



USAT&F

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

October 2025 10



IT'S TIME FOR THE
51TH ANNUAL VULCAN RUN 10K
Saturday, November 1

By Hunter Bridwell, Vulcan Run 10K Race Director

www.BirminghamTrackClub.com

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VULCAN RUN 10K

Happy October, everyone! As we enter peak fall race season, we invite you to register for the Vulcan Run 10k, the final race in the Birmingham Track Club's yearly race series! [REGISTER HERE!](#) The 51st running of this event will take place Saturday, November 1, 2025, starting and finishing in front of the plaza at Rosewood Hall/Homewood City Hall.

After receiving great feedback from our participants in 2024, we made the decision to slightly modify the course to eliminate one significant climb near the end of the race. That's right -- we took out a big hill to make this year's course faster! The course will once again be USATF certified, and you can check out the [course details at this link](#).

Don't forget to thank and support our sponsors whenever you get a chance – **Andrews Sports Medicine, The Trak Shak, TherapySouth, Resolute Running**, and new sponsor for the Vulcan Run, **Michael Brown with Strategic Financial Partners**. Their support means the world to us, and we couldn't hold these events without them! I also want to personally thank **Trish Portuese of Championship-Racing** for helping to manage this event.

Lastly, we appreciate your continued support each year. Through the generosity of our participants and the Birmingham Track Club, we

continue to support local non-profit organizations like Vulcan Park & Museum and Girls on the Run-Birmingham Metro with financial gifts. I recently supplied each of those organizations with \$1000 donations on behalf of the 2024 Vulcan Run! Thank you very much! We look forward to seeing you at the start line on November 1, 2025!



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

Happy Fall, Ya'll! While the calendar says it's Fall, it sure doesn't feel like it. Our Saturday morning long run group has been training for the Chicago Marathon (or others this time of year). I want to wish great weather and swift feet to everyone running Chicago or another marathon in the coming weeks. Hopefully all of your hard work in the Alabama heat and humidity will pay off big!

We're now a month away from the 51st running of our signature race, the Vulcan Run 10k on Saturday, November 1, 2025. We will once again hold the race in Homewood, with a modified course from last year. This year's course will remove the "big" hill, but still provide a fair challenge for the 10k distance. The post-race party will once again be inside Rosewood Hall at SoHo Square. On Saturday, October 18, our Saturday morning run groups will preview the course, with Race Director Hunter Bridwell providing some post-run coffee and treats. So, sign up today, taking advantage of the automatic BTC member discount, and come help us continue the Vulcan Run 10k tradition. And if you're not running the race, we can always use volunteers!

Signup for the race or to volunteer here: <https://runsignup.com/VulcanRun>

Your BTC Board and Executive Committee have been hard at work planning for 2026. As we plan for next year, there are many opportunities to serve this club and the Birmingham running community. If you, or someone you know is interested in how to become more involved, find me on most Saturday mornings, or drop me a note at president@birminghamtrackclub.com to find out more.

Speaking of 2026 planning, mark your calendars for the evening of Saturday, February 7, 2026 when we will hold our annual party and membership meeting, once again at The Upstairs at Avondale. This party has been an absolute blast the last couple of years, and it is an event you won't want to miss! Haley Flannery and our social committee are already hard at work on this event, and we can't wait. From what I hear, this year's theme is going to be SO much fun! But we can't reveal it just yet 😊.

Finally, the days are getting shorter with both later sunrises and earlier sunsets. That means more of us are running in the dark now. While the first Sunday in November will bring a time change, making for somewhat brighter mornings, it also brings early darkness in the evenings. Please, please be safe out there. Mind the rules of the road, run in bright clothing with a light or reflectors, and be sure to run with a friend (or several). For more information, check out the runner safety tips provided by our friends at the Road Runners Club of America (RRCA): <https://www.rrca.org/education/for-runners/runner-safety-tips/>

Stay safe out there and Happy Running!

Jamie Trimble
BTC President



2025 Officers



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Long Run Coordinator
Moderate Run Coordinator
Medical Director
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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
Hunter Bridwell

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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:

Dandelion Extract

By Yasmin Cottingham PharmD/MPH Candidate 2025 and Kim Benner, PharmD

Dandelion is more than just beautiful to the eye. The common bright yellow flower has been used for centuries for its medicinal benefits worldwide. It is quite common in Native American and Chinese traditional medicine practices to treat various complications such as liver and spleen diseases, gout, diarrhea, blisters, and inflammation. It also has been used as an anti-cancer agent, diuretic, antioxidant, and pain reliever. The Chinese Pharmacopoeia has records of more than forty medications that contain dandelion root, and there are many studies to show its medicinal benefits.

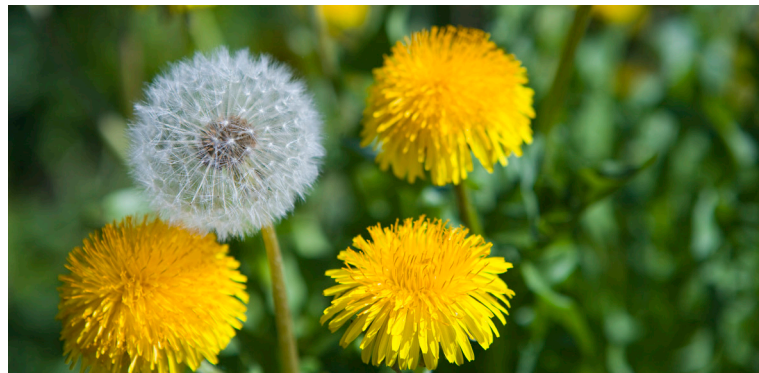
Like many medications, dandelion extract has various formulations, which can make it easier to incorporate into a daily regimen and tolerate. It can be cooked and consumed as coffee or tea but can also serve as a flavoring agent for baking, pudding dishes, candy, ice cream, cheese, and many other favorites. Dandelion root also is available in tablets, capsules, essential oils, tinctures, and powders.

Dandelion works in the body via several mechanisms:

1. **Supports Digestive Health:** The compounds found in dandelion root can stimulate digestive enzymes, promoting a healthy digestive system and reducing bloating on occasion.
2. **May Aid Liver Health:** Antioxidants found in dandelion root may help shield the liver from damage and boost its natural detoxification processes.
3. **Promotes Kidney and Urinary Tract Health:** As a natural diuretic, dandelion root can assist in increasing urine production, which can promote healthy kidney function and help the body eliminate extra water.
4. **Anti-Inflammatory and Antioxidant Properties:** Antioxidants found in this plant may help lower inflammation and block cells from oxidative damage.

Because dandelion comes in many different formulations, there is no set dosage. It is important to follow the dosing recommendations that are noted for the specific product that you are taking. However, here are some common dosages for various formulations:

- **Dandelion Root Tea:** 1–3 cups daily, using 1–2 teaspoons of dried root per cup of water.
 - Steep for 5–10 minutes.
- **Dandelion Root Capsules or Tablets:** 500–1000 mg, taken 1–3 times per day
- **Dandelion Tincture:** 5–10 ml, 2–3 times daily, diluted in water.
- **Dandelion Leaf or Root Powder:** 1–3 grams daily, mixed in food or drinks.



Overall, dandelion is well-tolerated by most patients; however, some may still experience some side effects that may include:

- Allergic reactions: some may experience skin rashes and other common allergic reactions. This is more commonly seen in those who have ragweed or similar plant allergies. It is important to test on a small area of the skin to determine how your body may respond when using a topical formulation. Others have reported having mouth sores after consumption.
- Increased urination frequency: Dandelion acts as a diuretic, so most complain of this issue. Accordingly, it is very important to stay adequately hydrated when taking or using dandelion extract.
- Digestive complications: When using dandelion some may experience gas, diarrhea, upset stomach, and slight bloating.
- Increased heart rate
- Bruising and unexplained bleeding
- Increased potassium level

As with all medications, you should check with your health care provider before taking or consuming dandelion. Along with that, other precautions should be taken:

- Those who are pregnant or breast-feeding should avoid use until you have spoken with your health care provider
- Those with known allergies to ragweed, chrysanthemums, marigold, chamomile, yarrow, daisies, or iodine should avoid using dandelion.
- Those with kidney or gallbladder problems or gallstones should seek advice from their doctor before using dandelion.
- Dandelion should be avoided in those under 18 unless told otherwise by your health care provider.

MEDICATION AND MILES:

Dandelion Extract

When dandelion leaf acts as a diuretic, medications may exit the body quickly. It also may interact with other medications that are broken down in the liver. The following medications may interact with dandelion:

- Antacids (omeprazole, lansoprazole, esomeprazole, pantoprazole, famotidine, Tums, etc.). Dandelion may increase the pH in the stomach, so antacids may be affected due to inadequate absorption.
- Blood thinners (warfarin, aspirin, clopidogrel, etc). Dandelion may increase bleeding risk
- Diuretics (water-pills). Dandelion stimulates urine production to flush the bladder, but combined use with prescription diuretics or other diuretic herbs may lead to electrolyte imbalances.
- Lithium. Dandelion may worsen the side effects of lithium
- Ciprofloxacin. When taken with dandelion, it may not be fully absorbed in the body.
- Diabetic medications. Dandelion can be taken to help lower blood sugar levels, but taking it in addition to prescription

diabetic medication may cause lower blood sugar levels.

- Valium/Diazepam
- Blood pressure or other heart medications
- Medications that are broken down extensively by the liver

In conclusion, dandelion root extract is a natural supplement with antioxidant and anti-inflammatory benefits, supporting liver, kidney, and digestive health, and it may serve as a helpful additional treatment agent for certain medical conditions. However, it is recommended and very important to consult a healthcare provider before use.

References:

1. Fan M, Zhang X, Song H, Zhang Y. Dandelion (*Taraxacum* Genus): A Review of Chemical Constituents and Pharmacological Effects. *Molecules*. 2023;28(13):5022. Published 2023 Jun 27. doi:10.3390/molecules28135022
2. Dandelion: Usefulness and Safety. NCCIH. <https://www.nccih.nih.gov/health/dandelion>
3. Dandelion. Mount Sinai Health System. <https://www.mountsinai.org/health-library/herb/dandelion>
4. Dandelion: Side Effects, Uses, Dosage, Interactions, Warnings. RxList. Published June 29, 2022. <https://www.rxlist.com/dandelion/generic-drug.htm>

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.

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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:

Ryan Adams	Michael Deason	Pamela Miller	Rick Stockton
Robert Allen	Adriana Dominguez	Mike Moses	Kayla Stone
Jessica Beard	Jennifer Duquette	Helen Moss	Marilyn Thomas
Ryan Boswell	Ashley Foster	Philip Moss	Christine Velez
Robert Boylan	Meagan Gray	Renie Moss	Gerald Vick Jr.
Julia Brasher	Jonathan Haefs	Samuel Ramos	Katie White Vick
Graham Brown	Iliana Hayakahua	Amy Ramos Serrano	Genesis Wood
Michael Brown	Susan Hill	Kenneth Ramos Serrano	Michael Wood
Anne-Laura Cook	James Jackson	Sadie Ramos Serrano	Kevin Yeager
Ethan Crosby	Tom Kendrick	Katerine Santiago	Krista Yeager
Jay Crosby	Carolyn Kezar	Kenia Serrano	Gary York
Mary Lee Crosby	John Lankford	Boris Shoykhet	
Samantha Davis	Meg Lovett	Tasha Shoykhet	

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



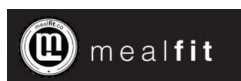
NEW BTC MEMBER BENEFIT!

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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+ JUICE CO

CHOP^NFRESH



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FLEET FEET
Sports

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

Weighted Vests: Fitness Hack or Injury Trap?

By Hannah Cox,
TherapySouth



One of the latest trends in the fitness industry is walking (or even running) with a weighted vest. While it may seem like a smart way to make your workouts more challenging, the research comparing weighted vs. unweighted walking and running is still fairly limited. So instead, I'll share my professional perspective:

Yes, adding a weighted vest will make your walk or run more physically demanding. Your metabolism gets a boost as your body works harder to generate the muscle force needed – especially during strength training or running or walking hills. And truthfully, there's something satisfying about how light and quick your body feels after you take the vest off!

But let's consider and compare the cost of working out with a weighted vest:

When you increase exercise load (volume, intensity and/or duration of a workout regimen), you increase the demands placed on your muscles, tendons, and joints. When that demand exceeds the current load capacity of the tissue (aka current fitness status of muscles, tendons, and joints), that's where injuries tend to occur. I often see athletes continue their regular training while adding a weighted vest without adjusting volume, frequency, intensity, or recovery. That approach is a fast track to overuse injuries.

Another common trend is walking with a weighted vest when returning from injury or while reducing running volume. While it may seem like a good way to maintain fitness, I'm not convinced it's the best option. Compared to running, walking limits the range of motion in the hips, knees, ankles, and lower back. Over time, this reduced movement can lead to strength losses within those ranges – and even loss of mobility itself.

Instead, I recommend maintaining (or even building!) strength and cardiovascular fitness through modified strength training, HIIT circuits, cycling, or swimming. These options preserve movement patterns, challenge the cardiovascular system, and reduce the risk of injury.

At the end of the day, yes – a weighted vest can make your walk or run more intense. But for most athletes, I think your money is better spent on a gym membership, working with a personal trainer, or hiring a run club coach where your programing can be adjusted to help you safely hit your goals!



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: tendurance@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
Adwell, Stephen	0
Ahmed, Kabeer	1,236
Aquino, Eugene	1,276
Barton, Tabitha	554
Basquill, Matt	556
Benner, Kim	1,302
Bishop, Troy	0
Blackmon, Kim	662
Booher, Lisa	1,472
Bookout, Jason	1,381
Bookout, Kimberly	1,887
Bossard, Teri	1,599
Boswell, Ryan	273
Bouley, Rachel	1,362
Brakhage, Victoria	1,097
Bray, Elizabeth	588
Brown, Katie	985
Brown, Sean	749
Bryant, Jason L.	346
Burbank, Brett	1,035
Burst, Theresa	0
Caine, Lawrence	621
Callahan, Chris	951
Calvert, Aaron	1,278
Campos, Chris	1,671
Carlton, Bob	994
Chaffinch, Randy	914
Chaffinch, Violet	927
Chandler, Teresa	1,040
Clay, Brad	1,076
Cleveland, Jeff	1,124
Cliett, Stephanie	1,121
Cobb, Patty	464

Participant	Total
Coe, Emily	825
Coe, Matt	1,094
Coffin, Diane	1,069
Colpack, Susan	872
Colvard, James	149
Conner, Melanie	174
Cooper, Cara	938
Cowie, Katelyn	698
Cramer, Robyn	1,045
Cramer, Steve	358
Creed, Brad	1,034
Creel, Mary	954
Cromey, Tyler	1,585
Davis, Samantha	864
Dawson, Ashley	1,700
Dawson, Bill	1,168
Deason, Michael	0
Deffenbaugh, Todd	898
Denney, Stephanie	858
Dill, Kinsley	1,099
Dimicco, Al	1,090
Dixon, Jeff	1,374
Downs, Matt	944
Duke, Cindy	986
Ennis, Matt	1,496
Estes, Cameron	832
Estrada, Steven	2,479
Flanery, Haley	165
Fons, Aaron	158
Franklin, Shane	0
Frederick, Winston	1,163
Freeman, Daren	419
French, Eric	0

Participant	Total
Gaston, Katie	0
Gaston, Michael	1,342
Goode, Johnny	838
Grainger, Matt	1,621
Grames, Robby	1,040
Gray, Michael	866
Gruber, Marla	1,286
Haefs, Jonathan	1,083
Haggard, Georgia	850
Hall, Thomas	31
Hanson, Valerie	850
Haralson, Danny	918
Haralson, Micki	1,059
Hargrave, Alan	939
Harrelson, Karen	1,732
Harrison, Lisa	844
Hatcher, Heydon	352
Henninger, Alison	863
Herron, Michael	996
Hicks, Emery	1,204
Hogeland, Angie	843
Hogeland, Jeff	1,316
Holder, Gene	944
Hoover, Alison	575
Hopper, Whittley	963
Hurst, Anna	739
Jack, Arian	1,129
Jenkins, Kaki	1,658
Jenkins, Kate Herrera	783
Jensen, Sarah	874
Johnson, Kimberly	1,052
Johnson, Phillip	1,048
Johnson, Troy	1,006

Participant	Total
Jones, Julie	860
Jones, William	309
Kaylor, Sara	0
Kemper, Tricia	966
Kles, Ruth	583
Knight, David	923
Krick, Stefanie	1,438
Kuhn, Jimmy	1,506
Kulp, Loren	1,150
Lamb, Patrick	838
Lancaster, Jeff	1,386
Landefeld, Dale	725
Lane, Anna Louise	970
Losavio, Lauren	1,046
Lovett, Meg	0
Lugo, Whitney	1,093
Lyda, Beth	1,134
Lyda, John	1,214
Lyle, Randy	967
Malick, David	1,397
Markham, Elishua	983
Mathews, Nikita	1,139
Mathews, Skip	1,000
McCalley, Charles	900
McElroy, Catherine	980
McKee, Rachel	697
Melton, Kristen	10
Merry, Vicki Sue	1,024
Miller, Pamela	1,005
Millican, Randy	783
Morris, Gordon	865
Moss, Philip	901
Moss, Renie	53
Murchison, Reginald	1,408
Namer, Lexi	615
Nodjomian, Jason	842
Noerager, Brett	2,092
Noerager, Felicia	1,101
Northern, Kristie	1,410
Oliver, Tom	241
Orihuela, Carlos	1,408

Participant	Total
Orihuela, Catheryn	1,342
Ortis, Ellen	360
Padgitt, Scott	292
Pearce, Julie	0
Pinnick, Honora	322
Pinnick, Jonathan	0
Plante, David	0
Poe, Bria	243
Powell, Logan	1,684
Pritchett, Leigh Ann	832
Quinn, Vivian	850
Quinsey, Caleb	199
Rakestraw, Stephanie	863
Randolph, Megan	0
Rawson, Brent	1,191
Renfro, Jeff	734
Richetti, Vee	1,131
Rivera, Jose	0
Roberts, Fletcher	934
Robertson, John	976
Robinson, Rod	0
Rodgers, Brian	1,387
Rodgers, Jeffrey	905
Rose, Billy	2,341
Rose, Jamie	931
Ruschhaupt, Skyler	0
Russell, Maureen	1,622
Rutledge, Lisa	1,127
Sanford, Gary	1,827
Sherer, Jeremy	864
Sherrell, Jeff	1,130
Shin, Ye Jung	1,473
Shinn, Ronald	710
Sides, Dean	669
Silwal, Suman	0
Simpson, Kevin	1,625
Sloane, Mike	726
Smith, Daryl	1,117
Smith, Erin	1,194
Smith, Holly	0
Smith, Jason	1,672

Participant	Total
Smith, Jerry P.	731
Soileau, Chester	0
Spikings, Matt	959
Starnes, Dan	1,139
Stephens, Cory	407
Stewart, Mariah	1,085
Stockton, Rick	1,050
Stone, Kayla	899
Sweatt, Jason	0
Syx, Amy	1,731
Thompson, Sarah	647
Thornton, Amanda	1,276
Toth, Christopher	609
Toth, Nick	598
Varner, Greg	915
Vaughn, Catherine	888
Velezis, Christine	898
Vinson, Matthew	431
Waddell, Chassi	842
Walker, Brooke	844
Walker, Skylar	304
Ware, Jennifer	860
Washington, Monica	0
Waters, Marc	764
Watkins, Britney	1,115
Watkins, Tommy	998
Wells, Bradley	0
Wende, Adam R	901
Whatley, Prince	1,023
Wheeler, Elizabeth	1,207
White, Robin	1,409
Whitley, Mary Elizabeth	875
Whitt, Trey	606
Wiseman, Steve	1,242
Wu, Xing	943
Wyers, Ronald	942
York, Gary	1,604
Zajac, Jason	1,328

SHOW US YOUR BTC GEAR



Top:

Daryl and Erin Smith and Vicky Brakhage took on the St. George Marathon in St. George, Utah!

Left:

Michael Brown repped the BTC at the Buster Britton Triathlon, finishing 4th overall and 1st masters. Congratulations, Michael!

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

BTC EXECUTIVE BOARD MEETING

September 8, 2025

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Ruth Kles, Charles Thompson, Cameron Estes, Marla Gruber, Kabeer Ahmed, Sarah Jensen, and Rebecca Williamson,

Vicky Brakhage made a motion to approve the minutes of the August 2025 Executive Board Meeting and Strategic Planning Meeting. The motion was seconded by Bradley Wells and passed without opposition.

Membership (Cameron Estes)

We currently have 776 members and 613 memberships.

Newsletter Editor (Jamie Trimble)

Please have all newsletter content to Julie Pearce by Friday, September 26, 2025.

Treasurer (Ruth Kles)

The BTC's current account balance is \$57,000. All expenses from Peavine Falls have been paid. We are currently paying expenses from Vulcan Run 10K.

Member Benefits (Jamie Trimble)

Ellen Ortis is still working with Slice on providing a discount to BTC members.

Merchandise (Bradley Wells)

Bradley Wells intends to look into new long-sleeved shirts and hoodies for the fall.

1200 Mile Club (Bradley Wells)

Matt Grainger has ordered the new patches for five and ten-year 1200 Mile Club awards. We would like to run a special article in the BTC newsletter advertising the new patches with pictures.

Social Committee (Jamie Trimble)

The BTC Annual Party is confirmed for Saturday, February 7, 2026, at Avondale Brewery.

USATF Representative (Charles Thompson)

On September 20, 2025, Charles Thompson will attend the Head over Teal 5K and 10K wearing his Vulcan Run gear. On October 25, 2025, he will be at Megan Montgomery Memorial 5K wearing a Vulcan Run shirt to advertise the upcoming race.

Webmaster (Kabeer Ahmed)

We will be setting up the 2026 BTC race series on the website.

Marketing (Jamie Trimble)

We are currently pushing registration for the Vulcan Run 10K and BHM 26.2 races that are coming up.

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

Water stops have been covered with volunteers. This coming Saturday is a cutback week, then next week will be the 20-mile run. The Moderate Run Group continues to grow. Sarah Jensen will start thinking about another beginner run group for the fall.

Japan Exchange (Rebecca Williamson)

Unfortunately, there is no update on the Japan Exchange. We are waiting to hear back from the mayor's office.

Vulcan Run (Jamie Trimble)

Hunter Bridwell is providing Alex Morrow with social media posts about the Vulcan Run 10K. We will discuss all that is needed for the race at next board meeting in October. Hunter has ordered yard signs to advertise the race if anyone would like some to put out. Last year we voted to donate \$1,000 to Girls On the Run and Vulcan Park and Museum. We plan to donate to same organizations this year.

Old Business

BHM 26.2 is October 4-5th. They are providing us with a free booth at their Expo. We plan to promote Vulcan Run 10K and BTC membership at the expo. Jamie Trimble will check with the race organizers to confirm that we are allowed to sell BTC merchandise at the booth. The BTC will also handle the main water stop for their race. Jamie Trimble will be out of town that weekend, so he is looking for someone to head that up.

There being no further business, the meeting was adjourned. The next monthly meeting will be held on Monday, October 13, 2025, at 6:00 p.m. Location to be determined.

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](#).





BECOME A BTC MEMBER!
FOLLOW THE QR CODE

