



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

May 2026 **5**



**CELEBRATE TRAILS  
 DAY 2026**

*By Sarah Jensen, BTC Moderate Run Coordinator*

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# CELEBRATE TRAILS DAY 2026



## **Birmingham runners showed up for connection, community, and the future of Alabama's trails**

On Saturday, April 25, runners and walkers from across Birmingham headed out along the Hugh Kaul Trail behind Pepper Place Market for Celebrate Trails Day, one of more than 200 events happening across the country.

This year's event brought together members of Birmingham Track Club (BTC) and Birmingham Ultra Trail Society (BUTS) -- a reminder that whether we are logging road miles or heading for the trails, we're all part of the same community.

Hosted on the fourth Saturday of April, Celebrate Trails Day is an annual spring celebration of America's trails that was launched by Rails to Trails Conservancy in 2013. Rails to Trails is a national nonprofit committed to transforming former rail lines into vibrant trails that connect people and places. The Birmingham event was one of more than 200 celebrations across the country.

## **Why trails matter - for Birmingham and beyond**

Outdoor recreation generates \$6.6 billion each year in Alabama, fueling local businesses and rural economies. A [2021 report by the Hoover Institution](#) found that one of the best ways for Alabama to attract highly skilled workers is to have vast outdoor recreation offerings. That means Alabama's trails system is not only good for Alabamians' health and good for connectivity and community, but it also is good for business as these offerings help to retain and bring in talent that will aid Alabama in becoming a national leader in scientific and technological innovation.

## **Keep it going**

If you're looking for an easy way to stay connected to that momentum, the 100 Alabama Miles Challenge is a great place to start. The goal is to log 100 miles over the course of the year -- walking, running, hiking, rolling, or however you like to move.

And if you're ready to take that consistency a step further, BTC's own [1200 Mile Club](#) is a great way to stay accountable throughout the

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# CELEBRATE TRAILS DAY 2026

year. Members track their monthly mileage, submit it online, and can follow their progress alongside others in the club. Hit 1,200 miles by the end of the year, and you'll earn a special BTC-branded reward -- but more than that, it's about building the habit of showing up, week after week.

All miles count! Races, training runs, even those "just getting out the door" walking for exercise miles count. If you're already moving, you're already on your way! Visit [Birminghamtrackclub.com/1200-mile-club](http://Birminghamtrackclub.com/1200-mile-club) for more info. And if you're newer to running or looking for a fresh start, keep an eye out -- BTC will be launching a beginner-friendly 5K/10K training cohort later this summer.



# PRESIDENT'S ADDRESS

By Bradley Wells



## Hello BTC Family,

As we head into May, the momentum within the Birmingham Track Club continues to grow -- and that growth starts with you. From new members finding their place to longtime members stepping up to help, our club is strongest when everyone feels connected and involved. We remain focused on our goal of reaching **1,000 members**, and every runner, volunteer, and advocate helps move us closer.

Spring racing season has been inspiring to watch, and I want to offer a huge congratulations to everyone who toed the line this spring -- whether it was a local 5K, a first half marathon, or one of the many races across the region and beyond. A very special shout-out to our BTC runners who took on the Boston Marathon -- qualifying for and racing Boston is an incredible accomplishment, and we're proud to cheer you on as part of this club.

## **Next Up: Peavine Falls – July Fourth at Oak Mountain**

One of our most beloved races is right around the corner: **Peavine Falls, held every July Fourth at Oak Mountain State Park**. More than just a race, Peavine is truly a celebration of running, tradition, and community. From the iconic climb and fast descent to the camaraderie at the finish line, it's a day that embodies everything BTC stands for.

Whether you're racing, volunteering, or cheering, Peavine Falls is an event you don't want to miss—and a perfect way to kick off Independence Day with your running family.

[Register for Peavine Falls Here!](#)

As spring gives way to summer training, it's critical that we stay

focused on safety and hydration, especially on long runs. One of the most tangible ways members can get involved is by helping with weekly water stops for our Saturday group runs. These stops make a huge difference during hot Alabama mornings and are a great way to support fellow runners -- even if you're not running that day.

To make volunteering easy and accessible, **BTC can provide coolers, hydration powder, and cups**, so there is no financial burden for anyone willing to help. All we need is your time and willingness to show up. If you're looking for a simple but impactful way to give back, this is it.

Looking ahead, the Executive Board will be meeting in May to discuss some exciting changes and opportunities for the club. There's a lot of positive energy around where BTC is headed, and you can expect announcements soon -- including new ways to get involved and help shape the future of our organization.

If you've been thinking about volunteering, supporting races, helping with water stops, or even serving in a leadership or board role, I'd love to hear from you. Please reach out to me directly -- we want your ideas, your energy, and your voice as we continue building something special together.

Thank you for being part of BTC, for supporting one another, and for showing up week after week. I'm excited for the summer ahead and all that we'll accomplish as a club.

See you out there,

**Bradley Wells**

*President, Birmingham Track Club*



# 2026 Officers



## President

**Bradley Wells**

president@birminghamtrackclub.com



## Treasurer

**Ruth Kles**

treasurer@birminghamtrackclub.com



## Vice-President

**Matt Ennis**

vicepresident@birminghamtrackclub.com



## Secretary

**Vicky Brakhage**

secretary@birminghamtrackclub.com



## BTC Committees

General Counsel/Parliamentarian	Lauren Weber	parliamentarian@birminghamtrackclub.com
Long Run Coordinator	Cameron Estes	longruns@birminghamtrackclub.com
Moderate Run Coordinator	Sarah Jensen	moderateruns@birminghamtrackclub.com
Medical Director	Dr. Rachel Henderson	medical@birminghamtrackclub.com
Social Chair	Haley Flanery	social@birminghamtrackclub.com
Marketing/Social Media	Alex Morrow	marketing@birminghamtrackclub.com
Membership	Cameron Estes	membership@birminghamtrackclub.com
Membership Benefits	Ellen Ortis	benefits@birminghamtrackclub.com
Merchandise	Ellen Ortis	store@birminghamtrackclub.com
"The Vulcan Runner" Newsletter	Julie Pearce	newsletter@birminghamtrackclub.com
Japan Exchange Program	Rebecca Williamson	japan@birminghamtrackclub.com
1200 Mile Club	Matt Grainger	1200@birminghamtrackclub.com
Volunteer Coordinator	Kaki Jenkins	volunteer@birminghamtrackclub.com
Historian	Trish Portuese	historian@birminghamtrackclub.com
Finish Line Crew	Jamie Trimble	finishline@birminghamtrackclub.com
Webmaster	Kabeer Ahmed	webmaster@birminghamtrackclub.com
IT Chair	Alan Hargrave	itchair@birminghamtrackclub.com
USATF Representative	Charles Thompson	usatfrep@birminghamtrackclub.com

## BTC Race Directors

Adam's Heart Run	Vicky Brakhage	adamsheart@birminghamtrackclub.com
Statue 2 Statue	Judy Loo	statue2statue@birminghamtrackclub.com
Peavine Falls	Marla Gruber	peavinefalls@birminghamtrackclub.com
Vulcan Run	Hunter Bridwell	vulcan@birminghamtrackclub.com

## BTC Mission Statement

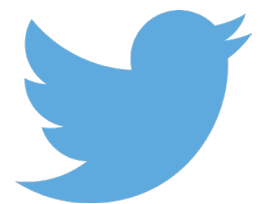
The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health, and recreation.

## Contact BTC at:

Birmingham Track Club  
P.O. Box 530363  
Birmingham, AL 35223  
secretary@BirminghamTrackClub.com

## Race Results

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



# COMMUNITY CORNER

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

Happy May, BTC!

It is a great time to get out and explore Jefferson County, and find your new favorite trail!

To help with that endeavor, Freshwater Land Trust has a brand new interactive map for finding a trail in the area, which we unveiled in April at a press conference in Hoover.

The new map provides a more user-friendly and dynamic experience for users, displaying all existing trails as well as what is to come: 19 miles of planned and in-progress trails under FLT's Red Rock Action Plan show up with a click or a tap. Trails can be sorted by type (greenways, nature trails, bike lanes, or gardens) using the map's filter tool. A "Find a Trail" search feature enables users to explore trails by surface material and location, making it easy to find the best places to walk, run, bike, roll, scoot, or skate in Jefferson County.

More features and details, such as difficulty level and elevation, will continue to be added, further helping users find their ideal trail. "The new Red Rock Interactive Map makes it easier than ever for people to explore the trails and parks throughout Jefferson County," said Anna Massa Pires, FLT's Red Rock Trail System Coordinator. "This redesign will also improve our team's ability to update the map, ensuring it consistently reflects the latest trail additions, including the rapidly expanding network of bike lanes. We hope this will help users discover

new trails and experience more of the incredible outdoor spaces we're fortunate to have in our region."

See our Map: [Find a Trail - Freshwater Land Trust](#)

We are just a few weeks away from the completion of the new, as-yet-unnamed trail in East Birmingham connecting the Irondale Furnace Trail to the Flora Johnston Nature Preserve. At 1.3 paved miles along Shades Creek, this new trail is already in use by the locals!

The Central Avenue trail in Homewood is almost ready for its opening as well, connecting Central Park to Spring Park. It is also unofficially already in use, and provides a safer run along Central to downtown Homewood.

Construction bids were opened in April for Phase 1 of our Hollywood Boulevard bridge project, which is the sidewalks on either side. Look for construction to begin at the end of the month! WOW! It feels amazing to say that after 14 years of BTC involvement and funding!

That's all for now -- I would love any feedback on Freshwater Land Trust's new online map, and if you found a new favorite trail!



# MEDICATION AND MILES:

## A Duo for Longer Runs and Faster Recovery: Astaxanthin and NAD+?

By Ashton Bellamy, PharmD, and Kim Benner, PharmD

A current trend in the wellness and beauty market is harnessing nicotinamide adenine dinucleotide (NAD+) and astaxanthin for their anti-aging effects and other skin benefits. Claims of superior antioxidant protection, smoother, firmer, and more hydrated skin, as well as reduced wrinkles, and better defense against ultraviolet (UV)-induced aging have fueled the excitement around their use in the skincare industry. NAD+ and astaxanthin also have caught the interest of the health and fitness community because of their speculated individual and combined benefits for workouts and recovery.

Nicotinamide adenine dinucleotide (NAD+) is a coenzyme present in every cell. It is essential for metabolism, DNA repair, and energy production. Specific to exercise, it is appealing because of its role in energy production and endurance, muscle function and fatigue reduction, post-workout recovery and muscle recovery, metabolic efficiency, focus and cognitive function, and performance longevity and training consistency.<sup>1</sup>

Astaxanthin is a potent antioxidant with a reddish-orange pigment that is primarily obtained through our diets, as humans do not naturally produce it. It is found in seafood, such as salmon, trout, shrimp, krill, and lobster. Additionally, astaxanthin is a carotenoid, so it also can support immune function and benefit eye health.<sup>2</sup> As an antioxidant, astaxanthin can protect our bodies from harmful molecules called free radicals, which contribute to cell damage, aging, and diseases such as cancer, heart disease, and diabetes.<sup>3</sup>

### NAD+

Looking more closely at NAD+, its benefits for exercise seem to be mostly tied to energy levels, muscular function, and recovery. In one study, NAD+ has been found to improve muscle function and protect against muscular damage.<sup>4</sup> Additionally, there is thought that “optimal levels” may help prevent fatigue during intense exercise; however, the optimal level has not been established or accepted.<sup>1</sup> NAD+ helps muscle recovery by fueling cellular energy and activates essential repair pathways. This is also thought to help with longevity and the aging process. When exercising, our muscles use adenosine triphosphate (ATP) as their energy source, and NAD+ is required to regenerate ATP. If NAD+ is depleted, this could slow the regeneration of ATP. When the availability of NAD+ is higher, faster energy restoration

takes place and may leave athletes with less lingering fatigue.<sup>5,6</sup> This mechanism is also how NAD+ supports muscle function and athletic performance. NAD+ also reduces muscle fatigue, which helps with athletic performance. It accomplishes this by reducing oxidative stress as well as promoting ATP production, fueling muscles longer, and allowing them to maintain their strength and endurance.

NAD+ also may provide some cognitive benefits and/or protection. The focus of the studies to date have been cognitive function throughout the aging process. Animal studies have found that NAD+ supplementation

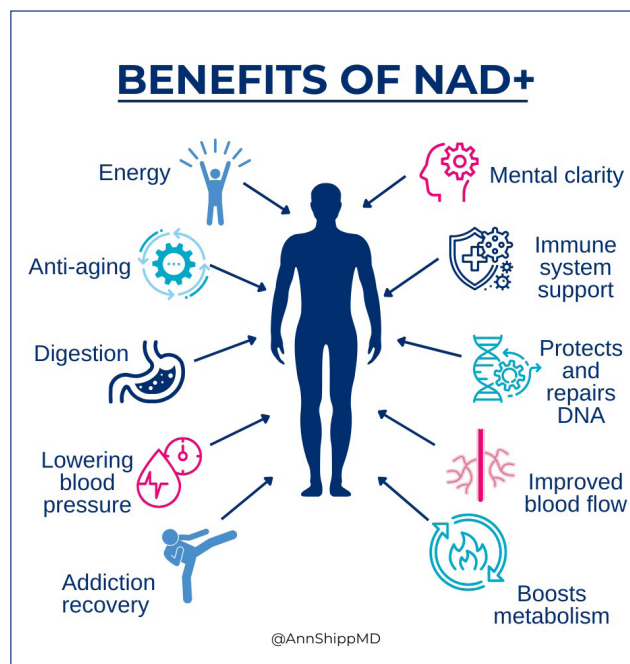
restores mitochondrial function, leading to improved cognitive function.<sup>7</sup> Similar to how NAD+ helps muscles with ATP production, it provides energy for brain cells and reduces brain fog, enhancing mental clarity, strengthening memory, and improving focus. Additionally, because it is an antioxidant, NAD+ can help combat oxidative stress and repair damaged DNA in brain cells. There is thought that NAD+ may slow the progression of dementias, like Parkinson's; however, there is no human data confirming this theory.

### Astaxanthin

Astaxanthin also has recovery benefits that mainly stem from its antioxidant effects, meaning less inflammation and damage to cells, tissues, and proteins.<sup>8</sup> Only small studies have evaluated supplementation with astaxanthin

thus far. In a study of 40 male soccer players who took astaxanthin or a placebo, the astaxanthin group was observed to have a better balance of free radicals (damaging) and antioxidants. The authors of this study concluded that the soccer players taking astaxanthin may reduce the effects of the inflammatory effects associated with intense, prolonged exercise.<sup>9</sup> In another meta-analysis, supplementation with astaxanthin improved cycling trial time in athletes at any level (amateur and professional athletes).<sup>10</sup> In addition, this study found that when astaxanthin was administered, the athletes were able to exercise longer and had reduced oxidative stress; however, no effects were seen in inflammatory muscle markers or lactate levels.

Outside of exercise, astaxanthin supplementation has been studied in diseases that are associated with inflammation. In cancer, astaxanthin has been studied to possibly help increase the efficacy



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# MEDICATION AND MILES:

## A Duo for Longer Runs and Faster Recovery: Astaxanthin and NAD+?



of chemotherapy. In these cases, astaxanthin is incorporated into the chemotherapy itself, rather than taken orally, which helps ensure that the body is exposed to more of the chemotherapy agent, and possibly to a more targeted site.<sup>11</sup>

Astaxanthin also may have cardiovascular benefits, primarily through modulating lipid metabolism, lowering “bad” cholesterol and triglycerides, and increasing “good” cholesterol. Some of these benefits are associated with its antioxidant properties but also may increase cholesterol uptake into the liver and facilitate cholesterol transport, which may slow down arterial plaque buildup.<sup>12</sup> Astaxanthin also has anti-diabetic properties. Like cardiovascular disease, diabetes has an anti-inflammatory component. Astaxanthin may improve insulin sensitivity and increase insulin secretion. Insulin helps regulate (and lower) blood sugar.<sup>12</sup> Ultimately, this can help prevent some long-term complications that are associated with diabetes, such as kidney and eye damage.

Both supplements have powerful antioxidant effects and may help with overall health. Additionally, athletic performance and endurance may be enhanced, and athletes may have an easier and shorter recovery. The two may work synergistically -- as NAD+ helps with energy production and has some antioxidant properties, astaxanthin helps with recovery, which may result in less inflammation for athletes may use these supplements.

The safety of these supplements is important. While currently NAD+ does not have an established safe daily dose, the generally considered safe doses range from 1000 mg to 2000 mg. While the long-term effects of daily supplementation are not well described, side effects include gastrointestinal discomfort, headaches, and insomnia. Astaxanthin also does not have an accepted safe daily dose, but doses in studies have ranged from 4 mg to 18 mg once daily. Long-term use has not yet been described in medical literature, but its side effects include gastrointestinal issues, such as increased bowel movements and stomach pain. Astaxanthin also may interact with blood thinners, increasing someone’s risk of bleeding. Because astaxanthin can be sourced from fish, there can also be a risk for allergic reactions. Both supplements may interact with medications that are taken routinely, so it always is recommended to discuss with a medical provider before starting any new supplement.

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# 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:

Kim Blackmon  
Katelyn Crawford  
Thomas Edwards  
Haniah Edwards  
Michael Flo  
Elena Flores

Gabe Flores  
Cheryl Gayheart  
John Goode  
Catherine Jared  
Natalie Jett  
Brandon Jones

Patrick Lamb  
Lucas Lamb  
Jane Lamb  
Spenser Lamb  
Caroline Lee  
Russell Lynch

Charis Morgan  
Mary Caroline Newman  
Carley Nicholas  
Natalie Talley  
Skylar Walker

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



## 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](#).



## Saturday Morning Water Stop Volunteers Needed!

We're not saying your water stops need to be as creative and fun as this one (but huge thanks, **Xuan Huang**, for this especially awesome one!), but as the days get warmer and more humid, we all need more hydration, especially during our long runs! The BTC loves organizing long and moderate distance runs for our runners – and while they are free and open to everyone, we need everyone's help to ensure we stay safe and hydrated. Please sign up to supply a water stop periodically – it is easy, inexpensive, and your fellow runners will love you for it! You'll find the link to sign up (along with instructions) on each week's route.



Thank you!

## BTC Group Runs Update

Join the BTC Long or Moderate Groups for a group run on Saturday mornings! The Long Run group meets at 6:00 a.m. at Trak Shak in Homewood and typically offers two distance options. The Moderate Group meets at 6:30 a.m., also at Trak Shak, and offers multiple distance options, as well as run/walk or walking options. The BTC truly has an option for everyone!

Please check the BTC Saturday Group Run [Facebook](#) page each week for details on the distances and routes each group will be running, as well as to sign up to volunteer to supply a much-needed water stop!



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

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

## 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!](#) Spring gear will be available soon on the BTC website.



# BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator

## 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

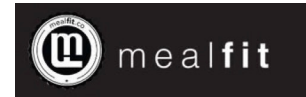
- » **MealFit:** 20% off first order. Use Code BHAMTC online (mealfit.co).
- » **Trak Shak:** 10% off. Present card
- » **Moving On:** 10% off. Present card.
- » **Restore:** 10% off services and 20% off memberships. Present card.
- » **FleetFeet:** 10% off. Present card.
- » **Taco Mama/Otey's:** 20%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

## CURRENT LIST OF MEMBER PARTNERS



CHOP<sup>N</sup>FRESH



restore  
HYPER WELLNESS

FLEET FEET  
Sports

The  
TrakShak  
Running Shops

# 1200 MILE CLUB

## The 2026 Challenge is officially open!

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

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

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

*Matt Grainger, 1200 Mile Club Coordinator*

## Cumulative miles from 2026 are listed below.

Participant	Total
Ahmed, Kabeer	605
Aquino, Eugene	540
Benner, Kim	444
Booher, Lisa	321
Bookout, Jason	405
Bookout, Kimberly	672
Bossard, Teri	747
Boswell, Ryan	228
Boyd, DeWayne	413
Boylan, Robert	381
Bradley, Shelby	134
Brakhage, Victoria	57
Brasher, Julia	265
Bray, Elizabeth	450
Brown, Katie G.	503
Brown, Sean	44
Burst, Theresa	0
Caine, Lawrence	363
Callahan, Chris	95
Calvert, Scott	527
Campos, Chris	0
Carlton, Bob	279
Castro, Andrea	173
Chaffinch, Violet	188
Chambers, Gay	553
Chandler, Teresa	375
Clay, Brad	461
Cleveland, Jeff	465
Cliett, Stephanie	489
Coe, Emily	566

Participant	Total
Coe, Matt	0
Colpack, Susan	298
Cooper, Cara	495
Corrin, Roger	400
Couch, Jacob	285
Cowart, Dave	255
Cowie, Katelyn	404
Cramer, Robyn	439
Cramer, Steve	80
Crawford, Katelyn	265
Creed, Brad	164
CREEL, MARY	343
Cromey, Tyler	331
Davis, Samantha	408
Dawson, Ashley	559
Dawson, Bill	378
Deffenbaugh, Todd	364
Denney, Stephanie	174
Dimicco, Al	418
Dixon, Jeff	405
Duke, Cindy	446
Edwards, Haniah	0
Edwards, Thomas	36
Ennis, Amanda	405
Ennis, Matt	582
Estes, Cameron	496
Estrada, Steven	1,125
Flanery, Haley	0
Frederick, Winston	539
French, Eric Lewis	0

Participant	Total
Goode, Johnny	383
Gorrie, Alie B.	460
Graham, Ryan	0
Grainger, Matt	739
Grames, Robby	272
Gray, Michael	310
Gruber, Marla	600
Haefs, Jonathan	574
Hall, Thomas	0
Haralson, Danny	436
Haralson, Micki	514
Hargrave, Alan	439
Harrelson, Karen	672
Harrison, Lisa	322
Heard, Macy	489
Henninger, Alison	278
Hogeland, Angie	442
Hogeland, Jeff	418
Holder, Gene	0
Hoover, Alison	0
Hurst, Anna	428
Jenkins, Kaki	565
Jenkins, Kate Herrera	264
Jensen, Sarah	180
Johnson, Kimberly	41
Johnson, Phillip	0
Johnson, Troy	434
Jones, Julie	380
Kezar, Carolyn	97
Knight, David	412

Participant	Total
Krick, Stefanie	616
Kuhn, Jimmy	0
Lamb, Patrick	60
Lancaster, Jeff	512
Landefeld, Dale	421
Lane, Anna Louise	413
Lockett, Michella	0
Losavio, Lauren	486
Lyda, Beth	179
Lyda, John	602
Lyle, Randy	540
Maiola, Frankie	511
Markham, Elishua	441
Martin, Sheree	0
Mathews, Nikita	418
Mathews, Skip	439
McCalley, Charles	426
McInnish, Amber	397
Melton, Kristen	0
Merry, Vicki Sue	689
Millican, Randolph	378
Morris, Gordon	357
Morrow, Alex	0
Moss, Philip	368
Muncher, Monica	373
Murchison, Reginald	641
Nodjomian, Jason	393
Noerager, Brett	928
Northern, Kristie	755
Orihuela, Carlos	475
Orihuela, Catheryn	426
Palmore, Chad	46
Pearce, Julie	0
PLANTE, DAVID	326
Powell, Patrick	499
Renfro, Jeff	359
Richetti, Vee	277
Roberts, Fletcher	465
Robinson, Tamara	352
Rodgers, Brian	531
Rodgers, Jeffrey	359
Rose, Billy	534

Participant	Total
Rose, Jamie	201
Rutledge, Lisa	300
Saffold, Ethan	0
Sanford, Gary	947
Sherer, Jeremy	389
Sherrell, Jeff	163
Shin, Ye Jung	608
Sides, Dean	418
Simpson, Kevin	374
Sloane, Mike	109
Smith, Daryl	504
Smith, Erin	541
Smith, Holly	0
Smith, Jason	599
Smith, Jerry P.	154
Smith, Justin	0
Smith, Mimi	522
Spikings, Matt	364
Stockton, Rick	383
Stone, Kayla	397
Tarabella, Abbie	0
Thomas, Marilyn	418
Thornton, Amanda	621
Townes, Janelle	97
Trimble, Jamie	323
Vick Jr., Gerald	363
Vinson, Matthew	260
Waddell, Chassi	388
Watkins, Tommy	412
Watters, Erin	174
Wells, Bradley	0
Wende, Adam R	620
Whatley, Prince	265
Wheeler, Elizabeth	0
White Vick, Katie	429
White, Robin	944
Wiseman, Steve	543
Woodard, Larry	393
York, Gary	626

# BTC EXECUTIVE BOARD MEETING

## April 13, 2026

The meeting was called to order by President Bradley Wells.

Attendance: Bradley Wells, Matt Ennis, Vicky Brakhage, Ruth Kles, Alex Morrow, Alan Hargrave, Sarah Jensen, Judy Loo, Ellen Ortis, Cameron Estes, Marla Gruber, Trish Portuese, and Charles Thompson.

Matt Ennis made a motion to approve the minutes of the March Executive Board Meeting. The motion was seconded by Alex Morrow and passed without opposition.

Discussion was held regarding goals for the year. Some of the goals we would like to set are 1) increasing members to 1000 in one year and 1,000 memberships in two years, 2) offer top-notch race experiences for all BTC events with the goal of increasing participation by 10%, 3) work toward rebranding the club, and 4) updating the bylaws, which will need to be approved by the full BTC membership.

### **Treasurer (Ruth Kles)**

We are currently in the process of paying all invoices from Statue 2 Statue. The current bank account balance is currently \$43,652.24.

Our next monthly meeting will take place on Monday, May 11, 2026, and we plan to meet via Google Meet, then we will plan to have a strategic planning meeting in person on maybe May 11, 2026, or May 13, 2026.

### **Membership (Cameron Estes)**

We currently have 718 members and 549 memberships. Our numbers are down by over 100 members from this time last year.

### **Saturday Morning Long and Moderate Group Runs (Cameron Estes and Sarah Jensen)**

Our goal marathon race for the spring is next weekend, so we will need to start planning for a goal marathon for the fall. We typically start training for the fall race in June. We are going to do a combined run for Celebrate Trails Day on Saturday, April 25, 2026. We were invited to start our run at Pepper Place at the farmer's market. This is launching their 100-mile challenge. We will have the BTC tent set up at the market.

### **Newsletter Editor (Bradley Wells)**

Julie Pearce sent an email with the schedule for newsletter content and publication dates.

### **Marketing (Alex Morrow)**

Alex Morrow is going to step down as our marketing committee chair and Jessica will take over. Discussion was held regarding the need for a designated social media person.

### **Member benefits and Merchandise (Ellen Ortis)**

Ellen Ortis will be taking over as our merchandise committee chair, so she is in the process of recruiting a new member benefits chair. Michael Brown is considering the position. We have a possible sponsorship in the works for massage therapy.

### **1200 Mile Club (Bradley Wells)**

Vicky Brakhage picked up the ladies' jackets from the printer and will get them to Matt Grainger.

### **Statue 2 Statue (Judy Loo)**

There were 482 runners registered for this year's Statue 2 Statue, which was an increase of 100 from last year. There were 395 finishers. Judy Loo had to order an extra bus due to the increase in participants. Unfortunately, a police officer did get hit by car on the route in Vestavia Hills. For next year, we may need to order extra porta potties for start line since lines were long.

### **Peavine Falls (Marla Gruber)**

Marla Gruber has reserved the Dogwood Pavillion. There were some bibs left over from last year, so she plans to reuse those to reduce costs.

### **Volunteer Committee (Bradley Wells)**

Kim Benner is fully transitioning the volunteer committee to Kaki Jenkins at Peavine Falls.

### **Vulcan Run (Sarah Jensen)**

Sarah Jensen is planning to use Vulcan Run as a goal race for a beginner training group. Sarah is also looking into Moxi to possibly offer childcare at the race. Runners can register their kids with Moxi and will pay for the service. It will be a member-only benefit. She will do additional research into this and will have more details in the future.

### **USATF Representative (Charles Thompson)**

On April 24, 2026, Charles Thompson will attend the Bulldog Twilight Track and Field Meet at Samford University. On April 29-30, 2026, he will attend the Gulf South Championship Track and Field Meet at the University of Montevallo. On May 1-2, 2026, Charles will be at Cullman High School for the 1A-3A Alabama High School Athletic Association Track and Field Meet.

There being no further business, the meeting was adjourned. The next monthly meeting will be held on Monday, May 11, 2026, at 6:00 p.m. via Google Meet. We plan to have an in-person annual strategic planning meeting later in May.

# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 9, 2026	6:00 a.m./6:30 a.m.
<a href="#">14th Annual Run for Kids Challenge – 10k and 12-hour trail race – Oak Mountain State Park</a>	May 9, 2026	7:00 a.m.
<a href="#">MotherWalk 5k and Fun Run</a>	May 9, 2026	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 16, 2026	6:00 a.m./6:30 a.m.
<a href="#">13th Annual Blazer Bolt for Brain Cancer – 5k and 1-Mile Fun Run</a>	May 16, 2026	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 23, 2026	6:00 a.m./6:30 a.m.
<a href="#">Bridge Builder 5K (downtown Birmingham)</a>	May 23, 2026	8:00 a.m.
<a href="#">Cotton Row Run – 10k, 5k, and 1-Mile (Huntsville)</a>	May 25, 2026	7:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	May 30, 2026	6:00 a.m./6:30 a.m.
<a href="#">The Big Run 5k presented by Brooks – Fleet Feet Birmingham (Hoover)</a>	June 3, 2026	6:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	June 6, 2026	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	June 13, 2026	6:00 a.m./6:30 a.m.
<a href="#">Run, Ride &amp; Rumble for PTSD Awareness – 5k run + 10 to 40m ride options</a>	June 13, 2026	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	June 20, 2026	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	June 27, 2026	6:00 a.m./6:30 a.m.
<a href="#">BTC Peavine Falls Run – Oak Mountain State Park *BTC RACE SERIES* *DISCOUNT FOR BTC MEMBERS*</a>	July 4, 2026	7:00 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**

