



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

December 2023 12



RETURNING TO RUNNING

By Chris Campos

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RETURNING TO RUNNING



I had not been running for a few years, and I definitely had not been running seriously for a long time, except for a short bit during 2020. But in January of 2023, I decided it was time to start running again. I made a goal to run 1,500 miles in 2023 and to run a marathon in the next couple of years, with the hopes of just finishing it. This seemed like a dream at the time.

I did some training on my own for a few months, but then I met Kenny McShan at a social run one evening. The rest is history. Kenny encouraged me to join the BTC Saturday long run. I kept putting it off, but I finally got myself together one Saturday and joined the group. I loved it. Spending time around marathoners expedited my plans to run, and I decided to sign up for a marathon in October. I still only had the goal of simply finishing, but the more time I spent with my new group of friends on Saturday mornings (and on random mornings in between), the more motivated (and prepared) I felt to race the marathon.

The group runs on Saturday showed me that I could do more than I thought with the encouragement of all of the seasoned runners around me. I started with a goal of running a four-hour marathon, but just weeks later, I dropped my goal to 3:30. As we got toward August, I dropped my goal time again (to 3:20) based on my training. I ran the Boston or Bust Half Marathon in September and set a PR in the half of just over 1:31. This was unimaginable to me prior to meeting my BTC family.

When the marathon was a couple of months away, I was able to set another milestone: my first 20 mile run ever. How fun it was to be celebrated by BTC friends for hours in front of Trak Shak after

that run. This run led to several weeks of 20+ mile runs to build my mental confidence. As we continued to approach the marathon day, my confidence continued to build, thanks in large part to the encouragement and support of my friends. In the weeks leading up to the race, I set an extremely ambitious goal of qualifying for Chicago. I needed a 3:10, which seemed daunting. But I felt confident I could at least take a good shot at this goal. Again, my BTC friends stepped up to encourage me and did pace miles with me to get me ready.

Marathon day arrived. The race went incredibly well -- better than I could have planned. I set out and held under the 3:10 pace for the first half of the race and made a game time decision and a new, even more ambitious goal: if I didn't fall apart, Chicago was in reach. But what about Boston? That 3:05 qualifying time was taunting me all summer. I would have to run nearly my PR half marathon time -- twice. But in the moment of the race, I knew that if I didn't try, not only would I be disappointed, but I felt like everyone who was pulling for me would be disappointed too. I couldn't let my friends down. So, I doubled down, locked in at a pace at which I had not run any significant distance, and was able to finish the race in 3:03:03, not only setting a new half marathon PR in the second half of that race, but also qualifying for both Chicago and Boston.

"You can do hard things" is the refrain that kept playing in my mind, courtesy of BTC member Emily Coe. That along with "Let's Go!" -- a saying that has become our little running group's mantra these last few months -- kept me going. I know for certain I could not have blown through PRs and milestones without the encouragement and grind of my new family. On to the next set of goals. The sky is the limit when you have people in your corner. Thanks, BTC, for helping me reach the sky!



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

On November 4, 2023, we held the 49th running of the BTC Vulcan Run. This year brought a significant change to the course, but it also allowed us to add a 5k option. It was a beautiful fall morning to run the streets of Birmingham, and we had a great traditional after-party in Boutwell Auditorium. Congratulations to all who ran the race, and thank you for supporting the BTC. I want to once again express my sincere gratitude to **Race Director Hunter Bridwell** and **Race Consultant Trish Portuse** for the fantastic job they did to make this year's Vulcan Run a success. Also, thank you to all of the volunteers who contributed to the race's success. A special congratulations to **Julie Jones** who was the volunteer winner of a Trak Shak gift card.

As we have just celebrated Thanksgiving, I want to take a moment to express my thanks for this incredible running community of which we are a part. I am thankful for each and every one of you who are BTC members, sponsors, supporters, or simply participants in our events. As President this year, I have been blessed to have made many new friends and expanded existing friendships because of the BTC. I have witnessed so many great running performances as well as watched those who simply run for pleasure and camaraderie. This running community embraces and celebrates runners of all types, shapes and forms, which is what makes it so very special. For all of this, I am thankful, and I hope you are as well.

Now, looking ahead to some upcoming activities... the weekend of December 9 and 10 will be the culmination of our fall long run training cycle as Birmingham runners will be well represented at the Rocket City Marathon Weekend (5k, 10k, Half Marathons and Marathon). Should you want to jump in on any of those races, there's still time, and your BTC membership will get you 10% off at checkout.

Because Christmas is right around the corner, that can mean only one thing...the annual Trak Shak Santa Shuffle benefitting the Firehouse Shelter. Once again, the BTC is partnering with our friends at Trak Shak to provide post-run treats. Plan on coming out on Saturday, December 23 at 8:00 am, bring some items to donate to the Firehouse

Shelter, wear your best Christmas costume or gaudiest Christmas sweater, run a few miles, and join in the festivities.

Let's also not forget that we're in the last month to get those miles in for the 1200 Mile Club. If you've gotten behind on updating your miles, you can use the 1200 Mile Club form to get caught up. Simply change the month in the form and add your miles.

Looking a little further ahead, your BTC Board and Executive Committee are working hard planning for next year. In the coming weeks, look for information on plans and events in 2024, including: our Annual Party, the BTC Race Series, and a number of exciting plans to make next year another fun year for BTC members and the Birmingham running community.

The BTC Annual Party is always a lot of fun! It gives us runners a chance dress up a little, elect new officers for the coming year, present awards for outstanding club contributions, award 1200 Mile Club jackets and recognize all of you who achieved 1200 miles, and celebrate all things BTC with a party! The BTC Race Series truly is the best race deal around. You get a huge discount when you sign up for the full Race Series, which includes Adams Heart Runs, Statue 2 Statue, Peavine Falls and Vulcan Run. All of this is just around the corner!

Finally, don't forget that BTC membership has so much to offer. Who doesn't like a deal? Well, BTC membership is one of the best deals anywhere – better than Black Friday or Cyber Monday, even. Be sure to check out the Member Benefits Spotlight on page 9 for the latest member discounts and check out our website for race discounts so you can maximize all your membership has to offer. If you're not a member, or your membership has lapsed, [join ASAP](#) to take advantage of all of the amazing BTC membership benefits.

Wishing everyone a happy, and safe, holiday season!

Jamie Trimble
BTC President



2023 Officers



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Jamie Trimble

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com



Vice-President

Bradley Wells

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Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Moderate Run Coordinator
Medical Director
Social Chairs

Lauren Weber
Cameron Estes
Mark Criswell
Dr. Rachel Henderson
Britney Cowart
and Kaki Jenkins

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Membership Benefits
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"The Vulcan Runner" Newsletter
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Finish Line Crew
Webmaster

IT Chair
USATF Representative

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Alan Hargrave
Charles Thompson

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Statue 2 Statue
Peavine Falls
Vulcan Run

Vicky Brakhage
Judy Loo
Marla Gruber
Hunter Bridwell

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BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health, and recreation.

Contact BTC at:

Birmingham Track Club
P.O. Box 530363
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secretary@BirminghamTrackClub.com

Race Results

Find the latest and most complete
local race results at the following:
birminghamtrackclub.com
championship-racing.com



MEDICATIONS AND MILES:

What is in Your Energy Drink? A Closer Look at Green Tea Extract

By: Madison Hartley, 2024 PharmD Candidate and Kim Benner, PharmD



Approximately 600,000 tons of green tea are consumed each year across the globe, and there has been a growth in consumption of about 20% over the last 10 years. China is the largest tea-drinking country, accounting for 50% of the world's total green tea consumption.¹ A wide range of green tea beverages and supplements have entered the market in recent years, including concentrated forms such as green tea extract (GTE).²

All forms of green tea contain compounds called catechins, which are believed to be the reason behind green tea's various health benefits: energy, weight loss, and heart health, to name a few.³ The primary difference between various products and formulations is the total concentration of catechins and even specific catechins such as epigallocatechin gallate, or EGCG.³ GTE does contain caffeine, which is why it often is used in energy or recovery drinks.³ Popular brands that list GTE as an ingredient include, but are not limited to, Celsius, REIGN (Storm variety), FitAid Energy, Kill Cliff Recovery, V8 Energy and GURU.

In a recent review from 2020, the United States Pharmacopeia (USP) aimed to address concern over adverse effects GTE and EGCG can have on the liver and provide a detailed understanding of its effects on the liver.⁴ In reports of liver injury attributed to GTE, the patients presented with a characteristic acute hepatitis-like illness within one to three months of starting use of the product. Most of the cases were acute and went away on their own after stopping consumption of GTE, but about ten percent of cases were fatal, especially if the patient presented with yellowing of the skin (jaundice), which is a sign of more severe liver injury.⁵ Based on clinical and animal studies, the factors that can contribute to liver toxicity are the concentration of catechins in GTE-containing products, the higher doses provided by

certain dosage forms such as capsules and tablets, and the intake of GTE under fasting conditions, which increases absorption.⁴

Because these products are not well regulated, it can be difficult to know exactly how much GTE is contained in a product or what concentrations of catechins are in the product. This is especially true in products marketed for weight loss. In a 2013 study, researchers sought to test the contents of herbal and dietary supplements used in patients who experienced liver injury to compare to product labeling. Of the 97 products that were tested, 49 products contained catechins suggestive of GTE, 29 of which did not have GTE listed in the ingredients.⁵

In conclusion, while green tea can offer potential health benefits, it is important to consume it in moderation and to be aware of what type of green tea is in a product. Overall,

it is important to limit caffeine intake regardless of the presence of GTE in order to improve sleep, reduce anxiety, and regulate hormone levels. The FDA recommends limiting caffeine intake to 400 milligrams – or four to five cups of coffee – a day for the average healthy adult.⁶ Because it is uncommon for products to list how much GTE is in a product, paying attention to the amount of caffeine is a helpful way to consume energy drinks responsibly and in moderation. As always, consult with a healthcare professional when incorporating herbal or dietary supplements into your diet, especially if you have underlying health conditions.

References:

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BELLRUNNERS IN BERLIN!

By: Elise Mayfield, Marketing & Development Coordinator, The Bell Center



The Bell Center for Early Intervention Programs has been named an official charity partner in the 2024 BMW BERLIN-MARATHON, which will take place on September 29, 2024. Attended by 45,000 runners and celebrating its 50th anniversary in 2024, this event is part of the coveted World Marathon Majors.

The Bell Center, located in Homewood, Alabama, offers life-changing therapy to infants and toddlers with special needs. The Bell Center operates in transdisciplinary teams, which include a physical therapist, an occupational therapist, a speech-language pathologist, and an early childhood special education teacher, to work on each child's goals and provide for their specific needs.

For over 20 years, The Bell Center paired with the Mercedes Marathon for its popular BellRunners program, which is designed to motivate and support participants who agree to raise \$100 per mile for The Bell Center. The program pairs a participant with a child who is receiving life-changing early intervention therapies at The Bell

Center, and the runner trains and raises funds in honor of that child. In November 2023, the BellRunner program joined the TCS NYC Marathon for the first time, with ten runners raising over \$40,000 in honor of children receiving therapy at The Bell Center.

Following our success in NYC, The Bell Center is expanding this program to the international stage by sending BellRunners to the 2024 BMW BERLIN-MARATHON for the first time! For more information on requirements and benefits, please visit our website at <https://thebellcenter.org/bellrunner-berlin-marathon/>. Applications for the 2024 Berlin BellRunner Team will open on **Wednesday, December 6, 2023**.

We would love for you to consider joining the BellRunner Team in Berlin!



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	Ray Greene	Jimmy Kuhn	Reginald Murchison	Cindi Routman	Grace Willson
Mitchell Bennett	Heydon Hatcher	Jane Lamb	Leslie Noles	Tammy Ruff	Mike Willson
Brad Creed	Sydney Hurley	Lucas Lamb	Scott Padgitt	Gerald Vick Jr.	
Lori Davidson	Janie King	Patrick Lamb	Jonathan Poole	Ronald Wallace	
Michael Foreman	Stefanie Krick	Spenser Lamb	Brandon Reaves	Katie White Vick	
Michael Gray	Claire Kuhn	Elizabeth Marshall	Brittany Reaves	Anyia Willson	

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 is [now available to order](#) on the BTC website! We are 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!



THE BTC BIDS FAREWELL TO THE MAGIC CITY HALF MARATHON AND 5K

November 19, 2023 marked a bittersweet end to one of the BTC's favorite race weekends, but we are grateful for 13 fun years of racing through the City of Birmingham. Thank you to **Allison and Jeremy Davis** for all of your efforts in putting on a premier event – we look forward to seeing what you do next!

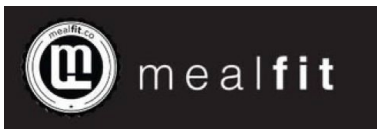
Thank you to MRuns for the photographs.



BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator

.... 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 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!



THERAPYSOUTH

The Runner's Lunge

By Hannah Cox, TherapySouth



I love to incorporate single leg stance activities into strength routines for all my runners. One of my “go-to” exercises is the lunge because it has multiple variations that serve different purposes (improve uphill or downhill running efficiency, take-off speed, stride efficiency, stability, etc). Before I prescribe any variation of the lunge, I make sure that my patient can perform both a posterior (backward) lunge and an anterior (forward) lunge without requiring any corrections. I am surprised how many people have difficulty performing these well, so I’m going to give y’all some insight into what I consider the perfect runner’s lunge!

POSTERIOR (BACKWARD) LUNGE

I always start with the posterior lunge because it is easier for most patients to perform. It is integral for any runner to incorporate this exercise because it is great for perfecting the “triple extension” of your running form! For the sake of discussion, I’m going to talk through the lunge with the emphasis on strengthening the right leg:

Starting with feet together, you will bring your left foot backwards, dropping the left knee straight to the ground, but only making contact with the ground through the left toes. Most of your body weight should be borne through your right leg. I tell patients to estimate carrying 85% of their body weight through their right heel, while maintaining only 15% of their body weight through their left toes. (This activates the posterior chain in the stance leg.) From this position, push up from the right heel, until you are back in the start position.

Some points of note with the posterior lunge:

1. *Your knees should not move forward beyond your toes. If this happens, you are increasing the mechanical load on the knee and quadriceps, which could potentially lead to knee pain. (If this keeps happening, you probably need to take a larger step backwards with your left foot!)*
2. *Your right knee should not be collapsing inwards. The kneecap should be in line with your third toe.*

ANTERIOR (FORWARD) LUNGE

The anterior lunge is a great way to mimic the forces the body attenuates when making initial contact with the ground. Not only is this important for injury prevention, but this will help to load and store energy for the push-off for each stride. For the sake of discussion, I’m going to talk through the lunge with the emphasis on strengthening the right leg:

Starting with feet together, you are going to bring your right foot forward until your left toes are the only point of contact with the ground. As you bring that right leg forward, I want you to drop most of your bodyweight through this leg when it makes contact. (The rule of bearing 85% of your body weight through the targeted leg applies here as well!) Generally, I ask patients to land with the part of their foot (heel, midfoot, forefoot) that they land with naturally when they run. When you land, you should land as silent as a ninja; your foot should not slap the floor abruptly. Instead, your foot should land softly, with your quadriceps “catching” the momentum of your body weight. Once in this position, push yourself backwards into the start position.

Some points of note with the anterior lunge:

1. *Your knees should not move forward beyond your toes. If this happens, you are increasing the mechanical load on the knee and quadriceps, which could potentially lead to knee pain. (If this keeps happening, you probably need to take a larger step forward with your right foot!)*
2. *Your right knee should not be collapsing inwards. The kneecap should be in line with your third toe.*

Be sure to add these to your strengthening routine, and e-mail us at tsendurance@therapysouth.net if you would like to incorporate any modifications.

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.

Our Moderate Run Group also meets on Saturday mornings. 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 December 5, 2023 are listed below.

Participant	Total
Adwell, Stephen	1,328
Ahmed, Kabeer	1,476
Altobella, Janet	1,113
Anderson, Kerri	722
Bailey, Brittany	1,239
Barron, Darlene	1,300
Barton, Tabitha	1,187
Belew, William	0
Benner, Kim	1,490
Bennett, Mitchell	1,151
Benson, Wayne	271
Blackmon, Kim	1,539
Boackle, Larry	0
Boackle, Tomie Ann	0
Bolen, Parker	1,155
Booher, Lisa	1,486
Bookout, Jason	1,200
Bookout, Kimberly	1,906
Bossard, Teri	1,971
Boswell, Ryan	1,045
Bracey, Nicole	0
Bradley, Michelle	546
Brakhage, Victoria	1,257
Bray, Elizabeth	1,988
Bridges, John	347
Bromberg, Georgia	601
Brown, Charlie	1,349
Brown, Katie E.	1,669
Brown, Katie G.	1,391
Brown, Sean	834
Bryant, Jason L.	1,067
Caine, Lawrence	850
Callahan, Chris	1,943
Calvert, Aaron	1,261
Campos, Chris	1,355
Carden, Melissa	2,001
Carlton, Bob	1,117
Carter, Adrienne	0
Chaffinch, Randy	1,106
Chaffinch, Violet	1,111

Participant	Total
Chandler, Teresa	1,395
Cheek, James	150
Clay, Brad	2,644
Clay, Sarah	1,178
Cleveland, Jeff	1,862
Cliett, Stephanie	1,515
Cobb, Patty	1,391
Cockerill, Kandy	915
Coe, Emily	1,503
Coe, Matt	587
Coffin, Diane	1,100
Coleman, Tim	1,367
Colpack, Susan	1,111
Connors, Michael	1,236
Corrin, Roger	563
Cowart, Britney	1,212
Crain, Teresa	0
Cramer, Robyn	1,284
Cramer, Steve	436
Crawford, O'Neal	1,079
Creed, Brad	1,117
Creel, Mary	791
Crowson, Bill	0
Crunk, Emmagene	921
Davidson, Lori	1,132
Dawson, Ashley	2,378
Deffenbaugh, Todd	1,163
Denton, Matt	1,695
Dimicco, Al	1,312
Dixon, Jeff	1,292
Downs, Matt	1,086
Duke, Cindy	1,267
Eason, Sydney	0
Edquist, Emily	1,982
Eichold, Paulina	1,225
Elrod, Stacey	0
Ennis, Amanda	1,187
Ennis, Matt	1,574
Estes, Cameron	1,243
Estrada, Steven	2,705

Participant	Total
Evans, Debbie	1,860
Everitt, Mollie	1,049
Files, Timothy	26
Flanery, Haley	1,760
Fons, Aaron	1,239
Forbus, Reed	353
Foreman, Michael	1,189
Foti, Kathryn	1,112
Frankel, Ali	821
Franklin, Shane	527
Frederick, Winston	1,283
Freeman, Sheila	185
Fronyberger, Bryan	0
Gaston, Michael	1,544
Gates, Tonya	0
Gayheart, Cheryl	1,046
Gee, Lynique	767
Goode, Johnny	1,504
Goyal, Rita	1,293
Grady, Carla	0
Graham, Jon	1,510
Graham, Ryan	926
Grainger, Matt	1,806
Gray, Meagan	1,487
Gray, Michael	1,038
Griffin, Misty	1,195
Gruber, Marla	783
Gruschow, Mariana	117
Gullapalli, Satya	1,417
Hall, Thomas	51
Hanna, Cara	1,152
Haralson, Danny	329
Haralson, Micki	910
Harding, Brandy	150
Hargrave, Alan	1,248
Harrelson, Karen	935
Harris, Lori	0
Harrison, Lisa	1,095
Haynes, Melanie	0
Henderson, Andrew	1,287

Participant	Total
Henninger, Alison	1,237
Hess, Alan	932
Hogeland, Jeff	1,443
Holder, Gene	1,107
Holland, Skylar	0
Hoover, Alison	1,584
Howell, Allen	1,100
Howell, Rachel	561
Izard, Melody	0
Jenkins, Kaki	1,983
Jenkins, Kate Herrera	334
Jensen, Sarah	584
Johnson, Ethan	459
Johnson, Liz	0
Johnson, Phillip	513
Johnson, Troy	1,160
Kampe, Edna	0
Kazamel, Mohamed	2,123
Keith, Jerry	518
Keith, Susan	1,258
Kemper, Tricia	1,450
Knight, David	979
Krick, Stefanie	1,484
Kuhn, Jimmy	1,666
Kulp, Loren	1,273
LaFon, Caroline	298
Laird, Audrey	1,446
Lamb, Patrick	1,137
Lamb, Patrick	0
Lancaster, Jeff	1,091
Landefeld, Dale	1,396
Lovett, Meg	76
Lyda, Beth	1,615
Lyda, John	1,555
Lyle, Randy	1,911
Maiola, Frankie	0
Malec, Bonnie	376
Malick, David	1,580
Markham, Elishua	689
Martin, Sheree	126
Mathews, Skip	1,092
Matthews, Jamieson	1,109
McCalley, Charles	1,231
McElroy, Catherine	1,385
McLain, Chase	543
McShan, Kenneth	1,643
Melton, Kristen	1,268
Merry, Vicki Sue	1,779
Morris, Gordon	450
Morrow, Alex	0
Moss, Renie	530
Mott, Marilyn	508
Muncher, Monica	987
Nicholas, Kathryn	0

Participant	Total
Nix, Anthony	1,337
Noerager, Brett	2,418
Noerager, Felicia	1,191
Northern, Kristie	1,747
Norton, Laura	2,080
Oechslein, Tamara	1,159
Oehrlein, Kimberly	212
Orihuela, Carlos	1,544
Ortis, Ellen	1,121
Padgitt, Scott	1,458
Parks, Charlie	1,498
Parsons, Christy	841
Peagler, Shana	0
Pearce, Julie	633
Plante, David	1,206
Poole, Jonathan	1,135
Powell, Logan	1,681
Pritchett, Leigh Ann	0
Randolph, Megan	1,312
Rawson, Brent	1,345
Reaves, Brandon	1,421
Reaves, Brittany	1,396
Renfro, Jeff	1,288
Richetti, Vee	910
Richey, Lori Beth	1,072
Ricketts, Timothy	0
Ritchie, Joseph	2,378
Ritchie, Lauren	1,485
Roberson, Kevin	324
Roberts, Fletcher	490
Robinson, Lyndsey	746
Robinson, Tamara	0
Rodgers, Jeffrey	1,198
Romans, Cassidy	990
Roper, Lynn	1,073
Rose, Billy	2,626
Rowell, Taylor	0
Russell, Maureen	1,678
Rutherford, Keith	1,048
Rutledge, Lisa	1,488
Saffold, Joseph	0
Shaffield, Danny	2,610
Sherer, Jeremy	1,173
Sherrell, Jeff	1,440
Shinn, Ronald	974
Sides, Dean	862
Silwal, Suman	1,200
Simpson, Kevin	2,522
Sims, Cecelia	74
Sloane, Mike	762
Smith, Daryl	1,409
Smith, Erin	1,501
Smith, Holly	1,627
Smith, Jerry P.	1,195

Participant	Total
Smith, Justin	1,377
Spikings, Matt	1,468
Starnes, Dan	1,492
Steele, Julianne	1,171
Stockton, Rick	1,100
Sweatt, Jason	0
Swiney, Elana	0
Taylor, Kim	853
Taylor, Melissa	1,878
Terakedis, Amber	601
Thomas, Tre	863
Thornton, Amanda	1,217
Tomlin, Chace	172
Tope, Mason	1,321
Trimble, Jamie	1,050
Tyndal, Hannah	494
Valles, Tina	1,131
Veren, Andie	394
Vrocher, Diamond	1,119
Vrocher, Hilary	2,372
Waddell, Chassi	372
Wade, Josh	1,090
Waid, David	2,092
Walker, Brooke	1,191
Walton, Suzie	1,225
Washington, Monica	307
Waters, Marc	1,175
Watkins, Britney	1,015
Watkins, Tommy	1,344
Watters, Ana	153
Watters, Larkin	1,282
Watters, Robert	716
Weaver, Brooke	0
Weber, Amy	559
Weeks, Lance	578
Wells, Bradley	1,438
Wende, Adam	1,141
Whatley, Prince	1,205
Whillock, Amber	0
White Vick, Katie	1,106
White, Robin	2,020
Williams, Chris	1,106
Williams, Kelly	187
Williams, Mattie	1,058
Williams, Shaunda	994
Williamson, Rebecca	1,108
Wiseman, Steve	1,467
Woodard, Whitney	1,792
Woody, Bill	1,009
Wright, Amy	0
Wu, Xing	1,004
Yamashita, Ryota	157
York, Gary	1,403
Zajac, Jason	2,129

SHOW US YOUR BTC GEAR



FEETS OF STRENGTH

Janet Altobella completed her first marathon on October 8, 2023 at the Bank of America Chicago Marathon. Congratulations, Janet!

Among the many BTC members running the TCS New York City Marathon was **Daniel Chaplin**, who ran the race as a representative for the National Down Syndrome Society. New York was Daniel's second marathon and his first World Major. Way to go, Daniel!

Congratulations to **Amanda Thornton**, who completed her first marathon at the St. Jude Memphis Marathon on December 2, 2023. She was joined for a few of those miles by fellow BTC member **Marla Gruber**, who also ran a great marathon at St. Jude. Way to go, ladies – we love to see great teamwork!

Closer to home, **Ryan Boswell** completed his first 50k at the Dizzy Fifties Trail Run in Monte Sano State Park (Huntsville) on November 18, 2023. Congratulations, Ryan! Editor's Note: In addition to being a newly minted ultramarathoner, Ryan also is the fabulous graphic designer who designs *The Vulcan Runner* each month (which deserves many kudos on its own). Thanks for all you do for the BTC, Ryan!

Let's celebrate YOUR running-related accomplishments - [drop us a line!](#)



Janet Altobella



Daniel Chaplin with John Lyda



Amanda Thornton and Marla Gruber



Ryan Boswell

BTC EXECUTIVE BOARD MEETING

November 30, 2023

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Alex Morrow, Ellen Ortis, Kelly Sims, Trish Portuese, Kaki Jenkins, Alan Hargrave, Julie Pearce, Rebecca Williamson, Charles Thompson, Marla Gruber, Judy Loo, Haley Flanery, and Maureen Russell.

Jamie Trimble introduced Haley Flanery and Maureen Russell to the Executive Board. They have volunteered to help with the Social Committee and the BTC annual party.

Hunter Bridwell made a motion to approve the minutes of the October 2023 Executive Board Meeting. The motion was seconded by Ellen Ortis and passed without opposition.

Membership (Jamie Trimble)

We currently have 781 members and 621 memberships.

Member Benefits (Ellen Ortis)

Taco Mama and Otey's are offering a 20% discount for BTC members at their locations in Vestavia, Edgwood and Crestline. Ellen Ortis is working with local coffee shops and smoothie places on other discounts. If you have any suggestions for other local businesses that may offer a discount to BTC members, please notify Ellen Ortis.

Newsletter Editor (Julie Pearce)

The next newsletter publication date will be on December 5, 2023. Please have all newsletter content to Julie by December 22, 2023, for the January newsletter. We previously discussed removing the paper registration form from the electronic newsletter, but we did actually have a new member register with this form, so it was decided to just leave the form in the newsletter.

Treasurer (Jamie Trimble)

April Harry will be sending the most recent financial statement via email in the near future.

Merchandise (Bradley Wells)

We will be getting the new merchandise purchased through pre-order next week. Bradley Wells intends to place another merchandise order next month. Bradley confirmed that there were fewer pre-orders this time, but social media posts kept getting flagged as spam, so there was a delay in advertising the new merchandise. To prevent that in the future, the admins will authorize the postings faster.

1200 Mile Club (Kelly Sims)

The vendor that provides the 1200 Mile Club jackets has discontinued that specific jacket; therefore, Kelly Sims and Bradley Wells are looking for similar jackets available from other

vendors. Once a new jacket is selected, Kelly will send an email to registered runners that are on track to hit 1200 miles this year with the option to order a new jacket. Kelly also plans to send an email to all members registered for 1200 Mile Club to ensure they have submitted all of their miles. Discussion was held about incentives to ensure people pick up their jackets, as there are still numerous jackets left over from years past that were never picked up. We are looking into the possibility of getting a sponsor for 1200 Mile Club that would help with expenses.

Charles Thompson (USATF Representative)

The 29th annual Meadow Brook Runs 5K will take place on December 16, 2023. The Birmingham Crossplex will host Birmingham Southern on December 1, 2023. The Crossplex hosts the high school track meets on Saturdays.

Marketing (Alex Morrow)

Our marketing is currently focusing on BTC annual party and the Jiggle Jog.

Social Committee and Long Run Committee (Jamie Trimble and Kaki Jenkins)

The Santa Shuffle will be held on Saturday, December 23, 2023 at 8:00 a.m. The BTC typically provides refreshments for the Santa Shuffle.

Vulcan Run 10K (Hunter Bridwell and Trish Portuese)

The total income from the Vulcan Run 10K was \$31,757.14. Hunter Bridwell is working on calculating all of the expenses to determine the total profit or loss. We plan to start working with the city of Birmingham early in 2024 in hopes that the city will approve us to host the 50th Vulcan Run 10K on the original course. There were a lot of Vulcan Run 10K awards that were not picked up after the race, so Hunter left them at the Trak Shak and notified all of the award winners that they can pick up their awards at the Trak Shak. Discussion was held about improving Top 200 shirt handouts for future races.

New Business

The 2024 BTC Race Series

The races will take place on the following dates:

- Adam's Heart Runs: January 27, 2024
- Statue 2 Statue: April 6, 2024
- Peavine Falls: July 4, 2024
- Vulcan Run 10K: November 2, 2024

Bradley Wells made a motion to increase the price for all of the BTC races by \$5.00 and the race BTC series by \$25.00. The motion was seconded by Alex Morrow and passed without opposition.

CONTINUED ON NEXT PAGE

BTC EXECUTIVE BOARD MEETING

November 30, 2023

In 2023, all of the BTC races offered the option for runners to forgo getting a race shirt and they could either donate that expense to the race or receive a \$5.00 discount on the race fee. There were a lot of runners who took advantage of this option, so we intend to continue that option for the 2024 races.

Bradley Wells and Hunter Bridwell intend to get bids from vendors to determine if a discount can be offered for providing shirts for all of the races. Because Adam's Heart Runs is less than two months away, however, a vendor has already been selected to provide shirts for that race in 2024, but it will still be included in pricing quotes for future races.

BTC Annual Party

Ellen Ortis made a motion to host the annual party on February 3, 2024. The motion was seconded by Bradley Wells and passed without opposition.

The social committee will work on selecting a location for the annual party.

Hunter Bridwell will form a nomination committee to elect BTC officers for next year and award nominations. April Harry will not continue as the treasurer next year, so a new treasurer will need to be elected.

The Jiggle Jog

The Jiggle Jog will take place on January 20, 2024, in Homewood. We will plan to promote Adam's Heart Runs and BTC membership.

Japan Exchange (Rebecca Williamson)

We are working to obtain sponsors to bring runners from Maebashi, Japan, to come and run the Valcan Run 10K in 2024. If we are able to bring the runners over from Japan, they will be responsible for their own airfare and we will provide in-town transportation, food, lodging, and possibly a stipend.

Discussion was held regarding future running events such as a 10K series and possible collaboration with other run clubs.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, December 11, 2023, at 6:00 p.m. at the office of Ellen Ortis at 105 Euclid Avenue, Birmingham, AL 35213.



Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	December 9, 2023	6:00 a.m.
Noojin & White Race to the Courthouse 5k	December 9, 2023	8:00 a.m.
Rocket City 10k and 5k (Huntsville)	December 9, 2023	7:00 a.m.
Rocket City Marathon, Half Marathon, and Marathon Relay (Huntsville)	December 10, 2023	7:00 a.m.
BTC Executive Board Meeting (location TBA/virtual option available)	December 11, 2023	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	December 16, 2023	6:00 a.m.
Designs for Hope Christmas 5k Run (Trussville)	December 16, 2023	8:00 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.
The Santa Shuffle, sponsored by Trak Shak (Homewood)	December 23, 2023	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 30, 2023	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 6, 2024	6:00 a.m.
5th Annual Forging Families 5k/10k and 1 Mile Fun Run (Columbiana)	January 6, 2024	8:00 a.m.
BTC Executive Board meeting (location TBA/virtual option available)	January 8, 2024	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	January 13, 2024	6:00 a.m.
Awaken 5k and 1 Mile Fun Run (Hoover)	January 13, 2024	8:00 a.m.
Mobile Marathon, Half Marathon, and Relays (half and full) (Mobile)	January 14, 2024	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	January 13, 2024	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 20, 2024	6:00 a.m.
BTC Jiggle Jog	January 20, 2024	TBA
Adam's Heart Runs: 5k, 10k, 10 Mile *BTC RACE SERIES RACE*	January 27, 2024	6:00 a.m.
Classic City Marathon, Half Marathon, and Relay (Athens, Georgia)	January 28, 2024	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	February 3, 2024	6:00 a.m.
Railway Marathon (Black Creek Park, Fultondale)	February 3, 2024	7:45 a.m.
BTC Annual Party	February 3, 2023	TBA

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:

--	--	--	--	--	--

Cell:

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e-mail:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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:

--	--

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