



USATRACK & FIELD

BIRMINGHAM TRACK CLUB WHERE RUNNERS ARE FORGED THE VULCAN RUNNER

February 2026 **2**



BTC ANNUAL PARTY

FEBRUARY 7TH
6-9 PM

Upstairs at Avondale

Crawlin to the finish line

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@RunBTC

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PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

Welcome to the frozen tundra of Alabama. As I write this address, our Adams Heart Runs race is wrapping up on a cold, snowy last day of January. Many thanks to race director Vicky Brakhage and all of the many volunteers who make our races so successful, no matter the weather. We will have a full recap in next month's edition of *The Vulcan Runner*.

Coming up on Saturday, February 7th is our **BTC Annual Party**. The last two years' parties have been nothing short of amazing. The Social Committee, led by Haley Flanery, has another fun night planned, with a Mardi Gras theme of "Crawlin' to the Finish Line." This year's party will once again be held at Avondale Upstairs. We'll have plenty of food and libations, and a DJ for an incredible dance party.

In addition to the fun and frivolity, we'll take care of our annual business, including election of officers, awarding 1200 Mile Club Jackets, and presenting our annual awards. In addition to our long-standing Dr. Arthur Black/Rick Melanson and Randy Johnson/Danny Haralson annual service awards, this year we will award the inaugural **Kelly Sims Spirit of the BTC** award. This award has been established to honor the memory of Kelly Sims, who gave joyfully and tirelessly to the BTC even as she battled cancer. I want to especially thank Skylar Walker, Alison Henninger, Britney Cowart, Ellen Ortis, and Hunter Bridwell for their service on the award committee to define this award and select our first ever winner.

With all of those things happening, you won't want to miss this year's party. [Sign up today](#), and remember, your BTC membership gets you in for HALF PRICE! We'll have a full party recap and lots of pictures in next month's issue of *The Vulcan Runner*.

With the election of officers at the annual party, we will welcome a new BTC President for this coming year. As a result, this my farewell address (of sorts). I won't be going far, as I'll be stepping into the Past President role and will continue to serve the BTC Board in that capacity as well as continue lending a hand whenever and wherever needed for this club.

It's hard to believe how quickly three years have gone by. It seems like just yesterday I was taking the helm from Hunter Bridwell and trying to follow his great leadership. I truly love this club and leading it has been a privilege of a lifetime. I can't express my gratitude for the opportunity to serve our membership and the entire Birmingham running community. I am grateful to the officers, committee chairs, and race directors with whom I have served.

Two very important aspects of my tenure as President have been volunteerism and advocacy for our entire running community. I am incredibly appreciative of the many volunteers who make all that we do as a club such a success. Whether you provided a water stop on a

Saturday morning run, worked any part of one of our BTC races, lent a hand with a social or the annual party, or showed up to represent the BTC as we supported non-BTC affiliated races, you embody the very best of this club.

Having the opportunity to travel around the country and internationally for running related activities, as well as becoming involved in the Road Runners Club of America representing the BTC, I have come to truly appreciate what an amazing club we have here in Birmingham. This is one of the most amazing running organizations anywhere, and I will put us up against any club in the country, no matter the size. We support each other, we support the running events all around the area, and we give when there is a need. I have been incredibly proud to represent this club as your President.

The heart and soul of a running club is its membership. We need our members and the requisite dues to make all that we do possible. BTC membership is a deal that can't be beat financially. For \$24 per year (even less with multi-year memberships), you get incredible race discounts on BTC races and many other races in the area and region, discounts at local merchants, access to the 1200 Mile Club, and you support the mission and benefits the club provides to the entire Birmingham running community. We want you and we need you, so take a minute to [check your membership status](#), and if it's expired, renew today. And if you never been a BTC member, but like what we have to offer, then join us as a card-carrying member (literally)!

Regarding volunteerism mentioned previously, another very important aspect of a club like this is the volunteers who give their time and devote their efforts to leading this club. The BTC leadership isn't only the official Officers/Board of Directors (President, Vice President, Secretary, Treasurer, and Past President), but also the many committee chairs and those who assist them, and our four race directors. Collectively this group provides the leadership, direction, and behind-the-scenes work to make what is seen publicly happen. All of these folks do this on a completely voluntary basis, without compensation, and sometime even without recognition. In some cases, there are individuals who serve in multiple capacities.

There are many roles where this club can use new volunteer leaders and we welcome new people and new ideas as we move forward. If you would like to volunteer and serve this club in a greater capacity, I invite you to [reach out to me](#) or any of the other club officers and we will find a place for you to serve. I speak from experience when I say that it can become a true labor of love.

Happy Running!

Jamie Trimble
BTC President

2026 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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longruns@birminghamtrackclub.com
moderateruns@birminghamtrackclub.com
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Membership Benefits
Merchandise

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Bradley Wells
Julie Pearce

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

Rebecca Williamson
Matt Grainger
Kim Benner

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volunteer@birminghamtrackclub.com

Historian
Finish Line Crew
Webmaster

Trish Portuese
Jamie Trimble
Kabeer Ahmed

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webmaster@birminghamtrackclub.com

IT Chair
USATF Representative

Alan Hargrave
Charles Thompson

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usatfrep@birminghamtrackclub.com

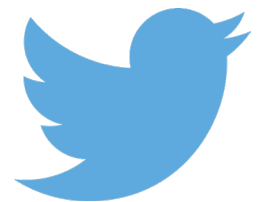


BTC Race Directors

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



MEDICATION AND MILES:

Probiotics – Do They Help You Go the Distance. . . or Just Run in Place?

By Kaitlyn Marison and Matthew Zbell, 2026 PharmD Candidates, Kim Benner, PharmD



Prebiotics vs. Probiotics: What's the Difference?

Probiotics are living organisms, usually bacteria or yeast, that help our bodies digest food and help prevent against certain illnesses. They are naturally found in many fermented foods such as yogurt, sauerkraut, kefir, aged cheeses, and kombucha. Prebiotics, on the other hand, are not digested by the human body but may be used by gut microorganisms to grow. Prebiotics have been termed the fertilizer with the probiotics - the seeds.¹ Prebiotics and probiotics work together to help support a healthy gut microbiome. In addition to foods in which they naturally are found, there are many products that offer prebiotic/probiotic support. In addition to supplements taken in a capsule, there are also options like Karma Probiotic Water and Poppi Prebiotic Soda Beverages that contain added prebiotics or probiotics.

Is There a Difference Between Probiotics on the Shelf and in the Fridge?

Refrigerated probiotics often have higher counts of probiotic strains. Shelf-stable products are formulated with more resilient strains or are freeze-dried. The three most common bacteria/yeast in probiotics are Lactobacillus, Bifidobacterium, and Saccharomyces. All of these can be found in products stored on the shelf and in the refrigerator.

When are Probiotics Useful?

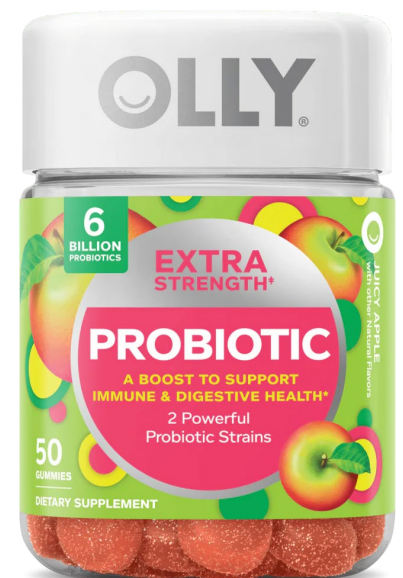
One common use for probiotics is during antibiotic use. A 2015 meta-analysis that evaluated 12 different studies showed that taking

a probiotic in combination with antibiotics lowered the risk of antibiotic-associated diarrhea from 22.4% to 12.3%.² This study specifically looked at the probiotic Lactobacillus rhamnosus GG (LGG). This specific strain is found in all Culturelle products. A 2017 meta-analysis evaluated 51 articles and showed similar results.³ For antibiotic-associated diarrhea, LGG had the highest effectiveness and tolerability. The American Gastroenterological Association does not recommend probiotics for Crohn's disease, ulcerative colitis, irritable bowel syndrome (IBS), or gastroenteritis due to lack of evidence.⁴ So while there is some evidence that probiotics can help with antibiotic-associated diarrhea, there is no concrete evidence for other uses.

Is it Okay to Take Daily Probiotics?

There are a multitude of daily probiotics available on the market. They range from general gut health to more targeted products that claim to improve digestive and immune function, urinary tract health, and provide stress relief. It is important to note that in the United States, over-the-counter products are not regulated

by the FDA and are not required to be tested by a third party to verify the ingredients. Many available probiotics list a "proprietary blend" on the ingredients list, but do not quantify how much of each strain is included in the product. In general, there is not sufficient data to support using these probiotics daily. However, they are typically well-tolerated and safe in most patients (see next section). Despite lack of evidence in the literature, there are still many people who have seen benefits from these daily probiotics. The decision is ultimately up to the individual patient in conjunction with their primary care provider or pharmacist.



CONTINUED ON NEXT PAGE

MEDICATION AND MILES:

Probiotics – Do They Help You Go the Distance. . . or Just Run in Place?

Who Should Avoid Probiotics?

Probiotics in general have minimal side effects or interactions with other medications. However, it is important to know the few populations who should avoid probiotics, unless directly recommended by a physician. High-risk groups include patients who are immunocompromised (due to organ transplants, chemotherapy or cancer, leukemia, or AIDS), chronically ill, or malnourished infants, elderly, and pregnant women.⁵ These patients are at increased risk of rare but serious side effects including infections such as sepsis (a severe bloodstream infection leading to organ failure), endocarditis (inflammation of the heart's inner lining), and abscesses.

In conclusion, the choice to consume prebiotic and probiotic supplements, foods, and beverages is up to the individual. While there is not much published data available, there are many people who have experienced benefits. Probiotics are safe in most populations and cause little to no side effects, but it is best to use them judiciously and consult a medical provider prior to routine use.

References

1. *Brown University Health Blog Team. The Importance of Prebiotics. Be Well. November 15, 2022. Accessed December 4, 2025.*
2. *Szajewska H, Kołodziej M. Systematic review with meta-analysis: Lactobacillus rhamnosus GG in the prevention of antibiotic-associated diarrhea in children and adults. Aliment Pharmacol Ther. 2015;42(10):1149-1157. doi:10.1111/apt.13404*
3. *Cai J, et al. Comparative efficacy and tolerability of probiotics for antibiotic-associated diarrhea: Systematic review with network meta-analysis. United European Gastroenterol J. 2018;6(2):169-180. doi:10.1177/2050640617736987*
4. *Su GL, et al.; on behalf of the AGA Institute Clinical Guidelines Committee. AGA Clinical Practice Guidelines on the Role of Probiotics in the Management of Gastrointestinal Disorders. Gastroenterology. 2020;159(2):697-705. doi:10.1053/j.gastro.2020.05.059*
5. *Katkowska M, Garbacz K, Kusiak A. Probiotics: Should All Patients Take Them? Microorganisms. 2021;9(12):2620. Published 2021 Dec 18. doi:10.3390/microorganisms9122620*

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.



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:

Charlie Brown	Steven Estrada	Michella Lockett	Gregory Pugliese
Lawrence Caine	Ashraf Fouad	David Malick	Jeffrey Purvis
Amanda Claire Campos	Lisa Harrison	Sheree Martin	Michelle Shaw
Chris Campos	Heydon Hatcher	Carter Morris	Kevin Simpson
Zach Carlton	Angie Hogeland	Garrett Morris	Janelle Townes
Mary Kendrick Christiansen	Bethany Hogeland	Justin Morris	Lora Vaughn
Taylor Christiansen	Jeff Hogeland	Marcie Morris	Jennifer Werthman
Stephanie Cliett	Clare Huddleston	Ben Noerager	Prince Whatley
Patty Cobb	Troy Johnson	Brett Noerager	Mary Elizabeth Whitley
Cara Cooper	Laurie Kellogg	Felicia Noerager	
Emmagene Crunk	Ann Klasner	Mae Noerager	
Todd Deffenbaugh	David Knight	Ramsey Nuss	

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



BTC
ANNUAL PARTY

FEBRUARY 7TH
6-9 PM

Upstairs at Avondale

Crawlin to the finish line



BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator

NEW BTC MEMBER BENEFIT!

Join me in welcoming our newest benefit partner, Respite Therapeutic Massage, owned by Jaclyn Brown, wife of BTC Member Sean Brown. Jaclyn is located in Homewood and is offering 10% discount to our members. Check out our Q&A below to learn more about Jaclyn and her what she has to offer!



Q: How long have you been in massage therapy and what drew you to the profession?

I started Respite Therapeutic Massage in 2023. Before that, I worked in different government labs for over a decade in Florida and Alabama. The work was wearing me down and I wanted to move to a different environment. My running group in Florida had a few massage therapists -- really smart, really compassionate people. I love the work. Despite the fact that most people have similar goals -- they want to move without pain, and they want to manage stress -- no two days are the same.

Q: When in a training cycle is the best point for a runner to get a massage? Before a long run? After?

My personal sweet spot is 2-3 days after two separate long runs in the second half of my training schedule, but I also tend to have a longer training schedule for my half marathons. Frequency is dependent on many factors -- your time, family obligations, finances, goals, and how well you recover in general. If you're unsure about frequency, I recommend scheduling two massages over 3-4 months and see how you may need to adjust.

These are just suggestions and everyone recovers differently.

Q: How do runners schedule an appointment with you?

They can [follow this link](#). Use the code that's in the [BTC Members Only page](#) for 10% off.

Q: A massage for a runner is a great gift -- do you sell gift cards?

I do!

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 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!

THERAPYSOUTH

Past the Toes, Past the Myths: Rethinking Knee Biomechanics

By Hannah Cox,
TherapySouth



Research suggests that an optimal running cadence typically falls between 160-180 steps per minute. To achieve this cadence while reducing the risk of overstriding and minimizing stress on the quadriceps, it is essential to improve hip flexor strength and power. Many runners are diligent about stretching their hip flexors, yet often neglect strengthening and explosive (power) training for this muscle group. Developing both will enhance speed, cadence, running efficiency, and stride mechanics.

Exercises to Build Hip Flexor Strength and Power

1. Resisted Hip Flexion

Begin standing with your hands braced on a wall for support. Loop a resistance band around both feet. Drive one knee upward quickly, focusing on explosive power and hold at the top (end range) for 2-3 seconds. Lower slowly to create time under tension. *Power is gained on the drive; endurance is built on the descent.*



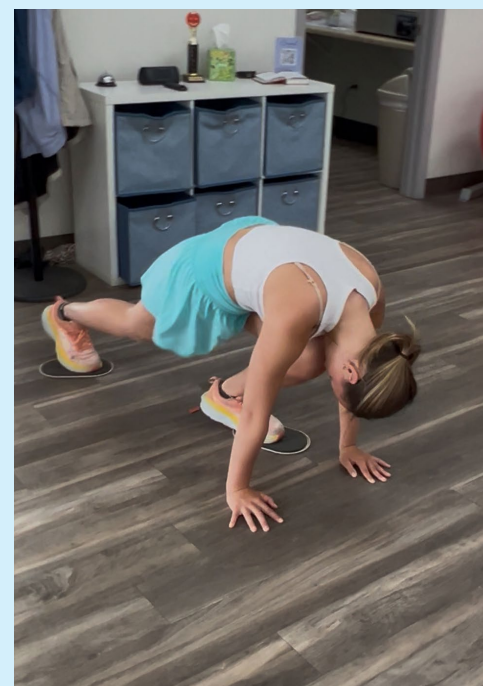
2. Stride Drives

Stand facing an elevated surface such as a step or low box. Perform a power drive by jumping upward while driving one foot sharply onto the surface and driving the opposite knee up. *This movement mirrors the reciprocal pattern of running and develops push-off strength and hip-drive power.*



3. Speed and Reactivity Work

Mountain climbers are an excellent and under-used tool for improving speed, fast-twitch fiber activation, and cardiovascular conditioning. Begin in a plank position on a surface that allows your feet to move quickly, and alternate knee drives rapidly. *Try working in 45 second intervals -- you will feel the change immediately.*



This month's takeaway?

Improving hip flexor strength and power is a key component in developing a more efficient and faster running cadence. Integrating targeted exercises like these can help prevent over-striding, protect the quadriceps, and support long-term running success.

1200 MILE CLUB

Now that 2026 is here, it's time to close out the 2025 edition of the 1200 Mile Club. Just a few important reminders and a little encouragement as we kick off another strong year:

Enter your 2025 Miles

Please make sure all of your 2025 miles are entered by January 21, 2026. You can enter miles for any month you may have forgotten through the access link you receive each month.

Jacket orders close soon

The last day to order the coveted 1200 Mile Club jackets is Monday, January 12, 2026. Each participant should have received an email recently with the order link. See Matt Grainger after Saturday's long run if you need to try on jackets to pick your size.

The 2026 Challenge is officially open!

The 2026 edition of the 1200 Mile Club Challenge is now live – [click this link](#), and start logging those miles! When you break down 1200 miles, it's only:

- 100 miles per month
- 25 miles per week
- About 3.5 miles per day

How's that for runner math?! Remember: you must be a BTC member to participate ([click here to join or renew your membership](#)). Go kick butt on the roads or trails this year!

Matt Grainger, 1200 Mile Club Coordinator

Cumulative miles from 2026 are listed below.

Participant	Total
Ahmed, Kabeer	135
Aquino, Eugene	152
Benner, Kim	110
Booher, Lisa	0
Bossard, Teri	204
Boswell, Ryan	0
Bradley, Shelby	134
Brakhage, Victoria	0
Brasher, Julia	0
Bray, Elizabeth	143
Brown, Katie G.	0
Brown, Sean	0
Caine, Lawrence	101
Callahan, Chris	95
Calvert, Scott	108
Campos, Chris	0
Carlton, Bob	0
Castro, Andrea	0
Chaffinch, Violet	62
Chandler, Teresa	130
Clay, Brad	0
Cleveland, Jeff	140
Cliett, Stephanie	117
Coe, Emily	149
Coe, Matt	0
Colpack, Susan	105
Cooper, Cara	81
Cowart, Dave	101

Participant	Total
Cowie, Katelyn	112
Creed, Brad	65
CREEL, MARY	110
Davis, Samantha	120
Dawson, Ashley	0
Dawson, Bill	0
Deffenbaugh, Todd	98
Denney, Stephanie	72
Dimicco, Al	0
Dixon, Jeff	109
Duke, Cindy	106
Ennis, Amanda	80
Ennis, Matt	150
Estes, Cameron	0
Estrada, Steven	299
Flanery, Haley	0
French, Eric Lewis	0
Goode, Johnny	83
Gorrie, Alie B.	121
Grainger, Matt	198
Grames, Robby	85
Gray, Michael	83
Gruber, Marla	154
Haefs, Jonathan	161
Hall, Thomas	0
Haralson, Danny	92
Haralson, Micki	111
Hargrave, Alan	111

Participant	Total
Harrelson, Karen	158
Heard, Macy	112
Henninger, Alison	96
Hogeland, Angie	124
Hogeland, Jeff	38
Holder, Gene	0
Hoover, Alison	0
Jenkins, Kaki	192
Jensen, Sarah	96
Johnson, Kimberly	41
Johnson, Phillip	0
Johnson, Troy	62
Jones, Julie	103
Kezar, Carolyn	97
Knight, David	112
Krick, Stefanie	138
Kuhn, Jimmy	0
Lamb, Patrick	60
Lancaster, Jeff	166
Landefeld, Dale	95
Lane, Anna Louise	101
Lockett, Michella	0
Losavio, Lauren	122
Maiola, Frankie	119
Markham, Elishua	87
Martin, Sheree	0
Mathews, Nikita	127
Mathews, Skip	97

Participant	Total
McCalley, Charles	99
McInnish, Amber	64
Merry, Vicki Sue	111
Millican, Randolph	104
Morris, Gordon	102
Morrow, Alex	0
Moss, Philip	86
Muncher, Monica	73
Murchison, Reginald	150
Nodjomian, Jason	110
Northern, Kristie	213
Orihuela, Carlos	0
Palmore, Chad	0
Pearce, Julie	0
Powell, Patrick	148
Renfro, Jeff	110
Richetti, Vee	71
Roberts, Fletcher	124
Robinson, Tamara	178
Rodgers, Brian	0
Rodgers, Jeffrey	82
Rose, Billy	9
Rose, Jamie	201
Rutledge, Lisa	90
Saffold, Ethan	0
Sanford, Gary	252
Sherer, Jeremy	101
Sherrell, Jeff	163

Participant	Total
Shin, Ye Jung	215
Simpson, Kevin	0
Sloane, Mike	0
Smith, Daryl	127
Smith, Erin	141
Smith, Holly	0
Smith, Jason	170
Smith, Justin	0
Smith, Mimi	92
Soileau, Chester	0
Stephens, Cory	0
Stockton, Rick	0
Stone, Kayla	93
Tarabella, Abbie	0
Thornton, Amanda	135
Townes, Janelle	97
Trimble, Jamie	64
Vick Jr., Gerald	128
Vinson, Matthew	36
Waddell, Chassi	110
Watkins, Tommy	107
Watters, Erin	108
Wende, Adam R	163
Wheeler, Elizabeth	0
White Vick, Katie	155
White, Robin	231
Wiseman, Steve	141
Woodard, Larry	0

ADAM'S HEART RUNS

January 31, 2026

We look forward to bringing you a more detailed recap of this year's Adam's Heart Runs event next month, but here's a sneak peak of the fun we had!



FEETS OF STRENGTH

“Feets of Strength” is where we celebrate our running accomplishments, big and small! No one appreciates those accomplishments quite like your fellow runners because many of us have been in your shoes! If you finish a new distance, snag a shiny new PR, or log any other running-related accomplishment, [let us know](#) – the BTC loves to celebrate with you!

First up this month is **Dale Landefeld**. After a 15-year break from the marathon distance, Dale ran the 2025 Rocket City Marathon in a Boston-qualifying time of 4:15:25 (his first BQ!), AND finished first in his age group. Way to go, Dale – we are so proud of you!

And although he doesn't know I snagged this photo, let's send a special congratulations to our fearless leader, **Jamie Trimble**. Jamie has spent the last couple of years recovering from bilateral hip replacements, but he has been the poster child for making a proper and healthy comeback. We are thrilled to report that Jamie is BACK in a big way – after 25 months of recovery (and two “bionic” hips), Jamie completed the Pensacola Beach Run Half Marathon on January 10, 2026. Way to go, Jamie!

Who are we celebrating next month?



BTC EXECUTIVE BOARD MEETING

January 12, 2026

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Vicky Brakhage, Ruth Kles, Julie Pearce, Hunter Bridwell, Alex Morrow, Charles Thompson, Trish Portuese, Ellen Ortis, Cameron Estes, Haley Flanery, Judy Loo, Kim Benner, and Matt Grainger.

Ruth Kles made a motion to approve the minutes of the December 2025 Executive Board Meeting, which were sent via email since the newsletter had not been published yet. The motion was seconded by Bradley Wells and passed without opposition.

Membership (Cameron Estes)

We currently have 745 members and 579 memberships.

Treasurer (Ruth Kles)

The monthly financial report was sent out via email. Ruth Kles is getting the 1099 forms filed by the deadline on January 31, 2026. The current account balance is a little over \$60,000. Therapy South has already paid their annual sponsorship. Jamie Trimble renewed the RRCA membership and insurance. The RRCA membership dues include music royalties.

Newsletter Editor (Julie Pearce)

Please have all newsletter content for the February newsletter to Julie Pearce by Friday, January 23, 2026. The publication date will be February 2, 2026. Please let Julie know if you have any article ideas or if there are any people who are interested in writing an article.

1200 Mile Club (Matt Grainger)

There are currently 80 members registered for the 2026 1200 Mile Club. Matt Grainger would like to give a special thanks to Alan Hargrave for all of his work in compiling the list of 1200 Mile Club finishers. There were 153 members who successfully completed 1200 miles in 2025. We hope to get patches this week. There were 13 new jackets ordered. Discussion was held regarding a separate award for total number of years vs just consecutive years.

Social Committee (Haley Flanery)

The BTC Annual party is scheduled for Saturday, February 7, 2026, at Avondale Upstairs. There will be a Mardi Gras theme. We anticipate having 150 people attend the party. The annual party will include officer elections and annual awards. Please send nominations to Hunter Bridwell. For the Kelly Sims Spirit of the BTC award, we have formed a committee to determine the description for what the award represents and the criteria for the award recipient.

Volunteer Committee (Kim Benner)

The number of volunteers in 2025 was up from the previous year. Of the 2025 list of volunteers, eight people earned free annual memberships, but six of those already have lifetime memberships. An additional 14 volunteers earned a merchandise credit.

Kim Benner made a motion to give four random volunteers from 2025 a free annual membership and give 14 volunteers a \$20 merchandise credit. The motion was seconded by Vicky Brakhage and passed without opposition.

Volunteer registration for Adam's Heart Runs is open. Kim Benner is sending a mass email requesting that volunteers register through RunSignUp.

Due to Kim Benner's new position as the ASHP President, she will have to step back from her role as the BTC Volunteer Coordinator. She will still be here to help, but a new Volunteer Coordinator will have to be selected.

Adam's Heart Runs (Vicky Brakhage)

Adam's Heart Runs is coming up on Saturday, January 31, 2026. Jeremy Davis is working on recertifying the courses. Shirts have been ordered, and the 10-mile finisher dog tags will be completed tonight.

BTC Race Series (Jamie Trimble)

Jeff Martinez with the Trak Shak is handling timing for all of the BTC Race Series. We obtained two bids for photographers to handle all of the BTC Race Series. The bids are from MRuns and Lindsey of Reel Wheel Media. Discussion was held regarding each photography bid.

Bradley Wells made a motion to approve Reel Wheel Media as the race videographer and photographer. This will include race photography for the combined media package. The motion was seconded by Alex Morrow and passed without opposition.

Vulcan Run (Hunter Bridwell)

The Vulcan Run will have a 5K this year. Hunter Bridwell and Trish Portuese are determining a 5K route and start time.

Japan Exchange (Jamie Trimble)

Rebecca Williamson is trying to coordinate with Mark Jackson to see what we can do to invite runners from Japan for a BTC race in 2026.

Saturday Morning Long and Moderate Group Runs (Cameron Estes)

Carmel and Boston were selected as the spring goal races and are approximately 13 weeks away. The Saturday Morning Long Runs are increasing their mileage to prepare for these races.

Marketing (Alex Morrow)

We are currently promoting Adam's Heart Runs and the BTC Annual Party. We need to confirm if we are sponsoring a water stop for the Railway Marathon and Half Marathon on February 7, 2026. We plan to start promoting Statue 2 Statue right after Adam's Heart. Vicky Brakhage will include a link to register for Statue 2 Statue in her wrap up email from Adam's Heart Runs. If we are doing a water stop for the Railway Marathon, we can see if they will promote Statue 2 Statue. Discussion was held regarding a special promotion for Statue 2 Statue during the weekend of the annual party.

Member benefits (Elen Ortis)

We do have one new member benefit that will be discussed in the January newsletter. Respite Massage Therapy is offering a 10% discount for BTC members. Their office is located in Homewood.

USATF Representative (Charles Thompson)

The Birmingham Crossplex's schedule is available on their website. The Martin Luther King Track Classic will take place on January 19, 2026. There will be two track meets due to capacity. This meet will include teenagers from Alabama, Georgia, and Mississippi. The Alabama High School Athletic Association State Championship will be held on January 30th and 31st. Charles Thompson will be unable to attend Adam's Heart Runs due to this conflict. The Tennessee Athletic High School Association previously held events in Birmingham, but Charles Thompson encouraged them to move their events to Vanderbilt, and they agreed to do so.

New Business

Water cups – We are going to partner with Trak Shak to purchase cups. We will purchase 10 cases of cups and we get another 10 for free. That should cover cups for all of the BTC races. Hunter Bridwell reported that he obtained a bunch of sports powder from BHM 26.2, so we don't need to order any sports drinks.

Vulcan Tri is interested in partnering up with the Birmingham Track Club. They are already sponsoring a water stop at Adam's Heart Runs and we plan to meet with them to discuss other partnership opportunities.

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

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	February 7, 2026	6:00 a.m./6:30 a.m.
Railway Marathon and Half Marathon (50k, marathon, half marathon, 10k, 5k, 1 Mile Fun Run, and virtual 5k options)	February 7, 2026	7:45 a.m.
BTC Annual Party (Upstairs at Avondale) – Tickets required – click to purchase	February 7, 2026	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	February 14, 2026	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	February 21, 2026	6:00 a.m./6:30 a.m.
BCBS of Alabama Kids Marathon	February 21, 2026	10:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 28, 2026	6:00 a.m./6:30 a.m.
Rare Disease Fun Run – 5k and 1 Mile Fun Run	February 28, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 7, 2026	6:00 a.m./6:30 a.m.
Grand Bohemian Village 2 Village 10k and 7.5 Mile Run	March 7, 2026	8:00 a.m.
Oak Mountain Color Run (5k/1 Mile)	March 7, 2026	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 14, 2026	6:00 a.m./6:30 a.m.
The Bell Center 5k and Children's Run	March 14, 2026	8:00 a.m.
The 12th Annual Judy M. Merritt Memorial 5k & Family Fun Run	March 14, 2026	9:00 a.m.
Tour de Brewers XXIV – St. Patrick's Day Edition	March 14, 2026	11:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 21, 2026	6:00 a.m./6:30 a.m.
The Indy 5k at Barber Motorsports Park	March 27, 2026	5:30 p.m.
BTC Saturday Long and Moderate Run Groups	March 28, 2026	6:00 a.m./6:30 a.m.
Rumpshaker 5k and 1 Mile Fun Run	March 28, 2026	8:00 a.m.

BTC discounts are applied automatically for all current BTC members when registering through RunSignUp. Need to join or renew your membership? [Click here!](#)

Need to add a race (actual or virtual) to the calendar?

[Email Webmaster Kabeer Ahmed](#), or visit the BTC website to [submit your race](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

