



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

December 2017 **12**



## ONWARD AND UPWARD WITH ADAM'S HEART RUNS

By Lisa Booher, Race Director

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**2** Onward and Upward...

**5** President's Address

**9** Medication and Miles

**12** #WhyIRun

**16** 1200 Mile Club

**21** Magic City Half  
Marathon

# ONWARD AND UPWARD WITH ADAM'S HEART RUNS

**THE UPCOMING ADAM'S HEART RUNS CELEBRATE 41 YEARS! THAT'S 41 YEARS OF THE BIRMINGHAM TRACK CLUB JOINING TOGETHER TO CELEBRATE RUNNING, AND WOW, HAS A LOT CHANGED IN 41 YEARS.**

## WHAT WAS HAPPENING 41 YEARS AGO?

- JIMMY CARTER BECAME PRESIDENT.
- APPLE COMPUTER INCORPORATED AND SOLD ITS FIRST COMPUTERS.
- IT SNOWED IN MIAMI. WHAT?!
- KISS PLAYED ITS FIRST CONCERT IN MADISON SQUARE GARDEN.
- "GUYS & DOLLS" CLOSED AT THE NYC BROADWAY AFTER 239 SHOWS.
- BANK OF AMERICA ADOPTED THE NAME VISA FOR ALL OF ITS CREDIT CARDS.
- U.S. HOUSE OF REPRESENTATIVES BEGAN A 90-DAY TEST OF TELEVISIONING ITS SESSIONS.
- "STAR WARS" (THE ORIGINAL!) AND "SATURDAY NIGHT FEVER" WERE RELEASED.
- THE FIRST MRI SCANNER WAS TESTED IN BROOKLYN.
- ELVIS PRESLEY SANG THE LAST PERFORMANCE OF HIS CAREER.
- THE SOCCER LEGEND PELE RETIRED.
- GAS WAS \$.65 PER GALLON.
- THE U.S. RETURNED THE PANAMA CANAL TO PANAMA.
- ORLANDO BLOOM AND SHAKIRA WERE BORN.



It's safe to say that you recognize almost all of the items on this list and that your life today is impacted by more than one of those things that happened 41 years ago. Like you probably just now tuned out of the House of Representatives live stream on your Macbook Air to join us over here at *The Vulcan Runner*, which you are reading under the glow of your Orlando Bloom/Legolas poster, which you ordered from Amazon to save money on gas for your hybrid car – right? And you're probably only sitting down (instead of running) for the first time this year because your latest MRI confirmed a tibial stress fracture. And that is the magic of progress! But also, sorry about your tibia.

In that same spirit of moving onward and upward, our club leaders observed the trend of participation at Adam's Heart Runs over the years, and we have decided to refocus the efforts of the race on the distances with the most participants, the 10K and 10 mile. That means that for the 2018 race, we will not hold the 5K.

Never fear! In Jefferson County alone, you have six chances to run a 5K in December. We encourage you all as BTC representatives to go out and support these local 5Ks with your participation. Heck, maybe you can even get your kids and your I-swore-off-running-because-Uncle-Joe-said-it-was-bad-for-my-knees friends out there too. Because what do runners love almost as much as running? Seeing if they can talk non-runners into trying it just this once. Next thing you know, those now-runner friends are making you a little uncomfortable with the risky length of their split shorts, carrying a stick of Body Glide in their emergency kits, and buying stock in Trak Shak (for real, when will this be an option?).

# ONWARD AND UPWARD WITH ADAM'S HEART RUNS

And now you're definitely thinking, what other exciting news could there be from Adam's Heart this year? I'm glad you asked! We are also moving the date up a few weeks, to give you an even better chance to use the run as a final tune-up race before the Mercedes half or full marathon, without messing up your taper. Because what is worse than the nervous energy build-up of tapering? Lining up at your favorite race of the year that has the best course and the confirmed most awesome volunteers of all time, and then having to run easy instead of hauling booty, because you are tapering.

The new Adam's Heart Runs date for this year is **January 20th**. So stop what you are doing, mark your calendar, and join us for the 41st year of celebrating our running community and enjoying the beautiful Oak Mountain State Park. And put an asterisk with a special note to haul booty.

Also, spoiler, there are more exciting plans coming from your BTC board for 2018. Stay tuned!





**SATURDAY, JANUARY 20, 2018**

**NEW, EARLIER DATE!**

**10K & 10 MILE RACES**

**SIGN UP HERE!**

# PRESIDENT'S ADDRESS

By Monica Henley



## Hello, BTC!

Happy December! Can you believe 2017 is almost over? Let me express gratitude to the BTC Executive Board, officers and the volunteers who have made this year so successful. This year would not have happened without you! I would like to welcome aboard two new committee members: Keith Henley and Jamie Trimble who will be serving as the Finish Line Coordinators – these are the folks who make sure the BTC arch is ready to welcome you to the finish line at all BTC races, in addition to many other behind the scenes tasks (suffice it to say, races could not happen without them). A huge thank you to Darrell Gibson for serving in this role over the last few years. We will also be losing Loren Traylor as our Social Coordinator, and I want to thank her for her hard work this past year as well. These great volunteers are the backbone of the BTC!

## So, what's coming up next?

I hope all of you will join the BTC, along with our friends at the Trak Shak, on December 23, 2017 for the Santa Shuffle. The free event takes place at 6:00 a.m. with staggered start times and starts in front of the Trak Shak Homewood location. There will be 3, 5, 10 and 17 mile run options, plus the BTC will be providing post-run coffee and snacks. Grab your holiday finery, put on your biggest smile, and come run, eat, drink and be merry with hundreds of your fellow runners! There will also be some amazing door prizes, so you will not want to miss this event.

On Saturday, December 30 we will be returning to Red Mountain Park for the annual [BTC Resolution Run](#). This year's event will offer a family fun run as well as the traditional 5K, 10K, and 20K options. Returning this year is the ever-popular scavenger hunt with awesome prizes for the lucky finders. This is a great event for first time trail runners, as well as the experienced, and portions of the proceeds benefit Red Mountain Park. This really is a great way to say good bye to 2017 and get ready to ring in the New Year.

The BTC will be starting off 2018 with a new date for [Adam's Heart Runs](#). Join us on January 20 at Oak Mountain for the perfect pre-Mercedes tune up race!

Want to save some money on BTC races next year? Then sign up the [BTC Races Series](#). For \$75 you receive entry into all four BTC signature races: Adam's Heart Runs, Statue 2 Statue, Peavine Falls and Vulcan Run.

Finally, make sure to put January 27, 2018 on your calendar for the BTC End of the Year Party. 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](#)! We will also be awarding 1200 Mile Club jackets to those BTC members

who have achieved this milestone for the first time in 2017. 1200 Mile Coordinator Addison Clowers will be on hand to present you with your hard-earned awards, as well as patches to repeating members of the 1200 Mile Club. BTC members who have worked so hard deserve some extra recognition!

How did you guys like the BTC Summer Sizzling 5k Challenge? If you enjoyed it as much as we did, stand by – BTC Vice-President Scott Wood is putting together a new BTC year-long challenge that will keep you motivated and having fun. Once again, Therapy South is on board as our sponsor for this challenge. Participants will receive points for races, but also can earn points for volunteering at BTC events, attending long runs, and handling water stops. Point accumulation is endless!

Here's to a happy and safe holiday season!

**Monica Henley**  
BTC President

## YEAR END BTC PARTY!

SAVE  
THE  
DATE!



**Mark your  
calendars for the  
Year End BTC  
party, which will  
be held on January  
27 – you don't want  
to miss the fun!**

## BIRMINGHAM TRACK CLUB

# SOCIAL UPDATE

NEW  
DATE!

Join the BTC and our friends from the Trak Shak on Saturday, December 23 for the most fun you can have in a Santa suit or a tacky outfit!

The newly-renamed Santa Shuffle will feature 3, 5, 10 and 17 mile run options starting at 6 a.m., and the BTC will provide post-run coffee, snacks, and holiday fun. The Trak Shak will provide amazing door prizes, so grab that tacky holiday sweater and make sure the Santa Shuffle is on your holiday calendar!



### BTC 7th Annual Resolution Run at Red Mountain Park

Join the BTC on December 31 at 7:30 a.m. for the seventh annual Resolution Run at Red Mountain Park. Staggered start times begin at 7:30 a.m. for the 20K distance, with the 10K and 5K races beginning at 8 am. Registration links will be available soon on the BTC website.

### Run with the BTC in Japan

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, 2018 and will feature full marathon, 10K, 5K and 3K distances. The City of Maebashi will host up to three BTC members, 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. [Read more about past trips here.](#)

You must be a current BTC member to participate. For questions, or to be considered for one of the available positions, please email us at: [japan@birminghamtrackclub.com](mailto:japan@birminghamtrackclub.com). Applications are due on **January 20, 2018**, so apply soon!



# 2017 Officers



## President

**Monica Henley**

president@birminghamtrackclub.com



## Treasurer

**Trey Whitt**

treasurer@birminghamtrackclub.com



## Vice-President

**Scott Wood**

vicepresident@birminghamtrackclub.com



## Secretary

**Julie Pearce**

secretary@birminghamtrackclub.com



## Past-President

**Alex Morrow**

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**

**USATF Representative**

**Lauren Weber**

**Alex Morrow**

**Mark Criswell**

**Dr. Cherie Miner**

**Loren Traylor**

**Jennifer Andress**

**Vicky Brakhage**

**Brian Atkins**

**Tabitha Payson**

**Julie Pearce**

**Mary Lee McMahon**

**Addison Clowers**

**Kim Benner**

**Trish Portuese**

**Darrell Gibson**

**Keith Henley**

**Jamie Trimble**

**Dean Thornton**

**Alan Hargrave**

**Charles Thompson**

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itchair@birminghamtrackclub.com

usatfrep@birminghamtrackclub.com

## BTC Race Directors

**Adam's Heart Run**

**Statue 2 Statue**

**Peavine Falls**

**Vulcan Run**

**Lisa Booher**

**Judy Loo**

**Alex Morrow**

**Scott Wood**

**Allison Stone**

adamsheart@birminghamtrackclub.com

statue2statue@birminghamtrackclub.com

peavinefalls@birminghamtrackclub.com

vulcan@birminghamtrackclub.com

Vulcan Run Race Consultant

## 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**



## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Kerri Anderson  
Brad Arnold  
Kim Benner  
Kaki Blanton  
Stan Blanton  
Alexis Brakhage  
Joseph Brakhage  
Vicky Brakhage  
Bart Brookins  
Michael Brown  
Carley Burns  
Meredith Caldwell  
Alisha Clardy  
Leslie Coker  
Jody Coombs  
LaRonda Corrin  
Roger Corrin  
Mary Creel  
Margaret DeHaye  
Asante Donadelle  
Jonathan Elmore  
Katie Elmore  
Mark Erdberg  
Lorin Etka-Shepherd  
Beth Feller  
Chappell Fendley  
Winston Frederick  
Kendall Gibson  
Elizabeth Goodrich  
Charles Greene  
Dirk Guenster  
Bryan Heaton  
John High  
Avery Holland  
Matt Holland  
Missy Holland  
Chris Holmes  
Whittley Hopper  
Anna Johnston  
Cooper Johnston  
Kristen Johnston  
Latta Johnston  
Brandon Kane  
Tricia Kemper  
Laura Kostelny

Taylor Lahti  
Lisa Little  
Cindy Lowry  
J.P. Lynn  
Chris Massey  
John McCrackin  
Kelly McNair  
David Mendez  
Vicki Sue Merry  
Cassandra Mickens  
Stephen Miller  
Benjamin Moose  
Brian Moose  
Caleigh Moose  
Lawrence Moose  
Maureen Moose  
Danielle Morgan  
Phillip Morgan  
Dewayne Morris  
Jo Morris  
Darrin Nold  
Kristie Northern  
Charlie Parks  
Adele Pitts  
Jeff Ray  
Jennifer Ray  
Lyndsey Robinson  
Cindi Routman  
Ahmed Salama  
Johnathon Stevens  
Rick Stockton  
Susan Swagler  
Phil Teninbaum  
Ginny Thornton  
Graham Thornton  
H. Ford Thornton  
Whit Thornton  
Taylor Webb  
Anthony Wilkins  
Jamarion Wilkins  
Melissa Wilkins  
Bill Woody  
Stephanie Yates  
Gary York

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.

**Vicky Brakhage**  
Membership Chair

**JOIN OR RENEW YOUR  
MEMBERSHIP ONLINE TODAY!**

## THE BTC RACE SERIES RETURNS FOR 2018!



**PEAVINE FALLS RUN**



## SIGN UP AND SAVE!

# MEDICATION AND MILES

## A Run in the Sun

By Sara E. Brown, Aubrey L. Utley, 2018 Pharm.D. Candidates, Kim Benner, Pharm.D., BCPS, FASHP, FPPAG

**Before you go for a run outside, are you taking the necessary precautions to protect your skin from the harmful rays of the sun? You might remember to apply sunscreen on a hot, sunny day, but what about a brisk autumn afternoon or on a cloudy, winter's day? It is important to protect your skin every time you go outside, because even if it is cloudy you are still exposed to the sun's destructive ultraviolet (UV) rays.**

The sun can be very damaging to the skin and can cause many problems including premature aging, sunburns, and skin cancer. Sunburns are associated with pain and peeling that could result in skin damage but also increase your risk for skin cancer. The American Academy of Dermatology estimates that 1 in 5 people will develop skin cancer in their lifetime. The UV rays from the sun trigger changes in your skin no matter the skin color. These changes are damaging and contribute to the development of skin cancer. These changes are also what causes the skin to appear aged with "sun spots," lines, and coarseness of the skin.

When choosing a sunscreen, the American Academy of Dermatology recommends selecting a product with a sun protection factor (SPF) of 30 or higher. Additionally, for the best protection, choose a product that says "broad spectrum" on the label, because this indicates the sunscreen protects against both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Finally, make sure the label says "water resistant," because not all sunscreens are resistant to water. If a product is "water resistant" it will stay on your skin for 40-80 minutes before you need to reapply, even if you get in the water or sweat a good deal.

A sunscreen can protect your skin through a chemical process or a physical process, depending on the active ingredients the product contains. Some products even utilize both types of ingredients for a combined effect. A "chemical" sunscreen provides protection by absorbing UVA and UVB rays. Examples of active ingredients you might find on the label of a sunscreen utilizing a chemical form of protection are oxybenzone or avobenzone. If you plan to swim in the ocean, it is important



to know that oxybenzone-containing products bleach coral, causing it to die and disrupt the surrounding ocean ecosystem. Look at the ingredients before purchasing sunscreen, there are many other options that can be considered, such as "physical sunscreens" to protect your skin and enjoy a run on the beach.

A "physical sunscreen" works by acting as a barrier to deflect UVA and UVB rays away from your skin. If you are using a sunscreen that works via physical protection, you might see titanium dioxide and/or zinc oxide listed under the active ingredients. If you have sensitive skin, you may want to consider choosing a product that only uses titanium dioxide and/or zinc for active ingredients and avoid chemical sunscreens. These products are less harsh on the skin. If a sunscreen is specifically designated as "for sensitive skin", it means it is a physical sunscreen that is hypoallergenic and does not contain fragrance, PABA, or active ingredients found in chemical sunscreens.

The American Academy of Dermatology recommends to apply your sunscreen while indoors and fifteen minutes before going outside. If you wait until outside to apply, you are already exposed to the dangers of the sun before the sunscreen can provide any protection. Be liberal with your application; use as much sunscreen as it takes to cover all exposed skin. Some commonly missed areas are the neck, ears, tops of the feet, scalp (especially important for those with thinning hair), lips, and back. It is best to reapply sunscreen every two hours at a

# MEDICATION AND MILES

## A Run in the Sun

### SUNSCREEN SNIPETS

- PROTECT YOUR SKIN EVERY TIME YOU GO OUTSIDE, NO MATTER THE WEATHER.
- PICK A SUNSCREEN WITH A SPF 30 OR HIGHER THAT IS BROAD SPECTRUM AND WATER RESISTANT
- APPLY SUNSCREEN WHILE INDOORS AND FIFTEEN MINUTES BEFORE GOING OUTSIDE.
- REAPPLYING IS JUST AS IMPORTANT AS PUTTING SUNSCREEN ON THE FIRST TIME.

minimum to ensure continued protection from the sun. If you go swimming or participate in an activity that causes excessive sweating (such as a long run), you should reapply sunscreen immediately if you plan to remain outdoors.

Running outdoors can mean being in the sun for long periods of time. The sun is damaging to our skin no matter the weather. Remember to find a water resistant, broad spectrum sunscreen with a sun protection factor of at least 30. Perhaps

most importantly though, do not forget to reapply sunscreen. Sunscreen is an easy way to prevent skin damage and lower the risk of skin cancer. Keep yourself safe and enjoy the run!

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## 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!**

## BTC Merchandise

By popular demand, the BTC has a fresh supply of the Arthur Black BTC logo shirts – these retro shirts sell out every time we offer them, so place your orders soon! Email [BTC Merchandise Chair Tabitha Payson](mailto:BTC_Merchandise_Chair_Tabitha_Payson) to order your Arthur Black shirts or other merchandise.

We will be placing orders for fall BTC merchandise soon. How would YOU like to sport your BTC pride? Long sleeved tech shirts? Hoodies or sweatshirts? Maybe a new logo magnet for your car? Whether you have a favorite color, brand or item, we welcome your input! Please [email your ideas to Monica Henley](mailto:email_your_ideas_to_Monica_Henley) for consideration.



## Need to Print Your BTC Membership Card?

It's easy!



1. Login to RunSignUp ([runsignup.com](https://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 Race Discounts

**BTC Members receive lots of discounts, including race discounts.**

**To access these discounts, please follow these steps:**

1. Visit the BTC RunSignUp Members Only page: <https://runsignup.com/Club/BirminghamTrackClub/Page-2>
2. Sign in using the email you used to join the BTC.
3. Access the discount codes to enjoy fabulous discounts on races!

**Having trouble? Please [email us](mailto:email_us) for assistance.**

# #WHYIRUN

Lanier Millsap

**Running used to be something I did only during high school football and baseball. But after a failed marriage of 19 years, I needed something to help me cope with the aftermath. One day one of my work colleagues asked me if I ran. My response was “a little”.**

He said he was training for a half marathon and invited me come with him. I had no idea how far a half marathon was but I kept that to myself. Little did I know or dream what a journey I was about to embark on a little more than five and half years ago.

I enjoyed running on the roads for quite some time. Then by chance one of my friends asked me to meet a crew at Red Mountain one cold morning at 5am. I was hooked. There has been a lot of personal stuff that I have had to deal with over the years. Running and specifically trail running has been one of the best ways for me to cope. The trails became my therapy.

To date I have run over 6200 miles: 26 half marathons, six road marathons (NYC, LA and Chicago among them), three 50ks, one 50 miler, one 12 hour race, multiple stage races, many trail races and one 100k. I have attempted a 100 mile race, but did not complete it. I attended the Rob Krar Ultra camp and completed a six day, 120 mile with 20k of climbing race called the Trans Rockies – what an experience.

My goal is to one day complete a 100 mile race. I know I will accomplish this goal, but even more importantly, I am growing as a person and as a runner during the process. People ask me why in the world I would ever want to run that far. . . .I tell them running saved my life but trails put me on the right path. For me, three words can summarize my running: patience, persistence and most of all, faith. Running has transformed my body, mind and soul. I have met so many people along this journey, which is in many ways just getting started!



# SEASON IN REVIEW

# LOCAL TEAMS, INDIVIDUALS WIN STATE CROSS-COUNTRY TITLES

By Sam Chandler

**The 2017 high school cross-country season has come and gone. But that doesn't mean the achievements of local runners will be forgotten anytime soon.**

Four teams and three individuals from the Birmingham metro area captured titles at the November 11 AHSAA state meet in Oakville.

The success spanned multiple classifications.

In Class 7A, the Mountain Brook boys won their first state crown since 2011. The Spartans, led by senior Charlie Slaughter, nipped top-seeded Huntsville, 74-78. Slaughter overcame quite an obstacle en route to his second-place finish. In May, he underwent surgery to repair the torn labrum in his right hip. Doctors told him at the time that he might not recover quickly enough to compete in his final cross-country season.

## BUT SLAUGHTER BEAT THE CLOCK.

He returned to the course in September and placed second at state in a personal-best 5K time of 15 minutes, 50 seconds. Five days after the resilient performance he signed a running scholarship to attend the University of South Alabama.

Vestavia Hills senior James Sweeney was the only competitor Slaughter didn't hold pace with in the 7A boys race. The Rebels' front-runner led from start to finish and crossed the line in 15:38. It was Sweeney's second individual championship, as he also took first place in the 3,200-meter run at May's state outdoor track and field meet. Like Slaughter, he formalized his college decision the week after state. Sweeney inked his letter of intent to run cross-country and track and field at Butler University in Indianapolis, Indiana, on November 13.



Photo courtesy of Sam Chandler

Reagan Riley, a seventh-grader at Mountain Brook Junior High, finished second at the Class 7A, Section 3 meet, held Nov. 2 at Veterans Park in Hoover. Riley ran for the varsity girls team at Mountain Brook High School at the section and state meets.

Local girls didn't fare as well as local boys in the 7A state races, but there were still a few individual standouts. Reagan Riley topped the list.

The Mountain Brook Junior High seventh-grader was called up to run with the high school varsity team in November, and she didn't buckle under the pressure. Riley led all locals at state with a fourth-place showing in a personal-best 18:33. Her swift time enabled the Mountain Brook girls to claim third place in the team standings, one spot ahead of Hoover.



Photo courtesy of Sam Chandler

Vestavia Hills High School senior James Sweeney won the varsity boys race at the Hoover Invitational, held Oct. 19 at Veterans Park. The victory was one of many for Sweeney, the Class 7A state champion.

CONTINUED ON NEXT PAGE

# SEASON IN REVIEW

# LOCAL TEAMS, INDIVIDUALS WIN

# STATE CROSS-COUNTRY TITLES



Photo courtesy of  
MRUNS

*Homewood High School junior Will Stone won the Jesse Owens Classic, held Oct. 7 at Oakville Indians Mounds Park in Oakville. He completed the 5K course in a personal-best 15:22, which was the state's fastest time this season. Stone won his second straight 6A state title on Nov. 11.*

Homewood, meanwhile, excelled in 6A. The Patriots boys secured their sixth consecutive state championship, and the Patriots girls notched a runner-up finish. Only one boys cross-country program in state history has now won more consecutive state titles than the Homewood boys. The Randolph School in Huntsville clinched seven in a row from 2005-11.

Will Stone, a junior, set the tone for Homewood by winning his second straight individual championship. The reigning Gatorade Alabama Boys Runner of the Year dashed to a 15:46.

Stone posted the state's fastest 5K time of the season at October's Jesse Owens Classic, which he won in 15:22. Sweeney, the Vestavia Hills runner, placed second at the meet in 15:25. Both Stone and Sweeney competed at the Foot Locker South Regional in Charlotte, North Carolina, on November 25. Stone finished 21st (15:32) and Sweeney 42nd (15:51) in the seeded boys race.

Sophomore Celie Jackson led Homewood's charge in the girls division, as she placed second in a personal-best 18:48. Her swift performance, however, wasn't enough to prevent Fort Payne from taking the team title.



Photo courtesy of  
Sam Chandler

*Homewood High School sophomore Celie Jackson won the Class 6A, Section 3 meet, held Nov. 2 at Veterans Park in Hoover. She finished second at the Nov. 11 state meet.*

Briarwood Christian senior Zack Howard highlighted the 5A division. He executed an intelligent race plan that allowed him to pick off three runners in the final mile and win his first state championship. He ran 16:16.

Finally, the Westminster School at Oak Mountain swept the boys and girls team crowns in 1A-2A. The Knights placed their top five runners in the top 20 of each race. Nate Collins, a senior, finished second in 16:15 to lead the boys team, while Hallie Porterfield, a freshman, finished third in 19:34 to lead the girls team. It was the second consecutive state victory for the Westminster girls.

Most teams took a few weeks off to recover after state. Now, the indoor track and field season is right around the corner.

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*Sam Chandler is the assistant sports editor at Starnes Publishing, which produces seven monthly community newspapers in the Birmingham metro area, including the Cahaba Sun, Hoover Sun, Iron City Ink, The Homewood Star, Vestavia Voice, Village Living and 280 Living. He graduated from Samford University in May and is a longtime distance runner. Contact him with story ideas or other inquiries via email at [schandler@starnespublishing.com](mailto:schandler@starnespublishing.com). You also can find him on Twitter @sam5k.*

# RRCA UPDATE



The RRCA has honored men and women for their service to the running community since 1971, through the RRCA Hall of Fame and the National Running Awards. Nominations are now open for the 2018 National Running Awards presented by EliptiGo. [Click here](#) to read more about the different award categories and to nominate a deserving BTC member.

The National Running Awards will be presented during the 2018 RRCA 60th Anniversary Celebration Dinner, which will take place

during the RRCA National Convention, April 5-8, 2018. The 2018 Convention will be held in Washington, D.C. to coincide with the Credit Union Cherry Blossom 10 Mile Run and 5K Run-Walk race. The first 300 paid RRCA Convention attendees will receive guaranteed entry into this popular race, which has a lottery admission. Any RRCA member can attend the RRCA Convention. [Read more or register here.](#)

## Moderate Distance Run Group

**As we kick off training for the Mercedes Marathon and Half Marathon, the Moderate Run Group will be joining the BTC Long Run Group for weekly long runs.** We hope this change will give the groups more chances to interact, and the variety of distances will be appealing to many members. Sign up for the Moderate Group FB page by searching for "BTC Saturday Morning Moderate Distance Run."

If you have an interest in serving as the BTC's new Moderate Run Coordinator, please [email Monica Henley](#). Duties include coordinating 5-7 mile routes on Saturday mornings and coordinating water stops, which often overlap the Long Run Training Groups stops. Two people could share this role easily, so grab a friend and volunteer, if you'd like!



## RESOLUTION RUN

### RED MOUNTAIN PARK

**December 30, 2017,**  
**20K – 7:30 am**  
**10K & 5K – 8 am**  
**RED MOUNTAIN PARK**

# 1200 MILE CLUB

Cumulative miles submitted through December 2, 2017 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
Abernathy, Darrin	R	1,006
Anderson, Adrianna	R	106
Anderson, Kerri	1	1,068
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	R	1,122
Baggett, Christopher	R	127
Barnes, Jimmie	3	1,317
Bartee, Samm	1	1,184
Bass, Andy	1	638
Beasley, Cathy	1	1,216
Belcher, Michelle	5	1,227
Benner, Kim	5	1,274
Benson, Kip	R	0
Bittle, Anna Marie	R	843
Black, Dylan	1	627
Boackle, Larry	1	0
Boackle, Tomie Ann	1	341
Boger, Joe T	R	1,069
Bonatz, Ekkehard	9	1,650
Booher, Lisa	6	1,296
Boswell, Ryan	1	1,222
Bowman, Brian	R	0
Bowman, Leisha	R	138
Bradley, Lee	R	1,177
Brakhage, Victoria	1	803
Bridwell, Hunter	R	0
Bromstad, Murray	1	700
Broome, Mary	R	680
Brown, Charlie	5	1,172
Brown, Dana	R	0
Brown, Michael	3	912
Brown, Sean	3	1,040

Participant	Years	Total
Bryant, David	4	1,433
Burks, Ross	R	1,117
Caine, Lawrence	R	1,018
Callahan, Chris	R	1,066
Callahan, Rachel	3	1,210
Carey, Christopher	4	1,529
Carlton, Bob	3	1,409
Carter, Adrienne	R	1,104
Casey, Barry	2	675
Chadha, Jennifer	R	1,178
Chambers, Gay	R	1,170
Chandler, Teresa	8	1,272
Cirilli, Katerina	R	357
Clarkson, Roy	R	832
Clay, Brad	10	2,046
Clayton, Yocunda	2	1,178
Clemons, Sam	1	0
Cleveland, Jeff	1	1,213
Cliett, Stephanie	3	1,463
Clowers, Addison	3	1,982
Collins, Helen	1	618
Collins, Nathan	R	0
Connors, Michael	R	210
Constant-Jones, Michelle	R	0
Cornelius, Jeff	R	446
Corrie, David	1	810
Corrin, LaRonda	R	472
Corrin, Roger	1	987
Crain, Teresa	1	1,076
Cramer, Robyn	R	544
Cramer, Steve	R	175
Crawford, Allen	2	1,300
Crawford, Kimberly	1	987

Participant	Years	Total
Crowson, Bill	2	1,485
Crumpton, Dan	4	1,411
Crumpton, Melinda	R	642
Cuthbert, Misty	R	1,043
Cutshall, Hannah	1	1,289
Darville, Nathaniel	2	1,847
Davidson, Dow	R	508
Dease, Joseph	2	1,615
Dease, Katherine	3	1,470
Deering, Anna Katherine	R	0
Deering, Chris	R	120
Dell'Italia, Pat	1	1,118
Denton, Matt	5	1,672
Deuel, Jan	R	992
Dortch, Cherie	6	735
Dowling, April	R	1,065
Duke, Cindy	1	1,134
Dunnaway, Roberta	1	1,160
Easterling, Natalie	1	951
Edge, John	1	960
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	3	1,117
Fontenot, Misty	R	1,140
Franklin, Shane	6	1,216
Frederick, Winston	9	1,673
Freeman, Sheila	R	1,005
Gann, Michael	6	1,581
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	103
Goode, Johnny	8	1,395
Graham, Jonathan	R	18

# 1200 MILE CLUB

Participant	Years	Total
Grammas, Marianthe	1	1,848
Graves, Brady	R	54
Grossmann, Christopher	5	1,043
Gullapalli, Satya	3	762
Haley, Jay	1	949
Hall, Thomas	R	907
Halperin, Dave	3	0
Haralson, Danny	8	915
Haralson, Micki	10	1,284
Harbison, Brookie	1	547
Hargrave, Alan	9	1,140
Harley, Charlotte	R	375
Harrelson, Heather	4	1,383
Harris, Ashley	R	815
Harris, Robert	R	792
Harris, Vickie	1	1,065
Harrison, Lisa	6	1,444
Harry, April	R	1,140
Hathorne, Chad	R	547
Havicus, Cari	1	540
Hayden, Brittany	1	1,266
Heaton, Bryan	3	2,118
Henley, Monica	4	1,350
Henninger, Alison	2	1,055
Hightower, Rylie	R	6
Hill, Susan	3	1,035
Hill, Tucker	2	0
Hogeland, Angie	1	557
Hogue, Kari	R	276
Holmes, Chris	R	964
Hoover, Alison	5	0
House, Beth	4	1,089
Hubbard, Stephanie	R	340
Huff, Anne	R	1,141
Hunter, Bob	R	1,013
Ingle, Brandon	R	296

Participant	Years	Total
Ingram, Joseph	4	291
Izard, Georgia	2	1,234
Izard, Melody	3	1,327
Jefferson, Tracy B.	1	992
Jenkins, Kaki	4	1,475
Johnson, Christy	R	0
Johnston, Latta	1	1,032
Joseph, Jeremy	R	0
Kearley, Christy	1	576
Kearley, David	R	930
Kearley, Stephen	1	866
Keefer, Herb	1	1,033
Kelley, Robin	3	0
Kemper, Tricia	3	1,431
Kendrick, Tom	R	29
Kile, Shelby	R	651
Kirchmer, Shannon	1	1,344
Knight, Diane	2	822
Kuhn, Jimmy	10	1,728
Kulp, Loren	2	1,783
Lahti, Tyler	1	1,305
Laird, Audrey	3	1,302
Langston, Aaron	2	1,046
Langston, Richard	4	1,060
Lauderdale, Beth	R	1,171
LeCroy, Sarah	1	1,517
Lee, Koren	1	1,203
Leopard, Don	1	0
Lockett, Janet	R	802
Long, Kristin	R	0
Lyle, Randy	9	1,920
Lyles, Chris	1	0
Madison, James	R	1,032
Malick, David	3	1,151
Mandy, Madeline	R	1,169
Massey, Christopher	R	1,046

Participant	Years	Total
McCombs, Chris	R	558
McNair, Kelly	4	1,541
McTune, Mark	4	318
McVey, Simon	2	1,084
Melvin, Robby	R	0
Merry, Vicki Sue	5	2,466
Mickens, Cassandra	2	1,200
Millsap, Lanier	2	1,030
Misch, Julie	R	0
Miyasaki, Nathan	2	1,775
Morgan, Cary	7	2,861
Morgan, Danielle	5	719
Morgan, Phillip	7	876
Morris, Gordon	R	923
Morris, Heather	R	1,009
Morris, Justin	4	1,409
Morris, Phil	R	282
Morrow, Alex	7	1,636
Mote, Darrell	1	652
Mount, Brian	R	1,194
Murchison, Reginald	4	1,953
Murphy, Amy	R	121
Nagy, Lisa	1	721
Nichols, Jessica	R	666
Northern, Kristie	8	1,317
O'Brien, Ebony	R	0
Oehrlein, Kimberly	R	624
Oliver, Greg	4	1,751
Oliver, John	3	1,263
Orihuela, Carlos	1	668
Ortiz, Amber	R	705
Padgitt, Scott	1	1,227
Paradiso, Michelle	1	846
Parks, Charlie	4	2,145
Parks, Melinda	R	541
Pate, Lisa-Marie	1	0

# 1200 MILE CLUB

Participant	Years	Total
Pavey, Cecil	R	0
Payson, Tabitha	R	409
Payson, Tommy	1	986
Peagler, Shana	5	515
Pearce, Julie	5	630
Pearson, Blake	3	475
Pearson, Mary Scott	2	622
Pelkey, Lauren	R	968
Penley, Steve	1	296
Peters, Scott	1	1,094
Plante, David	4	1,088
Poole, Greg	1	680
Portwood, Paul	2	909
Ralph, Meghan	3	1,416
Randall, Lisa	5	1,010
Renn, Deanna	1	1,188
Richards, Amy	R	245
Richardson, William	3	1,206
Roberson, Kevin	3	1,263
Roberts, Fletcher	3	1,283
Robinson, Niki	R	52
Robinson, Rod	R	897
Rocha, Roger	3	1,159
Rodgers, Jessica	R	654
Rogers, Tammy	1	366
Roper, Lynn	R	1,102
Rose, Billy	3	1,571
Rosser, Joey	1	1,314
Routman, Cynthia	1	968
Rutherford, Keith	10	1,203
Rutledge, Lisa	2	478
Ryan, Meaghan	1	980
Sanchez, Melissa	R	1,097
Schaefer, Todd	3	1,393
Schonhoff, Aubrey	R	910
Schor, Mike	2	1,716

Participant	Years	Total
Secor, Debi	2	1,669
Seeley, Mimi	R	75
Shaffield, Danny	4	1,665
Shaffield, Mitzi	1	867
Sheppard, Gretchen	2	1,019
Sherer, Jeremy	R	1,051
Shinn, Ronald	6	663
Shirley, Scott	4	1,667
Sides, Dean	2	1,133
Silwal, Suman	6	0
Simpson, Kevin	4	2,197
Sims, Cecelia	R	1,033
Sims, Robert	4	1,528
Sloane, Mike	2	967
Smith, Jerry P.	9	1,027
Smith, Justin	R	370
Snow, Sheri	2	1,341
Spears, Kari	R	291
Stark, Patrick	R	631
Stevens, Johnathon	1	2,048
Stockton, Rick	9	1,162
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	336
Talley, Beau	5	1,558
Talley, Shellie	1	1,203
Talley, Sydney	R	836
Thomas, Eric	4	760
Thornton, Dean	5	918
Trimble, Jamie	3	1,410
Tyler, Kim	R	942
Varnes, Vickie	4	1,487
Walker-Journey, Jennifer	2	988
Walker, Caroline	1	553
Wall, Ron	3	999
Watkins, Janet	1	940

Participant	Years	Total
Watson, Thomas	R	1,200
Watters, Robert	2	969
Wayman, Meghan	1	2,169
Weber, Amy	1	681
Weber, Lauren	R	1,190
Weeks, Lance	R	1,141
Wells, Bradley	2	1,256
Wende, Adam	2	1,084
Whillock, Amber	R	220
White, Dennis	R	301
White, Robin	R	0
Whitt, Trey	4	1,485
Wilhite, Thomas	2	1,200
Williams, Avis	1	0
Williamson, Chad	3	1,369
Windle, Dale	2	1,111
Wiseman, Steve	2	1,184
Wood, Scott	2	1,363
Woody, Bill	9	1,302
Wright, Amy	1	898
Wu, Xing	8	1,472
York, Gary	4	1,802
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	771
Zehnder, Justin	7	1,239

# SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Email photos to: [Newsletter@BirminghamTrackClub.com](mailto:Newsletter@BirminghamTrackClub.com)



Mary Lee McMahon, Lisa Harrison and Kim Benner in Indianapolis



Satya Gullapali



Vicky Brakhage



Judy Loo and Karen West

# SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Email photos to: [Newsletter@BirminghamTrackClub.com](mailto:Newsletter@BirminghamTrackClub.com)



The BTC was well represented at the Indianapolis Monumental Marathon Weekend



Dean Thornton



Lisa Harrison and Monica Henley

# MAGIC CITY HALF MARATHON



# MAGIC CITY HALF MARATHON



Photo courtesy of MRUNS



Photo courtesy of MRUNS



Photo courtesy of MRUNS



Photo courtesy of MRUNS



Photo courtesy of MRUNS

# FEETS OF STRENGTH



Scott Wood



Photo courtesy of  
MRUNS

Robin White



Mike Moses

Lots of BTC members are heading into the holiday season sporting shiny new PRs – way to go, runners! Remember to [let us know](#) when you achieve a new PR, complete a new distance, or have another running-related accomplishment to share – half the fun of reaching a goal is sharing it with the friends who helped you reach it!

The Magic City Half Marathon must have been magic indeed! Congratulations to **Mike Moses** and **Robin White**, who raced

their way to their first sub-two half marathon finishes! Mike completed the race in 1:56 and Robin logged a 1:58.

**Scott Wood** also had an impressive PR at Magic City. Way to go on that 1:49, Scott!

**Here's to many more PR times in the coming year!**

**Have you or a friend recently completed a new distance or logged a new PR? [Let us hear from you!](#) Let's celebrate those accomplishments!**

# BTC EXECUTIVE BOARD MEETING

# November 13, 2017

**Attendance:** Kim Benner, Lisa Booher, Vicki Brakhage, Alan Hargrave, Monica Henley, Alex Morrow, Tabitha Payson, Julie Pearce, Kile Putman, Charles Thompson, Dean Thornton, Trey Whitt, Scott Wood, Al Folcher and Don Parker (Red Mountain)

The meeting was called to order at 6:00 PM by President Monica Henley.

The minutes of the October meeting were approved unanimously, on Alex's motion, as seconded by Alan.

Welcome to our guest from Red Mountain Park, Al Folcher and Don Parker.

## RED MOUNTAIN (AL FOLCHER)

The Park is trying to add additional parking. He distributed a trail map showing distances from 5K to 20K and they are opening more trails soon. They are very willing to work with the BTC to promote running at the park. Don explained the routes along the mountain and how those are made. The number of races held at the park has been growing – they held seven races in the past year. They want to encourage the BTC to host races at the park. Charges are based on the number of hours park personnel are needed (to lay out courses, etc.), as well as \$3 per entrant. The group discussed the potential of sponsoring a race at the park, possibly on a Sunday afternoon or an evening.

## MEADOWBROOK RUNS

This is the twenty-third running of the Meadowbrook Runs. They are interested in working with the BTC to offer a discount in exchange for promoting the race. We can list the race on our calendar (website and newsletter) and can email/post a \$5 discount code to members only.

## VULCAN RUN UPDATE (KILE PUTMAN AND SCOTT WOOD FOR ALLISON STONE)

The elite field was very strong, particularly the women. The elite program was under budget. We need to continue to provide good housing and hospitality to the elite runners to continue to attract strong runners. Kile suggested EMS be at the race earlier in the morning and also be stationed close to the finish near Linn Park.

Registration appears to be up slightly from last year, but we don't have complete data from last year (due to closing registration earlier and using paper registration forms last year). Additional sponsorships and expense management led to increased revenue this year. We also received \$740 in monetary donations this year. Preliminary profit for Vulcan Run is \$8,400, with some smaller expenses that remain outstanding. Preliminary profit for all BTC races in 2017 is approximately \$13,000, including sponsorships.

Alan suggested that we ensure the BTC brand is more prominent in emails and other media coverage next year. Dean noted that registrations spiked after targeted Facebook ads, etc. Scott raised the possibility of moving the date to avoid competing with as many races.

## SOCIAL: ANNUAL END PARTY (MONICA HENLEY)

Loren has taken a new job and works out of town a good bit, so Monica needs help planning the Spring social. The date is January 27, 2018. Last year's expenses were approximately \$10,000, which was approximately \$2,000 more than 2016. Monica will contact Rogue Tavern regarding availability. Tabitha will contact B&A Warehouse; Alex will contact Jim & Nick's. Alex made a motion to approve \$8,000 for the 2018 Annual Party; Dean seconded the motion, and it was approved without opposition.

## BTC RACE SERIES (ALAN HARGRAVE)

Alan distributed a BTC Race Worksheet, which captures data from each race as well as the Race Series. We previously determined that we should discontinue offering Race Series shirts, which means the only benefit is a discounted registration fee on each race. Alan proposes that we cut off registration for the Series at the first race, because members would lose the benefit of the discounts if they don't run the first race. Scott made a motion a motion to charge \$75 for the race series, which equates to a discount of \$5 per race. Vicki seconded the motion, and it was approved without opposition.

## FINANCIAL REPORT (MONICA HENLEY FOR TREY WHITT)

Monica circulated a financial report for review. The BTC finances are in good shape. Lisa Booher has prepared a proposed budget for Adam's Heart Runs. She made a motion to approve a budget of \$6,025 (same as last year); the motion was seconded by Alan and approved without opposition. Lisa mentioned that the 5K distance would be dropped. The date is earlier next year as well.

## MERCHANDISE (TABITHA PAYSON)

Tabitha has taken inventory. We need to order additional headbands this year. She will get with Karen regarding preferred vendors. Monica and Alex suggested comparing prices. Tabitha would like to reopen the store function on the website.

## MEMBERSHIP (VICKI BRAKHAGE)

Current numbers: 1,072 members; 828 memberships, which is an increase from this time last year.

## FINISH LINE CREW (MONICA HENLEY)

Keith Henley and Jamie Trimble will be co-finish line coordinators.

## 2018 CHALLENGE AND SPONSOR (SCOTT WOOD)

Scott noted that we need to purchase a new generator. He has been researching medical grade generators, which he can purchase from his company at a substantial discount. He will provide details at our next meeting.

Scott would like to expand last year's 5K Race Series into a year-long series – it can include other activities, such as joining the BTC for long runs, hosting a water stop, volunteering, etc. Using the numbers and benefits that have been provided to sponsors during the past year, he proposes a \$4,500 sponsorship with a variety of benefits to the sponsor. Therapy South is interested in sponsoring. Only BTC members would be eligible to participate.

## NEWSLETTER (JULIE PEARCE)

The deadline for the December issue is Monday, November 20th, with a publication date of December 4th. Please continue to recommend fellow runners for the #WhyIRun series and submit funny running-related stories for an upcoming issue. Julie needs an update for member benefits section.

The meeting was adjourned at p.m. Our next board meeting is on December 11, 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**

# Subscribe to *The Vulcan Runner*

Have you enjoyed this issue of *The Vulcan Runner*? If you are not currently receiving issues in your email inbox, you can subscribe today -- The BTC website page now has a link on the homepage – click on the “Sign up for Email” icon in the menu on the left side of the page, or [click here](#).

And while you do not need to be a BTC member to stay in the know with *The Vulcan Runner*, why miss out on all of the fabulous perks of BTC membership? Read more on page 12 of this issue, or [click here to join!](#)



## Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	December 2, 2017	6:00 a.m.
<a href="#">Blood Rock 100 Mile and 50 Mile * BTC DISCOUNT *</a>	December 2, 2017	6:30 a.m.
<a href="#">Panama City Beach Marathon and Half Marathon (Panama City, Florida)</a>	December 2, 2017	7:00 a.m.
<a href="#">Race to the Heights 5K</a>	December 2, 2017	8:00 a.m.
<a href="#">Turkey Trot for Hunger 5K and 1 Mile Fun Run (Chelsea)</a>	December 2, 2017	8:30 a.m.
<a href="#">Blood Rock 100 Mile and 50 Mile * BTC DISCOUNT *</a>	December 9, 2017	5:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 9, 2017	6:00 a.m.
<a href="#">Rocket City Marathon (Huntsville)</a>	December 9, 2017	7:00 a.m.
Riverchase Student Ministries Run for Hati 5K	December 9, 2017	8:00 a.m.
<a href="#">Jingle Bell 5K Run/Walk for Arthritis * BTC DISCOUNT *</a>	December 9, 2017	9:00 a.m.
BTC Executive Board meeting, Vestavia Hills Library	December 11, 2017	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	December 16, 2017	6:00 a.m.
<a href="#">Running Highland Oaks Half Marathon (Dothan)</a>	December 16, 2017	7:30 a.m.
<a href="#">Meadow Brook Runs (5K and 1 Mile Fun Run) * BTC DISCOUNT *</a>	December 16, 2017	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 16, 2017	6:00 a.m.
<a href="#">REYndeer of Hope Run 5K</a>	December 17, 2017	2:00 p.m.
Trak Shak Santa Shuffle, in conjunction with BTC Saturday Long and Moderate Run Groups * BTC Social Event *	December 23, 2017	6:00 a.m.
BTC Resolution Run, Red Mountain Park (20K, 10K, 5K)	December 30, 2017	7:30 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.