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January 2017

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The Road to BQ: How Resilience, Pain and Determination Paved the Way to My Goals

By: Austin Farmer



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The Road to BQ:

How Resilience, Pain and Determination Paved the Way to My Goals

Meet Austin Farmer. Many of you will recognize Austin from his recent round of podium finishes and speedy races, but Boston Marathon qualification wasn't on the horizon when he first began his slow climb back to regaining his health and fitness. And while a BQ or a PR time may be a goal of many runners, Austin shows us that goals often are as much about the journey as they are the end result.

Running has always played a positive role in my life, and that's apparent by the times that I let myself stray away from it. My passion for running has its roots from when I attended registration night in middle school with my mother. My family never pushed me to participate in athletics or team sports, and I was very shy and out of shape at the time. When we got to registration, some of my friends were at the cross country registration table with their families. Before attending registration, I had no intention of joining the team, but I succumbed to peer pressure because I didn't want to feel left out. I saw joining the cross country team as a way to meet and hang out with friends as well as a way to lose weight that I had gained from the combination of playing video games, drinking soft drinks and sweet tea as my main forms of hydration, and eating copious amounts of snacks and junk food. Doing so seemed to pay off because I met several friends, lost a lot of belly fat, and improved my overall fitness from running and the workout exercises that we did every day as a warm up.

I still wasn't the healthiest kid because I maintained my lunchroom, cheap dinner, and junk food diet, but at least I was staying active. I joined the indoor and outdoor track teams for some seasons, which kept me physically active throughout middle school and part of high school. However, I would find myself struggling to enjoy the physical aspect of running until the very end of a season because I would become sedentary and mess up my diet between seasons. I kept joining the teams and following the same cycle until my sophomore year in high school. I ended up losing interest in long distance running, decided not to join the cross country team my junior year, and joined the track team for just one more season before quitting that too. By doing so, I lost connection with several of my running friends, ended

up picking up bad habits, and lived a generally unhealthy lifestyle for the next six years.

I started smoking and drinking during the summer between my sophomore and junior years in high school. Several of my non-running friends began to experiment with smoking and drinking during this time, and I eventually fell under peer pressure. I understood that there were long-term negative consequences, as I have had other family members who have struggled with health problems related to alcoholism, substance abuse and addiction. However, being the teenager that I was, I believed I would be an exception to the rule and that I would be able to control any habit that I picked up if I started. Needless to say, this didn't pan out well. I started smoking and drinking excessively, my grades started to slip, I began experiencing anxiety and depression, my attitude towards school and outlook on life changed and family problems that previously existed were only made worse by the issues that I had created.

Eventually, I was able to rebound and gain some confidence back about my future during the second half of my college career, but I still struggled staying physically and mentally healthy. During my last track season in high school, I weighed approximately 175 pounds. By the time I graduated college, I had begun to drop below 150 pounds, which is underweight for my size. It wasn't until after college that I decided to make lifestyle changes in order to become healthy again. During the spring of 2015, I joined Planet Fitness in hopes of gaining muscle mass, reduced the amount that I smoked, became more mindful about my diet, ate meals at regular times, and improved my sleep routine. I eventually started to feel healthy again, which was a big boost to my confidence.

After I had gained some weight, I began to run on the treadmills at the gym. Running was by far my least favorite activity at the time because of how painful it was. I had terrible endurance and stamina. Every time I ran, I would get side stitches, my lungs would burn as a result of smoking and my legs would tire quickly. My first goal was to run half a mile without stopping. I continued to run on the treadmills three to four times a week until I was able to run five miles. This is a lot of treadmill running, I know, but for some reason it was the only way I could motivate myself to run at the time. I eventually started running outside once I realized how insane it was for me to be running on a treadmill every time given the distances that I began to achieve.



The Road to BQ:

How Resilience, Pain and Determination Paved the Way to My Goals

It was the summer, so I started to run around my neighborhood late at night, no earlier than 9 pm, in order to avoid the heat. After a run one night, I had a crazy pipe dream that I would be able to run the 2016 Mercedes Marathon. I continued to run three to four days weekly, building up to an 8 mile long run before I quit running and going to the gym for two months.

By the time I decided to start running again, I had lost a lot of the foundation that I built. I didn't feel comfortable committing to marathon training with such a small aerobic base, but I convinced myself that running sub-two hours in the Mercedes Half Marathon was possible. It was with this decision that I successfully quit smoking cold turkey. I had reached a point in my training where I believed I was holding myself back from success, and I had already fallen through on my hopes and dreams to run the full marathon. I started running on the treadmills again. I didn't follow a formal plan, but I kept increasing my weekly mileage and capped my training with a 10.5 mile run on a treadmill a week before the race.



Come race day, I blew away my expectations. I never stopped, finished in 1:36, good enough for 8th place in my age group. This success made me very excited and motivated me to continue training in hopes to work up to marathon distance by the end of the year.

I decided to show up to the BTC Saturday morning long run for the first time the weekend after Mercedes because I had been training alone the whole time, realized how much better I performed when I was around others during the race and was seeking

additional motivation. I met several amazing people who gave me training advice and invitations to other group runs that I never knew existed. I found myself running four to five days a week for the next few months, and I continued to have breakthroughs in my training.

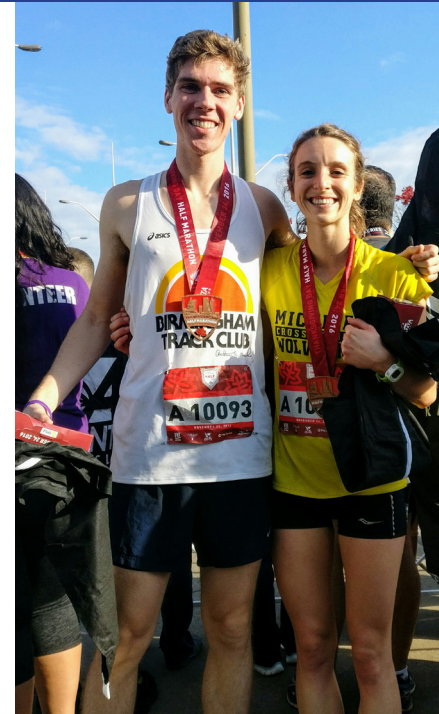
Soon thereafter, I wanted to run another race to see where I stood locally, so I signed up for the Statue2Statue 15k in April. Statue2Statue was a defining race for me. It was my second race in seven years, and I managed to place 10th overall without realizing I had that kind

of ability. It was then when I decided to attempt to qualify for the Boston Marathon.

I registered for the Indianapolis Monumental Marathon in November because it was a relatively flat course and would give me another seven months to train. After about two months of training on my own, I learned that Cadence Run Coaching had a group of runners who also were training to qualify for Boston and run sub-3-hour marathons in Indianapolis. I kept building up my base mileage and eventually reached out to Cadence Run Coaching for a training plan. I received a training plan to run a sub-3-hour marathon, which was very intimidating but necessary to ensure there was enough of a time cushion for the 3:05 age group BQ. The training cycle was difficult, and I hit the wall on several of my training runs due to the heat and improper fueling. However, Cary Morgan kept insisting that I was on track and didn't have anything to worry about. I ended up making huge gains during the second half of my training cycle, and I ran 2:55:40 on race day!

I've had several breakthroughs in running this year. Since running my first marathon in November, I've set a 5k PR, set a half marathon PR at the Magic City Half Marathon, ran my most successful half marathon at the Thanksgiving Day Half Marathon in Atlanta, and have just started training for the Mercedes Marathon. More importantly, this year of running has allowed me to make significant improvements to my physical and mental health. I've made several lifestyle changes to optimize my training. These changes have greatly reduced the stress, anxiety, and depression that I've experienced in previous years. While I may be tired some days from the accumulated fatigue of intense training weeks, I enjoy what I do.

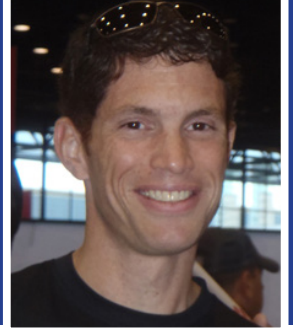
It's hard for me to describe the array of emotions that I've experienced recently while reflecting on the positive and negative aspects of my past. The decision to start running again was easily one of the best yet most difficult decisions that I've made for myself. I started running again as a way to rebuild myself after spending half of my high school and entire college career living a generally sedentary lifestyle and making poor health choices. I knew that running would not be enjoyable during the first few months due to the chest pain



(CONTINUED ON PAGE 6)

PRESIDENT'S ADDRESS

By: Alex Morrow



Hello, fellow BTC Members

As the saying goes, "The days are long but the years are fast." While I have been at the helm of the BTC, there have been so many projects, events, races, and socials, it seemed like the entire club was constantly working on one event or another. You become immersed in the planning and details, focused on the execution of each event, and as soon as that particular event is done, you begin planning the next one. This becomes your world and when you suddenly look up, another year has passed. The days are indeed long, but the years are ever so fast. 2016 has come and gone and what a year it was! At the BTC Annual Party on January 28, 2017 I will give a brief state of the BTC address, but to summarize it here, 2016 has been another banner year!

As I reminisce about 2016, I feel honored to have worked so closely with the BTC Executive Board as we planned and executed another successful year. I absolutely loved chatting with BTC members at all of our events and getting to know the new faces that continually swell our ranks. I also took great pride in watching our club achieve a profit on every single race we produced for the first time in a decade. 2016 was a fantastic year for our Club and one I will never forget.

I am pleased 2016 was such a successful year for a variety of reasons, one of them being that it will be my last year as BTC President. While I will always be heavily involved with this Club I love so much (I will now move into the Executive Committee role of Past President), after two years as Marketing Chair, two years as Vice President, and two years as President, it is time for me to turn over the reigns. It is a huge time commitment, and as my lovely wife likes to point out, a commitment you do not get paid for. :-)

The goal of every President is to leave the BTC in better shape than when you inherited it. Past President Jennifer Andress put life back into our Club and newfound excitement. By doing so she created a great deal of momentum, increased membership rolls, and created a buzz that was handed off to me. My job was to run with that energy.

For the past two years I, along with the BTC Executive Committee, made sure that momentum was not squandered, we kept the energy high, and we strived to continually improve our programs and races. Folks, sorry to be cliché, but it seriously does take a village to accomplish what the BTC has done. So many people have helped pull our wagon, and I am forever indebted to them for their services. Please take a look at these names, and when you see one of these fine folks, do me a favor, shake their hand and thank them for their service. The countless hours of meetings, volunteering, and time away from family is a sacrifice that not many

are willing to offer, but they did, and our club is better for it.

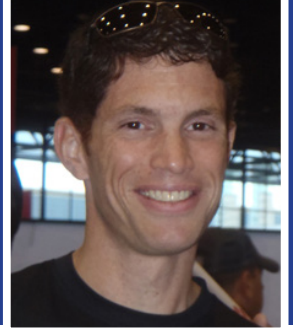
- **Darnell Allen – Vice President**
- **Monica Henley – Treasurer/Long Run Coordinator**
- **Leslie Bailey – Secretary**
- **Jennifer Andress – Past President**
- **Moderate Run Coordinator – Mark Criswell**
- **Membership – Amy Wright / Vicky Brackage**
- **Social Chair – Loren Traylor**
- **Merchandise – Karen West**
- **Newsletter Editor – Julie Pearce**
- **1200 Mile Club – Addison Clowers**
- **Volunteer Coordinator – Kim Benner**
- **Finish Line Coordinator – Darrell Gibson**
- **Webmaster – Dean Thornton**
- **IT Chair – Alan Hargrave**
- **Adam's Heart Race Director – Lisa Booher**
- **Statue 2 Statue Race Director – Judy Loo**
- **Vulcan Run 10k Race Director – Allison Stone**

During my Presidency the BTC has won several awards, including RRCA Running Club Website of the year, seen vast improvements to areas like our newsletter (Julie Pearce is a saint for putting up with all of us stubborn folks who have to submit content!), and we have hosted successful event after successful event. My biggest goal as President, however, was one that does not get thrust into the public eye every often. When I finally step down from office, I want to hand over the keys of our Club to the next President and be able to say with full confidence, "The BTC is in the best financial shape of its life." I can now say that with a smile.

One of the best moves I made as President was convincing Monica Henley to run for Treasurer. I like to describe people who know how to handle their business, take care of the details, and who are extremely trustworthy, "buttoned-up." Monica is buttoned-up and then some! She was able to fully get a handle on our finances, track every transaction to the correct budget line item, chase down every penny, and provide accurate financial reports at all times. By having this information at our fingertips, the Club has been able to make truly informed decisions. While this sounds like common sense, for the past decade there has been at least one BTC race that lost money every year. The club as a whole sometimes did not leverage its buying power for the best deals and we did not have a unified budgetary process for all of our events. Not any more.

For the first time in a decade, every single BTC race turned a profit,

PRESIDENT'S ADDRESS



the club finances continued to grow, and we are most definitely in the best financial situation in Club history! I am truly proud of our Club's accomplishment. This achievement will allow the next set of officers to create and pursue new programs to further enhance the BTC and give back to our membership.

Before I step down there is one more thing to do, attend the BTC Annual Party! I hope you will join us on January 28, 2017 at Todd English Pub for what is going to be an amazing time! It is at this party that we recognize outstanding contributors to the BTC by way of the Dr. Arthur Black / Rick Melanson Award for Outstanding Member, and the Randy Johnson / Danny Haralson Award for Outstanding New Member. If you have any members that you would like to nominate for one of these awards, please email me at president@birminghamtrackclub.com. We will also be awarding the 1200 Mile Club jackets to those BTC members that have achieved this milestone for the first time in 2016.

In addition to all the fun and awards, the BTC will elect the officers to lead the club for 2017. The BTC will put forth its slate of recommended officers, but all nominations are welcome and will be received from the floor the night of the event.

Like I said, the days are long but the years are short. It has been an amazing journey and it will be bittersweet to leave office, but non-stop joy every time see one of you out for a run.

Kindest Regards,
Alex Morrow
BTC President



2017 BIRMINGHAM
WINE 10K
MARCH 11

wine10k.com

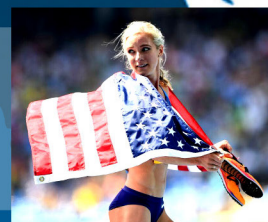
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The Road to BQ:

How Resilience, Pain and Determination Paved the Way to My Goals

CONTINUED FROM PAGE 3

that I'd experience after years of smoking, especially since I was still struggling to quit at the time. However, I knew that my health and fitness would eventually improve if I stayed committed.

What I didn't know at the time was how far I'd push myself to make it to where I am today. My overall health has greatly improved, I've met several wonderful people through the local running community, and my future prospects are brighter than ever. What makes me most



happy and motivated about running, however, are the people who have reached out to me recently saying that I've been a source of inspiration for them to kick their own bad habits, become more physically active, and make other healthy decisions. The ability to learn from my past mistakes and endure the consequences has been key for me to achieve resiliency. I hope that I'm able to continue to inspire others to push themselves to achieve peace of mind and to lead healthier, active lifestyles through running and physical fitness.

The Lake Martin 100

100 & 50 Mile Endurance Run 27 Mile Fun Run

March 18th & 19th, Russell Crossroads, Alabama

**The race is entirely on the private lands of the Russell Forest Trail System
3 Miles north of Kowaliga Bridge on Beautiful Lake Martin**



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and others! AND RACE ENTRIES!



2017 Officers



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Alex Morrow

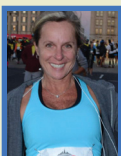
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treasurer@birminghamtrackclub.com



Vice-President

Darnell Allen

vicepresident@birminghamtrackclub.com



Secretary

Leslie Bailey

secretary@birminghamtrackclub.com



Past-President

Jennifer Andress

pastpresident@birminghamtrackclub.com

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" Newsletter

Japan Exchange Program

1200 Mile Club

Volunteer Coordinator

Historian

Finish Line Crew

Webmaster

IT Chair

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Monica Henley	longruns@birminghamtrackclub.com
Mark Criswell	moderateruns@birminghamtrackclub.com
Dr. Cherie Miner	medical@birminghamtrackclub.com
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Alan Hargrave	itchair@birminghamtrackclub.com

BTC Race Directors

Adam's Heart Run

Statue 2 Statue

Peavine Falls

Vulcan Run

Lisa Booher	adamsheart@birminghamtrackclub.com
Judy Loo	statue2statue@birminghamtrackclub.com
Alex Morrow	peavinefalls@birminghamtrackclub.com
Allison Stone	vulcan@birminghamtrackclub.com

BTC Mission Statement

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

Contact BTC at:

Birmingham Track Club
P.O. Box 530363
Birmingham, AL 35253
info@BirminghamTrackClub.com

Race Results

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

birminghamtrackclub.com
championship-racing.com



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BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

Please welcome the following new and returning members to the Birmingham Track Club:

Gary Batr	Mark Erdberg	Danielle Morgan	Laura Murphey	Laura Wallis
Wayne Benson	Debbie Evans	Phillip Morgan	The Mighty Nerdnof	Bradley Wells
Joe T Boger	Desirae Janowiak	Alex Moses	Scott Padgitt	David Williams
Mary Brewer	Michael Janowiak	Janine Moses	Sonia Steely	
Rob Brewer	Tracy B Jefferson	Nicholas Moses	Johnathon Stevens	
Chris Colpack	Michelle Jones	Steve Moses	Allison Stone	
David Corrie	Nathan Miyasaki	Reginald Murchison	Jim Wallis	

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.

Amy Wright
Membership Chair

[Join or renew your membership online today!](#)

Long Run Training Group

The BTC Long Run Group meets each Saturday at 6:00 a.m. in front of the Trak Shak in Homewood. Come join your fellow BTC members as we get ready for various upcoming races. Each week's mileage, routes and water stops can be found at <http://birminghamtrackclub.com/member-events.php> or on our Facebook page, BTC Saturday Morning Long Run.

For those of you who are not accustomed to training with a group (or those who haven't trained with our group, specifically), give us a try! Visit the [Group Runs Page](#) on the BTC website, or join the BTC Saturday Morning Long Runs Facebook page for updates and routes.

**Happy running, y'all!
See you on the roads!**



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MEDICATION AND MILES

PROBIOTICS FOR PRO-RUNNERS?

By: Dima Huneidi and Megan McCarter, 2017 PharmD Candidate and Kim Benner, PharmD

Probiotics are the good, live bacteria and yeasts that can be found naturally in the body and also in some foods, such as yogurt. These probiotics are good for digestive health because they help balance the bacteria in the intestines. While probiotics are found naturally in some foods, probiotic supplements may be used to ensure a more reliable daily dose. There are many different strains (types) of probiotics, typically, Lactobacillus and Bifidobacterium. Lactobacillus is the most common probiotic, typically found in yogurt and other fermented foods. Bifidobacterium may also be found in some dairy products, such as Activia yogurt. Table 1 lists food products that contain probiotics.

In addition to taking in probiotics in food we eat, there are many commercially available probiotic products. Table 2 lists common commercial products along with their active strain of probiotic. Common brand names of probiotic supplements include: Culturelle Probiotics, Florastor, and Equate Probiotic. Probiotics come in powder, liquid, or capsule form. Some products must be refrigerated while others do not; refrigerating the probiotic may help to extend shelf life.

Probiotics have been known to ease discomfort from gastrointestinal (GI) bloating and gas, but research shows that they may also have additional health benefits, such as fighting off colds, improving heart health, and ending emergency mid-run bathroom stops. Probiotics can

significantly fewer instances of leakage in athletes who had taken probiotic supplements for 14 weeks. In another study, marathoners who

PROBIOTIC FOODS

Yogurt	Microalgae
Kefir	Miso
Sauerkraut	Pickles Tempeh
Dark Chocolate	Kimchi Kombucha Tea

PROBIOTIC SUPPLEMENTS

Probiotics One Daily Support	Lactobacillus, Bifidobacterium
Florastor	Saccharomyces boulardii lyo
Dr. Natura Flora Protect	Lactobacillus, Bifidobacterium
Probiom Probiotics Multi Blend 12B	Lactobacillus, Bifidobacterium
Culturelle Probiotics	Lactobacillus
Garden of Life Primal Defense Ultra	Lactobacillus, Bifidobacterium
Align Probiotic	Bifidobacterium
TruBiotics	Lactobacillus, Bifidobacterium
HyperBiotics Pro-15	Lactobacillus, Bifidobacterium



PROBIOTIC POINTERS:

- Choose a probiotic with multiple strains! Look for brands with one to five billion, or more, CFU (colony forming units) per dose.
- Common strains found in probiotic supplements include Lactobacillus and Bifidobacterium.
- Probiotics lose potency over time, so be sure to check the packaged date and the expiration date on the probiotic packaging.
- Take the probiotics daily! It is not enough just to take a probiotic when you are feeling sick. You have to take it daily to have a consistent health benefit.

help keep gut cells together, which strengthens the intestinal wall and can decrease the need to go the bathroom. The “need to go” could be the result of a condition that strikes endurance athletes, especially runners, called leaky gut syndrome. A study published in the Journal of the International Society of Sports Nutrition analyzed blood samples from trained cyclists before and after intense exercise and found

MEDICATION AND MILES

PROBIOTICS FOR PRO-RUNNERS?

consumed probiotics for three months prior to race day experienced shorter periods of GI trouble. In this study, participants either received a probiotic supplement containing *Lactobacillus rhamnosus* or placebo (inactive/sugar pill). The marathon runners who took the probiotic supplement had an average of 2.9 days of gastrointestinal symptoms, while the placebo group had an average of 4.3 days of GI symptoms.

Probiotics have also been shown to boost immunity. There is evidence that supports the theory that probiotics reduce the duration of upper respiratory infections and may even decrease how often they occur. In a study published in the British Journal of Sports Medicine, 20 elite distance runners who supplemented with probiotics during four months of winter training experienced milder respiratory (breathing) symptoms and shorter spells of respiratory illness.

While probiotics may not necessarily be performance enhancing, they can work to keep athletes healthier during training cycles. Heavy training (and any kind of stress) can wear down the immune system and can increase the risk of infection. Therefore, probiotics can be used to improve digestive function and potentially keep all us runners healthy, happy and continuing to run!

Dima Huneidi and Megan McCarter are students at the Samford University McWhorter School of Pharmacy where Kim Benner is a Professor of Pharmacy Practice. Kim is a distance runner and current Volunteer Coordinator for the BTC. When she's not running the streets of Birmingham, she is a clinical pharmacist at Childrens of Alabama and a mother of two non-running (but soccer and lacrosse playing) boys.

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Maebashi-Shibukawa City Marathon

The Birmingham Track Club has once again been invited to participate in the annual **Maebashi-Shibukawa City Marathon** in Birmingham's Friendship City of Maebashi. The race will take place on April 23, 2017 and will feature full marathon, 10K, 5K and 1.5K distances. The City of Maebashi will graciously provide up to three BTC members and their escorts or managers with a fully hosted trip, including race entry fees, local transportation and four nights of hotel lodging prior to the race. BTC runners who have participated in this race in prior years truly were treated as honored guests of the City and had wonderful experiences racing through a beautiful city.

You must be a current BTC member to participate. For questions, or to be considered for one of the available positions, please email Mary Lee McMahon, Japan Exchange Program Coordinator, at: japan@birminghamtrackclub.com. Applications are due in early February, so don't delay!



The 2017 Southeastern Trail Series

Blood Rock
100 Mile Trail Race
and The Blood Rock 50 Mile, 60K & 25K
December 9th & 10th, 2017 Oak Mountain State Park, Birmingham, Alabama.
With over 30,000 feet of elevation change on some of the steepest trails east of the Rockies, this will be one of the most difficult 100 Mile trail races ever held in the Southeast.
Registration: Ultraruns.com Website: SoutheasternTrailRuns.com

Hotter 'N' Hell Trail Race
9 & 18 Mile Trail Race
July 15, 2017 - Oak Mountain State Park
8:00 AM Start at the Cedar Pavilion



Mountain High Outfitters
Memorial Day Trail Race
Saturday, May 27, 2017
6 Mile and 12 Mile Trail Races
Oak Mountain State Park - 8:00 a.m.
3rd Race in the Southeastern Trail Series
Website: SoutheasternTrailRuns.com

Lake Martin 100
100 & 50 Mile Endurance Trail Race & 27 Mile Fun Run - March 18 & 19, 2017
Along the shores of beautiful Lake Martin, near Alexander City, in East-Central Alabama
* north-south Trail Trail or Carriage Paths and a few gravel roads
* Beautiful views along the lake and woods, as well as best of elevation gain.
* Perfect first race or first 50 Mile with single race planning.
* Check out SoutheasternTrailRuns.com
* Register at Ultraruns.com

Run for Kids Challenge
12 HOUR CHALLENGE
TRAIL RACE
50K TRAIL RACE
12 Hour, 50K & 10K Trail Races
100% of Race Proceeds go to
Camp Smile-A-Mile
Oak Mountain State Park,
Cedar Pavilion - 7:00 AM Start

The Birmingham Stage Race
3 Days - 3 Mountains - 56 Miles
Sept 22, 23 & 24, 2017
Stage 1 - Ruffner Mountain, Stage 2 - Red Mountain, Stage 3 - Oak Mountain State Park
or Run the Saturday/Sunday 2 Day Stage. You may also run any single day.
Register at: Ultraruns.com Details at: SoutheasternTrailRuns.com All Races start at 8:00 AM

Get off the Road
SoutheasternTrailRuns.com

The Endless Mile
12 Hour - 24 Hour - 48 Hour Race
Run Solo or Join a Relay Team
October 20 - 22, 2017, Veteran's Park in Alabaster.
This will be an experience you will never forget! Teams may be from 4 to 10 Members.
Race Schedule and Details at SoutheasternTrailRuns.com Register at Ultraruns.com

Birmingham Track Club discount code, good for all races "BTC-17STR"

Run for Kids Challenge & BOO Run for Down Syndrome are excluded. They are charity races with 100% of proceeds going to the Camp SAM and DSA.

Need to Print Your BTC Membership Card?

It's easy!

1. Login to RunSignUp (runsignup.com).
2. Click on "Profile". On a desktop browser, you'll find this among the links at the top of the page. On a mobile browser, you may have to click the icon to expand the menu to see the Profile link.
3. Click "My Club Memberships" under Account Links. You'll see your BTC membership listed.
4. Click on "Membership Card". The page displayed is a PDF file that you can either print or save to your computer or smart phone. If you have a family membership, cards for the entire family will be displayed on one page.

BTC Member Benefits Spotlight

Remember, as a member of the BTC, you are entitled to a whole host of benefits from area retailers – see a complete list on the BTC website. Remember to show your BTC membership card, which you can download to your phone for your convenience, and thank our wonderful partners for supporting the BTC. Membership has its privileges!

Missed out this time?

[Join the BTC or renew your membership today!](#)



BTC Merchandise

As the weather turns cooler, it's time to restock your shelves with the latest in BTC tech gear! Represent your club at home and especially when you travel to out of town races. BTC Merchandise Chair Karen West will keep us outfitted in style! [Email us to purchase](#), or look for the BTC table at the Vulcan Run and all upcoming social runs.

Have a great idea for BTC logo merchandise? [Share your ideas with Karen](#).



Volunteer Vibes

You can start earning your 2017 BTC volunteer rewards by helping at the BTC's Annual End of the Year Party on January 28, 2017 and volunteering during Mercedes Marathon weekend, February 10-12, 2017 – the BTC always needs many volunteers for Mercedes weekend! Please reach out to Kim Benner, BTC Volunteer [Coordinator](#), to let us know how YOU want to be involved! Not able to volunteer during these events, but have a general interest in helping the BTC with run socials, races, or in another capacity? There are volunteer opportunities available to suit you, and Kim will point you in the right direction! #weheartourvolunteers



JOIN THE MOVEMENT!

MARCH 3-5

REGISTER ONLINE TODAY!
CHATTANOOGAMARATHON.COM



CHATTANOOGA



MARATHON

presented by  of Tennessee

MARATHON, HALF MARATHON, TEAM RELAY, 5K, & KID'S FUN RUN.

DISCOUNT CODE

BIRMINGHAM
20% OFF

 @TheChattanoogaMarathon

 @CHAMarathon

 @Chattanooga_Marathon

RRCA UPDATE

REGISTRATION IS NOW OPEN FOR THE 59TH ANNUAL RRCA NATIONAL CONVENTION

The RRCA will host its 59th annual National Convention in Detroit on March 9-12, 2017. All RRCA clubs and members are invited to attend. The National Convention provides a chance for RRCA running clubs, events and coaches from across the country (including the BTC) to send representatives to not only meet other representatives, but to attend a variety of educational seminars.

The Convention will host over eighteen different education session opportunities for club leaders, event directors, and coaches to learn about best practices and critical issues facing the running community. Keynote speakers will inspire and motivate participants during luncheons and dinners scheduled throughout the Convention. The Convention culminates with the National Running Awards Reception and Banquet on Saturday evening and the RRCA National 5K Championship, the Corktown Races 5K.

Any member with an interest in attending the Convention may do so. For more information, or to register, see the RRCA [website](#).



Moderate Distance Run Group

Looking for a fun group run opportunity with a few less miles than the BTC Long Run routes? The Moderate Distance Run Group is for you! The group meets at 6:30 a.m. each Saturday and typically runs routes ranging from 5-7 miles. These routes often are similar to the Long Run routes.

Mark Criswell does a fabulous job coordinating routes and water stops – so fabulous, in fact that the group runs have continued to attract larger and larger groups. Mark now needs a partner to assist with coordinating the Moderate Group, which would entail coordinating water stops and selecting routes as appropriate. Please contact [Mark Criswell](#), Moderate Group Coordinator, to volunteer. Help us keep this group running strong!



1200 MILE CLUB

Cumulative miles submitted through December 30, 2016 are listed below. For a complete listing of monthly totals, [click here](#).

Please remember to submit your miles early in the month so that they are reported correctly in *The Vulcan Runner*. Reporting miles is easy: simply click on the link provided in the email you will receive at the end of each month, select your name from the drop down menu, and hit "submit" – done!

Participant	Years	Total
Alexander, S Rheagan	1	1,033
Anderson, Kerri	R	1,133
Arnold, Brad	R	675
Austin, Andrea	1	1,698
Baggett, Christopher	R	1,081
Bahr, Ashley	R	592
Bahr, Jeff	R	458
Bailey, Leslie	3	1,273
Baker, Mark	1	0
Ballard, Hunter	R	0
Ballard, William	5	165
Barganier, LaShaunda	R	488
Barnes, Jimmie	2	1,527
Bartee, Samm	1	1,331
Bartlett, Kari	1	0
Bass, Andy	1	1,302
Belcher, Michelle	4	1,289
Benner, Kim	4	1,458
Bissell, Kim	1	1,072
Black, Dylan	1	693
Blain, Allan	R	580
Boackle, Larry	1	1,457
Boackle, Tomie Ann	R	1,103
Bonatz, Ekkehard	8	2,519
Booher, Lisa	5	1,714
Bowman, Brian	R	993
Bowman, Leisha	R	313
Bridwell, Hunter	R	253
Bromstad, Murray	1	1,286
Brown, Charlie	5	1,311
Brown, Michael	3	1,440
Brown, Sean	2	1,138
Bryant, David	3	1,561
Burns, Carley	R	600
Busby, Madeline	1	951
Callahan, Rachel	2	1,355
Carey, Christopher	3	1,700
Carlton, Bob	1	1,147
Caruana, Joseph	R	1,146
Casey, Barry	2	177
Ceasar, Katie	R	399
Chadha, Jennifer	R	829
Chandler, Teresa	7	1,318
Chiesa, Marco	R	0
Christian, Alan	R	132
Clarkson, Roy	R	672
Clay, Brad	9	2,837
Clayton, Jennifer	R	0
Clayton, Yocunda	1	1,134
Clemons, Sam	R	1,186

Participant	Years	Total
Cliett, Stephanie	2	2,112
Clowers, Addison	2	1,951
Coker, Leslie	1	680
Collins, Helen	R	1,057
Collins, Nathan	R	189
Colpack, Chris	1	624
Corrie, David	1	1,830
Cowart, Britney	R	1,139
Cox, Damon	2	1,141
Crackel, Caroline	R	1,098
Crain, Teresa	1	1,101
Crawford, Allen	1	1,202
Crawford, Kimberly	1	1,314
Crowson, Bill	1	1,371
Crunk, Emmagene	R	405
Darville, Nathaniel	1	1,885
Davis, LaJuana	R	0
Davis, Sarina	R	107
Dawson, Ashley	3	1,708
Dease, Joseph	1	1,483
Dease, Katherine	2	1,265
DeBardeleben, Anne	2	1,457
Dell'Italia, Pat	1	1,036
Denton, Matt	4	1,789
DiMico, Al	3	832
Dix, Katie	R	0
Doran, Stan	R	1,106
Duke, Cindy	1	1,253
Dunnaway, Roberta	1	1,219
Easterling, Natalie	1	0
Eaton, Ellen	R	0
Edge, John	1	1,003
Ellison, Jennifer	R	484
Elrod, Stacey	1	379
Estes, Jeff	1	573
Evans, Debbie	3	1,436
Farmer, Austin	R	813
Feller, Beth	2	966
Fields, Barbara	R	0
Fleming, Juandolyn	R	43
Fontenot, Misty	R	675
Foust, Hannah	R	712
Franklin, Shane	4	1,172
Frederick, Winston	8	1,832
Funk, Robert	R	0
Gann, Michael	5	1,601
George, Meredith	R	152
German, Brandon	R	1,113
Gibbs, Shirley	1	1,222
Gibson, Darrell	2	495
Gilbert, John	1	0
Glass, Rodney	R	0
Goeb, Laura	R	443
Goode, Johnny	7	1,582
Goolsby, John	3	712
Gould, Izzy	1	1,300

Participant	Years	Total
Grabarczyk, Doug	R	0
Grabeldinger, Nikki	1	465
Gullapalli, Satya	3	1,297
Hackney, Lindsay	R	274
Hake, Philip	R	1,181
Haley, Jay	R	1,119
Hall, Matthew	1	1,234
Halperin, Caitlin	R	260
Halperin, Dave	3	2,149
Hansen-Turnbull, Sabrina	R	0
Haralson, Danny	8	1,200
Haralson, Micki	9	1,362
Harbison, Brookie	R	1,142
Hargrave, Alan	8	1,165
Harrelson, Heather	3	1,215
Harris, Ashley	R	1,082
Harris, Vickie	1	0
Harrison, Lisa	5	1,443
Haslem, Jerri	R	1,094
Hathorne, Chad	R	441
Havicus, Cari	1	1,061
Hayden, Brittany	R	0
Hayes, Debbie	3	1,530
Haynes, Christopher	R	0
Heaton, Bryan	2	1,021
Henley, Meghan	1	1,532
Henley, Monica	2	1,109
Henninger, Alison	1	1,158
Hickerson, Patrick	4	447
Hill, Susan	2	1,164
Hill, Tucker	2	1,338
Hogeland, Angie	R	1,141
Holmes, Chris	R	982
Hoover, Alison	5	1,237
Horton, Kate	R	0
House, Beth	3	1,200
Housler, Philip	1	391
Hudson, Temeka	R	283
Hunt, Leslie	1	1,137
Hyatt, Micheal	1	874
Ingle, Brandon	R	158
Ingram, Joseph	4	1,211
Izard, Georgia	1	890
Izard, Melody	1	1,190
Jackson, Kristin	R	534
Jarrad, Jeremiah	R	0
Jefferson, Tracy B.	R	1,132
Jenkins, Kaki	3	1,510
Jenkins, Mike	1	234
Joe, Heather	1	1,348
Johnson, Aimee	R	0
Johnson, Gerald	1	1,422
Jones, Elizabeth	R	0
Jones, Ira	3	382
Jones, Kat	R	776
Jordan, Shane	R	407

1200 MILE CLUB

Participant	Years	Total
Kane, Brandon	2	1,339
Katzman, Justin	R	226
Kearley, Christy	R	1,150
Kearley, Stephen	1	1,532
Keefer, Herb	R	847
Kelley, Robin	2	948
Kemper, Tricia	2	1,650
Kendrick, Tom	R	570
Knight, Diane	1	1,162
Knight, Kristen	1	592
Kuhn, Jimmy	9	1,262
Kulp, Loren	1	1,384
Laird, Audrey	2	1,425
Langston, Aaron	1	1,124
Langston, Richard	4	970
Lankford, Frank	R	0
Lee, Koren	R	555
Lee, Shilonqua	1	958
Leopard, Don	1	375
Lester, Treva	R	369
Lockett, Janet	R	77
Longoria, Joseph	4	1,642
Loo, Judy	2	185
Love, Thomas	1	235
Lowrey, Natalie	R	0
Lupinacci, Timothy	R	0
Lyle, Randy	8	1,983
Lyles, Chris	1	721
Lyles, Kimberley	R	0
Maha, Michele	1	1,354
Malick, David	3	1,328
Mason, Erin	R	0
Mathews, Craig	R	1,145
Mathews, Liza	R	1,140
Mattrella, Cheryl	R	0
Maughan, Kevin	1	932
McConnell, Kim	1	797
McCullough, Matthew	R	646
McNair, Kelly	3	1,779
McTune, Mark	4	1,966
McVey, Simon	2	1,447
McWilliams, Matthew	R	155
Merry, Vicki Sue	4	2,181
Mickens, Cassandra	R	1,198
Miller, Bill	R	226
Miller, Tracy	1	894
Millsap, Lanier	1	459
Miyasaki, Nathan	1	1,417
Morgan, Cary	6	3,727
Morgan, Danielle	4	1,065
Morgan, Phillip	7	1,340
Morris, Justin	3	1,508
Morris, Phil	R	1,009
Morrow, Abigail	R	169
Morrow, Alex	6	1,924
Moss, Denise	R	455
Mote, Darrell	1	1,222
Murchison, Reginald	3	2,059
Nagy, Lisa	R	823
Neaves, David	R	0
Northern, Kristie	7	1,247
O'Barr, Alexandra	R	0

Participant	Years	Total
Oliver, Greg	3	1,794
Oliver, John	2	1,479
Olsen, David	1	1,545
Orihuela, Carlos	R	1,136
Osborn, Stef	R	0
Oser, Rachel	R	0
Paradiso, Michelle	1	1,205
Parks, Charlie	3	1,568
Pate, Lisa-Marie	R	1,021
Patlolla, Sandeep	R	0
Patterson, Carrie	2	1,078
Paulk, Benjamin	R	1,022
Payson, Tabitha	R	429
Payson, Tommy	R	1,102
Peagler, Shana	4	1,145
Pearce, Julie	5	687
Pearson, Blake	3	2,265
Pearson, Mary Scott	2	1,612
Penley, Steve	1	1,216
Peters, Scott	1	941
Plante, David	4	1,576
Portwood, Paul	1	1,084
Qualls, Wayne	R	514
Ralph, Meghan	2	1,311
Renn, Deanna	1	1,553
Richardson, William	2	1,820
Roberson, Kevin	2	917
Roberts, Fletcher	2	1,636
Robinson, Niki	R	311
Rocha, Roger	2	1,126
Rodgers, Jessica	R	0
Rodriguez, Angie	2	1,211
Rogers, Tammy	1	1,734
Roper, Lynn	R	834
Rose, Billy	2	1,707
Routman, Cynthia	1	584
Rowell, Tynisia	R	0
Rutherford, Keith	9	1,201
Rutledge, Lisa	2	1,215
Ryan, Meaghan	1	1,220
Sallin, Bracken	R	1,139
Sawyer, Gretchen	R	0
Schaefer, Todd	2	1,551
Schor, Mike	1	1,542
Seeley, Mimi	R	306
Self, Travis	1	776
Selle, Kellan	R	1,182
Sellers, Susan	R	279
Shaffield, Danny	3	1,863
Sheppard, Gretchen	2	1,365
Sheppard, Marci	R	0
Shinn, Ronald	5	1,144
Shirley, Scott	3	1,631
Sides, Dean	2	1,236
Silwal, Suman	6	1,808
Simpson, Kevin	3	3,042
Sims, Cecelia	R	713
Sims, Chris	R	0
Sims, Robert	3	1,465
Sloane, Mike	1	1,114
Smith, Jerry P.	8	1,133
Snow, Sheri	1	1,527

Participant	Years	Total
Stephens, Jeff	R	927
Stockton, Rick	9	1,305
Stokes, Beth	R	0
Straka, John	R	0
Swagler, Susan	R	0
Sweatt, Jason	R	0
Talley, Beau	4	1,342
Tankersley, Helen	1	1,320
Taylor, Trey	1	63
Thomas, Eric	4	2,110
Thornton, Dean	5	1,399
Trimble, Jamie	2	1,566
Tse, Freddy	R	310
Turnbull, Richard	R	0
Tyler, Kim	R	696
Varnes, Vickie	3	1,533
Walker-Journey, Jennifer	2	1,213
Walker, Caroline	R	1,113
Walker, Susan	R	665
Wall, Ron	3	490
Warren, Tom	1	1,102
Watkins, Janet	R	1,068
Watters, Robert	2	1,693
Weber, Amy	1	906
Wells, Bradley	1	1,386
Wende, Adam	1	1,086
West, Anja	R	350
White, Robin	R	266
Whitt, Trey	4	1,669
Wilhite, Thomas	1	1,479
Williams, Avis	1	1,311
Williams, David	R	918
Williams, Shanada	R	151
Williamson, Chad	2	1,089
Wilson, Julie	R	1,113
Windle, Dale	2	1,524
Wiseman, Steve	2	1,337
Wood, Scott	1	1,256
Woody, Bill	8	1,676
Wright, Amy	1	1,877
Wu, Xing	7	1,797
York, Gary	3	1,871
Zeanah, Cary	R	0
Zehnder, Justin	6	1,209

TACKY CHRISTMAS SWEATER RUN

BTC members had a blast at the annual Tacky Christmas Sweater Run on Christmas Eve. Thanks to our friends at Trak Shak for sponsoring the festivities along with the BTC.



FEETS OF STRENGTH



This month, the BTC is thrilled to celebrate some of our younger members, who recently competed in the National Junior Olympic USATF Cross Country Championships in Hoover on December 10, 2016. The Championships were hosted by Spain Park High School.

Adrienne Goolsby, daughter of BTC member John Goolsby, finished 106th in 23:25. Adrienne is in the 8th grade at Briarwood Christian School. Way to go, Adrienne!

Congratulations to **Arthur Langley**, son of BTC member Eric Langley, who finished 71st in 11:43 (3K). Arthur is in the 5th grade at Shades Cahaba Elementary School.

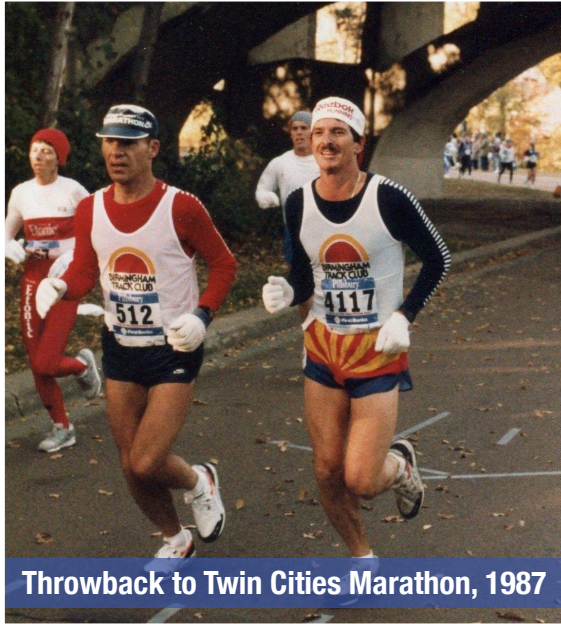
And among our adult members, a hearty congratulations goes out to **Kim Benner**, who ran at PR time at the recent Huntsville Marathon. Way to go, Kim!

Tis the season for longer distance races. Let the [BTC know](#) about your PRs, new distances completed and other running related accomplishments – we want to celebrate YOU!



SHOW US YOUR BTC GEAR

Show us where the BTC has taken you! Email photos to:
Newsletter@BirminghamTrackClub.com



Throwback to Twin Cities Marathon, 1987



BTC members at the KultureCity 5K

BTC MINUTES

December 12, 2016

Attendance: Alex Morrow, Darrell Gibson, Kim Benner, Alan Hargrave, Addison Clowers, Charles Thompson, Leslie Bailey, Darnell Allen, Julie Pearce

- The meeting was called to order at 6:00 PM in the activity room of the Vestavia Hills Library.
- The minutes of the November board meeting were unanimously approved.
- Although Monica Henley was unable to attend, financials were provided in advance of the meeting. Financials reflect stability of bank balances.
- In order to finalize the financials for Vulcan, there was a review of the charitable donations. A motion was put forward to approve \$1500 for Girls on the Run, \$500 for Vulcan Park and \$300 to RRCA. Having unanimous approval, the motion carried.
- Members of the committee had a very in-depth discussion around how to develop Vulcan into a more meaningful race going forward. As discussed, the race was, at a point in time, among the most elite in the country. Each member of the committee offered a perspective on not only their opinions about the issues that have caused a gradual decline in participation but also potential solutions for improvement. These include but are not limited to marketing and management, lack of ownership of the races, community involvement and media. Some conversation was had around sponsoring a BTC delegate to visit with successful clubs around their most popular races, e.g. Atlanta Track Club.
- There are a number of upcoming activities available to club members to participate and recruit. These include the December Trak Shak Tacky Sweater Run, which will offer additional miles for those running Mercedes; Resolution Run 12/31; January 7 Run Social and the Annual Party 1/28.
- Plans are underway to secure the jackets and patches for the 1200 Mile Club, which will be presented at the year end party.
- New merchandise will be ordered and available for purchase. The committee agreed to allocate \$2,000 to purchase BTC apparel.
- Awards will be presented at the BTC Annual Party on 1/28. Nominations should be sent to Jennifer Andress at pastpresident@birminghamtrackclub.com. If anyone has a recommendation for the Lifetime Achievement Award, please put forth a recommendation.
- The Japan exchange contacted the Mayor's Office about participation in their upcoming event that is to be held April 23. Additional information is available from Alex Morrow.
- The next meeting is January 9, 2017.



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

Upcoming Events

EVENT	DATE	TIME
BTC Social Run @ Grille 29	January 7, 2017	6:00 a.m.
MLK Day 5K Drum Run	January 14, 2017	8:00 a.m.
Red Shoe Run: 10 mile, 5K, 1 mile	January 21, 2017	7:30 a.m.
Frostbite 5K and Fun Run	January 28, 2017	9:00 a.m.
BTC Annual Meeting and Party (Todd English PUB)	January 28, 2017	5:00 p.m.
Pensacola Double Bridge Run (15k and 5k) (Pensacola, Florida)	February 4, 2017	7:00 a.m.
Adams Heart Runs (BTC Race Series)	February 4, 2017	9:50 a.m.

Submit races and other running-related events to [Webmaster Dean Thornton](#) to be included on the BTC Events page in *The Vulcan Runner* and online.