BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

November 2026 11



VULCAN RUN WEEK IS HERE!

By Hunter Bridwell, Vulcan Run Race Director

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VULCAN RUN WEEK IS HERE!

Thie year's Vulcan Run will feature both 10k and 5k options through Homewood. **Sign up today** to reserve your collectible Vulcan Run shirt. We are thrilled to announce that finisher medals are being brought back for this year's race for the first time in many years! Don't miss the fun!



November 7, 2026
Rosewood Hall/Homewood City Hall
10k start: 8:00 am
5k start: 8:05 am

Register: runsignup.com/vulcanrun

Thank you to our generous sponsors: Andrews Sports Medicine, The Trak Shak, TherapySouth, Resolute Running, and Poarch Creek Indians.

PRESIDENT'S ADDRESS

By Bradley Wells



Hello BTC Family,

November is here, and with it comes one of the biggest weekends on the Birmingham running calendar. The Vulcan Run 10K and 5K is this weekend, and we're excited to see BTC members out there running, walking, volunteering, cheering, and supporting one another.

Vulcan Run Weekend
Vulcan is one of BTC's signature events and a great example of what makes our running community so special. Whether you're lining up to race, helping behind the scenes, or cheering along the course, thank you for being part of it.

There are plenty of opportunities to get involved, and volunteering is one of the best ways to give back. Races and club events simply don't happen without volunteers willing to lend a hand. If you aren't racing -- or even if you have a little extra time before or after your race -- consider volunteering and helping us make the weekend a great experience for everyone. Register to Volunteer here: **https://runsignup.com/Race/Volunteer/AL/Homewood/Vulcan10KRun**

And, of course, don't forget to tag BTC with *#runBTC* so we can celebrate your miles and share the fun!

Looking Ahead: KultureCity Race
Once Vulcan is behind us, we'll turn our attention to the KultureCity Race on November 21. It's another great opportunity to set a goal, stay motivated as we move toward the holidays, and enjoy some miles with our running community.

Whether you're training for KultureCity, joining a group run, helping at a water stop, or volunteering at an upcoming event, there are lots of ways to stay connected this month. Every contribution matters, and every pace has a place.

Time Change Means Darker Runs
With the time change, many of our morning and evening runs will now happen in low light or darkness. Please take a few extra steps to make sure you're visible and safe:

- Wear bright colors and reflective gear.
- Wear or carry a light so you can see and be seen (from the back as well as the front).
- When running on the road, run against the flow of traffic so you can see approaching vehicles.
- Use sidewalks whenever they're available and appropriate.
- Stay alert and look out for the runners and walkers around you.

A few simple precautions can make a big difference, especially as daylight gets shorter.

Get Involved This November
BTC is strongest when our members show up for one another. Racing is only one way to participate. Volunteer at an event, invite someone new to a group run, help at a water stop, cheer for friends, or simply introduce yourself to someone you haven't met yet.

November gives us plenty of opportunities to run, serve, connect, and give back. Thank you for continuing to make BTC a welcoming community for runners and walkers throughout Birmingham.

Have a great Vulcan weekend, run safe, and we'll see you out there!

Bradley Wells
President, Birmingham Track Club

2026 Officers and Directors



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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

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Moderate Run Coordinator	Sarah Jensen	moderateruns@birminghamtrackclub.com
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USATF Representative	Charles Thompson	usatfrep@birminghamtrackclub.com

BTC Race Directors

Race Operations Director	Alex Morrow	raceops@birminghamtrackclub.com
Adam's Heart Run	Vicky Brakhage	adamsheart@birminghamtrackclub.com
Statue 2 Statue	Judy Loo	statue2statue@birminghamtrackclub.com
Peavine Falls	Marla Gruber	peavinefalls@birminghamtrackclub.com
Vulcan Run	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

The Vulcan Runner Designed By: Ryan Boswell, rboswelldesign@gmail.com

Find us on Facebook

COMMUNITY CORNER

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

It's finally Fall, BTC! The days are shorter but the air is crisper and humidity ia much lower- it's a great time of year to be a runner!

It's also a great time to hit the roads because we have more trails and safer connections than ever before, with more in design or ready to break ground. We at Freshwater Land Trust have put out our .25 mile blazes on our new Crestline Greenway in east Birmingham, connecting the Irondale Furnace Trail from the sidewalk system to the 1.3 mile trail east to the Flora Johnston Nature Center. This trail gets us closer to Irondale, where Mayor James Stewart has some pedestrian improvements coming that will get us almost to Ruffner Mountain. This entire thoroughfare is part of Freshwater Land Trust's 36-mile loop from Ruffner Mountain to Railroad to Red Mountain and back. We have 19 miles on the ground with another 11 in the immediate pipeline. You can read more about the Crestline Greenway **here**.

One section of this loop is Homewood's Shades Creek Greenway, with four miles headed west towards Red Mountain. Along this trail, we finally cut the ribbon on our much-needed bathroom pavilion near the Green Springs Trailhead. There is a little trail that leads from the Greenway up to the pavilion, and we have formally dedicated this section as Christina's Trail, in memory of Christina Chambers. On October 28, we unveiled our new sign designating this trail on what would have been Christina's 39th birthday, and welcomed her family, her WBRC colleagues, and of course, her running group to speak and share memories of Christina. It was a beautiful morning, and I know Christina was with us in spirit.

Lastly, the final funding needed to complete the Hollywood Boulevard bridge project was approved by the Regional Planning Commission's Metropolitan Planning Organization, for the 2027 Transportation Improvement Plan (TIP).

The sidewalks along Hollywood Boulevard in Homewood, Birmingham and Mountain Brook needed to secure the TIP's federal funding have been completed, and we expect the project to go out to bid in Spring of 2027.

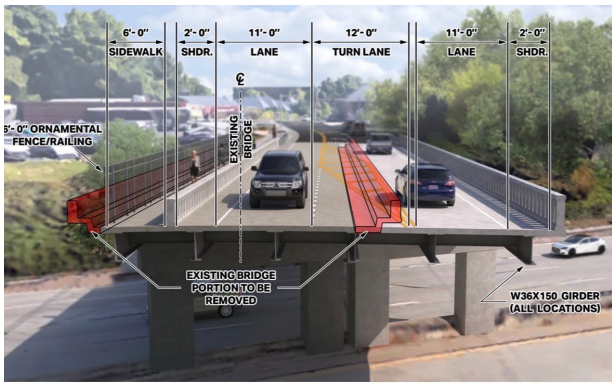
This thoroughfare improvement is over 15 years in the making, and it will drastically improve traffic flow and pedestrian safety. Thank you to the many (MANY!) people who have given their voices, time, efforts, and dollars to this project, especially the Birmingham Track Club! We turn dirt in 2027!

Run safely, BTC, and see you on the roads!









MEDICATION AND MILES:

What's Really in that Recovery IV? Adverse Events Linked to Injectable Glutathione

By Ashton Bellamy, PharmD and Kim Benner, PharmD



Injectable glutathione is appealing to some because it may help with speeding up muscle recovery, reducing oxidative stress, and supporting immune function after intense training. Proponents claim it speeds recovery because it is administered intravenously, thus bypassing the digestive system to help repair tissue damage and post-workout inflammation more efficiently. Heavy exercise creates free radicals, and glutathione can act as an antioxidant to neutralize these molecules and protect muscle fibers. Additionally, the high demands of training can take its toll on the immune system, and antioxidant injections can help boost the immune system to reduce sick days. Some wellness clinics also promote that glutathione injections assist with cellular energy production and delay muscle fatigue during exercise in addition to anti-aging and skin brightening benefits. Industry data shows that glutathione is one of the most widely requested add-ons and that aesthetic treatments (skin brightening) with glutathione account for roughly 52% of total IV glutathione revenues across specialty clinics and medical spas.[1]

However, there is limited clinical evidence showing that injectable glutathione directly enhances athletic performance, speed, or strength. The cosmetic benefits that may be seen are short-lived as well. Like any medication or supplement, it also has side effects and safety concerns, including allergic reactions and liver failure.[2] There are no clinical trials that have established safety, dosing, and standardized usage for glutathione via any route of administration. Most scientific data recommend that clinicians and consumers alike practice caution to ensure safe and effective usage, particularly with the intravenous route, as potential risks may outweigh the benefits.

It is important to note that compounded injectable glutathione is not FDA approved. Recently, the CDC and FDA reported that over 25 people across multiple states experienced severe illness after receiving intravenous or intramuscular glutathione treatments at outpatient wellness centers.[3] In 2019, the FDA issued a warning for compounded sterile glutathione for contamination and dangerous side effects. These effects were likely due to endotoxin contamination. Endotoxins are toxic components that can live in a variety of environments, and when injected intravenously, can trigger an intense immune response that may require emergency medical care. Exposure to high levels of endotoxins can cause sudden reactions, including fever and chills, headache, nausea, dizziness, and low blood pressure. The contamination likely occurred secondary to how the IV formulation of glutathione was prepared. Glutathione is sold legally as an oral dietary supplement but has no FDA-approved formulation in the US. Some compounding pharmacies use raw dietary (or supplement) grade glutathione to mix and prepare injectable solutions. These dietary ingredients often lack the strict purity and sterility required for intravenous drugs. At least three Texas-based compounding pharmacies have issued national recalls on their glutathione vials (in addition to other wellness-related mixes).[4]

The CDC has issued recommendations for healthcare providers, clinics, compounding pharmacies, and patients. Before use it is recommended to confirm with the compounding pharmacy that the ingredient used to prepare the mixture is appropriate for intravenous routes and was not compounded from a dietary supplement or dietary supplement grade ingredient. Additionally, patients who develop adverse events during or after receiving injectable glutathione should be referred for medical care. Healthcare professionals specifically should be aware of recalls, be sure not to use any potentially contaminated product, and report suspected adverse events to the FDA and state or local health department.

The appeal of a quick recovery should be weighed against the potential safety and side effects that injectable glutathione may offer. The potential benefits remain largely unproven, with no major, robust studies to support those claims. Additionally, some reports of the illnesses caused by compounded injectable glutathione have involved hospitalizations, stays in the intensive care unit, and medications to assist with blood-clotting abnormalities.

While the use of intravenous glutathione may be risky or of limited benefit, there are other proven, low-risk ways to recover from heavy workouts. Evidence-based recovery strategies include adequate nutrition, sleep, hydration, and injury prevention in addition to smart and consistent training.

References

1. *https://www.incarenow.com/glutathione-wellness-clinics-what-to-know-before-you-go/*
2. *Alzahrani TF, Alotaibi SM, Alzahrani AA, et al. Exploring the Safety and Efficacy of Glutathione Supplementation for Skin Lightening: A Narrative Review. Cureus. 2025;17(1):e78045. Published 2025 Jan 27. doi:10.7759/cureus.78045*
3. *https://www.cdc.gov/healthcare-associated-infections/current-situation/index.html*
4. *https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/centric-compounding-issues-nationwide-recall-glutathione-myers-cocktail-and-tri-immune-boost-due*



BECOME A BTC MEMBER!

FOLLOW THE QR CODE

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
Tyna Adams
Evan Baggett
Maggie Baggett
Till Baggett
Davis Baggett
Alan Baggett
Char Bowie
DeWayne Boyd
Michael Brown
Jessica Burnett
Sara Helen Burnett
Lee Burnett
Lee Burnett
Cora Burnett
Emmett Burnett
Brad Creed
Billie Defoor
Patrick Driscoll
Dodie Driscoll
Evan Espinoza
Morgan Hurst
Brittany Jager
John Land
Vinay Maddiralla
Kerriann Martin
Kevin Morgan
Kristie Northern
Jeff Ray
Jennifer Ray
Jordan Ray
Cecelia Sims
Mark Tate
Phil Teninbaum
Jennifer Walker-Journey
Melissa Weaver
Ron White
Jennifer White
Amy Wright

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 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

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 turned 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

CURRENT LIST OF MEMBER PARTNERS

FARM BOWL + JUICE CO

MOVING ON MOVING & STORAGE 205-612-2445

OTEY'S CRESTLINE VILLAGE

Respite Therapeutic Massage LLC

mealfit

CHOPNFRESH

TACO MAMA a taco bar takeout & catering

FLEET FEET Sports

The TrakShak Running Shops

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. *(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	1,003
Blackmon, Kim	966
Booher, Lisa	1,250
Bookout, Jason	1,537
Bookout, Kimberly	2,086
Bossard, Teri	1,864
Boswell, Ryan	451
Boyd, DeWayne	1,109
Boylan, Robert	1,107
Bradley, Shelby	134
Brakhage, Victoria	97
Brasher, Julia	1,030
Bray, Elizabeth	892
Brown, Katie G.	1,526
Brown, Sean	111
Burbank, Brett	1,495
Burst, Theresa	0
Caine, Lawrence	995
Callahan, Chris	95
Calvert, Scott	1,441
Campos, Chris	0
Carlton, Bob	1,404
Castro, Andrea	888
Chaffinch, Violet	565
Chambers, Gay	1,435
Chandler, Teresa	1,070
Clay, Brad	1,186
Cleveland, Jeff	1,165
Cliett, Stephanie	1,208
Coe, Emily	1,171

Participant	Total
Coe, Matt	0
Coffin, Diane	1,160
Colpack, Susan	1,059
Cooper, Cara	1,256
Corrin, Roger	964
Cortes, Jorge	1,205
Couch, Jacob	1,256
Cowart, Dave	877
Cowie, Katelyn	1,236
Cramer, Robyn	1,181
Cramer, Steve	275
Crawford, Katelyn	335
Creed, Brad	826
CREEL, MARY	1,053
Cromey, Tyler	1,356
Cutrer, Clark	1,353
Davis, Samantha	724
Dawson, Ashley	1,425
Dawson, Bill	1,222
Deffenbaugh, Todd	820
Denney, Stephanie	492
Dimicco, Al	1,106
Dixon, Jeff	959
Duke, Cindy	1,192
Edwards, Haniah	0
Edwards, Thomas	154
Ennis, Amanda	1,064
Ennis, Matt	1,411
Estes, Cameron	1,413
Estrada, Steven	2,230
Flanery, Haley	0
Frederick, Winston	1,283

Participant	Total
French, Eric Lewis	0
Goode, Johnny	932
Gorrie, Alie B.	1,293
Graham, Ryan	358
Grainger, Matt	1,721
Grames, Robby	696
Gray, Michael	966
Gruber, Marla	1,334
Haefs, Jonathan	755
Hall, Thomas	0
Haralson, Danny	966
Haralson, Micki	1,350
Hargrave, Alan	1,110
Harrelson, Karen	1,662
Harrison, Lisa	889
Heard, Macy	1,207
Henninger, Alison	856
Hogeland, Angie	1,149
Hogeland, Jeff	1,306
Holder, Gene	1,157
Hoover, Alison	1,442
Hurst, Anna	977
Jenkins, Kaki	1,769
Jenkins, Kate Herrera	863
Jensen, Sarah	180
Johnson, Kimberly	365
Johnson, Phillip	166
Johnson, Troy	1,276
Jones, Julie	976
Kezar, Carolyn	97
Knight, David	1,026
Krick, Stefanie	1,391

Participant	Total
Kuhn, Jimmy	1,154
Lamb, Patrick	60
Lancaster, Jeff	1,735
Landefeld, Dale	1,007
Lane, Anna Louise	1,136
Lockett, Michella	0
Losavio, Lauren	1,363
Lyda, Beth	859
Lyda, John	1,345
Lyle, Randy	1,409
Maiola, Frankie	1,132
Malbrough, Quinn	0
Markham, Elishua	1,293
Martin, Sheree	0
Mathews, Nikita	1,198
Mathews, Skip	1,078
McCalley, Charles	1,194
McInnish, Amber	785
Melton, Kristen	1,184
Merry, Vicki Sue	1,465
Miller, Pamela	1,216
Millican, Randolph	741
Morris, Gordon	758
Moss, Philip	889
Muncher, Monica	468
Murchison, Reginald	1,563
Nodjomian, Jason	1,052
Noerager, Brett	2,192
Northern, Kristie	1,738
Orihuela, Carlos	1,273
Orihuela, Catheryn	1,272
Palmore, Chad	342
Paul, Madhumita	1,028
PLANTE, DAVID	1,033
Powell, Patrick	1,912
Renfro, Jeff	739
Richetti, Vee	1,183
Richey, Lori Beth	1,151
Roberts, Fletcher	1,177
Robinson, Tamara	1,069
Rodgers, Brian	1,518
Rodgers, Jeffrey	490
Rose, Billy	1,874

Participant	Total
Rose, Jamie	201
Ruschhaupt, Skyler	1,242
Russell, Maureen	1,577
Rutledge, Lisa	1,032
Saffold, Ethan	0
Sanford, Gary	2,466
Sherer, Jeremy	986
Sherrell, Jeff	989
Shin, Ye Jung	1,306
Sides, Dean	703
Simpson, Kevin	374
Sloane, Mike	1,167
Smith, Daryl	1,065
Smith, Erin	1,371
Smith, Holly	0
Smith, Jason	1,542
Smith, Jerry P.	691
Smith, Justin	0
Smith, Mimi	1,178
Spikings, Matt	901
Stewart, Mariah	1,451
Stockton, Rick	874
Stone, Kayla	1,172
Talley, Natalie	339
Thomas, Marilyn	1,066
Thornton, Amanda	1,809
Townes, Janelle	97
Trimble, Jamie	768
Vick Jr., Gerald	363
Vinson, Matthew	322
Waddell, Chassi	1,062
Watkins, Tommy	975
Watters, Erin	174
Webb, James	1,663
Wells, Bradley	1,248
Wende, Adam R	1,581
Whatley, Prince	626
White Vick, Katie	429
White, Robin	2,307
Wiseman, Steve	1,356
Woodard, Larry	667
Wu, Xing	846
York, Gary	1,555

SHOW US YOUR BTC GEAR







BTC EXECUTIVE BOARD MEETING October 12, 2026

The meeting was called to order by President Bradley Wells.

Attendance: Bradley Wells, Vicky Brakhage, Hunter Bridwell, Jamie Trimble, Kaki Jenkins, Charles Thompson, Julie Pearce, Trish Portuese, Marla Gruber, Cameron Estes, Kayla Stone, Michael Brown, Jessica Randazza Pade, Alan Hargrave, Haley Flanery, Rebecca Williamson, Sarah Jensen, and Ellen Ortis.

Jamie Trimble made a motion to approve the minutes of the September Executive Board Meeting. The motion was seconded by Hunter Bridwell and passed without opposition.

Financials (Bradley Wells)
Ruth Kles sent the monthly financial report via email.

Vulcan Run (Hunter Bridwell)
Trader Joes will sponsor post-race food and beverages near the finish line. Hunter spoke with a representative of Vulcan Park and Museum's Board, and they offered to help with the race, so they may volunteer at a water stop or the start/finish line. Club Pilates also discussed the possibility of volunteering at races for water stops, so we could reach out to them if we need water stop volunteers. We do still need volunteers to be race marshals and hand out finisher medals. Vulcan Run is an RRCA championship race, so the RRCA has offered to sponsor Gatorade and cups for the race, and they have provided bibs and RRCA medals. We need to promote the 5K option more. There will be finisher medals for all 5K and 10K finishers.

Saturday Morning Group Runs (Cameron Estes and Sarah Jensen)
The long runs are focusing on the Kulture City Half Marathon on November 21, 2026. The moderate distances are focusing on the Vulcan Run. There are openings for mentor runners for the moderate group runs this coming Saturday, October 17, 2026.

Membership (Bradley Wells)
There are currently 579 memberships and 759 members. Bradley Wells met with group leaders from other running organizations in the Birmingham area and several of them are eager to partner up for runs and socials.

Socials Committee (Haley Flanery)
Haley Flanery is looking into the possibility of doing a social the Thursday before Halloween with the Thursday Night Runners. The social could have a Halloween theme. Hunter Bridwell offered to provide a discount for the Vulcan Run at the social. Haley is also working on the BTC Annual Party. Please let her know if you have any suggestions for potential dates or locations.

Bradley Wells wanted to discuss the possibility of doing a "Tour de Brews" type social around the holidays. This could also be a membership drive. If we do not want to go to different breweries, it could be like a scavenger hunt. This would be free for members, but we do want to have a registration through RunSignUp.

Social Media (Kayla Stone)
Our social media team is currently promoting Vulcan Run 5K and 10K. The registration deadline to guarantee participants will receive a t-shirt is October 19, 2026, so the social medial team will post this information.

Annual Strategic Planning Meeting (Bradley Wells)
The annual strategic planning meeting will take place on Wednesday, October 21, 2026, at Bradley Wells' house. We also want to plan a meeting in December for the full BTC membership to go over the bylaws.

Newsletter (Julie Pearce)
The next newsletter publication date is the week after the Vulcan Run, so it will feature the race. If you have any newsletter content, please contact Julie Pearce.

USATF Representative (Charles Thompson)
On October 7, 2026, Central Alabama Track and Field Officials Association (CATFOA) held their annual meeting. Four of their officers were reelected and they updated their bylaws. On October 12, 2026, the Birmingham Crossplex was looking for official volunteers for high school, middle school, and JV teams, so Charles Thompson volunteered for all track meets. To promote the Vulcan Run, Charles will be wearing the 1991 Vulcan Run t-shirt at the following upcoming races: Ross Bridge, Head Over Teal, Jimmy Hale Mission, Homewood First Responders 5K, and Megan Montgomery 5K.

There being no further business, the meeting was adjourned. The next monthly meeting will be held on Monday, November 9, 2026, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
The Vulcan Run 10k and 5k *BTC Race Series* *BTC Member Discount *	November 7, 2026	8:00 a.m.
BTC Executive Board Meeting (via Zoom)	November 9, 2026	6:00 p.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 Saturday Long and Moderate Run Groups	December 5, 2026	6:00 a.m.
Bluff Park 8k and Kids Run	December 5, 2026	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	December 12, 2026	6:00 a.m.
Y It Matters 5k and Fun Run	December 12, 2026	8:00 a.m.
BTC Executive Board Meeting (via Zoom)	December 14, 2026	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	December 19, 2026	6:00 a.m.
Meadow Brook Run – 5k and 1 Mile	December 19, 2026	9:00 a.m.
The Trak Shak's Santa Shuffle	December 24, 2026	TBA
BTC Saturday Long and Moderate Run Groups	December 26, 2026	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**.