



★ BIRMINGHAM TRACK CLUB ★  
★ WHERE RUNNERS ARE FORGED ★

# THE VULCAN RUNNER



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August 2014 Issue ⑧

# Dr. Arthur Black

## *THIS ISSUE*

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# PRESIDENTS ADDRESS

—Jennifer Andress



## Greetings BTC!

I hope you are having a great summer and that your running is going well. We have a lot to look forward to in the next month, so let's get you caught up before we look ahead.

I would first like to thank all of our runners that came out for our Rick Melanson Peavine Falls Run on July 4th. It was, in the words of Race Director Alex Morrow, a perfect day. Our race was the 2014 RRCA State Championship Race, we had glorious weather for a July morning, we had blazing fast finish times, we debuted our beautiful new Finish Line Arch, and we set an attendance record. What a wonderful way to kick off the Independence Day weekend, and we couldn't have done it without our BTC Volunteers and our runners. So thank you all, and see you at Oak Mountain at the same time next year!

July also saw the rollout for this year's Triple Crown Challenge. Run 3 Half-Marathons in 3 months--Talladega 21000km in September, Life Without Limits Half-Marathon in Florence in October, and Magic City Half-Marathon in November--- and you will be rewarded with a beautiful medal and extra race shirt. You can sign up through our website [www.birminghamtrackclub.com](http://www.birminghamtrackclub.com).

Next up for July was our Birmingham Barons Social at Regions Park on July 19th. We entertained 139 BTC members and family members on another perfect evening. I would like to thank the Birmingham Barons for taking such good care of us, Good People Brewery for sponsoring our beverages, and Social Chair Katherine Dease, who worked with IT Chair Alan Hargrave to put on a spectacular night at the ballpark!

Katherine is hard at work on our upcoming social schedule. We hope your calendar is marked for August 16, where we will be kicking off Vulcan Run 10km training at Vulcan Park. This will once again be a family friendly event, with a bouncy house and a kids' run. We will have the Cantina food truck on site, and we will provide coffee and other breakfast items. One of our sponsors for this social is lululemon athletica at The Summit, and there will be a check presentation from lululemon to Vulcan Park for its connector trail. See

BTC 1200 Mile Coordinator Alison Hoover's article in this issue for more details on this generous donation.

Speaking of the Vulcan Run, as a BTC member, you can once again take part in free training for our signature event. We will kick off this training at our Vulcan Park Social. See Race Director Danny Haralson's column about this year's race in this newsletter, and look for his words of wisdom monthly right up until our November race. You should receive your personal invitation to the Vulcan Park Social in the mail in the next week or so, along with a little gift from your BTC.

At the August 16th social, we will have available to purchase the Arthur K. Black Signature BTC shirt in short-sleeve tech, singlet and cotton t-shirts. I have been in regular contact with Dr. Black's family while putting together this shirt, and have enjoyed our correspondence greatly. BTC Historian Trish Portuese has told me many stories about our founders, and looking through the photos the Black Family has provided has been fabulous. These men were so far ahead of their time in regards to running and fitness. We have included many of the pictures in this issue, along with another celebration of Arthur Black's life by Dr. Adam Robertson (of Adam's Heart Runs fame!).







stepping down as Member Chair, and we will miss her greatly. We have loved having her on the Executive Committee. She is a beautiful person inside and out and is a pleasure to work with. We are so lucky to have had her help us out with our member rolls, and we are lucky still to have Olivia follow her in the position of Member Chair. We have already benefited greatly from having Olivia working with us, and we welcome her to the Executive Committee.

Lastly, some old business: we have finally been given the green light to proceed with a marker recognizing our members at the water fountain on Jemison Trail for which we raised funds for its installation. I will keep you posted as we look into specifics; I can't wait to show our community what the BTC has accomplished!

Thank you as always for your membership and for your participation in our club! See you on the 16th at Vulcan Park!



This particular picture brings a smile: it is Dr. Black's original BTC shirt, mended many times from wear and tear. Thank you so much to Dr. Black's family. Please know the legacy of your father lives on in today's BTC!

And today's BTC is strong in numbers! We successfully converted our almost 1200 members over to our new software, thanks to IT Chair Alan Hargrave, and our Membership team Jamie Witter, Olivia Affuso and Member Benefits Chair Kemper Sarrett. Jamie is

# ARTHUR BLACK

—by Adam Robertson

Kenneth Cooper M.D. was a flight surgeon in the Air Force who accepted the challenge to revise the Air Force exercise program. His scientific, medically sound research resulted in the book **Aerobics**, which became a best-seller. That, and Frank Shorter's gold medal in the 1972 Munich Olympics, sparked the running boom in the United States.

But the impetus in Birmingham was Arthur Black M.D., a cardiologist with a mission. When most doctors were ready with a prescription pad and a pill, Arthur Black would tell you to "run for your life". He formed the Birmingham Jogging Club, later named the Birmingham Track Club, and was its first president. Exercise, he exhorted, was better than pills or surgery because it could actually reverse many of the effects of the degenerative diseases brought on by smoking, obesity, and a sedentary lifestyle. He was vehemently against smoking and almost single-handedly was responsible for getting a city ordinance passed in the late 70's against smoking in city public buildings.

Dr. Black felt exercise was its own reward and needed no further encouragement than a desire for good health. Early on, he was not a proponent of road races. He felt that the competition might discourage less gifted runners. Versal Spalding, a charter member of the Birmingham track club and former Auburn Cross Country track star differed with Arthur. Having participated in the Peachtree Road Race and many other community sponsored events in neighboring cities and states, he said "If you just get them out there, they will enjoy the fun and fellowship" Versal and his wife, Florence, put on the first Birmingham road race which he called the "Bicentennial Run" in November of 1975 (which became the "Vulcan Run" the following year). It was a success! It was infectious; the crowds were there! When local sports announcer Herb





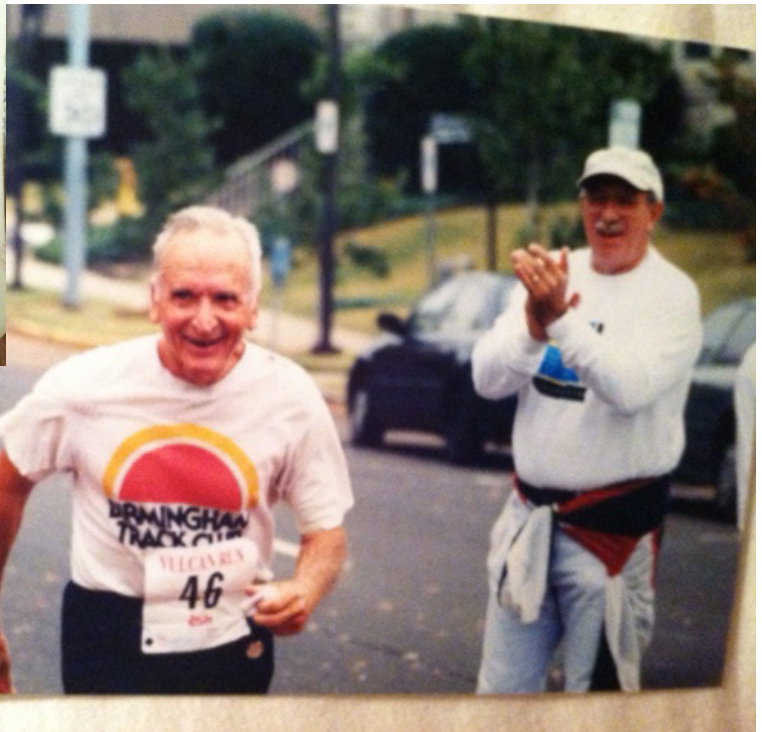


Winches finished giving out the awards, Arthur Black grabbed the mike and began to preach. The rest, as they say, is history.

Arthur became a proponent of and a participant in many local races and continued into his 70s. He developed some injuries, as many of us do, and dropped out of participation but remained an ardent promoter of exercise of all varieties. He remained active in the track club and, as frequently happens, his injuries resolved, and he again became a familiar face in many local races, which he continued into his 80s.

Later, on long walks, he carried a bag to pick up trash on the roadside. He would comment on the need for sidewalks and green spaces and could be counted on to promote the gospel of exercise at any opportunity, be it a track club meeting, a community meeting or even at a funeral!

The effects of Dr. Black's influence can be felt in this community not only in the health of the citizens but in the increasing numbers of runners and walkers and in the design and numbers of walkways, bikeways and even in design of buildings and stairways to promote exercise. He preached, and lived, an active, healthy lifestyle. And he lived a long, long time. There's a lesson here....



# 2014 Officers



## **President**

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## **Vice-President**

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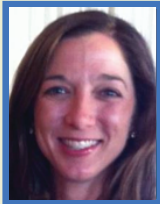
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## BTC Mission Statement

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

## Contact BTC at:

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

## Race Results

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

**birminghamtrackclub.com**  
**trakshak.com**      **run42k.com**



# The 2014 BTC Triple Crown Half-Marathon Challenge is finally here!

You can register for the Challenge on the [BTC Triple Crown page](#).

Reminder: you must be a BTC member to participate. [Join the BTC now!](#)

We kick off with the **Talladega 21000** on September 14. Then we travel back to Florence for the **Life Without Limits Half-Marathon** on October 25. We finish up right here in Birmingham at the **Magic City Half-Marathon** on November 23!

That's the challenge: 3 Half-Marathons in 3 months, and you get a one-of-a-kind Triple Crown Challenge medal and t-shirt.



**TRIPLE CROWN  
HALF-MARATHON  
CHALLENGE**

# RUN FOR THEIR LIVES 5K

—by Bevin Tomlin

Run For Their Lives 5K was started in October 2013 for Prenatal and Infant Loss Awareness. After losing our daughter, Leah, to a Group B Strep infection when she was one week old, we realized how often the death of a baby happens to other families. Statistics show that 1 in 4 families have experienced miscarriage, stillbirth or early infant loss. March of Dimes states that 10%-15% of pregnancies end in miscarriage, defined as prior to 20 weeks. In addition, 1 in 160 pregnancies end in stillbirth (after 20 weeks) and another 19,000 babies die within their first month of life every year.

October is Prenatal and Infant Loss Awareness month, and we began this run to help raise awareness in the greater Birmingham area. In addition, we hope this run helps to provide a way to remember our children gone too soon. We also use this run as a fundraiser for our non-profit, Leah's Legacy Foundation. Our Foundation helps to teach expecting parents and medical professionals about Group B Strep, provide assistance and resources to families whose children have passed away, and provide education and training for NICU nurses.

We would love for you to participate in our run. If you have experienced prenatal or infant loss, please create a team for your little one and have friends and family join you in remembering your baby. Visit [www.imathlete.com/events/runfortheirlives](http://www.imathlete.com/events/runfortheirlives) to register as an individual or create your team. Please register by the end of August to be guaranteed a race shirt. The race will be held at Grace Life Baptist Church in McCalla, AL.

We look forward to meeting you!



**Grace Life Baptist Church  
6200 Lou George Loop Road  
Bessemer, AL 35022  
(Exit 1 off I-459)**

**[http://www.imathlete.com/events/  
runfortheirlives](http://www.imathlete.com/events/runfortheirlives)**



# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*1200 Mile Coordinator Ali Hoover  
with Jeff Galloway at Peachtree  
Road Race*



*Ali Hoover and Jennifer Andress with Ryan Hall at  
Peachtree Road Race*



*Yan-Yan Ng with Jason Booi and  
Cindy Kostelecky*



*Jabe McCoy at the  
Mountain Mania  
15k*

*Michael Marquardt and  
Tracy Pool with 2014 Boston  
Marathon champion Meb  
Keflezighi*





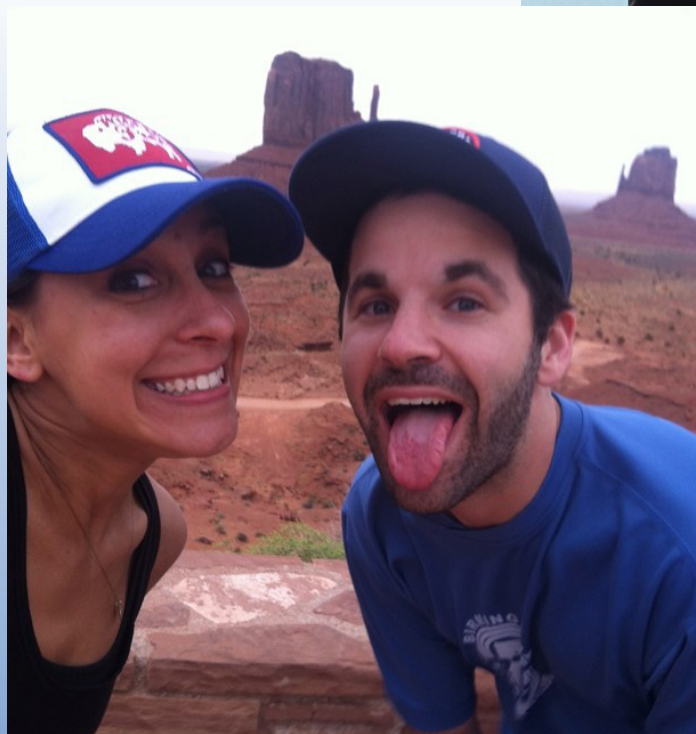
# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Shilonqua Lee at Grand Canyon*



*Eric and Kim Benner*



*Zach and Tanya Sylvan in Utah*



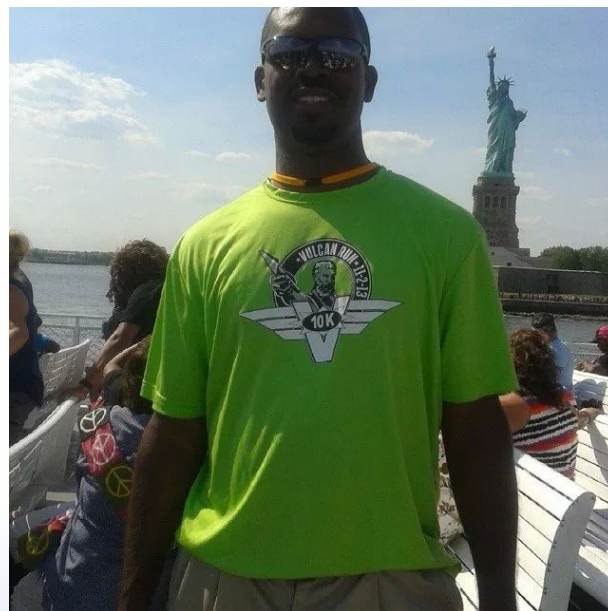
*Justin Zehnder Peachtree Road  
Race July 4*



# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Post Saturday Morning Long Run Harold Butler, Ali Hoover, Joey Longoria*



*Eric Thomas in New York City*



*Katie Grace Criswell*



*Stacy Kadle, Red White and Brews 5km*



# PEAVINE FALLS RUN



*Peavine Falls Start*



*Chulwon Park with BTC Member  
Chair Olivia Affuso*



*BUTS at Peavine Headed out for another Loop*



*Peavine Falls  
Race Director  
Alex Morrow,  
Race Coordinator  
Trish Portuese and  
Volunteers*



# PEAVINE FALLS RUN



*Rick Melanson at the Rick Melanson Peavine Falls Run*



*Sam Brown at Peavine Falls*



*Overall Winner of the Peavine Falls run  
Ian Carter*



*Female Overall Winner Elena Linn*



# BTC Water Stop





# Barons Social





# Barons Social



# SEND US YOUR PICTURES WITH YOUR BTC APPAREL

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We want to see where you have been running, representing the BTC! Email photos to:

[president@birminghamtrackclub.com](mailto:president@birminghamtrackclub.com)

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**Facebook.com/BirminghamTrackClub**



# Saturday Morning Moderate Runs

Find us on FB or email Natalie  
Ferguson at [nataliezl@hotmail.com](mailto:nataliezl@hotmail.com)  
for more information

## JOIN US!





# Ridge 2 Ridge

## 10 Mile or 20 Mile Trail Race

Oak Mountain State Park  
Saturday, September 6, 2014,

Register at [Ultr Signup.com](http://Ultr Signup.com)  
Use the code "BTC-R2R" for a 10% Discount



Mountain High  
OUTFITTERS

## The QUEST - Oak Mountain

August 9th - Oak Mountain State Park

Compete on 3 Levels - Family Level, Fun Level or Enter to Win

Winning may be the hardest thing you have ever done!

Register at  
[Ultr Signup.com](http://Ultr Signup.com)  
use the code "BTCQuest"  
and get a 10% discount.



See Parts of Oak  
Mountain State Park  
you didn't even know  
existed.



[TheQuestEvents.com](http://TheQuestEvents.com)

The event that is a combination of Trail Running, Orienteering, Backcountry trekking, Exploration, and possibly, Survival Skills. In other words, just about every outdoor skill you possess. This event will be a lot of fun for everyone.



# lululemon athletica

—by Alison Hoover

lululemon athletica and the metta movement are partnering with the Birmingham Track Club and the Vulcan Trail Project, and we couldn't be more excited!

So what exactly is metta? In yoga, metta is the practice of love and kindness toward others and is rooted in giving without expectation.

The intent of the metta movement is to bring sustainability to local and global communities. lululemon chooses organizations to partner with for environmental and social change, and this year our local store has chosen to partner with the Birmingham Track Club, and more specifically the Vulcan Trail Project. Through this movement we hope to engage the community in this sustainability movement.

The project proposes to connect Vulcan Trail to the Vulcan Park and the museum, and to build an outdoor classroom that would increase outdoor recreation and knowledge of the environment. The connector and classroom will provide an opportunity to study native plants and animals and explore the remnants of the historical mining industry. We love our local running community, and the connector will also provide a continuation of running routes from downtown Birmingham over the mountain through Vulcan Park to Homewood and Mountain Brook.

Our lululemon crew can't wait to see you all at the BTC social on Saturday August 16th, where we will sweat together and celebrate the Birmingham running community and our incredible local parks and trails.



# 1200 MILE CLUB

—by *Alison Hoover*

August is here and things are getting a little 'toasty'. I love summer, at least I did when I lived in the north. When looking for inspirational quotes for August, after a particularly long, hot, humid, hilly, horrendous, humiliating run, only the following made any sense to me;

"Ah, summer, what power you have to make us suffer and like it." - **Russel Baker**

"Heat, ma'am! it was so dreadful here, that I found there was nothing left for it but to take off my flesh and sit in my bones."  
- **Sydney Smith**

With many of us running 20 mile distances for fall marathons at the moment, and others ramping up the speed work and trail races, please remember to hydrate and listen to your bodies when they tell you that heat exhaustion and heat stroke are a possibility. Try to run with a buddy or a group, or at least make someone aware of your route and expected return if you are out there on your own.

The cool news is that we now have 272 members in the 1200 Mile Club, and that our combined mileage is over 162,000 miles to date! That is about the average life of a car over 10 years, and we have covered it all since January. Please be sure and enter your July mileage when you receive your email on August 1st. I will also include the links for the self entry system since April, so that you can enter those miles if you have forgotten. Please pay attention to which link you are clicking as each one is specific to that month.

Keep up the great mileage, and stay safe out there!

Ali Hoover





11.8.14



VULCANRUN.COM



VULCAN

RUN





# THE VULCAN RUN

— Danny Haralson

Once upon a time Labor Day was the harbinger of Fall. Schools re-opened after Labor Day, pools closed weekdays and we could swim weekends in Sept before covering up for good, and we had the last heat waves or Dog Days of Summer. As temps crept lower and leaves began changing we started thinking about running the Vulcan Run 10K.

Now we're a week away from schools re-opening, and even further away from Labor Day so with the calendar on our side early though it may be; let's start thinking about Vulcan.

August 16th will be the Vulcan Run Kick Off with a BTC Saturday Social Run from Vulcan Park with a training run beginning from the park itself.

The BTC will have all kinds of great stuff, coffee, snacks, door prizes guaranteeing this to be one of the biggest and best Saturday Social's ever (details in a separate article).

It will also be one of the last chances for BTC members to register for the Vulcan Run at a member's discount rate of \$22. Here's the kicker, you must register in person at the Saturday Social.

The Vulcan Run has been run continuously since 1975 (as the Bicentennial Run) when it was won by Frank Bromberg and Melissa Wilson was the top female. Through the years it has undergone many changes, some good, some not so much but the 10K has remained constant as the Crown Jewels of Running in the Southeast.

Starting downtown then winding up to and along Highland Ave you'll experience one of the prettiest miles you'll ever run with the stately homes and the explosion of Fall colors decorating the route. Then downhill through historic 5 Points and straight up 20th Street to the majestic Linn Park finish as crowds applaud the approaching participants.

The race this year will be held Saturday November 8 at 8:00 in downtown Birmingham near City Hall.

Early packet pick up will be Thursday November 6 in front of the Homewood location of our long time partner, Trak Shak.

This year as last we'll feature free training for any BTC member featuring a variety of goals.

Coach Danny Haralson will have you ready with his "Couch to 10k" program.

If you've run a 10k before but want to get faster and stronger, Coach Alex Morrow will help you achieve your goals with his "Achieve Your PR" program.

And if you have the drive to try to crack the top 200 finisher's list, Coach Kile Putman will get you there with his "Achieve Elite" program. Did we mention it is FREE to all BTC members? **For more information visit:** <http://birminghamtrackclub.com/vulcan-run-10k---race-info---training.php>

It's not too early to put it on your calendar or to start thinking about how you'd like run it - the BTC has all the ingredients for you and all you have to do is show up August 16th at Vulcan Park to run, or just gain information. Someone will be there from 6 - 8 to answer your questions.

Oh yeah, did I mention the after party is one of the best in the city? Indoors, local craft beer, Coca-Cola product, great music and just enough food to wet your appetite for a full day of football...think of it as a pre-emptive calorie strike.

The price is right to register, the training is free and the BTC is there to help you achieve your goal - so think about what you want to do.

You don't have to be great to start; but you have to start to be great!



**Race Date: November 8, 2014**

Alabama RRCA 10K State Championship

**Race Web Site:**

www.VulcanRun.com

**Race Day Registration:**

Boutwell Auditorium

1930 Reverend Abraham Woods Jr Blvd.

Birmingham, AL 35203



**Pre-Race Packet Pick-up:**

November 6th - 7th from

11am - 6pm

Trak Shak Homewood

2839 18th St. South

Homewood, AL 35209

**Race Date: November 8, 2014**

6:30am - Registration & Packet Pickup Opens

7:45am - Registration & Packet Pickup Closes

8:00am - 10K Starts

8:30am - 11:00am - Post Race Food and Fun

9:30am - 1 Mile Fun Run Starts

9:45am - 10K Awards Ceremony

**Vulcan Run 10K**

**Race Date: November 8, 2014**

Race Location: Boutwell Auditorium

**Benefits:**

Vulcan Park & Museum & Girls on the Run

**Online Registration:**

www.RunSignUp.com

**\$5,000 Cash Awards to**

Winners in the 10K

Top 200 runners get

additional Finishers Shirt

	Post Marked by: August 31st	Post Marked by: September 30th	Post Marked by: November 5th	Nov. 6th - Race Day	XXL Shirt Add On cost	BTC Member Discount	Total:
<input type="checkbox"/> 10K	\$25	\$30	\$35	\$40	+\$3	-\$3	
<input type="checkbox"/> 1 Mile Fun Run / Walk	\$20	\$20	\$20	\$20	+\$3	-\$3	
<input type="checkbox"/> I am going to Sleep In, But I still want the T-shirt				\$20	+\$3	-\$3	
<input type="checkbox"/> Additional Donation to Vulcan Park & Museum							
<input type="checkbox"/> Additional Donation to Girls on the Run							
<input type="checkbox"/> I would like to receive information about the Birmingham Track Club							
<b>Make Checks Payable and Mail to:</b> Vulcan Run P.O. Box 59349 Birmingham, AL 35259							<b>Total:</b>

**Participant Information:**

Last Name:  First Name:

Street Address:  City:

State:  Zip:  ☐ Male ☐ Female Age:  DOB:

Phone Number:  Email:

**Gender Specific Tech Shirts:** ☐ W-Small ☐ W-Medium ☐ W-Large ☐ W-X-Large ☐ W-XX-Large (\$3 add-on)

**All Adult Sizes** ☐ M-Small ☐ M-Medium ☐ M-Large ☐ W-X-Large ☐ M-XX-Large (\$3 add-on)

**Emergency Contact Information:**

Contact Name:  Phone Number:

**Release Waiver:**

I know that running a road race is a potentially hazardous activity. I should not enter and run the Vulcan Run unless I am medically able and properly trained. I agree to abide by any decision of a race official or Police relative to my ability to safely complete the run. I assume all rights associated with running the event including but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic and conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing the risks and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Birmingham Track Club, the City of Birmingham, all sponsors, volunteers, together with their employees, contractors, subcontractors, directors, officers, agents, attorneys, and representatives from all claims of liabilities of any kind or character arising from my participation in this event or any related activity even though liability may arise from negligence or carelessness on the part of the persons or organizations named in this waiver and release. I also am fully aware, whether same be caused by negligence or fault, that baby strollers, baby joggers, wheels of any kind (except competitive wheelchairs), animals and headphones are strictly prohibited and I agree not to have them on the course. I consent to the use of photographs, video, film and sound recordings of all Vulcan Run events for all legitimate purposes. I give permission to be contacted by interested media. I understand that the entry fee is non-refundable and non-transferable. I have read the entry information provided for the event and certify my compliance by signature below. **This is a Release of Liability Waiver.**

Signed By or Guardian signature if under 18

Date:

# New Membership Database

—by Alan Hargrave

Over the last few weeks, we have worked toward establishing a new membership database to improve your overall club experience. You may be familiar with a company called RunSignUp due to recent races in the area that have used their race registration product. It turns out they also have an excellent product for clubs and the BTC has made the decision to move its membership database to that product. Some of the advantages of the new system include:

- Automatic renewal reminders via e-mail. You will receive e-mail reminders 30 days and 7 days before your membership expires.
- Self-service maintenance of your profile. You can change your address, telephone number and other personal information online.
- Discounts to BTC events. When a discount is offered to BTC members, the system will automatically apply the discount as you register for the event.
- Print your membership card. Your membership card is available online and can be downloaded or printed any time you like.

We are pleased to report that all of our club membership records are now in the new system and we are ready to move forward. All future membership transactions will take place in the new system. This includes both new memberships and renewals. In fact, one of the features of this new system is that you never have to leave the BTC web site to complete your membership transaction.

To fully benefit from the new system, each BTC member has an account on RunSignUp and every member should have received an e-mail prompting you to claim the account. If you did not see that e-mail, check your junk mail folder. We have heard of some instances where it was treated as spam. When you click the link in the e-mail, you can claim your account by taking one of three actions:

## Option 1 – Register Your Account

If you have never used RunSignUp before, choose this option to verify your e-mail address and create a password for your new account.

## Option 2 – Merge with Existing Account

If you have used RunSignUp before, such as to register for a race, you already have an account in their system but it is not associated with your BTC account. This option allows you to compare the information in your existing account with that in the BTC account and select which is to be used. **IMPORTANT:** Do not select this option for more than one member of the same family using the same e-mail address. Doing so will remove one or more family members from the database.

## Option 3 – Add as Secondary User of Existing Account

This option is especially for families where more than one member of the family uses the same e-mail address. Choose option 1 or option 2 to claim the account for the primary member of the family. Choose option 3 for the remaining members of the family that use the same e-mail address.

For family memberships, each member of the family should have received a claim e-mail. Each member of the family should claim their account using the appropriate option detailed above.

Printing Your Membership Card



**Here are the steps to print your membership card.**

1. Login to RunSignUp ([www.runsignup.com](http://www.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.
4. Click on "Membership Card". The page displayed is a PDF file that you can either print or save to your computer. If you have a family membership, cards for the entire family will be displayed on one page.

You may notice while viewing your profile that there is the option to edit your profile. This is the best way to make sure that we have up-to-date information in our membership database. Any time something changes, such as a new address, simply edit your profile and the BTC will have current information for you.

As with any project of this size, there are certainly a few kinks that will need to be worked out but so far things have progressed very well. Thank you to those who have already claimed their accounts and verified their information. We hope that you find this new way of managing our membership database adds even more value to your BTC membership.

# BTC MINUTES

**June 25, 2014**

## **BTC Meeting 6/25/14**

### **In attendance:**

**Board:** Jennifer Andress, Alex Morrow, Kelly McNair and past-President, Brad Clay

**Executive Committee:** Olivia Affuso, Alan Hargrave, Kemper Sarrett, Allison Stone, Katie Pezzillo, Katherine Dease

**General membership:** Randy Lyle, Charles A. Thompson

Last month's minutes were approved.

### **1. Membership- Alan for Jamie**

- a. Olivia Affuso will be assisting Jamie and Kemper with membership
- b. Membership update: 1154 total; 932 memberships;

### **2. Summer Social Calendar- Katherine**

Baron's social is scheduled for July 19; 25 tickets have been purchased to date; A motion for BTC to purchase the remaining 75 tickets – approved. This will allow our members to purchase tickets up until the social, rather than by the deadline of July 7; coke products included in ticket price; Good People is donating a keg– need \$100.00 to pay server; Vulcan Social will be on August 16 – Katherine is working on incentives; What do we want to include and offer? look at the June line item from 2013; park rental - \$615.00; food trucks; coffee; jump castle; possibly offer a group fitness class; motion to approve \$1200.00 budget for Vulcan social – approved. Sponsorships are being pursued.

### **3. Peavine Falls update- Alex**

341 registered to date; on-line registration closes Wednesday, July 2 at noon; packet pick-up is at Alabama Outdoors (AO) on Thursday, July 3, 10am-6pm; race day pick is available; park fee has been waived for all race participants so this should expedite the entrance process; t-shirts will be here on Tuesday – Irish green cotton t-shirt; AO is donating \$1200 towards shirts; \$550 in gift cards towards top 10 male and female finishers; medals will be awarded to top male and female overall, master, grand master and senior grand master; volunteer response has been great but we want to ensure that all volunteers have a role – in other words, we don't need too many volunteers standing around; RRCA state rep, Ron Macksound, will be here; Trish has history of Peavine and history of Vulcan for interesting reads; post-race food: cheese bisquits from Jim n Nicks and ice pops; one bib for all (no separate bibs for individual vs. race series); Dr. Minor will be on-site; need to get med-kit and defibrillator; Side note: AO is the primary sponsor of Xterra trail run series – if we promote on FB, he'll give BTC members 10% off registration; we'll have to create a code for BTC members to use when registering to receive discount.

### **4. Vulcan Run update- Allison**

On-line registration is open; to date: 17 signed up; sponsorships – tabling discussion at this time; Volunteers:



Katie and Allison are investigating on-line volunteer websites to use for sign-up (specific time slots and jobs); T-shirts – work in progress; awards from SSG – look good – still waiting on a quote from them; we'll have both Vulcan and RRCA awards. Prize money for elites has been confirmed; The Redmont Hotel is offering discounted rates for participants and race staff: \$75.00 – elite racers and race staff; \$85.00 for all other race participants; Allison and Trish will determine additional equipment needs; August 16 – informational meeting for Vulcan training will be held at the Vulcan Social; Alex, Danny and Kile - offering training programs at different levels (free to all BTC members); Aug 25 – 10k training begins; Marketing: posters and yard signs coming; Vulcan sub-groups are meeting and will report back to the board; September 15 – deadline for all planning to be finished; execution starts on August 16. Planning is still in the formation of ideas.

## **5. Software update – Alan**

a. Update on transition of membership database to RunSignUp: 30% of our current members have claimed accounts to date. All BTC members should have received an email asking them to claim the new membership database, RunSignUp; if not, check the junk box. We're receiving emails daily of who has joined; family memberships are tricky, especially if the same email addresses are associated with multiple family members and if there are more than 4 family members; renewal notices should be going out; things are working with renewal; BTC members have to claim membership acct in order to take advantage of discounts. Alan likes the ease of this program; for example, one of many nice features is the ability to print mailing labels, as well as membership cards for the entire family.

All races and Triple Crown are set up within Run Sign-up; the BTC website will now connect you directly to run sign-up; Olivia will enter in new member information to our database (forward all requests to her now); Kemper will continue to handle member benefits; Consider having Andrew create a full-page add for the newsletter advertising this transition; will also include on Constant Contact email.

## **6. Financial update- Jennifer for Russ**

Russ and JA met with Marie Cecil – moved over to Quick books on-line. This has been a huge help and it's more transparent. For year to date and comparison to FY2013, refer to the financials sent out by Russ. Question to the group: Are we interested in spending an additional \$50.00 / month with Zeekee Interactive to get mobile enabled? Visit Championship Racing to see an example. 75% people visiting our site are doing so on their mobile device. More and more people will be directed to go to our website. We need to move in this direction but is there a lower fee option? Does the monthly fee include hosting plus support?

## **7. Triple Crown- Jennifer**

Wait a week or two after Peavine to promote. The three races are Talladega, Florence and Magic City. Montgomery half has been moved to the spring. Participants will need to sign up for the race series, as well as individual races; we will not have an organized bus trip to Florence; carpool encouraged.

Addendum to agenda: Dr. Arthur Black passed away this week – Memorial service will be held on Sat. at Vestavia Methodist at 1 pm; Trish will write an article for the newsletter and have a draft to Andrew by Saturday or Sunday. JA suggested putting the rising sun on a singlet or t-shirt for merchandise. ~ 40 shirts.

# RUNNING RAMBLINGS

— Compiled by Randy Lyle



## Quotes

“To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.”

~ *Douglas Adams, British musician and author*

“I don’t know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.”

~ *Albert Schweitzer (1875-1965), German theologian, philosopher and physician*

“To serve is beautiful, but only if it is done with joy and a whole heart and a free mind.”

~ *Pearl S. Buck (1892-1973), American novelist*

“I know of no great man except those who have rendered great services to the human race.”

~ *Voltaire (1694-1778), French writer and historian*

“Let every dawn of the morning be to you as the beginning of life. And let every setting of the sun be to you as its close. Then let everyone of these short lives leave its sure record of some kindly thing done for others; some good strength of knowledge gained for yourself.”

~ *John Ruskin (1819-1900), English art critic*

“If we do not lay out ourselves in the service of mankind whom should we serve?”

~ *John Adams (1735-1826), second President of the United States*

## Ramblings

### We Should Honor People While We Can – A Tribute

As we saw in last month’s issue of The Vulcan Runner, the Birmingham running community lost another icon. **Dr. Arthur Black** was highly regarded as one of the founders of the Birmingham Track Club. (He was the first President of the BTC in 1976 and he served a second term in 1979.) The BTC was an offshoot of his belief that exercise had value and could lead to a long and healthy life. Apparently, he knew what he was talking about since he lived 93 years. Even in his later years, he was said to be seen walking around Vestavia Hills picking up trash along the road. He obviously took great pride in our community. Needless to say, Dr. Black will be missed. (If you have not read the article in last month’s newsletter, I highly encourage you to do so.) In the last year or so, we also lost other prominent members from the earliest days of the BTC such as Versal Spaulding (a Vulcan Run founder) and Les Longshore (a BTC charter member). Although I never had the opportunity to meet these men, I always heard them spoken about with high regard by everyone that knew them or met them.

Reading the tribute to Dr. Black last month also got me thinking about how we tend to honor people after they are gone. It is obviously an appropriate thing to do. I just wonder sometimes why we so often fail to honor people while they are still with us. I guess we take them for granted like we do so many other things. The BTC is blessed to have so many wonderful people who have done so much for our local running community. I wanted to take this opportunity to express appreciation for a few of these individuals that we still see and hear from on a regular basis.

#### Al DiMico

For those of us that have only been running for the past six or seven years, Al is known primarily for leading the Sunday morning group that trains for the Mercedes Marathon and Half Marathon each year. In addition to that running group, many of us also know Al for his blogs ([runningwithal.blogspot.com](http://runningwithal.blogspot.com) and [trainingwithal.blogspot.com](http://trainingwithal.blogspot.com)). This past year, Al turned the reins of the marathon/half marathon training group over to Natalie Ferguson and the BTC. Of course, he stayed involved with the group and continued to post regularly to his blogs. His posts are not just interesting and entertaining, but provide a wealth of information to help all runners get better by learning from his experiences. What



experience you ask? According to his blog, Al's running resume includes over 140 marathons and ultramarathons. His marathon PR is 3:03. He has also run over 100 miles seven times! For fifteen years, Al was a coach for Team-in-Training, which is a running program that benefits the Leukemia & Lymphoma Society. For those of us that read his blog regularly, we know he has ankle issues and those issues have slowed him down a tad. However, you will still find Al and his running partner (Moha) tackling trail races all the time. Al also still covers the ultramarathon distances, even with bad ankles. It does not matter if the terrain is hilly or flat. Al finds ways to stay out on the trails. Al was the recipient of the Dr. Arthur Black/Rick Melanson Annual Service Award in 1996. In addition, Al was just the second person to receive the BTC Lifetime Achievement Award in 2013.

### **Danny Haralson**

If you have not been involved with the BTC for very long, you may only know Danny as the Race Director for the Vulcan Run. But he is so much more than that. Through his Run University program (RunUniversity.com), he has trained literally thousands of runners from the couch to a 5k or 10k. In many instances, those runners have gone on to conquer half marathons, marathons and beyond. I know because I am one of those runners. Moreover, I am not alone. I would challenge you to run with almost any group in Birmingham and not find at least one (probably many more) runner that started running through Danny's program. Almost everyone in my regular group started with his Running 101 (also known as "Couch to 10k") program through Run University. The thousands of participants that have gone through his program would be impressive enough. However, Danny's involvement in the local running community does not end there. Over the years, Danny has served the BTC in a number of positions, including Club President from 2004 through 2006 and Vulcan Run Race Director since 2008, and has helped to make the Vulcan Run the premier race organized by the BTC every year. A couple of years ago, the BTC recognized Danny's significant contributions to the club by adding his name to the annual award now known as the Randy Johnson/Danny Haralson Annual Service Award. The club gives this award each year at the annual party to "a 'newer' member who has demonstrated outstanding leadership and freely given of his or her time in a volunteering capacity in ways that help further the mission of the BTC." Danny and Micki jointly received the Dr. Arthur Black/Rick Melanson Annual Service Award in 2004.

### **Rick Melanson**

For years, you could find Rick just about every weekend timing a race somewhere in the Birmingham area. In addition to timing races, Rick also certified racecourses. I would argue that no one else has worked at timing as many road races as Rick. In addition to working races, Rick was an active member of the BTC for many years. I still remember him at board meetings reminding us about the history of our club. He always stayed true to the mission of the club in every way. His fingerprints are all the BTC, even today. As I researched, I kept finding Rick's name attached to something within the BTC. Our most prestigious award given each year is the Dr. Arthur Black/Rick Melanson Annual Service Award. This award is "our oldest award and is annually given to the most outstanding club member over

the past year or for continued outstanding leadership and service to the BTC." In other words, this the MVP Award for the BTC and it has Rick's name on it. Rick himself won this award in 1980 and 1986, which makes him the only two-time recipient. In addition, the club honored Rick in 2012 when the Peavine Falls Run officially underwent a name change to become known as the Rick Melanson Peavine Falls Run. This was done to recognize his many years of service as the Peavine Falls Race Director. That same year, Rick became the first to receive the BTC Lifetime Achievement Award.

### **Charles Amos Thompson**

If you were to attend a BTC board meeting today, chances are you will find Charles there with his stack of papers. Personally, I have no idea what is in that stack but he has them with him at nearly every meeting. Charles' reach into the Birmingham running community extends far beyond our club's road running. You will also find Charles at track meets and other races working finish lines. He may be at a high school track meet one day at a local school then working a collegiate indoor meet at Birmingham Crossplex the next day. I overheard Charles tell someone once that he has participated in over 2,000 events as a runner or official. That is incredible to me. Those that run from National Bank of Commerce (formerly Brownell Travel) on Shades Creek Parkway near Jemison Trail can thank Charles for providing the water and hydration drink on the brick wall each Sunday morning. Charles also puts out the materials about upcoming races at the base of that wall. I have had the pleasure of working the finish line with Charles on a couple of occasions. The first time was the Southern Conference track championships when Samford used their new track for the first time. I had never been to a track meet, much less work at one, but Charles was patient and taught me what to do. On another occasion, I worked the finish line with him at the BTC Classic. Although this event was much less tense, Charles took his job just as seriously as he had at Samford. Working with him, I saw that he has a real passion for running and creating an environment where runners can have the best experience possible. Charles received the Dr. Arthur Black/Rick Melanson Annual Service Award in 1987.

These are just a few examples of the people that we still have running with us today that have made significant contribution to our running community and the BTC. I include myself when I say that we should try harder to show our appreciation to these folks, and so many others, while they can still hear us. I certainly understand the importance of honoring people when they are gone. It is the right thing to do. How much more right is it to honor them while they are still here? Without these early founders and long-time members, the BTC would not be where it is today. For anyone who has ever worked with a volunteer organization, you know it is often a thankless job. Let us try to make a more concerted effort to show our appreciation to those that have made significant contributions to an activity that we all love so much.



## 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:

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	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**