



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

November 2017 **11**

BLAME IT ON THE HUMIDITY – OR MAYBE NOT?

By Lisa Harrison



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2 Blame it on the Humidity...

4 President's Address

9 Medication and Miles

12 #WhyIRun

15 1200 Mile Club

20 Feets of Strength

BLAME IT ON THE HUMIDITY — OR MAYBE NOT?

Training in the summer and early fall months is hard, and we often blame on the South's humidity. As days turn crisper, and humidity levels seem to lower a bit, most of us look forward to reaping the benefits of our "poor man's altitude training" in the Alabama heat and humidity. So why do some runs that should feel easy sometimes feel harder, especially in the transition weather of early fall? As we head into the fall months, the impact of weather does tend to lessen, but it remains a very present and sometimes overlooked factor, especially when cool breezes lull us into a frenzy of unpacking our cold weather gear!

As runners, we know about how humidity can affect our performance – coupled with high temperatures, it can make some runs feel downright miserable. But is humidity the true culprit here? Are there other factors that come in to play to make what should be an otherwise pleasant run feel tougher? We at the BTC wanted to learn more so we sought out the advice of Stephanie Walker, local meteorologist and long-time distance runner.



Stephanie received her B.S. in Meteorology from Penn State University and has been a meteorologist for almost 20 years, 17 of them at WVTM 13 here in Birmingham. She grew up in a military family and became interested in flying and weather at an early age. While in high school in the Philippines, Stephanie experienced some major weather events, which spurred her curiosity even further. (Fun fact: she also got her private pilot's license many years ago but says she "prefers to observe the weather from the ground these days.")

We asked Stephanie some pointed questions about our topic, and she gave us some fabulous answers!

There must be other "weather factors" that can come in to play:

CAN BAROMETRIC PRESSURE HAVE AN AFFECT ON RUNNING? IF SO, HOW?

STEPHANIE: Barometric pressure is the "weight of the air" or the air pressure. Barometric pressure absolutely has an effect on running and performance. It affects everyone differently with some runners noticing it more than others. It's usually when the pressure drops that our bodies notice a change. Joints may start to ache,

especially for those of us who have logged a lot of miles over many years. An extreme example of the pressure really affecting performance is running at altitude. The pressure significantly lowers as you go up in altitude, which can make it harder to breath in addition to feeling tired. I recently came back from a week in Flagstaff, Arizona; elevation approximately 7000 feet. Each and every one of my training runs felt plain awful! Thank goodness for the beautiful scenery.

WHAT ABOUT DEW POINT? IS THIS THE SAME AS HUMIDITY? HOW DOES IT AFFECT RUNNING?

STEPHANIE: Although dew point and humidity are closely related, they are very different. Most of us tend to say "the humidity is so high" but what we actually mean is the dew point is high. On a hot, sticky, summer afternoon in Alabama, the humidity can be below 50%. That doesn't change how it feels outside -- it's still very uncomfortable. The dew point temperature is a much better indicator regarding comfort level. Once the dew point reaches 60 degrees it starts to feel sticky. As it goes above 65 degrees it's uncomfortable and above 70 degrees it's downright oppressive. The body has a harder time cooling itself when the dew point is high because sweat doesn't evaporate as quickly. Runners can easily get dehydrated and heart rate tends to be higher, resulting in a harder perceived effort. It's just plain hard to run when it's more humid, and most runners tend to be slower.

DEW POINT TEMPERATURE STORM CENTER 7	
< 55	PLEASANT
56-60	COMFORTABLE
61-65	GETTING STICKY
66-70	UNCOMFORTABLE
71-75	OPPRESSIVE
76+	MISERABLE

CONTINUED ON NEXT PAGE

BLAME IT ON THE HUMIDITY — OR MAYBE NOT?

SOMETIMES THE AIR QUALITY IS POOR. DOES THAT MEAN WE SHOULD NOT RUN ON THOSE DAYS OR TAKE EXTRA PRECAUTIONS IF WE MUST RUN?

STEPHANIE: Thank goodness we don't have too many days in Birmingham when the air quality is poor. There can be days in the summer though when ozone levels are higher. The best advice is to run in the morning, especially if you suffer from asthma or other respiratory conditions. Traveling to a less populated area, away from the city is also another option. If the air quality is especially bad on a day you need to run, there is always the treadmill -- I mean treadmill.

DO YOU HAVE ANY OTHER INFORMATION THAT YOU CAN SHARE ABOUT WEATHER FACTORS IN REGARDS TO RUNNING?

STEPHANIE: I am the meteorologist for the morning and midday shows on WVTM 13, so my work day begins at 3:00 AM and typically ends around 12:00 PM. Most of my training runs occur shortly after I leave work. It's certainly not my favorite time of the day to run, especially in the summer months. But with consistency the body can and does adapt to hotter and more humid conditions. Many

years ago I thought it was a good idea to do a marathon in the Mojave Desert in June. The race director purposely started the race at 10:00 AM so we would be running during the hottest time of the day. The temperature soared to 116 degrees that afternoon. While this was clearly not a PR race, I felt it was one of my personal best races. While I'm not suggesting anyone do something this extreme, I do think running in all types of weather makes for a better runner both physically and mentally.

So, there you have it! Humidity is the devil for sure but it is NOT the only factor to consider when heading out for a training run or even an easy run. Weather is a funny thing, and people adapt to it differently. But one thing is certain, be smart when running and take extra precautions when necessary!

Lisa Harrison has been a runner for over 30 years. She and her husband Jimmy (also an avid runner) have 3 children, Emily - a college senior who is running her first half marathon in December, Mary Elizabeth - high school senior and member of the track team and Reed - high school freshman who gets his runs in on the baseball field!

NOVEMBER 19 • 2017 THE MAGIC CITY HALF MARATHON & 5K AT BEAUTIFUL REGIONS FIELD

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PRESIDENT'S ADDRESS

By Monica Henley



Hello, BTC!

This year's Vulcan Run 10K race made for an amazing day! Birmingham's oldest and largest 10k, as well as this year's RRCA (Road Runners Club of America) Alabama State 10k Championship was held on November 5. Thanks to Race Manager Allison Stone, Race Director Scott Wood and all of those who volunteered their time to make this day go as smoothly as possible! In addition to our food and beverage vendors (Waffle House, Coca-Cola, and The J Clyde) and The Trak Shak -- our long-time supporter and provider of the top 200 shirts, we were pleased to welcome Books-A-Million on board as a sponsor of this BTC signature race.

And most importantly, thanks to YOU, our Vulcan Runners! On a perfect fall day, all of you participated in one of Alabama's iconic races. As you toed the line with your fellow runners, you participated in a ritual that has taken place for 43 years. Because of your support, the BTC will be able to give a sizeable donation to Girls on the Run and the Vulcan Park and Museum. I also want to extend a special thanks to Elite Athlete Coordinator Kile Putman. For this year's race, Kile assembled a spectacular field of both male and female runners. The field was deep and fast, and the finish times reflected the strength of the athletes the Vulcan Run 10k attracts. Cyrus Korir of Chapel Hill, NC won the men's

race with a gun time of 30:06.5, and Marta Freitas of Starkville, MS placed first in the women's race with a gun time of 33:53.2. Lastly, a HUGE thank you to every single person who signed up and ran the race!

Now that Vulcan is behind us, the action does not stop for the BTC! Up next, the BTC will join the holiday style gurus at The Trak Shak for the traditional Ugly Christmas Sweater Run on December 24. On December 30, we will once again be out on Red Mountain Park for the BTC Resolution Run hosted with our friends from The Trak Shak and Red Mountain Park. And mark your calendars for the always fabulous Year End BTC party, which will be held on January 27 -- you don't want to miss the fun!

See you on the roads!

Monica Henley
BTC President

Southeastern Trail Runs



**BTC Discount
Code
BTC-17STR**

Mountain High Outfitters



25K & 50K Trail Race

Dec 2, Oak Mtn State Park - 6:30 AM Start - Redbud Pavilion

BIRMINGHAM TRACK CLUB SOCIAL UPDATE



Ugly Christmas Sweater Run with the Trak Shak

Join the BTC and our friends from the Trak Shak on December 24 for the most fun you can have in a tacky outfit. Time to dig out that circa 1983 snowman sweater or that sweet holly bow tie and dress to impress! Watch for details in the next issue of The Vulcan Runner.

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.



SATURDAY, JANUARY 20, 2018

NEW, EARLIER DATE!

10K & 10 MILE RACES

SIGN UP HERE!

RESOLUTION RUN RED MOUNTAIN PARK

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

VULCAN RUN SOCIAL

Sponsored by EW Motion Therapy — October 7, 2017



MOTION THERAPY



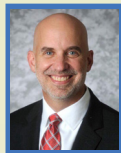
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Monica Henley

president@birminghamtrackclub.com



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Trey Whitt

treasurer@birminghamtrackclub.com



Vice-President

Scott Wood

vicepresident@birminghamtrackclub.com



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Julie Pearce

secretary@birminghamtrackclub.com



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Alex Morrow

pastpresident@birminghamtrackclub.com

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IT Chair

USATF Representative

Lauren Weber

parliamentarian@birminghamtrackclub.com

Alex Morrow

longruns@birminghamtrackclub.com

Mark Criswell

moderateruns@birminghamtrackclub.com

Dr. Cherie Miner

medical@birminghamtrackclub.com

Loren Traylor

social@birminghamtrackclub.com

Jennifer Andress

marketing@birminghamtrackclub.com

Vicky Brakhage

membership@birminghamtrackclub.com

Brian Atkins

benefits@birminghamtrackclub.com

Tabitha Payson

store@birminghamtrackclub.com

Julie Pearce

newsletter@birminghamtrackclub.com

Mary Lee McMahon

japan@birminghamtrackclub.com

Addison Clowers

1200@birminghamtrackclub.com

Kim Benner

volunteer@birminghamtrackclub.com

Trish Portuese

historian@birminghamtrackclub.com

Darrell Gibson

finishline@birminghamtrackclub.com

Keith Henley

finishline@birminghamtrackclub.com

Jamie Trimble

finishline@birminghamtrackclub.com

Dean Thornton

webmaster@birminghamtrackclub.com

Alan Hargrave

itchair@birminghamtrackclub.com

Charles Thompson

usatfrep@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

Scott Wood

vulcan@birminghamtrackclub.com

Allison Stone

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:

Leighanna Aguililla
Mary Altz-Smith
Kristin Avis
Ramond Banks
Cathy Beasley
Edward Boackle
Larry Boackle
Laura Boackle
Tomie Ann Boackle
Jean Marie Bottsford
Richard Bottsford
Richard Broome
Charles Browning
Brannon Buck
Jerome Burkes
Theresa Burst
Jack Caughran
Katie Ceasar
Laura Chappell
Rafe Cloe
Damon Cox
Lety Cox
Jeremiah Culwell
Kendall England
James Fox
Ryan Friery
Ange Goss
Vincent Graffeo
Caleb Gray
Jennifer Gremmels
Wade Griffith
Sabrina Hansen-Turnbull
Jacquelyn Hart
Terry Hooks
Liz Hyde
Russell Hyde
Aaron Jamison
Sandra Jones
Jeremy Joseph
Brandon Kane
Kaela Kelly

Kathryn Lavender
Jamyé Litty
Landon Litty
Chris Lyles
Kimberley Lyles
Kristin Mansell
David Mckee
Michael Morrissey
Emily Morton
Alicia Neely
Alicia O'Neal
Rachel Oser
Jonathan Powell
Philip Powers
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Kile Putman
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Michelle Ramsey
Lars Rudolph
Stephen Savincki
Aubrey Schonhoff
Sheri Snow
Alan Stamm
Michael Stephens
Molly Stone
Katharine Turnbull
R. Benton Turnbull
Richard Turnbull
Neill Tyler
Lara Walters
Amy Weber
Katie Williams
Sharon Williams
Dale Windle

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

Drying up with Diuretics

By Will Hammonds and Brandon Powell, 2019 PharmD Candidates and Kim Benner, PharmD



One out of every three adults over the age of 20 has high blood pressure, and nearly half of adults with high blood pressure do not even know that they have it.

While high blood pressure (also known as hypertension) is one of the most commonly diagnosed and treated conditions, it can lead to much more serious health conditions such as a heart attack or stroke if not properly treated. For this reason, high blood pressure often is referred to as a “silent killer.” Hypertension is commonly associated with a high sodium diet, smoking, and inactivity. These habits may be far from the average runner’s daily routine, but hypertension can also be associated with family history and aging.

For the general population, the initial medication treatment option for hypertension is a diuretic or “water pill.” Diuretics work to lower blood pressure by helping your body remove excess sodium (salt) and water. This is usually accomplished by making the kidneys release more sodium from the blood to the urine. Water then follows the sodium from the blood into the urine. This decreases the amount of overall fluid flowing through the blood vessels, and thus reduces the blood pressure. There are three different types of diuretics: thiazide, loop, and potassium-sparing. Each of these types of diuretics work at a different location in the kidneys and may have different indications, side effects, and precautions in the treatment of high blood pressure. It is important to note that diuretics may be utilized for other indications such as heart failure or edema (swelling).

Diuretics are safe medications, but they do have some side effects that can be especially noteworthy for runners. Because these medications work by removing fluid from the body through the urine, frequent urination and dehydration are among the most common side effects. Diuretics can also affect blood potassium levels. By decreasing the amount of sodium in the blood, they can also decrease the amount of potassium in the blood. Decreased potassium levels can lead to muscle cramps. Fortunately, this side effect can be avoided if your health care provider closely monitors your potassium levels. Depending on the result, to maintain appropriate potassium levels, the diuretic dose can be adjusted, a potassium supplement can be added, or your regimen can be changed to a different medication. These side effects can be detrimental to a runner’s performance, but with proper management and precautions, they can be minimized or even eliminated.

Commonly Used Diuretics

Thiazide Diuretics	Loop Diuretics	Potassium-Sparing Diuretics
Hydrochlorothiazide (HCTZ)	Furosemide (Lasix)	Spironolactone (Aldactone)
Chlorothiazide (Diuril)	Torsemide (Demadex)	Triamterene (Dyrenium)

MEDICATION AND MILES

Drying up with Diuretics

While diuretics can cause dehydration through fluid and sodium loss, this side effect is easy to manage by proper pre and post-run hydration/rehydration. Because these medications also affect electrolytes, water alone may not be enough. When taking diuretics, it is best to get in the habit of consuming an electrolyte-enhanced sports drink or gel/chew supplement before a run or in the middle of a run lasting longer than an hour. As an added bonus, these products can help replenish the body's potassium stores, minimizing or eliminating muscle cramps that diuretics can cause.

So, now that we have the facts, what does this mean for runners with high blood pressure? Good news – it is no secret that exercise is good for the heart. In fact, blood pressure measurements are usually lowered with regular endurance exercise. However, if you are on a diuretic for high blood pressure, it is important to take the following precautions:

1. Consume electrolyte-enhance sports drinks/gels before and during runs lasting more than one hour.
2. Keep a blood pressure log to ensure that your hypertension is being well controlled.
3. Talk to your pharmacist or health care provider about any side effects you may experience.
4. Take medications as prescribed and attend follow up appointments with health care providers to maintain control of hypertension and monitor electrolyte levels.

Hypertension is a very common disease, affecting a third of American adults. It can contribute to more serious health conditions if left untreated, but proper management and medication adherence will minimize these risks. Lucky for runners, endurance exercise has been proven to lower blood pressure and can even keep patients off of blood pressure medications. If you have any questions about high blood pressure or the hypertension medications that you may be currently taking, always feel free to talk to your pharmacist or other health care provider about your concerns.

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3. James PA, Oparil S, Carter BL, et al. 2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults: Report From the Panel Members Appointed to the Eighth Joint National Committee (JNC 8). JAMA. 2014;311(5):507–520. doi:10.1001/jama.2013.284427
4. High blood pressure (hypertension). Mayo Clinic. <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/complications/con-20019580>. Accessed August 22, 2017.



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 will have a new supply of the **Arthur Black BTC logo shirts** available at the October Social Run sponsored by EW Motion Therapy – these shirts will sell FAST, so make sure you snag yours soon!

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](#) for consideration.

The BTC welcomes new **BTC Merchandise Coordinator, Tabitha Payson**, who is taking over for **Karen West**. Thank you, Karen, for all of your hard work in this role!



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 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](#) for assistance.

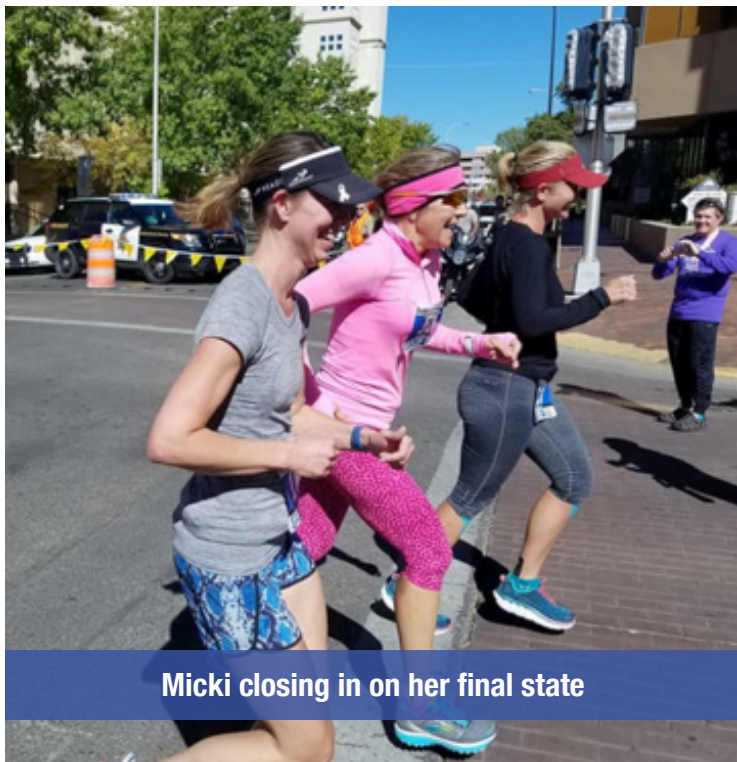
#WHYIRUN

Micki Haralson

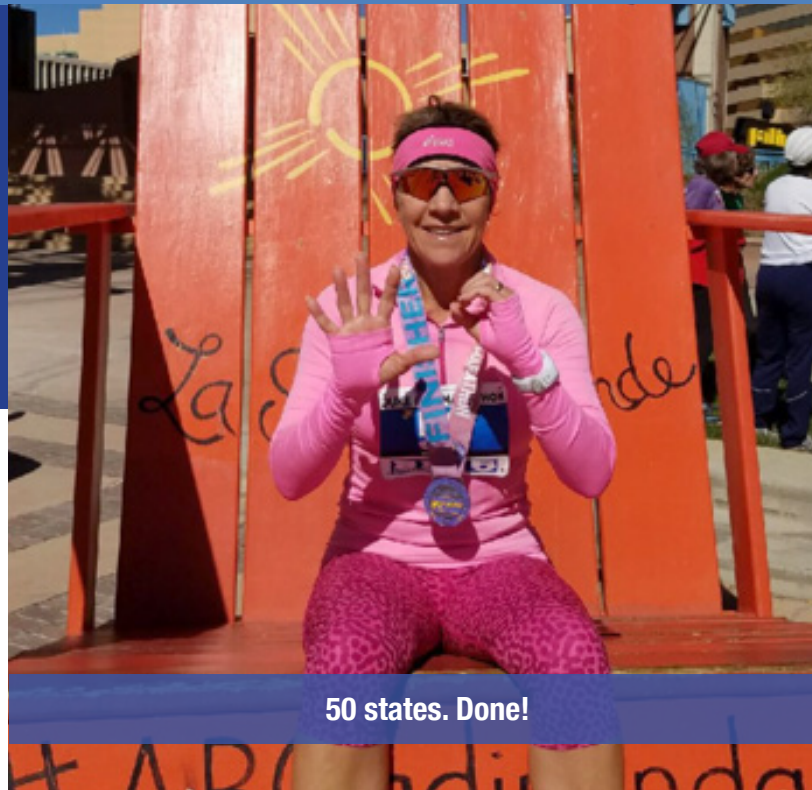
This month, *The Vulcan Runner* is pleased to profile Micki Haralson as our #WhyIRun feature.

Micki has long been a fixture in the Birmingham running community – along with her husband, Danny, Micki has put hundreds, if not thousands, of new runners out on the roads through their Run University program. But there's more to Micki than just her love of coaching runners. She also recently completed her quest to run a marathon in every state and the District of Columbia. Way to go, Micki! Read more about how she conquered this goal.

WHEN DID YOU START RUNNING AND WHY? I had played softball and racquetball for years and used a short three to four mile run twice a week between games. I dislocated my knee with softball in my 20's and again with racquetball in my early 30's so the doctor said I needed to strengthen my quads and do something in a straight line. Running was the answer, so I began increasing my distance and times per week in 1993.



Micki closing in on her final state



50 states. Done!

WHAT INSPIRED YOU TO RUN A MARATHON IN EVERY STATE?

Danny and I met with Team in Training and ran in Vancouver, Canada on one of our trips. We became coaches for Joints in Motion with the Arthritis Foundation and went to Dublin, Ireland. We then ran the original marathon in Athens, Greece with Jeff Galloway. I loved the travel and seeing different countries but decided I wanted to see my country completely before visiting any others. Thus the 50 states quest was born!

HOW LONG DID IT TAKE TO COMPLETE ALL 51 MARATHONS? About 15 years

HOW DID YOU PICK YOUR RACES? At first, we made our choices based on cities we wanted to visit that had a marathon. As the list got shorter, we decided based on which state(s) I still needed and the weather.

HOW MANY MARATHONS HAVE YOU RUN IN ALL? 83

IS THERE A CLUB FOR 50 STATERS? A SPECIAL MEDAL OR A SECRET HANDSHAKE? Yes! There is a club for 50 states plus DC. You join the club with a membership fee after running ten or more states. You then provide documentation to the club for each state you complete. The club offers "reunions" at different marathons throughout the year so you can meet others with the same goal.

DO YOU HAVE A RUNNING MENTOR? My running mentor is my husband, Danny. Not only is he an incredibly great coach and wonderful supporter of my goal(s), he ran every step of every marathon with me until bike accidents and skin cancer kept him from training for a few. I bet he ran at least 40 of the states as well!

#WHYIRUN



WHAT HAS BEEN YOUR FAVORITE RACE (OR RACES) AND WHY? San Francisco was my first favorite because it was my first marathon with Team in Training -- we had a great training group that went to the race together. Chicago was my second favorite because it was a PR race.

DO YOU HAVE A FUNNIEST/CRAZIEST/MOST UNUSUAL/MOST MEMORABLE RUNNING STORY? My most memorable race was running a marathon in Anchorage, Alaska and qualifying for Boston in the land of the midnight sun. The race got me to Boston for the first time, and Danny proposed that evening over a lobster dinner and champagne!

WHAT ADVICE OR WORDS OF WISDOM DO YOU HAVE FOR OTHERS WHO WANT TO TAKE ON A 50 STATE (OR SIMILAR) CHALLENGE? Take your time and enjoy the journey. Really SEE the cities and the many wonderful differences our great country offers.

WHAT'S NEXT FOR YOU? I may try to work on speed for a while and focus on shorter distances like 5Ks and 10Ks. And I'm not done with marathons completely. I believe I may run one or two a year to stay in shape. I think 100 would be a nice number so maybe I'll run at least 17 more...

Do you or a running friend have an interesting, inspiring or entertaining story to tell? We'd love to hear from you! [Drop us a line](#), and you may be our next featured runner.

RRCA UPDATE

The RRCA Championship Event Series is a storied tradition in distance running that dates back to 1958, when the RRCA awarded its very first championship designation. Since that time, the Championship Event Series has grown exponentially, finishing

2017 with over 240 races at the state, regional and national level. A listing of all RRCA designated championship events can be found [here](#). The RRCA recently announced the 2018 RRCA National Championship Event Series races:

- **MARCH 4, 2018 – MARATHON CHAMPIONSHIP – [Napa Valley Marathon](#)** Napa, California
- **APRIL 8, 2018 – 10 MILE CHAMPIONSHIP – [Credit Union Cherry Blossom Ten Mile Run](#)** Washington, DC (RRCA Convention attendees receive guaranteed entry)
- **APRIL 28, 2018 – HALF MARATHON CHAMPIONSHIP – [Christie Clinic Illinois Half Marathon](#)** Champaign, Illinois
- **MAY 7, 2018 – 1 MILE CHAMPIONSHIP – [The Rocket Mile](#)** Rocky Mount, North Carolina
- **AUGUST 5, 2018 – 5K CHAMPIONSHIP – [Woodstock 5K](#)** Anniston, Alabama
- **AUGUST 19, 2018 – ULTRA CHAMPIONSHIP – [Anchorage RunFest United Physical Therapy 49K Ultra](#)** Anchorage, Alaska
- **SEPTEMBER 16, 2018 – 10 K CHAMPIONSHIP – [Toughest 10K Kemah](#)** Kemah, Texas

For more information about championship race designation or the many programs offered by the RRCA, please visit the [RRCA website](#).

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!



1200 MILE CLUB

Cumulative miles submitted through November 5, 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	874
Anderson, Adrianna	R	106
Anderson, Kerri	1	957
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	R	1,122
Baggett, Christopher	R	127
Barnes, Jimmie	2	1,143
Bartee, Samm	1	1,047
Bass, Andy	1	638
Beasley, Cathy	R	1,074
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	1,201
Boswell, Ryan	1	1,222
Bowman, Brian	R	0
Bowman, Leisha	R	138
Bradley, Lee	R	0
Brakhage, Victoria	1	674
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	932
Callahan, Chris	R	989
Callahan, Rachel	2	1,099
Carey, Christopher	4	1,529
Carlton, Bob	3	1,214
Carter, Adrienne	R	1,004
Casey, Barry	2	675
Chadha, Jennifer	R	1,178
Chambers, Gay	R	1,061
Chandler, Teresa	7	1,077
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	557
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	877
Crain, Teresa	1	1,076
Cramer, Robyn	R	475
Cramer, Steve	R	154
Crawford, Allen	1	1,119
Crawford, Kimberly	1	987

Participant	Years	Total
Crowson, Bill	2	1,485
Crompton, Dan	4	1,411
Crompton, Melinda	R	575
Cuthbert, Misty	R	914
Cutshall, Hannah	1	1,289
Darville, Nathaniel	2	1,847
Davidson, Dow	R	407
Dease, Joseph	2	1,464
Dease, Katherine	2	858
Deering, Anna Katherine	R	0
Deering, Chris	R	120
Dell'Italia, Pat	1	1,118
Denton, Matt	5	1,515
Deuel, Jan	R	902
Dortch, Cherie	6	735
Dowling, April	R	1,065
Duke, Cindy	1	1,134
Dunnaway, Roberta	1	1,056
Easterling, Natalie	1	951
Edge, John	1	855
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	3	992
Fontenot, Misty	R	1,140
Franklin, Shane	5	1,090
Frederick, Winston	9	1,563
Freeman, Sheila	R	906
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	838
Gullapalli, Satya	3	762
Haley, Jay	1	833
Hall, Thomas	R	826
Halperin, Dave	3	0
Haralson, Danny	8	803
Haralson, Micki	9	1,169
Harbison, Brookie	1	547
Hargrave, Alan	9	976
Harley, Charlotte	R	375
Harrelson, Heather	4	1,383
Harris, Ashley	R	815
Harris, Robert	R	698
Harris, Vickie	1	993
Harrison, Lisa	6	1,444
Harry, April	R	1,140
Hathorne, Chad	R	547
Havicus, Cari	1	540
Hayden, Brittany	R	1,117
Heaton, Bryan	3	1,852
Henley, Monica	4	1,280
Henninger, Alison	2	1,055
Hightower, Rylie	R	6
Hill, Susan	3	933
Hill, Tucker	2	0
Hogeland, Angie	1	481
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	516
Ingle, Brandon	R	296

Participant	Years	Total
Ingram, Joseph	4	291
Izard, Georgia	2	1,234
Izard, Melody	3	1,233
Jefferson, Tracy B.	1	889
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	1,275
Kendrick, Tom	R	29
Kile, Shelby	R	651
Kirchmer, Shannon	1	1,344
Knight, Diane	2	693
Kuhn, Jimmy	10	1,601
Kulp, Loren	2	1,783
Lahti, Tyler	1	1,207
Laird, Audrey	3	1,302
Langston, Aaron	2	917
Langston, Richard	4	957
Lauderdale, Beth	R	1,021
LeCroy, Sarah	1	1,517
Lee, Koren	R	1,011
Leopard, Don	1	0
Lockett, Janet	R	802
Long, Kristin	R	0
Lyle, Randy	8	528
Lyles, Chris	1	0
Madison, James	R	1,032
Malick, David	3	1,059
Mandy, Madeline	R	1,169
Massey, Christopher	R	1,046

Participant	Years	Total
McCombs, Chris	R	482
McNair, Kelly	4	1,423
McTune, Mark	4	318
McVey, Simon	2	954
Melvin, Robby	R	0
Merry, Vicki Sue	5	2,188
Mickens, Cassandra	2	1,200
Millsap, Lanier	2	1,030
Misch, Julie	R	0
Miyasaki, Nathan	2	1,775
Morgan, Cary	7	2,575
Morgan, Danielle	5	719
Morgan, Phillip	7	876
Morris, Gordon	R	876
Morris, Heather	R	934
Morris, Justin	4	1,409
Morris, Phil	R	282
Morrow, Alex	7	1,636
Mote, Darrell	1	600
Mount, Brian	R	1,194
Murchison, Reginald	4	1,953
Murphy, Amy	R	121
Nagy, Lisa	1	721
Nichols, Jessica	R	652
Northern, Kristie	8	1,317
O'Brien, Ebony	R	0
Oehrlein, Kimberly	R	624
Oliver, Greg	4	1,606
Oliver, John	2	1,139
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	411
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	538
Pearson, Blake	3	475
Pearson, Mary Scott	2	622
Pelkey, Lauren	R	838
Penley, Steve	1	296
Peters, Scott	1	968
Plante, David	4	1,088
Poole, Greg	1	680
Portwood, Paul	2	909
Ralph, Meghan	3	1,281
Randall, Lisa	5	793
Renn, Deanna	1	1,040
Richards, Amy	R	245
Richardson, William	3	1,206
Roberson, Kevin	2	1,117
Roberts, Fletcher	2	746
Robinson, Niki	R	52
Robinson, Rod	R	897
Rocha, Roger	3	1,159
Rodgers, Jessica	R	654
Rogers, Tammy	1	366
Roper, Lynn	R	1,020
Rose, Billy	3	1,571
Rosser, Joey	1	1,314
Routman, Cynthia	1	968
Rutherford, Keith	9	1,150
Rutledge, Lisa	2	352
Ryan, Meaghan	1	980
Sanchez, Melissa	R	1,097
Schaefer, Todd	3	1,393
Schonhoff, Aubrey	R	733
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	692
Sheppard, Gretchen	2	938
Sherer, Jeremy	R	1,051
Shinn, Ronald	6	663
Shirley, Scott	4	1,500
Sides, Dean	2	1,133
Silwal, Suman	6	0
Simpson, Kevin	4	1,924
Sims, Cecelia	R	953
Sims, Robert	4	1,528
Sloane, Mike	2	857
Smith, Jerry P.	9	911
Smith, Justin	R	345
Snow, Sheri	1	1,199
Spears, Kari	R	291
Stark, Patrick	R	631
Stevens, Johnathon	1	1,789
Stockton, Rick	9	1,049
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	336
Talley, Beau	5	1,389
Talley, Shellie	R	1,102
Talley, Sydney	R	836
Thomas, Eric	4	581
Thornton, Dean	5	787
Trimble, Jamie	3	1,410
Tyler, Kim	R	942
Varnes, Vickie	4	1,487
Walker-Journey, Jennifer	2	878
Walker, Caroline	1	553
Wall, Ron	3	372
Watkins, Janet	1	913

Participant	Years	Total
Watson, Thomas	R	1,200
Watters, Robert	2	840
Wayman, Meghan	1	2,001
Weber, Amy	1	616
Weber, Lauren	R	1,007
Weeks, Lance	R	1,141
Wells, Bradley	1	1,021
Wende, Adam	2	1,031
Whillock, Amber	R	220
White, Dennis	R	301
White, Robin	R	0
Whitt, Trey	4	1,485
Wilhite, Thomas	1	1,059
Williams, Avis	1	0
Williamson, Chad	3	1,223
Windle, Dale	2	1,111
Wiseman, Steve	2	1,184
Wood, Scott	2	1,278
Woody, Bill	8	1,175
Wright, Amy	1	898
Wu, Xing	8	1,335
York, Gary	4	1,802
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	677
Zehnder, Justin	7	1,239

SHOW US YOUR BTC GEAR



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



BTC crew at Indianapolis Marathon



Scott Wood in Chicago



Mark and Tina Criswell



Diane Knight prepares to take on NYC

SHOW US YOUR BTC GEAR



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



The Endless Mile Race



St. Georges Marathon



The BTC was well represented at the Indianapolis Monumental Marathon Weekend



Resolute Running's Endless Mile Relay Team

FEETS OF STRENGTH



Congratulations to Ryan Boswell for his recent marathon PR at the 7 Bridges Marathon in Chattanooga on October 15, 2017. In only his second marathon, Ryan logged a 39 (!) minute PR, crossing his 1200 mile mark for the year at mile 22. Way to go, Ryan!



Lauren Weber was second overall female at the Darter Dash 5K on October 21. Good work, Lauren!



Many choose their marathon distance debut based on crowd support or a scenic route, but not Nikki Robinson – Nikki logged her first marathon distance at the Endless Mile race at Veteran's Park in Alabaster, which took place during the weekend of October 20-22. The course consists of one mile loops around the park, making her 26+ mile run even more impressive. Congratulations, Nikki!

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

October 9, 2017

Attendance: Brian Atkins, Kim Benner, Lisa Booher, Alan Hargrave, Monica Henley, Julie Pearce, Kile Putman, Charles Thompson, Trey Whitt

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

The minutes of the September meeting were approved unanimously, on Lisa Booher's motion, as seconded by Trey Whitt.

ADAM'S HEART RUNS (LISA BOOHER)

The new date for the Adam's Heart Runs is January 20, 2018. Lisa is amenable to moving to two distances rather than three. Per Monica, the timing charges will be the same, regardless of whether we have two or three distances. The 10K and 10 mile distances are certified. We could add a 5 mile or 8k distance and discontinue the 10k distance, but those distances are not certified. Per Kile Putman, certification will cost approximately \$300 and is good for ten years. Charles Thompson described the certification process. Lisa noted that we have had several state records in the 10 mile race, and the 10K distance generally is a popular one. The consensus was to have a 10 mile and a 10k race and drop the 5K distance.

The race will feature unisex long sleeve cotton t-shirts.

VULCAN RUN (MONICA HENLEY FOR ALLISON STONE)

Monica will be the awards chair. She will request checks from Trey. Allison also needs a post-race coordinator; she would like for someone on the Board to handle this. Allison needs confirmation regarding groups who are handling water stops. Please share the Facebook event via social media and also sign up to volunteer for the race. Current registration is 575, which is up 69 runners from this time last year.

Kile Putman will provide a list of checks to Trey. Some of the invited runners will be given a per diem. Monica suggested we provide envelopes of cash. Kile has 17 females and 21 males who fit the elite criteria. He still needs lodging for 9 people. Kile would like to tighten up the cut off numbers for next year. Currently, 30% of the elite runners are locals.

SOCIAL: YEAR END PARTY (MONICA HENLEY FOR LOREN TRAYLOR)

Approximately 75 people attended the social last week, but there were some complaints about water stops being pulled earlier. Monica suggested we advertise start/finish times for the social and consider starting the longer runs earlier.

We need to select a date for the year end party. Alan made a motion to hold the party on Saturday, January 27. Kim Benner seconded the motion, and it was approved without opposition. Possible venue options: The Club, Cahaba (private room), Haven. Last year, members paid \$10 and non-members paid \$25, with approximately 128 attendees.

COPYRIGHT AND RACE SERIES (ALAN HARGRAVE)

Active.com owns the phrase "Couch to 5K," so we need to discontinue use of this or similar phrases.

Alan can open registration for the next year's race as soon as the current race is over – the earlier we have details finalized, the earlier he can open registration. Alan distributed a chart of past races,

registration details and costs to assist us in making decisions for upcoming races.

Traditionally, Race Series registration has been cut off at Adam's Heart Runs; this gets complicated from an accounting/revenue standpoint. Brian Atkins suggested we cut off Race Series registration earlier.

Regarding timing services, we have been cutting off online registration several days prior to the race; Alan suggested we would have more accuracy in our data if we kept registration online until 30 minutes prior to the race. This could be accomplished by using tablets at the race site for last minute on-site registrations. Lisa Booher made a motion to offer BTC member discounts (\$5 per race) for the races in the BTC Race Series. Brian Atkins seconded the motion, and it was approved without opposition.

FINANCIAL REPORT (TREY WHITT)

Current bank balance is approximately \$55,000. Trey had to issue payment of over \$9,000 to reserve police for Vulcan. Vulcan Run is ahead of schedule in RunSignUp (up \$2,700). BTC finances are in good shape. Scott Wood will get with Trey regarding checks for 5K winners.

MEMBERSHIP (VICKI BRAKHAGE)

Current members: 1,042 and current memberships: 803

USATF (CHARLES THOMPSON)

USATF Alabama annual meeting was on September 24, 2017. Charles was elected as the Approved Athlete.

NEWSLETTER (JULIE PEARCE)

October 23 is the deadline for the November issue, which publishes on November 6. Julie would like to continue featuring local runners in the #WhyIRun series – please recommend friends we can feature. Alan received an email from a member who mentioned that the benefits listed in the newsletter did not match the ones listed on website; Monica will follow up with Brian about this so Julie and Dean can correct in newsletter and on website.

There being no further business, the meeting was adjourned at 7:15 p.m. Our next board meeting is on November 13, 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

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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	November 11, 2017	6:00 a.m.
Run to the Son 10K, 5K and 1 Mile Fun Run	November 11, 2017	8:00 a.m.
Moonlight Bootlegger 5K	November 11, 2017	5:15 p.m.
BTC Executive Board meeting (Vestavia Hills Library)	November 13, 2017	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	November 18, 2017	6:00 a.m.
12Ks for the Holidays (Jackson, MS)	November 18, 2017	7:30 a.m.
BUTS Bearly Ultra, Half and 5K	November 18, 2017	8:00 a.m.
Hope Run 5K	November 18, 2017	8:00 a.m.
Magic City Half Marathon and 5K * BTC DISCOUNT *	November 19, 2017	8:00 a.m.
Pilgrim's Trail 5K and Fun Run (Cullman)	November 23, 2017	6:00 a.m.
Sam Lapidus Montclair Run – 10K, 5K, and 1 Mile	November 23, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 25, 2017	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 2, 2017	6:00 a.m.
Blood Rock 50K and 25K * BTC DISCOUNT *	December 2, 2017	6:30 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.