



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

October 2026 10



VULCAN RUN 10K and 5K Saturday, November 7

By Hunter Bridwell, Vulcan Run 10K and 5K Race Director

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[i @RunBTC](https://www.instagram.com/RunBTC)

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VULCAN RUN 10K AND 5K

Happy October, everyone! We're very excited to include a 5k course in addition to our 10k course at this year's Vulcan Run! For both distance options - [REGISTER HERE!](#) The 52nd running of this event will take place on Saturday, November 7, starting and finishing in front of the plaza at Rosewood Hall/Homewood City Hall.

You can find course details for the certified [10k course HERE](#). The 5k certified course map can be found [HERE](#). The 10k is this year's RRCA State Championship 10k event for Alabama. We look forward to crowning some state champions next month! As part of the RRCA championship race designation, we are also pleased to have Gatorade sponsoring hydration during the race.

The BTC could not host races like The Vulcan Run without the support of our club and race sponsors - Andrews Sports Medicine, The Trak Shak, TherapySouth, Resolute Running, and Poarch Creek Indians. Their support means the world to us! Please support those who support the BTC! 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. Thank you very much! We look forward to seeing you at the starting line on November 7!



PRESIDENT'S ADDRESS

By Bradley Wells



Hello BTC Family,

If you hold your mouth just right -- and you've been getting out the door early enough -- you may have noticed that it's finally starting to feel a little like fall here in the South. Cooler mornings make those long miles a little more enjoyable, and they can only mean one thing: fall race season is here!

It was great seeing so many BTC members at the recent BHM Marathon and Half Marathon, both at the expo and out on race day. As you head to starting lines here in Birmingham and across the country this fall, remember to tag BTC and use **#runBTC** so we can celebrate your miles and share your accomplishments. Whatever distance you're training for, we hope you run well, travel safely, and enjoy the experience.

A Busy Fall Ahead

There is a lot to look forward to over the next few months. We will start training for the KultureCity Half Marathon in November, and the **Vulcan Run 10K and 5K is coming November 7**. Vulcan is one of BTC's signature events and another opportunity for us to come together -- not only as runners and walkers, but also as volunteers, supporters, and friends.

We're also exploring a fun brewery holiday run and social later this fall. Before we know it, the holidays will be here, followed by the New Year and our Annual Party. Keep an eye out for more details as these opportunities come together.

Community Is What Makes BTC Strong

No matter the season, the heart of BTC is our community. Group runs, races, socials, water stops, and volunteer opportunities give

us ways to connect beyond the miles. Every pace has a place here, and whether you're chasing a PR, starting your first training cycle, walking with friends, volunteering, or cheering from the sidelines, you are part of what makes this club special.

There has never been a better time to get involved. Invite someone new to a group run. Volunteer at an upcoming event. Help with a water stop. Come to a social and meet someone you haven't run with before. Small moments like these are how we continue building a stronger and more welcoming running community throughout Birmingham.

Looking Ahead: Giving Back

BTC is also looking beyond race day at ways we can make a lasting impact in our community. One of our goals is to help fund a new public water fountain along the Lakeshore Trail extension. It's a project that can serve runners, walkers, cyclists, families, and others who enjoy the trail for years to come. We'll have fundraising opportunities ahead, so please be on the lookout for ways to get involved and help us make it happen.

Fall is always an exciting time to be a runner in Birmingham, but what makes it even better is experiencing it together. Thank you for continuing to show up, welcome new faces, volunteer, encourage one another, and make BTC more than just a running organization.

See you out there,

Bradley Wells

President, Birmingham Track Club



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:

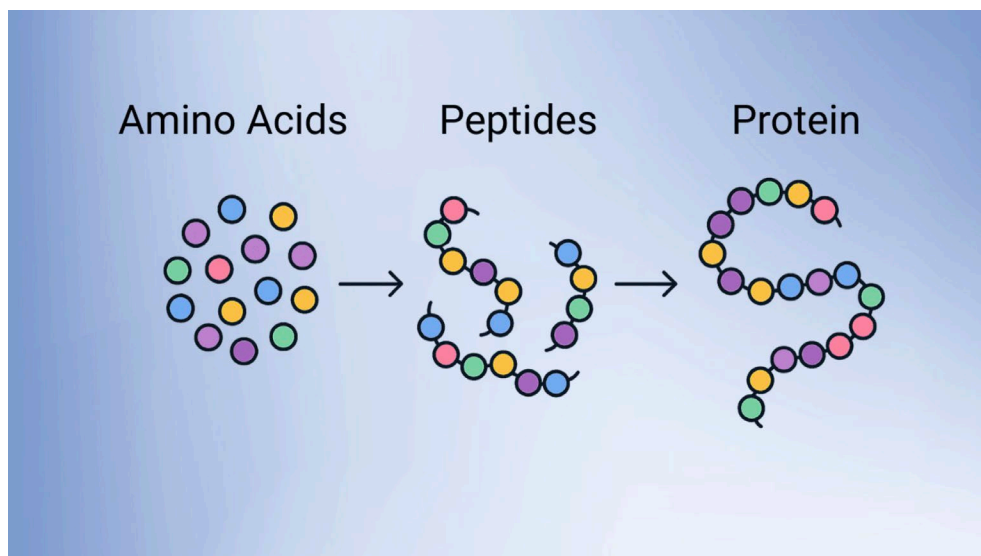
birminghamtrackclub.com
championship-racing.com



MEDICATION AND MILES:

The Long Run on Peptides

By Ashton Bellamy, PharmD and Kim Benner, PharmD



There are significant distinctions between FDA-approved peptides and research compound peptides. They differ in terms of their regulation, manufacturing, and access. FDA-approved peptides are produced under strict standards, which ensure exact label accuracy, sterility, and consistent dosing. They also require a prescription from a licensed healthcare provider and are dispensed from a pharmacy. Research peptides lack formal human clinical trial validation for safety and efficacy and are not manufactured with strict pharmaceutical oversight or high standards, meaning that purity and potency vary and could be compromised, and the medication potentially could contain different compounds than what is stated on the label. These risks are especially important if peptides are purchased on the gray market or online.

Peptides are tiny proteins made of short chains of amino acids that act as chemical messengers within our bodies. Peptides are different from proteins; however, they both are made up of amino acids. Proteins are more complex – they are very large and perform complex tasks. They can be classified as both medications and supplements, depending on how they are made, regulated, and used.

What started in the early 2010s as a niche practice among body builders has rapidly expanded into general fitness, anti-aging, and overall wellness and well-being. Peptides have grown in popularity over the past two decades and now are well integrated into our culture. Social media, as well as celebrities, have promoted peptides for anti-aging, muscle growth, sleep, and fat loss properties.

Peptides do exist naturally in our bodies. Some of the key peptides are: insulin (blood sugar control), oxytocin (childbirth and stress modulation), and GLP-1 (feelings of fullness/satiety), as well as glutathione (antioxidant that helps with detoxification and cellular protection), and endorphins (natural pain relievers and mood boosters). Some examples of FDA-approved peptides are insulin, GLP-1 receptor agonists (used for weight loss and cardiovascular disease risk reduction), and medication for osteoporosis (helps rebuild new bone strength in patients with severe bone weakness). Other peptides that are not FDA-approved exist and are used at the discretion of the consumer. Some examples are BPC-157 (used by athletes for joint, tendon, and injury recovery, as well as gut health), CJC-1295 (used to stimulate natural growth hormone release, improve body composition, and aid sleep), and TB-500 (used to support tissue repair and reduce exercise inflammation).

Peptides have been an area of interest for fitness and health enthusiasts because of their claims to help repair damaged tendons, ligaments, and muscles from high-mileage stressors. Additionally, they can be used to help meet weight loss or body composition goals, used as growth hormones, or used to reduce inflammation, and help with recovery.

Notably, some peptides are categorized as “supplements” or “research compounds”. Collagen peptides are also common as they help with bone and joint support and can reduce pain, strengthen connective tissue, and support bone density. There also are some peptides that practitioners claim can help reduce inflammation, improve blood flow, and optimize growth hormone levels for quicker bouncing back between hard-effort workouts. These peptides often are perceived as low risk, despite the absence of safety and efficacy data to support these claims. These claims do sound appealing to runners and athletes; however, they are not without their risks and potentially could put an athlete at risk.

The World Anti-Doping Agency strictly prohibits the use of exogenous peptides, growth factors, and related substances. The peptides and substances that are prohibited include BPC-157, CJC-1295, and TB-500, which are some of the peptides that currently are circulating in fitness communities. This is an important consideration for competitive runners, who may be subject to testing at any point in their careers.

CONTINUED ON NEXT PAGE

MEDICATION AND MILES:

The Long Run on Peptides

Dietary supplements like collagen peptides can improve joint function, lower joint pain, and strengthen connective tissue when paired with training. BPC-157 is discussed in the fitness community because it may speed up recovery; however, there are no efficacy studies supporting this. CJC-1295 does have evidence showing it increases growth hormone levels; however, robust clinical data backing the claims for anti-aging, fat loss, and muscle gain is lacking. Scientific evidence of TB-500 consists of laboratory and animal studies, with a lack of completed human clinical trials for musculoskeletal healing. BPC-157, CJC-1295, and TB-500 do not have any rigorously studied evidence to support their use. Additionally, the FDA has warnings published on TB-500, CJC-1295, and BPC-157, citing safety concerns, serious adverse events (including increased heart rate), and the lack of sufficient guidance on appropriate usage that can lead to inappropriate use.



The pros and cons of peptides are well-known, as are the impact they may have on athletes. Of note, no peptides currently are FDA-approved to treat or prevent athletic recovery (i.e. BPC-157 and TB-500).

Pros can include:

- Weight management, reduced appetite, improved metabolic health (which impacts running economy)
- Diabetes management, obesity treatment, reduced cardiovascular risks

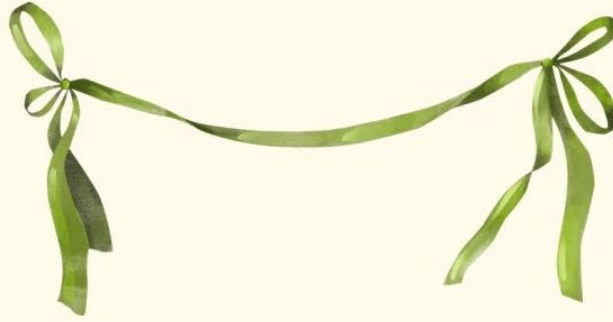
Cons can include:

- Not regulated (could have compromised potency and purity)
- Are not studied and lack evidence to support their use
- Infection and injection hazards (some are injected, which can pose an infection risk).
- Unknown long-term effects and unpredictable biological effects (potentially could cause hormonal imbalances, alter insulin sensitivity, etc.)
- Known side effects: gastrointestinal (nausea, vomiting, constipation, diarrhea), potentially reduced intake leading to poorer fueling for longer runs or harder workouts, and loss of lean muscle mass
- Unknown side effects and drug interactions with other medications prescribed
- Banned in sports by world agencies

In conclusion, peptides occur both internally and externally to our bodies. Peptides have a variety of uses or potential uses, including weight loss, blood sugar level control, and potentially athletic performance. There are major differences between FDA-approved peptides, such as Ozempic and Wegovy, and non-FDA-approved peptides, which are unregulated, with no oversight or evidence supporting their manufacturing, safety, and efficacy. Safety, nutrition, and hydration should always be a component of health and wellness for athletes of any level, so it is important to be cautious of performance enhancement claims without strong evidence to support their use.

References

1. Harris E. Poll: Roughly 12% of US Adults Have Used a GLP-1 Drug, Even If Unaffordable. *JAMA*. 2024;332(1):8.
2. PR Newswire. Americans Want FDA to End Peptide Roulette, New National Poll Finds. Yahoo Finance July 21, 2026. Accessed September 13, 2026. <https://finance.yahoo.com/healthcare/articles/americans-want-fda-end-peptide-174900126.html>
3. Tewari K, Liu TP, Im C, et al. Peptide Supplements and Their Therapeutic Applications in Sports Medicine. *Am J Sports Med*. Published online August 11, 2026.
4. Center. (2024). Substances in compounding that may present significant safety risks. U.S. Food and Drug Administration. <https://www.fda.gov/drugs/human-drug-compounding/certain-bulk-drug-substances-use-compounding-may-present-significant-safety-risks>



Please join us for the

**RIBBON CUTTING
OF THE
NEW GREENWAY PAVILION**

and the dedication of

CHRISTINA'S TRAIL

in memory of

Christina Chambers

WEDNESDAY, OCTOBER 28, 2026

11:00 A.M.

1800 SOUTH LAKESHORE DRIVE

HOMEWOOD, ALABAMA

Meet at the Northeast corner of the parking lot

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:

Shelley Barnes	Jay Crosby	Keighly Laney	DeSean Motley	Katerine Santiago
Julia Brasher	Samantha Davis	John Lankford	Naomi Mugun	Kenia Serrano
Kyle Breaux	Abi DeWilde	Shea Lueder	Melanie Paul	Jeremy Sherer
Graham Brown	Adriana Dominguez	Andrea Lueder	Rob Paul	David Spencer
Susan Colpack	Mark Everest	Christi Lunsford	Adele Pitts	Jimmy Tracy
Lindsey Cotten	Ashley Foster	Mabry Lunsford	Samuel Ramos	Enhua Wang
Michael Cowie	Nicolas Gutierrez	Owen Lunsford	Kenneth Ramos Serrano	Kayley Ward
Mark Criswell	Danielle Hassan	Christi Lunsford	Amy Ramos Serrano	Gary York
Mary Lee Crosby	Morgan Hurst	Graham Lunsford	Sadie Ramos serrano	
Ethan Crosby	Carolyn Kezar	Barry McKinnon	Lori Beth Richey	

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!

It may be early Fall, but we're in Alabama, folks, so hydration is just as important, especially on our long runs! As always, the BTC long and moderate distance runs are free for everyone, but we need everyone's help to make sure all of our fellow runners are safe and hydrated. Please sign up to supply a water stop periodically – you'll find the link to sign up (along with any instructions) on the link for each week's route. You may either supply the requested amount of sports drink and water, or the BTC has coolers and drink mix available to borrow if that's a better option for you.

Thank you, and stay hydrated!



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!

The first batch of the new BTC running singlets have arrived, and they are AMAZING! If you were among the lucky ones who placed a pre-order, please see Merchandise Chair Ellen Ortis at an upcoming Saturday morning run to pick up your new gear, or [contact Ellen](#) to make other arrangements. If you missed the pre-order, no worries – singlets are available on the BTC website – [click here](#) to order yours so you'll be race-ready for your Fall races!

Hats and other branded merchandise will be available soon – stayed tuned for updates. More fabulous BTC merch is coming this Fall!





NOVEMBER 7, 2026

VULCAN RUN 10K and 5K

REGISTER HERE TODAY

BTC MEMBER BENEFITS SPOTLIGHT

By Michael Brown, Member Benefits Coordinator

Now is the perfect time to dial into your nutrition for race season. We are happy to bring you two additional BTC member benefits to help you achieve your nutrition goals. During the month of October, our friends at **Ann Cade Wellness** and **Project Lean Nation Meadowbrook** are offering special discounts just for BTC members. Not yet a member? Not a problem – [visit our website](#) to join the BTC today to start taking advantage of our many perks! And if you know of a local business that would be a great fit for our membership benefits program, [drop me a note!](#)



Birmingham Track Club Members: 50% Off RMR Testing in October

Ever wondered how many calories your body actually burns each day?

For the month of October, Ann Cade Wellness is offering Birmingham Track Club members 50% off Resting Metabolic Rate (RMR) testing.

A simple 7–10 minute breath test measures your resting metabolic rate, giving you real data about your individual metabolism. Your 30-minute appointment also includes a consultation to go over your results and

determine how much you should be eating to support your goals, whether that's fueling your running, losing fat, building muscle, or maintaining your weight.

BTC Member Price: \$75 (regularly \$150)

Schedule at [AnnCadeWellness.com](#) and use code BTC.

Testing is completed first thing in the morning before eating, drinking, or exercising.

Healthy Eating, Made Easier

Project LeanNation Meadowbrook, helps make healthy eating easier for busy professionals and families who want convenient meals without compromising on nutrition.

Their chef-prepared meals are high in protein, macro-balanced, gluten-free, and ready in minutes—making it easier to keep good nutrition available even when work, travel, family, and a full schedule get in the way.

PLN Meadowbrook also offers complimentary nutrition coaching and body composition scans for customers who want a better understanding of their goals and a more personalized approach to nutrition. And with their store right around the corner at 1801 Doug Baker Blvd, Birmingham, AL 35242 it's

easy to stop in, complete a body scan, grab meals or a shake, and see how PLN can help make healthy nutrition readily available and easy to maintain.

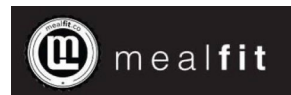
Whether you need support during a particularly busy season or want to make PLN part of your regular routine, the goal is simple: save time, stay consistent, and make the healthy choice the convenient choice.

As a special benefit for the BTC, Project LeanNation Meadowbrook is offering **\$20 off every subscription box of 12 or more meals and 15% off all retail purchases in-store on your first visit.** Contact PLN Meadowbrook at 205-919-8894 for more details on meal boxes, BTC perks, and delivery options or stop by the storefront!



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	1,431
Aquino, Eugene	1,215
Benner, Kim	888
Blackmon, Kim	966
Booher, Lisa	1,250
Bookout, Jason	1,316
Bookout, Kimberly	1,833
Bossard, Teri	1,658
Boswell, Ryan	385
Boyd, DeWayne	998
Boylan, Robert	1,010
Bradley, Shelby	134
Brakhage, Victoria	97
Brasher, Julia	880
Bray, Elizabeth	892
Brown, Katie G.	1,320
Brown, Sean	111
Burbank, Brett	1,326
Burst, Theresa	0
Caine, Lawrence	873
Callahan, Chris	95
Calvert, Scott	1,236
Campos, Chris	0
Carlton, Bob	1,088
Castro, Andrea	173
Chaffinch, Violet	504
Chambers, Gay	1,291
Chandler, Teresa	1,070
Clay, Brad	1,115
Cleveland, Jeff	1,033
Cliett, Stephanie	1,084
Coe, Emily	1,171

Participant	Total
Coe, Matt	0
Coffin, Diane	1,044
Colpack, Susan	924
Cooper, Cara	1,050
Corrin, Roger	806
Cortes, Jorge	1,082
Couch, Jacob	1,046
Cowart, Dave	741
Cowie, Katelyn	1,072
Cramer, Robyn	1,036
Cramer, Steve	275
Crawford, Katelyn	265
Creed, Brad	718
CREEL, MARY	1,003
Cromey, Tyler	1,204
Cutrer, Clark	1,201
Davis, Samantha	724
Dawson, Ashley	1,188
Dawson, Bill	1,077
Deffenbaugh, Todd	724
Denney, Stephanie	492
Dimicco, Al	981
Dixon, Jeff	883
Duke, Cindy	1,067
Edwards, Haniah	0
Edwards, Thomas	154
Ennis, Amanda	944
Ennis, Matt	1,292
Estes, Cameron	1,229
Estrada, Steven	1,990
Flanery, Haley	0
Frederick, Winston	1,160

Participant	Total
French, Eric Lewis	0
Goode, Johnny	932
Gorrie, Alie B.	1,147
Graham, Ryan	358
Grainger, Matt	1,560
Grames, Robby	631
Gray, Michael	878
Gruber, Marla	1,226
Haefs, Jonathan	755
Hall, Thomas	0
Haralson, Danny	547
Haralson, Micki	1,033
Hargrave, Alan	971
Harrelson, Karen	1,515
Harrison, Lisa	804
Heard, Macy	1,070
Henninger, Alison	749
Hogeland, Angie	1,028
Hogeland, Jeff	1,160
Holder, Gene	1,020
Hoover, Alison	287
Hurst, Anna	977
Jenkins, Kaki	1,565
Jenkins, Kate Herrera	863
Jensen, Sarah	180
Johnson, Kimberly	332
Johnson, Phillip	155
Johnson, Troy	1,171
Jones, Julie	842
Kezar, Carolyn	97
Knight, David	1,026
Krick, Stefanie	1,249

Participant	Total
Kuhn, Jimmy	1,154
Lamb, Patrick	60
Lancaster, Jeff	1,524
Landefeld, Dale	841
Lane, Anna Louise	987
Lockett, Michella	0
Losavio, Lauren	1,184
Lyda, Beth	689
Lyda, John	1,208
Lyle, Randy	1,252
Maiola, Frankie	922
Malbrough, Quinn	0
Markham, Elishua	1,216
Martin, Sheree	0
Mathews, Nikita	1,026
Mathews, Skip	976
McCalley, Charles	977
McInnish, Amber	639
Melton, Kristen	1,102
Merry, Vicki Sue	1,465
Miller, Pamela	1,062
Millican, Randolph	645
Morris, Gordon	758
Morrow, Alex	0
Moss, Philip	720
Muncher, Monica	468
Murchison, Reginald	1,408
Nodjomian, Jason	915
Noerager, Brett	1,970
Northern, Kristie	1,546
Orihuela, Carlos	1,131
Orihuela, Catheryn	1,272
Palmore, Chad	342
Paul, Madhumita	891
PLANTE, DAVID	918
Powell, Patrick	1,704
Renfro, Jeff	670
Richetti, Vee	1,077
Richey, Lori Beth	1,030
Roberts, Fletcher	1,075
Robinson, Tamara	1,069
Rodgers, Brian	1,352
Rodgers, Jeffrey	490

Participant	Total
Rose, Billy	1,713
Rose, Jamie	201
Ruschhaupt, Skyler	1,242
Russell, Maureen	1,418
Rutledge, Lisa	912
Saffold, Ethan	0
Sanford, Gary	2,172
Sherer, Jeremy	865
Sherrell, Jeff	989
Shin, Ye Jung	1,148
Sides, Dean	703
Simpson, Kevin	374
Sloane, Mike	1,055
Smith, Daryl	982
Smith, Erin	1,270
Smith, Holly	0
Smith, Jason	1,347
Smith, Jerry P.	691
Smith, Justin	0
Smith, Mimi	1,091
Soileau, Chester	0
Spikings, Matt	901
Stewart, Mariah	1,451
Stockton, Rick	744
Stone, Kayla	1,004
Talley, Natalie	339
Thomas, Marilyn	1,066
Thornton, Amanda	1,606
Townes, Janelle	97
Trimble, Jamie	688
Vick Jr., Gerald	363
Vinson, Matthew	322
Waddell, Chassi	990
Watkins, Tommy	866
Watters, Erin	174
Webb, James	1,440
Wells, Bradley	1,248
Wende, Adam R	1,581
Whatley, Prince	573
Wheeler, Elizabeth	0
White Vick, Katie	429
White, Robin	2,110
Wiseman, Steve	1,207

SHOW US YOUR BTC GEAR



Tim Roberts proves that a 1200 Mile Club jacket is appropriate attire for any occasion



The BTC loved hosting a waterstop at the BHM 26.2 race on October 4



BTC members and friends had a blast at our Summer Social run at Daysol Coffee

BTC EXECUTIVE BOARD MEETING

September 14, 2026

The meeting was called to order by President Bradley Wells.

Attendance: Bradley Wells, Matt Ennis, Alan Hargrave, Vicky Brakhage, Ruth Kles, Trish Portuese, Hunter Bridwell, Cameron Estes, Kayla Stone, Jessica Randazza Pade, Jamie Trimble, Kaki Jenkins, and Haley Flanery

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

Financials (Ruth Kles)

Ruth Kles sent the monthly financial report via email.

Vulcan Run (Hunter Bridwell)

The registration numbers for the Vulcan Run are up compared to last year. We need to promote the 5K option more, because registration is low for that race. We may need to reduce the age group awards for the 5K if we don't get more registered runners for that event. The 5K course has been certified. We plan to host a preview run on September 26, 2026. Hunter Bridwell will provide coffee and bagels for after the preview run. Hunter has ordered yard signs promoting the race and to place along the race route so residents are aware that there will be a race on November 7, 2026. Someone asked if there will be pacers at the race, which is something we can investigate if there is any interest.

Saturday Morning Group Runs (Bradley Wells, Cameron Estes)

Our group runs are getting bigger, which is making it harder to do morning announcements and pair new participants up with BTC members who know the routes. Discussion was held on how to improve the morning announcements. Suggestions included having pace signs so people can meet up with people running the same pace, printing QR codes with the routes, and reminding everyone that the routes are posted every week on Facebook at the BTC website.

We will need volunteers for the BHM26.2 water stop and expo. Additionally, we are the official training partner for the Kulture City Race and will need water stop volunteers for that race as well.

Membership (Bradley Wells)

There are currently 570 memberships and 750 members.

Marketing (Bradley Wells and Jessica Randazza Pade)

Jessica will be sending an email with marketing ideas. We are working on a collaboration with Homewood Pilates. They are offering a free class for the officers next Sunday, all BTC members will get a 10% discount, and they are offering a post run stretching class after the Vulcan Run Social on September 26, 2026.

Social Media (Kayla Stone)

Our social media team is currently promoting the Vulcan Run 5K and 10K. We have started themes for all the Saturday Morning Group Runs. For example, the theme for this Saturday's run is to wear BTC gear.

Annual Strategic Planning Meeting (Bradley Wells)

We are looking into dates of the annual strategic planning meeting in October. Bradley suggested October 21, 2026, at his house. An email will be sent asking everyone on the Executive Board which date in October works best for them.

Japan Exchange (Bradley Wells)

There were no runners from Japan who registered to come to Birmingham this year, so we are hoping to get runners for one of the BTC races next year.

There being no further business, the meeting was adjourned. The next monthly meeting will be held in person on Monday, October 12, 2026, at 6:00 p.m.



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	October 10, 2026	6:00 a.m.
Bolt for Breast Cancer 5k and Fun Run	October 11, 2026	2:00 p.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.
The Vulcan Run 10k and 5k *BTC Race Series* *BTC Member Discount *	November 7, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 14, 2026	6:00 a.m.
UAB Veterans Day 5k/Girls on the Run 5k	November 14, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 21, 2026	6:00 a.m.
KultureCity Birmingham Race – Half Marathon, 5k and 1 Mile Fun Run	November 21, 2026	7:30 a.m.
Turkey Trot at the (Cross Plex) Junction	November 26, 2026	8:00 a.m.
The Sam Lapidue Montclair Run – 10k, 5k, and 1 Mile Fun Run	November 26, 2025	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 28, 3036	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 Kabeer Ahmed](#), or visit the BTC website to [submit your race](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

