



★ BIRMINGHAM TRACK CLUB ★  
★ WHERE RUNNERS ARE FORGED ★

# THE VULCAN RUNNER



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@RunBTC

June 2015

Issue ⑥

## The 34th Annual Rick Melanson Peavine Falls Run

### A Look into the Race and Rick Melanson

*By: Alex Morrow, BTC President & Peavine Falls Race Director  
and Trish Portuese, BTC Historian & Race Events Coordinator*

The Peavine Falls Run began in 1981 and was titled "The Other July 4th Race." This moniker was developed as a result of the well-known Peachtree 10K Road Race held in Atlanta every Fourth of July – a race that annually boasted upwards of 5000 runners. To compete with such a large race, the BTC came up with an event unlike anything else in town. The Peavine Falls Run is no ordinary race, and that is why it has grown into such a popular local tradition. Why else would more than 500 people race their way up to the top of Peavine Road, only to run back down and then tackle the last 1.2 miles on single-track dirt trails? The uniqueness of the course is one of the endearing elements of the race and why hundreds of runners stay in town for the holiday.

**Cont. on page 2**

▶ PEAVINE FALLS  
2

▶ PRESIDENT'S ADDRESS  
3

▶ SUMMER RUNNING  
5

▶ VOLUNTEERS NEEDED  
9

▶ INSIDE THE RUNNER  
10

▶ JUICING  
11

▶ DIRTY RUNNING  
14

▶ RACE ACROSS ALABAMA  
24



The course was not the only unique element of the race. Founder and longtime Peavine Falls Race Director Rick Melanson ensured that your running experience would be one you never forgot. In the early days of the race, the course layout was merely a suggestion. Each year the course would be modified, and Rick may or may not tell you about the modifications! Often runners would take off at the starter's pistol, return down the mountain, and find that the finish line had been moved to a different location, "preferably at the top of another hill," if Rick had his way.

Nowadays the course is standardized, the posted routes are followed, the race is chip-timed, and last year, the Peavine Falls Run served as a Road Runners Club of America (RRCA) State Championship Race. Yes, the race has grown up, but the charm of the race has not been lost. It is still a badge of honor to wear your finisher's shirt for years to come, letting your fellow runners know that you indeed raced to the top of Peavine Road and back down, braved the single track trail at the end, and lived to tell about it. With the elevation profile of the race printed on the chest of the shirt in a large graphic, how could one not be proud of such an accomplishment?

Another idea not lost over the years is the belief that this race should serve as an event to give back to the running community. In the age of rising permit costs, fees, and services, many races now charge upwards of \$50 for smaller events and well over \$100 for larger ones. But even in its 34th year, the Peavine Falls Run is only \$15 to those who pre-register. Honestly, where else can you find a chip-timed 8.2-mile long race, with a finisher's shirt, for \$15? Our goal at the BTC is to make this race accessible to everyone, and at the \$15 price-point, we believe we have done that.

Over the years, "The Other July 4th Race" morphed into the Peavine Falls Run, and in 2012, it was renamed The Rick Melanson Peavine Falls Run. Then-BTC President Jennifer Andress wanted to honor Rick for his long and outstanding service to the Birmingham Track Club, the RRCA, and the many races around the state with which he has worked. And as the BTC Board was quick to acknowledge, "What better way to honor the man who has given so much to the BTC, than by renaming the race he founded after him?"

Rick was one of the originating members of the BTC when the organization formed in 1975, and he was the founder of the Peavine Falls Run. Not only was Rick an amazing race director, he was an avid runner with an impressive resume of accomplishments. To give you an idea of who Rick is, when he turned 40, he celebrated by running 40 miles before breakfast. In 1983, Rick clocked a 2 hour 38 minute marathon at Crazy Jim's Tupelo, MS Marathon. Not too shabby!

In addition to serving as Race Director for several BTC races, Rick worked tirelessly in numerous other capacities. As a member of the BTC Executive committee, Rick was the BTC Road Race Chairman and Equipment manager, BTC Vulcan Run Finish Line manager, and he had an 8-year stint as the RRCA Alabama State Representative.

Along that illustrious career, Rick won several major awards. He twice received the Dr. Arthur Black Service Award, once in 1980 and again in 1986. The BTC's oldest award is given annually to the most outstanding club member over the past year for continued outstanding leadership and service to the BTC. Later, the Award was renamed the Dr. Arthur Black/Rick Melanson Annual Service Award to once again further honor Rick.



***Rick Melanson***

Upon his retirement in 2012, Rick received the BTC's Lifetime Achievement Award. This prestigious award is presented to a member of the BTC who served the club selflessly for many years and whose service always put the interest of the club and the running community above everything else. Those who know Rick love him, and this year when you come out to the race, stop by and say hello. Rick always has some great stories to share about the event and those who ran it.

Now you know the history of the race, you know more about the man who created it, and you know when it is being held this year. If you have made it this far, you only have one more step to complete: Register! The race will begin at 7:00 a.m. from the upper picnic area on Terrace Drive. Many of you know this as the Dogwood Pavilion parking lot. There is also a 6:30 a.m. start for those who wish to walk the course. Like we said earlier, this race is for everyone!

We are expecting another fantastic turnout, and we would love to have you join us in celebrating the 4th of July in the best way we know how - by running!

To register, click here: <http://birminghamtrackclub.com/peavine-falls-run.php>

# PRESIDENT'S ADDRESS

—Alex Morrow



## Hello, fellow BTC Members

Every month as I sit down to write my President's Address I think to myself, "Wow, the next couple of months are going to be busy with BTC events." By now you would think I would realize that there are no slow times of year for the BTC! Our club is constantly hosting events, organizing races, socials, fundraisers, and performing community outreach, and I absolutely love it! The next couple of months will be no different.

Before we get to the upcoming events however, I want to thank everyone who came out to the BTC Saturday Run Social on May 16 at Church Street Coffee in Crestline Village. We had a fantastic turnout, Run Coordinators Monica Henley and Mark Criswell created fun and challenging routes, Finish Line Coordinators Tanya Sylvan and Darrell Gibson made sure everything was in place, and BTC Vice President Darnell Allen led the festivities. It was great day all around, and the food from Church Street was amazing!

Looking ahead, on Saturday June 13 I hope you and your family will join the BTC for our now annual BTC night at the Barons event. Your BTC membership has its perks! For just \$15 you can purchase a ticket to the game, and included in that cost will be food, entry into the private BTC area above left field, and two drink tickets. You honestly cannot find a better deal than this. It will be another fun-filled evening as the Barons take on the Chattanooga Lookouts. I want to thank our friends at Good People Brewing for allowing us to use their venue across the street from the stadium for ticket pick-up pre-game and for their generous donation of beverages to our event. We only have an allotment of 130 tickets, and we have sold out the last two years, so don't delay in purchasing yours. Click this link to do so: <http://birminghamtrackclub.com/btc-social-at-the-birmingham-barons.php>

The fun does not stop with baseball, however. On Saturday July 4, more than 500 runners will once again participate in the running of the 34th Annual Rick Melanson Peavine Falls Run. Make sure to check out this month's cover story for more about the race and especially to learn about Rick Melanson, a good friend who made this beloved race what it is today. I know I say this about all of our races, but this is my favorite BTC race! □ There is something special about celebrating our Country's Independence Day with a challenging, yet fun run. Not to mention, after an 8.2-mile race you can justify eating BBQ and hotdogs for the rest of the day! Make sure to register early to take advantage of the incredibly low \$15 registration fee and to be guaranteed a shirt. You can register here: <http://birminghamtrackclub.com/peavine-falls-run.php>

Lastly I would like to mention a couple of changes and additions to the BTC Executive Committee. After a long stint as our

Membership Chair, Olivia Affuso will be stepping down. Olivia has been an integral member of our team and has helped streamline our membership process, including the transition into Runsignup, our new software platform. She will be missed, but she won't be far away and you will still see her at all of our events. Olivia, thank you for all of your hard work and dedication to our club!

In that same vein, I am extremely pleased to announce that Lauren Weber will be stepping in as our new Membership Chair. Lauren currently serves as the BTC parliamentarian and she is excited about her new and expanded role in the BTC. I know many of you already know Lauren, so when you see her out on a run, congratulate her on her new position.

Speaking of new positions, I am excited to announce that Lauren Floyd has graciously agreed to take over as chair of the BTC Marketing Committee and Social Media. Lauren approached me asking how she could become more involved in the BTC since she loves the club so much. Be careful what you ask for! Lauren works in the marketing field, and her expertise will be greatly appreciated as our club continues to grow.

This summer is shaping up to be a fun-filled season, so get out and join your fellow BTC members at our local events!

Kindest Regards,

Alex Morrow

BTC President



## SAVE THE DATE!

### The Rick Melanson Peavine Falls Run

**Oak Mountain State Park**  
**Saturday, July 4, 2015**  
**7 a.m.**

# BTC SUMMER SOCIAL EVENTS



## June 13th is our annual Barons event!

Tickets are now available for an awesome night of baseball with food and great networking with your fellow runners. Purchase tickets here: <https://runsignup.com/Race/AL/Birmingham/BTCsBaronsBaseballSocial>

This is an event you do NOT want to miss. It was a blast last year, and it will surely not disappoint this year. Good People Brewing is donating 2 kegs to the BTC for us to enjoy free of charge.

### Ticket prices:

Adult non-member: \$25.00 / Adult BTC member: \$15

Child non-member: \$21.00 / Child of a BTC member: \$10.00

### All tickets include:

- Hamburgers and Hot Dogs
- Baked Beans
- Chips
- Buds Best Cookies
- Soda & iced tea
- Good People beer until the kegs run dry (Because Good People is donating beer, this is a free addition for the BTC to enjoy while it lasts)

### Ticket pick-up:

- Ticket pick-up will be held before the game begins at Good People Brewery (114 14th St S, Birmingham, AL 35233). Good People will be offering happy hour prices during our ticket pick-up.



**July 16th:** The BTC will sponsor an evening social run that will begin and end at Birmingham Physical Therapy in Cahaba Heights. Birmingham Physical Therapy is hosting the event and will supply runner screenings for strength and provide personalized exercises to help target potential weak areas to avoid injury. Six staff members will be on hand to evaluate anyone who attends. There will be food and beverages after the run. Doodles will be providing a cool-down

frozen treat, and Cahaba Brewery is donating a quarter keg for everyone to enjoy.

For anyone who wants to join, we will have (relatively) non-hilly routes planned in the Cahaba Heights area, followed by food and runner evaluations at Birmingham Physical Therapy.

**Vulcan Social Saturday, August 1<sup>st</sup>:** The BTC will yet again host the most amazing social of the year at Vulcan Park on Saturday, August 1<sup>st</sup>. We will have awesome food, great music, and amazing door prizes. The event is kid friendly with a bouncy house to keep them entertained and a free kid's fun run with a Vulcan finisher dog tag to showcase to friends and family. There will be more on this event as the date approaches.



# SUMMER RUNNING

—By Carrie Patterson, MS, RD, LD and Joey Longoria, Fundraising Guru and Artist

## Summer Running, Happened So Fast. . .

**Joey:** In the movie musical Grease, John Travolta and Olivia Newton-John sang “Summer runnin’, had me a blast. Summer runnin’, happened so fast”. . . Who knew they were runners?!

**Carrie:** Umm, that’s “LOVING,” not “Running!”

**Joey:** Well, one thing is certain, if they were having a blast “summer running,” they were not in the Deep South. We seem to go from winter running in caps, gloves and multiple layers to eighty degree heat, eighty percent humidity and squishy shoes in about a week. So, how do we survive? We’ll give you some advice and tips that have worked for us, but the truth is, heat and humidity are tough, and everyone adjusts to them differently.

The most obvious summer running survival tip focuses on proper nutrition and hydration. As a runner, whether you run 10-15 miles a week or 45+, proper nutrition is something you should be doing year round anyway. However, in the heat and humidity, it becomes essential. My battles with hydration during hot and humid weather are well known amongst my close running friends. My shoes are usually squishy by mile 2, and by mile 12, I can wring out a gallon of sweat from my shirt.

Rewind to July of 2013. I was getting ready for the Chicago Marathon and had an easy 14 mile run with a large group of friends. Around mile 10, I hit a brick wall. It was all I could do to walk back to my car – it was a miserable day. I lost nearly 8lbs on that run. Clinical dehydration starts at 3% loss in body weight, and I was pushing 5%. Immediately, I started doing research and consulted my run coach. The first thing we did was experiment with hydration supplements during runs and concentrated on hydration each day with what I drank and ate.

What worked best for me was a product called Perpetuem made by Hammer. It has more than twice the potassium of Gatorade but only 1/5 of the sugar. After focusing more on my daily hydration/nutrition and using the Hammer product during my next run, I finished 17 miles the next weekend, in similar conditions with no issues. Most runners don’t sweat at the same rate that I do, but the point is that hydration for summer running is a constant. Pay attention to your food and what you drink daily – not just on run days!

As a Registered Dietician and an avid runner herself, Carrie can provide a more technical overview and advice on nutritional consumption that will keep your body charged for that next tempo run or easy long run.

**Carrie:** As Joey stated, everyone is different when it comes to fluid needs, fluid taste, and fluid tolerance. Joey runs much longer than I do. He runs anywhere from 7-15 miles on days he runs, whereas I stay between 5 -7 miles. He runs outside in the heat and humidity, and I run on a treadmill with few exceptions. Regardless of how long you run or where you run, you need to learn your sweat rate. Weigh yourself before and after a run (no clothes) to see how much water weight you lose during a run. If you lose one pound during

a one hour run, that would equal 16oz of fluid. The next time you run in that same environment or conditions for an hour, you will need to drink 8 oz of fluid every 30 minutes. If your next run is a 2 hour long run, proactively plan to have a hydration stop every 30 minutes, or carry it with you and drink 4 oz every 15 minutes. The goal is to lose no more than 2% of your body weight due to fluid loss during a run.

Another key: monitor the color of your urine before and after runs. Your goal is to have clear colored urine at all times. If you finish running and your urine is dark yellow, you should plan more water stops during your run, and drink more fluids prior to the next run. The kidneys need 45-90 minutes to process fluids, so again, plan ahead.

You shouldn’t rely solely on drinking fluids to stay hydrated. Don’t forget – food has water in it, so keep that in mind as you stay hydrated during the summer months. Watermelon, cantaloupe and strawberries all are high in water content (try stashing them in a cooler for a cool post-run treat). But many vegetables are surprisingly high in water content as well (see sidebar).

Finally – are you a salty sweater? Do you end a run with a white crust of salt on your face and legs? Then you will need to take in more salt in your diet than someone who does not. Are you cramping during long runs? You may need to experiment with drinks/foods with more sodium and potassium in them, or you may need to do more cross training. Fatigue in general can lead to cramping and may have nothing to do with electrolyte losses during runs.

Big picture? Pay attention to your body’s reaction to the heat. Learn your sweat rate, form a plan with scheduled liquids during your run, and plan recovery foods that are high in water content. So pay attention and plan, plan, plan.

### ***Water is not Your Only Source of Hydration. . .***

Oatmeal is 84% water  
Low-fat milk is 90% water  
Coffee is 99.5% water  
Lettuce is 96% water  
Tomatoes are 95% water  
Broccoli is 89% water  
Low-fat vanilla yogurt is 79% water  
Ice cream is 60% water

***Source: Nancy Clark, MD, RD, LD, “15 Hydration Facts for Athletes,” Active.com (<http://www.active.com/nutrition/articles/15-hydration-facts-for-athletes>)***

*Joey and Carrie met through a very calculated ten mile run “meet up” one Friday morning in 2013, and they will say their “I do’s” later this summer. Both are avid runners, and although they have different goals, different paces, and different workouts, they share a common goal of staying injury free and eating healthy (most of the time). Their “Running Together Separately” column will share their sometimes similar, often different, viewpoints as they navigate life, love and running in the Magic City.*

# 2015 Officers



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## Vice-President

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## Secretary

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## Past-President

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## BTC Committees

### General Counsel/Parliamentarian

Long Run Coordinator

Moderate Group Coordinator

Medical Director

Social Chair

Marketing/Social Media

Membership

Membership Benefits

Merchandise

"The Vulcan Runner" Editor

Japan Exchange Program

1200 Mile Club

Volunteer Coordinator

Historian

Finish Line Crew

Webmaster

Race Coordinator

IT Chair

Adam's Heart Run

Statue 2 Statue

Peavine Falls

Vulcan Run

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Find us on  
**Facebook**



## 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 35253  
info@BirminghamTrackClub.com

## Race Results

Find the latest and most complete  
local race results at the following:

**birminghamtrackclub.com**  
**championship-racing.com**

# BTC MERCH IS NOW AVAILABLE ONLINE!

You may now order BTC merchandise online. Online payment is not yet available, but you may place orders and arrange for local pick up (or delivery by mail, to our not-so-local members). From the BTC website homepage, click on the "Store" tab to see all available merchandise, register for upcoming BTC races, or renew your BTC membership.



## TRAINING IS ABOUT TO BEGIN!

### 4 Bridges Half Marathon & 7 Bridges Marathon Chattanooga, TN - October 18, 2015

Are you ready to start your training? The Birmingham Track Club has picked the 4 Bridges Half Marathon and the 7 Bridges Marathon as our fall race. Not only will you be able to train with the BTC every weekend, you will receive a 15% discount off the registration into either race, the BTC will be at the race expo to welcome you into town, and we will have the BTC tent set up at the finish line to collect all of you as you finish and to celebrate together!



**When does training start?** Marathon long runs begin on June 13  
Half Marathon long runs begin on June 27

**Expectations:** Marathoners should be able to run 10 miles by June 13  
Half Marathoners should be able to run 4 miles by June 27

**How To Register:** <http://sevenbridgesmarathon.com/>

**15% Off Discount Code:** BHAMCLUB2015

### Want a Free Entry Into the Race? Become a BTC training pacer!

The BTC will once again provide pacers for our training groups as everyone prepares for the 4 Bridges Half Marathon and the 7 Bridges Marathon on October 18, 2015. If you are interested in serving as a pacer, not only will you receive a tech-fit pacing shirt, yours to keep, but you will receive a free entry into the race.

NOTE: This is a pacer for training runs only, not the race.

**What Paces?** We are searching for 8, 9, 10, 11, and 12 minute pacers.

**Responsibilities:** Familiarize yourself with the routes each week, maintain even-pacing for your group, offer encouragement and create a welcoming environment for all runners.

**To Apply:** Send an email to Alex Morrow at: [president@birminghamtrackclub.com](mailto:president@birminghamtrackclub.com)





**TRIPLE CROWN  
HALF-MARATHON  
CHALLENGE**

## BTC Triple Crown 2015

The BTC Triple Crown Half Marathon Challenge is back for another year!

We have included two different races in our schedule this year. Our first stop is a brand new race right here in Birmingham, the Whistlestop Half on September 26th. We then travel to Chattanooga for the 4 Bridges Half Marathon on October 18th (in conjunction with the 7 Bridges Marathon). Finally, we come back to town for our now traditional final race, the Magic City Half on November 23rd.

Sign up for the Triple Crown to receive an awesome shirt and medal. Last year we had 74 BTC members successfully complete the challenge. Let's top that this year!

**Reminders:** (1) You must be a BTC member to participate. Join now! (2) You must still register for each race on your own, but once you register for the challenge, you'll receive discount codes for each race.

- Whistlestop Half Marathon -- [www.team-magic.com/events/56](http://www.team-magic.com/events/56) in Irondale, AL, on September 26th (15% off registration until June 30th, 10% off from then until race day for BTC Members).
- 4 Bridges Half Marathon -- [www.sevenbridgesmarathon.com](http://www.sevenbridgesmarathon.com) in Chattanooga, TN, on October 18th (15% discount to BTC Members)
- Magic City Half Marathon -- [www.magiccityrun.com](http://www.magiccityrun.com) in Birmingham, AL on November 23rd (10% discount to BTC Members)

To sign up for the Triple Crown challenge, click [HERE](#).



# BTC AMBASSADOR PROGRAM

*COMING SOON*

**Are you an energetic, dependable member of the Birmingham Track Club?** Love to meet new friends and discover new places to run? Then the inaugural BTC Ambassador program may be perfect for you! The BTC is looking for enthusiastic members who will represent the BTC around town, as we get to know other running groups and introduce them to all that the BTC has to offer. Stay tuned to BTC social media and *The Vulcan Runner* for more details about this exciting new program! Already intrigued? Contact [Darnell Allen](#).

# VOLUNTEERING HAS ITS REWARDS

Want to experience another side of the race environment? Don't feel ready to tackle the race distance but still want to be a part of the fun atmosphere? Then we could use YOU to volunteer at a BTC event!

You could win free race entries or other cool prizes – and the good feeling of knowing you have helped to cheer on your fellow running mates and the BTC! We awarded a prize to one volunteer from Mercedes, and our most recent volunteer winner is... (drum roll...): **Trish Gill** - for volunteering at Statue to Statue – thanks Trish! We LOVE our volunteers!

Upcoming races where volunteers are needed include **Peavine Falls on July 4th** and **The Vulcan Run 10K in November**. Please let Kim Benner know if you can help with these or any future events.

We track all volunteer activities to award prizes and keep up with earned free race entries or BTC membership – come join us! Contact Kim at [volunteers@birmingham-trackclub.com](mailto:volunteers@birmingham-trackclub.com) to let us how YOU can help – and be a winner!



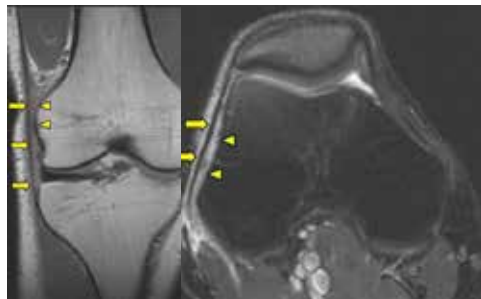


—by Dean Thornton, MD

*Inside the Runner* will use medical imaging to offer readers a chance to see what is going on inside their bodies when something breaks down. From fractures to tendinitis to muscle injuries, this series will explore the imaging studies used to help doctors and other medical professionals treat running injuries.

## Case 2 - “Knife in the Knee”

A 44 year old runner complained to his running coach that he had been experiencing a sharp, stabbing pain on the outside of his right knee after about 3 miles into his longer runs. The pain would go away when he stopped running and would not return until 3 miles into the next run. After 5 or 6 miles, the pain would become unbearable. The symptoms initially began after a long, 20 mile trail run that ended on a hard, downhill stretch of pavement. The symptoms lingered for several weeks before the runner sought medical attention.



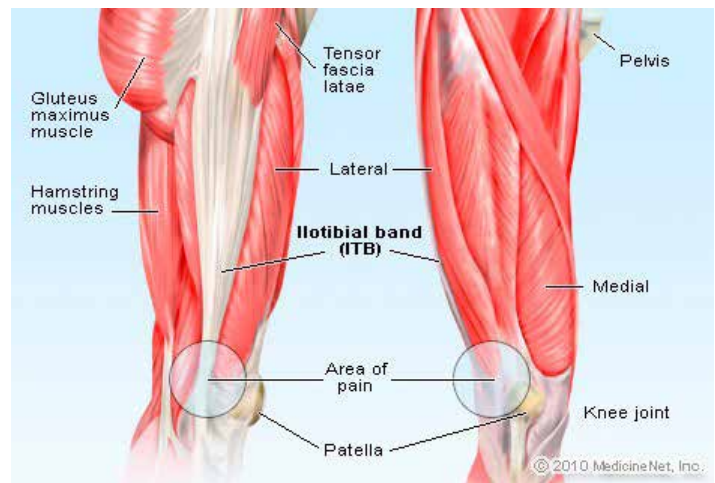
An MRI of the knee was obtained to confirm the suspected clinical diagnosis and to rule out any other structural abnormalities. The first MRI figure is a coronal (front-facing) image, which shows a thickened, irregular and inflamed iliotibial (IT) band (arrows) as it passes along the outside of the knee, specifically over the lateral epicondyle of the femur, the bony prominence (arrowheads) along the outside of the knee just above the joint line. The iliotibial band should normally be a thin, smooth, dark structure.

The second MRI figure is a transverse (cross-section) image that again shows the thickened IT band (arrows) as it passes close to the lateral femoral epicondyle (arrowheads). This MR image better shows the inflammation (bright areas around the IT band) associated with this condition.

Diagnosis: Iliotibial Band Friction Syndrome

Iliotibial Band Friction Syndrome, or simply IT Band Syndrome (ITBS), results from inflammation caused by friction between the IT band and the underlying bone.

The anatomical drawing (courtesy of MedicineNet) depicts the IT band from the side (left image) and front (right image) of



the leg. The IT band begins as a musculotendinous structure along the side of the pelvis and extends to the outside of the knee as dense, fibrous band.

As in the case of the overzealous trail runner, the IT band can develop a friction syndrome over the outside of the knee. There are many causes of ITBS including running too many miles, increasing mileage too rapidly, and running downhill or on slanted surfaces. Weakness or inactivity of the gluteal muscles can predispose to this condition.

Treatment of ITBS includes decreased running or complete rest. Cross-training with swimming may help; elliptical machines and cycling could aggravate the injury. Stretching and foam rolling may be beneficial but overdoing either could worsen the condition. Strengthening the gluteal muscles is recommended to correct muscle imbalances and prevent ITBS in the future. Anti-inflammatories and steroid injections may be required for refractory cases.

After two months of dramatically decreased mileage, stretching, foam rolling, and gluteal exercises, the intrepid trail runner was back in the woods running pain free.

For more information on ITBS, visit:  
[Runnersworld.com](http://Runnersworld.com)  
[Competitor.com](http://Competitor.com)  
[Medscape.com](http://Medscape.com)  
[DrPribut.com](http://DrPribut.com)

Dean is a Musculoskeletal Radiologist with Radiology Associates of Birmingham and a Clinical Associate Professor of Radiology at UAB. He works with many local orthopedists and sports medicine physicians. He also likes to run.

# HOW JUICING CHANGED MY RUNNING AND GAVE ME BACK MY LIFE

— by Amanda Blake Turner

My running journey has come a long way since I was a young girl, spending the “Free Friday” P.E. days running on a blacktop track with a large oak tree. . . .

I discovered early on that I was fast. Not just fast, as in beating the next girl in line to get water, I was the fastest person in my entire elementary school. My dad ran track in college briefly, so he was very excited to help me excel. I fell in love with running. I competed in some Huntsville area trail races annually, as well as the city-wide school meets for the local public schools. It was my goal to win the trail runs, but in order to achieve that I needed to get faster. I ran a 6:30 mile-time consistently throughout elementary school, but a competitor at a private school won first place every year. But second place never deterred me from the passion ingrained in my soul.

High school didn’t afford much of a running career due to a severe car accident, but by college I was back on track and running on a cross-country scholarship at a junior college. I eventually walked-on to the indoor track team at UAB, which at the time was a very small, underfunded program. I didn’t win any indoor races -- in fact college was the first time I’d ever run indoors or put racing spikes on my feet. During my first indoor 10k, I was surrounded by elite athletes with potential Olympic qualifying times. During my first race in spikes, I fell (ok, I’ll be honest -- face planted) not once but four times before throwing the spikes to the middle circle and finishing the race in my socks. It made for a very “inspiring” post-race coach pep talk.

The only indoor race in which I felt successful was at Purdue University, when I subbed for another athlete for the mile race. I had never run so fast, hitting a personal record of 5:40 by drafting the five other runners ahead of me. But, my best mile time was still last place on this level of competition. So I finished the semester and began to focus on finishing college and running the trails.

Later that year, I stood by my mom as she battled a cancer diagnosis. Running played a major role in our lives during that time too. My mom became a sponsored cancer patient for Leukemia Team in Training. I became an advocate for the organization and her for a season. Thankfully, we cherished her for another year and half, and she saw me graduate college.

After finishing college in 2002, trail running became sacred for me – a place to run with friends and escape the busyness of life. In 2009, Dirty Spokes hosted the first annual Xterra Alabama Trail Series, offering races across Alabama’s trails, with a point system for winning a free entry to Xterra Trail Nationals in Eugene, Oregon. I won the series that year, winning 3 of the 4 races in overall first place in the women’s division. The following year I raced the Cheaha Mtn. 10k and won again, but I spent less time competing and more time running trails to relax.

Fast-forwarding to 2012, I met my soulmate, and shortly after our marriage we started our family. I didn’t run a lot while I was pregnant, but I returned to compete with Xterra again in 2013. In September of 2014, I got pregnant again, but within the same week I realized I was not carrying normally, and I quickly miscarried. Unfortunately, I didn’t recover from the miscarriage as expected. One evening after dinner, about a month after the miscarriage, I started feeling fatigued, my skin was burning, my heart was racing, and I was having cold sweats. It was scary not to know what was happening to my health. My body wasn’t rebounding

## JUICING TIPS

Interested in adding a healthy snack to your daily routine and workout recovery? Try these ingredients:

**Beet juice** is high in nitrate, which protects the blood vessels from injury and expands blood vessels, giving more oxygen flow to cells.

**Celery juice** is highly nutritious and one of the most hydrating foods available. It alkalizes and balances the body’s PH for peak health.

Adding either of these two ingredients to a savory blend of greens, along with one or two fruits will provide an ample supply of energy and sustainable nutrition for your body.

**Pineapple** is the only source of the enzyme bromelain, which contains anti-inflammatory properties shown to reduce swelling, bruising, pain, and recovery time. This is why we include pineapple in our Quench juice.

**Ginger** helps with digestion and includes anti-inflammatory properties. We include ginger in several of our cold pressed juices, as well as in our Wellness Shot (ginger, wheatgrass, lemon).

following the miscarriage; instead it was shutting down, literally before my eyes. After being misdiagnosed at an after-hours clinic, I was able to get in with an internal medicine doctor who ordered blood tests, tests of all of my organs, an echocardiogram – basically everything short of an MRI or PET Scan, with all results reading PERFECT.

But something was wrong. I wasn’t able to get out bed. Friends brought meals, and family stayed at our house for an exhausting four weeks. By November, I was still undiagnosed and facing what appeared a hopeless prognosis. My doctor passed along some anti-anxiety and antidepressants in a last ditch effort to help me. At that point, I was willing to do anything to get well.





### ***What is cold-pressed juice?***

- Cold-pressed juices are not oxidized, heated, or depleted of any enzymes, vitamins, or micro-nutrients, making them a highly desired healthy alternative for cellular reparations and cleanses.
- Cold-pressed juices remain fresh for four days, maintaining the highest amount of nutrients available from juiced fruits and vegetables.
- “Home juicers” expose juice to oxygen and microbes, causing it to spoil quickly and lose nutritional value.
- Unlike processed juices, cold-pressed juice consists of raw farm fresh produce juiced under thousands of pounds of pressure without any added sugars or preservatives but all of the vitamins and nutritional benefits.

My two older sisters suggested I take a more holistic and integrative approach to my health. While we were together during Thanksgiving, they began juicing, giving me probiotics and ideas about how we could systematically attack whatever was ailing my body. The juicing, the probiotics and fish oils, as well as cutting out sugars, alcohol, and caffeine for a season, helped rejuvenate my health. Slowly I began to bounce back, as I researched alternative health approaches and visited an integrative health practice, where the doctor ordered a complete nutritional blood panel. The results showed that I was not absorbing B12 properly and I was vitamin D deficient. I began incorporating foods and juices that targeted those deficits and the symptoms I was experiencing. Food became my medicine, and although I was never diagnosed with any particular ailments, I continued to get well and grow stronger.

With the knowledge I had gained from my experiences and my renewed health, I wanted to share the benefits of juicing with the Birmingham community. With the support of doctors, nutritionists, chiropractors, farm-to-table chefs, and the universities that partner with us, Sprout & Pour cold-pressed juicery was launched at Pepper Place Farmer's Market in April of 2014. Out of necessity, we opened our retail kitchen and juice bar in Edgewood by November of that same year. The response here in Birmingham and the surrounding areas has been amazing. As a runner, juicing has provided me with all of the nutrients I could get from a multi-vitamin, but with the addition of hydration from the fruits and vegetables and the extra cellular nutrition they provide. I find that juices give my body more energy and post-run fuel, making me a stronger runner overall. Being a runner integrates into every part of my life, for every season. As runners, trusting and listening to our bodies is a constant practice. I am thankful to be able to help others benefit from the improved health juicing has brought to me.

*Amanda is the owner of Sprout & Pour, a cold-pressed juicery located in the Edgewood area of Homewood. She created Sprout & Pour based on her past experiences in the medical field and teaching, and she enjoys the creativity juicing offers. Sprout & Pour's mission is to become a beacon of light for the health-oriented community. Visit Sprout & Pour at 927 Oxmoor Road or online at [www.sproutandpour.com](http://www.sproutandpour.com)*

 **SPROUT & POUR**  
cold-pressed juicery



## CONGRATULATIONS

Thank you to everyone who participated and voted in our “Bad Race Photos” Contest! Our winner by a landslide was **Clinton Colmenares**, who attempted his best Superman impression at the finish line of the 2015 Mercedes Half Marathon.



Congratulations, Clinton! We know your new (hopefully anti-chafing) BTC shirt will look great in your next race photos!

Coming in with a solid second place finish were speedy siblings **Isaac** and **Zoe Shore**.



## SAVE THE DATE!

**The Vulcan Run 10k**  
**November 8, 2015**





Sprout & Pour is a family owned and operated cold pressed juice business based in the heart of Birmingham, Alabama. We have been sowing seeds among Alabama's local farms to source fresh, local and seasonal produce into fresh cold pressed juices. We are Alabama's first cold pressed juicery.

**SPECIAL BTC MEMBER BENEFIT!** Sprout & Pour is offering all BTC members a free cold pressed 16oz juice for each day of a Cleanse. We offer 1 and 3 Day Cleanses or longer if desired. Order online, or call the store to place order 24 hours in advance and pick your preference for pickup day and time.

[www.sproutandpour.com](http://www.sproutandpour.com)

Located at 927 Oxmoor Rd. Homewood, AL 35209 Phone 205-490-6993

Email: [sproutandpour@gmail.com](mailto:sproutandpour@gmail.com)

Sprout & Pour is opening a second location at The Summit by summer's end, and potentially other areas of Birmingham by the fall.

BTC members enjoy discounts and other benefits from many local businesses – see a complete list on the [BTC website](#), and remember to support those who support the BTC!

It's NEVER Hot in the Woods!  
And You Can Always COOL OFF under the Falls

Mountain High  
OUTFITTERS  
**SOUTHEASTERN  
TRAIL SERIES**  
7 RACES IN 7 MONTHS

PRINCE GEORGE, AL

**S**  
salomon SUUNTO

Website:  
[SoutheasternTrailRuns.com](http://SoutheasternTrailRuns.com)

A poster for the Mountain High Outfitters Southeastern Trail Series. The background is a dark, fiery image with flames on the sides. The text is white and yellow. At the bottom, there is a QR code and the Salomon Suunto logo.

## Hotter 'N Hell Trail Race July 25

**Oak Mountain State Park**

**9 Mile or 18 Mile Trail Race**

**The Cedar Pavilion - 8:00 AM Start**

**10% Discount to BTC members - Enter "BTC-HHH"**



# DIRTY RUNNING

—by David Tosch

Since I purchased my first pair of Trail Shoes back in 2005 or '06 I have seen a lot of changes in the sport of trail running and ultra running. I actually had to drive to Chattanooga to find a store with a selection of trail shoes and a knowledgeable sales person to help choose that first pair. For fueling, there were GUs and Gels, and Hammer had energy products designed for bike racing that worked OK for trail racing, to a point. Electrolytes were pretty much limited to capsules you swallowed every hour or so during a run or race. All this worked OK. Usually!



If you needed a hydration pack, you purchased a small hiking pack from an outdoors store. Things like water bottle holders and jackets you

purchased from the local road running store or hiking store. Back then, I actually make peanut butter and jelly sandwiches to take on long runs, and I threw in a few cookies. (Well, I still take cookies.)

As I mentioned, many of these products were designed for endurance biking events, especially Hammer Products. But there is one big difference between a 5 hour bike race and a 5 hour 50K run. A bike rider's upper body stays fairly stationary on the bike during a ride. The legs do almost all of the moving. In a run, your upper body is bouncing up and down with every single step. When your body bounces up and down, so does your stomach. If what you consume during the event is not absorbed almost as fast as you take it in, all that stuff starts sloshing around, and your stomach rebels. You will likely spend the rest of your race battling nausea.

The electrolyte caps work great as long as you remember to take them on schedule. In reality ("reality" being the middle of a very

long race, 10 hours, 20 hours, 30 hours, etc...) you will likely encounter two problems. First, after hours of running, your mind just doesn't function at peak performance. If a runner is using electrolytes, (salt caps,) and plans to take one cap per hour every hour, he will likely have no problem for 4 or 5 hours. But, as the day or night wears on it is really easy to get off schedule. Is simply becomes difficult just to keep up with the time. I have looked at my watch and noted it was 10 minutes until I need to take a salt cap. By the next time I was aware of looking at my watch, it was 10 minutes past when I should have taken the tablet, and I had no idea if I actually took it or not. By hour 22, I would be doing good to remember what I was supposed to do on the hour, every hour.

The second problem many people have with electrolyte caps is that they become very difficult to swallow late in a race. Most of us have no problem swallowing capsules early in a race. Throw one on your tongue, take a big drink of water, and it's gone. Now, fast forward 15 or 20 hours into a race. If you do remember that you need to take a salt cap, you put it on your tongue, take a big drink of water, and the capsule goes nowhere or worse, it causes you to gag and you spit it out. Once I get to the "can't swallow a cap" stage, that's it for the "salt caps" -- I have to get electrolytes some other way or not at all. Without electrolytes, your body does not absorb water very quickly so the water you drink starts sloshing around in your stomach. "Nausea!"

Several years ago, NUUN came up with a tablet you just drop into 16 oz. of water, and your electrolyte mix is perfect. As you drink your water/NUUN tablet mix, you get exactly the right amount of electrolytes. This sounds simple and works great in training runs. (By the way, training runs, especially those very long training runs, are where you sort out your ultrarunning plans. It's where you find out what works and what doesn't, what you like or don't like and what you can eat and what you cannot eat. Then you go to an ultra and realize what worked great in training runs really doesn't work in an ultra. On to plan "X" or "Y." For me, the NUUN tablets worked great in training runs and short races. Then I tried them at the Tahoe Rim Trail 100 in July 2011. Mid-afternoon, 9 or 10 hours into the race, I started feeling sick to my stomach. I realized the ratio of NUUN mix was way too strong. It tasted awful. I poured the mix out before the next aid station and started over with the correct ratio.

Sometime around 9 or 10 PM, 15 or 16 hours into the race, I started feeling sick again. This time my mind was somewhat dysfunctional and I couldn't figure out what was wrong. I ended up having to walk most of the night. Just before arriving at the Bull Wheel Aid Station on top of Diamond Hill Ski Resort about mile 71, I finally figured out the problem. Once again the NUUN tablet ratio was way off. I had walked for 6 or 7 hours before I realized why I felt so bad.

The reason I was having trouble keeping the ratio correct was be-



cause I was wearing a hydration pack with a water bladder in the pack. It was difficult to determine exactly how much water was added at the aid stations – basically, I was just guessing. At night, it's even harder to judge the amount of water added. Each time I added water. I would throw in the correct amount of additional NUUN tablets, per my "guess." With each aid station stop the mixture became a little stronger. The change was so subtle I never noticed it until the water became undrinkable. Too much salt is just as bad as not enough salt. They both make you sick. I dumped the water out of my hydration pack, filled it with straight water, and took salt tablets during the rest of the race with no problems whatsoever.



***Marlette Lake and Lake Tahoe from the Tahoe Rim Trail 100 Course***

I don't like to waste water at aid stations because in all remote aid stations, water has to be carried in, or in some cases filtered from streams or collected from springs. In some extreme cases, such as Kroger's Canteen in Hardrock, snow must be melted and sometimes carried up the mountain several miles. At these aid situations, water is a valuable commodity not to be wasted. To use NUUN Tablets I would have to find a way of accurately measuring the water added. It was simpler just to carry salt caps and remember to take them.

Until about 6 months ago I continued to use nothing but Electrolyte caps and an energy drink mix. Then, in the Pinhoti 100 this year, by sunset, I was no longer able to swallow electrolyte capsules and things went downhill quickly. I decided it was time to find something new.

Several people had told me about a new product called Tailwind. It is a drink mix that combines carbohydrates, electrolytes, and since you mix it in water, hydration all in one product. I decided to give it a try during my training runs for the Lookout Mountain 50 Mile in December. The stuff worked great. I ran Lookout Mountain consuming nothing but Tailwind and finished over an hour faster than the previous year with absolutely no stomach issues and I felt strong to the end. I have used Tailwind in two other trail races this year, Mountain Mist 50K and the Grand Viduta Stage Race, (a three day race) plus the Mercedes Marathon, with great results. Yes, I carry a water bottle even in road races. I only had to

slow down for water at aid stations three or four times in the entire Mercedes Marathon. I like to drink a little when I am thirsty, not just when I am passing through an aid station.



Tailwind is available in large, multi-serving packs on the left and in individual serving sizes, on the right. The small size is a great way to find out what flavors you like. Read more about Tailwind at [Tailwind.com](http://Tailwind.com). Give it a try, even in a road race.

There is still the issue of the mixing the correct water/powder ratio. Running with hand held water bottles or the correct hydration pack can solve that problem. With the ever increasing popularity of ultrarunning, more and more companies are focusing on new products for Ultra runners. Two of those new products are shown below. On the left is one of several new hydration packs introduced by Salomon over the last couple of years. On the right is one of the new packs produced by Ultimate Direction. These packs have two bottle holders on the front and these particular packs have room of a hydration bladder in the back compartment. That extra water could come in handy for very long training runs or if you are running a race with long stretches between aid stations, especially if it will be hot. I discarded the small, blue collapsible Salomon bottles and use my Ultimate Direction 20 oz. bottles for both packs. It's easy to mix Tailwind in a bottle and keep the ratio correct. These packs are both light and comfortable and the Salomon pack even comes with a "heat shield" to keep the water from making you cold in cold weather or to keep you from making the water hot in hot weather. (That's a smart heat shield!)



***The Soloman Pack***



***The Ultimate Direction Pack***

# Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell  
at [mcriswell@american-usa.com](mailto:mcriswell@american-usa.com)  
for more information

**JOIN US!**





# 1200 MILE CLUB

*Cumulative miles submitted through May 2015 are listed below.  
For a complete listing of monthly totals, [click here](#).*

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Adams, Clell	2	465	Casey, Barry	1	382	Easterling, Tim	R	83
Affuso, Olivia	3	382	Cason, Daniel	R	532	Echols, Robert	R	30
Alexander, S Rheagan	R	390	Caviedes, Octavio	1	271	Edge, John	R	340
Armstrong, Thomas	3	142	Chadha, Jennifer	R	217	Edmonds, Maggie	R	144
Bailey, Leslie	1	430	Chambers, Ron	R	574	Elrod, Stacey	R	387
Bailey, Tut	R	295	Chandler, Teresa	5	440	Ensminger, Stephanie	R	0
Baker, Mark	1	311	Chiesa, Marco	R	264	Estes, Jeff	R	462
Baker, Ryan	R	146	Christenberry, Kim	R	0	Etchison, Nikki	R	0
Ballard, William	4	416	Clay, Brad	7	1,079	Evans, Debbie	1	500
Barnes, Conan	R	132	Clayton, Yocunda	R	375	Fell, Amy	2	220
Barnes, Jimmie	R	483	Cliett, Stephanie	R	473	Feller, Beth	1	423
Barry, Jenny	R	387	Clowers, Addison	R	548	Ferlitto, Cindy	R	6
Bartee, Samm	R	182	Coker, Leslie	R	343	Fincher, Valerie	R	167
Bartlett, Kari	1	350	Colmenares, Clinton	R	374	Fonteneau, Kira	R	107
Beasley, Cathy	R	335	Colpack, Chris	R	458	Foust, Hannah	R	236
Beggs, Mark	R	205	Connell, Daniel	R	0	Franklin, Shane	3	472
Belcher, Michelle	2	231	Cooper, David	R	160	Frederick, Winston	6	704
Benner, Kim	2	376	Cornelius, Jeff	R	101	Fuller, Lisa	R	146
Benson, Wayne	4	416	Corrin, LaRonda	R	357	Gann, Michael	3	466
Berg, Courtney	R	50	Corrin, Roger	1	361	Gant, Kelli	1	151
Berg, Dustin	R	251	Cox, Damon	1	484	Ganus, Jack	7	426
Berthold, Jean-Philippe	R	245	Craig, Mary	R	486	Gash, John	2	469
Beury, Bridget	R	232	Cramer, Robyn	R	313	Gaylor, Marcie	1	587
Bissell, Kim	R	377	Cramer, Steve	R	109	Gibson, Darrell	1	325
Black, Dylan	R	400	Crawford, Drew	R	135	Gilbert, John	R	438
Blankenship, Barry	2	352	Creed, Brad	4	319	Goode, Johnny	5	613
Bonatz, Ekkehard	6	1,057	Creel, Mary	R	102	Goolsby, John	3	359
Booher, Lisa	3	390	Crumpton, Dan	2	382	Gordon, Brittany	R	172
Bowman, Brian	R	0	Davis, Kevin	R	82	Greene, Michael	1	191
Bowman, Leisha	R	0	Davis, LaJuana	R	259	Greenwald, William	R	122
Brakhage, Victoria	R	446	Davis, Sarina	R	0	Grice, Jenny	R	445
Brown, Charlie	3	470	Dawson, Ashley	1	699	Grossmann, Christopher	4	282
Brown, Michael	1	373	Dease, Katherine	1	452	Gullapalli, Satya	1	466
Brown, Sean	1	382	DeBardleben, Anne	R	186	Haley, Jay	R	317
Bryant, David	1	425	Dell'Italia, Louie	R	396	Halperin, Dave	1	723
Bunch, Bryan	R	214	Dell'Italia, Pat	R	372	Haralson, Danny	6	439
Bunch, Catherine	R	408	Denton, Matt	2	507	Haralson, Micki	7	463
Busby, Madeline	1	412	Dill, Greg	1	269	Hargrave, Alan	7	534
Byrd, David	R	50	DiMicco, Al	3	350	Harrelson, Heather	1	452
Callahan, Rachel	R	419	Dodson, Brooke	3	154	Harris Bowser, Javacia	R	139
Carey, Christopher	1	220	Dortch, Cherie	6	127	Harris, Robert	R	176
Carlton, Bob	R	477	Douglas, Nelle	R	464	Harrison, Lisa	3	414
Carroll, Chad	R	105	Dunn, Wade	6	772	Harvey, Gary	R	396
Carter, Adrienne	R	162	Easterling, Natalie	R	389	Harvey, Gordon	R	636



TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Hathorne, Chad	R	406	Lichlyter, Lee	R	372	Osborne, Kristen	R	134
Havicus, Cari	R	421	Lockett, Janet	R	349	Parks, Charlie	1	949
Hayes, Debbie	1	566	Longoria, Joseph	2	509	Patlolla, Sandeep	R	190
Hayes, Mikal	R	436	Lopez, Eric	R	0	Patterson, Carrie	1	426
Heaton, Bryan	1	351	Losole, Liz	5	106	Peagler, Shana	3	348
Heineken, Stephanie	R	519	Love, Thomas	1	430	Pearce, Julie	4	270
Henley, Monica	1	392	Lyle, Randy	6	711	Pearson, Blake	1	582
Henninger, Alison	R	445	Lyles, Chris	R	383	Pearson, Mary Scott	R	171
Hickerson, Patrick	3	403	Lyles, Kimberley	R	0	Perry, Jeff	4	794
Hill, Quinn	R	482	Malec, Tim	R	458	Peters, Scott	R	599
Hill, Susan	1	362	Malick, David	1	406	Peterson, Stacy	1	425
Hill, Tucker	R	368	Martz, Adam	1	330	Pezeshkmehr, Megan	R	456
Hodges, Max	R	214	Mason, Erin	R	350	Pezzillo, Kate	1	48
Hollett, Brett	R	215	Maughan, Kevin	R	471	Pigford, Wells	R	230
Honea, Todd	3	430	McConnell, Kim	1	294	Plante, David	2	548
Hoover, Alison	3	540	McCoy, Jabe	R	871	Poole, Greg	1	0
Hoover, Jim	R	312	McKenna, Don	1	334	Porter, Michael	R	0
House, Beth	2	402	McKenna, Regan	R	324	Portwood, Paul	R	620
Housler, Philip	1	249	Mcmahon, Mary Lee	1	0	Powell, Tim	R	425
Hughes, David	R	297	McNair, Kelly	1	485	Prestridge, John	R	403
Hulcher, Alison	R	0	McTune, Mark	2	685	Ralph, Meghan	R	400
Hunt, Leslie	R	470	McVey, Simon	R	433	Ramsey, Jamey	R	387
Hyatt, Micheal	1	242	McWilliams, Matthew	R	222	Randall, Lisa	5	344
Ingle, Brandon	R	205	Meadows, Bryan	2	304	Ratliff, Garnet	R	51
Izard, Georgia	R	516	Merry, Vicki Sue	2	819	Richards, Amy	R	381
Izard, Melody	R	489	Miller, Tracy	R	348	Richardson, William	R	500
Jackson, Kelly	R	17	Millican, Randy	2	414	Riner, Clint	R	495
Jenkins, Kaki	1	464	Millsap, Lanier	1	124	Roberie, Josh	R	211
Johnson, Christy	R	76	Mixon, Joshua	R	95	Roberson, Kevin	1	646
Johnston, Latta	R	445	Mooney, Sylvia	R	48	Roberts, Fletcher	R	422
Jones, Delpha	1	315	Moore, Robert	1	598	Roberts, Stephen	R	529
Jones, Ira	2	394	Morgan, Danielle	3	382	Robinson, Rod	R	255
Jones, Marcus	R	811	Morgan, Phillip	5	481	Rocha, Roger	1	507
Kane, Dawn	1	416	Morris, Dewayne	1	485	Rodriguez, Angie	1	416
Kane, Michael	1	407	Morris, Justin	1	389	Rodriguez, Rick	R	54
Kaplan, Justin	R	0	Morris, Matt	R	519	Roper, Lynn	R	0
Kelley, Robin	1	699	Morrow, Abigail	R	0	Rose, Billy	R	556
Kemper, Tricia	R	433	Morrow, Alex	4	323	Rosetta, Keith	R	0
Kin, Nicholas	R	277	Mothershed, Janie	1	136	Routman, Cynthia	R	303
Knight, Diane	R	337	Murchison, Reginald	1	733	Rutherford, Keith	7	412
Knight, Kristen	R	330	Murphy, Mandy	R	0	Rutledge, Lisa	R	500
Krause, Casey	R	291	Murray, Jason	1	334	Sadler, Jason	R	331
Kuhn, Jimmy	7	455	Norris, Beth	1	435	Sarrett, Kemper	R	384
Laird, Audrey	R	438	Northern, Kristie	5	419	Schaefer, Todd	R	478
Langston, Aaron	R	433	Oehrlein, Kimberly	R	250	Secor, Debi	R	622
Langston, Richard	3	461	Oliver, Greg	1	497	Self, Travis	R	346
Leopard, Don	R	457	Oliver, John	R	365	Shaffield, Danny	1	660
Lester, Treva	R	449	Opsomer, Liliane	R	195	Shaffield, Mitzi	R	84

TOTAL	YEARS	TOTAL
Shaw, John	R	234
Sheppard, Gretchen	R	313
Shinn, Ronald	4	324
Shirley, Scott	1	452
Sides, Dean	R	465
Silwal, Suman	4	201
Simmons, Kelly	R	0
Simpson, Kevin	1	409
Sims, Robert	1	393
Sloane, Mike	R	383
Slocum, Brandon	R	340
Smith, Jason	R	512
Smith, Jerry	7	368
Spurlock, Nivada	1	462
Stearns, David	7	210
Stearns, Robert	R	328
Steely, Sonia	1	374
Stephenson, Amber	R	10
Stewart, Stephanie	R	408
Stockton, Rick	7	328
Talley, Beau	2	509
Talley, Shellie	R	297
Taylor, Trey	1	35
Thomas, Eric	2	622
Thomas, Jamie	R	393
Thornton, Dean	3	464
Tichnell, Josh	R	368
Tillery, Shaun	R	493

TOTAL	YEARS	TOTAL
Traylor, Loren	R	587
Varnes, Vickie	1	572
Vinson, Hope	R	311
Wales, Kevin	R	333
Walker-Journey, Jennifer	R	387
Walker, Caroline	R	235
Wall, Ron	2	442
Walters, Lara	1	0
Warren, Tom	R	469
Watkins, Janet	R	155
Watters, Robert	R	604
Weber, Amy	R	239
Weber, Lauren	R	163
Weeks, Max	R	14
Weisberg, Scott	4	0
Wells, Whitney	R	162
Wende, Adam	R	465
Whatley, Prince	7	777
Whidden, Lisa	1	571
Whitt, Trey	2	397
Williams, Christopher	R	185
Williamson, Chad	2	252
Wilson, Teresa	1	331
Windle, Dale	R	485
Wiseman, Steve	R	393
Woody, Bill	6	634
Wright, Sean	1	415
Wu, Xing	5	444

TOTAL	YEARS	TOTAL
Yates, Durand	R	0
York, Gary	1	622
Young, Alyse	R	291
Zehnder, Justin	5	409
Zimlich, Kimberly	R	395



*Hope is on the line.*



JUST A CALL AWAY 5K  
CRISIS CENTER

**Join us for this brand new 5k benefiting Crisis Center, Inc.**

**Saturday, August 8th, 2015**

**UPTOWN Birmingham, AL**

**USAT&F certified, chip timed course**

All current BTC members will receive \$5 off registration!  
Please note that you must be logged in to Run Sign Up to activate the discount.

<https://runsignup.com/Race/AL/Birmingham/ACallAway5K>

# SHOW US YOUR BTC GEAR!



***BTC President Alex Morrow, Finish Line Coordinator Tanya Sylvan and Rachel McPhillips out for a Sunday run***



***Joey Longoria and Keith Henley***



***Ki Shin and Dean Thornton***



***Jenny Barry at the Saguaro 7k trail race in Surprise, AZ, where she placed 3rd in her age group, April 25, 2015***



***Kim Tyler, Kate Pezzillo and Kim Benner volunteer at the BTC water stop during Statue 2 Statue***





*Kim Benner, Jennifer Andress, Justin Kaplan, Clinton and Stephanie Heineken at the Auburn Half Marathon, April 25, 2015*



*BTC members attempt to outsmart the rain at the Auburn Half Marathon, April 25, 2015*



*Chris and Rachel Callahan in Savannah, Georgia*



*Richard and Janine Langston at Churchill Downs, before the Kentucky Derby Festival Marathon and Half Marathon*





***Bob Sims raced to a new PR at the Kentucky Derby Festival Marathon***

***Beau Talley, Shellie Talley and Ekkehard Bonatz before the Colorado Marathon, May 3, 2015***



***Mary Elizabeth Jeffcoat and Mary Elizabeth Harrison after the We Love Homewood Day 5k, May 2, 2015***

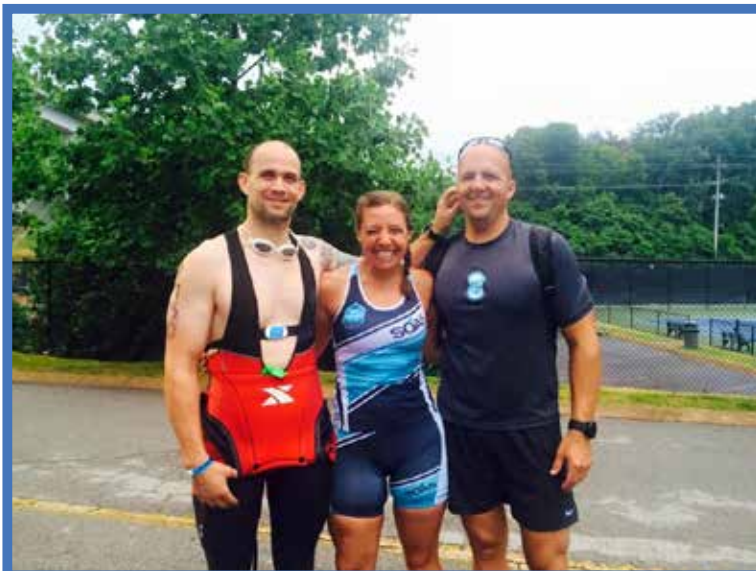


***Jeremiah Jarrad, Eric Thomas, Ramond Banks, Omari Kelly, Kendra Kelly and Dana Brown tackle speedwork***



***Eight year old Ali, who ran her first 5K in February 2015 and runs regularly at Jemison and Moss Rock, shows that BTC members come in all ages!***





*Jason Rose, Jenn Kuklinski and Danny Sullivan after the Chattanooga Ironman 70.3, where Jenn placed 9th in her age group after recovering from a serious bike accident (thank goodness for helmets!)*



*Lisa Booher, Matthew Scholar and Alex Morrow after the Memorial Day Trail Race at Oak Mountain State Park*

*Dean Sides and Stephanie Cliett at the Mark Forester Half Marathon in Haleyville, May 16, 2015*



*Monica and Keith Henley hiking during a recent trip to Nevis*

Show us where the BTC has taken you!  
Email photos to: [JPearce@ggh-law.com](mailto:JPearce@ggh-law.com)



# RACE ACROSS ALABAMA

— by Jimmy Barnes

The Race Across Alabama (RAAL) is but a small segment of the Race Across the USA, a cross country stage race that started in California in January and ends in Washington D.C. in June. The race is a fundraiser for Run for Kids, an organization founded to fight childhood obesity.

The RAAL is an 8 day stage race that started near Ethelsville on April 18 and ended at the AL/GA border on April 25. The RAAL consists of 7 certified marathon stages ranging from 26.5 to 26.85 miles each day plus an ending 23.73 mile stage (of course, being a runner and sometimes compulsive I did tack on the extra 2.5 miles the final day). The official distance was 210.3 miles. The links below have details of both races with runner profiles for the main race and maps for both.

I have run multi-day races before, but this was different in that it was a stage race, and you had to complete each stage within 8 hours. My previous multi-days were of the “fire the gun and run ‘til you are done” variety. I think this format was more stressful even though there was one grace day so that if you did not complete a stage in the allotted time you could restart the next day where you finished. You then had to make up the entire distance in the allotted 8 hours. We started each day at 8:00 am and finished at 4:00 pm. Another unique feature of this race was that along the way they would suspend the race and go to a school to deliver a talk to the kids. You would mark your spot, go to the school, then come back and restart. This happened twice in the RAAL -- once for Valley Elementary and another time for a school in Mt. Laurel.

The runners consisted of 2 groups: the 7 core team members who have been running from CA and the 4 state runners. Biographies of the core runners are on the Race website. The state runners were Steven Eder from Colorado, William Meyer from the UK, my daughter Rebecca and myself. It is hard to imagine what the core runners have accomplished -- they have run over 85 marathons in all kinds of conditions while for the most part sleeping on the ground in their tents each night. They must pack their tents, eat breakfast, and be at the starting line by 8 am each morning no matter the conditions. It was an honor to run with them.

Support stations were set at 6 mile intervals each day. The core runners were restricted to receiving support only at the official aid stations. The aid consisted of ambient temperature water and Gatorade and what other food they had placed in their drop bags for the station. The state runners had no restrictions -- we could use the official aid stations or have our own support. Rebecca and I were fortunate to have my wife, Deborah, with us throughout the entire 8 days. She did a super job of crewing for both of us. Her job was made difficult since Rebecca was much faster; therefore, Deborah usually drove 90-100 miles each day. She lost more weight than both of us combined. I suggested we could go on to Washington D.C. if she wanted to lose more but her response is unprintable.

Rebecca and I were lucky in that we had no major injuries. I got

one blister on top of a toe and lost a couple of toenails that were already coming off. My knee would stiffen up at about mile 20 each day. Rebecca got bitten by a dog, but it was just a small nip. She developed tendonitis or a strain in her ankle one day but used a compression brace, and it got her through the injury.

I jogged a little the first day and finished in 6:58, since my goal was just to survive. After that I just walked, logging times of between 7:20 and 7:34 each day. I tried to average 16 minute miles for the first half, which meant I had 20 minutes for each mile during the second half of the day. I did have stomach issues on the morning we went through Pell City -- thank goodness for a port-a-john and the Lincoln Library on Highway 78. My total time was 58:26. Rebecca's times ranged from 4:45 the last day to 7:14 on a day she walked with me. She had one 5:01 day and a couple of 5:11 days. Her total time was 44:51.



We traveled on all kinds of roads ranging from two lane country roads with no shoulders, four lane roads with wide shoulders, city sidewalks, and finally the beautiful Chief Ladiga trail. Some sections were much like technical trail running only you not only had to look down to miss the roadside debris and fire ant beds, but you also had to look up for the traffic. The route was not marked so you had to carry your own maps or download the daily route to your phone. Thanks to Deborah, I only got off course one time.

All in all, it was a fantastic experience. I am in awe of the core runners and what they have done and are continuing to do.

What a great sport we are a part of in that we can meet and compete with some of the best in the world.

<http://raceacrossusa.org/>

<http://raceacrossusa.org/races/race-across-alabama/>

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*Jimmy Barnes is, in the words of a fellow BTC member, a “legendary ultrarunner in the Birmingham community.” He holds several age-group records for 24 and 48 hour runs, and he can now boast that he’s run across the state of Alabama. He is 78 years old, proving that age truly is just a number.*

# BTC MINUTES

**MAY 11, 2015**

**Attendance:** Alex Morrow, Leslie Bailey, Kelly McNair, Lauren Anderson, Kim Benner, Judy Loo, Dean Thornton, Trish Portuese, Tanya Sylvan, Julie Pearce, Monica Henley, Hannah Foust, Kemper Sarrett, Charles Thompson

**1. Approval of last month's minutes**

**2. BTC Minutes**

- a. Trish asked for the minutes to be submitted within a week following the board meeting. I agreed to do so.

**3. Statue 2 Statue**

- a. We had a very successful race with participation at ~ 612 and received a lot of positive feedback from the runners.
- b. Concerns or issues
  - i. 2 runners arrived after the last bus left the finish to the start but we were able to find a ride for them.
  - ii. A request has been made to start the race early due to traffic on Euclid and Montevallo.
  - iii. A request was made for more port-a-potties. We had 3, 1 at the start and 2 at the finish.
  - iv. Due to the city of Birmingham charging \$900.00 to provide police presence to block off a ¼ mile stretch at the start of the race, what are our options for next year?
    - 1. Move the start line?
    - 2. Attempt to negotiate another rate?
    - 3. Is there a tax incentive for the city if they donate these services?
    - 4. This increase in fees is going to have a damaging effect on many races and, as a result, several of the small races will be forced to move out of the city. Race directors are in communication with city officials over this situation.
  - v. Is there opportunity to partner with Walgreens for next year to use there lot as a staging area for the start line? Judy needs our tax ID number to move forward with these potential relations.
  - vi. BUTTS S2S will continue to grow – how do we handle future liability?

**4. Triple Crown Challenge**

- a. The 3 races in the 2015 Triple Crown Challenge are:
  - i. Whistlestop HM – September 26
    - 1. 5K, 10K, inaugural HM
  - ii. 4 Bridges Chattanooga HM – October 18
    - 1. 15 discount for BTC members
  - iii. Magic City HM – November 22
    - 1. 10% discount for BTC members
- b. Have to be a BTC member to participate in the

challenge.

**5. Ambassador Program**

- a. 11 volunteers have been recruited for this program to date.
- b. Reagan Alexander will be an integral part of the ambassador program.
- c. Focus on reaching out to established running groups right now. Once/month we will be going to these groups and each month we will select a different group.
- d. Ross Bridge has reached out to us asking to lead a weekly run.
- e. Do we have a maximum that a board officer can spend without approval?
- f. Proposal to spend \$60/month for ambassador program – approved.

**6. Run Social**

- a. This Saturday at Church Street Coffee in Crestline
- b. They will provide light refreshments and coffee
- c. We will have wave starts. The long distance will leave at 6am and the moderate distance will leave at 6:30am
- d. On Thursday, July 16, we will host an evening social from Birmingham Physical Therapy in Cahaba Heights.

**7. Barons Social**

- a. June 13
- b. \$15.00 per member per ticket that will include hamburger, hot dogs, baked beans, chips, 2 drink tickets, dessert
- c. Good People is donating two kegs
- d. Purchasing of tickets will be set up on run sign up this week.
- e. 130 tickets – they will sell out
- f. non members - \$25.00
- g. Kid's ticket fee?

**8. Newsletter Changes / Updates**

- a. Excellent format and content
- b. June issue deadline is May 18 (refer to handout)
- c. Moving towards issuing on the first Monday of each month
- d. Submission guidelines will be posted on the website
- e. Julie has been contacted by several members who are interested in volunteering their time or services for the Newsletter
- f. Advertising – space is limited but this is something we can do on a limited basis. If we move to a digital format, sponsorship opportunity will be more readily available. The Atlanta Track Club's newsletter (Wing Foot) brings in \$35,000.00 / year in advertisement.

**9. Peavine Falls**

- a. Registration is open – 6 to date
- b. Paperwork has been submitted to the park
- c. The water in the coolers needs to be cold
- d. Provide registration hard copies to Charles
- e. Kim Benner has taken over the volunteer coordinator position.
- f. Should we add a volunteer component to run

sign-up? This is beneficial for large events, not small ones.

#### 10. Membership

- a. 1259 members – 8 new members with 3 renewals

#### 11. Financial Update

- a. \$25,000.00 in checking
- b. Still working on S2S expenses and revenue
- c. Long term money market - \$100.00 going into the account on a regular basis
- d. Adam's Heart is closed out.
- e. Leslie is handling all BTC financials on Sundays.
- f. IRS taxes are being filed – due on the 15th. Randy Lyle is handling it again this year.
- g. By June, Leslie will present a financial report – tracking, opportunities, past trends. We're considering hiring a financial planner to help us on a monthly basis. In this event, the treasurer will act as the liaison. If we contract out financial tracking, we will have better internal controls.

#### 12. Vulcan Run

- a. Trish and Allison have met briefly to get things going
- b. Trying to reduce cost
- c. Run sign up is set up
- d. New program: competitive teams – 5 person team (all male, all female or co-ed); average the time together and fastest team wins. All 5 have to complete the 10K
- e. Committees: fun run, food, merchandise to produce and sale
- f. \$35.00 early registration; \$50 race day; BTC members get a discount
- g. Vulcan Run Social – at Vulcan Park – proposed

dates: August 1, Aug 8, Aug 29, Sept 5, 12, Sept 26

h. Free training programs: beginner, intermediate, elite

i. Must be a BTC member to participate but the program is free

j. All coaches need to be present at the social

#### 13. RRCA

- a. Ron is stepping down
- b. Opportunity to be a RRCA representative
- c. Alex will submit his bio
- d. Recap from the convention attended by Leslie and Trish
- i. accounting information; risk management; developing a strategic plan and executing the business based on the strategic plan: 2-5 years; outreach to younger members; profiting from races; measuring the success overtime; google for non-profits

#### 14. Other

- a. Charles: event at Troy University on June 13
- b. Member Benefits – any connection with Cosmo's pizza? We've dropped them from member benefits because they do not honor the discount
- c. Mobile friendly website (mobile ready)? Is it hard to achieve? If we're not mobile ready, we drop way down on the google search; We need a proposal because there is a set-up fee and a monthly fee to maintain.
- d. Contest for funny race pictures – please submit really bad photos to Julie for the next newsletter
- e. Volunteer rewards: gift card or race entry

**15. Date of next meeting: June 8 at 6pm at Vestavia Library**

## HEAT INDEX CHART

Relative Humidity	AIR TEMPERATURE (F°)										
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	130°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	148°
40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°		
60%	70°	76°	82°	90°	100°	114°	132°	149°			
70%	70°	77°	85°	93°	106°	124°	144°				
80%	71°	78°	86°	97°	113°	136°					
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							

#### Apparent Temperature Heat Stress Risk with Physical Activity and/or Prolonged Exposure

- 90° - 105° Heat cramps or heat exhaustion possible
- 105° - 130° Heat cramps or heat exhaustion likely Heatstroke possible
- 130°+ Heatstroke highly likely

Source: Mindy Solkin, "Running in the Heat; Respect Your Body, Respect the Heat," [www.MarathonGuide.com/training/coachmindy/heat.cfm](http://www.MarathonGuide.com/training/coachmindy/heat.cfm)



# BTC Membership application



Single: ☐ Family: ☐ Renewal: ☐ Gender: ☐

First Name:

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Last Name:

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Street:

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City:

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State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

3. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

4. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

**Waiver:** I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

--

	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

**Birmingham Track Club, P.O.Box 530363, Birmingham, AL 35253**