



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

October 2023 10



IT'S TIME FOR THE 49TH ANNUAL VULCAN RUN 10K (AND A NEW 5K!)

By Hunter Bridwell, Vulcan Run 10K Race Director

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IT'S TIME FOR THE 49TH ANNUAL VULCAN RUN 10K (AND A NEW 5K!)

Hello Birmingham running community and beyond! Welcome to October, where lately, there has been a hint of crispness in the air and the Vulcan Run 10k is right around the corner. This iconic race will see its 49th running on Saturday, November 4, 2023. I would love to be your host on that morning as the Birmingham Track Club continues our tradition of holding the longest standing road race in Birmingham.

We are finalizing the course for this year, and it promises to be flat and fast! I feel like a broken record in saying that we have once again faced numerous challenges organizing this race -- we seem to run into new obstacles each year. It started with the interstate road construction a few years back, which precipitated a course change for a couple of years. Then, we faced the Covid-19 pandemic, which led to a move to Homewood to ensure completion of the race. We finally made it back to Birmingham and faced some street closures on the "normal course". Now, we're facing some of the same issues that other races like the Mercedes Marathon and the BHM 26.2 Marathon have faced. The city has had limited personnel resources the last couple of years, making it difficult to hold large events throughout the city. The course changes that will be in play this year will help limit the police staff the city must provide to help us hold a safe event.

While we would love nothing more than to run the race on our traditional course again this year, our new course is going to allow us to offer something new: we are adding a 5k race option to this year's event! That's right, you will soon see a [5k registration option](#) in Runsignup! Both the 5k and 10k options will begin on Rev. Abraham Woods Jr. Blvd near Linn Park and Boutwell Auditorium. Follow these links to check out the [10k route](#) and the [5k route](#). These routes will be added to the race website in Runsignup as well.

Don't forget to thank and support our sponsors – Andrews Sports Medicine, The Trak Shak, and TherapySouth. Their support means the world to us, and we couldn't hold these events without them!

Lastly, thanks to every one of you for your continued support each and every year. Your leaders at the Birmingham Track Club are thankful for all of you in our running community. You are what makes the BTC special!

We hope to see you on November 4!



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

I hope you had a chance to come out to our Saturday Morning group runs on September 23rd. If you didn't, you missed out on quite a morning. Our runs started with a visit from Rocket City Marathon race director Dwayne DeBardelaben who had some cool swag and shared with us a little more about the great race weekend they have planned on December 9th and 10th. That was followed by great weather for our group runs. Then, we had a post-run mini social in conjunction with the launch of our friends Rachel Mitchell and Joey Longoria's new cookbook, "Feeding the Family: Teamwork in the Kitchen". Along with some great samplings of recipes from the cookbook, the highlight of the day was a visit from the iconic Meb Keflezighi, who wrote the forward for the cookbook. If you've ever had a chance to meet Meb, you know that even though he is American running royalty, he is truly one of most gracious and humble people you will ever meet.

We are now a month away from our annual fall running classic, the Vulcan Run. This is the fourth and final race in the 2023 BTC Race Series. As we previously mentioned, or as you may have heard, we are unfortunately not able to utilize the traditional Vulcan Run 10k course this year. In its place, we have a new double-loop 5k course that will start and finish in front of Boutwell Auditorium. This is going to be a fast course, so we hope it will be a fun change! In addition to the 10k, I am excited to announce that this

year we are adding a 5k race option. So, for those who may not be up for the 10k distance, or who want to run fast and let it all hang out, the 5k is for you.

While the course may be different, pretty much everything else about this Vulcan Run will be the same, or even better. There will of course be an amazing post-race party inside Boutwell Auditorium, which is always a great time, rain or shine. For the 10k, there will be prize money for the top finishers, traditional age group awards, and the ever popular Top 200 shirts provided by our friends at The Trak Shak. And, there will be age group awards for the 5k. Finally, race director Hunter Bridwell is working hard with Mother Nature to serve up a perfect fall morning on November 4th. Sign up today for the Vulcan Run 10k or 5k at: <https://runsignup.com/Race/AL/Birmingham/Vulcan10KRun>.

With the course changes and addition of the 5k distance, we will have lots of volunteers this year. Please consider giving back to this incredible running community and to the BTC by volunteering a little of your time. There is always a volunteer job for you, whether you're running the race or just spectating. If you have a high school or college student who wants to get in some volunteer hours, working the Vulcan Run fits the bill perfectly. And remember, volunteering puts you into the drawing for a Trak Shak gift card as well as earning you points toward year-end volunteer awards like free merchandise or a free year of BTC membership.

Stay safe out there, and I hope to see you at a group run or at the Vulcan Run!

Jamie Trimble
BTC President

**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



2023 Officers



President

Jamie Trimble

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Bradley Wells

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
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
Merchandise

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
Historian
Finish Line Crew
Webmaster
IT Chair
USATF Representative

Rebecca Williamson
Kelly Sims
Kim Benner
Trish Portuese
Jamie Trimble
Alan Hargrave
Alan Hargrave
Charles Thompson

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



MEDICATIONS AND MILES:

The New RSV Vaccine for Those 60 and Older (and One for Pregnant Women Too)

By: Samantha Snyder, 2024 PharmD Candidate, Kim Benner, PharmD



With flu season upon us, many people are starting to consider what they should do proactively to help protect themselves and others from the seasonal infections fall and winter bring. The annual flu shot is still strongly recommended by physicians and pharmacists, as is the new Covid-19 booster, but the newest shot to hit the healthcare market is the RSV vaccine designed for people ages 60 years and older

Respiratory syncytial virus, better known as RSV, is a contagious lower respiratory tract disease that can cause mild to moderate cold-like symptoms. These symptoms can include a runny nose, sneezing, coughing, wheezing, excessive tiredness, and fever, but could also include shortness of breath and low oxygen levels, which can be fatal. RSV, like many other viruses, is spread through direct contact with the virus by encountering droplets from another person's sneeze, or cough, which then meet your eyes, nose, or mouth. While this virus can infect any age group, infants and older adults with weakened immune systems and other chronic conditions, like heart or lung disease, are at a higher risk for hospitalization or even death due to this virus. The RSV virus traditionally has been more of an issue for young babies but more and more older adults are getting sick from RSV.

With this new vaccine, older adults can now protect themselves from contracting RSV and spreading it to those they love during this upcoming cold and flu season. Just recently, the FDA approved Arexvy and Abrysvo, two new RSV vaccines, from Glasko Smith and Kline (GSK) and Pfizer, respectively. Each is for those who are 60 and older. Recently, in August of 2023, the FDA approved Abrysvo as the first vaccine approved for use in pregnant individuals to prevent lower respiratory tract disease caused by RSV in infants from birth through

6 months of age. Abrysvo is approved for use at 32 through 36 weeks gestational age of pregnancy.

In clinical trials, Arexvy was 82.6% effective at preventing lower-respiratory tract infections, and Abrysvo was 62% effective at preventing lower-respiratory tract infections. Arexvy was reported 94.1% effective at preventing a severe case of RSV if the virus was contracted after receiving the vaccine. Abrysvo was reported as 66.7% effective at preventing two or more RSV related symptoms, and 85.7% effective at preventing three or more RSV related symptoms after receiving the vaccine. Both vaccines were designed to target a specific protein on the virus's cell surface that allows the virus to bind to and infect other human cells. By targeting and stopping this protein, the vaccine helps stop the virus from fusing to other cells and decreases its ability to spread, while increasing the human body's response to fight off the virus. There are however some differences between the two vaccines, with Arexvy being designed to target the RSV-A strand, while also having a component that works to increase the body's immune response, and Abrysvo being designed to target both the RSV-A and RSV-B strands. Both vaccines consist of a single intramuscular dose to protect you through an RSV season and can be administered alongside any other vaccine. The most commonly reported adverse effects in the trials were pain at the injection site, headache, muscle pain and nausea.

If you are interested in receiving the RSV vaccine, talk to your pharmacist or primary care provider today to learn more about whether you are a suitable candidate or about which version would be best for you to keep you healthy, happy and exercising!

BTC MEMBER BENEFITS SPOTLIGHT: RESTORE

By Ellen Ortis, Member Benefits Coordinator

BTC, you all are going to love this new benefit! This month we would like to introduce you to Restore. I recently stopped by for a tour and got the scoop from Jade, assistant manager and fellow runner, at their Cahaba Village location.

What is Restore?

We are a community that provides Hyper Wellness; a completely new category of care. Groundbreaking science meets expert guidance to help you proactively optimize body and mind – no matter where you are on your journey. We make recovery accessible and affordable for people committed to feeling their best.

Where are you located?

We are located in Mountain Brook's Cahaba Village next to Whole Foods and Hollywood Feed. Our address is 2800 Cahaba Village Place, Suite 210.

How can Restore benefit runners?

Restore will benefit the lives of runners by providing services to optimize recovery, help relieve minor aches and pains, and help solve the issue of stress on you physically and mentally. We do this

through services such as whole-body cryotherapy, hyperbaric oxygen therapy, and red light therapy. We also can replenish your body with vital vitamins and nutrients from services such as IV drip therapy and so much more!

What service should we try first?

My personal recommendation would definitely be a tie between whole body cryotherapy and compression therapy. I recommend cryotherapy because not only is it fun, but you can do with friends and family, and you feel so great afterwards. Compression therapy really helps recovery by releasing lactic acid after a long run (hips are my favorite area to treat post-run), and we offer it for the full legs and arms as well.

How do I use my BTC discount?

You can utilize your BTC discount of 20% off retail pricing and 10% off all memberships (excluding Discover) at our Restore location by simply presenting your BTC membership card at checkout!

Need to download your BTC membership card?

[Visit this link on the BTC website](#) and follow the prompts!



POST-BABY TRAINING:

What to Expect With a Jogging Stroller

By Hannah Cox, TherapySouth



I, like most first time parents, eagerly added that jogging stroller to my baby registry. Why? Because I planned to run a lot of miles with my new baby! However, my expectations of parenthood – and training -- evolved once the baby was born.

That jogging stroller earned more “miles” walking through the zoo compared to anywhere else. Why? Because training with a stroller was so hard! One research team estimates that the average increase in energetic cost while pushing a stroller is 5-8%! Let’s break down where that increase in effort comes from:

1. The average weight of a jogging stroller ranges from 24-43 pounds (and that’s before adding the child and accessories)! Strollers also include other variables that affect the amount of friction (read as: resistance to push) including: tire size, type of tread on the tires, or plastic vs. air filled tires.
2. Significant changes to running form are common. One research study performed by Alcantara et al. proved that pushing a stroller with two hands was the most energy efficient way to run with the stroller. However, this removes trunk rotation and associated reciprocal arm swing. O’Sullivan’s research team also evaluated changes in gait, noting that most runners demonstrated an increased forward trunk lean and decreased hip extension. The lack of hip extension limits a runner’s ability to propel himself or herself powerfully, leading to shorter, more frequent strides. *(This is not to be confused with increasing cadence, as the increased stride count compensates for only using partial range of motion available for hip extension).*

Alcantara also demonstrated that runners slowed their self-selected running speeds when running with a stroller. If you plan to train with a stroller, I recommend the following to maintain pace and avoid compensatory running patterns:

- **Posterior chain strengthening:** Because hip extension is limited, the available range needs to be incredibly strong. There also needs to be an increase in gastrocnemius and soleus strengthening as the shorter strides may translate to more vertical oscillation while running. (Especially while running uphill).
- **Flexibility of the anterior hip:** Running with a stroller increases the forward trunk lean, which puts the hip flexors at a predisposition for becoming tight. Maintaining mobility in the front of the hip will maintain hip extension range of motion.
- **Increased core stability:** Running with a stroller will require steering and a strong “base” to push from to avoid further changes in gait.

I hope this advice helps anyone preparing to run with a stroller! If you have any further questions please reach out to us at tsendurance@therapysouth.net, and we will be happy to help!

Sources:

Alcantara RS, Wall-Scheffler CM. Stroller running: Energetic and kinematic changes across pushing methods. *PLoS One*. 2017 Jul 3;12(7):e0180575. doi: 10.1371/journal.pone.0180575. PMID: 28672004; PMCID: PMC5495480.

O’Sullivan R, Kiernan D, Malone A. Run kinematics with and without a jogging stroller. *Gait Posture*. 2016 Jan;43:220-4. doi: 10.1016/j.gaitpost.2015.10.001. Epub 2015 Oct 21. PMID: 26497800.

Sandbakk Ø, Perl R, Holmberg HC, Steiner T. Energetic Cost and Kinematics of Pushing a Stroller on Flat and Uphill Terrain. *Front Physiol*. 2020 May 29;11:574. doi: 10.3389/fphys.2020.00574. PMID: 32547425; PMCID: PMC7274195



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:

Tabitha Barton
Melissa Beard
Mary Elaine Bridges
Katie Cannizzaro
Susan Colpack
Michael Cowie

Hannah Cox
Henry Fisher
JP Griffin
Misty Griffin
Justin Katzman
Caitlin Lopez Rogers

Meg Lovett
Mike Moses
Daniel Murphy
Seth Shelton
Wendy Wess

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 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!



FALL SOCIAL RUN

The BTC enjoyed a fall Social Run on September 23 to celebrate the launch of **Fueling the Family**, a new cookbook by local runners Rachel Mitchell and Joey Longoria, featuring a forward by Olympian Meb Keflezighi. Meb was on hand to sign cookbooks, and runners

were treated to an assortment of delicious breakfast foods from **Fueling the Family**. If you missed the book signing, you can purchase a copy of **Fueling the Family** locally by emailing Rachel at: raharley2020@gmail.com or ordering directly from Amazon.



FALL SOCIAL RUN



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 October 2, 2023 are listed below.

Participant	Total
Adwell, Stephen	1,130
Ahmed, Kabeer	1,163
Altobella, Janet	1,015
Anderson, Kerri	571
Bailey, Brittany	1,009
Barron, Darlene	995
Barton, Tabitha	983
Belew, William	0
Benner, Kim	1,239
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	1,752
Bossard, Teri	1,595
Boswell, Ryan	845
Bracey, Nicole	0
Bradley, Michelle	525
Brakhage, Victoria	973
Bray, Elizabeth	1,503
Bridges, John	347
Bromberg, Georgia	601
Brown, Charlie	1,132
Brown, Katie E.	1,378
Brown, Katie G.	1,155
Brown, Sean	739
Bryant, Jason L.	902
Caine, Lawrence	676
Callahan, Chris	1,590
Calvert, Aaron	940
Campos, Chris	1,126
Carden, Melissa	1,748
Carlton, Bob	883
Carter, Adrienne	0
Chaffinch, Randy	922
Chaffinch, Violet	923

Participant	Total
Chandler, Teresa	1,050
Cheek, James	79
Clay, Brad	1,679
Clay, Sarah	984
Cleveland, Jeff	1,520
Cliett, Stephanie	1,088
Cobb, Patty	1,153
Cockerill, Kandy	728
Coe, Emily	1,149
Coe, Matt	0
Coffin, Diane	544
Coleman, Tim	1,060
Colpack, Susan	837
Connors, Michael	1,155
Corrin, Roger	563
Cowart, Britney	751
Crain, Teresa	0
Cramer, Robyn	1,016
Cramer, Steve	363
Crawford, O'Neal	1,079
Creed, Brad	893
Creel, Mary	701
Crowson, Bill	0
Crunk, Emmagene	575
Davidson, Lori	1,045
Dawson, Ashley	1,713
Deffenbaugh, Todd	1,033
Denton, Matt	1,395
Dimicco, Al	1,054
Dixon, Jeff	1,210
Downs, Matt	860
Duke, Cindy	1,020
Eason, Sydney	0
Edquist, Emily	1,982
Eichold, Paulina	977
Elrod, Stacey	0
Ennis, Amanda	955
Ennis, Matt	1,257
Estes, Cameron	1,027
Estrada, Steven	2,241

Participant	Total
Evans, Debbie	1,348
Everitt, Mollie	758
Files, Timothy	26
Flanery, Haley	1,279
Fons, Aaron	1,109
Forbus, Reed	353
Foreman, Michael	966
Foti, Kathryn	1,019
Frankel, Ali	682
Franklin, Shane	527
Frederick, Winston	1,042
Freeman, Sheila	185
Fronyberger, Bryan	0
Gaston, Michael	1,304
Gates, Tonya	0
Gayheart, Cheryl	926
Gee, Lynique	607
Goode, Johnny	1,262
Goyal, Rita	1,293
Grady, Carla	0
Graham, Jon	1,391
Graham, Ryan	926
Grainger, Matt	1,475
Gray, Meagan	1,277
Gray, Michael	816
Griffin, Misty	1,070
Gruber, Marla	496
Gruschow, Mariana	117
Gullapalli, Satya	1,016
Hall, Thomas	51
Hanna, Cara	966
Haralson, Danny	329
Haralson, Micki	651
Harding, Brandy	150
Hargrave, Alan	1,016
Harrelson, Karen	782
Harris, Lori	0
Harrison, Lisa	900
Haynes, Melanie	0
Henderson, Andrew	1,043

Participant	Total
Henninger, Alison	1,014
Hess, Alan	842
Hogeland, Jeff	1,148
Holder, Gene	993
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	513
Johnson, Troy	888
Kampe, Edna	0
Kazamel, Mohamed	1,783
Keith, Jerry	518
Keith, Susan	628
Kemper, Tricia	1,172
Knight, David	826
Krick, Stefanie	1,318
Kuhn, Jimmy	1,451
Kulp, Loren	991
LaFon, Caroline	298
Laird, Audrey	1,236
Lamb, Patrick	897
Lamb, Patrick	0
Lancaster, Jeff	856
Landefeld, Dale	991
Lovett, Meg	76
Lyda, Beth	1,267
Lyda, John	1,278
Lyle, Randy	1,530
Maiola, Frankie	0
Malec, Bonnie	376
Malick, David	1,359
Markham, Elishua	500
Martin, Sheree	126
Mathews, Skip	872
Matthews, Jamieson	995
McCalley, Charles	1,006
McElroy, Catherine	1,136
McLain, Chase	486
McShan, Kenneth	1,209
Melton, Kristen	1,032
Merry, Vicki Sue	1,464
Morris, Gordon	243
Morrow, Alex	0
Moss, Renie	482
Mott, Marilyn	508
Muncher, Monica	631
Nicholas, Kathryn	0

Participant	Total
Nix, Anthony	1,149
Noerager, Brett	2,007
Noerager, Felicia	971
Northern, Kristie	1,441
Norton, Laura	1,636
Oechslein, Tamara	984
Oehrlein, Kimberly	212
Orihuela, Carlos	1,244
Ortis, Ellen	743
Padgitt, Scott	1,132
Parks, Charlie	1,177
Parsons, Christy	119
Peagler, Shana	0
Pearce, Julie	633
Plante, David	958
Poole, Jonathan	960
Powell, Logan	1,317
Pritchett, Leigh Ann	0
Randolph, Megan	1,051
Rawson, Brent	1,093
Reaves, Brandon	1,155
Reaves, Brittany	991
Renfro, Jeff	1,047
Richetti, Vee	599
Richey, Lori Beth	926
Ricketts, Timothy	0
Ritchie, Joseph	1,911
Ritchie, Lauren	1,332
Roberson, Kevin	324
Roberts, Fletcher	490
Robinson, Lyndsey	621
Robinson, Tamara	0
Rodgers, Jeffrey	921
Romans, Cassidy	708
Roper, Lynn	978
Rose, Billy	2,252
Rowell, Taylor	0
Russell, Maureen	1,383
Rutherford, Keith	820
Rutledge, Lisa	1,232
Saffold, Joseph	0
Shaffield, Danny	2,232
Sherer, Jeremy	1,023
Sherrell, Jeff	1,201
Shinn, Ronald	858
Sides, Dean	862
Silwal, Suman	1,200
Simpson, Kevin	2,522
Sims, Cecelia	74
Sloane, Mike	762
Smith, Daryl	1,116
Smith, Erin	1,210
Smith, Holly	1,229
Smith, Jerry P.	974

Participant	Total
Smith, Justin	1,111
Spikings, Matt	1,197
Starnes, Dan	1,228
Steele, Julianne	1,017
Stockton, Rick	671
Sweatt, Jason	0
Swiney, Elana	0
Taylor, Kim	635
Taylor, Melissa	1,396
Terakedis, Amber	480
Thomas, Tre	863
Thornton, Amanda	930
Tomlin, Chace	172
Tope, Mason	1,321
Trimble, Jamie	835
Tyndal, Hannah	494
Valles, Tina	946
Veren, Andie	394
Vrocher, Diamond	563
Vrocher, Hilary	1,946
Waddell, Chassi	239
Wade, Josh	0
Waid, David	1,740
Walker, Brooke	861
Walton, Suzie	1,013
Washington, Monica	307
Waters, Marc	970
Watkins, Britney	626
Watkins, Tommy	1,113
Watters, Ana	0
Watters, Larkin	985
Watters, Robert	602
Weaver, Brooke	0
Weber, Amy	286
Weeks, Lance	529
Wells, Bradley	909
Wende, Adam	1,015
Whatley, Prince	990
Whillock, Amber	0
White Vick, Katie	937
White, Robin	1,506
Williams, Chris	925
Williams, Kelly	187
Williams, Mattie	714
Williams, Shaunda	660
Williamson, Rebecca	953
Wiseman, Steve	1,181
Woodard, Whitney	1,452
Woody, Bill	738
Wright, Amy	0
Wu, Xing	718
Yamashita, Ryota	157
York, Gary	1,150
Zajac, Jason	1,745

SHOW US YOUR BTC GEAR



FEETS OF STRENGTH

Jimmie Barnes set a new world age group record in the 85-89 year old category for the 50 and 100 mile distances at the GOMU (Global Organization of Multi-Day Ultramarathons? See pic) World Championship 48 Hour Run in Gloucester UK in August of 2023.

In addition to his world records, Jimmie's performance also earned him American age group records in ten distance categories (15,000m, 20,000m, 25,000m, 30,000m, 50,000m, 100,000m, 10 mile, 20 mile, 50 mile, 100 mile) and three time categories (12 hour, 24 hour, and 48 hour). Congratulations, Jimmie!

Michael Brown finished his duathlon season with three first-place finishes and a third place finish. His final race for the season was a first place finish at the John Tanner Sprint Duathlon on September 9, 2023, which was part of the Tri the Parks Summer Series. Way to go, Michael!

Eric Thomas logged a BQ at the Erie Marathon on September 10, 2023, setting an impressive 22-minute PR along the way. Congratulations, Eric – we know this one was well-earned!

And speaking of PRs, how about the 30-minute (!) PR set by **Kenny McShan** at the Boston or Bust Marathon in Huntsville on September 10, 2023? That is almost unheard of at the marathon distance. Congratulations, Kenny!

Speaking of the Boston or Bust Marathon, Half Marathon, and 5k, the BTC was well-represented. Several runners, including **Chris Campos**, **Emily Edquist**, **Haley Flanery**, **Kenny McShan**, and **Maureen Russell**, placed in their age groups at their respective distances. Way to represent, y'all!

Please [let us know](#) when you hit a running milestone, celebrate a new PR, or accomplish a new race distance – let's celebrate YOU!



Jimmie Barnes



Eric Thomas



Michael Brown (center)



Maureen Russell, Kenny McShan, Haley Flanery, Emily Edquist and Chris Campos

BTC EXECUTIVE BOARD MEETING

September 11, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Ellen Ortis, Hunter Bridwell, Alan Hargrave, Cameron Estes, April Harry, and Charles Thompson.

Alan Hargrave made a motion to approve the minutes of the August 2023 Executive Board Meeting. The motion was seconded by Hunter Bridwell and passed without opposition.

Membership (Cameron Estes)

We currently have 785 members and 626 memberships.

Member Benefits (Ellen Ortis)

Taco Mama is going to offer the BTC a discount. Ellen Ortis is working out all of the details with them and will provide the information in an upcoming newsletter.

Newsletter Editor (Jamie Trimble)

Please have all content to Julie Pearce by Friday, September 22, 2023, for the October newsletter.

Treasurer (April Harry)

The financial report was sent via email. Overall, the financials are looking very well due mostly to Peavine Falls and new memberships in August. Well Fargo has reopened our account, so everything is back up and running with the exception of the Money Market account.

Merchandise (Bradley Wells)

Bradley Wells is looking into new options for 1200 Mile Club jackets. He is also looking into getting quotes for a possible discount if all of the BTC Race Series ordered their shirts from the same company.

Japan Exchange (Rebecca Williamson)

We received a \$500 private donation for the Japan Exchange. We will look into opening a separate account just for donations made for the Japan Exchange in hopes of bringing runners over from Japan next year.

USATF Representative (Charles Thompson)

On Saturday mornings, Charles Thompson has been working finish lines for local road races and is wearing his Vulcan Run t-shirt to

advertise for the upcoming race. On September 24, 2023, the USATF of Alabama will hold its annual meeting at 1:45 pm via Zoom. On October 14, 2023, there will be a track meet in Choccolocco.

IT Chair/Web Master (Alan Hargrave)

The race calendar is getting busy with fall race season, so make sure to check it out to look up future races.

Long Run Committee / Social Committee (Cameron Estes)

We will plan to have a mini social at the Trak Shak on September 23, 2023, featuring Meb Keflezighi who will be there for Joey Longoria's book signing. The Runnin' on Insulin 10k will be that morning and the race director, Eric Wallace, has offered a 30% discount for all BTC members, so we are hoping runners will incorporate the race into their run. We have been really good with water stop volunteers for the long runs.

Vulcan Run 10K (Hunter Bridwell)

We are just waiting on course approval from the City of Birmingham for a double loop 5k course that starts and finishes close to Boutwell Auditorium. Since the 10k is likely going to be a double loop course, discussion was held about offering a 5k option.

New Business

Adam's Heart Runs will be on Saturday, January 27, 2024. We can open registration after Vulcan Run 10k and when all of the other BTC Race Series directors confirm the dates for their 2024 races.

The BTC received an email from a person who received a giant cup that was awarded to one of the Masters winners of the 1985 Vulcan Run. She would like to return the cup to the person who won it or their family. The names of the two masters winners this year were Dan Coffman and Carol Lasseter. Unfortunately, none of the board members in attendance at the meeting know either of these individuals or their family to be able to provide assistance with returning the cup.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, October 9, 2023, at 6:00 p.m.



Upcoming Events

EVENT	DATE	TIME
BizDash Birmingham 5K	October 5, 2023	5:00 p.m.
BTC Saturday Long and Moderate Run Groups	October 7, 2023	6:00 a.m. and 6:30 a.m.
Impact 5K and Fun Run (Oak Mountain)	October 7, 2023	9:30 a.m.
16th Annual Honda 5K (Lincoln)	October 7, 2023	5:30 p.m.
BTC Saturday Long and Moderate Run Groups	October 14, 2023	6:00 a.m. and 6:30 a.m.
Jimmie Hale Mission 4th Annual Rescue Run	October 14, 2023	7:45 a.m.
Impact Race to the Heights 5K (trail and road race)	October 14, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 21, 2023	6:00 a.m. and 6:30 a.m.
Nashville Ultramarathon and Ruck (50 mile, 50k, and 50k Ruck March)	October 21, 2023	7:00 a.m.
Ozan Haunted Win Run 5k (Calera)	October 21, 2023	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 28, 2023	6:00 a.m. and 6:30 a.m.
Tuscaloosa Oktoberfest 5K, presented by Mercedes-Benz (Tuscaloosa)	October 28, 2023	9:00 a.m.
Vulcan Run 10k and NEW 5k * BTC RACE SERIES * * BTC DISCOUNT *	November 4, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 11 2023	6:00 a.m.
AVX KCFIT 5K	November 11, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 18, 2023	6:00 a.m.
Tuscaloosa Track Club 21st Annual Turkey Trot 2-mile race (Tuscaloosa)	November 18, 2023	7:30 a.m.
River Hills Run (trail race, 5k and 1-mile fun run (Hayden)	November 18, 2023	8:00 a.m.
Magic City Half Marathon and 5k	November 19, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 25, 2023	6:00 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