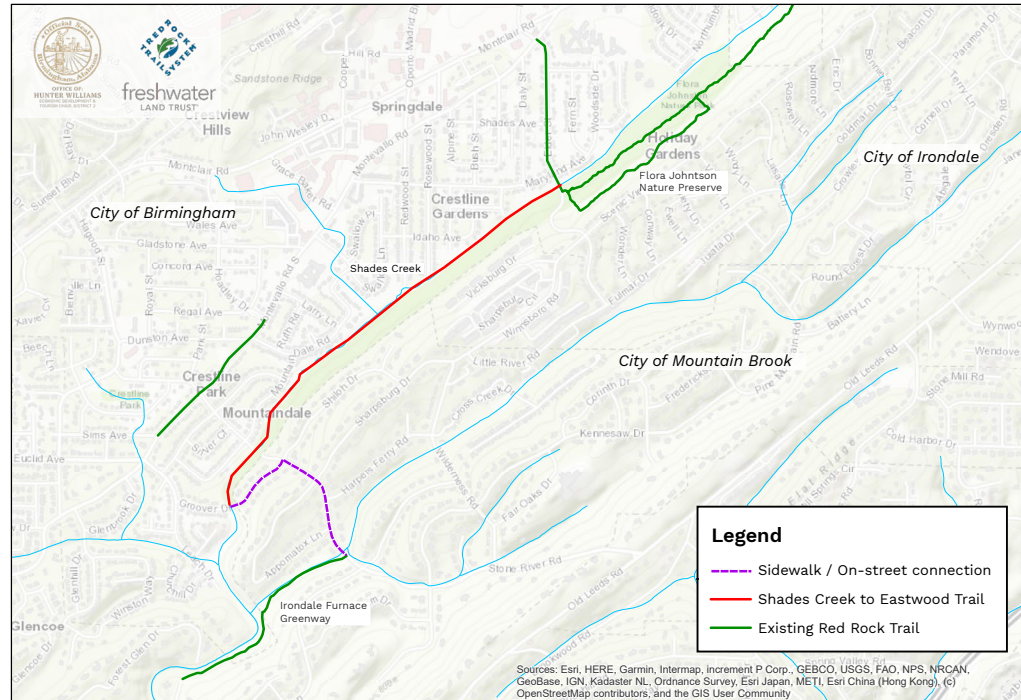
The Crestline Greenway (see pictures and maps) in East Birmingham has not had an official ribbon-cutting, but it is already in use and is being enjoyed by the community! It is an absolutely beautiful trail, connecting the Flora Johnston Nature Preserve along Shades Creek to the sidewalk system in Mountain Brook, dropping you right by the Irondale Furnace Trail. It is approximately 1.3 miles in length, with parking at the Nature Preserve, and it is an important connection in the east of the Red Rock Action Plan, Freshwater Land Trust's 36-mile loop connecting Ruffner Mountain to Railroad Park to Red Mountain and back. We have a few drainage improvements to make, but once we do, I will be sure to pass along the date for the official opening.

An update from my friend, Mayor Graham Smith of Mountain Brook: after Jemison Trail was damage due to a water main break, the Trail has been temporarily re-routed with mulch. Permanent repairs are expected to take approximately eight weeks to complete.

Homewood's pavilion on the Shades Creek Greenway (aka "the Lakeshore Trail") is awaiting a sewer connection from the County, so we are now looking at an October opening date. Homewood's Public Works is anticipating some trail repair work during the next fiscal year. Our Central Avenue connection is now open along Griffin Brook, connecting to Spring Park and downtown Homewood. And most excitedly, we have included in our proposed 2027 budget a connecting sidewalk along Saulter Road from the existing sidewalk at Sylvia Drive around the big curve to Broadway Street! I will keep you posted as budget season continues.

That's all for now, but don't forget to light yourself up during those early morning and early evening runs, now that there is less daylight. Run facing traffic and on the sidewalks when you can! Stay safe, and keep running!

Shades Creek to Eastwood Trail



Maps courtesy of the Freshwater Land Trust

2026 Officers and Directors



President

Bradley Wells

president@birminghamtrackclub.com



Treasurer

Ruth Kles

treasurer@birminghamtrackclub.com



Vice-President

Matt Ennis

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



Past-President

Jamie Trimble

pastpresident@birminghamtrackclub.com

BTC Committees

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

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

Cameron Estes	longruns@birminghamtrackclub.com
Sarah Jensen	moderateruns@birminghamtrackclub.com
Dr. Rachel Henderson	medical@birminghamtrackclub.com
Jessica Randazza-Pade	marketing@birminghamtrackclub.com
Kayla Stone	socialmedia@birminghamtrackclub.com
Andrea Castro	
Anna Louise Lane	
Haley Flanery	social@birminghamtrackclub.com
Cameron Estes	membership@birminghamtrackclub.com
Michael Brown	benefits@birminghamtrackclub.com
Ellen Ortis	store@birminghamtrackclub.com
Julie Pearce	newsletter@birminghamtrackclub.com
Rebecca Williamson	japan@birminghamtrackclub.com
Matt Grainger	1200@birminghamtrackclub.com
Kaki Jenkins	volunteer@birminghamtrackclub.com
Trish Portuese	historian@birminghamtrackclub.com
Jamie Trimble	finishline@birminghamtrackclub.com
Kabeer Ahmed	webmaster@birminghamtrackclub.com
Alan Hargrave	itchair@birminghamtrackclub.com
Charles Thompson	usatfrep@birminghamtrackclub.com

BTC Race Directors

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

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

BTC Mission Statement

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

Contact BTC at:

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

Race Results

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

birminghamtrackclub.com
championship-racing.com



LOVE TO TALK ABOUT RUNNING? HAVE WE GOT A BTC VOLUNTEER SPOT FOR YOU!

Come be a **Vulcan Training Mentor** and hang with our 5k/10k training team for a Saturday morning. Run with the group, answer questions, share some of the running wisdom you've picked up over the years, and encourage runners who are training for their first (or first in a while!) 5k or 10k.

Pick a Saturday that works with your own training — workouts are about 2–6 miles depending on the week. And you'll get **BTC volunteer points (aka entries into our end-of-year reward drawings!)** for helping out with this fun new program.

Sign up + more details: <https://www.signupgenius.com/go/10C0A49A4AF2EA6F85-65105335-birmingham#/>

It's not too late to join as a training participant!

Complete the following form to let us know your interest in the Birmingham Track Club (BTC) Summer 5K/10k training team. <https://forms.gle/UYWn9o2ZHkEaN84k9>

Goal Run: BTC Vulcan 5K or 10K on November 7, 2026 ([race registration separate](#)).

Training Plan Cost: The training plan is included as part of your BTC membership (\$24 annual membership)! Membership also unlocks discounts for several races (including Vulcan!) and other local businesses. In-person Saturday workouts are always free and open to all. We can't wait to welcome you!

Saturday training schedule: _____

	Week 4 September 12	Week 5 September 12	Week 6 September 19	Week 7 September 26	Week 8 October 3
Pace 1: 5K	60/90 for 18 mins	2/90 for 21 mins	3/1 for 28 mins	2/1 for 21 mins	3/2 for 2 miles
Pace 1: 10K	60/90 for 36 mins	2/90 for 42 mins	3/1 for 56 mins	2/1 for 42 mins	1/1 for 4 miles
Pace 2: 10K	2/1 for 4	3/1 for 4	2/1 for 5	3/1 for 4	3/1 for 5
Pace 3: 10K	4	4	5	4	5



MEDICATION AND MILES:

Respiratory Syncytial Virus (RSV): Not Just for Babies

By Mary Grace Pack, 2028 PharmD Candidate, and Kim Benner, PharmD

Respiratory syncytial virus (RSV) is a common virus that infects the nose, throat, and lungs. In the United States, RSV typically is seen more in mid-September to November, with a peak in December to February and a decline early February to May. For most people, RSV causes mild symptoms like those of a common cold or other respiratory viruses like runny nose, cough, headache and fever. RSV easily spreads through coughing or sneezing. Most adults are contagious for 3-8 days but those with weakened immune systems can still spread germs up to 4 weeks, even if not showing symptoms! In general, younger infants are at the greatest risk for severe RSV disease and it can be more severe and require hospitalization. While most patients have mild to moderate symptoms with RSV, older adults can have severe complications. For adults over 65 years of age, over 175,000 are hospitalized each year with a reported 14,000 deaths.

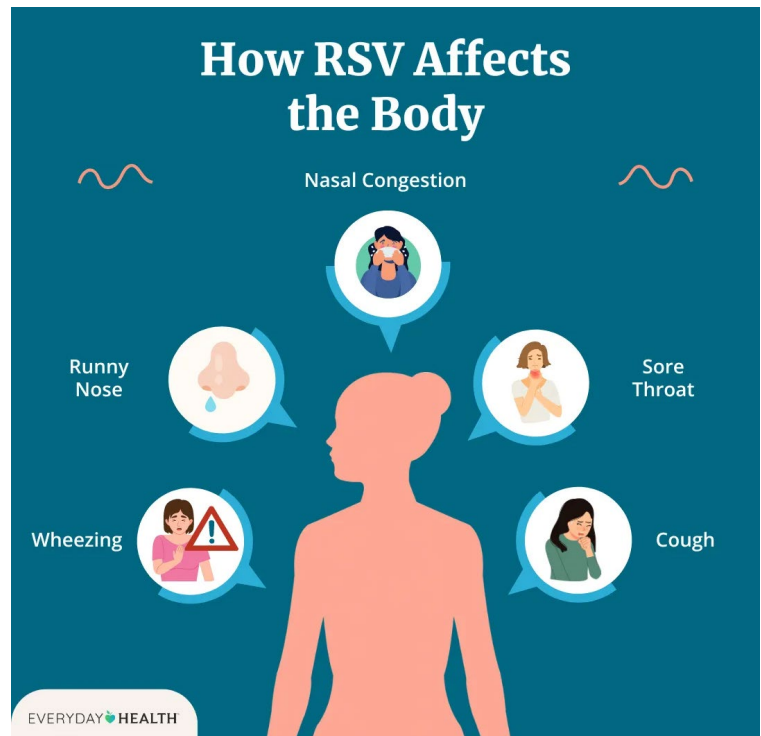
The best prevention for any virus is good handwashing with soap and water or hand sanitizer with at least 60% alcohol. Avoid those who have cold-like symptoms and limit contact with sick friends; likewise, stay home when you are sick or showing cold like symptoms. Avoid sharing utensils or personal products with others when you are sick or when your friends are not feeling well. Regularly clean and disinfect surfaces especially those that are high touch or traffic. Also remember to sneeze into your arm or into a tissue and stay up to date on your vaccinations.

According to the Centers for Disease Control and Prevention (CDC), RSV was the leading cause of infant hospitalization in the U.S. before the introduction of an RSV vaccine and the most common cause of pediatric respiratory infections. Before an RSV vaccine became available, the only option for RSV prevention was a drug called Synagis; however, it is expensive, required monthly injections, and was limited to select high-risk infants, leaving many susceptible children without protection.

Currently one of two strategies is recommended for preventing RSV in infants. The first option is Abrysvo® (Respiratory Syncytial Virus Vaccine), a maternal vaccine administered to the mom between 32 and 36 weeks of pregnancy (typically during September through January), which provides passive protection against RSV for the infant for up to 6 months after birth. It takes approximately 2 weeks after vaccination for the mother to develop antibodies that are transferred to the baby. A repeat maternal RSV vaccination during subsequent pregnancies is currently not recommended. Because of this, infants born during later pregnancies should receive a monoclonal antibody if eligible.

The second prevention strategy involves administration of the long-acting monoclonal antibodies Beyfortus® or Enflonsia® directly to the infant. These agents provide immediate protection against RSV that lasts for at least 5 months. Both options are recommended for infants younger than 8 months old whose mothers did not receive Abrysvo® during pregnancy or received it less than 14 days before birth. The difference between the two agents is that Beyfortus® can

be given to certain children entering their second RSV season (8 to 19 months old) who are at high risk. These two agents should be administered shortly before RSV season or within one week of birth if the infant is born during the RSV season (October to March).



Although RSV often is associated with younger children, adults also are susceptible to the virus. For adults, currently, one dose of the RSV vaccine is recommended for those who are 75 years and older and those 50–74 years of age who are at increased risk of severe RSV illness, such as those who have a chronic illness. There are three approved RSV vaccines recommended for use in adults ages 50 and older: Arexvy, mResvia, and Abrysvo. According to experts, there is no preference for which vaccine adults 50 and older should receive but talk to your pharmacist or primary care provider to get the one that is best for you (insurance may dictate which one you can get). Keep in mind it is best to get this vaccine in the late summer and early fall before RSV usually starts to spread in the community. Also, the RSV vaccine is not currently an annual vaccine, so if you get it once, you are good! Using good prevention techniques mentioned here, eating healthy, getting plenty of rest and getting the vaccine if you are eligible, will help you to continue to be active and enjoy all life has to offer!

Valuable resources (and references used for this article) on RSV include: www.rsvandme.com, <https://www.cdc.gov/rsv/>, and <https://www.ama-assn.org/public-health/infectious-diseases/respiratory-syncytial-virus-rsv-resources>.

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:

Meg Bashinsky	Tracy Hallingquest	Britney Moncrief	Colton Smith
Jessica Beard	Kay Hallingquest	David Mooney	Everette Smith
Robert Boylan	April Harrison	Renie Moss	Matt Spikings
Benjamin Cook	Iliana Hayakahua	Helen Moss	Kayla Stone
Cristin Dedmon	Macy Heard	Philip Moss	Kim Taylor
Stacey Dodds	Tom Kendrick	Letha Orr	Jaleel Washington
Robert Ezell	Anna Louise Lane	Jamie Powell	Amanda Wineman
Jennie Fisher	Victoria Laviolette	Gary Sanford	Steve Wiseman
Eric Ford	Paul Mathews	Drashti Shah	Michael Wood
Katy Galloway	Nikita Mathews	Daryl Smith	Genesis Wood
Jeremy Galloway	Amber McInnish	Erin Smith	Wesley Worsham

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

Strengthen your movement with TherapySouth Endurance

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

Our services:

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



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



Ready to Get More Involved in the BTC?

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

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

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



Saturday Morning Water Stop Volunteers Needed!

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



Thank you!

BTC Group Runs Update

Join the BTC Long or Moderate Groups for a group run on Saturday mornings! The Long Run group meets at 6:00 a.m. at Trak Shak in Homewood and typically offers two distance options. Although the Moderate Group traditionally meets at 6:30 a.m., the group is joining the Long Run Group for a 6:00 a.m. start during the Vulcan Run training. The Moderate Group also meets at Trak Shak and offers multiple distance options, as well as run/walk or walking options.

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

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

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

GET YOUR BTC GEAR HERE!

Our race kit is officially up and running! This year's design gives a nod to BTC's OG logo while bringing in the colors of our modern look. A little retro, a little current, and very Birmingham Track Club.

Singlet pre-sales have wrapped, but you can still grab singlets, hats, and visors online. You'll find all the details, including sizing and item specifics, in the [online store](#) on the BTC website.

And we're not done yet. Keep an eye out for more BTC merch coming this fall!

VISIT OUR ONLINE STORE!



BTC MEMBER BENEFITS UPDATE

By Michael Brown, BTC Member Benefits Director

Hello BTC Family!

This month we are introducing two new member benefits. It's worth noting, both benefits are a limited time offer!

AGA HVAC Services and Sweathouz are offering valuable discounts through October 1, 2026. This is a great opportunity for our member benefits partners to gauge interest and engagement of our club with their services.

So, be sure to read about their services and our exclusive offers in the next couple of pages.

As always, let me know if you know of any businesses that might be interested in offering discounts to our club.

Michael Brown | Benefits@BirminghamTrackClub.com

The Hirsowitz Family, Sweathouz, and the Birmingham Running Community

If you would have told me 15 years ago that a girl could convince me to run a half marathon, I would have laughed. If you had told me I'd eventually own a contrast therapy studio that partners with runners, I probably would have laughed even harder.

My wife, Lindsay, and I have always believed that health is about helping people live better lives. We just happened to arrive there through different paths. I'm a dentist by training, and Lindsay is a Doctor of Physical Therapy. While our careers began in oral health and physical rehabilitation, our shared mission has always been the same: helping people live better lives and feel better. We are truly blessed that in our new careers we can continue what we believe in.

We actually met while I was completing my residency in Pittsburgh. At the time, Lindsay was an avid runner who had just completed the Chicago Marathon. Looking for an excuse to spend more time with her, I asked if she would train me for the Pittsburgh Half Marathon. She agreed, we trained together, we started dating along the way... and after I crossed the finish line, I proudly informed her that now that I had won her over, I never had to run another race again! Thankfully, she married me anyway.

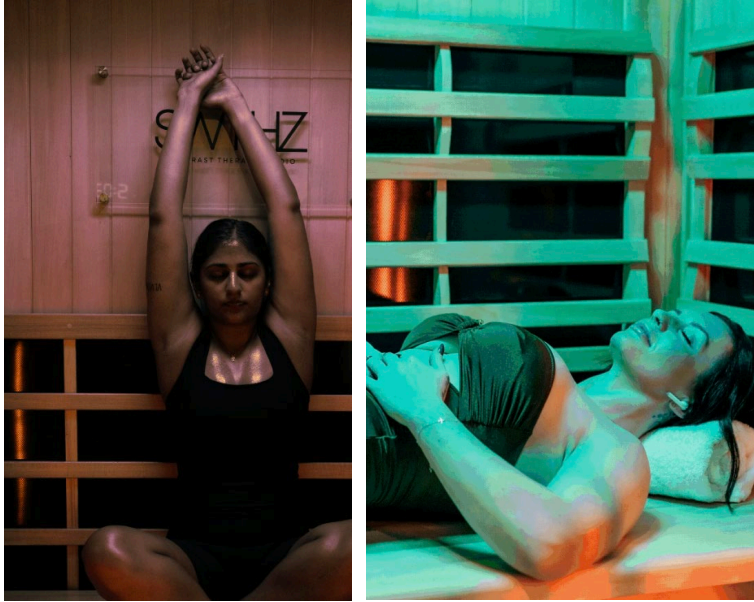
The idea of franchising SWTHZ actually came to me from one of my groomsmen. I hadn't seen him for years and I was in Atlanta for a Botox Convention. We met up for dinner and he looked incredible. He was in the best shape of his life and I had to know what he was doing. "I sauna every day" he said. He followed it up by, "I also haven't been sick in 3 years." That night and the following week I started watching documentaries and doing my research when he texted me the SWTHZ link, suggesting as a joke that I should consider franchising since they are a newer company. I took it from there! Today, we are running a business while raising three energetic



little ones here in Birmingham—two boys (5 and 3) and our daughter (17 months). Although I'm originally from Florida and Lindsay grew up in Pennsylvania, Birmingham is home. We've planted our roots here, and while Sweathouz is part of a national franchise, our studio is truly a locally owned family business. Our goal has always been to become an active part of the community by supporting the people who make Birmingham such a special place.

CONTINUED ON NEXT PAGE

BTC MEMBER BENEFITS SPOTLIGHT



One of those communities is the Birmingham Track Club.

Running places tremendous demands on the body. Research shows that over 4 in 10 marathon runners sustain an injury during training, while more than one-third experience hip or knee pain significant enough to interrupt their running. The good news is that marathon running itself does not appear to increase the risk of developing arthritis. Instead, previous injuries, not running volume, are the strongest predictor of future joint problems. That's why recovery has become just as important as the miles themselves, and why we're excited to partner with the Birmingham Track Club to introduce more runners to contrast therapy.¹

Contrast therapy combines infrared sauna and cold plunge sessions in a private suite, allowing your body to alternate between heat and cold exposure. A Vitamin C Shower between modalities helps improve skin texture, replenishes vitamins to your hair and body and is linked to anti-aging benefits. Research has shown this combination may help:

- Reduce delayed onset muscle soreness (DOMS).²
- Decrease post-exercise inflammation.³
- Improve circulation.⁴
- Recover faster between training sessions.³
- Improve sleep and reduce stress.⁵

Whether you're training for your first 5k, preparing for your next marathon, or simply trying to stay active for years to come, taking care of your body between workouts is just as important as the miles themselves.

****Birmingham Track Club Exclusive Offer****

As a thank you for welcoming us into the Birmingham running community, we're offering all Birmingham Track Club members a promotion through October 1, 2026.

Purchase an Introductory Session and get a FREE Plus One

- Bring a friend and experience it together.
- Normally: \$30 for your first session + \$25 for a guest.

In addition, Birmingham Track Club members will receive **10% off any Sweathouz membership** when they join during or after the promotion.

We'll also bring our cold plunge experience to the September 12 morning meet up run, and we can't wait to meet many of you there. Stop by after your run, cool down, ask questions, and experience the benefits for yourself.

Visit us online:

https://sweathouz.com/cahaba-heights-book-now/?utm_source=google&utm_medium=organic&utm_campaign=gbp

We look forward to becoming part of your recovery routine and helping keep Birmingham runners healthy, strong, and moving forward.

See you at the Finish Line for years to come!
The Hirsowitz Family and SWTHZ

Citations:

1. Vasileios K, et al. *Marathon runners: prevalence of hip/knee pain, previous injury, and training injuries.* Sports Health. 2024. PMID: 38562153. <https://pubmed.ncbi.nlm.nih.gov/38562153/>
2. Xiao X, Chen B, Zhang S, et al. *Effects of cold water immersion after exercise on fatigue recovery and exercise performance: A systematic review and meta-analysis.* Sports Medicine. 2023. PMID: 36744038.
3. Chen R, et al. *The effects of hydrotherapy and cryotherapy on recovery from acute post-exercise induced muscle damage: A network meta-analysis.* Journal of Science and Medicine in Sport. 2024. PMID: 39294614.
4. Laukkanen JA, Laukkanen T, Kunutsor SK. *Cardiovascular and Other Health Benefits of Sauna Bathing: A Review of the Evidence.* Mayo Clinic Proceedings. 2018;93(8):1111-1121. PMID: 30077204. <https://pubmed.ncbi.nlm.nih.gov/30077204/>
5. Hussain J, Cohen M. *Clinical Effects of Regular Dry Sauna Bathing: A Systematic Review.* Evidence-Based Complementary and Alternative Medicine. 2018;2018:1857413. PMID: 29849692. <https://pubmed.ncbi.nlm.nih.gov/29849692/>

CONTINUED ON NEXT PAGE

BTC MEMBER BENEFITS SPOTLIGHT



AGA Services

AGA Services is a locally owned and operated HVAC company. The company started in the summer of 2020 during the height of the pandemic. After 11 years of experience with larger companies, owner Andy Rivera decided to take that experience and build something of his own. What began during an uncertain time quickly grew into a business built on hard work, reliability, and a commitment to providing quality service to our customers. Since then, AGA Services has continued to grow through strong relationships, word-of-mouth referrals, and the trust of the customers and communities it serves.



Q: What's the best way for our members to schedule an appointment?

The best way to schedule an appointment is by calling the front office at (205) 862- 4182. This allows my staff to gather the necessary information and introduce themselves to the customer! Read more about us on our website: <https://agahvac.com/#contact>

Q: What is a common problem you see that people may not be aware of?

The most common issue we see is homeowners/business owners waiting until something goes wrong before having their HVAC system serviced. Regular maintenance is one of the best ways to keep your system running efficiently and reliably. We recommend having your system serviced twice a year to help catch small problems early, prevent unexpected breakdowns, improve performance, and extend the life of your equipment. A little preventative maintenance can go a long way toward avoiding costly repairs down the road.

Q: Anything else we should know about you?

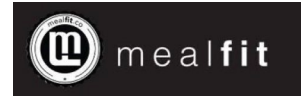
I'm a Birmingham native, born and raised, and my family has always valued being involved in and giving back to our community. Birmingham is home to us, so building a business here and having the opportunity to serve the people in our community means a great deal to me. I am especially excited to connect with the BTC because running is also close to home for our family. My brother is on the track team at the University of Alabama in Huntsville. For me, AGA Services is more than just providing a service. It's about building lasting relationships, supporting our community, and treating our customers like neighbors.

****Special Offer for BTC Members****

AGA Services provides 15% off any service calls for BTC members. This can be applied to any repairs, diagnostics, maintenance, or installs. Inform the operator that you are a part of the Birmingham Track Club when calling to schedule your appointment. A note will be made on your account, and the discount will be applied to your next invoice! This promotion will be available until October 1, 2026.

BTC MEMBER BENEFITS SPOTLIGHT

CURRENT LIST OF MEMBER PARTNERS



NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

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

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

REMEMBER TO USE YOUR BTC MEMBERSHIP BENEFITS

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

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

1200 MILE CLUB

The 2026 Challenge is officially open!

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

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

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

Matt Grainger, 1200 Mile Club Coordinator

Cumulative miles from 2026 are listed below.

Participant	Total
Ahmed, Kabeer	1,276
Aquino, Eugene	1,081
Benner, Kim	782
Blackmon, Kim	863
Booher, Lisa	1,250
Bookout, Jason	1,117
Bookout, Kimberly	1,599
Bossard, Teri	1,436
Boswell, Ryan	385
Boyd, DeWayne	854
Boylan, Robert	901
Bradley, Shelby	134
Brakhage, Victoria	97
Brasher, Julia	880
Bray, Elizabeth	586
Brown, Katie G.	1,127
Brown, Sean	111
Burbank, Brett	1,187
Caine, Lawrence	775
Callahan, Chris	95
Calvert, Scott	1,076
Campos, Chris	0
Carlton, Bob	1,088
Castro, Andrea	173
Chaffinch, Violet	420
Chambers, Gay	1,151
Chandler, Teresa	925
Clay, Brad	981
Cleveland, Jeff	913
Cliett, Stephanie	967
Coe, Emily	1,171
Coe, Matt	0

Participant	Total
Coffin, Diane	864
Colpack, Susan	669
Cooper, Cara	965
Corrin, Roger	806
Cortes, Jorge	961
Couch, Jacob	934
Cowart, Dave	661
Cowie, Katelyn	900
Cramer, Robyn	912
Cramer, Steve	225
Crawford, Katelyn	265
Creed, Brad	483
CREEL, MARY	928
Cromey, Tyler	997
Cutrer, Clark	1,062
Davis, Samantha	724
Dawson, Ashley	1,017
Dawson, Bill	945
Deffenbaugh, Todd	640
Denney, Stephanie	358
Dimicco, Al	748
Dixon, Jeff	653
Duke, Cindy	922
Edwards, Haniah	0
Edwards, Thomas	154
Ennis, Amanda	844
Ennis, Matt	1,151
Estes, Cameron	1,078
Estrada, Steven	1,820
Flanery, Haley	0
Frederick, Winston	1,044
French, Eric Lewis	0

Participant	Total
Goode, Johnny	712
Gorrie, Alie B.	1,010
Graham, Ryan	358
Grainger, Matt	1,203
Grames, Robby	566
Gray, Michael	732
Gruber, Marla	1,113
Haefs, Jonathan	755
Hall, Thomas	0
Haralson, Danny	547
Haralson, Micki	1,033
Hargrave, Alan	847
Harrelson, Karen	1,397
Harrison, Lisa	713
Heard, Macy	939
Henninger, Alison	659
Hogeland, Angie	881
Hogeland, Jeff	990
Holder, Gene	904
Hoover, Alison	147
Hurst, Anna	863
Jenkins, Kaki	1,398
Jenkins, Kate Herrera	863
Jensen, Sarah	180
Johnson, Kimberly	318
Johnson, Phillip	145
Johnson, Troy	1,024
Jones, Julie	842
Kezar, Carolyn	97
Knight, David	901
Krick, Stefanie	1,103
Kuhn, Jimmy	1,154

Participant	Total
Lamb, Patrick	60
Lancaster, Jeff	1,322
Landefeld, Dale	724
Lane, Anna Louise	838
Lockett, Michella	0
Losavio, Lauren	1,014
Lyda, Beth	547
Lyda, John	1,021
Lyle, Randy	823
Maiola, Frankie	922
Malbrough, Quinn	0
Markham, Elishua	1,076
Martin, Sheree	0
Mathews, Nikita	892
Mathews, Skip	865
McCalley, Charles	977
McInnish, Amber	582
Melton, Kristen	1,044
Merry, Vicki Sue	1,285
Miller, Pamela	919
Millican, Randolph	645
Morris, Gordon	672
Morrow, Alex	0
Moss, Philip	720
Muncher, Monica	468
Murchison, Reginald	1,269
Nodjomian, Jason	843
Noerager, Brett	1,771
Northern, Kristie	1,392
Orihuela, Carlos	983
Orihuela, Catheryn	1,098
Palmore, Chad	245
Paul, Madhumita	765
Pearce, Julie	0
PLANTE, DAVID	810
Powell, Patrick	1,539
Renfro, Jeff	570
Richetti, Vee	959
Richey, Lori Beth	930
Roberts, Fletcher	953
Robinson, Tamara	1,069
Rodgers, Brian	1,167
Rodgers, Jeffrey	490

Participant	Total
Rose, Billy	1,466
Rose, Jamie	201
Russell, Maureen	1,252
Rutledge, Lisa	812
Saffold, Ethan	0
Sanford, Gary	1,939
Sherer, Jeremy	763
Sherrell, Jeff	746
Shin, Ye Jung	1,018
Sides, Dean	612
Simpson, Kevin	374
Sloane, Mike	677
Smith, Daryl	867
Smith, Erin	1,140
Smith, Holly	0
Smith, Jason	1,169
Smith, Jerry P.	611
Smith, Justin	0
Smith, Mimi	934
Spikings, Matt	792
Stewart, Mariah	1,451
Stockton, Rick	637
Stone, Kayla	841
Thomas, Marilyn	923
Thornton, Amanda	1,413
Townes, Janelle	97
Trimble, Jamie	476
Vick Jr., Gerald	363
Vinson, Matthew	322
Waddell, Chassi	854
Watkins, Tommy	771
Watters, Erin	174
Webb, James	1,217
Wells, Bradley	986
Wende, Adam R	1,359
Whatley, Prince	461
Wheeler, Elizabeth	0
White Vick, Katie	429
White, Robin	1,862
Wiseman, Steve	1,074
Woodard, Larry	667
Wu, Xing	659
York, Gary	1,276

BTC EXECUTIVE BOARD MEETING

August 10, 2026

The meeting was called to order by President Bradley Wells.

Attendance: Bradley Wells, Hunter Bridwell, Matt Ennis, Matt Grainger, Vicky Brakhage, Charles Thompson, Ellen Ortis, Michael Brown, Andrea Castro, Kayla Stone, Kaki Jenkins, Trish Portuese, Anna Lane, Cameron Estes, Jamie Trimble, Jessica Randazza Pade, Alan Hargrave, Haley Flanery, and Judy Loo.

Charles Thompson noted that his last name was misspelled in the July Executive Board Meeting Minutes. After that correction was noted, Jessica Randazza Pade made a motion to approve the minutes of the July Executive Board Meeting. The motion was seconded by Hunter Bridwell and passed without opposition.

Vulcan Run (Hunter Bridwell)

Hunter Bridwell has spoken to the catering representative at Rosewood Hall about post-race food. There will be no changes from last year. Hunter is finalizing the budget and hoping to have more sponsorships for this year's race. The volunteer registration is open on RunSignUp. Hunter is waiting to hear back from Jeremy about certifying the new 5K course.

The Vulcan Run training group will be kicking off in less than two weeks at the social on August 22, 2026. There are currently seven people registered for the training group. We will be marketing the training group more on social media to increase registration. Discussion was held about the best way for volunteers to sign up to be pace leaders for the training group. It was decided that we would create a Google Sheets document so members can edit it to add their names and will be able to see who else has volunteered and for what paces. Ellen Ortis offered to create the spreadsheet.

Saturday Morning Long and Moderate Group Runs (Cameron Estes)
The Saturday Morning group runs are getting longer. We have 17 miles scheduled for this weekend. Cameron requested that we continue to promote water stop volunteers.

Membership (Bradley Wells)

There are currently 564 memberships and 741 members.

Marketing (Bradley Wells and Jessica Randazza Pade)

Bradley Wells is reaching out to leaders of other group runs around the Birmingham area to see about coordinating group runs together. Bradley is also looking into possibly hosting a group track workout.

Jessica Randazza Pade would like to hold a marketing meeting in a couple of weeks to discuss the survey that was recently completed by BTC members and how to improve the BTC.

Bradley spoke to Homewood's Mayor, Jennifer Andress, about the possibility of the BTC sponsoring a new water fountain at the other

end of the Lakeshore Trail. Jennifer Andress estimated that the cost of a water fountain would be approximately \$10,000. We could hold a fundraiser and possibly apply for some grants to fund the water fountain, but this is something we would really like to do since it will benefit the whole running community.

Social Committee (Haley Flanery)

Bradley Wells is meeting with Homewood Pilates on Thursday about a partnership that could offer BTC member discounts and hosting a social event there after a Saturday morning group run. The Crisis Center also reached out and would like to do another partnership and fundraiser in September.

Our next social is the Vulcan Run Kickoff on August 22, 2026. Haley Flanery has reached out to companies that have expressed an interest in partnering with the BTC and offered for them to attend the social and set up a booth or table to promote their business.

Member Benefits (Michael Brown)

Sweat House reached out and offered to set up a cold plunge after the long run tentatively on September 12, 2026. Also, Game Day Men's Health in Pelham has reached out about a partnership, so Michael Brown is going to meet with them to find out if they would like to offer a discount to BTC members or a possible sponsorship.

Social Media (Kayla Stone and Andrea Castro)

Our recent post about the Vulcan Run countdown had the most views we have had so far. We are promoting the Top 200 for Vulcan Run.

USATF Representative (Charles Thompson)

On October 7, 2026, the Central Alabama Track and Field Officials Association (CATFOA) will host their annual meeting at the John Carroll Catholic High School Library at 6:00 pm. They will discuss changes to the bylaws, as well as elect a new president, vice president, and secretary/treasurer.

Newsletter (Bradley Wells)

The next newsletter publication date will be on the first Tuesday in September, since the first Monday is Labor Day. Please have all newsletter content to Julie Pearce by Friday, August 28, 2026.

New Business

Trish Portuese advised that Statue2Statue was updated on RunSignUp to Web V2 instead of the old model. She requested that members of the Executive Board please review the new website through RunSignUp and give Trish any suggestions for improvements. Eventually, we hope to move all of our races to the updated V2 model.

There being no further business, the meeting was adjourned. The next monthly meeting will be held in person on Monday, September 14, 2026, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	September 12, 2026	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 19, 2026	6:00 a.m.
Move for Impact: Kingston-Woodlawn Wellness Day 5k and Kids Run	September 19, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 26, 2026	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 3, 2026	6:00 a.m.
9th Annual Ostomy 5k	October 3, 2026	8:15 a.m.
BHM 26.2 – Marathon, Half Marathon, 10k, 5k, Fun Run, and Marathon Relay (Hoover)	October 4, 2026	
BTC Saturday Long and Moderate Run Groups	October 10, 2026	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 17, 2026	6:00 a.m.
Homewood First Responders 5k & Fun Run	October 17, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 24, 2026	6:00 a.m.
Trick or Trot 5k (costume run)	October 24, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 31, 2026	6:00 a.m.
Megan Montgomery 5k Run/Walk	October 31, 2026	11:00 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](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

