



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

November 2023 (11)

THE 49TH ANNUAL VULCAN RUN 10K

By Hunter Bridwell, Race Director



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THE 49TH ANNUAL VULCAN RUN 10K



Thank you to everyone who joined us for a beautiful morning of racing at the 49th Annual Vulcan Run! This year had its challenges with a different course and an added 5k event. I want to thank all of the volunteers who gave their time and energy at packet pick-up and on race day to help pull everything together. Your help is always needed and appreciated! We have gotten some great feedback that we will carry forward to next year's event.

After the holidays, we will begin engaging with the City of Birmingham to discuss what next year's 50th Annual(!) Vulcan Run will look like. We are hopeful that we can work out something favorable with the City to help make year 50 a very special one for this great event.

Congratulations to all of the runners in our 10k and 5k races, but especially to our winners:

10k Race

Female Overall

- 1st Place: Lydiah Mathathi
- 2nd Place: Purity Munene
- 3rd Place: Elise Barron
- 4th Place: Hali Fortugno
- 5th Place: Meg Gore

Male Overall

- 1st Place: Ricky Flynn
- 2nd Place: David Too
- 3rd Place: Gregoire Saury
- 4th Place: Ethan Miles
- 5th Place: Scott Fuqua

5k Race

Female Overall

- 1st Place: Julie Croushorn
- 2nd Place: Tricia Holbrook
- 3rd Place: Angela Scott
- 4th Place: Maddie Moore
- 5th Place: Jessica Patterson

Male Overall

- 1st Place: Michael Brown
- 2nd Place: Colin Gilley
- 3rd Place: Chad Kennedy
- 4th Place: Adam Vansant
- 5th Place: Drew Toth



THE 49TH ANNUAL VULCAN RUN 10K



Additional race results and photographs are available on the Vulcan Run page of the [BTC website](https://www.birminghamtrackclub.com). As always, we appreciate our BTC sponsors, **TherapySouth** and **Andrews Sports Medicine**, for their support of the Vulcan Run, along with **Trak Shak** – thank you, sponsors!

VICE PRESIDENT'S ADDRESS

By Bradley Wells



'Tis the season... not only to be jolly but this is our season to run! I hope you all have been enjoying this beautiful fall weather in Alabama – it is not guaranteed to stay long, but it sure is nice while we have it. October has been filled with great events and long runs, and it has been really nice to see the whole running community come together. Whether you are wrapping up your long runs in preparation for an upcoming race, joining in a festive 5k around town, or maybe you are just getting back to running/jogging after an injury or break... this community is truly special in Birmingham, and it is my honor to say I'm part of it!

My running journey has not been a very long one. I started running in graduate school (2012) when my roommate at the time convinced me to sign up for our very first race... a Tough Mudder. I had no idea what I was doing, and I was woefully unprepared for the Tough Mudder event, which involved plunging through ice baths and jumping pits of fire. It was not only a shock to my senses but also a wake-up call that I could do better!

I moved to Homewood the following year and decided to start running more and connecting with the local community that I had gotten used to seeing around town. On day one, I went to the Lakeshore Trail and parked near the Army Reserve office (again, I had no idea what I was doing). I turned onto the trail, where I was immediately greeted by a pack of bikers speeding by. I was so overwhelmed, so I turned around and went home, having decided that was not the day to start this new running journey. I asked around, found the BTC on social media, and eventually got more comfortable with running. And I finally realized the Lakeshore Trail is a shared trail and I could, in fact, run on it with bikers. HA!

Fast forward a few years and I am joining the BTC's Saturday morning runs. I met up with a group of ladies who took me in - we all were training for an upcoming marathon, and it was nice to have friends and people to keep us accountable. This crew kept running together,

and we would celebrate each other after every race. As time went on, we kept adding in new runners from the Saturday morning long runs. If you've ever joined the BTC for a Saturday run, you're familiar with how easy it is to meet new people in the middle of a 16-miler or finding new folks who run your pace, even in what was a huge group of strangers just a few miles before!

That is what is so amazing about this group, our club, and this community: everyone here supports each other, challenges each other, and celebrates together. It is unique and remarkable to see week after week, and I hope no one takes that for granted. My challenge for everyone, in this wonderful season of running, is step out of your comfort zone -- run with some new people, invite friends to come join a run or one of our BTC socials, volunteer at an event – really lean into this community and enjoy all the benefits it provides! I think you, like me, will be blown away and want to invite more people to be a part of this incredible running community, the best running club in the galaxy!

We just wrapped up the Vulcan Rn 10k (and new 5k) this past weekend. I hope everyone enjoyed it. The BTC Executive Board is already hard at work to make 2024 an even better year, and we have a lot of new ideas that we think everyone is going to like. Be on the lookout for some new events coming up this winter and the much-anticipated BTA Annual Party in the beginning of 2024! Get involved, volunteer, and keep on running!

Stay safe out there, and don't forget your lights and protective gear during the dark winter months. I hope to see you all at one of our group runs soon!

Cheers!

Bradley Wells
BTC Vice-President



2023 Officers



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Vicky Brakhage

secretary@birminghamtrackclub.com



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Long Run Coordinator
Moderate Run Coordinator
Medical Director
Social Chairs

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Mark Criswell
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Peavine Falls
Vulcan Run

Vicky Brakhage
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Marla Gruber
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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





NOVEMBER 19, 2023

www.MagicCityRun.com

MEDICATIONS AND MILES:

ACEs and ARBs: It's Not a Card Game! (Part Two)

AnLi Link, 2025 PharmD Candidate and Kim Benner, PharmD

Our July/August issue of *The Vulcan Runner* included a [Medication and Miles article focused on one type of blood pressure lowering medication, ACE inhibitors](#). In follow up to that that article, Part Two addresses the safe use of a different type of blood pressure medication: angiotensin II receptor blockers (ARBs).

While high blood pressure is a common condition in athletes, medications such as ACE inhibitors can help prevent long lasting complications, like stroke, heart attack, or kidney damage.¹ ARBs (angiotensin II receptor blockers) are another commonly prescribed medication that lower blood pressure.² This article will focus on ARBs, the effects of this type of medication on athletes, and how to approach exercise when taking blood pressure medications, specifically ACE inhibitors and ARBs.

Like ACE inhibitors, ARBs lower blood pressure by relaxing blood vessels.³⁻⁷ However, they do this in a different way than ACE inhibitors and thus have slightly different features. For example, ARBs do not typically cause a dry cough that some may experience with ACE inhibitors. ARBs display their greatest effect at varying times, generally 2-6 hours, and are usually dosed once daily.³⁻⁷

Common ARBs ³⁻⁷	
Generic name	Brand name
Losartan	Cozaar
Valsartan	Diovan
Irbesartan	Avapro
Olmesartan	Benicar
Telmisartan	Micardis

ARBs are similar to ACE inhibitors in that they can cause a significant lowering in blood pressure. As discussed in the previous article, ARBs combined with post-exercise hypotension (the body's natural drop in blood pressure after exercising) potentially can be dangerous.² While high blood pressure is not desirable, extremely low blood pressure also is not the goal. Hypotension can cause blurred vision and dizziness, which can lead to injury.¹⁻²

However, ARBs can and are used by people who regularly exercise. Additionally, they may be beneficial to people who exercise compared to other blood pressure medications. While diuretics have the potential to dehydrate and deplete of electrolytes, ARBs typically do not do this due to the different way these medications lower blood pressure.² Beta blockers tend to reduce VO₂ max (the maximum amount of oxygen the body can use at a time), cardiac output, and endurance, but ARBs show an increase in these aspects.⁸ ARBs also may have a beneficial effect on muscle recovery, particularly after injury, due to their unique mechanism involving muscle growth. They also have the potential to be slightly beneficial for muscle metabolism and weight management by reducing insulin resistance.² Overall, ARBs have the

potential to be both beneficial and harmful when using while regularly exercising. Yet, they generally are tolerated by people who exercise.

When compared to ACE inhibitors, ARBs are quite similar in how they affect the body. Notable differences include side effects (as mentioned earlier), VO₂ max, and endurance. ARBs have shown to increase VO₂ max and, thus, endurance, while ACE inhibitors have shown neither an increase nor a decrease.² While this may seem like a good reason to request an ARB over an ACE inhibitor, it is important to remember the reason for being on these medications. While some blood pressure medications may seem favorable over others, it is more important to take a medication that your doctor recommends and believes is best for you. When discussing the use of any medication with your doctor, it is important to include a discussion of your typical exercise routines to assist your doctor in recommending the most appropriate protocol for you.

Different effects of ACE inhibitors and ARBs ^{2,8}		
	ACE inhibitors	ARBs
Blood pressure (at rest)	Decrease	Decrease
Endurance	No effect	Increase
Insulin resistance	Decrease	Decrease
Muscle metabolism	Increase	Increase
Electrolyte imbalance	No effect	No effect

Chronic conditions, such as high blood pressure, affect many people, including athletes and those who regularly exercise. While taking blood pressure medication can be disadvantageous, athletes who take ARBs generally exhibit little to no changes pertaining to exercising. With the right precautions, ARBs, like ACE inhibitors, are tolerable. It is important to consider all aspects when taking an ARB and exercising: when the medicine is taken, when the exercise is taking place, and how a person feels during exercise both with and without ARB use.

Being knowledgeable about how an ARB works, its peak effect, and its typical side effects can help an athlete better judge when to exercise, as well as to recognize any unusual feelings or patterns. Speaking with your health care providers upon diagnosis of high blood pressure can better inform them to prescribe a specific medication that will be best suited to you. It also is important to tell them of any sudden changes in lifestyle habits and exercise performance to ensure the right selection of medication. While high blood pressure is common, medications like ARBs and ACE inhibitors can mitigate life threatening complications, and they generally are safe to use by athletes.

CONTINUED ON NEXT PAGE

MEDICATIONS AND MILES:

ACEs and ARBs: It's Not a Card Game! (Part Two)

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THERAPYSOUTH

Pelvic Floor Problems

By Hannah Cox, TherapySouth



A large (and largely unspoken) complaint in the female running population consists of urinary leaking. This is especially common in postpartum or menopausal women. A study performed by Rodriguez et al. estimated that 64% of female track and field athletes report leaking, but another study performed by Velazquez et al. found the prevalence to soar as high as 89.3%. Although it is extraordinarily common, urinary leaking is not normal, and it can be improved!

Most clients don't know what the pelvic floor is or the function of this group of muscles. Metaphorically, these muscles act like a hammock, holding the urinary and reproductive organs at the base of the pelvis. These muscles are affected by intraabdominal pressure. (Read as: pressure in your abdomen that develops from coughing, sneezing, or bearing down to use the restroom.) If these muscles are too tight or are not engaged (i.e., too loose) urinary leaking results. Typically, urinary leaking is most prominent with increased loads in ground reaction force while running. In plain language, this means the problem occurs most often when increasing pace, distance, or descending hills while running.

It is not uncommon for your OB/GYN or other healthcare practitioner to prescribe Kegel or core strengthening exercises. Although these exercises improve the strength and collaborative function between your abdominal muscles and your pelvic floor, you may still experience leaking. Why? If your pelvic floor is too tight, it may be unable to relax completely. Appropriate physical therapy can help you relax your pelvic floor through soft tissue mobilization and biofeedback activities. Not all physical therapists are qualified to treat pelvic floor dysfunction. If you do seek physical therapy for pelvic floor dysfunction, make sure to ask specifically for treatment of the pelvic floor and seek out a qualified therapist.

If treatment of the pelvic floor seems too personal, a physical therapist can show you what soft tissue mobilization and biofeedback tools to order online and how to use them appropriately to treat pelvic floor dysfunction.

I encourage all of you who suffer from urinary leaking, idiopathic hip pain, and other abnormal symptoms (some symptoms I don't think I can publish in this article 😊) to seek physical therapy. If you have any questions on this topic or specific questions about physical therapy treatments or how to find a qualified therapist, please e-mail us at: tsendurance@therapysouth.net.

Sources:

Rodriguez-Lopez, E.S. et al. Urinary Incontinence Among Elite Track and Field Athletes According to Their Event Specialization: A Cross-Sectional Study. *Sports Med. Open* 2022, 8, 78.

Velazquez-Saornil, J. et al; Observational Study on the Prevalence of Urinary Incontinence in Female Athletes. *Int. J. Environ. Res. Public Health* 2021, 18, 5591.

BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator



The benefits of BTC membership are huge – from organized group runs to race discounts and member benefits. We are adding value to your membership every month! We are thrilled to announce the BTC's newest partnership with Taco Mama and Otey's. To take advantage of these generous discounts and the other “perks” of your BTC membership, make sure your membership is current, and save your membership card to your phone (directions below).

It is no secret that BTC runners love Taco Mama. As it turns out, the affection is mutual! Not only is Taco Mama offering us a NO EXCLUSIONS 20% discount, but they've thrown in the added benefit of 20% discount at Otey's as well. The offer is good for the Edgewood, Crestline, and Vestavia locations of these fan favorites. And speaking of Edgewood, you'll notice that the new Otey's location has a water stop! Read below for our Q&A with Will Haver, the founder of Taco Mama and owner of Otey's.

When were the first Taco Mama and Otey's established?

Otey's was established circa 1989, and Taco Mama was established in 2011.

What is your favorite menu item to order for yourself?

At Otey's, wings or a cheeseburger. At Taco Mama, I'd pick the barbacoa quesadilla or ground beef loaded up nachos.

What do you love most about both restaurants?

The people and the lively atmospheres.

How do members take advantage of their 20% discount, and what does it include?

They can come in and hangout with an ice-cold beer, or maybe grab a hand shaken margarita and eat some food. Or they can get an order to-go. There are zero limitations on their 20% discount. Whatever they enjoy, we appreciate the support! They simply need to have a digital or printed copy of their BTC Membership Card.

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 you 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.

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



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:

Kim Blackmon	Michael Brown	Ashley Foster	Mitchell Pinkerton	Phil Teninbaum
Edward Boackle	Rafe Cloe	Jeremy Joseph	Jeff Ray	Jennifer Walker-Journey
Larry Boackle	Katie Criswell	Mohamed Kazamel	Jennifer Ray	Melissa Weaver
Laura Boackle	Mark Criswell	Tricia Kemper	Debbie Sanders	Gary York
Tomie Ann Boackle	Tina Criswell	Joel Langley	Holger Schmid	
Richard Broome	Pat Dell'Italia	Sheree Martin	Shelby Smith	

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](#).



BTC Merchandise

Need to restock your running wardrobe or buy some holiday gifts? The new fall/winter BTC gear will be available for pre-order soon – watch your email for details! We will be debuting some fun new artwork as well as revisiting some classic BTC designs in multiple color options and shirt styles.

Here's a preview of what you can expect. . . get ready to place those orders soon!



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!



1200 MILE CLUB

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 November 5, 2023 are listed below.

Participant	Total
Adwell, Stephen	1,243
Ahmed, Kabeer	1,326
Altobella, Janet	1,072
Anderson, Kerri	648
Bailey, Brittany	1,009
Barron, Darlene	1,210
Barton, Tabitha	1,116
Belew, William	0
Benner, Kim	1,344
Bennett, Mitchell	1,095
Benson, Wayne	266
Blackmon, Kim	1,407
Boackle, Larry	0
Boackle, Tomie Ann	0
Bolen, Parker	1,043
Booher, Lisa	1,113
Bookout, Jason	1,083
Bookout, Kimberly	1,851
Bossard, Teri	1,827
Boswell, Ryan	953
Bracey, Nicole	0
Bradley, Michelle	546
Brakhage, Victoria	1,129
Bray, Elizabeth	1,846
Bridges, John	347
Bromberg, Georgia	601
Brown, Charlie	1,248
Brown, Katie E.	1,580
Brown, Katie G.	1,329
Brown, Sean	834
Bryant, Jason L.	982
Caine, Lawrence	775
Callahan, Chris	1,825
Calvert, Aaron	1,080
Campos, Chris	1,305
Carden, Melissa	1,854
Carlton, Bob	1,117
Carter, Adrienne	0
Chaffinch, Randy	1,023
Chaffinch, Violet	1,031

Participant	Total
Chandler, Teresa	1,275
Cheek, James	102
Clay, Brad	2,330
Clay, Sarah	1,106
Cleveland, Jeff	1,696
Cliett, Stephanie	1,368
Cobb, Patty	1,292
Cockerill, Kandy	728
Coe, Emily	1,309
Coe, Matt	0
Coffin, Diane	976
Coleman, Tim	1,207
Colpack, Susan	1,111
Connors, Michael	1,218
Corrin, Roger	563
Cowart, Britney	1,056
Crain, Teresa	0
Cramer, Robyn	1,143
Cramer, Steve	409
Crawford, O'Neal	1,079
Creed, Brad	1,019
Creel, Mary	791
Crowson, Bill	0
Crunk, Emmagene	575
Davidson, Lori	1,072
Dawson, Ashley	2,194
Deffenbaugh, Todd	1,100
Denton, Matt	1,535
Dimicco, Al	1,183
Dixon, Jeff	1,269
Downs, Matt	970
Duke, Cindy	1,154
Eason, Sydney	0
Edquist, Emily	1,982
Eichold, Paulina	1,102
Elrod, Stacey	0
Ennis, Amanda	1,086
Ennis, Matt	1,463
Estes, Cameron	1,152
Estrada, Steven	2,447

Participant	Total
Evans, Debbie	1,709
Everitt, Mollie	898
Files, Timothy	26
Flanery, Haley	1,604
Fons, Aaron	1,193
Forbus, Reed	353
Foreman, Michael	1,074
Foti, Kathryn	1,019
Frankel, Ali	821
Franklin, Shane	527
Frederick, Winston	1,283
Freeman, Sheila	185
Fronyberger, Bryan	0
Gaston, Michael	1,427
Gates, Tonya	0
Gayheart, Cheryl	1,000
Gee, Lynique	698
Goode, Johnny	1,412
Goyal, Rita	1,293
Grady, Carla	0
Graham, Jon	1,391
Graham, Ryan	926
Grainger, Matt	1,658
Gray, Meagan	1,277
Gray, Michael	916
Griffin, Misty	1,195
Gruber, Marla	496
Gruschow, Mariana	117
Gullapalli, Satya	1,309
Hall, Thomas	51
Hanna, Cara	1,072
Haralson, Danny	329
Haralson, Micki	910
Harding, Brandy	150
Hargrave, Alan	1,148
Harrelson, Karen	854
Harris, Lori	0
Harrison, Lisa	994
Haynes, Melanie	0
Henderson, Andrew	1,168

Participant	Total
Henninger, Alison	1,136
Hess, Alan	932
Hogeland, Jeff	1,326
Holder, Gene	993
Holland, Skylar	0
Hoover, Alison	153
Howell, Allen	1,016
Howell, Rachel	561
Izard, Melody	0
Jenkins, Kaki	1,827
Jenkins, Kate Herrera	334
Jensen, Sarah	584
Johnson, Ethan	459
Johnson, Liz	0
Johnson, Phillip	513
Johnson, Troy	1,029
Kampe, Edna	0
Kazamel, Mohamed	1,971
Keith, Jerry	518
Keith, Susan	628
Kemper, Tricia	1,310
Knight, David	979
Krick, Stefanie	1,423
Kuhn, Jimmy	1,451
Kulp, Loren	1,115
LaFon, Caroline	298
Laird, Audrey	1,334
Lamb, Patrick	1,014
Lamb, Patrick	0
Lancaster, Jeff	976
Landefeld, Dale	1,277
Lovett, Meg	76
Lyda, Beth	1,446
Lyda, John	1,426
Lyle, Randy	1,715
Maiola, Frankie	0
Malec, Bonnie	376
Malick, David	1,464
Markham, Elishua	550
Martin, Sheree	126
Mathews, Skip	1,014
Matthews, Jamieson	1,059
McCalley, Charles	1,157
McElroy, Catherine	1,136
McLain, Chase	505
McShan, Kenneth	1,507
Melton, Kristen	1,170
Merry, Vicki Sue	1,464
Morris, Gordon	243
Morrow, Alex	0
Moss, Renie	508
Mott, Marilyn	508
Muncher, Monica	781
Nicholas, Kathryn	0

Participant	Total
Nix, Anthony	1,261
Noerager, Brett	2,201
Noerager, Felicia	1,074
Northern, Kristie	1,630
Norton, Laura	1,857
Oechslein, Tamara	1,079
Oehrlein, Kimberly	212
Orihuela, Carlos	1,416
Ortis, Ellen	1,014
Padgitt, Scott	1,307
Parks, Charlie	1,333
Parsons, Christy	841
Peagler, Shana	0
Pearce, Julie	633
Plante, David	1,091
Poole, Jonathan	1,101
Powell, Logan	1,533
Pritchett, Leigh Ann	0
Randolph, Megan	1,181
Rawson, Brent	1,222
Reaves, Brandon	1,278
Reaves, Brittany	1,110
Renfro, Jeff	1,166
Richetti, Vee	760
Richey, Lori Beth	976
Ricketts, Timothy	0
Ritchie, Joseph	2,154
Ritchie, Lauren	1,477
Roberson, Kevin	324
Roberts, Fletcher	490
Robinson, Lyndsey	621
Robinson, Tamara	0
Rodgers, Jeffrey	1,062
Romans, Cassidy	872
Roper, Lynn	1,073
Rose, Billy	2,252
Rowell, Taylor	0
Russell, Maureen	1,573
Rutherford, Keith	930
Rutledge, Lisa	1,364
Saffold, Joseph	0
Shaffield, Danny	2,434
Sherer, Jeremy	1,109
Sherrell, Jeff	1,346
Shinn, Ronald	964
Sides, Dean	862
Silwal, Suman	1,200
Simpson, Kevin	2,522
Sims, Cecelia	74
Sloane, Mike	762
Smith, Daryl	1,301
Smith, Erin	1,397
Smith, Holly	1,229
Smith, Jerry P.	1,090

Participant	Total
Smith, Justin	1,247
Spikings, Matt	1,392
Starnes, Dan	1,413
Steele, Julianne	1,080
Stockton, Rick	971
Sweatt, Jason	0
Swiney, Elana	0
Taylor, Kim	738
Taylor, Melissa	1,552
Terakedis, Amber	558
Thomas, Tre	863
Thornton, Amanda	1,097
Tomlin, Chace	172
Tope, Mason	1,321
Trimble, Jamie	969
Tyndal, Hannah	494
Valles, Tina	1,047
Veren, Andie	394
Vrocher, Diamond	1,119
Vrocher, Hilary	2,147
Waddell, Chassi	239
Wade, Josh	0
Waid, David	1,740
Walker, Brooke	1,109
Walton, Suzie	1,117
Washington, Monica	307
Waters, Marc	1,071
Watkins, Britney	869
Watkins, Tommy	1,245
Watters, Ana	153
Watters, Larkin	1,156
Watters, Robert	716
Weaver, Brooke	0
Weber, Amy	469
Weeks, Lance	578
Wells, Bradley	1,438
Wende, Adam	1,015
Whatley, Prince	1,097
Whillock, Amber	0
White Vick, Katie	937
White, Robin	1,703
Williams, Chris	925
Williams, Kelly	187
Williams, Mattie	849
Williams, Shaunda	994
Williamson, Rebecca	1,043
Wiseman, Steve	1,322
Woodard, Whitney	1,668
Woody, Bill	919
Wright, Amy	0
Wu, Xing	903
Yamashita, Ryota	157
York, Gary	1,285
Zajac, Jason	1,947

SHOW US YOUR BTC GEAR



FEETS OF STRENGTH

Fall is here – and so is race season! Please let us know when you achieve a new PR, accomplish a new distance, or hit a running milestone – we want to celebrate YOUR accomplishments!

First up is **Kim Benner**. Kim ran a BQ at the St. George Marathon in Utah on October 7, 2023. This was a long-time goal for Kim, and we are thrilled to see her accomplish it! Way to go, Kim!

Kabeer Ahmed ran the Half Marathon at St. George on October 7, 2023, logging a great PR (and his first sub-2:00 half) along the way. Congratulations, Kabeer!

A little closer to home, **Katie Brown** took on the Indianapolis Monumental Marathon on October 28, 2023, setting a seven-minute PR and running a BQ! Way to go, Katie!

Rita Goyal took on the Marine Corps Marathon on October 29, 2023, but made a last-minute switch to the 50k distance. Congratulations on completing your first ultramarathon, Rita!

[Drop us a note](#) (and send us a photo) to let us know about your running achievements!



Katie Brown



Kim Benner



Kabeer Ahmed (right)



Rita Goyal

BTC EXECUTIVE BOARD MEETING

October 9, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Kim Benner, Vicky Brakhage, Ellen Ortis, Kelly Sims, Cameron Estes, Trish Portuese, Kaki Jenkins, Alan Hargrave, Julie Pearce, and Rebecca Williamson.

Bradley Wells made a motion to approve the minutes of the September 2023 Executive Board Meeting. The motion was seconded by Ellen Ortis and passed without opposition.

Jamie Trimble proposed an addendum to the minutes to confirm that the inclusion of a Vulcan Run 5k was voted on and approved by the BTC Executive Committee via email.

Membership (Cameron Estes)

We currently have 783 members and 625 memberships.

Discussion was held regarding sending an email to everyone whose membership expired the previous month as a final reminder that they can renew their membership.

Member Benefits (Ellen Ortis)

Restore Hyper Wellness in Cahaba Village is offering 10% or 20% discount off of their memberships and services. They would also like to host a social and offer recovery services after a run. Ellen Ortis is still working on a BTC discount at Taco Mama.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on November 6, 2023. Please have all content to Julie Pearce by Friday, October 27, 2023. The publication date is right after the Vulcan Run, so we can include a post Vulcan Run article

Treasurer (April Harry)

April Harry is currently on vacation, but she will be sending the financial report via email when she returns.

Merchandise (Bradley Wells)

Bradley Wells is working on restocking merchandise. He plans to order BTC sweatshirts, tech shirts, and long-sleeve shirts. We hope to have the new merchandise by the end of October, so we can set up a table at the Vulcan Run to sell merchandise.

1200 Mile Club (Kelly Sims)

There are still three members asking about size small 1200 Mile Club Jackets from last year, but our vendor has discontinued that specific jacket. As such, we will have to find a new vendor and we will order the size smalls when we order jackets for next year.

Japan Exchange (Rebecca Williamson)

We plan to start working on Japan Exchange after the Vulcan Run.

Social Committee (Kaki Jenkins)

We need to start thinking about dates for the annual party. Discussion was held regarding the option of setting up a poll to get possible dates that would be best for members.

Long Run Committee and Moderate Run Committee (Cameron Estes)

This weekend we have 12 miles planned for The Rocket City Marathon and 15 miles for Indy and Marine Corps Marathon. Sarah Jensen will take over announcements for the Moderate Run Group in the near future.

Vulcan Run 10k (Trish Portuese)

We now have 5k and 10k options for the Vulcan Run. The City of Birmingham indicated that they do not have enough police officers required to close all of the roads for our traditional course. We are still having the after party at Boutwell Auditorium with the same food options. The great news is that the cost for police and renting Boutwell Auditorium is about half the price of last year.

New Business

Discussion was held regarding a strategic planning meeting with the BTC Executive Board Members to discuss ideas for 2024. Board members will email Jamie Trimble and Bradley Wells with available dates in November for the meeting.

Cameron Estes proposed a new race called the Jiggle Jog. It will be a one-mile race and post-run social in which runners are encouraged to wear an inflatable costume. One possible date is Saturday, November 18, 2023. We can incorporate the route into the BTC long run and moderate run and then a social afterwards with bagels and coffee. The plan would be for this to be a very low-cost race and possibly even free for BTC members. After further discussion, Cameron Estes made a motion to host a Jiggle Jog one mile inflatable run on Saturday, November 18, 2023, starting at 8:00am in Homewood near the Trak Shak. The motion was seconded by Ellen Ortis and passed without opposition.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, November 13, 2023, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	November 11 2023	6:00 a.m.
SEGAMI Veteran's Day Road Races: Half Marathon and 5k Run/Walk (Perry, GA)	November 11 2023	7:30 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.
Turkey Trot for Hunger 5k run/walk (Chelsea)	November 23, 2023	7:30 a.m.
Turkey Trot at the Junction (Ensley)	November 23, 2023	8:00 a.m.
The Sam Lapidus Montclair Run (5k, 10k, and 1-Mile Fun Run)	November 23, 2023	8:30 a.m.
BTC Saturday Long and Moderate Run Groups	November 25, 2023	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 2, 2023	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 9, 2023	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 16, 2023	6:00 a.m.
29th Annual Meadow Brook Runs 5k and 1-Mile Fun Run	December 16, 2023	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 23, 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 Alan Hargrave](#), 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