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# THE VULCAN RUNNER

December 2025 12

## THE CHARITY RUNNER'S PLAYBOOK: YOUR GUIDE TO RUNNING FOR A CAUSE & RAISING REAL MONEY

*By Xuan Huang*



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# THE CHARITY RUNNER'S PLAYBOOK: YOUR GUIDE TO RUNNING FOR A CAUSE & RAISING REAL MONEY

*This article was created from insights shared on a podcast featuring Robin White, Six-Star Marathon Finisher & \$30,000+ Fundraiser. For the full conversation and additional details, please listen to the [complete episode here](#).*

## Meet Your Guide

**Robin White** isn't just any runner – she's a powerhouse in the charity running community. Having completed all six World Marathon Majors and raised over \$30,000 for the Bell Center across 13 campaigns, she brings deep experience to charity fundraising. As an active volunteer with the Bell Center Service Guild, she understands both sides of the charitable giving equation.

In this article, we're distilling her wisdom and community insights into actionable strategies for your charity running journey.



## How to Get Charity Bibs

Most major marathons have two main paths: general entry (lottery or time-qualifying) and charity entries. On paper that sounds simple, but as Robin explains, each race plays by slightly different rules—and understanding those rules is half the battle.

### 1. Start With a Cause That Truly Matters to You

Before you think about forms and deadlines, start with your “why.”

Robin has primarily run for Birmingham's Bell Center, often with a specific child in mind—her friend Kirsten's son Quinn, or her best friend's son Theo. For Tokyo, she stepped outside her comfort zone and chose Plan International because their “Run for Girls” mission aligned with her hopes for her own daughter.

Charities notice when your application reads like:

“I picked you because you're on the list,” versus: “Here's why this cause is deeply personal to me.”

### 2. Learn How Each Race Handles Charity Bibs

Not every major marathon works the same way:

- For races like New York, you can try the lottery first, and if you don't get in, many runners then turn to charity partners. Local organizations (like Bell Center, KultureCity, and Smile-A-Mile in Birmingham) often have a set number of bibs each year.
- Tokyo is different. There, the charity selection happens before the general lottery, and it's more like a bidding process. You commit to a fundraising amount, and the charity considers both your bid and your written “why” when deciding who gets a spot.

The takeaway: check the charity process for each race instead of assuming they all follow the same “lottery first, charity after” pattern.

### 3. Be Concrete About Your Fundraising Commitment

Charities need to know you'll actually hit your target. When applying to Tokyo, Robin:

- Researched past bid amounts for Tokyo by finding a spreadsheet of previous years' charity bids and number of spots.
- Set a realistic ceiling for what she was truly willing and able to raise.
- Felt confident because she had a track record raising money for the Bell Center.

When you apply, go beyond “I'll raise the minimum” and briefly outline:

- What amount you're committing to raise.
- Where that money is likely to come from (workplace, community, events, merch).
- Any prior fundraising you've successfully done.

### 4. Write a Strong “Why I Want to Run for You” Paragraph

For Tokyo, Robin's charity considered not only her bid but also a short written statement. She wrote about being a single mom, wanting her daughter to have every opportunity, and why “Run for Girls” genuinely mattered to her.



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Later, in a Tokyo Facebook group, she noticed someone who had bid more than she did but wasn't selected. That reinforced her belief that the story matters—not just the number.

Your application paragraph doesn't need to be long, but it should be:

- Specific (what in your life connects you to this cause?)
- Honest (no generic "I've always admired your work" fluff)
- Clear about why you want to represent this charity at this race.

## 5. Reach Out Early to Charity Partners

For races like New York, some charities already know they'll have bibs before the general lottery even opens. Robin recommends reaching out early to organizations that regularly have entries—especially local ones.

Why early contact helps:

- You get a longer runway to fundraise.
- You're on their radar as someone genuinely interested, not just scrambling after a lottery rejection.

Think of yourself less as a random applicant and more as someone starting a relationship with the charity.

For detailed timelines, fundraising minimums by race, and application deadlines, see our comprehensive Major Marathon Charity Guide.

## Proven Fundraising Strategies That Work

In our conversation with Robin, six themes came up again and again. Together, they form a simple playbook you can adapt for your own charity race.

### 1. Educate People About Your Cause

Robin didn't just drop a donation link and hope for the best. She spent time learning about the organizations she ran for and then sharing that with others.

As she put it, she really felt that "getting the education out there about the organization was making a difference." When people understand what the charity actually does—and who it helps—they're far more likely to give and to feel good about it.

**How to use this:**

- Learn a few meaningful facts or stories about your charity.
- Share those in your posts, emails, and conversations—don't just say "please donate."

### 2. Make the Ask Simple and Low-Friction

A lot of runners are nervous about asking for money. Robin totally gets that: "No one likes to ask for money."

Her approach is to make the ask very simple:

- Clearly explain what the money is for.
- Invite people to give a small, concrete amount—like \$5—instead of a vague "donate whatever."
- Release the pressure: if people can't or don't want to donate, that's okay.

Her line captures this sentiment perfectly: "If everyone reading this donated \$5, that would make a huge difference."

**How to use this:**

- Use one clear number ("5" or "\$10").
- Pair it with a one-sentence explanation of your cause.
- Let people know there's no guilt if they can't give.

### 3. Give People Something in Exchange

Robin also gets creative with merch and small items so supporters feel they're getting something fun in return:

- She designed "Run the Ham" shirts (Run Birmingham → Run the Ham) and sold them to raise money.
- Around Valentine's Day she followed up with "Love the Ham" shirts.
- She's also done pompom beanies ("little hats") tied to her fundraising.
- It's still a donation—but it feels more like buying something cool from a friend.

**How to use this:**

- Create a simple shirt, hat, bracelet, or sticker tied to your race or city.
- Make it clear that a portion (or all) of the price goes to your fundraiser.

### 4. Host Events That Create Value and Community

One of the earliest efforts Robin saw was a silent auction party hosted at a friend's house: people donated items, gathered, and bid—and the evening turned into a fun social event and a successful fundraiser.

Events like this work because they:

- Give people an excuse to gather.

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- Make giving feel like a shared experience, not a solitary transaction.

## How to use this:

- Host a small gathering: a silent auction, movie night, or themed party.
- Ask friends and local businesses to donate items or services.
- Charge a simple entry fee or encourage bids, with proceeds going to your charity.

## 5. Don't Underestimate the Power of Your Workplace

One thing that surprised both of us: your workplace can be a fundraising goldmine.

In the running community, people are generous—but there's also fundraising fatigue when everyone is asking at once. Your coworkers, on the other hand, may:

- Not be getting hit with as many donation requests.
- Be excited to support a colleague doing something hard and meaningful.
- Have access to company giving programs or nonprofit funds.

In the podcast, we talk about examples like workplace bake sales and employers with nonprofit arms that contribute additional funds.

## How to use this:

- Ask if your company has a nonprofit fund or matching program.
- Run a simple bake sale, lunch, or casual Friday fundraiser at work.
- Don't forget your spouse/partner's workplace too.

## 6. Take a Moment to Acknowledge Each Person Individually

Finally, Robin's most beautiful habit: she thanks every donor personally.

She says she always takes a moment to thank each person individually—and even when someone donates anonymously, if she can figure out who it is, she still reaches out privately.

For her, it's not just about the dollar amount: She thinks about how that person's donation impacts the organization and not just her fundraising.

## How to use this:

- Send a quick DM, text, email, or handwritten note to each donor.

- Tell them specifically:
  - "Here's what your donation helps do," and
  - "Here's why your support means so much to me personally."

This turns donors into long-term supporters who want to see you succeed—both in your fundraising and at the finish line.

## Community Recognition

This wisdom comes from the generous sharing of Birmingham Track Club members who contributed their experiences and insights. Special recognition goes to Jamie Lane Trimble, the BTC President who encouraged this research, and Rachel Bouley, whose workplace fundraising strategies have become a model for others.

Currently fundraising BTC members include Jason Zajac, who's pursuing the Tokyo Marathon opportunity, along with Kat Nichols and Chris Campo working toward their goals for the NYC Marathon. Ruth Kles, Joey Saffold, Haley Flannery, Allison Hoover, Rebecca Williamson, and Katie Pirkle all contributed valuable lessons from their fundraising journeys.

## Key Takeaway

Remember: Charity running isn't just about the miles or the money – it's about community, purpose, and the joy of running for something bigger than yourself.

## Resources

A comprehensive Major Marathon Charity Guide is coming soon, featuring application deadlines, lottery versus charity entry strategies, fundraising minimums by race, and a complete timeline cheat sheet.

Happy Running & Happy Fundraising!



# PRESIDENT'S ADDRESS

By Jamie Trimble



## Greeting BTC Members and fellow Birmingham runners!

Wow, can you believe it's December already? I could swear we were all just starting to dread the heat of the summer and now we're all running bundled up. Crazy!

Having just celebrated Thanksgiving, I want to express my heartfelt thanks to our BTC members, our club sponsors and supporters, race participants, and all Birmingham runners who make this truly THE BEST running community anywhere. And, as many of you may have noticed, I am back running and enjoying the opportunity to run with many of you again. I'm blessed and thankful for the opportunity and ability.

On Saturday, November 8, the BTC Saturday Morning running groups joined KultureCity to preview the course for their Birmingham Race half marathon and 5k. Then, on Saturday November 22, the BTC once again manned the best water stop on the half marathon course. While it was a bit of a warm and muggy morning for a race (in mid-November, no less), it was perfect weather to cheer on and aid those running the race. The BTC is proud to support this race and so many others around our community (in addition to our own races). This club is here for the entire Birmingham running community.

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 on Wednesday, December 24. Keep your eyes on social media for more details in the coming days, and plan on joining us in your tacky sweater or fun holiday costume. I love this event and look forward to seeing everyone 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. Speaking of the 1200 Mile Club, we have some exciting news...the 5- and 10-year milestone patches are in! These will make a great addition to your 1200 Mile Club jacket. Just see Matt Grainger on any Saturday morning to get yours. You can also [email Matt](#). And, if you don't have one of the coveted jackets that all the cool kids wear, be sure to sign up in 2026, run an average of 100 miles per month for a total of 1,200 miles, and you too can earn your jacket.

Our Saturday morning runs groups are now actively voting on the Spring training goal race(s). All BTC members should have received an email with a [link to vote](#). If you haven't received the email, here's the link to vote.

The 2026 BTC Race Series and all individual races are now open! Registration for the full Race Series is open until we run Adam's Heart Runs on January 31, 2026. This is THE best race deal anywhere, especially for BTC members. Our four races and dates for 2026 are:

- Adams Heart Runs (5k, 10k & 10 mile): Saturday, January 31, 2026
- Statue 2 Statue 15k: Saturday, April 4, 2026
- Peavine Falls Run: Saturday, July 4, 2026
- Vulcan Run 5k & 10k: Saturday, November 1, 2026

[Register here.](#)

Wishing everyone a happy, and safe, holiday season!

**Jamie Trimble**  
*BTC President*



# 2025 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

parliamentarian@birminghamtrackclub.com  
longruns@birminghamtrackclub.com  
moderateruns@birminghamtrackclub.com  
medical@birminghamtrackclub.com  
social@birminghamtrackclub.com

Marketing/Social Media  
Membership  
Membership Benefits  
Merchandise

Alex Morrow  
Cameron Estes  
Ellen Ortis  
Bradley Wells  
Julie Pearce

marketing@birminghamtrackclub.com  
membership@birminghamtrackclub.com  
benefits@birminghamtrackclub.com  
store@birminghamtrackclub.com  
newsletter@birminghamtrackclub.com

"The Vulcan Runner" Newsletter  
Japan Exchange Program  
1200 Mile Club  
Volunteer Coordinator

Rebecca Williamson  
Matt Grainger  
Kim Benner

japan@birminghamtrackclub.com  
1200@birminghamtrackclub.com  
volunteer@birminghamtrackclub.com  
historian@birminghamtrackclub.com  
finishline@birminghamtrackclub.com

Finish Line Crew  
Webmaster

Trish Portuese  
Jamie Trimble  
Kabeer Ahmed

webmaster@birminghamtrackclub.com  
itchair@birminghamtrackclub.com

IT Chair  
USATF Representative

Alan Hargrave  
Charles Thompson

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





# PATRIOTISM ON DISPLAY

By Mike Gray

The Publix Battleship 12K in Mobile, Alabama is a patriotic run to honor all who have served our country. Red bibs are worn by current or former members of the military, and blue bibs are given to civilian participants. This event thanks every man and woman who has worn the uniform from the opening ceremonies and National Anthem to the spirited course and finish. As the runners enter Battleship Memorial Park, they are handed a U.S. Flag to make every step a tribute as they sprint to the finish line to get a distinct finisher medal depicting a branch of the U.S. Military. The race features and honors a different branch of the military each year.

In November of 2019 long-time BTC members Dean Sides and Mike Gray completed their first Battleship 12k race. As U.S. Military Veterans (of the U.S. Air Force and U.S. Marine Corps, respectively), we were in awe over the profound sense of patriotism, esprit de corps and the appreciation for the service of our current and former members of our military. We knew from the start of that first race that we had a mission: to return every year until we had earned medals to honor all six branches of our military. Fast forward to Battleship 2025, and our mission was complete. We encourage all BTC members to run this iconic race in 2026.

**Editor's Note:** Congratulations to Dean and Mike on such a meaningful accomplishment, and thank you both for your service!



# MEDICATION AND MILES:

## Red Yeast Rice – Tiny Grain, Big Benefits?

By Ashton Bellamy, PharmD and Kim Benner, PharmD

### Introduction

A product of yeast grown on white rice, red yeast rice (*Monascus purpureus*) is a dietary staple in Asia and has been used in traditional Chinese medicine. The fermentation process gives it a distinctive red-purple color, and it can be used as an additive for food coloring.<sup>1</sup> It is available as rice, powder, and oral supplements. Red yeast rice naturally contains several ingredients, including monacolins, sterols, isoflavones, and monosaturated fatty acids (aka the “healthy fats”).

### Uses

Historically, red yeast rice (RYP) has had a multitude of uses. One of the primary uses of RYP is for its heart health benefits, including lowering cholesterol and reducing the risk of stroke and heart disease. One of the active constituents of RYP is monacolin K, which is chemically similar to the active ingredient in a prescription medication, lovastatin, which belongs to the statin class of medications.<sup>2</sup> Statins are used along with diet and exercise to lower cholesterol and subsequently reduce the risk of heart disease. It is hypothesized that other components of RYP may aid in lowering cholesterol. Red yeast rice contains lower amounts of the active ingredient thought to lower cholesterol, so the impact on cholesterol may be lower when compared to statin therapy.<sup>2</sup> The amount of the active ingredient (monacolin K) in each brand of RYP supplement may vary because manufacturers are not required to report the amount of monacolin K, and it is not regulated nor is it approved as a medication. Cholesterol management is important for overall heart health, and taking medications specifically for cholesterol reduction decreases the chance of experiencing a stroke or developing heart disease.

### Adverse Effects and Impact on Exercise

Although RYP may be used for muscle fatigue, the active ingredient, monacolin K, is similar to a statin. Therefore, taking RYP may lead to similar adverse effects on muscles like statins can cause. Medications within the statin class (such as lovastatin, simvastatin, atorvastatin -- refer to our [previous Medications and Miles article](#), Runnin' on Statins, for more about these medications), can cause adverse reactions related to skeletal muscles, including pain, weakness, soreness, and in extreme cases, muscle damage and breakdown known as rhabdomyolysis. When taken in high doses (there is no established safe dose range), the skeletal muscles are more likely to be impacted; however, it is important to note that there is not a consensus among professional organizations on the safe and effective dose of RYP for cholesterol reduction.<sup>3</sup> When compared to simvastatin, one small, single-center study conducted in patients with mildly elevated cholesterol found that RYP caused less muscle fatigue while maintaining its cholesterol-lowering effects.<sup>4</sup>

As a result of these severe side effects, the Food and Drug Administration (FDA) and European Food Safety Authority (EFSA) have commented



on the use of RYP. The FDA determined in 1998 that the monacolin K in RYP was high, and therefore, a drug, yet unregulated. As a result of this finding, the FDA banned RYP supplements containing detectable levels of monacolin K. Most recently, in 2019, the FDA acted against companies selling red yeast rice that were found to contain more than trace amounts of monacolin K. The FDA continues to hold the position that any RYP supplement with monacolin K is considered an unapproved drug.<sup>5</sup>

Because monacolin K is one of the active components of RYP that is known to have harmful side effects that could impact exercise and athletic performance, athletes may want to avoid using RYP. Other side effects noted in literature include liver injury, dizziness, stomach upset, headache, and heartburn.

### Drug Interactions<sup>6</sup>

Red yeast rice has several drug interactions that potentially could interact with other medications, supplements, and foods and beverages. Taking RYP with alcohol or drugs/supplements/herbs known to cause damage to the liver increase the risk of liver damage because RYP is metabolized by the liver. Some medications as well as grapefruit juice inhibit enzymes responsible for its metabolism, this may increase the risk of adverse effects of RYP. Alternatively, enzyme inducers will reduce the effectiveness of RYP. It also may interact with blood thinners and lead to an increased risk of bleeding when taken with warfarin (Coumadin), clopidogrel (Plavix), or aspirin. Lastly, taking red yeast rice with other medications known to lower cholesterol can increase the risk of skeletal muscle side effects.

### Overall Recommendations in Guidelines

In the United States, the American College of Cardiology/American Heart Association's 2018 guidelines on cholesterol management and 2019 guidelines for primary prevention (preventing the first episode of an event before it happens or starts) of cardiovascular disease, do not recommend use of RYP. The 2021 European Society of Cardiology guideline update on cardiovascular disease no longer recommends red yeast rice supplements. Prior to this, the





# MEDICATION AND MILES:

## Red Yeast Rice – Tiny Grain, Big Benefits?

European Cardiology Society and European Atherosclerosis Society recommended RYR to help manage mildly elevated cholesterol levels. In Italy, up to 10 mg/day of monacolin K (not explicitly RYR), can be used in patients with mild to moderately elevated cholesterol levels. Chinese guidelines also list RYR as a potential option for use in primary prevention of cardiovascular disease.

### Conclusion

In conclusion, RYR should not be taken to avoid, replace, or delay a doctor's visit or to replace or take with a prescription statin. Although federal regulations have banned RYR containing high amounts of monacolin K, in 2011, some of the products that were tested were still found to contain substantial amounts. Today, products are still available for purchase online; however, they should not contain monacolin K. Because supplements are not regulated by the FDA, even if the manufacturers claim there is no monacolin K, consumers have no definitive way of knowing how much they may be ingesting and if it safe and effective (as well as legal).<sup>7</sup> If you are considering adding RYR, or any supplement to your wellness journey, it is best to consult with your healthcare provider to discuss risks and benefits.

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# VULCAN RUN 2025

By Hunter Bridwell, Vulcan Run Race Director

The 51st Annual Vulcan Run 10k was held on a beautiful November Saturday morning in Homewood on a course that was slightly modified from the previous year to reduce some of the elevation changes. We received a lot of positive feedback regarding the changes. Having established this new, USATF certified course, we also are excited to announce the addition of a 5k option for the 2026 event. We look forward to sharing more details about this addition as we kick off the new year.

As for the 2025 race, we congratulate Serhii Shevchenko and Alina Boshchuk, both of Williamsburg, KY, for being the top overall male and female finishers, respectively.

Male Winner:

**Serhii Shevchenko of Williamsburg, KY with a time of 30:51**

Female Winner:

**Alina Boshchuk of Williamsburg, KY with a time of 35:31**

*Full Race Results can be found [HERE](#). And check out this video of the race [HERE](#).*





# 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:

Paula Angle	Chloe Hardin	Scott Padgitt	Mimi Smith
Leigh Barlow	Lynn Hardin	Chad Palmore	Brittney Standifer
DeWayne Boyd	Susan Hill	Charlie Parks	Jennifer Walker-Journey
Sharon Bullock	Jimmy Kuhn	Patrick Powell	Robin White
Pamela Connelley	Claire Kuhn	Jennifer Reeves	Charlie White
Christopher Crawford	Quinn Malbrough	Tom Riser	Birdie White
Andrew Doggrell	Reginald Murchison	Margaret Riser	Lisa Yeager
Ray Emmerson	Ellen Ortis	Ethan Saffold	Kristina Zlateva
Mollie Everitt	Andy Ortis	Joey Saffold	
Robby Grames	Mac Ortis	Silvia Santana	
Peter Hardin	Liza Ortis	Chad Seales	

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.

## 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.



## 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 Group Runs Update



### The Saturday Moderate Group is On the Move!

Big news! As of February 1, we have retired the Moderate Distance Run FB group page and have moved all our Birmingham Track Club group run events to one FB page. We will still have our moderate distance/pace group runs at 6:30 a.m. on Saturdays, but the event will be posted on what is now called the Birmingham Track Club Saturday Run Group page. The BTC will continue to host 6:00 a.m. runs that will target half marathon and full marathon training, so there will be something for every runner!

Be sure to add yourself to the [Birmingham Track Club Saturday Run Group page](#) if you haven't already! We are excited to be on one big, happy BTC family page!



On February 1, 2025

# WE HAVE MOVED



BTC Moderate run events will be posted on the BTC Saturday Group Run FB page (currently called Saturday Long Run)

[Facebook.com/groups/BTCSaturdayLongRun](https://Facebook.com/groups/BTCSaturdayLongRun)



# BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator



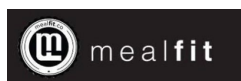
## NEW BTC MEMBER BENEFIT!

Birmingham Track Club members can now enjoy 15% off at the register when you visit Chop N Fresh in Lane Park (Mountain Brook Village). Just let them know you are a member of the Birmingham Track Club, and they will apply your discount. If you need to order ahead, you can call in with and let them know on the phone you're a BTC member. As always, please thank Chop N Fresh for supporting the BTC!

## CURRENT LIST OF MEMBER PARTNERS

FARM  
BOWL  
+ JUICE CO

CHOP<sup>N</sup>FRESH



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FLEET FEET  
Sports

The  
TrakShak  
Running Shops

2024 was a great year for the BTC! We hope all of you enjoyed some of the many benefits of BTC membership – from race discounts to gear discounts, and special offers by some of our favorite businesses, BTC membership is the best deal around! You can always find the latest and greatest list of “BTC perks” on the [“Members Only”](#) section of the BTC website, and you can see a list of races offering discounts to members [here](#). If you need to sign up or renew your membership, you can do so [here](#).

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>

## NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

Download (or print) your membership card by clicking [this link](#) or by following these instructions:

- Go to <https://runsignup.com/MyClubMemberships>.
- Log into RunSignUp using the email you used to register with the BTC.
- Click the **“Membership Card”** link for your current BTC membership (need to renew your membership? Click **“manage”** to do so easily).
- Print your membership card or save a .PDF to your phone. Easy peasey!
- Enjoy your BTC discounts (and be sure to support the local businesses who support the BTC)!

## REMEMBER TO USE YOUR BTC MEMBERSHIP BENEFITS

- » **MealFit:** 20% off first order. Use Code BHAMTC online (mealfit.co).
- » **Trak Shak:** 10% off. Present card
- » **Moving On:** 10% off. Present card.
- » **Restore:** 10% off services and 20% off memberships. Present card.
- » **FleetFeet:** 10% off. Present card.
- » **Taco Mama/Otey's:** 20% off. Present card. (at participating locations only)

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

# THERAPYSOUTH

## Using Data for Distance: How a VO2 Max and Lactate Threshold Test Helped Me Run Smarter and Stay Healthy

By Hannah Cox,  
TherapySouth



Recently, I spent a morning at Samford University's School of Health Sciences, completing both a VO2 max test and lactate threshold test. Not only did I complete these tests, but Tyler Williams, PhD, CSCS and his team of kinesiology students broke down all the information for me. I left with an eight-page report detailing my results, interpretations, and targeted training zones.

After repeated changes in body composition over the past eight years bringing children into the world, I wanted to reassess how those changes affected my running form and physiology. My goals for this race season shifted: I don't just want to run, I want to race! (Apparently, I look the part now because people are asking me if I am "running or racing" at packet pick up!)

But as I ramped up my training, I was having a lot of difficulty maintaining running form at a desired (goal) pace. That difficulty led to an injury in my big toe flexor (a small, but important muscle) that sidelined me for several weeks. As a forefoot runner (and a Birmingham runner, with all our hills) that big toe is critical. In addition to rehabbing and cross training, I took off to Samford's School of Health Professions' SamFit program to expedite my training post-injury.

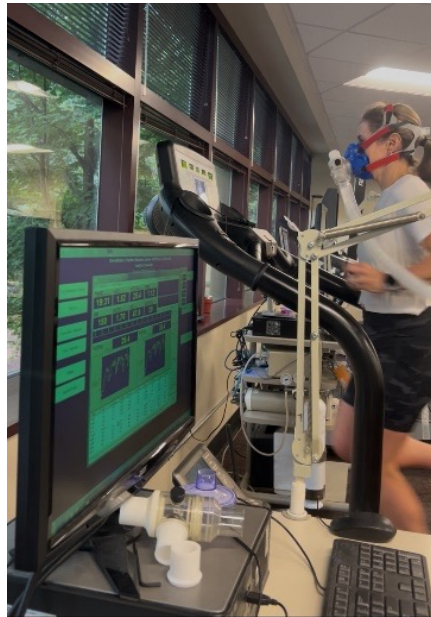
VO2 max measures the maximum amount of oxygen you can use during intense exercise – it's your aerobic engine. Lactate threshold, on the other hand, tells you how you can sustain a hard effort before fatigue sets in – aka your fuel efficiency.

When oxygen supply can't meet tissue demand, your body shifts to anaerobic metabolic pathways, producing lactic acid which quickly splits into lactate and hydrogen ions. Those hydrogen ions lower a muscle's pH, creating acidity that slows enzyme activity and muscle contraction. Thus, the beginning of the end for any distance runner not crossing the finish line!

Lactic acid itself isn't breaking down your muscle, but the conditions that cause it to build up (low oxygen, CO2 production, fatigue, etc.) can indirectly contribute to muscle strain or injury. In my case, my

form breakdown (from poor muscle contraction) during my run led to my big toe flexor being overloaded.

After recovering from my injury (and these tests!) I used my lab results to re-establish heart rate zones and training paces for my December marathon. I pulled out my RRCA training materials from my course with Alex Morrow and re-established my new running program with significant changes in fueling. My test data showed that I was underfueling carbohydrates for the intensity I was training at. In fact, my metabolism of carbs and fats was much higher than I anticipated! Once I dialed in my new fueling strategy, everything drastically changed! On my most recent long run, with my toe flexor healed and



nutrition adjusted, I crushed the pace, handled the distance, and didn't crash when I transitioned straight into "mom mode" with my kids at the ballpark after the run. Now, THAT'S winning!

Personally, I plan to continue these tests every race season to dial in my training and do a better job preventing injury! Look for me this running – or racing -- season!

These are some of my favorite exercises for athletes with anterior hip pain. If your hip pain persists even after performing these exercises, reach out to us at [tsendurance@therapysouth.net](mailto:tsendurance@therapysouth.net).



# 1200 MILE CLUB

The 2025 edition of the 1200 Mile Club is now open! Remember: you must be a BTC member to join the challenge – [click here to join or to renew](#) your membership! The BTC is pleased to welcome Matt Grainger as the new Coordinator of the 1200 Mile

Club! First time 1200 Mile Club finishers are entitled to purchase a coveted 1200 Mile jacket for a nominal fee, and recurring finishers receive patches to display for subsequent years.

**Cumulative miles from 2025 are listed below.**

Participant	Total
Adwell, Stephen	1,470
Ahmed, Kabeer	1,586
Aquino, Eugene	1,463
Barton, Tabitha	554
Basquill, Matt	563
Benner, Kim	1,558
Bishop, Troy	0
Blackmon, Kim	879
Booher, Lisa	1,729
Bookout, Jason	1,650
Bookout, Kimberly	2,093
Bossard, Teri	2,027
Boswell, Ryan	329
Bouley, Rachel	1,362
Brakhage, Victoria	1,097
Bray, Elizabeth	588
Brown, Katie	1,342
Brown, Sean	920
Bryant, Jason L.	386
Burbank, Brett	1,335
Burst, Theresa	0
Caine, Lawrence	945
Callahan, Chris	951
Calvert, Aaron	1,409
Campos, Chris	1,671
Carlton, Bob	1,257
Chaffinch, Randy	1,097
Chaffinch, Violet	1,138
Chandler, Teresa	1,280
Clay, Brad	1,228
Cleveland, Jeff	1,396
Cliett, Stephanie	1,373
Cobb, Patty	464

Participant	Total
Coe, Emily	950
Coe, Matt	1,203
Coffin, Diane	1,196
Colpack, Susan	1,090
Colvard, James	149
Conner, Melanie	174
Cooper, Cara	1,168
Cowie, Katelyn	914
Cramer, Robyn	1,277
Cramer, Steve	373
Creed, Brad	1,166
Creel, Mary	1,119
Cromey, Tyler	1,854
Davis, Samantha	1,139
Dawson, Ashley	1,972
Dawson, Bill	1,388
Deason, Michael	0
Deffenbaugh, Todd	1,102
Denney, Stephanie	1,115
Dill, Kinsley	1,203
Dimicco, Al	1,204
Dixon, Jeff	1,499
Downs, Matt	1,181
Duke, Cindy	1,211
Ennis, Matt	1,771
Estes, Cameron	1,095
Estrada, Steven	3,147
Flanery, Haley	165
Fons, Aaron	158
Franklin, Shane	0
Frederick, Winston	1,396
Freeman, Daren	419
French, Eric	0

Participant	Total
Gaston, Katie	0
Gaston, Michael	1,500
Goode, Johnny	1,153
Grainger, Matt	1,783
Grames, Robby	1,208
Gray, Michael	1,073
Gruber, Marla	1,573
Haefs, Jonathan	1,395
Haggard, Georgia	943
Hall, Thomas	31
Hanson, Valerie	850
Haralson, Danny	1,162
Haralson, Micki	1,285
Hargrave, Alan	1,202
Harrelson, Karen	1,986
Harrison, Lisa	1,067
Hatcher, Heydon	352
Henninger, Alison	1,095
Herron, Michael	1,205
Hicks, Emery	1,204
Hogeland, Angie	1,058
Hogeland, Jeff	1,693
Holder, Gene	1,048
Hoover, Alison	1,978
Hopper, Whittley	1,166
Hurst, Anna	1,124
Jack, Arian	1,394
Jenkins, Kaki	2,027
Jenkins, Kate Herrera	1,162
Jensen, Sarah	874
Johnson, Kimberly	1,353
Johnson, Phillip	1,359
Johnson, Troy	1,251

Participant	Total
Jones, Julie	1,061
Jones, William	309
Kaylor, Sara	0
Kemper, Tricia	1,202
Kles, Ruth	583
Knight, David	1,128
Krick, Stefanie	1,756
Kuhn, Jimmy	1,942
Kulp, Loren	1,469
Lamb, Patrick	1,072
Lancaster, Jeff	1,685
Landefeld, Dale	977
Lane, Anna Louise	1,136
Losavio, Lauren	1,294
Lovett, Meg	0
Lugo, Whitney	1,198
Lyda, Beth	1,352
Lyda, John	1,402
Lyle, Randy	1,358
Malick, David	1,702
Markham, Elishua	1,228
Mathews, Nikita	1,352
Mathews, Skip	1,192
McCalley, Charles	1,167
McElroy, Catherine	1,179
McKee, Rachel	820
Melton, Kristen	10
Merry, Vicki Sue	1,358
Miller, Pamela	1,196
Millican, Randy	982
Morris, Gordon	1,122
Moss, Philip	1,165
Moss, Renie	53
Murchison, Reginald	1,768
Namer, Lexi	615
Nodjomian, Jason	1,022
Noerager, Brett	2,559
Noerager, Felicia	1,370
Northern, Kristie	1,676
Oliver, Tom	241
Orihuela, Carlos	1,628

Participant	Total
Orihuela, Catheryn	1,604
Ortis, Ellen	360
Padgitt, Scott	292
Pearce, Julie	0
Pinnick, Honora	322
Pinnick, Jonathan	0
Plante, David	0
Poe, Bria	243
Powell, Logan	1,805
Pritchett, Leigh Ann	832
Quinn, Vivian	1,174
Quinsey, Caleb	199
Rakestraw, Stephanie	863
Randolph, Megan	0
Rawson, Brent	1,414
Renfro, Jeff	958
Richetti, Vee	1,307
Rivera, Jose	0
Roberts, Fletcher	1,025
Robertson, John	1,249
Robinson, Rod	0
Rodgers, Brian	1,610
Rodgers, Jeffrey	1,198
Rose, Billy	2,966
Rose, Jamie	1,123
Ruschhaupt, Skyler	0
Russell, Maureen	1,943
Rutledge, Lisa	1,377
Sanford, Gary	2,211
Sherer, Jeremy	1,081
Sherrell, Jeff	1,266
Shin, Ye Jung	1,879
Shinn, Ronald	734
Sides, Dean	833
Silwal, Suman	0
Simpson, Kevin	1,939
Sloane, Mike	726
Smith, Daryl	1,281
Smith, Erin	1,400
Smith, Holly	1,667
Smith, Jason	2,018

Participant	Total
Smith, Jerry P.	905
Soileau, Chester	1,309
Spikings, Matt	1,169
Starnes, Dan	1,451
Stephens, Cory	407
Stewart, Mariah	1,474
Stockton, Rick	1,303
Stone, Kayla	1,131
Sweatt, Jason	0
Syx, Amy	2,199
Thompson, Sarah	792
Thornton, Amanda	1,636
Toth, Christopher	609
Toth, Nick	667
Varner, Greg	1,103
Vaughn, Catherine	1,011
Velezis, Christine	1,104
Vinson, Matthew	609
Waddell, Chassi	1,106
Walker, Brooke	1,060
Walker, Skylar	304
Ware, Jennifer	860
Washington, Monica	0
Waters, Marc	825
Watkins, Britney	1,419
Watkins, Tommy	1,169
Wells, Bradley	0
Wende, Adam R	1,321
Whatley, Prince	1,225
Wheeler, Elizabeth	1,207
White, Robin	1,833
Whitley, Mary Elizabeth	1,094
Whitt, Trey	606
Wiseman, Steve	1,527
Wu, Xing	1,157
Wyers, Ronald	1,156
York, Gary	1,871
Zajac, Jason	1,719



# SHOW US YOUR BTC GEAR





# BTC EXECUTIVE BOARD MEETING

# November 10, 2025

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Alan Hargrave, Matt Grainger, Julie Pearce, Ellen Ortis, Julie Pearce, Cameron Estes, Rebecca Williamson, Charles Thompson, Kabeer Ahmed, and Kaki Jenkins.

Bradley Wells made a motion to approve the minutes of the October 2025 Executive Board Meeting. The motion was seconded by Cameron Estes and passed without opposition.

## Membership (Cameron Estes)

We currently have 756 members and 591 memberships. Jamie Trimble offered to compose a list of those whose BTC memberships have expired so Cameron can send a mass email notifying them that their membership expired and providing a link to renew.

## Newsletter Editor (Julie Pearce)

Please have all newsletter content for the November newsletter to Julie Pearce by Friday, November 21, 2025. The publication date will be December 1, 2025. Please let Julie know if you have any article ideas or if there are any people who would love to write an article and she will be happy to edit it.

## Treasurer (Jamie Trimble)

The BTC's current account balance is \$55,661. There are still some outstanding invoices from Vulcan Run that will be paid in the near future.

## Member benefits (Ellen Ortis)

There are no new member benefits to report.

## Merchandise (Bradley Wells)

Bradley Wells is currently working on new winter merchandise ideas like a hoodie, sweatshirt, and a long sleeve athletic shirt. Bradley will have samples available to preview.

## 1200 Mile Club (Matt Grainger)

The five-year and ten-year patches are in. We plan to hand them out at the BTC Annual Party. The Trak Shak is out of 2024 patches, so Matt Grainger will provide them with additional 2024 patches to give out.

## Social Committee (Kaki Jenkins)

Haley Flanery is still looking for caterers to provide Cajun food for the BTC Annual Party. We anticipate having 150 people attend the party.

We plan to help the Trak Shak with the Santa Shuffle. We will check with Jeff to confirm what we should bring. We could also just have a low-key Christmas themed run. People can bring some cookies, coffee, etc.

## USATF Representative (Charles Thompson)

Charles Thompson has the minutes from the USATF of Alabama's meeting that took place on September 28, 2025, if anyone would like to review it. It includes all of the new officers. The Birmingham Crossplex starts in December, but their schedule is not complete. Ask Charles if you would like a complete schedule and he can mail you a copy.

Saturday Morning Long and Moderate Group Runs (Cameron Estes)  
We will start looking into a spring goal race. BTC members will be able to submit race suggestions, then we will pick the top three and have a vote.

There was a good turnout for the Kulture City preview run. We will be providing a water stop for the race on November 22, 2025, but we do still plan to have Saturday Morning Long and Moderate Group Runs on that day.

## Japan Exchange (Rebecca Williamson)

We have been working for over a year to try and get runners from Maebashi to come run a BTC race. Unfortunately, we did not get the Birmingham mayor's signature on the letter we needed to invite runners in time to invite them for the Vulcan Run 10K. We hope to invite them for a Statue 2 Statue in 2026.

## Vulcan Run (Jamie Trimble)

The Vulcan Run 10K was last weekend. Hunter Bridwell would like to thank all of the volunteers. Participants seemed to like the new course. Registered runners donated \$300 for Vulcan Park and Museum and \$470 for Girls on the Run. We plan to look into adding a 5K next year. We have submitted next year's race to be the RRCA State Championship race. The 5K won't have separate shirts, no monetary awards, and we may do 10-year age groups awards for the 5K to keep expenses down.

Jamie Trimble made a motion that we donate \$1,000 to both Vulcan Park and Museum and Girls on the run. The motion was seconded by Alan Hargrave. The motion passed without opposition.

## New Business

Discussion was held about opening registration for the 206 BTC Race Series and all of the BTC races. We will have to add the 5K option for the Vulcan Run. Last year we offered a one-day promotion for registering for the race series at a discounted price, so it was decided to do that again this year on Monday, November 17, 2025.

Adam's Heart Runs and Statue 2 Statue both need their courses recertified, so Jamie Trimble will reach out to Jeremy to have those done.

There being no further business, the meeting was adjourned. The next monthly meeting will be held on Monday, December 8, 2025, at 6:00 p.m. via Google Meet.



# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	December 13, 2025	6:00 a.m./6:30 a.m.
<a href="#">Medal Madness Half Marathon, 10k, and 5k (Gadsden)</a>	December 13, 2025	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	December 20, 2025	6:00 a.m./6:30 a.m.
<a href="#">Meadow Brook Runs – 5k and 1 Mile Fun Run</a>	December 20, 2025	9:00 a.m.
<a href="#">Trak Shak's Santa Shuffle</a>	December 24, 2025	TBA
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	December 27 , 2025	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 3, 2026	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 10, 2026	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 17, 2026	6:00 a.m./6:30 a.m.
<a href="#">MLK Day 5k/10k Drum Run and 1 Mile FunRun/Walk</a>	January 17, 2026	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 24, 2026	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	January 31, 2026	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 Kabeer Ahmed](#), or visit the BTC website to [submit your race](#).





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