



★ BIRMINGHAM TRACK CLUB  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER



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



[/BirminghamTrackClub](https://www.facebook.com/BirminghamTrackClub)



[@BirminghamTrackClub](https://twitter.com/BirminghamTrackClub)



[@RunBTC](https://www.instagram.com/RunBTC)

February 2016 ②

## Who is Adam?

- By Lisa Booher, Race Director Adam's Heart Runs

Adam's Heart Runs -- you know it as the first race of the Birmingham Track Club's Race Series.

But... Who the heck is Adam? Why was he running or what was he running from? And what's up with hearts? When I agreed to be the Race Director for this year's Adam's Heart Runs, I knew basically zero about the race, other than that it supports the Birmingham Track Club, which I love, and it is held at Oak Mountain State Park, which I also love. But learning the history of the race and especially more about the founder of this race was high on my list of must-dos to help me feel a more solid connection to this run and its purpose.

CONTINUED ON PAGE 2



▶ WHO IS ADAM?  
2

▶ PRESIDENT'S ADDRESS  
4

▶ MINDFUL EATING  
7

▶ INSIDE THE RUNNER  
11

▶ MEDICATION & MILES  
15

▶ COMMUNITY CORNER  
17

▶ 1200 MILE CLUB  
21

CONTINUED FROM PAGE 1

# WHO IS ADAM?

— Lisa Booher

Enter Dr. Adam Robertson, whom I was fortunate enough to meet for lunch earlier this year. At one time a smoker turned avid runner and runner advocate, he played an integral part in growing Birmingham's running community. His motivation was to help others find an easy and fun way to stay active. "This was not about competition; this was about getting in shape," Adam shared. Living what he preached, during his tenure as emergency room director at Cooper Green for over 25 years, he would run commute to work, seven miles each way.



And even though he was a huge running promoter, he actually wasn't the race creator of Adam's Heart Runs. Around 1977, another Birmingham runner started the race but soon moved to California for a new job. When it came time to hold the race again, Adam decided, "Well, I'll just do this for a couple of years until we can get somebody else." That couple of years stretched out further and further as Adam and his wife Ginni continued to direct the race for many years.

"Every year it was so easy to do because it was out there [at Oak Mountain], and we only needed one police officer at the corner. We measured it, and Rick Melansen certified it." Adam recalled. Even though people tried to convince him to move the race downtown to increase the number of participants, the simplicity of working with the park made the decision easy to keep the race at Oak Mountain.

"My wife did really well with the results. As the last person would come over, she would hand me the results. No computers. I just took a big circular clock that hung on the wall, and started it at 12, so as you crossed you could see your time."

Originally the race was named Birmingham Heart Runs and served as a fundraiser for the American Heart Association. When the Robertsons passed on the race-directing torch, the BTC changed the name of the race to honor Adam with the name Adam's Heart Runs.

Speaking to how tight-knit the original Alabama running groups were, Adam shared, "Back then, everybody felt like they had to show up at every run. Nowadays there are people out there who run every day and never show up at a race. Which is good. The purpose of it to begin with was to get people to do it."

Adam not only supported road running but was on the board at Ruffner Mountain for at least 20 years. During that time, he and his friends Bucky Wood, Vic Kelly, and Craig Christopher (who were dubbed The Ruffner Mountain Boys) held trail races that sound eerily similar to Race Against the Sun. "We had some red tape, and that was where you were supposed to turn. If you missed that, you were out of luck," said Adam about the simplicity of race marking for their Ruffner invitation-only race that almost got shut down.

"We didn't realize that the coalition had already bought part of the mountain, and we were up there putting [the race] on when this guy walked up and said, 'What are you doing?' And we said, 'We're having a run on the mountain.' And he said, 'No, you can't do that.' So we invented the name Rufus McGrew as the race director, and we sent invitations to everybody each of us knew. Very formal with Rufus McGrew as the return address. Other people heard about it and asked if we could get them in. Before you knew it, we had a couple hundred people."

"Proving even further that he has extensive knowledge of Ruffner trails, Adam testified, "You run 10 miles at Ruffner, it's close to 20 miles on the road." Truth.

White tuxedos and barrels of beer are also involved in his Ruffner race stories, so if you ever get the chance to meet Adam or any of the other Ruffner Mountain Boys in person, you should definitely have them tell you about their Ruffner Mountain adventures.

These days, Adam continues to better the Birmingham community by volunteering as the Crisis Center's medial director.

## From the Crisis Center's web site:

According to the Department of Justice, 1 in 5 women and 1 in 33 men will be a victim of sexual assault in their lifetime. That is why we're here - to help survivors of sexual violence and their loved ones heal from this terrible crime. No matter when it happened to you or your loved one, the Crisis Center offers help through our Rape Response and Sexual Assault Nurse Examiner (S.A.N.E.) Programs. This includes:

- Free and confidential crisis counseling 24 hours a day
- Prevention education programs to schools, civic organizations and other public groups
- Services for the victim's family, friends, partners or spouses
- Information and referrals to other services in your area



*Advocates are available to accompany survivors of sexual violence during the forensic examination at the SANE facility or the hospital, to the police station, and to court. Advocates provide objective, knowledgeable, and supportive intervention on behalf of the survivor, making sure that she/he has the necessary information about each system to make critical decisions. The advocate provides individual advocacy to the survivor to ensure that her/his rights are upheld.*

Along with the SANE program, the Crisis Center provides crisis lines, help lines for kids and teens, a senior talk line, support groups, and mental health services.

In keeping with his running history, Adam assisted in planning the Crisis Center's 2015 5K fundraiser, called Just a Call Away 5K, which the Crisis Center plans to bring back to the community in August of 2016.

So who is Adam? With what started as a desire to "just get people out running," Adam Robertson helped establish a race that has brought thousands and thousands of people to Oak Mountain State Park over the years. And he has continued to inspire others to "just run," even after his "retirement" from his namesake race. Insider tip: look for Adam on February 6h at this year's race. It's no surprise that he volunteered to come out and support the event, even 40 years later.

**Lisa Booher is Race Director for Adam's Heart Runs.**



# Lake Martin 100

## 100 & 50 Mile Endurance Trail Race & 27 Mile Fun Run

March 19 & 20, 2016      BTC Discount Code - "LM-BTC16"

Use the code to receive the Early Registration Price



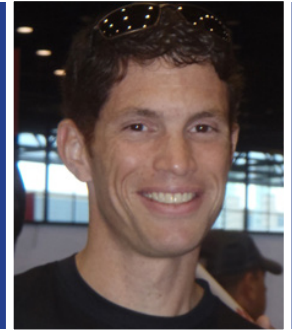
Along the shores of Beautiful Lake Martin, near Alexander City, in East-Central Alabama

- \* 100% Single Track Trails or Carriage Path and a few Gravel Roads.
- \* Beautiful rolling hills along the lake and creeks, 12,000 feet of elevation gain.
- \* Perfect first 100, 50 or 27 Mile Ultra with simple race planning.
- \* Details at [SoutheasternTrailRuns.com](http://SoutheasternTrailRuns.com)
- \* Register at [Ultrasignup.com](http://Ultrasignup.com)



# PRESIDENT'S ADDRESS

— Alex Morrow



## Hello, fellow BTC Members

February is here, and while it may be cold outside, things are heating up in the running world! February is slammed with events and big kickoffs. Before I get to those items, I want to take a moment to thank everyone who came out to the BTC's End of the Year Party on January 9, 2016. Not only did everyone have a great time, but we also recognized several BTC members for their contributions to the club, and we held our election for BTC Officers.

HUGE congratulations are in order for our award recipients. Dr. Dean Thornton won the Dr. Arthur Black/Rick Melanson Award for most outstanding member. Julie Pearce won the Randy Johnson / Danny Haralson Award for Outstanding Newer Member. We also recognized Kelly McNair for her three years of service as an officer for the BTC. Kelly was ready to cycle off after two years, but was willing to sacrifice her time to help the club for one more year. Beyond the Club awards, our BTC Race Directors were awarded a VISA gift card for their tireless service and efforts on behalf of the BTC. A big thanks to Judy Loo and Allison Stone for their efforts and making our BTC races the best around!

We also elected our 2016 BTC officers, and the slate put forth by the BTC was approved. Congratulations to Vice President Darnell Allen, Treasurer Monica Henley, and Secretary Leslie Bailey. I also want to personally thank everyone for voting for me for my second term as BTC President. The amount of joy I receive in helping the amazing officers and board members of the BTC cannot be put into words. We have an amazing club, and I am honored to once again serve as President.

All of the above took place at one rocking party at Buck Mulligans, a great venue if you have not been, and none of it could have been accomplished without the energy, organization, and passion of BTC Social Chair Katherine Dease. If there is one person I lavish praise on more than any other, it is Katherine. The amount of work she puts into these events, and knowing that everything will be flawless if she is in charge, has been invaluable to the club. Katherine, thank you for all you do!

The fun did not end at the BTC End of the Year Party -- in fact, it is just beginning! On February 6, 2016 we kick off the 2016 BTC Race Series with Adam's Heart Runs at Oak Mountain State Park. Race Director Lisa Booher has some exciting new changes in store this year, so you will not want to miss it! There is a 5k, 10k, and 10 mile option, so get in on the fun! Adam's Heart Run is also strategically placed one week before the Mercedes Marathon Weekend. Whether you are in search of a tune-up 5k for the Superhero 5k, or are tapering for the Mercedes Half or Full Marathon, these races fit that bill perfectly. All the races are run on the road, so come out and join in on the fun. [Register for Adam's Heart Runs here.](#)

You may also sign up for the entire BTC Race Series for one low price, ([AHR, Statue 2 Statue, Peavine Falls, and the Vulcan Run 10k](#)).

As I mentioned, the weekend after Adams Heart Run is the Mercedes Marathon Weekend. The BTC will once again have a booth at the expo all weekend long. You will be able to join or renew your membership, purchase BTC merchandise, and pick up your 1200 Mile Club jackets and BTC Triple Crown medals if you have not already done so. Then on Sunday while you are racing, make sure to say "hi" as you run through the BTC's official water stop. You will know it from all the BTC flags, the awesome dancing, and the crazy amount of screaming taking place. This year the BTC is taking over the big water stop near Regions Park. Make sure to represent in your BTC gear, and we will make sure to show you some extra love to keep you moving! If you cannot run the event, consider volunteering to work at the BTC booth or water stop. We would love to have you join us! You can [email BTC Volunteer Coordinator Kim Benner](#) for more information.

The party continues on after Mercedes! I am excited to announce that we have worked a deal with a new race in town, The Birmingham Wine 10k, which will be held on March 12, 2016. This race is a flat, fast, point-to-point course in Homewood, AL. The race benefits The National Center for Sports Safety, and there will be mimosas at the finish line! Seriously, this is going to be a great event and because you are a BTC member, you will [receive 15% off when you register.](#)

Whew! And if that is not enough, registration is already open for this year's Statue 2 Statue 15k. Race Director Judy Loo is on the ball and making preparations for 2016 to be the best ever. Save the date, because on April 2 we will be leaving Vulcan to run through the hills of Mountain Brook on our way to Lady Liberty. You wear this shirt as a badge of honor all year long, so [sign up today!](#)

Outside of races, the ever popular, and growing, 1200 Mile Club Challenge is back and registration is open. In my January presidential address, I discussed how to eat the elephant, bite by bite. That is exactly how to approach the 1200 Mile Club Challenge. If that number seems daunting to you, break it down and take it one mile at a time. When you complete this Challenge for the first time and earn that jacket, you will be on top of the world, guaranteed!

As you can see, the first few months of the year are going to be extremely busy, and I have not even scratched the surface of what is taking place in the running world. Make sure to be involved with all of the BTC's social media platforms. If you are not receiving periodic BTC email updates, double check your email address in Runsignup. By doing so, you will stay up to date on the latest happenings, race discounts, and other fun stuff.

Kindest Regards  
Alex Morrow, BTC President



# BIRMINGHAM TRACK CLUB SOCIAL UPDATE

## THANK YOU

to the BTC members and guests who joined us at the Annual Meeting and Party on January 9, 2016. Judging by the dancing and crazy photo booth photos, it appears a good time was had by all!

Congratulations to our 2016 Executive Board members, who were elected at the meeting:

**Alex Morrow – President (2nd year)**

**Darnel Allen – VP (2nd year)**

**Monica Henley – Treasurer (1st year)**

**Leslie Bailey – Secretary (1st year, served as Treasurer last year)**

Kelly McNair was given a plaque to recognize her three years of outstanding service to the club as the Secretary of the Executive Board.

Congratulations are also in order for Dean Thornton, who was named the Dr. Arthur Black/Rick Melanson Annual Service Award Winner, and Julie Pearce, the winner of the Randy Johnson/Danny Haralson Annual Service Award.

412 members completed the 1200 Mile Club challenge, including 90 first time participants. Congratulations on your accomplishment – we know you will wear your 1200 Mile Club jackets well!

This year also marked the BTC's most successful BTC Triple Crown Challenge to date – 79 members completed the challenge of running three marathons in three month, earning a coveted Triple Crown medal.



# 2015 Officers



## President

**Alex Morrow**

president@birminghamtrackclub.com



## Treasurer

**Monica Henley**

treasurer@birminghamtrackclub.com



## Vice-President

**Darnell Allen**

vicepresident@birminghamtrackclub.com



## Secretary

**Leslie Bailey**

secretary@birminghamtrackclub.com



## Past-President

**Jennifer Address**

pastpresident@birminghamtrackclub.com



## BTC Committees

**General Counsel/Parliamentarian**

**Long Run Coordinator**

**Moderate Group Coordinator**

**Medical Director**

**Social Chair**

**Marketing/Social Media**

**Membership**

**Membership Benefits**

**Merchandise**

**"The Vulcan Runner" Newsletter**

**Japan Exchange Program**

**1200 Mile Club**

**Volunteer Coordinator**

**Historian**

**Finish Line Crew**

**Webmaster**

**Race Coordinator**

**IT Chair**

**Adam's Heart Run**

**Statue 2 Statue**

**Peavine Falls**

**Vulcan Run**

Lauren Weber	parliamentarian@birminghamtrackclub.com
Monica Henley	longruns@birminghamtrackclub.com
Mark Criswell	moderateruns@birminghamtrackclub.com
Dr. Cherie Miner	medical@birminghamtrackclub.com
Katherine Dease	social@birminghamtrackclub.com
Lauren Floyd	marketing@birminghamtrackclub.com
Lauren Weber	membership@birminghamtrackclub.com
Kemper Sarrett	benefits@birminghamtrackclub.com
Hannah Foust	store@birminghamtrackclub.com
Julie Pearce	newsletter@birminghamtrackclub.com
Mary Lee McMahon	japan@birminghamtrackclub.com
Alison Hoover	1200@birminghamtrackclub.com
Kim Benner	volunteer@birminghamtrackclub.com
Trish Portuese	historian@birminghamtrackclub.com
Tanya Sylvan	finishline@birminghamtrackclub.com
Darrell Gibson	finishline@birminghamtrackclub.com
Scott Page	finishline@birminghamtrackclub.com
Dean Thornton	webmaster@birminghamtrackclub.com
Trish Portuese	
Alan Hargrave	itchair@birminghamtrackclub.com

### BTC Race Directors

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



Find us on  
**Facebook**



## BTC Mission Statement

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

### 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**



# RUNNING TOGETHER SEPARATELY

## MINDFUL EATING

— Carrie and Joey Longoria

***This month, Carrie puts on her Registered Dietitian hat to help us refocus our eating to better enjoy the experience and better fuel our runs.***

As we are fully into 2016, many of us have made resolutions and are making progress with them. Others are already done with their resolutions and have reverted back to their normal habits. One resolution we are reminded of every year is either to lose weight or eat healthier. There are many facets to both of these topics, but as runners we discuss what we put in our bodies ad nauseam. We discuss it with each other, with our significant others and our friends, and we talk about what's trendy and what worked for those around us.

One topic that almost never gets discussed among runners, in terms of nutrition and fueling for runs, as well as weight management, is mindful eating. When you eat your meals and snacks throughout the day, are you enjoying them in the moment? Instead of being distracted by outside issues, are you trying to listen to your body and internal cues of hunger, satiety and satisfaction? All three can help you decide when, what, and how much you eat. In turn, this can help with weight management, better nutrition and better fueled runs.

Here are some questions to ask yourself as you approach eating and snacking. No answer is right or wrong, but each should help you realize how you approach food. Knowing this helps us to

recognize if our behaviors around food are based on the fact that we are rushing around, stressed out, watching TV, or working on a computer and don't realize we are full, how much we ate, or how little we ate, or whether they are based on mindfulness. Having a mindfulness around food, will in turn help us have a healthier approach to food and help us fuel our body with what it craves for our runs and our enjoyment. This is called eating with intention.

When you eat based on your internal cues, internal awareness, personal wisdom, and satiety, you are being intentional with your eating and can enjoy your meals and snacks. With as much as we talk about what we eat, and who is eating what, we should flip to a healthier discussion on what we enjoyed in our meal, rather than the guilt we felt when we ate. This is not easy because it is a habit. For example, as I type up this article, I am eating some grapes. As I was almost finished with those grapes, I realized I had not been enjoying them because I was typing. I didn't appreciate their sweetness, how pretty they were, or the nutrition and hydration they were providing. I was hungry and wanted the hunger pains to go away....so I typed and ate grape after grape with no intention. Not fun! Not only did I not realize the number of grapes I ate, I didn't appreciate them either.

I propose if we as runners became more intentional with what we ate, we would be less consumed with trendy diets and cleanses, and would have better weight management and nutrition to fuel our runs. Try this the next time you eat. Be intentional.

- Do you categorize foods as good or bad?
- Do you feel guilty when you eat "bad foods?"
- Do you think and talk about food frequently?
- Do you usually eat based on the clock?
- Do you usually eat more when you eat alone?
- Do you usually eat less when you eat alone?
- Do you usually eat more when you eat with others?
- Do you rarely experience hunger?
- Do you wait to eat until you are ravenous?
- Do you always eat fast and are the first one done?
- Do you take time to enjoy your food before you eat?
- Do you eat slowly & savor your food?
- Do you eat the right amount of food?
- Do you eat until you feel sick?
- Do you have intense cravings?
- Are you a picky eater?
- Do you like all or most foods?
- Do you eat when you are stressed or bored?

- Before you eat, observe and appreciate the colors, textures, & smells of your food. Where did they come from and how do they nourish you?
- Before you eat, rate your hunger. Are you not hungry but aware that it is time to eat? Are you so hungry that you are dizzy, because you skipped the previous meal?
- As you eat, pay attention to the flavors: sweet, salty, sour, bitter, spicy.
- How quickly do you chew certain foods on your plate? Do you chew some foods faster than others?
- Do you like your food combined or separate?
- Do you eat foods one at a time, or all together?
- What is the temperature of the food and what do you prefer?
- Are you eating slowly or quickly?
- Ten minutes in, rate your hunger – are you neither hungry nor full? This might be where you stop eating. Or are you still hungry so you continue eating for another 10 minutes? Rate your hunger again: are you full and slightly uncomfortable?

# RUNNING TOGETHER SEPARATELY

## MINDFUL EATING

— Carrie and Joey Longoria

Experiment. Try this exercise with a favorite meal. Be intentional and mindful during the experience. Turn off the TV, put down the newspaper, and get off your phone. Then, try that meal again doing it the same old way, whether that be in front of the TV or on your phone. Did you eat more when you weren't intentional than when you were? Did you enjoy it as much and savor it, or did you scarf it down - hardly chewing? This will not be easy because we are all in the habit of eating while multi-tasking, but I challenge you to try. Let's slowly change the dialogue from discussing what foods we are restricting or obsessing over, to what we are enjoying, savoring, and appreciating for the nourishment it provides.

I'll start. This is a recipe Joey created, and I love it. I love it because it is creamy and rich, with its texture of a runny egg over warm pasta. . .it provides nourishment with all of its good fats, and it provides fuel for my next workout, while also helping with inflammation caused from my previous workout.

Joey and I are eager to hear about your experiments and if being mindful in your eating helps to fuel your runs appropriately, making you a better nourished and more balanced athlete. Food is an experience to savor – enjoy it, like a nice, leisurely run!



### Baked Avocado and Eggs with Whole Wheat Pasta (dinner for 2)

#### Ingredients:

2 whole avocados  
4 eggs  
10oz cooked whole wheat pasta (we typically use spaghetti noodles)  
Salt and pepper to taste

#### To cook:

Slice avocados in half and remove the pit. Use a spoon to make a "cup" for the egg to sit in (saving the scooped out avocado for later) and place in an oven proof dish (I use a cast iron grill pan). Crack your eggs and place one in each avocado half, salt and pepper to taste. Place in pre-heated 380 degree oven and bake for 20 minutes. Here's the highly technical part....if you like your egg more "runny", cook it less. If you like it more "set" cook it more. Monitor while cooking for doneness. When cooked, scoop out and serve over pasta. The runny egg will make a great sauce (remember to add that extra scooped out avocado as well). Great taste, great nutritional value and total prep and cooking time in under 30 minutes!

#### Nutritional Information :

(for 2 avocado and egg halves over 5oz of pasta)

Calories: 624  
Total fat: 38.2g  
Sodium: 141mg  
Total carbs: 55g  
Fiber: 17.7g  
Sugars: 3.1g  
Protein: 22.7g  
Potassium: 61.6mg





**8th Annual**  
***Rumpshaker 5k***

**Benefiting Colorectal Cancer Awareness**  
**Coming March 19, 2016 ... Historic Sloss Furnaces**  
**5K and 1 Mile Fun Run**

**[www.rumpshaker5k.com](http://www.rumpshaker5k.com)**

# BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

- Sally Shurbaji
- Michel Haney
- Mike Moses
- Audrey Brown
- Wade Dunn
- Charlene Young
- Kirk Mueller
- Jitesh Parmar
- Matthew Hall
- Andrea Powell
- Julie Pearce
- Michelle, Jason, Jacob, and Gracie Beasley
- Andrew Mason
- Brendan Griffin
- Christopher Grossman
- Caroline Crackel
- John Prestridge
- Daniel Chaplin
- Meghan Henley
- Kristen Knight
- Rod Robinson
- Kiera Walker
- Lindsay Warren
- Dorothy Ewing
- Kim McConnell
- Stephanie Brosius
- Matthew McWilliams
- Joseph Lawhorn
- Hunter Bridwell
- Robert Sims
- Meghan Ralph
- Amy Davis
- Gordon Harvey
- Wayne Davis
- Eric Thomas
- Natalie Easterling
- Mike and Beth House
- William, Kelli, Katherine Ann, and Brooks Gant
- Justin Crocker
- Sarina Davis
- Trey Whitt
- Carrie Patterson
- Kevin, Diane, and Emerson Maughan
- Tony Blakeney
- Scott Wood
- Jennifer Ellison
- Joseph Lahr
- Ashley Dawson
- Kevin Roberson
- Tim Malec
- Mark Baker
- Jessica Jeffcoat
- Doug and Margaret Smith
- David Olsen
- Murray Bromstad
- Gay Chambers
- Terry Lake
- Roger Rocha
- Debi Secor
- Charlie Brown
- Thomas White
- Michelle Belcher
- Robert Harris
- Caroline Walker
- Robin Kelley
- Cary Martin
- Rodrigo Velasco Sancho
- Alejandra Hernandez Ortiz
- Britney Cowart
- Tom Warren
- Ryan Knight
- Jimmy Stout
- Ann Thomas
- Lisa Harrison
- Robert Funk
- Michael Greene
- Katie Davis
- Bill Crowson
- Meredith Caldwell
- Jane Lucas
- Bob Evans
- David Barry
- Samuel and Chelsey Palmer
- Michelle Paradiso
- Bryant Adams
- Deanna and Naudia Adams
- Christine Caughran
- Meaghan Ryan
- Emmagene Crunk
- Theresa Burst
- Patrick Spencer
- Travis Self
- Timothy Lupinacci
- Justin Morris
- Ellen Scheirer
- William Richardson
- Teresa Kirkwood
- Nicole McCarthy
- Georgia Izard
- Ronnie and Brookie Harbison
- Thomas Love
- Helen Collins
- Bridget Beury
- Thomas Armstrong
- Julie Wilson
- Tammy Ruff
- La'Toria Jones
- Allan Blain
- Kim Bissell

I would also like to recognize our newest Lifetime Member, Sam L. Brown. Thanks for the continuous support, Sam! Visit the [BTC website for more information](#) on lifetime memberships and discounts for multi-year and family memberships.

Lauren Weber  
Membership Chair

Many memberships expire in December -- remember to renew yours online today!

If you've not yet joined the BTC, what are you waiting for?

[Join today – the benefits last a lifetime!](#)



# INSIDE THE RUNNER

— Dean Thornton, MD



## Case 9 – “Hard on the Heels...”

A middle-aged male runner begins to experience a nagging pain on the bottom of his foot. The pain slowly increases in frequency, duration, and severity. The symptoms are at their worst first thing in the morning especially with the first step out of the bed. As a dedicated reader of Inside the Runner, he heads straight to his physician to get checked. The physician (who is not a regular reader of Inside the Runner) feels confident in the clinical diagnosis but is persuaded by our runner to order an MRI to rule out something more advanced.

Image A demonstrates the exact cause of our runner's symptoms. The plantar fascia [pronounced “fash-ee-uh”] is thickened and inflamed at its attachment to the calcaneus, or heel bone (as indicated by the long yellow arrow). The plantar fascia farther away from the heel bone is more normal in thickness (short yellow arrow). In addition, a bright area in the heel bone itself (curved arrow) indicates inflammation in the bone. Fortunately for our patient, there is no tear in the plantar fascia (unlike our patient profiled in the [December 2015 issue, Case 7 -- “Walking on Glass”](#)). Image B from a different patient shows the normal thickness and appearance of the plantar fascia (yellow arrows).

Images C and D are from a different patient with the same malady as our hobbled runner. This patient has even more thickening of the plantar fascia along with adjacent soft tissue inflammation. This patient, however, has a prominent bone spur on the bottom of the heel bone best seen in Image D (white circle).

DIAGNOSIS: Plantar fasciitis.

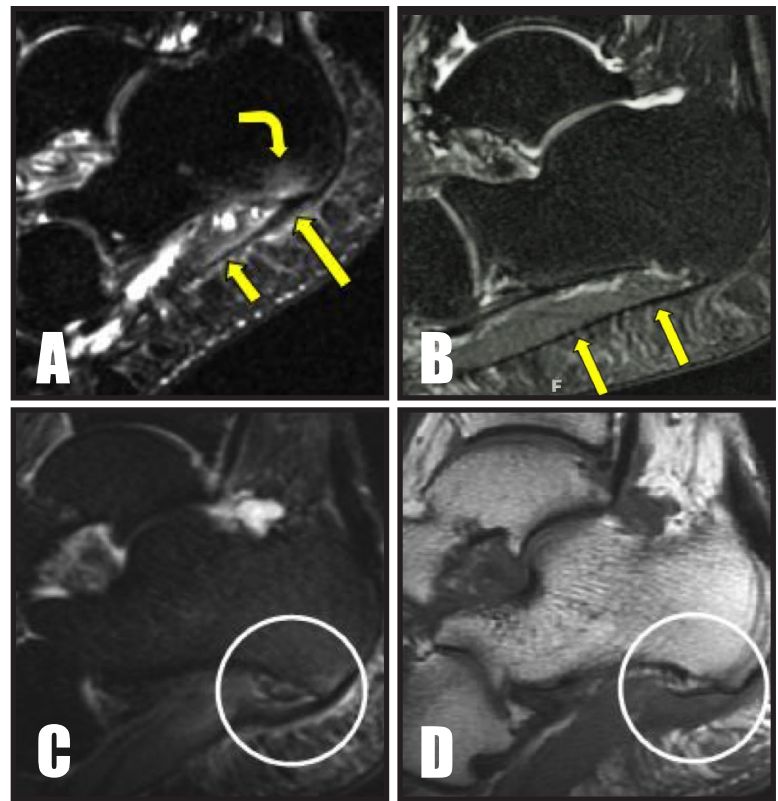
The plantar fascia is a prominent band of soft tissue that runs along the bottom of the foot providing stability and shock-absorption. Repetitive microtrauma (often associated with running) and tight calf muscles (also associated with running) can lead to inflammation of the plantar fascia. This inflammation can lead to scarring which can then lead to increased stiffness of the plantar fascia further perpetuating the painful cycle. Occasionally, but not always, bone spurs on the bottom of the heel can be associated with plantar fasciitis [pronounced “fash-ee-i-tis”]. Treatment is

usually conservative. The standard running therapies are utilized including rest, ice, and stretching. Specific stretches aimed at lengthening the plantar fascia and releasing any built up scar tissue are recommended. Orthotics may provide additional relief. Refractory cases may require more invasive procedures such as steroid injections or surgery.

### For more information:

[Plantar Fasciitis and Bone Spurs](#) from American Academy of Orthopaedic Surgeons

— Dean Thornton, MD



## ABOUT DEAN THORNTON, MD

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

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

# BIRMINGHAM TRACK CLUB RACE SERIES

Back again for 2016 is the ever popular BTC Race Series. For the low price of just \$75, you will receive entries into each of the BTC's four signature races:

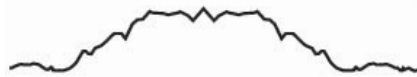
- Adam's Heart Runs February 6, 2016
- Statute to Statute 15K April 2, 2016
- Peavine Falls Run July 4, 2016
- Vulcan 10K November 5, 2016

This is a savings of at least \$40 off of the best early registration prices you would pay to register for each race individually! You must be a BTC member to register for the BTC Race Series, but this discount alone is well worth the membership, if you are not currently a member.

In addition to your entries into each of these popular races, you will receive a BTC Race Series tech shirt with your entry fee. Read more about the BTC Race Series, the individual races, and sign up to participate on the BTC website.



## PEAVINE FALLS RUN



Birmingham, Alabama



## MERCEDES-BENZ MARATHON WEEKEND

FEBRUARY 12-14, 2016



Please join the BTC as we train for the Mercedes Full and Half Marathons on February 14, 2016.

The BTC Saturday Long Run Training Group meets at 6:00 a.m. at the Trak Shak in Homewood. See the [Group Runs Page](#) on the BTC website, or join the BTC Saturday Morning Long Runs Facebook page for updates and routes.

See you on the roads!



# MLK DAY RUN

Beginning in 2013, a small group of friends found themselves with a day off of work, a run to do, and a desire to learn more about Birmingham's Civil Rights history. They invited a few more friends, and a group of ten or so runners set off on a ten mile route around downtown Birmingham. A repeat performance in 2014 brought out twice as many runners, prompting Resolute Running to organize the now-annual event into an official run.

Mostly recruited through word of mouth, about 50 people showed up for the 2015 run, many from the Black Girls Run group. This was more than double the number of runners who had joined us the previous year. The distance was shortened to a four mile route so that more people could comfortably participate. Dean Thornton acted as the run's official tour guide as the group made a loop through Railroad Park on its way to 3rd Ave North (Lyric and Alabama Theatres), the 4th Avenue entertainment district (Eddie Kendrick Park and Carver Theatre), and finally Kelly Ingram Park, adjacent to the Birmingham Civil Rights Institute and the 16th Street Baptist Church.

Encouraged by the response in 2015, we cranked it up a notch for the 2016 run. We invited even more people, with the final tally at close to 100 runners. Two different news stations sent cameras to film and interview runners. And the al.com and Railroad Park Twitter feeds helped spread the word. Despite the subfreezing temps, we had a great crowd. And most importantly, our community of runners came together to learn more about our City's history as we celebrated all that we are growing to become.

## Alex Morrow | Dean Thornton

As runners, we find solace in the fact that we are able to get up every day, lace up our sneakers and hit the pavement. Being a runner in Birmingham, Alabama on MLK day is pivotal. Martin Luther King and many others marched on these very same streets where I now run my long distance runs. On Monday January 18, 2016 Resolute Running put together the 4th Annual MLK Day Run. Being able to run to different locations and learn about the amazing history in and around our city was amazing as well as humbling. People made huge sacrifices to make a way for blacks to have equality and rights. For that I am forever grateful, and to be a part of such a phenomenal run community is great. If you haven't had a chance to run the MLK Day Run, join us next year. I guarantee it will be an amazing experience for you as well.

## Temeka C. Hudson



# BTC Member Benefits Spotlight

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

**A great big BTC “Thank You!”** to Lululemon! BTC members registered to run a Mercedes Marathon Weekend race were offered an exclusive “team shop” day on January 24. BTC membership does indeed come with perks!

Missed out this time? [Join the BTC or renew your membership today!](#)



The poster features a blue background with a white silhouette of Alabama. The text 'BIRMINGHAM WINE 10K' is prominently displayed in white and blue. To the left, a vertical blue bar contains the year '2016'. To the right, the website 'wine10k.com' is shown. Below the main title, the date 'MARCH 12' is listed. A paragraph of text describes the race route and post-race party. A special offer for BTC members is highlighted. At the bottom, there are five logos for sponsors: The TrakShak Running Shops, Cadence80 Consulting, Buffalo Rock Beverages & Food Services, Lemak Health, and Resolute Running.

**2016 BIRMINGHAM WINE 10K**  
wine10k.com  
MARCH 12

Runners will hit the roads of Homewood for the Birmingham Wine 10K. The race will start at Patriot Park and finish on the Lakeshore Trail. The fast and flat course culminates with a unique mimosa post-race party for the runners!

**BTC Members automatically receive 15% off registration!**

**The TrakShak Running Shops**  
www.TrakShak.com

**CADENCE80 CONSULTING**

**BUFFALOROCK BEVERAGES & FOOD SERVICES**

**LEMAK HEALTH**

**RESOLUTE RUNNING**

## Need to Print Your BTC Membership Card?

It's easy!

- 1) Login to RunSignUp ([runsignup.com](http://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.



# MEDICATION & MILES

## A COMMON “HEART” MEDICATION

Unfortunately, chronic or long term illnesses are common. Because of the nature of illness and the advancement of medicine, many people take medications to control chronic conditions. For many conditions, health care providers will suggest physical exercise as part of a patient's treatment regimen. Whether the patient is an exercise enthusiast or novice, the importance of exercise and its compatibility with any long term prescribed medical treatment should be considered.

Many medical conditions and medications impact the heart. For example, beta-blockers are one of the most commonly used medications that work on the heart - they actually slow down a patient's heart rate. Yet, the use of this class of medications can be broad, extending far beyond the walls of the heart. While beta-blockers do treat high blood pressure, coronary artery disease, atrial fibrillation, and other “heart” conditions, beta-blockers also can help prevent migraines, treat hyperthyroidism, essential tremor (Parkinson's disease), and performance anxiety, among other diagnoses.

Beta-blockers work by targeting specific receptors on nerves found in different places in the body, commonly the heart and the lungs. The ultimate goal of beta-blockers is to reduce the amount of blood pumped by the heart each minute. They achieve this by decreasing heart rate and force of contraction (how hard the heart beats), which can decrease in blood pressure because the medication helps decrease the work load of the heart.

Different beta-blockers work on different receptors in the body, which means a patient could see different unfavorable (or even beneficial) side effects, depending on the type of beta-blocker used. There are many beta-blockers from which a physician can choose, so it is beneficial for a patient to discuss any side effects with his or her physician or pharmacist.

Speaking of unfavorable side effects, someone taking a beta-blocker might notice weight gain, fatigue, depression or even sexual dysfunction. If a patient experiences sweaty palms in addition to fatigue, he or she could be experiencing hypoglycemia (low blood sugar), which is something beta-blockers have been known to hide from time to time. There are other side effects that are possible, but it is important to remember that side effects are not guaranteed to happen to each and every patient. Awareness and knowing what to look for is key, as is remembering that patients often develop tolerance (or get used to) side effects over time.

So what does all of this information have to do with exercise and running?

Beta-blockers are an older class of medications that have been used to treat very common diseases for quite some time. The effect they have on people has been investigated often and consistently. In terms of exercise, the way beta-blockers work in the body has raised questions. Studies from the early 1980s have compared healthy and previously diagnosed patients with heart conditions in terms of how beta-blockers alter heart rate, oxygen use, blood pressure changes, etc. Each study points out that exercise is important when a patient has a condition such as high blood pressure or migraines and actually can help the patient feel better. Table 1: Available beta-blockers

Patients who exercise regularly while taking beta-blockers may notice lower blood pressure, heart rate, or oxygen use compared patients not taking this class of medication. This lowering of heart rate and blood pressure occurring with beta-blockers can ultimately impact exercise performance. Studies show endurance can be altered more significantly when a beta-blocker has been used for a short period of time, although a decrease can be seen in some patients on long-term treatment. However, even though there are many conflicting conclusions about beta-blockers and exercise, the various ways beta-blockers work confirms the chance that at any dose or duration, beta-blocker therapy might alter a patient's exercise endurance.

Interestingly, physically fit patients taking lower doses of a beta-blocker do not seem to have reduced exercise capacity or endurance. There are, however, some conflicting arguments when a patient takes higher doses of a beta-blocker in addition to exercise or when a patient becomes very overexerted during training. The latter notion may be worrisome in patients with coronary artery disease, and the risk of sudden cardiac death that has been seen to affect athletes with various heart conditions. It is important to talk to a physician or pharmacist if a patient has concerns over side effects or the use of low versus high doses of beta-blockers.

**Table 1: Available  
beta-blockers**

Generic Name	Brand Name
Atenolol	Tenormin
Bisoprolol	Zebeta
Carvedilol	Coreg
Metoprolol tartrate	Lopressor
Metoprolol succinate	Toprol-XL
Nebivolol	Bystolic
Propranolol	Inderal
Sotalol	Betapace

# MEDICATION & MILES

## A COMMON “HEART” MEDICATION

### Already on a beta- blocker?

If you feel you are not able to exercise on the level that you previously were accustomed to, it may be worth talking with your physician about your use of a beta-blocker. For many conditions, there are other acceptable alternatives to this drug class. If you have not taken a beta-blocker before, and your physician mentions prescribing one, it is worth asking him or her about assessing your exercise tolerance before and after starting the medication. Also, it is important to remember that certain beta-blocker agents, such as metoprolol, esmolol, acebutolol and bisoprolol are more preferable for use with patients who exercise frequently.

Due to expanding beta-blocker prescribing patterns, more research is needed to study beta-blocker and exercise interaction. It may be that more physically active patients should be prescribed a different class of medication when other options are available. As always, use caution with chronic illnesses and increasing exercise. This is also true when starting new medications that can affect performance, such as beta-blockers. Make sure all of your health care providers know that you are a runner, particularly if you are into high intensity or long distance running. Take it slow when starting any new therapy until you can tell how it will affect you. Your heart needs love too!

### Beta-Blocker Bullets

- The names of beta-blockers end in “-ilol” or “-olol”.
- Commonly used beta-blockers include: carvedilol, cetoprolol, atenolol, bisoprolol, propranolol, etc.
- Beta-blockers work to decrease how hard your heart has to work through decreasing heart rate and lowering blood pressures.
- You can take beta-blockers for heart issues in addition to migraines and hyperthyroidism.
- Beta-blockers may decrease your exercise tolerance or endurance.

### References:

1. Chick TW, Halperin AK, Gacek EM. The effect of antihypertensive medications on exercise performance: a review. Med Sci Sports Exerc. 1988;20(5):447-54.
2. Ladage D, Schwinger RH, Brixius K. Cardio-selective beta-blocker: pharmacological evidence and their influence on exercise capacity. Cardiovasc Ther. 2013;31(2):76-83.
3. Vukovich RA, Foley JE, Brown B, et al. Effect of beta-blockers on exercise double product (systolic blood pressure x heart rate). Br J Clin Pharmacol. 1979;7 Suppl 2:167S-172S.
4. Wonisch M, Hofmann P, Fruhwald FM, et al. Influence of beta-blocker use on percentage of target heart rate exercise prescription. Eur J Cardiovasc Prev Rehabil. 2003;10(4):296-301.

**Ginny Tyler Meadows, Candice Bunn, PharmD Candidates and Kim Benner, PharmD, BCPS, FASHP, FPPAG**

**Ginny Tyler Meadows and Candice Bunn are students at Samford University. Kim Benner is a distance runner and current Volunteer Coordinator for the BTC. When she's not running the streets of Birmingham, Kim is a clinical pharmacist at Children's of Alabama, a Professor of Pharmacy Practice at Samford University and a mother of two non-running boys.**



# COMMUNITY CORNER

— Jennifer Address, BTC Past President

Greetings, BTC! I have some good news, some bad news and some very sweet news. Let's get the bad news out of the way first.

Regarding the pedestrian bridge over Highway 280 at Hollywood Boulevard, we have learned from Homewood City Councilman Fred Hawkins that the federal funds once available to us by way of a Transportation Enhancement grant expired last September. These funds would have covered 80% of the cost of the bridge, with the cities of Homewood and Mountain Brook each contributing 10%. Our next step is to pursue federal funding via CMAQ, the Congestion Mitigation and Air Quality Improvement Program. According to the U.S. Department of Transportation Federal Highway Administration, the CMAQ program was implemented to support surface transportation projects and other related efforts that contribute air quality improvements and provide congestion relief.

We still have an excellent team in place to pursue this project. Mountain Brook City Councilwoman Virginia Smith reports that the Mountain Brook City Council has given tentative permission to continue exploring this pedestrian bridge option. Former State Representative Paul DeMarco also is helping to pursue this Plan B. And Homewood City Councilman Peter Wright says, "I know we all know that the bottom line with this bridge is safety. We all fear something treacherous is going to happen if we don't take some action."

We had plans to attend an ALDOT Public Involvement Meeting on the development of the Statewide Bicycle and Pedestrian Plan on January 20th. I invited two representatives from Vulcan Triathletes to join us. Unfortunately, as the date approached, one by one we all had other obligations that prevented us from attending. Vulcan Tri Past President Stephanie Farrington was the only one of us who could attend, but she was unable to gain access to the entrance because of two large gates with an access code, and no one was around to assist her. I am so appreciative of her efforts and hate that the rest of us missed this opportunity.

So we will press on and I will report back next month!

Now for some good news: State Representative David Faulkner has been excellent with keeping us updated on other projects. He reports that the Jemison Trail connector on Lakeshore Parkway to Brookwood Mall will be put out for bid on March 26, 2016. He says, "That should make for an incredible long route for you distance runners!" Thank you, Representative Faulkner!

As for the sidewalks going in behind the zoo on the Highway 280 access road over to BB&T Bank, Mountain Brook City Manager Sam Gaston reports that the City is waiting on ALDOT to process

the paperwork and grant transfer. Homewood City Councilman Fred Hawkins informs us that the funding source for this project is different than the Transportation Enhancement Funds. This project is moving forward.

And finally, for the sweet: you may have noticed the water fountain going in on the Overbrook bridge at Beechwood and Woodhill, off of the Jemison Trail in Mountain Brook. I spoke with Mountain Brook City Councilwoman Virginia Smith, and our friend Shanda Williams, Superintendent of Mountain Brook Parks and Recreation, who was helpful to us when the BTC funded the first water fountain on the Jemison Trail.

Superintendent Williams reports that the water fountain is a gift from the nephew of Sundeep Caplash. Many of you will remember Sundeep, who was killed tragically on an early morning run while training for his first Mercedes Half Marathon in 2011.

Superintendent Williams says: "I have been working with Arjun Lakhanpal and his mother Geeta. They have given me a plaque to place beside the fountain once we have finished landscaping, which I hope to have completed this week. The plaque says:

## **Fountain of Memories In Honor of Sundeep Caplash 1972-2011**

Sunday, January 31 is the 5th anniversary of Sundeep's passing so it's important that I finish by then. I believe the fountain is already a big hit. The plumber got several "thank you's" while installing it. The guys have said they saw several using it while they've been there and [Mountain Brook architect] Nimrod Long sent me an email saying it looked good and he would use it often."

What a wonderful tribute for a wonderful man! I know we often think of Sundeep while we are out navigating these roads on foot. It is for him that our community representatives and public servants will seek safer passages for our active citizens. And I will continue to report our progress. Despite setbacks and slow-moving administrative processes, we ARE making a difference!



# RRCA UPDATE

## RRCA HOSTS 58th NATIONAL CONVENTION

**58th RRCA NATIONAL  
CONVENTION  
MARCH 17-20, 2016  
DALLAS, TEXAS**



Dallas, TX will be the site of the RRCA's 58th National Convention, March 17 - 20, 2016. The National Convention provides a chance for RRCA running clubs, events, and coaches from across the country (the BTC is one of those clubs) to send representatives to not only meet other representatives, but to attend a variety of educational seminars.

The Convention has over eighteen different education session opportunities for club leaders, event directors, and coaches to learn about best practices and critical issues facing the running community.

In addition to the educational sessions, several big names from the running community serve as keynote speakers at various luncheons and dinners during the weekend. This year, two notable speakers will be Ben Rosario, President of the Northern Arizona Elite running program and Olympic Marathon Qualifier, and Gilbert Tuhabonye, who is a long time professional runner, but the story of his trial and tribulations in becoming one is the main draw.

The Convention concludes on Sunday March 20 with the featured race, the Rock n Roll Dallas Half Marathon. All are invited to attend the RRCA National Convention, so if you would like to go, simply visit the following link for more information and to register. <http://www.rrca.org/convention/>.

## Volunteer Vibes

Start off 2016 right by earning some volunteer hours for the BTC! The first race in the BTC Race Series, Adams Heart Runs, will be held on Saturday, February 6, 2016 at Oak Mountain State Park. The races start at 9 am, so we will need volunteers ready to go by 6:30-7 am. The BTC uses Run Sign up (RSU) to schedule volunteers for races and larger events so we can track volunteers and areas where help is needed. Run Sign Up also allows us to communicate with all volunteers in a central location! Check out the RSU site for Adams Heart at: "<https://runsignup.com/Race/AL/Pelham/AdamsHeartRuns>" to volunteer (click on the volunteer tab at left at the same place you sign up for the race). For questions, contact Kim at [volunteer@birminghamtrackclub.com](mailto:volunteer@birminghamtrackclub.com). We LOVE our volunteers!

Next up will be Mercedes Marathon Weekend, February 13-14, 2016. We will need volunteers for the expo and on race day, Sunday, February 14. The RSU site will be available for volunteer sign up soon, so stay tuned...





# RESOLUTION RUN

Thanks for supporting the BTC's 5th Annual Resolution Run at Red Mountain Park! This event gets bigger and better each year!



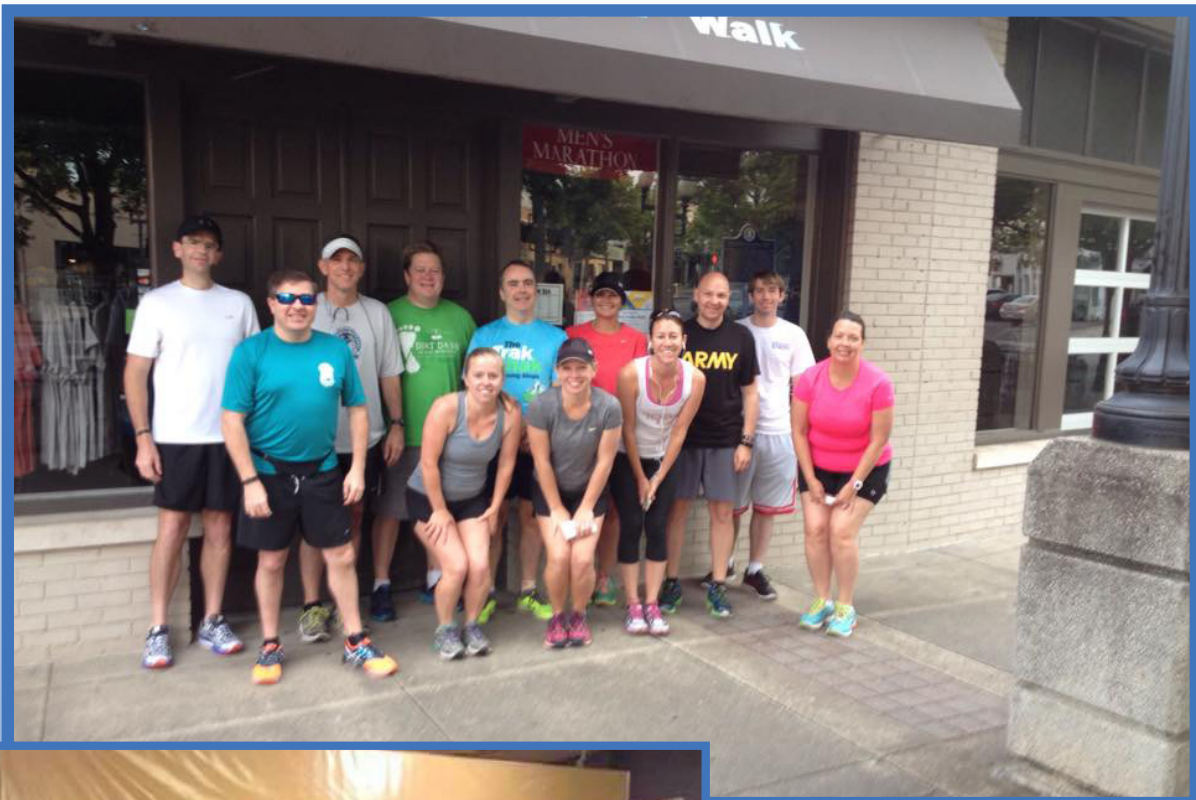
Photo Credits: [MRuns.com](http://MRuns.com)



# Saturday Morning Moderate Runs

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

## JOIN US!





# 1200 MILE CLUB

Missed out on the 1200 Mile Club last year? Or ready to continue your 1200 mile yearly streak? Be sure to sign up for the BTC's 1200 Mile Club. Rules and instructions are located on [the BTC website](#). You must be a BTC member in order to participate.

The BTC implemented the 1200 Mile Club in 2008 as a way to encourage members to be consistent with their running. Runners commit to running a minimum of 1200 miles over the course of the year, or an average of 100 miles per month. Since 2008, the number of BTC members attaining 1200 Mile Club status has grown from 54 members to 412 in 2015, with a handful of those members exceeding the 1200 mile goal each year since the award was created. Members earn the right to the coveted 1200 Mile Club jacket, yearly recognition patches and other exclusive 1200 Mile Club gear.

Due to the explosive growth of the 1200 Mile Club Challenge, there is one small change to the program. If you are working towards earning your FIRST 1200 Mile Club jacket, there will now be a \$20 charge to receive the jacket. The BTC pays more than \$60 for each jacket, and as you can imagine, the cost has grown substantially. Every year, the BTC has a record number of first time finishers, and in an effort to ensure the program continues for years to come, we are trying to offset the cost ever so slightly. Once we are certain you will reach the 1200 mile goal, payment instructions will be sent. Thank you for understanding.

[Register to participate](#) in the 2016 edition of the 1200 Mile Club, and start logging those miles!



# 1200 MILE CLUB

Cumulative miles submitted for end-of-year 2015 are listed below.  
For a complete listing of monthly totals, [click here](#).

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Adams, Ciel	2	904	Fincher, Valerie	R	346	McNair, Kelly	2	1,457	Taylor, Trey	1	35
Affuso, Olivia	3	857	Fonteneau, Kira	R	107	McTune, Mark	3	1,851	Thomas, Eric	3	2,191
Alexander, S Rheagan	1	1,406	Foust, Hannah	R	641	McVey, Simon	1	1,356	Thomas, Jamie	1	1,264
Armstrong, Thomas	3	142	Franklin, Shane	4	1,476	McWilliams, Matthew	R	1,042	Thornton, Dean	4	1,560
Bailey, Leslie	2	1,208	Frederick, Winston	7	2,000	Meadows, Bryan	2	304	Tichnell, Josh	R	469
Bailey, Tut	R	295	Fuller, Lisa	R	887	Merry, Vicki Sue	3	2,645	Tillery, Shaun	1	1,963
Baker, Mark	1	311	Gann, Michael	4	1,284	Miller, Tracy	1	1,213	Traylor, Loren	1	1,729
Baker, Ryan	R	146	Gant, Kelli	1	151	Millican, Randy	2	1,144	Trimble, Jamie	1	1,409
Ballard, William	5	1,207	Ganus, Jack	8	1,232	Millsap, Lanier	1	124	Varnes, Vickie	2	1,532
Barnes, Conan	R	132	Gash, John	2	1,033	Mixon, Joshua	R	95	Vinson, Hope	R	618
Barnes, Jimmie	1	1,323	Gaylor, Marcie	1	1,085	Mooney, Sylvia	R	48	Wales, Kevin	R	446
Barry, Jenny	1	1,200	Gibson, Darrell	2	1,203	Moore, Robert	1	913	Walker-Journey, Jennifer	1	1,324
Bartee, Samm	R	918	Gilbert, John	1	1,342	Morgan, Cary	5	3,130	Walker, Caroline	R	235
Bartlett, Kari	1	716	Goode, Johnny	6	1,816	Morgan, Danielle	4	1,404	Wall, Ron	3	1,223
Beasley, Cathy	R	1,167	Goolsby, John	3	872	Morgan, Phillip	6	1,668	Walters, Lara	1	0
Beggs, Mark	R	276	Gordon, Brittany	R	590	Morris, Dewayne	1	784	Warren, Tom	1	1,284
Belcher, Michelle	3	1,208	Grabeldinger, Nikki	1	1,232	Morris, Justin	2	1,200	Watkins, Janet	R	155
Benner, Kim	3	1,470	Greene, Michael	1	191	Morris, Matt	1	1,289	Watters, Robert	1	1,689
Benson, Wayne	4	1,195	Greenwald, William	R	693	Morrow, Abigail	R	0	Weber, Amy	1	1,244
Berg, Courtney	R	50	Grice, Jenny	1	1,609	Morrow, Alex	5	1,815	Weber, Lauren	R	418
Berg, Dustin	R	251	Grossmann, Christopher	5	1,201	Mothershed, Janie	1	662	Weeks, Max	R	14
Berthold, Jean-Philippe	R	585	Gullapalli, Satya	2	1,440	Murchison, Reginald	2	2,283	Weisberg, Scott	4	0
Beury, Bridget	R	232	Hailey, Jay	R	882	Murphy, Mandy	R	0	Wells, Whitney	R	297
Bissell, Kim	1	1,202	Halperin, Dave	2	2,182	Murray, Jason	1	916	Wende, Adam	1	2,041
Black, Dylan	1	1,338	Haralson, Danny	7	1,338	Norris, Beth	2	1,248	Whalley, Prince	8	1,380
Blankenship, Barry	2	352	Haralson, Micki	8	1,228	Northern, Kristie	6	1,249	Whidden, Lisa	1	813
Bonatz, Ekkehard	7	3,182	Hargrave, Alan	8	1,285	Oehrlein, Kimberly	R	548	Whitt, Trey	3	1,370
Booher, Lisa	4	1,443	Harrelson, Heather	2	1,319	Oliver, Greg	2	1,932	Williams, Christopher	R	509
Bowman, Brian	R	0	Harris Bowser, Javacia	R	139	Oliver, John	1	1,328	Williamson, Chad	2	1,154
Bowman, Leisha	R	129	Harris, Robert	R	667	Opsomer, Liliane	R	244	Wilson, Teresa	1	1,110
Brakhage, Victoria	1	1,377	Harrison, Lisa	4	1,482	Osborne, Kristen	R	134	Windle, Dale	1	1,567
Brown, Charlie	4	1,507	Harvey, Gary	1	1,216	Parks, Charlie	2	2,971	Wiseman, Steve	1	1,383
Brown, Michael	2	1,339	Harvey, Gordon	1	1,982	Patiolla, Sandeep	R	425	Woody, Bill	7	1,767
Brown, Sean	2	1,206	Hathorne, Chad	R	954	Patterson, Carrie	2	1,277	Wright, Sean	2	1,442
Bryant, David	2	1,601	Havicus, Carl	1	1,350	Peagler, Shana	4	1,212	Wu, Xing	6	1,565
Bunch, Bryan	R	214	Hayes, Debbie	2	1,675	Pearce, Julie	5	1,488	Yates, Durand	R	0
Bunch, Catherine	R	408	Hayes, Mikal	R	926	Pearson, Blake	2	2,272	York, Gary	2	1,982
Busby, Madeline	1	1,064	Heaton, Bryan	2	1,534	Pearson, Mary Scott	1	1,385	Young, Alyse	R	916
Byrd, David	R	50	Heineken, Stephanie	1	1,201	Perry, Jeff	4	794	Zehnder, Justin	5	784
Callahan, Rachel	1	1,224	Henley, Monica	2	1,201	Peters, Scott	1	1,551	Zimlich, Kimberly	R	646
Carey, Christopher	2	1,312	Henninger, Alison	1	1,446	Peterson, Stacy	2	1,302			
Carlton, Bob	1	1,412	Hickerson, Patrick	4	1,338	Pezeshkmehr, Megan	R	1,148			
Carroll, Chad	R	105	Hill, Quinn	1	1,697	Pezillo, Kate	1	48			
Carter, Adrienne	R	270	Hill, Susan	2	1,217	Pigford, Wells	R	558			
Casey, Barry	2	1,330	Hill, Tucker	1	1,288	Plante, David	3	1,788			
Cason, Daniel	1	1,229	Hodges, Max	R	1,057	Poole, Greg	1	0			
Cavedes, Octavio	1	271	Hollett, Brett	R	357	Porter, Michael	R	0			
Chadha, Jennifer	R	217	Honea, Todd	3	835	Portwood, Paul	1	1,640			
Chambers, Ron	1	1,558	Hoover, Alison	4	1,318	Powell, Tim	R	934			
Chandler, Teresa	6	1,375	Hoover, Jim	R	1,162	Prestridge, John	1	1,200			
Chiesa, Marco	R	264	House, Beth	3	1,201	Ralph, Meghan	1	1,253			
Christenberry, Kim	R	0	Housler, Phillip	1	733	Ramsey, Jamey	R	387			
Clay, Brad	8	3,193	Hughes, David	R	945	Randall, Lisa	5	550			
Clayton, Yocunda	1	1,235	Hulcher, Alison	R	0	Ratiff, Gamet	R	51			
Cliett, Stephanie	1	1,704	Hunt, Leslie	1	1,254	Richards, Amy	R	760			
Clowers, Addison	1	1,730	Hyatt, Micheal	1	480	Richardson, William	1	1,713			
Coker, Leslie	1	1,308	Ingle, Brandon	R	205	Riner, Clint	1	1,218			
Colmenares, Clinton	1	1,232	Izard, Georgia	1	1,708	Roberie, Josh	R	419			
Colpack, Chris	1	1,308	Izard, Melody	1	1,739	Roberson, Kevin	2	2,020			
Connell, Daniel	R	0	Jackson, Kelly	R	17	Roberts, Fletcher	1	1,378			
Cooper, David	1	1,206	Jenkins, Kaki	2	1,500	Roberts, Stephen	1	1,453			
Cornelius, Jeff	R	101	Johnson, Christy	R	202	Robinson, Rod	R	255			
Corrin, LaRonda	R	544	Johnston, Latta	1	1,331	Rocha, Roger	2	1,390			
Corrin, Roger	1	941	Jones, Delpha	1	315	Rodriguez, Angie	1	1,121			
Cox, Damon	2	1,379	Jones, Ira	3	1,221	Rodriguez, Rick	R	54			
Craig, Mary	1	1,310	Jones, Marcus	1	2,339	Roper, Lynn	R	0			
Cramer, Robyn	R	917	Kane, Dawn	1	1,093	Rose, Billy	1	1,556			
Cramer, Steve	R	409	Kane, Michael	1	1,075	Rosetta, Keith	R	0			
Crawford, Drew	R	135	Kaplan, Justin	1	1,325	Routman, Cynthia	1	1,207			
Creed, Brad	4	1,043	Kelley, Robin	2	2,012	Rutherford, Keith	8	1,640			
Creel, Mary	R	1,140	Kemper, Tricia	1	1,454	Rutledge, Lisa	1	1,260			
Crumpton, Dan	3	1,559	Kin, Nicholas	1	1,224	Sadler, Jason	R	781			
Davis, Kevin	R	82	Knight, Diane	1	1,208	Sarrett, Kemper	1	1,208			
Davis, LaJuana	R	259	Knight, Kristen	1	1,213	Schaefer, Todd	1	1,550			
Davis, Sarina	R	0	Krause, Casey	R	773	Secor, Debi	1	1,754			
Dawson, Ashley	2	1,857	Kuhn, Jimmy	8	1,284	Self, Travis	1	1,263			
Dease, Katherine	1	656	Laird, Audrey	1	1,339	Shaffield, Danny	2	1,965			
DeBardeleben, Anne	1	1,395	Langston, Aaron	1	1,290	Shaffield, Mitzi	1	1,222			
Dell'Italia, Louie	1	1,207	Langston, Richard	4	1,357	Shaw, John	R	234			
Dell'Italia, Pat	1	1,313	Leopard, Don	1	1,201	Sheppard, Gretchen	1	1,260			
Denton, Matt	3	1,559	Lester, Treva	R	747	Shinn, Ronald	5	1,306			
Dill, Greg	1	430	Lichlyter, Lee	1	1,212	Shirley, Scott	2	1,460			
DiMico, Al	3	927	Lockett, Janet	R	977	Sides, Dean	1	1,366			
Dodson, Brooke	3	154	Longoria, Joseph	3	1,535	Sitwal, Suman	5	2,035			
Dorth, Cherie	6	127	Lopez, Eric	R	0	Simmons, Kelly	R	0			
Douglas, Nelle	1	1,709	Losole, Liz	5	106	Simpson, Kevin	2	2,168			
Dunn, Wade	7	2,421	Love, Thomas	1	1,053	Sims, Robert	2	1,388			
Easterling, Natalie	1	1,344	Lyle, Randy	7	2,364	Sloane, Mike	1	1,202			
Easterling, Tim	R	83	Lyles, Chris	1	1,260	Slocum, Brandon	R	937			
Echols, Robert	R	30	Lyles, Kimberley	R	0	Smith, Jason	1	1,215			
Edge, John	1	1,536	Malec, Tim	1	1,203	Smith, Jerry	8	1,208			
Edmonds, Maggie	R	144	Malick, David	2	1,433	Spurlock, Nivada	2	1,264			
Elrod, Stacey	1	1,215	Martz, Adam	1	892	Stearns, David	7	682			
Ensminger, Stephanie	R	0	Mason, Erin	R	1,048	Stearns, Robert	R	476			
Estes, Jeff	1	1,241	Maughan, Kevin	1	1,243	Steely, Sonia	2	1,230			
Etchison, Nikki	R	0	McConnell, Kim	1	575	Stephenson, Amber	R	10			
Evans, Debbie	2	1,611	McCoy, Jabe	1	1,631	Stewart, Stephanie	R	526			
Fell, Amy	3	1,586	McKenna, Don	1	334	Stockton, Rick	8	1,427			
Feller, Beth	2	1,515	McKenna, Regan	R	428	Talley, Beau	3	1,359			
Ferlito, Cindy	R	6	McMahon, Mary Lee	1	0	Talley, Shellie	R	297			



## Maebishi Japan Marathon

The Birmingham Track Club has once again been invited to participate in the third annual Maebashi-Shibukawa City Marathon in Birmingham's Friendship City of Maebashi. The race will take place on April 17, 2016 and will feature both full marathon and 10K distances. The City of Maebashi will graciously provide up to three BTC members and their escorts or managers with a fully hosted trip, including race entry fees, local transportation and four nights of hotel lodging prior to the race. BTC runners who have participated in this race in prior years truly were treated as honored guests of the City and had wonderful experiences racing through a beautiful city.

You must be a current BTC member to participate. For questions, or to be considered for one of the three positions, please email Mary Lee McMahon, Japan Exchange Program Coordinator, at: [japan@birminghamtrackclub.com](mailto:japan@birminghamtrackclub.com).



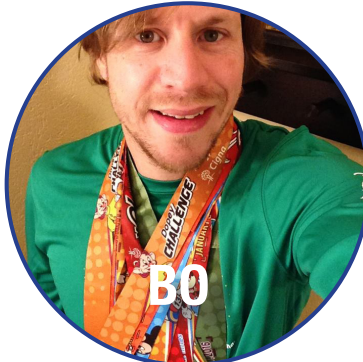
## Feets of Strength

In an interesting twist this month, all three BTC members celebrating accomplishments have a Disney connection.

- **Kim Benner** recently qualified for Marathon Maniacs, after successfully completing three marathons in 90 days (Marine Corps, Rocket City, and Disney) – way to go, Kim!
- **Bo Dikeman and Scott Wood** also ran the Disney Marathon, along with a 5K, a 10K AND a half marathon to complete Disney's newest challenge series: the Dopey Challenge. That's fantastic, guys!
- And also completing her first marathon at the "happiest place on earth" was **Andrea Fant!** Enjoy your accomplishment, Andrea!

Please submit all of your amazing running "Feets" so that we can all share in celebrating the accomplishments of our fellow club members! Your photographs are welcome as well!

Cheers to many miles and even more smiles!





# SHOW US YOUR BTC GEAR

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



Resolute Running Bell Runner Relay Team



Ronald McDonald & Charlie Brown



Resolute Running Members & Coaches



Judy Loo With Ronnie & Walter Blakney



Terri Chandler at Resolution Run



Bob Boylan & George Gaskin,  
Disney Marathon



9 yr old Ali preparing  
for the Superhero 5K



Justin Kaplan & Michael Gann



Jane Lucas's Race Shirt Quilt





Attendance: Alex Morrow, Darnell Allen, Alan Hargrave, Dean Thornton, Leslie Bailey, Monica Henley, Allison Stone, Darrell Gibson, Kelly McNair, Jennifer Address, Katherine Dease, Randy Lyle

1. Approval of last month's minutes
2. Membership Update: Alex for Lauren
  - a. 1219 to date / 1192 last year
3. Race Series / Adam's Heart: Alan
  - a. 12 registrants to date for Adam's Heart
  - b. 72 registrants to date for the Race Series
  - c. Registration is up for both
  - d. Numbers for Adam's Heart may be down this year because it's only a week before Mercedes
  - e. Adam's Heart
    - i. Darnell is assistant race director
    - ii. Alan will add Darnell to Run Sign Up to give her access to the race data
    - iii. Lisa will report all donations to Monica
      1. report \$250.00 +
      2. all donations have to be valued and sent to the treasurer
      3. we are routinely getting donations as members are renewing memberships
4. Resolution Run Recap: Alex
  - a. Great day, great turnout.
  - b. Ran out of bibs
  - c. \$5000 was raised for the park
  - d. Nearly 500 runners
5. Web Update / RRCA Awards: Dean
  - a. Encouraged to submit items
  - b. January 15 is deadline
  - c. Website, newsletter – ideas for submission
  - d. Look at all categories
  - e. Website has been submitted
6. 1200 Mile Club
  - a. 90 first time finishers; 8, 8 consecutive years
7. BTC Race Timing Proposals
  - a. We're receiving proposals
  - b. Alex has requested Monica to provide a consolidated breakdown of the proposals
  - c. Tuesday, January 12 is the deadline for submissions
  - d. Discuss later part of next week
8. Donation amounts to Vulcan / Girls on the Run / RRCA: Allison
  - a. Last Year: Vulcan Park - \$1800
    - i. Trail has not been completed
    - ii. Free or discounted use of park and use of mascot
    - iii. Recommendation: \$1200 donation
  - b. GOTR (Girls on the Run)- \$1200
    - i. Added us to their website
    - ii. Social media for Vulcan
    - iii. Included us in links for newsletter
    - iv. Provided a ton of volunteers for Vulcan Race
    - v. BTC has budgeted \$3500.00 in charitable donations
    - vi. Recommendation: \$1500.00
- c. RRCA - None
  - i. An in-kind donation with a value of ? rather than a cash donation
  - ii. Recommendation: entry, hotel room and cash donation of \$300.00
- d. Are there other groups with which we can establish positive, mutual relations?
9. Newsletter – Dean for Julie
  - a. Submission by January 20
  - b. Feedback on newer design
  - c. Monitoring
10. Mercedes Marathon Expo / Waterstop
  - a. Two entries to give away
  - b. We will revisit when Kim is present
  - c. One entry goes to a new member; one to general membership
  - d. Drawing this week; Alan can do a random drawing
11. Long Run Coordinator
  - a. Joseph Dease is interested in this position
  - b. Dean has requested that we use Map My Run, rather than gmaps pedometer (still using the Google Doc).
  - c. Joseph can come on as back-ups to Monica and Mark
12. Date of Next Meeting
  - a. February 8, 2016





## BTC Membership application

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

First Name:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Last Name:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Street:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

City:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

State:

--	--

Zip:

--	--	--	--	--	--

Birthdate:

--	--	--	--	--	--	--	--

Cell:

--	--	--	--	--	--	--	--	--	--

e-mail:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Family member

e-mail:

Phone:

Born

Gender:

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

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

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

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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



# UPCOMING EVENTS

EVENT	DATE	TIME
Adam's Heart Runs 5K, 10K and 10 mile race (BTC Race Series)	February 6, 2016	9:00 a.m.
BTC Executive Committee meeting (Vestavia Hills Library, Tree House Room)	February 8, 2016	6:00 p.m.
Pensacola Double Bridge Run 15K and 5K	February 13, 2016	7:00 a.m.
Regions Superhero 5K	February 13, 2016	8:35 a.m.
Mercedes Marathon, Half Marathon and Marathon Relay	February 14, 2016	7:00 a.m.
Black Warrior Trail Runs (Moulton)	February 20, 2016	9:00 a.m.
Walk or Run with UAB OT 5K	February 27, 2016	8:00 a.m.
Gluten Free is Good for ME 5K and 1 mile Fun Run	February 27, 2016	8:30 a.m.
Tuscaloosa Half Marathon	March 5, 2016	7:00 a.m.
Ready, Set, Run 5K	March 5, 2016	8:00 a.m.
Village 2 Village Run – 10K run and 8 mile Jemison Trail Run	March 5, 2016	8:00 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.