



BIRMINGHAM TRACK CLUB  
★ WHERE RUNNERS ARE FORGED ★  
**THE VULCAN RUNNER**

December 2024 **12**



# ADAM'S HEART RUNS

**JANUARY 25, 2025**

**5K, 10K, 10 Mile**

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# PRESIDENT'S ADDRESS

By Jamie Trimble



## Greeting BTC Members and fellow Birmingham runners!

It's hard to believe another year is quickly drawing to a close. As the calendar has rolled over to December, we're finally getting some fall, even winterish weather. This time of year is always a good time to reflect and give thanks for all that we've been blessed with. Sometimes we take things we're able to do routinely for granted, and that includes running. Speaking from experience, when you're put into a position of being unable to run due to injury, illness, or other circumstances, it makes you appreciate the ability to run that much more (or at least it has been for me). I want to take a moment to express my gratitude to our incredible running community. Although I have not been able to run this year, the support and encouragement from so many of you has been invaluable. I am thankful that I have been able to continue to serve the Birmingham Track Club and the entire Birmingham area running community this year. I am also thankful for all of our BTC members, sponsors, supporters, and those of you who participate in our events.

With Christmas right around the corner, we're gearing up for the annual **Trak Shak Santa Shuffle** benefitting the Firehouse Shelter. As in past years, the BTC is partnering with our friends at Trak Shak for this year's Shuffle. Plan on coming out on Tuesday, December 24 at 8:00am, and be sure to bring some items to donate to the Firehouse Shelter. I can't wait to see all of the tacky Christmas sweaters and fun Christmas costumes. Come run a few miles and hang around for the post-run festivities and refreshments. This is one of my absolute favorite events each year and I look forward to seeing you all there!

The clock is also ticking on getting 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. If you're still working on hitting that 1,200-mile goal for the year, you don't have much time left! Also, this year, when you hit your 1,200 miles, you'll receive a card for a free cup of coffee, courtesy of our friends at O'Henry's Coffees. Just see me to get yours.

Speaking of the 1200 Mile Club, if you're a first-timer, be on the lookout after New Year's for information on ordering your 1200 Mile Club jacket. For those of you who STILL haven't picked yours up from last year (or previous years), send an email to [1200@birminghamtrackclub.com](mailto:1200@birminghamtrackclub.com) and we'll coordinate getting it to you.

I'm excited to announce that the BTC is partnering with the Railway Marathon in Fultondale on Saturday, February 8, 2025. BTC members receive a generous discount, and this is our current Saturday Morning Training group half marathon goal race. This race offers something for everyone: a 5k, 10k, half marathon, marathon, and even a kids fun run. Register here: <https://runsignup.com/Race/AL/Fultondale/RailwayMarathon>

The **2025 BTC Race Series** and all races in it are now open! Registration for the Race Series is open until we run Adam's Heart Runs on January 25th. This is THE best race deal anywhere, especially for BTC members. Our four races and dates for 2025 are:

- Adams Heart Runs (5k, 10k & 10 mile): Saturday, January 25, 2025
- Statue 2 Statue 15k: Saturday, April 5, 2025
- Peavine Falls Run: Friday, July 4, 2025
- Vulcan Run 10k: Saturday, November 1, 2025

Register here: <https://runsignup.com/btc-race-series>

As previously announced, mark your calendars for Saturday, February 1, 2025 for the **BTC Annual Party**. The BTC Annual Party is THE event of the year, and 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 who achieved 1200 miles, and celebrate all things BTC with one incredible party! We will return this year to The Upstairs at Avondale with food, music, and lots of fun!

Finally, I know I beat the drum on this regularly, but don't forget that BTC membership has so much to offer. BTC membership is one of the best deals anywhere. In addition to all of the great race discounts, check out the Member Benefits Spotlight for the latest member discounts. 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*



# 2024 Officers



## President

**Jamie Trimble**

president@birminghamtrackclub.com



## Treasurer

**Ruth Kles**

treasurer@birminghamtrackclub.com



## Vice-President

**Bradley Wells**

vicepresident@birminghamtrackclub.com



## 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  
Merchandise

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Cameron Estes  
Ellen Ortis  
Bradley Wells  
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"The Vulcan Runner" Newsletter  
Japan Exchange Program  
1200 Mile Club  
Volunteer Coordinator  
Historian  
Finish Line Crew  
Webmaster  
IT Chair  
USATF Representative

Rebecca Williamson  
Rebecca Williamson  
Kim Benner  
Trish Portuese  
Jamie Trimble  
Alan Hargrave  
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finishline@birminghamtrackclub.com  
webmaster@birminghamtrackclub.com  
itchair@birminghamtrackclub.com  
usatfrep@birminghamtrackclub.com

## BTC Race Directors

Adam's Heart Run  
Statue 2 Statue  
Peavine Falls  
Vulcan Run

Vicky Brakhage  
Judy Loo  
Marla Gruber  
Hunter Bridwell

adamsheart@birminghamtrackclub.com  
statue2statue@birminghamtrackclub.com  
peavinefalls@birminghamtrackclub.com  
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 BELL CENTER CELEBRATES EXPANSION OF BELLRUNNER PROGRAM

*The Bell Center has expanded its BellRunner program with entries into two Abbott World Major Marathons: The TCS New York City and BMW Berlin Marathons, as well as the NEW international SuperHalves Half Marathon Series. Individuals running agree to train and fundraise in honor of a child receiving crucial early intervention therapy services at The Bell Center.*

The Bell Center for Early Intervention Programs is proud to announce that seventeen runners have completed the BMW Berlin and TCS New York City Marathons in support of The Bell Center and the special needs children they serve. The Bell Center sent six runners to compete in the BMW Berlin Marathon that was held on Sunday, September 29, 2024 and eleven runners to the TCS New York City Marathon held on Sunday, November 3, 2024. Collectively, these runners raised over \$98,000 in support of The Bell Center.

As a selected charity partner, The Bell Center is now expanding its BellRunner Program with ten entries into the international SuperHalves Half Marathon Series. Much like the Abbott World Major Marathons, the SuperHalves Series brings together six epic destination half marathons, which runners complete to secure their SuperMedal and a place on the SuperHalves Hall of Fame. The events take place in Berlin, Cardiff, Copenhagen, Lisbon, Prague, and Valencia. Runners taking part in the Series have up to five years to complete each race for the SuperMedal.

Taking place across six European destinations, the SuperHalves Series is the perfect challenge for runners who want to conquer some incredible races, see some amazing cities, and make a real difference for children receiving therapy at The Bell Center!

If you are interested in running either the 2025 Copenhagen Half Marathon or the 2025 Valencia Half Marathon Trinidad Alfonso Zurich while also running in honor of a child with special needs, applications are open through December 16, 2024.

**WHAT:** SuperHalves Half Marathon Series

**WHEN:** Applications Due December 16, 2024

**WHERE:** Races held in Copenhagen, Denmark on September 14, 2025 and Valencia, Spain on October 26, 2025.

**WEBSITE:** [www.thebellcenter.org/superhalves](http://www.thebellcenter.org/superhalves)

The Bell Center (TBC) is no stranger to the Birmingham running community, having previously partnered with The Mercedes-Benz Marathon for over 20 years, raising hundreds of thousands of dollars in support of Bell Center programming. Once that marathon came to an end, The Bell Center wanted to continue its BellRunner program, and thus The Bell Center 5K and entries into two Abbott World Majors and the SuperHalves Series were born. BellRunners are paired with a child receiving life changing therapy at TBC and agree to fundraise on behalf of that child in support of The Bell Center programs.

Having seen a significant increase in the demand for services, all proceeds from these events will go towards supporting The Bell Center's mission of maximizing the potential of children ages birth to three years of age who are at risk for developmental delay.

"We're so excited to expand our BellRunner Program with entries into two Abbott World Majors along with the new international SuperHalves Half Marathon Series," said Jeannie Colquett, Executive Director, The Bell Center. "The Bell Center has seen substantial enrollment growth in recent years and proceeds from the BellRunner Program will help us continue to provide the best in early intervention services to the children we serve. We are grateful for the tremendous community support and look forward to sending another group of BellRunners to these international races."

Those interested in being a SuperHalves Half Marathon BellRunner or wanting to learn more about The Bell Center can visit [www.thebellcenter.org](http://www.thebellcenter.org) or email Elise Mayfield at [emayfield@thebellcenter.org](mailto:emayfield@thebellcenter.org). For media inquiries, please contact Mabry Craddock at (205) 289-7196 or [macraddock@thebellcenter.org](mailto:macraddock@thebellcenter.org). View the media kit with photos, graphics, fact sheet, press release and [more here](#).



## About The Bell Center

The Bell Center is dedicated to maximizing the potential of children from birth to three years of age who are at risk of developmental delay. Infants and

toddlers receive specialized therapy from transdisciplinary teams which include a physical therapist, an occupational therapist, a speech-language pathologist, and an early childhood special education teacher, as each child works on individual developmental goals. Programs at The Bell Center are designed to promote growth in gross and fine motor skills, as well as language, cognition, self-help, and social skills.



**SAVE  
THE  
DATE!**

# BTC ANNUAL PARTY

- \* **Officer elections**
- \* **Annual Awards**
- \* **1200 Mile Club recognitions**
- \* **Food, fun, and frivolity!**

Tickets will be on sale soon – watch your email for details!

**Remember:** BTC members receive a greatly reduced admission price – it's well-worth renewing your membership (or joining today!) to receive a discounted ticket! [Click here](#) to join or renew!



# **The Birmingham Track Club Presents**



***JANUARY 25, 2025***

***5K, 10K, 10 Mile***

**RUNSIGNUP.COM**



# MEDICATION AND MILES:

## ADHD: When Meds for Hyperactivity Affect Activity (Part I)

By Ashton Bellamy, PharmD, and Kim Benner, PharmD

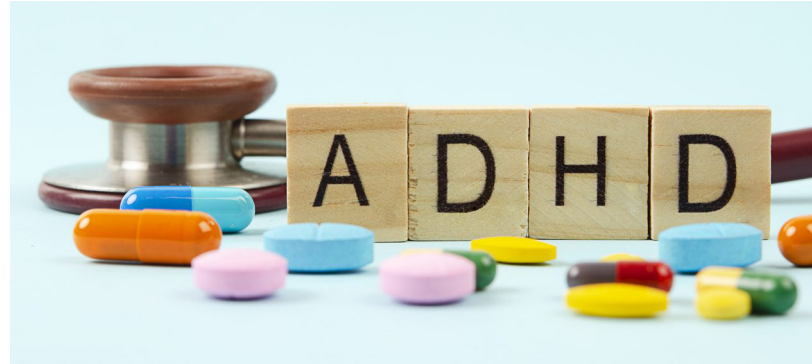
Attention deficit hyperactivity disorder (ADHD) is one of the most common neuropsychiatric disorders that affects children, adolescents, and adults. Symptoms of ADHD in adults can include inattention, difficulty staying on and completing tasks, and multi-tasking. These symptoms can affect focus while at work, organization, and can lead to difficulties with self-control. Symptoms also can change over time when the stressors of adulthood become present. Adults with ADHD may continue taking the medications that have helped control their symptoms; in fact, the CDC reports that around 54% of adults currently take ADHD medication.<sup>1</sup>

Management often includes some component of non-pharmacological treatment. Evidence supports cognitive behavioral therapy (CBT), meta-cognitive therapy, and exercise for ADHD. Medications used for ADHD are effective; however, they are not curative and are only intended to ease symptoms. Two classes of FDA-approved medications used in ADHD management are stimulants and non-stimulants. Each patient can respond differently to the two classes of medications or may have different responses to medications within the same class. It is important to use shared decision making when choosing therapies and monitoring response to treatment at subsequent follow-up visits, especially when starting therapy.

Non-stimulant, FDA-approved medications for use in children with ADHD include atomoxetine, viloxazine, guanfacine, and clonidine. Other options that patients may benefit from depending on any comorbid conditions include bupropion (Wellbutrin) and tricyclic antidepressants (like amitriptyline). Guanfacine and clonidine may be used in adults; however, the only two medications with FDA-approval for use in adults with ADHD are atomoxetine (Strattera) and viloxazine (Qelbree). Both medications work to increase levels of norepinephrine and serotonin in the brain, which helps with focus, learning, mood, and attention, but work slightly differently. Atomoxetine (Strattera) and viloxazine (Qelbree) are available as extended-release preparations, which may help with symptom onset, severity, and duration. In general, extended-release products help maintain consistent levels of medications in the body. Additionally, both of these options can be dosed once-daily, mitigating the need for redosing throughout the day.

### Non-Stimulant ADHD Medications Approved for Use in Adults<sup>2,3</sup>

Medication	Side Effects	Effects on Exercise
Atomoxetine (Strattera)	Increased heart rate (HR) and blood pressure (BP)	HR and BP can increase from baseline; recommended to undergo heart evaluation prior to starting atomoxetine due to adverse effects; the manufacturer recommends considering avoiding in adults with serious heart conditions.
Viloxazine (Qelbree)	Increased HR and diastolic BP	HR and BP increases can be worsened by exercise



Stimulant medications used in ADHD management include amphetamines (like Adderall, Adderall XR, Dexedrine, and Vyvanse) and methylphenidates (like Ritalin, Concerta, and Focalin). They exist in a variety of dosage forms, such as immediate-release versus long-acting or extended-release and have many different names. Stimulants work to either increase release of norepinephrine and dopamine (amphetamines) or inhibit the reuptake of norepinephrine and dopamine (methylphenidates).

If the medication for ADHD was started in childhood and has been effective at managing symptoms, then it may be continued into adulthood even if it is not FDA-approved for use in adults. A few stimulants are approved for use in adults, but the side effect profiles among the different medications are similar as well as their impact in children and adults. Common side effects of stimulants that children and adults may experience include decreased appetite and insomnia or other sleep issues. These may have negative impact on exercise as proper fueling and rest are important for working out and injury prevention. The presence of norepinephrine can cause increases in heart rate and blood pressure as well. And stimulant medications also can cause irritability and jitteriness.

Part I of this two-part series focused on ADHD and the two main classes of medications used to manage symptoms. The side effects of these medications are similar to each other, with the most common ones being increased heart rate and blood pressure. Part II of this series will focus on the impact medication side effects may have on exercise.

### References:

1. <https://www.cdc.gov/adhd/data/index.html#:~:text=Treatment%20of%20ADHD%2053.6%25%20Currently,in%20the%20past%2012%20months>.
2. Atomoxetine: In: Lexi-Drugs. Hudson, Ohio: Lexi-Comp, Inc.; Updated August 22, 2024. Accessed October 13, 2024.
3. Viloxazine: In: Lexi-Drugs. Hudson, Ohio: Lexi-Comp, Inc.; Updated August 22, 2024. Accessed October 13, 2024.



## The 2025 Edition of the BTC Race Series is Now Open!

For \$130, you can run all four of the BTC's signature races in 2025 (plus, BTC members save an additional \$20 - \$5 off each race) – this is a HUGE savings! Visit the [BTC website](#) for details.

### The BTC's four races and dates for 2025 are:

- **Adams Heart Runs (5k, 10k & 10 mile):**  
Saturday, January 25, 2025
- **Statue 2 Statue 15k:** Saturday, April 5, 2025
- **Peavine Falls Run:** Friday, July 4, 2025
- **Vulcan Run 10k:** Saturday, November 1, 2025

To register, click on the Adams Heart Runs link under the "2025 BTC Races" heading – you'll see an option to sign up for the BTC Race Series. Pro Tip: [Join the BTC \(or renew your membership\)](#) to save even more!



### Environmentally friendly pressure washing with commercial grade equipment

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- Chemical post-treatment for extended mildew protection included
- Free quotes provided via arial mapping



Bennett Pearce,  
MBHS Senior

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**DrivewayBossPW@gmail.com**

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**Driveway Boss PW**

# 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:

Carolyn Bell	Michael Connors	Heydon Hatcher	Charlie Parks	Lucy Stokes
Gavin Bell	Mark Erdberg	Curtis Hendrickson	Jack Stokes	Mark Turner
DeWayne Boyd	Misty Fontenot	William Kerby	Oliver Stokes	Monica Washington
Justin Brown	Robby Grames	Chris Liston	Lori Stokes	Bill Woody
Adrienne Carter	Robert Harris	Anthony Nix	Matt Stokes	

If you are a prospective member, welcome! We hope you will decide to [join the BTC](#) – the [benefits](#) are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. [Visit the BTC website](#) for more information.

## Strengthen your movement with TherapySouth Endurance

Get your running efficiency to it's maximum potential by having it evaluated by a TherapySouth Endurance specialist. Our trained therapists use gait analysis to assess your dynamic pressure and patterns during activity.

### Our services:

- identify movement dysfunction to decrease stress to joints and soft tissues while preventing injury
- provide treatments that can improve efficiency and power, increase flexibility and speed up recovery



Scan the QR code to learn more  
about our wellness programs.





## Ready to Get More Involved in the BTC?

As an all-volunteer organization, the BTC relies on its volunteers for all aspects of our club, from organizing weekly runs and races to coordinating the 1200 Mile Club and selling our exclusive BTC merchandise. Are you ready to take on a new challenge or just give back to the club? If so, we can use your help! In addition to volunteering for upcoming races and events, we need volunteers to help with our Finish Line Crew and volunteers to write articles and put together content for *The Vulcan Runner*.

Multiple volunteers also are needed each week for the water stops the BTC coordinates for our long and moderate distance runs on Saturdays – please see the weekly routes for a link to sign up to provide water and sports drinks at a water stop, or to volunteer to make a financial contribution towards these much needed items.

To learn more about the many ways you can get more involved with the BTC, please contact [BTC President Jamie Trimble](#).



## BTC Merchandise

Shop our BTC merchandise available on the [BTC website](#) – stock up!

We love to see members wearing their BTC gear around town at out-of town. Don't forget to take along your favorite BTC merch for those out-of-town races, and [send us a pic!](#) Winter gear will be available soon on the BTC website.



## BTC Group Runs Update

You can easily adapt your Saturday long runs around our schedule – please join us! 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. The group also has several sub groups who prefer a run/walk approach. 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. Thank you to Sarah Jensen for all of her hard work coordinating this group!

# BTC MEMBER BENEFITS SPOTLIGHT

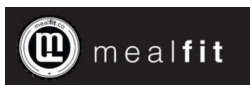
By Ellen Ortis, Member Benefits Coordinator

As we get ready to close out 2024, many of you will be (or already have) completed at least 1200 miles for the 2024 edition of the 1200 Mile Club – congratulations! We are announcing the names of members who hit the 1200 mile mark before our Saturday runs – it's awesome to see that list growing each week! Please don't forget that our friends at the Homewood **O'Henry's** are treating you to a cup of coffee after you hit this milestone. Please see Jamie Trimble, Hunter Bridwell, or Ellen Ortis after your next long run to grab a gift card if you're not already gotten one.

Remember that those who volunteer for water stops receive a card for a free menu item from **Farm Bowl + Juice Co.** If you've set out a water stop in the recent past and did not get your Farm Bowl card, please look for one of these same people and they'll get one in your hands.

Lastly, we've added a discount code for the website RunningWarehouse.com! Are you curious about this code and what other benefits you have access to as a member of the BTC? You can find them any time under the MEMBERS ONLY section of your RunSignUp.com profile. <https://runsignup.com/MemberOrg/BirminghamTrackClub/Page/MembersOnly>

## ... 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](mailto:Benefits@birminghamtrackclub.com)!





# THERAPYSOUTH

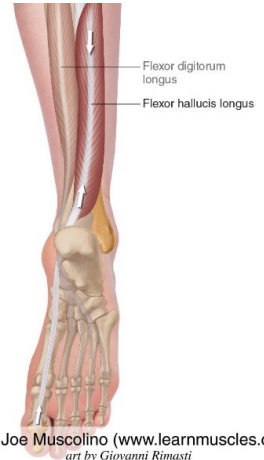
## Big Problems From Your Big Toe

By Hannah Cox, TherapySouth



As individuals increase the amount of hill running or anaerobic efforts, they may feel soreness in a calf or on the bottom of a foot. Consequently, the injury is misdiagnosed as a deep calf muscle strain or plantar fasciitis. However, the issue often is either weakness or limited mobility of the flexor hallucis longus (FHL) muscle -- better known as the big toe (or great toe) flexor.

In order to increase speed, great toe extension (aka maximal stretch of the FHL) is required for push-off. In fact, the big toe is the last point of contact between your foot and the ground before you accelerate forward. Increasing anaerobic workout efforts or running up inclines requires a greater stretch and contractile effort of the FHL. To prepare for your speed work and hill repeats, try these exercises to improve the range of motion and strength in your big toe.



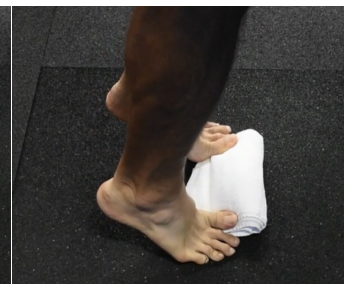
© Dr. Joe Muscolino (www.learnmuscles.com)  
art by Giovanni Rimasti

**Toe Yoga!** This is one of my favorites: Start sitting with your foot flat on the ground. First, raise your big toe up, maintaining the other toes on the ground. Then, relax your big toe flat on the ground and now lift the other four toes. That is your first rep - try to aim for twenty-nine more.



**Towel Stretch** - Short on time? Try this BOGO: you can improve your calf muscle mobility and great toe mobility with the following steps: place a towel roll under your great toe, maintaining the rest of your foot flat on the floor. Lean forward, maintaining contact between your heel and the floor. Hold for thirty seconds and repeat four times.

**Heel Raise** - Building off of the previous stretch, you are now going to lift your heels off of the ground. You want to raise the heels as high as you can while keeping the toes pointed ahead of you (overpronators will have toes that want to shoot out sideways, but keep them straight). Perform this exercise slowly and repeat 30 times or until failure.



Dysfunction in the big toe can cause big problems with your speed work, but these exercises will help you get back up to speed. Let us know how these exercises worked for you, or shoot us any questions to: [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net)

# RRCA UPDATE



Beth and John Lyda, Abigail and Alex Morrow, and Kim and Jamie Trimble recently attended the JASA (Japanese American Society of Alabama) event at Ross Bridge as representatives of the Birmingham Track Club. The BTC was recognized for our Japanese runner exchange program, and we worked to further that relationship by meeting other representatives of the JASA program.

Rebecca Williamson, Coordinator of the BTC Japan Exchange Program, has been working hard to build the relationship between the BTC and Birmingham's sister city of Maebashi, Japan (read more about the BTC's delegation trip to Japan in the [October 2024 issue of The Vulcan Runner](#)). We are looking forward to announcing more about the BTC's plans to host runners from Japan very soon!





# 1200 MILE CLUB

The 2024 edition of the 1200 Mile Club is now open! You may sign up via the link you received via email in January, or [via this link on the BTC website](#). You must be a BTC member to join the challenge – [click here to join](#) or renew your membership!

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.

**Cumulative miles from December 7, 2024 are listed below.**

Participant	Total
Adams, Ryan	1,149
Adwell, Stephen	1,408
Ahmed, Kabeer	1,796
Alvarez, Jose	1,378
Anderson, Kerri	100
Barron, Darlene	491
Barton, Tabitha	1,027
Basquill, Matt	1,291
Benner, Kim	1,671
Bennett, Mitchell	187
Blackmon, Kim	1,441
Bolen, Parker	1,071
Booher, Lisa	1,416
Bookout, Jason	1,526
Bookout, Kimberly	1,900
Bossard, Teri	1,385
Boswell, Ryan	901
Bouley, Rachel	1,548
Brakhage, Victoria	1,225
Bray, Elizabeth	1,685
Brown, Katie E.	1,610
Brown, Katie G.	1,384
Brown, Sean	596
Bryant, Jason L.	1,058
Burke, Julia	45
Caine, Lawrence	966
Callahan, Chris	1,512
Calvert, Aaron	1,461
Campos, Chris	1,932
Carden, Melissa	1,808
Carlton, Bob	652
Chaffinch, Violet	989
Chambers, Gay	1,213
Chandler, Teresa	1,316

Participant	Total
Clay, Brad	2,119
Clay, Sarah	1,040
Cleveland, Jeff	1,364
Cliett, Stephanie	1,472
Cobb, Patty	1,335
Coe, Emily	1,322
Coe, Matt	1,178
Coffin, Diane	1,079
Coleman, Tim	1,499
Colpack, Susan	1,215
Cooper, Cara	1,154
Cowie, Katelyn	1,125
Cramer, Robyn	1,312
Cramer, Steve	397
Creed, Brad	1,159
Creel, Mary	840
Dawson, Ashley	1,929
Deffenbaugh, Todd	1,145
Dimicco, Al	1,323
Dixon, Jeff	1,771
Downs, Matt	993
Duke, Cindy	1,201
Eberhardt, David	1,207
Ennis, Amanda	1,152
Ennis, Matt	1,747
Estes, Cameron	1,479
Estrada, Steven	2,821
Evans, Debbie	1,709
Everitt, Mollie	1,101
Fisher, Kaitlin	613
Flanery, Haley	1,899
Fons, Aaron	1,104
Forbus, Reed	346
Foreman, Michael	1,016

Participant	Total
Foster, Ashley	1,258
Franklin, Shane	314
Frederick, Winston	1,306
Gaston, Katie	186
Gaston, Michael	1,651
Goode, Johnny	1,253
Goyal, Rita	1,661
Grainger, Matt	1,901
Gray, Meagan	1,633
Gray, Michael	1,045
Gruber, Marla	2,119
Gullapalli, Satya	548
Hannah, Edward	40
Hanson, Valerie	1,011
Haralson, Danny	1,385
Haralson, Micki	1,420
Hargrave, Alan	1,250
Harlow, Craig	77
Harrelson, Karen	1,694
Harrison, Lisa	1,175
Hatcher, Heydon	1,392
Henninger, Alison	1,166
Herron, Michael	1,238
Hogeland, Angie	1,094
Hogeland, Jeff	1,480
Holder, Gene	1,113
Hoover, Alison	1,455
Hoover, Jim	187
Huddleston, Clare	1,799
Jenkins, Kaki	1,968
Jensen, Sarah	1,083
Johnson, Kimberly	255
Johnson, Phillip	261
Johnson, Troy	1,298



Participant	Total
Jones, Caleb T	1,138
Jones, Julie	1,115
Kaylor, Sara	774
Kazamel, Mohamed	2,292
Keith, Jerry	588
Kemper, Tricia	1,454
Kles, Ruth	1,424
Koepp, Bryan	507
Krick, Stefanie	1,714
Kuhn, Jimmy	1,799
Kulp, Loren	1,319
LaFon, Caroline	446
Laird, Audrey	1,102
Lamb, Patrick	1,227
Lancaster, Jeff	1,350
Landefeld, Dale	1,125
Losavio, Lauren	1,612
Lovett, Meg	1,110
Lyda, Beth	1,408
Lyda, John	1,411
Lyle, Randy	1,772
MacLane, Colin	133
Malick, David	1,609
Markham, Elishua	979
Mathews, Nikita	616
Mathews, Skip	1,009
Matthews, Jamieson	1,133
McCalley, Charles	1,386
McElroy, Catherine	1,306
McGriff, Colton	506
McLain, Chase	480
McShan, Kenneth	1,541
Melton, Kristen	819
Merry, Vicki Sue	1,498
Miller, Pamela	1,547
Millican, Randolph	1,126
Morris, Gordon	920
Moss, Renie	977
Muncher, Monica	865
Nix, Anthony	1,458
Nodjomian, Jason	903

Participant	Total
Noerager, Brett	2,527
Noerager, Felicia	1,334
Northern, Kristie	1,801
Oechslin, Tamara	997
Orihuela, Carlos	1,658
Orihuela, Catheryn	1,302
Ortis, Ellen	918
Padgitt, Scott	1,397
Palmer, Irma	542
Parks, Charlie	1,338
Pearce, Julie	0
Phelps, Tyler	2,897
Plante, David	1,023
Powell, Logan	1,327
Pritchett, Leigh Ann	340
Rakestraw, Stephanie	1,152
Randolph, Megan	1,171
Rawson, Brent	1,311
Rearden, Shannon	2,150
Reaves, Brandon	1,669
Reaves, Brittany	1,683
Renfro, Jeff	1,116
Richetti, Vee	1,109
Richey, Lori Beth	537
Rivera, Jose	1,204
Robinson, Tamara	1,677
Roper, Lynn	646
Rose, Billy	2,746
Ruschhaupt, Skyler	1,421
Russell, Maureen	1,840
Rutledge, Lisa	1,452
Sherer, Jeremy	1,137
Sherrell, Jeff	1,879
Shin, Ye Jung	2,201
Shinn, Ronald	1,160
Sides, Dean	873
Simpson, Kevin	921
Sims, Cecelia	99
Sloane, Mike	1,302
Smith, Christie	1,349
Smith, Daryl	1,231

Participant	Total
Smith, Erin	1,322
Smith, Holly	1,507
Smith, Jason	1,642
Smith, Jerry P.	1,229
Smith, Justin	1,182
Soileau, Chester	1,350
Spikings, Matt	1,052
Starnes, Dan	1,618
Steele, Julianne	81
Steers, Eddie	2,455
Stockton, Rick	1,109
Strother, Jamar	524
Thornton, Amanda	1,068
Valles, Tina	670
Waddell, Chassi	1,085
Waid, David	907
Walker, Brooke	1,137
Walker, Skylar	499
Walton, Suzie	1,179
Waters, Marc	1,249
Watkins, Britney	1,264
Watkins, Tommy	1,148
Watters, Ana	1,138
Watters, Larkin	1,680
Watters, Robert	1,488
Wells, Bradley	0
Wende, Adam	1,444
Whatley, Prince	993
Wheeler, Elizabeth	736
White, Robin	1,326
Whitt, Trey	1,131
Williams, Mattie	1,185
Williamson, Rebecca	1,101
Wiseman, Steve	1,579
Woody, Bill	1,359
Wu, Xing	1,255
York, Gary	1,862
Zajac, Jason	1,905



# SHOW US YOUR BTC GEAR





# BTC EXECUTIVE BOARD MEETING

# November 11, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Ruth Kles, Vicky Brakhage, Charles Thompson, Alex Morrow, Julie Pearce, Cameron Estes, Haley Flanery, Kim Benner, Hunter Bridwell, Rebecca Williamson, Alan Hargrave, Kaki Jenkins, and Trish Portuese.

Kaki Jenkins made a motion to approve the minutes of the October 2024 Executive Board Meeting. The motion was seconded by Hunter Bridwell and passed without opposition.

## Membership (Cameron Estes)

We currently have 840 members and 667 memberships.

## Treasurer (Ruth Kles)

Ruth Kles is currently working on the financials from the Vulcan Run 10K. She will send out the monthly financial report once all of the reimbursement payments have been issued.

## Newsletter Editor (Julie Pearce)

The November newsletter will be sent out very soon. Julie Pearce is finishing up the cover article about Daniel Chaplin and his 50 States goal. The December newsletter publication date is December 2, 2024, so please have all content to Julie Pearce by Friday, November 22, 2024. We are currently using Constant Contact for sending the BTC newsletter, but Julie hopes to have a meeting with Ryan Boswell to transition to RunSignUp in the near future.

## 1200 Mile Club (Rebecca Williamson)

Rebecca Williamson has selected a vest for 1200 Mile Club members who have completed ten consecutive years. She believes that there are 11 members who currently qualify for this vest. Rebecca is looking into a possible ambassador program for the 1200 Mile Club and a way to commemorate those who have reached five consecutive years.

## Japan Exchange (Jamie Trimble and Rebecca Williamson)

The six BTC members who travelled to Japan in August attended Japan-America Society of Alabama (JASA) event. Mark Jackson is the honorary Japanese consulate for Alabama and he recognized the BTC members at the event. Jamie Trimble is currently working on an official letter to get financial support for the Japan runner exchange program. Samford University is also interested in assisting with the Japan program and requested a meeting with Kim Benner, Jamie Trimble, and Rebecca Williamson.

## Social Committee (Haley Flanery and Kaki Jenkins)

Discussion was held regarding the last social of the year. Haley Flanery suggested a "Holiday Ho Ho Ho Down," with a western theme. A possible date for the holiday social is December 14, 2024. Since that time of the year is so busy, it was decided that the social will probably be after one the Saturday Morning Long Run. Trak Shak will also be hosting their annual Santa Shuffle on December 24, 2024.

## USATF Representative (Charles Thompson)

December is the beginning of indoor track and field at the Birmingham Crossplex.

## Saturday Morning Long Runs (Jamie Trimble and Cameron Estes)

We are currently trying to combine the Saturday Morning Long Run and Saturday Morning Moderate Run social media accounts into one. Discussion was held regarding a goal of implementing this by the first of the new year. Some of the BTC members are planning a meeting in November to discuss the Iron City Underground Marathon in March to

consider that being the official BTC spring race. We need to encourage people to register for water stops on Saturday mornings.

On Saturday, November 16, 2024, is the Kulture City Half Marathon is happening downtown. Cameron is still posting a long that day, but she is planning to have multiple water stops at Jack's Shell in Mountain Brook in case there are not many water stop volunteers due to the race.

The Railroad Marathon is happening again in February of 2025, and they would love our participation. We did water stop last year, but we may consider them sponsoring a BTC social to promote the event.

## Vulcan Run (Hunter Bridwell)

This year we had 710 registered for the Vulcan Run 10K. The current revenue from the race is looking at \$37,000, with reimbursements in the amount of approximately \$26,000. That gives us a total projected profit of approximately \$11,000. Hunter Bridwell confirmed that the City of Homewood and the post run venue were great to work with. For next year, Hunter and Trish Portuese will work on course modifications to remove the large hill and the alley. We would like to say a special thank you for all of the volunteers.

Hunter Bridwell made a motion to approve donations in the amount of \$1,000 to Girls on the Run and \$1,000.00 to Vulcan Park and Museum. The motion was seconded by Alex Morrow and passed without opposition.

## Kim Benner (Volunteers)

Chris Solomon won the Trak Shak gift card drawing for volunteering at the Vulcan Run 10K. Kim Benner is calculating which volunteers for the year will receive a merchandise credit and which will receive a free BTC membership.

## Marketing (Alex Morrow)

We are currently focusing our marketing on the 2025 BTC Race Series. Alan Hargrave did a great job with the email blast informing everyone that registration was open. Alex Morrow will focus on marketing the upcoming BTC social and the annual party. Alex wanted to give a special shoutout to Hunter Bridwell and Trish Portuese for their amazing job promoting the Vulcan Run 10K.

## IT Chair (Alan Hargrave)

Alan Hargrave sent an email blast for 2025 BTC Race Series to approximately 1900 people. As of the first day registration was open, approximately 1400 people opened the email. We currently have 53 already registered for the race series. Seventeen people used coupons for reduced registration for when signing up for the individual races.

## New Business

We have volunteered to sponsor a water stop for the Kulture City Half Marathon on Saturday, November 16, 2024. We will need between 6-10 people to work the very first water stop at mile 1.5 and the runners will hit it again and mile 7.5. The water stop is at First Avenue South on the Rotary Trail at 44th Street. Volunteers will need to be there around 6:30 and should be done by 9:30. The race does have RunSignUp for volunteers to register, but they just have one generic spot to register for a water stop and then it will ask you what organization you are with. It is here that you will select that you are with the Birmingham Track Club. Volunteers will receive a t-shirt and a ticket to the post race party.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, December 9, 2024, at 6:00 p.m.

# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	December 14, 2024	6:00 a.m./6:30 a.m.
<a href="#">Designs for Hope 5k Christmas Run (Trussville)</a>	December 14, 2024	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	December 21, 2024	6:00 a.m./6:30 a.m.
<a href="#">30th Annual Meadow Brook Runs – 5k and 1 Mile Fun Run</a>	December 21, 2024	9:00 a.m.
Trak Shak/BTC Santa Shuffle Holiday Run (benefitting Firehouse Shelter)	December 24, 2024	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	December 28, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 4, 2025	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 11, 2025	6:00 a.m./6:30 a.m.
<a href="#">6th Annual Forging Families 5k, 10k, and 1 Mile Fun Run (Columbiana)</a>	January 11, 2025	8:00 a.m.
<a href="#">Mobile Marathon (Mobile)</a>	January 12, 2025	7:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 18, 2025	6:00 a.m./6:30 a.m.
<a href="#">MLK Day 5k Drum Run</a>	January 18, 2025	7:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 25, 2025	6:00 a.m./6:30 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](#).



**BECOME A BTC MEMBER!**  
**FOLLOW THE QR CODE**

