



BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

July 2026 7

BIRMINGHAM TRACK CLUB
PRESENTS THE RICK MELANSON

Peavine Falls Run



OAK MOUNTAIN STATE PARK

PEAVINE FALLS RUN TURNS 45

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PEAVINE FALLS RUN TURNS 45

BIRMINGHAM TRACK CLUB PRESENTS THE RICK MELANSON

Peavine Falls Run

OAK MOUNTAIN STATE PARK



Birmingham's toughest Fourth of July tradition is back for its 45th year — and we've marked the occasion with a brand-new logo, front and center on this year's butter yellow tank (and yes, it's as good as it sounds.)

8.2 miles, Oak Mountain, July 4. Same brutal climb, same payoff at the falls, same finish-line bragging rights you can't get anywhere else.

We're also welcoming two new sponsors to the party: Alabama Light Beer and Coca-Cola — cold drinks at the finish, handled.

Packet pickup, no park fee required. If you'd rather not pay to get into Oak Mountain just to grab your packet, come see us at Trak Shak on Friday, July 3, from 2 to 6 pm. Easy in, easy out — and one less thing to deal with on race morning.

REGISTER HERE:

<https://runsignup.com/Race/AL/Pelham/PeavineFallsRun>

We can't wait to see you there!

PRESIDENT'S ADDRESS

By Bradley Wells



Hello BTC Family,

As we move into July, I want to take a moment to thank each of you for being part of what makes the Birmingham Track Club such a special community. Our club continues to grow, and we remain focused on our goal of reaching 1,000 members. Every new member, every volunteer, every race participant, and every person who invites a friend to join helps us move closer to that milestone.

More importantly, our club is strongest when we are connected. Whether you are a longtime member, a new runner, a walker, a volunteer, or a competitive racer, BTC thrives because of the relationships and support we build with one another. Let's continue welcoming new faces, encouraging fellow runners, and strengthening the sense of community that makes our club unique. I also want to extend a sincere thank you to everyone who participated in our recent member surveys. We received a tremendous amount of thoughtful and constructive feedback. Your input is incredibly valuable and helps guide the future direction of our club. We are already reviewing the responses and look forward to incorporating your ideas into future planning, events, programs, and member experiences. This is your club, and we appreciate you taking the time to share your thoughts.

Peavine Falls This Fourth of July

One of BTC's most beloved traditions returns this weekend with the **Peavine Falls Race on July 4th at Oak Mountain State Park**. This event is much more than a race -- it's a celebration of community, friendship, and the joy of running together.

There's still time to sign up here: <https://runsignup.com/Race/AL/Pelham/PeavineFallsRun>

Whether you're tackling the course, volunteering, or simply cheering participants across the finish line, Peavine Falls is a fantastic opportunity to connect with fellow members and celebrate Independence Day with your running family. We hope to see many of you there as we continue one of BTC's favorite traditions.

Stay Safe in the Summer Heat

As we enter the hottest part of the Alabama summer, I want to remind everyone to be especially mindful while training and racing outdoors. We have already seen record temperatures, and running in these conditions requires extra caution.

Please remember to stay hydrated before, during, and after your runs. Pay attention to warning signs such as dizziness, excessive fatigue, headaches, nausea, confusion, or chills. Most importantly, listen to your body. There is no workout or race worth risking your health. Adjust your pace when needed, seek shade when possible, run during cooler parts of the day, and don't hesitate to stop if something doesn't feel right.

Looking out for one another is part of being a strong running community, so check in on your running partners and encourage safe training habits throughout the summer.

Thank you for everything you do to support BTC. Together, we are building a stronger, more connected club, and I am excited to see what we accomplish as we continue working toward our goal of 1,000 members.

See you out there,
Bradley Wells
President, Birmingham Track Club



2026 Officers

President

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Matt Ennis

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BTC Committees

General Counsel/Parliamentarian

Long Run Coordinator

Moderate Run Coordinator

Medical Director

Social Chair

Marketing/Social Media

Membership

Membership Benefits

Merchandise

"The Vulcan Runner" Newsletter

Japan Exchange Program

1200 Mile Club

Volunteer Coordinator

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BTC Race Directors

Adam's Heart Run

Statue 2 Statue

Peavine Falls

Vulcan Run

Vicky Brakhage

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BTC Mission Statement

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

Contact BTC at:

Birmingham Track Club

P.O. Box 530363

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 at Freshwater Land Trust

Happy Summer BTC!

We have finally installed our long-awaited species signage along the Shades Creek Greenway, inspired by our Barred Owl encounters of two summers ago. We have three signs: the owl, heron and spotted salamander. This is in partnership with City of Homewood, Samford University, Freshwater Land Trust and Alabama Wildlife Center. Photos of the birds are by the phenomenal Damion Bankhead, and you can find him on Instagram.

Look for the salamander along the Greenway between the .75 and 1 mile marker from the Target end; the owl is right at the 1.5 mile marker from Target by the Daxko bridge, and the heron is near the 3.25 mile marker on Phase 2 of the Greenway. There is a QR code on each sign that has Spanish-translated information from my co-worker Anna Massa, and species data came from Dr. Kristin Bakkegard of Samford University's Biology Department and Chris Sykes of the Alabama Wildlife Center. The design elements echo those of the Jefferson County Health Department signs already installed, and the Red Rock Trail System® blazes indicating the Shades Creek watershed. These signs are great additions to the Greenway!

In other news, after a little delay, the bathroom pavilion at the Green Springs end of the Greenway is showing visible progress. In East Birmingham, the new trail connecting the Irondale Furnace Trail and the Flora Johnston Preserve is oh-so-close to being completed. This will be known as the "Crestline Greenway," and we expect to officially cut a ribbon on this 1.3 mile trail in July.

Stay hydrated BTC, and I will be back in touch with more community news!



VULCAN 5K/10K GROUP TRAINING PROGRAM BEGINS AUGUST 22

By Sarah Jensen, Moderate Run Coordinator



There's no better way to prepare for Vulcan than by training with the Birmingham Track Club!

The 2026 Vulcan Run takes place on November 7 and features both 5K and 10K race options. What began as the Bicentennial Run in 1975 with just 221 runners has grown into one of the most beloved road races in the Southeast. This year marks the 52nd running of the iconic Vulcan 10K. Whether you're training for your first Vulcan, returning to running after time away, or simply looking for motivation and community this fall, BTC's Group Training Program can help you reach your goals.

Beginning August 22, the Birmingham Track Club's Saturday Moderate Group will offer an 8-week Vulcan-focused training program designed to help participants prepare for either the 5K or 10K distance.

Training Program Benefits for BTC Members

BTC members who opt into the training program will receive:

- An 8-week coach-designed 5K or 10K training plan
- Weekly Vulcan-focused group workouts during Saturday Moderate Group runs
- Additional midweek workouts to complete on your own schedule
- Access to a private group chat for encouragement, accountability, and training tips
- Support from experienced mentor runners
- Guidance from RRCA-certified coaches

Training groups will be organized based on participant interest and may include walking, run/walk, and running-only options.

Who Should Join?

This program is designed for beginners training for their first 5K or 10K, as well as runners and walkers returning after injury, pregnancy, or time away from exercise. Participants do not need to be currently running but should be cleared by a medical professional to begin training. We recommend being able to comfortably walk one mile in approximately 20 minutes before starting the program.

How to Join

The training program officially begins Saturday, August 22.

To receive the training plan, coaching support, mentor guidance, and community resources, you must be a BTC member and complete the interest form: Fall 2026 Training Signup: <https://forms.gle/Mj8j16bxfdkVCUCf6>

Register for BTC Membership (\$24/year):

<https://runsignup.com/MemberOrg/BirminghamTrackClub>

Not ready for the full program? You're always welcome to join the BTC Saturday Moderate Group, which meets year-round at 6:30 a.m. from Trak Shak Homewood.

Questions? Contact ModerateRuns@BirminghamTrackClub.com.

All BTC group runs are volunteer-led social runs. Participants train and participate at their own risk.



MEDICATION AND MILES:

Pour, Mix, Hydrate: Picking the Right Electrolyte Packet for Your Lifestyle

By Madeline Holmes, PharmD Candidate 2026, Kim Benner, PharmD

Electrolyte drink mixes have surged in popularity, showing up in grocery stores, gym bags, water bottles, and various media. With each brand claiming “faster hydration” or “science-backed electrolytes,” it can be difficult to distinguish between facts and fiction. This article will review four leading products – Liquid I.V., LMNT, Re-Lyte, and WaterBoy – what is in each product and how to choose the right product.

Why Electrolytes Matter

Hydration isn’t just about drinking water. The body also needs electrolytes – especially sodium, potassium, and magnesium – to absorb and use that water. These minerals help regulate fluid balance, muscle function, and nerve signaling. When you sweat, you lose water and electrolytes, with sodium being the major one.¹ If you replace that loss with plain water alone, your body can’t hold onto the fluid as effectively, which may lead to quicker urination and less complete rehydration.² Sodium in a drink helps your body retain fluid and restore hydration faster, especially after long or intense activity.³

Potassium supports muscle contraction and moves water into cells, while magnesium helps with muscle relaxation and nerve function.⁴ Together, these electrolytes make hydration more efficient and help prevent cramping, fatigue, and dehydration.

In short: electrolytes make water work better – especially when sweat losses are high, workouts are long, or you’re dealing with illness or heat.



Ingredients in common products⁵⁻⁸

Product	Sodium	Potassium	Magnesium	Sugar	Calories
LMNT	1000mg	200mg	60mg	0g	5-10 kcal
Liquid I.V. (original)	500mg	370mg	0mg	8-11g	35-50 kcal
Re-Lyte	810mg	400mg	50mg	0g	0kcal
WaterBoy	500mg	140mg	20mg	0g	0-10kcal

LMNT

LMNT offers an electrolyte formula that contains 1000 mg of sodium, 200 mg of potassium, and 60 mg of magnesium per serving with zero sugar.⁵ This high-sodium approach aligns with evidence showing that sodium-rich fluids restore hydration better after heavy sweat loss than low-sodium or water-only options.³ LMNT is well-suited for endurance athletes, individuals who sweat heavily, or those training in hot and humid environments. Because of the extremely high sodium content, it may be more than needed on light activity days or for individuals monitoring sodium intake.

Liquid I.V.

Liquid I.V.’s Hydration Multiplier contains electrolytes plus sugar, leveraging the well-established sodium-glucose co-transport (SGLT1) mechanism that enhances fluid absorption in the small intestine.^{6,9} This same concept forms the basis of the World Health Organization’s oral rehydration solution for dehydration.¹⁰ Including a small amount of glucose activates SGLT1, allowing the intestine to pull in sodium and water more efficiently. This is why sugar-containing formulas can be especially helpful during illness, heat exposure, vomiting/diarrhea, or prolonged endurance

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activity -- situations where rapid rehydration is needed. However, for general daily hydration or light physical activity, sugar-free electrolyte mixes work just as effectively without the added carbohydrates.¹⁰ Liquid I.V. also has a line of packets that contain approximately 100 mg of caffeine, which provides the additional benefit of increased energy. The added carbohydrates make Liquid I.V. a good option for illness recovery, travel dehydration, or longer workouts that require both hydration and quick energy. However, the sugar content may be less desirable for people who prefer sugar-free hydration or are managing carbohydrate intake.



So, which one should you choose?

If you need...	Choose:
Heavy sweat replacement	LMNT
Hydration + quick energy	Liquid I.V.
Balanced minerals for training	Re-Lyte
Daily gentle hydration	WaterBoy
No sugar	LMNT, Re-Lyte, WaterBoy
Illness recovery	Liquid I.V. (original)

**Note: Liquid I.V. does have sugar free options, but they were not analyzed in this article and therefore, not included above.*

Re-Lyte

Re-Lyte delivers a balanced, sugar-free electrolyte profile with about 810 mg of sodium, 400 mg potassium, and 50 mg magnesium, plus trace minerals from Redmond's natural sourcing.⁷ This combination supports both extracellular and intracellular hydration. The higher potassium and magnesium content make Re-Lyte a great fit for people who train regularly or want a cleaner ingredient list without added sugars.

WaterBoy

WaterBoy provides moderate electrolyte support – approximately 500 mg of sodium, 140 mg of potassium, and 20 mg of magnesium per serving.⁸ This makes it an ideal choice for light workouts, daily hydration, travel, or anyone who wants electrolyte support without the intensity of high-sodium formulas. Research shows that even

modest electrolyte intake can support hydration and help maintain better fluid balance during normal daily activity.²



The best hydration mix is the one that aligns with your body's needs and expenditure. When the electrolyte balance matches your level of activity and recovery, hydration becomes smarter, more effective, and noticeably more supportive.

References

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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:

Atia Aroonsakulwongse	Clark Cutrer	Lori Koss	Joshua Randazza-Pade	Tommy Watkins
Emily Bates	Alyson Cutrer	Patty Landry	Jeff Renfro	Emma Watkins
Cathy Beasley	David Deerman	Skip Mathews	Jeffrey Rodgers	Jessica Watkins
Kimberly Broughton	Laura Downing	Kristen McGee	Billy Rose	James Webb
Brett Burbank	Tony Fiore	Pamela Miller	Christy Storrs	Elena Wells
Makenna Calbert	Loren Gibson	Molly Miller	Tre Thomas	Shanada Williams
Scott Calvert	Jonathan Gibson	Madison Morris	H. Ford Thornton	Rebecca Williamson
Violet Chaffinch	Melissa Harjehausen	Kelly Morrison	Graham Thornton	Jane Wilson
Randy Chaffinch	Gene Holder	Kathryn Nicholas	Whit Thornton	Ella Wilson
Melissa Chase	Nyasiah Holland	Tiffany Otis	Nara Josette Thornton	Xing Wu
Barbie Cleino	Rachael Josey	Natalie Pang	Ginny Thornton	
Teresa Crain	Edna Kampe	Bria Poe	Oanh Kay Trinh	
Cindy Cutchen	Mikey Keith	Jessica Randazza-Pade	Dalton Walsh	

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

Strengthen your movement with TherapySouth Endurance

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

Our services:

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



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



Ready to Get More Involved in the BTC?

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

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

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



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

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

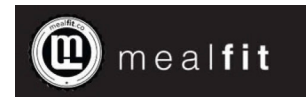
- » **MealFit:** 20% off first order.
Use Code BHAMTC online (mealfit.co).
- » **Trak Shak:** 10% off. Present card
- » **Moving On:** 10% off. Present card.
- » **Restore:** 10% off services and 20% off memberships. Present card.
- » **FleetFeet:** 10% off. Present card.
- » **Taco Mama/Otey's:** 20%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

CURRENT LIST OF MEMBER PARTNERS



CHOP^NFRESH



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	781
Aquino, Eugene	820
Benner, Kim	611
Booher, Lisa	856
Bookout, Jason	713
Bookout, Kimberly	1,069
Bossard, Teri	1,077
Boswell, Ryan	336
Boyd, DeWayne	659
Boylan, Robert	655
Bradley, Shelby	134
Brakhage, Victoria	72
Brasher, Julia	579
Bray, Elizabeth	450
Brown, Katie G.	686
Brown, Sean	44
Burbank, Brett	870
Burst, Theresa	0
Caine, Lawrence	574
Callahan, Chris	95
Calvert, Scott	888
Campos, Chris	0
Carlton, Bob	664
Castro, Andrea	173
Chaffinch, Violet	278
Chambers, Gay	664
Chandler, Teresa	690
Clay, Brad	725
Cleveland, Jeff	702
Cliett, Stephanie	740
Coe, Emily	822
Coe, Matt	0

Participant	Total
Colpack, Susan	569
Cooper, Cara	684
Corrin, Roger	603
Cortes, Jorge	709
Couch, Jacob	504
Cowart, Dave	511
Cowie, Katelyn	609
Cramer, Robyn	667
Cramer, Steve	139
Crawford, Katelyn	265
Creed, Brad	327
CREEL, MARY	683
Cromey, Tyler	647
Davis, Samantha	491
Dawson, Ashley	869
Dawson, Bill	679
Deffenbaugh, Todd	492
Denney, Stephanie	308
Dimicco, Al	639
Dixon, Jeff	653
Duke, Cindy	685
Edwards, Haniah	0
Edwards, Thomas	94
Ennis, Amanda	619
Ennis, Matt	839
Estes, Cameron	777
Estrada, Steven	1,546
Flanery, Haley	0
Frederick, Winston	790
French, Eric Lewis	0
Goode, Johnny	383
Gorrie, Alie B.	732

Participant	Total
Graham, Ryan	205
Grainger, Matt	918
Grames, Robby	432
Gray, Michael	473
Gruber, Marla	870
Haefs, Jonathan	696
Hall, Thomas	0
Haralson, Danny	547
Haralson, Micki	767
Hargrave, Alan	650
Harrelson, Karen	1,049
Harrison, Lisa	523
Heard, Macy	745
Henninger, Alison	418
Hogeland, Angie	654
Hogeland, Jeff	688
Holder, Gene	681
Hoover, Alison	0
Hurst, Anna	650
Jenkins, Kaki	897
Jenkins, Kate Herrera	671
Jensen, Sarah	180
Johnson, Kimberly	189
Johnson, Phillip	62
Johnson, Troy	702
Jones, Julie	683
Kezar, Carolyn	97
Knight, David	659
Krick, Stefanie	720
Kuhn, Jimmy	0
Lamb, Patrick	60
Lancaster, Jeff	961

Participant	Total
Landefeld, Dale	527
Lane, Anna Louise	602
Lockett, Michella	0
Losavio, Lauren	751
Lyda, Beth	328
Lyda, John	671
Lyle, Randy	682
Maiola, Frankie	707
Malbrough, Quinn	0
Markham, Elishua	734
Martin, Sheree	0
Mathews, Nikita	634
Mathews, Skip	637
McCalley, Charles	634
McInnish, Amber	494
Melton, Kristen	628
Merry, Vicki Sue	1,002
Millican, Randolph	472
Morris, Gordon	460
Morrow, Alex	0
Moss, Philip	543
Muncher, Monica	468
Murchison, Reginald	976
Nodjomian, Jason	643
Noerager, Brett	1,364
Northern, Kristie	1,063
Orihuela, Carlos	742
Orihuela, Catheryn	426
Palmore, Chad	174
Pearce, Julie	0
PLANTE, DAVID	553
Powell, Patrick	722
Renfro, Jeff	547
Richetti, Vee	404
Richey, Lori Beth	696
Roberts, Fletcher	699
Robinson, Tamara	352
Rodgers, Brian	829
Rodgers, Jeffrey	490
Rose, Billy	732
Rose, Jamie	201
Russell, Maureen	903
Rutledge, Lisa	615

Participant	Total
Saffold, Ethan	0
Sanford, Gary	1,421
Sherer, Jeremy	512
Sherrell, Jeff	163
Shin, Ye Jung	825
Sides, Dean	497
Simpson, Kevin	374
Sloane, Mike	677
Smith, Daryl	743
Smith, Erin	862
Smith, Holly	0
Smith, Jason	851
Smith, Jerry P.	376
Smith, Justin	0
Smith, Mimi	682
Soileau, Chester	0
Spikings, Matt	583
Stephens, Cory	0
Stewart, Mariah	0
Stockton, Rick	506
Stone, Kayla	588
Tarabella, Abbie	0
Thomas, Marilyn	667
Thornton, Amanda	1,001
Townes, Janelle	97
Trimble, Jamie	476
Vick Jr., Gerald	363
Vinson, Matthew	322
Waddell, Chassi	569
Watkins, Tommy	595
Watters, Erin	174
Wells, Bradley	731
Wende, Adam R	804
Whatley, Prince	350
Wheeler, Elizabeth	0
White Vick, Katie	429
White, Robin	1,388
Wiseman, Steve	814
Woodard, Larry	585
Wu, Xing	472
York, Gary	1,028

SHOW US YOUR BTC GEAR



FEETS OF STRENGTH

We are happy to celebrate two of two of our most prolific BTC runners this month, both of whom have accomplished big “feets” recently!

First up is **Daniel Chaplin**, who completed this year’s London Marathon. Not only did Daniel knock out another world major, he knocked an impressive one hour off his prior PR! Way to go, Daniel – the BTC is so proud of you!

Kabeer Ahmed can be found most every Saturday pounding out miles in preparation for a race here, there, or everywhere. But he recently completed the Abbot World Marathon Majors Challenge with his completion of this year’s Boston Marathon. But not only did Kabeer check Boston off his list, he also finished with a shiny new PR. Congratulations, Kabeer!

The BTC loves to celebrate your running-related accomplishments, big or small! Please [email us](#) to let us know how we can celebrate YOU!



BTC EXECUTIVE BOARD MEETING

May 11, 2026

The meeting was called to order by President Bradley Wells.

Attendance: Bradley Wells, Vicky Brakhage, Ruth Kles, Michael Brown, Marla Gruber, Hunter Bridwell, Alan Hargrave, Charles Thompson, Kaki Jenkins, Kim Benner, Rebecca Williamson, Haley Flanery, Jamie Trimble, Judy Loo, and Trish Portuese.

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

Treasurer (Ruth Kles)

Ruth Kles provided a breakdown of the 2025 financials in a presentation. The presentation listed all of the BTC's assets and liabilities. The total income for 2025 was about \$100,000, our annual expenses were approximately \$94,000, so our total net income for 2025 was \$4,832.49. Therapy South has already paid their sponsorship funds for 2026. We want to increase race participation and sponsorships, so Michael Brown has joined the Executive Board as our new sponsorship chair.

Bylaws Review and Revision (Bradley Wells)

In order to make any changes to the BTC bylaws, we need to have a vote from the full membership. We want to have a membership meeting in June to hold a vote allowing the BTC Board to make changes to the bylaws. Per the bylaws, we need to provide members with a 30-day notice for the meeting. Matt Ennis will send an email with proposed revisions to the bylaws so they can be discussed at the strategic planning meeting on Wednesday.

Peavine Falls (Marla Gruber)

Marla Gruber is waiting to hear back from Trader Joes to confirm if they will sponsor food for the Peavine Falls race. Trim Tab is sponsoring beer. Marla is currently working on shirts. There are leftover bibs from last year, so Marla plans to reuse those and will not have the year printed on future bibs. Jamie Trimble will provide Marla with Lindsey from One Wheel's contact information so they can do photography and videography for the race. Discussion was held regarding volunteer needs and opening volunteer registration through RunSignUp. There are currently 178 registered as of today. Jamie Trimble has reserved the Metro Truck. Discussion was held about hosting a social at Trim Tab on a Thursday before the race that we could possibly coordinate with the Thursday Night Runners. Could do a Memorial Day discount code.

Vulcan Run (Hunter Bridwell)

Hunter Bridwell is looking into the possibility of having finisher medals for this year's Vulcan Run. Discussion was held regarding possible other options instead of the top 200 finisher shirts, such as changing it to top 50 male and top 50 female or maybe having a top 200 towel instead of a shirt. Sarah Jensen has discussed making Vulcan Run a goal race for a beginner run group.

Japan Exchange (Rebecca Williamson)

Rebecca Williamson spoke with Jennifer with Sister Cities. We will continue to reach out to them about hosting runners from Maebashi for this year's Vulcan Run. Bradley Wells may write another letter inviting them and have Mayor Woodfin sign it. Will discuss more on Wednesday at the strategic planning meeting.

Annual Strategic Planning Meeting (Bradley Wells)

The annual strategic planning meeting will be in The Vulcan Room at 6:00 at Monday Night Brewing. Bradley Wells will send out an agenda. We will plan to confirm goals for the BTC, go over the mission statement, discuss revisions to the bylaws, and plan BTC socials for the remainder of the year through the annual party.

USATF Representative (Charles Thompson)

There will be a track meet at Choccolocco Park this weekend. Grace McCoy accidentally sent an incorrect date for the track meet, so Charles Thompson reached out to her for the correct date. On May 30, 2026, Over the Mountain is having a track meet at Hoover High School. The AAU is having district qualifiers at Chelsea High School. The Alabama State Games will also be at Chelsea High School, but the date is still to be determined.

There being no further business, the meeting was adjourned. There will be a strategic planning meeting on Wednesday at 6:00 at Monday Night Brewing. The next monthly meeting will be held on Monday, June 8, 2026, at 6:00 p.m.



Upcoming Events

EVENT	DATE	TIME
<u>BTC Peavine Falls Run – Oak Mountain State Park *BTC RACE SERIES*</u> <u>*DISCOUNT FOR BTC MEMBERS*</u>	July 4, 2026	7:00 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	July 11, 2026	6:00 a.m./6:30 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	July 18, 2026	6:00 a.m./6:30 a.m.
<u>Run Magic City – Half Marathon, 5K, 10K</u>	July 18, 2026	7:00 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	July 25, 2026	6:00 a.m./6:30 a.m.
<u>Hotter n' Hell Trail Run – 18-mile and 9-mile (Oak Mountain State Park)</u>	July 25, 2026	7:00 a.m.
<u>The Trak Shak Retro Run 5K</u>	July 25, 2026	7:00 p.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	August 1, 2026	6:00 a.m./6:30 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	August 8, 2026	6:00 a.m./6:30 a.m.
<u>Otey's to Otey's Run -- Finish the Fight Against GI Cancer (5.5-mile)</u>	August 8, 2026	11:00 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	August 15, 2026	6:00 a.m./6:30 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	August 22, 2026	6:00 a.m./6:30 a.m.
<u>Ridge to Blazing Ridge -- 10-mile and 20-mile (Oak Mountain State Park)</u>	August 22, 2026	7:00 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	August 29, 2026	6:00 a.m./6:30 a.m.
<u>Lifeline's Run for One 5K (Veterans Park)</u>	August 29, 2026	8:00 a.m.
<u>Smile-A-Mile 5K and 1-Mile Fun Run</u>	August 29, 2026	8:00 a.m.
<u>BTC Saturday Long and Moderate Run Groups</u>	September 5, 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](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

