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THE VULCAN RUNNER



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March 2016

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Statue to Statue

By: Judy Loo, Tanya Sylvan & Monica Henley



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STATUE TO STATUE

A New Date, But the Same Great Race!

By: Judy Loo, Race Director

With a new date a bit earlier in the Spring, this year's 26th Annual Ellis Porch Statue to Statue 15K race is poised to be the best yet! After much discussion, the date was moved up to April 2 to better accommodate late April race schedules. As a point-to-point race that is run through several municipalities, lots of planning goes into making this one of the BTC's favorite runs. Michele Parr, Debbie Cleghorn and I, along with a group of dedicated volunteers, have been working diligently to plan this year's race, and it will be fabulous!

Yes, there is a huge hill. . . and a "few" other hills, but so what? That is why it's called the "South's Toughest 15k!" (as Michele Parr describe, it's a beautiful 10k with a challenging 5k at the end.). And true to the old adage about what goes up must come down, you'll be rewarded for your efforts on the hills with one of the

fastest mile-and-a-half downhill finishes around. After you have conquered the hills, join us for a fun, family-friendly post-party celebration complete with hot dogs, cold beverages and fun.

Please park at the finish line located at Liberty Animal Hospital, and we will bus you to the start. Plenty of parking will be available in the parking deck, so please do not park at any of the business that are open because they need them for their customers.

A gender specific shirt will be included with your registration fee. What color is this year's shirt? That's always the million dollar question! Sign up early to be guaranteed your size preference.

If you have not yet signed up to participate, don't delay! [Sign up today!](#) And remember, it's not too late to participate in the BTC Race Series, which includes your race entry to Statue to Statue.

Learn more and [sign up for the Series here.](#)



As I like to say...

Hills We love them. We hate them.
They make us strong. They make us weak.
Today I choose to embrace hills. – Hal Higdon

“Hills Happen.”

Statue to Statue. . . to Statue: A Twist on Tradition

By Tanya Sylvan

Once upon a time, a ragtag group of suffer junkies (aka trail runners) wanted to take The South's Toughest 15k and make it just a touch harder. So they started early and ran the race backwards, and then forwards. Twice the miles, twice the hills, twice the misery, ten times the fun.

Fast forward a few years, and Statue to Statue to Statue is a real thing. Runners can prove their mental and physical prowess by running 18 miles of Birmingham's steepest roads. And while

running a 30k race sounds hard, people have figured out our little secret - it is much easier to run a relaxed, fun 30k than to run all-out in a 15k.

You too can feel the glory of a hard 30k and saunter up to the starting line with 9 miles of sweat already glistening on your body. All you have to do is [sign up for a BUTS membership](#) and then enter the code when you register for the race. Although there is no additional fee to add the additional miles, registered Statue to Statue to Statue runners will receive a different race shirt signifying their accomplishment. See you on the hills.

Training for Hills: The BTC Has You Covered!

By Monica Henley, BTC Treasurer and Long Run Coordinator

As most runners know, training on a course similar to the race course will help you figure out how to manage your energy through the ups and downs. To help you prepare for Statue to Statue, I try and throw in a few hilly sections as part of our long run routes on Saturdays leading up to the race. Think of it as “embracing the hills” -- embrace them instead of avoiding them. Doing so will help turn your weakness into your strength. We need to acclimate our bodies to the calf-numbing, heart-pounding uphill and the quad-hammering downhill that are the hallmarks of this race. You may not like me very much on the Saturdays leading up to the race, but hopefully, come race day, those hilly training runs will pay off for you!



2016 BIRMINGHAM WINE 10K wine10k.com
MARCH 12

BTC Members automatically receive 15% off registration!
All registered runners will have the chance to win a weekend stay at Ross Bridge Golf Resort and Spa including a two night stay, dining, golf and a \$600 resort credit to use as desired!

PRESIDENT'S ADDRESS

- Alex Morrow



Hello, fellow BTC Members

I am writing this Presidential Address after having returned earlier today from a weekend in Phoenix, Arizona where I, along with several other BTC members, ran the BMO Phoenix Marathon. This scenic, point-to-point course is one I would highly recommend. The starting line was located high up on a mesa, far outside the city, and was one of the most surreal starting lines I have ever been a part of. Under a star-filled sky at 5:30 in the morning, thousands of runners made friends while we huddled around campfires to stay warm until the gun went off. There are not many events that include pre-race announcements such as, "Don't go out into the desert, if the jumping cacti don't get you, something else will!"

The gun, along with dozens of fireworks, which lit up the desert sky, finally went off and signified the start of the race. For the next hour we were treated to mesmerizing landscapes as we witnessed sunrise over the Arizona desert. It was truly one of those moments that make you appreciate the gift of running we have all been given and the memorable experiences that gift has provided. While this was a special event and moment for me, I am sharing this information simply to set the stage for what I witnessed later. Yes, it was cold out in the desert, up on a mesa, at 5:30 in the morning. What I have not mentioned, however, is that Phoenix was flirting with setting a record high temperature for this time of year. In a freak heat wave, the weather folks were forecasting a high of near 90 degrees. Not since 1991 had temperatures been so unseasonably warm at this time of year. And as most people know, the heat will take your best-laid training and marathon plans and force you to throw them out the window. At least they should.

Running is a solitary sport, except when it is not. Stay with me here, I know I just threw you a curve ball. I have run hundreds of races locally, as well as travelled long distances for them. I have done so as part of big groups and completely alone. When you sign up for a race, maybe you are hoping to set a PR or just finish, qualify for Boston or running for fun, but no matter why you are there, when you boil it all down, it is your race on the line, and even while running as part of a big group, you often are alone. But what I witnessed in Phoenix once again reminded me that even when you are by yourself, if other runners are around, you are never truly alone.

I was pacing a friend of mine who was targeting an aggressive goal, but I started to worry as the sun began to shine brightly and the temperatures rose quickly. This was going to be a tough finish, and we were going to have to run a smart race to stay safe. But this was when the solitary sport of running became a truly team event. As runners were staggering on the course, other runners were stopping to help. When we came to a water stop, the volunteers were going above and beyond to make sure we received multiple

cups of water. The race officials, who were diligent about keeping up on the weather updates, added in several extra water stops at the last minute and put out multiple sprinkle stations to help cool off the runners.

As the temperature reached 80 degrees, runners were starting to fall out on the course; it was becoming scary, and I realized quite a few people were not going to finish the race. By mile 18, I was paying extra attention to my friend and her condition. She was running a beautiful race, but the heat was getting to her, and she was showing some signs of dehydration. We all want to have a great finish time, but it is never worth risking your health. The next eight miles were definitely going to be interesting.

Somewhere along the way we picked up a gentleman from Mexico named Carlos, an incredibly nice man who ran with us for several miles. We didn't speak much, as there was a bit of a language barrier, but in a race like this with those types of conditions, runners were starting to band together. You made friends and did whatever you could to help each other keep moving. One of the most memorable moments came at a later water stop, which had been overrun by the earlier runners. As we came through, the volunteers had not had enough time to get more cups filled. You have to remember, runners were taking, two, three and four cups of water at a time. Our new friend Carlos, upon realizing neither I nor my friend had been able to get any water, sprinted off on his own, secured two cups of water for us, and came sprinting back to us. He wanted to make sure we were able to drink.

Running is a solitary sport, except when it isn't.

I am writing a very non-traditional President's address this month to illustrate a point. This past weekend the BTC had members running races in Arizona, South Carolina, Louisiana, Florida, and all places in between. The reason I shared the story of Phoenix and the wonderful people I had a chance to meet is to simply say, take care of each other out there. Whether you are running right here in Alabama or on the other side of the country, look out for your fellow runners, because you never know when you might need someone to look after you.

By the way, my friend Anne set a 9 minute PR in the middle of that heat wave.

Kindest Regards,

Alex Morrow
BTC President

BIRMINGHAM TRACK CLUB SOCIAL UPDATE

March 26, 2016: BTC Spring Social

Come join the BTC for an Easter Saturday social run starting at the Vestavia City Hall at 6 am, with refreshments post-run. Distances are 4, 7, and 14 miles. The long run will begin at 6 am and the moderate distances will begin at 6:30 a.m. Because this is Easter weekend, you will want to be on the lookout for special Easter eggs on the run! This will be a kid friendly event with a bounce house to start at 8:30 a.m. A few Easter Eggs will be available for the kids to hunt as well. Also, while you are socializing, don't forget to sign-up for the Statue to Statue Race that will be held the following weekend, April 2!

Saturday, July 23, 2016: BTC Night Out at the Barons

Mark your calendars for our annual BTC Night Out at the Barons. This is always a popular, family-friendly event that you won't want to miss. We will be in a covered area right off third base. Stay tuned for more details!



PACING NOT RACING

- Dean Thornton

I have run dozens and dozens of races.

On most occasions my goal was to run as fast as I possibly could on that day. Many times I was trying to set a Personal Record (PR). A few times, however, I was just out there to enjoy the experience (the San Francisco Half Marathon comes to mind). When the time came to sign up for Mercedes 2016, I considered my options. In the fall I had just run three fast (for me) half marathons. There wasn't enough time to train fully for a fast marathon. And I was planning to run 2 ultramarathons in the spring. So where did that leave me? I should run the Mercedes Marathon, but I should use it as a training run rather than a race. I knew that Trak Shak and Resolute Running were providing the pacers for the race, so I inquired about pacing. I simply wanted to learn more about pacing, but before I knew it I was signed up as an official pacer. Little did I know what would come from that encounter.

The first order of business was to ramp up my mileage so I would be able to complete the distance. I had a good base, so a few, quality weekend long runs would be enough to get me where I needed to be. As I trained for the race, I knew I would be assigned a pace group that was very manageable for me. The rule of thumb is to assign a pace group time 30-60 minutes more than a pacer's recent best time. This meant I would likely be assigned anything from the 4:15 to 4:45 group. Knowing this took much of the pressure off my training. The constant pressure to hit a certain pace on each run was removed -- I simply had to focus on accumulating mileage and time on my feet. And the gradual, unrelenting anxiety that leads up to race day was conspicuously absent as well.

I was paired with a running friend and teammate, Stacy Peterson Williams, for the 4:45 group. Neither of us had ever paced a race before, much less a marathon (although we each had run 5 marathons before). Our only anxiety was how to pace (or, rather, how not to fail at pacing). We did some runs with miles at our prescribed marathon pace. We planned as best we could. We talked with Alex Morrow of Resolute Running who gave us some tips. The two main things he told us were to bring in the group on time and to make sure the runners had a fun experience. Having completed several entertaining long runs together, Stacy and I were confident we would all have a good time (pun intended).

Race day promised cool temperatures and a big crowd. We were excited to meet some new runners. As we took the official Mercedes Marathon Pacers 2016 group photo, each pair of pacers was given their official sign. We had seven pace groups covering 15 minute increments from 3:30 to 5:00. The organizers had assembled a wonderful group of people. Some runners, like Suman Silwal, had paced many times before; some were rookies like Stacy and me.

We looked snazzy in our matching pacer shirts. It was time to run!



Trak Shak / Resolute Running Mercedes Marathon Pacers

3:30: Cary Morgan / Micah Morgan
3:45: Ann Thomas / Andrea Austin
4:00: Trey Whitt / Jabe McCoy
4:15: Bradley Wells / PJ Strickland
4:30: Suman Silwal / Randy Stanford
4:45: Dean Thornton / Stacy Williams
5:00: Kat Richardson / Eric Thomas

As we made our way to the starting line, we were still not sure how many people would join us. It dawned on us as we lined up that we would likely have some half marathoners with us on the first loop. Double the fun! As we gazed toward the starting line, we saw the assembled mass of runners huddled together for warmth. Just above the collective heads of the crowd, we could see the pacing signs like small little beacons. We tried to meet a few runners who anticipated staying with us throughout the race, but the organized chaos prevented a full meet and greet. Before we knew it, the race had begun.

Unless you are in the very front or the very back, the first few miles of the Mercedes Marathon are crowded. Runners are jostling for position. Some surge ahead, some get passed. For the first few miles, Stacy and I weren't really sure who was with us, so we just tried to maintain our steady pace. For the 26.2 mile marathon, a time of 4:45 translates to a pace of 10:52 per mile. But anyone who has ever run a marathon knows that runners end up running slightly longer than 26.2 miles. It's simply not possible to run the shortest possible distance on the course (which is how it is measured). Past experience has taught me that most races are long by 0.01 miles per mile, which would translate to a total close to 26.46 miles (26.2 + 0.262 miles). Keeping that in mind, we planned to run a pace of about 10:48 minutes per mile.

PACING NOT RACING

As the miles rolled by, we began to get acquainted with some of the people around us. The most engaging runner was George, a 69 year old man from Georgia who had only taken up running a few years earlier. Running had helped him lose 60 pounds. He told us stories about himself and kept us thoroughly entertained (even though that was our job). If he got ahead of us or fell behind a little, he would call out for us to make sure we were still there. One of our running friends was worried she would not be able to keep up our pace for the half marathon. Well, at around mile 6 she and another patee (noun; 1. a person or thing that is paced -- yes, I made up this word) took off ahead of us and never looked back.

Being so familiar with the course, we were able to help those around us know what was coming. We were a mobile information kiosk:

- "When is that hill I keep hearing about?"
- "How long is the next hill?"
- "Exactly how many hills are on this course?"
- "Where is the next water stop?" (or, the opposite question...)
- "Where is the next porta-potty?"

Stacy and I worked well as a team. We passed the 4:45 sign back and forth every 2 miles. We alternated water stops with one of us holding the sign and keeping the steady pace while the other slowed to grab water or Powerade. If one of us got a little ahead of pace, the other would offer a gentle reminder to slow down. We each scanned the runners around us looking for anyone struggling or in need of diversion.

At the Full/Half marathon divide at Pepper Place on 2nd Avenue, we were separated from some of the half marathoners who had been with us. As we ran along our parallel routes, we could tell one of them was struggling to maintain pace. As Stacy and I debated which of us would go over to help her, George promptly scrambled to her side offering her words of encouragement. (He was again doing our job!) She smiled and kept on running.

At mile 12.5 we heard sirens and car horns blaring behind us. We looked back to see several police cars with lights flashing. We briefly wondered what sort of emergency had happened until we realized that the leader of the marathon was heading down the home stretch. We marveled at his fast and easy stride as he swiftly moved past us on his way to the finish line. Stacy and I did our best to encourage the runners around us as it dawned on them that we still had another lap to go.

While the first loop of Mercedes can feel a little crowded, the second loop can feel a little lonely. When the 3000+ half marathoners turn off for the finish line, the 1000 or so marathoners and relay racers carry on. We continued to have runners surge ahead of us while others dropped back, trying to hang on. Stacy and I took turns telling stories to distract and entertain.

As we passed through the BUTS aid station at Avondale Park (I never did get my piece of bacon), we knew we were in the home stretch. Stacy and I really ramped up the good vibes and encouragement for our merry little band of patees. Debbie, with a PR of 5:07, was trying to break 5 hours for the first time. Terry, who had fallen back around mile 18, managed to keep us in sight while mustering the energy to rejoin us near the end. Allen, running in long gym shorts, had stayed beside or just ahead of us the whole race and continued on as steady as a metronome. Several times over the last few miles, I checked on Kenneth who showed signs of fatigue and discomfort but never lost our group or complained out loud. Michael, once thought lost, rejoined us and even forged ahead a little.

In the last 2 miles we even picked up several new runners as they fought their way to the end. At mile 23, Chris was all smiles as we caught up to him. I gave him a hearty handshake and exhorted to fall in line with us. He said he would try. At mile 24, we caught David doing something between a jog and a walk. He was able to pick up his pace and join us for the next mile with a good attitude on his face and in his voice. But he soon fell behind our group. At mile 25, Richard was walking with a visible limp. Stacy called him by name, imploring him to follow us to the finish. Taking stock of his pain, he managed to start running again and join us.

When we made the next to last turn from 20th Street onto Park Place, Stacy and I fell back slightly to allow our group to enjoy their moment of glory. Michael surged ahead like he was running a 5K. Terry ran with new vigor passing us for the first time in the race. Allen, Richard, Kenneth, and Debbie steadily made their way across the finish line. Debbie finished in 4:43, a PR of 24 minutes! As Stacy and I came down the final straightaway, it was bittersweet. We had had such a good time we didn't want it to be over. But, as we discussed during the final stretch, 26.2 miles -- even at a comfortable pace -- is still 26.2 miles. It felt good to finish. As we turned around, we felt great joy to see David and Chris finishing strong right behind us.



PACING NOT RACING



Pacer in 3:45 group: "I have had four people who ran with [our group] tell me they were able to PR!"

Pacer in 4:15 group: "Likely one of the most rewarding things I've gotten to do... especially when we got to bring across this young Japanese guy who was cramping so bad he couldn't hardly walk... he was crying and so thankful, it was his first marathon!"

If you are looking for a new and rewarding running experience, I highly recommend leading a pace group. The physical rewards are much the same, but the emotional and interpersonal rewards are unique and wondrous. So, here's to all the pacers that have helped me in the past. I don't think I adequately thanked you enough for your efforts. I'll definitely be back for more.

And then it hit us: it was over. We made our way to the after-party in Boutwell. We found a table of friends and dug into our barbecue sandwiches. We told stories from the race and listened as others did the same. We sought out the pacers of the other groups to ask about their experiences. They all had much the same thing to say: what an honor and joy it was to help others reach their goals.

In the aftermath of the race, Facebook and Twitter exploded with stories of success and enjoyment. Runners and pacers alike described what a great experience it was. Here are a few of the comments posted after the race:

Pacer in 4:30 group: "I had so much fun pacing this bunch and more!!! A life of a pacer is not all about carrying that sign, it is about motivating runners to finish their first or next marathon on time while having a lot of fun! 4:29:12 finishing time!"

Runner in 4:30 group: "Suman and Randy were great. Thanks for getting me across the finish line for my fastest Mercedes in the past 6 years."

Runner in 4:00 group: "I need the contact info for Trey who commanded the 4:00 group today. I want to give him & the other gentleman who helped some kind of gratuity for their help. As I was coming up 20th street at the end I almost broke-out in tears for getting a sub-4."

Runner in 3:45 group: "Thank you again for pacing yesterday! There is no way I could have finished without you and the rest of the group pulling me along!!"



2015 Officers



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Alex Morrow

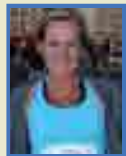
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Webmaster
Race Coordinator
IT Chair

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:

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Race Results

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

birminghamtrackclub.com
championship-racing.com

BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

Kelsey Stein
Lanier Milsap
Melanie Edwards
Juandolyn Fleming
Kevin Wales
Michelle Wales
Shana Peagler
Emily Johnson
Scott Peters
David Bryant
Adam DesChamps
Rob Hamlin
Ron Wall
Laura Britt
Kristin Long
Brandon Ingle
Jan Hill
Laura Lee Hill
Steven Hill
Tucker Hill
Addison Clowers
Mary Lee McMahon
Matt Morris
Jeremey Davis
Brooke Weaver
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Patty Cobb
Jay Haley
Janine Bevelle
Tabitha Payson
Tommy Payson
James Graham
Ann Klasner

Jamie Trimble
Rodney Glass
Mary Adamy
Joshua Rainey
Irma Palmer
Lindsay Hackney
Dow Davidson
Jennifer Davidson
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Donna English Tolbert
Harold Tolbert
Tammy Rogers
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Deanna Renn
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David Kearley
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Josh Bean
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Justin Smith
Tom Austin
Florence Bradley
Guy Bradley
Laurel Bradley
Samantha Bradley
Ralph Cardy
Darcie Clemons
Anne Epstein
Marianthe Grammas
Nicholas Hill
Melanie Jackson
Loren Kulp
David Malick
Cecil Pavey
Sally Pavey
Jay Turner
Rachel Labovits
Caroline Sanders
Niki Robinson
Todd Schafer

If you are a prospective member, welcome! We hope you will decide to join the BTC – the benefits are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. Visit the BTC website for more information.

Lauren Weber
Membership Chair

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

Already a member? Remember to renew your membership online today!

BIRMINGHAM TRACK CLUB LONG RUN TRAINING GROUP

The BTC Saturday long run group is now focusing our training runs for two great races: Statue to Statue 15K and the [Kill Cliff Destin half and full marathons](#). For those of you interested in going to Destin don't forget that as a BTC member you are entitled to a substantial discount. Check your weekly BTC emails for the discount codes.

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

For those of you who are not accustomed to training with a group (or those who haven't trained with our group, specifically), give us a try! New BTC member Jennifer Ellison's recent social media post says it all:

I'm not usually a "poster" but after finishing my first marathon Sunday at Mercedes I felt like I had to publicly say thank you to BTC and this group. There's no way I could have gotten my training in without this group. Thank you to everyone who plans the routes, sets up water stops, and supports and encourages other runners! I haven't met a lot of you yet - mostly because I can't keep up with all you speed demons! But from those of you that I know or have gotten to meet (Xing Wu, Robert Sims, Joseph Longoria, DT Moss, Delpha Jones, Mike House to name a few!), take it from this first-timer - you are THE friendliest, most supportive bunch of people out there.

Thank you, Jennifer! We're so glad to have you running with us!

Happy running, y'all!

[Group Runs Page](#) on the BTC website, or join the BTC Saturday Morning Long Runs Facebook page for updates and routes.



RUNNING TOGETHER SEPARATELY

RUNNING INJURED - PART I: THE UGLY TRUTHS

- Carrie and Joey Longoria

Contributors: *Drs. Kavita Iyengar, James Sedlis and Jordan Case of Lemak Sports Medicine and Orthopedics.*

It is now the beginning of March, and I'm guessing many of you are three weeks removed from participating in the Mercedes Marathon weekend in some way. Perhaps it was your first half or first full, maybe even your first 5K. Or, maybe you finally hit that goal time and PR you've been chasing. Cheers to you all!

So, now what? You've likely been going at it hard all winter and sticking to a plan of some sort. Most runners are goal-oriented individuals, and in the absence of a goal or a plan, we tend to get lost. We may run farther than we really needed to run, or run much faster than our bodies needed that day. "Oh, that won't kill me." "One day is fine." But the next thing you know, that little ping you felt in your knee two weeks out from your race has started to flare up again. Do you continue running or does your body need a break? "But, I'm in the best shape I've been in years and a break will mean all that hard work will go down the drain." So, you keep running. Maybe the pain goes away, but most often it continues.

In this two part series, we will address some common running injuries and pains and offer an expert opinion on how to deal with them. Though Carrie and I have a combined running career of 63 years, we are by no means experts in the field of orthopedics and physiology. We have consulted with Drs. Iyengar, Case and Sedlis with Lemak Sports Medicine and Orthopedics, to provide insight and suggestions about how you can help avoid injury and how to properly deal with injuries once they occur (and they will if you do this sport long enough). With these strategies, and the help of your own sports specialist, you'll learn how to avoid most injuries, recover strong and eventually get your training back on track. Before long, you'll be cruising down the roads or trails pain free.

Giving your body a break

Dr. Case:

In general, injuries or pain that occurs with running are caused by what we consider "overuse injuries". In these injuries, repetitive stress leads to damaged bone or soft tissues. When our bodies try to heal these injuries, there often is an inflammatory reaction at the site of injury that causes the pain. This is your body's way of telling you that you need time to heal. It's a good time to change your work-out routine to rest the body parts that are in pain.

While it is ideal to be completely pain free when training, we know that isn't always the case. Some things to look out for that really signal the need for giving your body a break include: pain in a new location, worsening pain, or any pain that is sharp or severe and causes you to make adjustments in your form.

Dr. Sedlis:

Injuries should heal with rest. Constant pain is a sign of a major injury. You should see a medical professional if you are experiencing pain even when you are not training or if you develop a problem that is stopping you from running. Applying ice for 20 minutes several times a day can treat simple injuries. Gentle stretching can treat muscle spasms. You should change your routine so that it is pain-free. If running hurts, then you can cross train with non-impact cardiovascular exercise such as swimming or using a recumbent bicycle.

What to do once you're back on the road?

Unlike Carrie, who suffered a broken ankle in May of 2014 (she may have been showing off with a successful backflip followed by a less than successful landing at Airwalk), I have not had a serious injury since high school, other than a minor setback December of 2013. Like many of you, I refused to listen to the early signs, and it bought me five weeks of pool time and stationary bike riding. Absolutely no running. However, that injury has since made me a smarter runner, made me train smarter and gave me a much more relaxed outlook about running overall. I used the slow process back to the roads to work on a number of things, mostly cadence and form. Note: those changes do not happen overnight! To this day, I feel like those two things are why I'm stronger, faster and have remained injury free since that time.

A great article about foot strike, over-striding and cadence can be found here:

<http://runnersconnect.net/running-training-articles/heelstriking-running-cadence/>

(note: the most prolific marathoner in US History, Meb Keflezighi, is a heel striker)

Dr. Sedlis:

Starting off with too much volume or speed can result in fatigue that will cause you to need more time to recover between workouts. It is better to begin with shorter runs and to increase the tempo. Shorter runs allow you to practice at race pace or faster with a quick recovery time between workouts, thus allowing you to improve your aerobic threshold faster during your training schedule. While in recovery, low impact activities that are similar to the movement patterns of running will result in great crossover benefit. These activities include aqua-jogging, elliptical training, cycling, swimming or even walking.

Next month, we will discuss several common running injuries and how to treat them.

MONTHLY RECIPE: Quinoa and butternut squash stuffed portabella mushrooms

This is one of our new favorites -- it's vegetarian, using the mushroom as a source of protein



Ingredients

4 large portabella mushrooms, stalks removed
Olive oil
2 cups cooked quinoa
1 cup feta cheese
60g diced tomatoes
1 cup roasted/cooked butternut squash, cubed
Salt and pepper

Directions to Cook Stuffed Mushrooms:

1. Pre-heat oven to 180 degrees celsius. Brush both sides of mushroom with olive oil, and add salt and pepper to taste.
2. Combine the quinoa, feta, diced tomatoes, butternut squash, and salt and pepper in a large bowl.
3. Divide the mixture between the mushroom openings, piling the mixture in the middle
4. Bake the mushrooms for 30 minutes.
5. Serve with extra diced tomatoes, basil and olive oil.

(Serves 4)



8th Annual
Rumpshaker 5k

Benefiting Colorectal Cancer Awareness
Coming March 19, 2016 ... Historic Sloss Furnaces
5K and 1 Mile Fun Run
www.rumpshaker5k.com

BTC FINISH LINE CREW

BOLO (Be on the Lookout!) ALERT: 2 Trucks & a Prius

- Darrell Gibson, BTC Finish Line Coordinator

It was a Friday night around 5:30 p.m. when two trucks and a Prius were spotted heading in to the Extra-Storage complex across from The Palisades. After using Jennifer Address's gate code, they rolled up to a storage unit, unlocked the combo lock and proceeded to completely fill the three vehicles with contents from the unit. Allegedly, they loaded up tables, tents, coolers, flags, a generator and some UBO's (unidentifiable blowup objects).



The suspects included a female driving the Prius and wearing a trucker hat, and two males driving pick-up trucks, one of whom was wearing khakis. Various running stickers were on the vehicles: 5K, 13.1, 26.2, 100 mile, as well as the special limited edition 12.6 bumper sticker from 4 Bridges (with a spelling error). They

worked as a team quickly and somehow managed to get all the gear loaded with the aid of bungee cords, rope and K-tape. The next afternoon, the investigation came to a halt when the three suspects returned, sweaty and tired, and began to place all the items back into the storage shed. In fact, everything was placed right back where it belonged, keeping the shed very organized, much unlike their run clothing closets at home.

If you would like to be a part of this "Band of Bandits" please let us know. We are looking for some extra helpers to be part of The BTC Finish Line Crew. Aside from transporting BTC "stuff" to all BTC functions and races, we set up and take down at each event (if you've ever been impressed by the BTC arch or the finish line flanks, you're welcome!). For the dedicated volunteers who will stay active with this group, we will have some special gear for you. If you can only help once or twice, that is fine too, and you will be rewarded through the BTC Volunteer Program.

I find it rewarding to volunteer, and I think everyone will agree it is special to see the BTC arch and flags flying as you finish a race, or when you attend an event. We have now recently added another truck to the group, so don't be discouraged if you do not own a big ole gas guzzling vehicle. If you are dedicated, we will take you -- even if you are cruising around on a "Larry Crowne" scooter. We are a fun group, and we try to work with each other's race commitments and personal schedules (sure. . . like we have a life outside of running!). [Please let Tanya Sylvan, Scott Page or I know if you would like to join us!](#)



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!

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



Need to Print Your BTC Membership Card?

It's easy!

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

RUMPSHAKER 5K

- Jenny Martz, Rumpshaker 5K Site Coordinator and Rumpshaker, Inc. Secretary

Since 2009, the Rumpshaker 5K has been a favorite among Birmingham runners, hosting more than 22,500 participants. The race began as a grassroots effort by family and friends of Lisa Martz to honor her memory by raising awareness of colorectal cancer. What started as a small group effort to raise funds by running a marathon quickly turned into one of the only 5Ks in the country focused solely on colorectal cancer. The overwhelming community response and the success of the race in its first year enabled us to establish the nonprofit Rumpshaker, Inc. Over the last 8 years the organization has grown far beyond our expectations, raising almost a million dollars to help fight and treat colorectal cancer and provide hope for survivors and those affected by the disease.

Each year, people from out of town and even out of state come to Birmingham for the Rumpshaker, but this year we are excited to have a special group of participants for the 8th Annual race. However, this group won't be at Sloss Furnaces on Saturday, March 19, 2016. . . . It all started with an email from SFC Brent Barnett,



a member of the Army National Guard. SFC Barnett is currently deployed with A Company 136th Expeditionary Signal Battalion from Arab, Alabama to Headquarters Resolute Support (HQRS) in Kabul, Afghanistan. Barnett, who has run the Rumpshaker for the last three years, emailed race director Amanda Vandegrift with the idea of organizing an extension of the Rumpshaker at his base in Kabul.

SFC Barnett describes his running background as limited to sports and military training until the cross country coach stepped down at Hanceville High School where he serves as assistant principal. Barnett stepped in to coach and was soon bitten by the running bug. "From the first moment I arrived at an event and heard the

ABOUT RUMPSHAKER, INC.

Rumpshaker, Inc., started out with a 5K to raise awareness and a 30 foot "inflatable colon" as our main educational tool. The inflatable colon has traveled the state spreading the word about the importance of colon screenings and early detection of colorectal cancer. Hard to miss, it has helped start countless conversations about an often awkward subject.

Over the years Rumpshaker, Inc., has been able to expand its reach and accomplish many exciting things. Funds are donated to the medical community for various outreach programs, prevention efforts, and patient services (including several patient navigator programs). Its variety of programs now include: The Semi-Colon Club, a support group for those affected by colorectal cancer; the Lisa Martz Hope Scholarship, which is awarded to college students impacted by colorectal cancer; Rumpshaker at Work, our corporate health education program; and the Lisa Martz Hope Fund, which helps provide short term financial assistance to patients and also helps provide free colonoscopies to qualified uninsured/underinsured Alabamians through the Colon Cancer Alliance's partnership with the Colonoscopy Assist Program.

Rumpshaker, Inc. works with health organizations like the Alabama Department of Public Health and the American Cancer Society to promote colorectal cancer awareness and help increase screening rates across the state and the nation. With continued support from our wonderful community, the organization hopes to reach many more affected by this disease and continue to save lives by promoting screenings and increasing prevention. For more information please visit:

www.rumpshakerinc.org.

music playing and different teams cheering each other on, I thought, 'wow this is cool'...this would be fun to do myself." So, he and his brother, who also is a member of the National Guard, signed up for a local 5k and eventually a half marathon. When Barnett's wife, Amber, started working at the Alabama Colon and Rectal Institute (ACRI), she was asked to help set up their booth at the Rumpshaker. They decided to make it a family affair, and everyone registered for the race in addition to helping set up the booth. "I really enjoy running with my son Rhett in the fun run after the 5K." says Barnett. "He just turned 7 in January and this will be his fourth time to participate in the fun run. After the race, we all go to the Original Pancake House for breakfast. It is just something we enjoy doing every year."

RUMPSHAKER 5K

- Jeremy Martz, Rumpshaker 5K Site Coordinator and Rumpshaker, Inc. Secretary

Shortly after arriving in Afghanistan, SFC Barnett saw a flyer for a shadow 5K on base benefiting the Disabled American Veterans and was inspired. "I'm not going to miss out on running in the Rumpshaker this year, I'll host it here" he thought to himself. During deployment the days can run together and get a little monotonous. "Activities like 5Ks and other events on base help time pass a little faster and relieve the stress of being away from loved ones and missing out on so much," he explains. Plus he liked the fact that organizing the event on base would highlight the city of Birmingham and shed light on colorectal cancer to the multi-national forces at HQRS.

When Vandegrift first learned of SFC Barnett's idea to bring the Rumpshaker 5K to Afghanistan, she thought it was a great opportunity, "I was very excited about the idea of taking the Rumpshaker 5K overseas and honored that it would take place at the military base in Afghanistan." Vandegrift and Barnett communicated via email to work out details and do everything possible to ensure a successful race, including setting a special registration deadline to enable the team to receive their race t-shirts and bibs through the mail. Barnett obtained approval for the race to take place the day before the Birmingham Rumpshaker and became the team captain for "Straight Outta Kabul".

"The entire Rumpshaker Race Committee is excited about the Straight Outta Kabul Rumpshaker 5K", says Vandegrift, "Our race logo and finisher medals for 2016 include an American Flag as a symbol to our troops of our support and appreciation." Committee members have also reached out to local military units in Alabama, inviting them to participate and be recognized in the 5K along with the "Straight Outta Kabul" team. Vandegrift adds, "As always our mission is to bring attention to colorectal cancer – a preventable, treatable, and beatable disease, and we're thrilled to have this opportunity to not only spread this message to our troops overseas but also provide a fun outlet for our service men and women away from home." For full race details or to register for the 8th Annual Rumpshaker 5K visit www.rumpshaker5k.com.





2016 Southeastern Trail Series



Tranquility Lake Trail Race - April 9

3 or 6 mile options - Oak Mtn State Park



Run for Kids Challenge - May 7

10K, 50K or 12 Hour Trail Races - Oak Mtn Park



Memorial Day Trail Race - May 28

6 Mile or 12 Mile Options - Oak Mtn State Park



Hotter 'N Hell Trail Race - July 16

8 or 16 Mile Choice - Oak Mtn State Park



Ridge 2 Ridge Trail Race - August 27

10 or 20 Mile Options - Oak Mtn State Park



Birmingham Stage Race - Sept 23, 24 & 25

3 Mountains - 3 Days - 56 Miles (or 2 Day Option)

Ruffner Mtn Preserve - Red Mtn Park - Oak Mtn State Park



Blood Rock 50Mile & 50K Trail Race - Nov 19

& 25K Options - Oak Mountain State Park

Presented by: SoutheasternTrailRuns.com

BTC members use code "2016BTC10" and save 10%

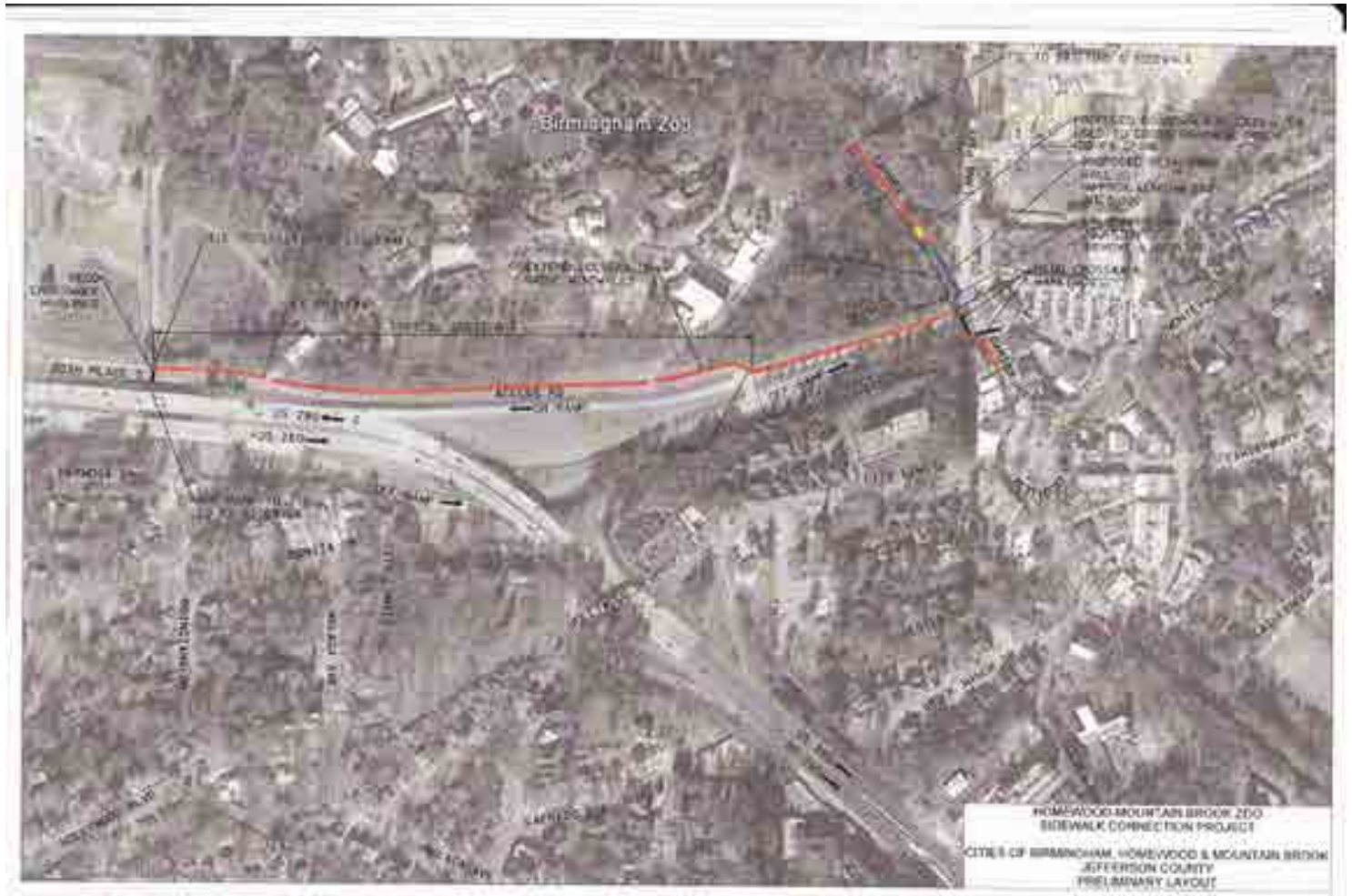
Sign up for all 7 Races by April 4th and save up to \$160.00. Details on website.

COMMUNITY CORNER

— Jennifer Address, BTC Past President

Happy Spring, BTC! I have a few updates on our ongoing community projects.

First up are the sidewalks that are going behind the zoo, headed from Mountain Brook Village towards the YMCA. Design work on these sidewalks will begin in the next two to three months, and construction will begin in the next six to twelve months.



Regarding the bridge over Highway 280 at Hollywood Boulevard,

we held a meeting two weeks ago to re-group and strategize. In attendance were Homewood Mayor Scott McBrayer, Homewood City Councilmen Peter Wright, Alex Wyatt and Fred Hawkins, and Mountain Brook City Councilwoman Alice Womack. Stay tuned as we continue in this long but much-needed process. We are starting back at square one, but we believe this is a necessity for public safety!

And finally, regarding the Rotary Trail, the BTC was given an estimate for the installation of an end-piece at the 24th Street entrance. Unfortunately, the estimate exceeded six figures, which is too large of a commitment for our organization at this time. We are now discussing other ways we can help contribute to this wonderful project. I will keep you posted!

RRCA UPDATE

RRCA “OUTSTANDING WEBSITE” AWARD FOR BTC

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



The BTC was honored to be learn that our club will be recognized with the “Outstanding Website” award at the 2015 Road Runners Club of America National Convention. Since 1971, RRCA has celebrated the contributions of dedicated leaders and volunteers for our sport of running through the National Running Awards program.

The BTC’s website recently was revamped and made “mobile friendly” for easier viewing and access from mobile devices. If you’ve not visited the website lately, please take a minute to do so – in addition to the latest race news and registrations, you’ll find a plethora of helpful information, from Birmingham area running routes to a list of water stops, running groups and safety advice. Thank you to the BTC’s webmaster, Dean Thornton, for keeping our website updated and relevant to running in the ‘ham!

National Running Award recipients will join the 2016 RRCA Distance Running Hall of Fame inductees for a night of celebration at the RRCA National Running Awards gala dinner on March 19, 2016 in Dallas, Texas. Running enthusiasts are encouraged to attend the RRCA Convention, which includes a ticket to the National Running Awards gala, to honor these award-winning contributors to the running community. Details about the event can be found at <http://www.rrca.org/convention/>.

Volunteer Vibes

A HUGE thank you to all of our volunteers! We had a great turnout for the Adams Heart Runs on Saturday, February 6 AND Mercedes Marathon Weekend on February 12-14. We had 19 volunteers for Adams Heart and over 30 volunteers for Mercedes the very next weekend! These volunteers are great – they volunteer, support the BTC and all runners, awake in the wee hours to stand for hours while cheering very loudly, pick up garbage - anything they are asked to do – and then they leave the event and go run their own mileage! They are invaluable to the running community, and we thank them! One volunteer from each race was awarded an O’Henrys gift card as a token of our appreciation. You too can join us -- it is easy and free to volunteer, and you will make some great friends and see life on the other side of a race.

Our next opportunity to volunteer will be at the Statue to Statue race on Saturday, April 2. Look for more details soon. We are using Run Sign up (RSU) for assigning and tracking volunteers – we do need all volunteers to utilize this convenient process – it is easy and free to sign up, and the system allows us to track and communicate with all volunteers in one central location.

Mark your calendars for April 1-2, and be on the lookout for the call for volunteers – or [reach out to volunteer coordinator, Kim Benner, to express your interest.](#) #weheartourvolunteers!



Volunteers

ADAM'S HEART RUNS

Thanks, BTC members, for making this year's Adam's Heart Runs the best yet!



Alex Morrow with Dr. Adam Robertson, the namesake of Adam's Heart Runs, accepting his award for First Overall Male in the 10K



Waterstop Volunteers Rock



Volunteers rock their 1200 Mile Club jackets



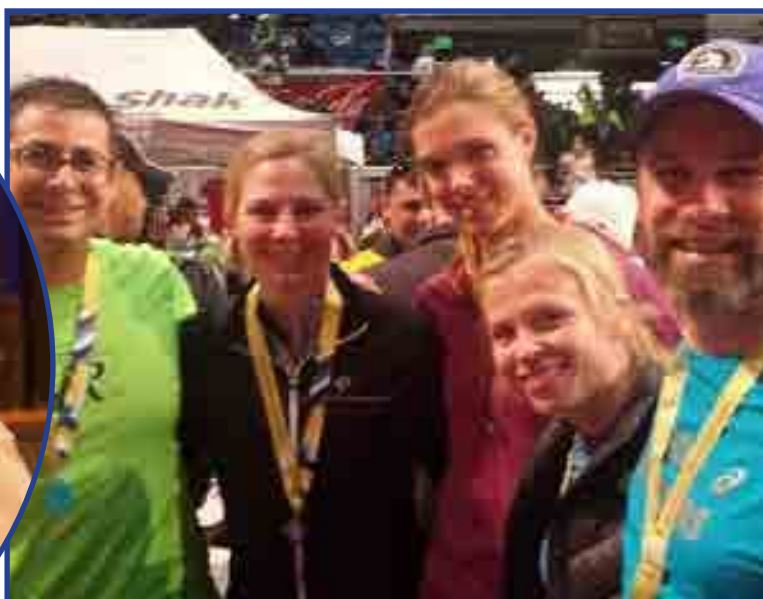
RD Lisa Booher Introduced Adam Robertson, who returned to his namesake race to volunteer

MERCEDES MARATHON WEEKEND

BTC Members were out in full force for this year's Mercedes Marathon Weekend. Whether we were cheering on kids for the kids' race on Saturday, volunteering at the BTC booth on Friday, or running one of the races, the BTC was everywhere!



The party's not over
'till The Trak Shak's
Tracy Poole dances!



Pace Invaders takes first place in Co-Ed Relay Division
(Congratulations, to Joey Longoria, Lauren Floyd,
Fontaine Haskell, Joy Gonzalez and Kevin Bokus!)



Kevin Bokus, Cary Morgan and Joey Longoria (with a special appearance
by the one-and-only Lisa Booher) enjoy the Mercedes after party



Niki Grabeldinger
celebrates Valentine's
Day in style

MERCEDES MARATHON WEEKEND



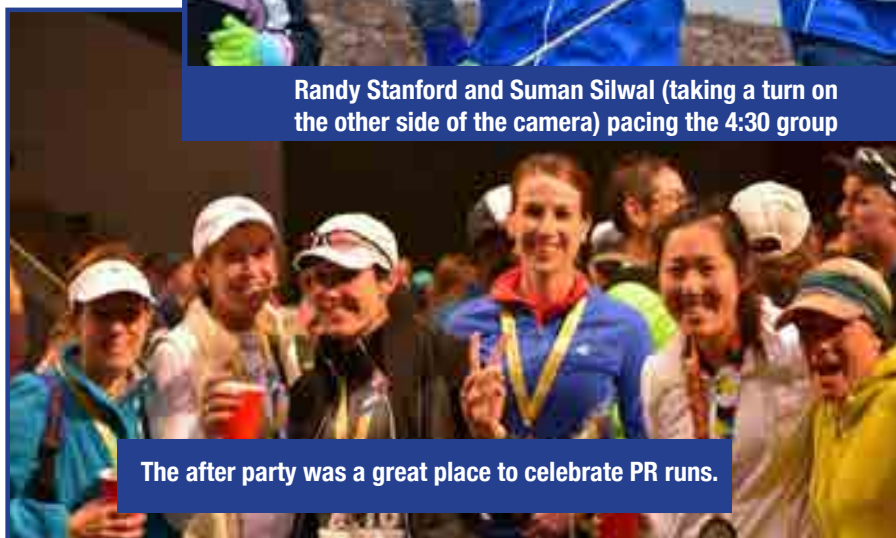
Joey Longoria and his mother Delores, who placed 2nd in her age group in the half marathon



Jamie Walter placed third in her age group in the full marathon



Randy Stanford and Suman Silwal (taking a turn on the other side of the camera) pacing the 4:30 group

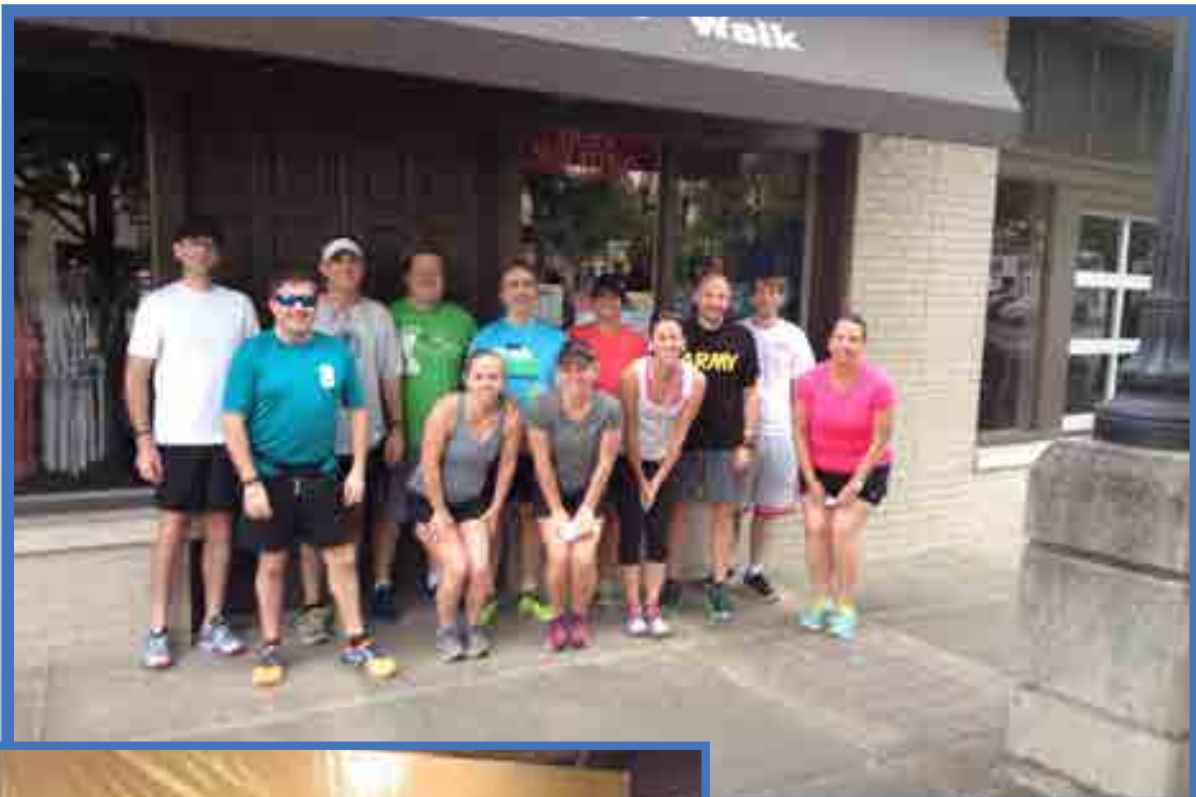


The after party was a great place to celebrate PR runs.

Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell
at 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.

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

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



1200 MILE CLUB

Cumulative miles submitted through March 06, 2016 are listed below.
For a complete listing of monthly totals, [click here](#).

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Alexander, S Rheagan	1	184	Haynes, Christopher	R	0	Roberts, Fletcher	1	268
Anderson, Kerri	R	201	Heaton, Bryan	2	175	Robinson, Niki	R	0
Arnold, Brad	R	100	Henley, Meghan	R	218	Rocha, Roger	2	221
Baggett, Christopher	R	192	Henley, Monica	2	146	Rogers, Tammy	R	319
Bahr, Ashley	R	177	Henninger, Alison	1	233	Roper, Lynn	R	144
Bahr, Jeff	R	169	Hickerson, Patrick	4	218	Rose, Billy	1	269
Bailey, Leslie	2	258	Hill, Susan	2	98	Routman, Cindi	R	62
Baker, Mark	1	0	Hill, Tucker	1	207	Rutherford, Keith	8	267
Ballard, William	5	0	Hogeland, Angie	R	245	Rutledge, Lisa	1	235
Barnes, Jimmie	1	0	Hoover, Alison	4	124	Ryan, Meaghan	R	173
Bartee, Samm	R	195	House, Beth	3	228	Schaefer, Todd	1	284
Bartlett, Kari	1	0	Housler, Philip	1	191	Self, Travis	1	178
Bass, Andy	R	93	Hudson, Temeka	R	115	Sellers, Susan	R	165
Belcher, Michelle	3	214	Hunt, Leslie	1	211	Shaffield, Danny	2	331
Benner, Kim	3	208	Hyatt, Micheal	1	241	Sheppard, Gretchen	1	0
Bissell, Kim	1	213	Ingle, Brandon	R	158	Sheppard, Marci	R	0
Black, Dylan	1	109	Ingram, Joseph	3	175	Shinn, Ronald	5	0
Blain, Allan	R	210	Izard, Georgia	1	359	Shirley, Scott	2	379
Boackie, Larry	R	152	Izard, Melody	1	242	Sides, Dean	1	196
Boackie, Tomie Ann	R	115	Jackson, Kristin	R	120	Silwal, Suman	5	0
Bonatz, Ekkehard	7	187	Jenkins, Kaki	2	252	Simpson, Kevin	2	589
Booher, Lisa	4	319	Jenkins, Mike	1	130	Sims, Robert	2	260
Bowman, Brian	R	82	Joe, Heather	R	311	Smith, Jerry P.	R	201
Bowman, Leisha	R	48	Johnson, Gerald	R	141	Snow, Sheri	R	230
Bridwell, Hunter	R	0	Jones, Ira	3	136	Stephens, Jeff	R	214
Brown, Charlie	4	232	Kane, Brandon	1	214	Stockton, Rick	8	215
Brown, Michael	2	269	Katzman, Justin	R	226	Sweatt, Jason	R	0
Brown, Sean	2	84	Kearley, Christy	R	170	Talley, Beau	3	112
Bryant, David	2	267	Kearley, Christy	R	170	Tankersley, Helen	R	148
Burns, Carley	R	185	Kearley, Stephen	R	167	Taylor, Trey	1	0
Busby, Madeline	1	101	Keefer, Herb	R	0	Thomas, Eric	3	425
Callahan, Rachel	1	294	Kelley, Robin	2	355	Thomton, Dean	4	323
Carlton, Bob	1	0	Kemper, Tricia	1	248	Trimble, Jamie	1	276
Caruana, Joseph	R	171	Kendrick, Tom	R	189	Tse, Freddy	R	0
Cesar, Katie	R	234	Knight, Diane	1	212	Varnes, Vickie	2	265
Chadha, Jennifer	R	247	Knight, Kristen	1	106	Walker-Journey,	1	249
Chandler, Teresa	6	220	Kuhn, Jimmy	8	0	Jennifer	R	157
Chiesa, Marco	R	0	Kulp, Loren	R	220	Walker, Caroline	R	157
Christian, Alan	R	0	Laird, Audrey	1	224	Wall, Ron	3	0
Clarkson, Roy	R	179	Langston, Aaron	1	216	Warren, Tom	1	227
Clay, Brad	8	507	Langston, Richard	4	222	Watkins, Janet	R	154
Clayton, Jennifer	R	0	Lankford, Frank	R	0	Watters, Robert	1	266
Clayton, Yocunda	1	212	Lee, Koren	R	43	Wende, Adam	1	203
Clemons, Sam	R	208	Leopard, Don	1	211	West, Anja	R	165
Cliett, Stephanie	1	371	Lester, Treva	R	217	White, Robin	R	235
Clowers, Addison	1	226	Lockett, Janet	R	77	Whitt, Trey	3	347
Coker, Leslie	1	225	Loo, Judy	2	185	Wilhite, Thomas	R	272
Collins, Helen	R	132	Love, Thomas	1	235	Williams, Avis	R	227
Collins, Nathan	R	110	Lupinacci, Timothy	R	0	Williams, Shanada	R	51
Colpack, Chris	1	79	Lyle, Randy	7	368	Williamson, Chad	2	111
Corrie, David	R	484	Lyles, Kimberley	R	0	Windle, Dale	1	288
Coward, Britney	R	232	Maha, Michele	R	231	Wiseman, Steve	1	241
Cox, Damon	2	362	Malick, David	2	271	Wood, Scott	R	0
Crackel, Caroline	R	198	Mason, Erin	R	0	Woody, Bill	7	323
Crain, Teresa	1	0	Mathews, Craig	R	191	Wright, Amy	R	224
Crawford, Allen	R	177	Mathews, Liza	R	184	Wu, Xing	6	349
Crowson, Bill	R	249	Mattrella, Cheryl	R	0	York, Gary	2	220
Crunk, Emmagene	R	0	Maughan, Kevin	1	298			
Darville, Nathaniel	R	400	McConnell, Kim	1	230			
Davis, LaJuana	R	0	McCullough, Matthew	R	240			
Davis, Sarina	R	107	McTune, Mark	3	338			
Dawson, Ashley	2	285	McVey, Simon	1	284			
Dease, Joseph	R	190	McWilliams, Matthew	R	0			
Dease, Katherine	1	188	Merry, Vicki Sue	3	406			
DeBardleben, Anne	1	293	Miller, Bill	R	226			
Dell'Italia, Pat	1	89	Millisap, Lanier	1	191			
DilMico, Al	3	171	Miyasaki, Nathan	R	418			
Duke, Cindy	R	212	Morgan, Cary	5	672			
Easterling, Natalie	1	0	Morgan, Danielle	4	106			
Edge, John	1	0	Morgan, Phillip	6	146			
Ellison, Jennifer	R	144	Morris, Justin	2	80			
Elrod, Stacey	1	0	Morris, Phil	R	163			
Evans, Debbie	2	272	Morrow, Abigail	R	132			
Feller, Beth	2	240	Morrow, Alex	5	0			
Fontenot, Misty	R	121	Moss, Denise	R	176			
Foust, Hannah	R	150	Mote, Darrell	R	244			
Franklin, Shane	4	205	Murchison, Reginald	2	348			
Frederick, Winston	7	339	Nagy, Lisa	R	238			
Gann, Michael	4	195	Northern, Kristie	6	200			
George, Meredith	R	110	Oliver, John	1	212			
German, Brandon	R	161	Olsen, David	R	231			
Gilbert, John	1	0	Oser, Rachel	R	0			
Glass, Rodney	R	0	Paradiso, Michelle	R	250			
Goeb, Laura	R	153	Parks, Charlie	2	0			
Goode, Johnny	6	341	Patlola, Sandeep	R	0			
Goolsby, John	3	0	Patterson, Carrie	2	228			
Gullapalli, Satya	2	270	Paulk, Benjamin	R	204			
Haley, Jay	R	209	Payson, Tabitha	R	118			
Halperin, Caitlin	R	200	Payson, Tommy	R	138			
Haralson, Danny	7	199	Peagler, Shana	4	187			
Haralson, Micki	8	251	Pearce, Julie	5	36			
Harbison, Brookie	R	215	Pearson, Blake	2	169			
Hargrave, Alan	8	213	Pearson, Mary Scott	1	292			
Harrelson, Heather	2	271	Penley, Steve	R	187			
Harrison, Lisa	4	255	Peters, Scott	1	0			
Haslem, Jerri	R	192	Plante, David	3	287			
Hathorne, Chad	R	80	Portwood, Paul	1	199			
Havicus, Cari	1	95	Qualls, Wayne	R	180			
Hayes, Debbie	2	0	Renn, Deanna	R	231			
Haynes, Christopher	R	0	Richardson, William	1	292			

SHOW US YOUR BTC GEAR

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



BTC members at the
Seaside Half Marathon and 5K
on February 27, 2016



Rick Rodriguez, Darrell Gibson, Satya Gullapalli and Mark Wilcoxon
enjoyed the sunrise at King's Chair at Oak Mountain State Park



BTC members rocked at the Rock 'n Roll
New Orleans Marathon and Half-Marathon



Denise Moss braved the heat and humidity to
complete the LA Marathon in BTC style.



Feets of Strength

Wow! We love seeing so many firsts, PRs and exciting running adventures to celebrate this month! Running may be an individual sport, but it's our supportive fellow runners who help push us to achieve and reach our goals. [Keep sending in your "feets" and photos so we can all share in your accomplishments!](#)

First on our list is **Jennifer Harris Ellison**, who completed the Mercedes Marathon on February 14, 201 -- her first! Awesome accomplishment, Jennifer!

Kudos to **Helen Collins** of Alabaster, who ran the Superhero 5K on February 13, 2016 in a PR time of 32:32 – way to go, Helen! Inspired by her 5K success, Helen Collins tried her hand at longer distances, completing the BTC 12 mile route with the long run group on February 20, 2016, despite having run a maximum of 6.4 miles prior to the race. Keep up the good work!

Izzy Gould of Birmingham completed the Mercedes Half Marathon with a PR time of 1:32:53 - way to go, Izzy!

Beth House of Montevallo is now an official "Marathon Maniac" after completing three marathons in three months: Rocket City on December 12, Big Beach on January 31 and Mercedes on February 14. She is especially thankful to her running buddies: Delpha, Brookie, Kendall and her husband for running so many miles with her.

Congratulations to **Billy Rose** of Hoover, who set a new PR of 1:37:17 at the Mercedes Half Marathon, even though he was injured during most of his training cycle. Awesome job, Billy!

Ki Shin of Birmingham ran her first sub-4 marathon at the Mercedes Marathon on February 14, 2016. Ki credits her "amazing Birmingham run community" with helping her to accomplish this milestone. Congratulations, Ki!

And last but certainly not last, congratulations to **Jennifer Smith** for her fabulous PR of 1:29:12 at the Mercedes Half Marathon!

Here's to many miles and even more smiles!



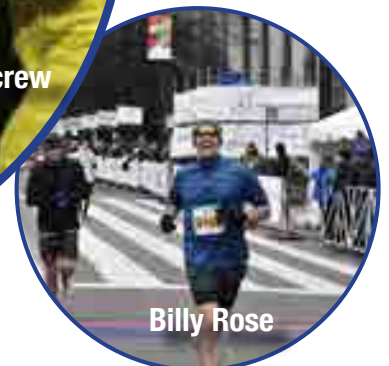
Jennifer Harris Ellison



Jennifer Smith & Izzy Gould



Ki Shin at the center, with her BTC support crew



Billy Rose

Attendance:

Alex Morrow, Darnell Allen, Alan Hargrave, Monica Henley, Julie Pearce, Lisa Booher, Darrell Gibson, and Charles Thompson.

Minutes:

- The meeting was called to order at 6 PM at the Tree Room of the Vestavia Hills Library.
- A quorum was represented.
- The minutes of the January, 2016 Board Meeting held prior to the Annual BTC Party were unanimously approved.
- A membership update was provided. The most recent numbers indicate membership of
- 1,185, down from 1,248 year over year. The previous membership chairperson relocated.
- As such, the Club needs a new volunteer to fill this seat.
- The Race Series continues to increase, up to 133 participants from 124 in the previous month. In order to increase participation, a recommendation to have a special promotion for those who ran Adam's Heart Run was discussed. More dialogue around this topic will be had once numbers are finalized from the race.
- Adam's Heart Run was held on February 6. Of the 258 runners registered, early number indicate 234 finished. Overall, race feedback was positive. Some consideration will be given to providing mile markers along the race route. Additional information will be provided as the Race Director continues to finalize the details of the race.
- There is a new designer for the Vulcan Runner. The deadlines for submissions for 2016 was shared with the attendees. The editor continues to look for suggestions for articles of interest. The upcoming newsletter will feature the Finish Line Crew.
- The BTC Website was recognized as the RRCA Website of the Year.
- Mercedes Marathon weekend is February 12-14 and the BTC hosts volunteers for the expo and the BTC Water Stop. To date, there are 28 volunteers. Motion made and carried to provide a \$20 gift card for a drawing among the volunteers.
- The Race Director for Statue to Statue is offering a \$30 entry for participants who sign up during the 3 Day Mercedes Weekend. To date, there are a couple of cash sponsors for the race.
- The Finish Line Crew needs additional volunteers. Special BTC Merchandise will be ordered for the crew so they are easily recognizable.
- Conversation around BTC Bucks continues, with focus on tiering the value of volunteer activities rather than simply providing "bucks." More to come.
- With no other business, the meeting was adjourned.



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
BUTS movie: Run Free: The True Story of Caballo Blanco	March 10, 2016	7:00 p.m.
BTC Long and Moderate Run Groups	March 12, 2016	9:00 a.m.
Montgomery Marathon and Half Marathon	March 12, 2016	6:00 p.m.
Dixon Legend 5K, 10K Off-road Race and Half Marathon (Andalusia)	March 12, 2016	7:45 a.m.
Perseverance 5K and 1 mile Fun Run	March 12, 2016	8:00 a.m.
Leprechaun Leak 5K and 1 mile Family Fun Run	March 12, 2016	8:00 a.m.
Birmingham Wine 10K	March 12, 2016	8:00 a.m.
Fayette Medical Center First Annual 5K	March 12, 2016	8:30 a.m.
Tour de Brewers 8	March 12, 2016	11:00 a.m.
BTC Executive Board Meeting	March 14, 2016	6:00 p.m.
BTC Long and Moderate Run Groups	March 19, 2016	6:00 a.m.
Running the Shoals Marathon and Half Marathon (Muscle Shoals)	March 19, 2016	7:00 a.m.
Oak Mountain 50K	March 19, 2016	7:30 a.m.
Rumpshaker 5K	March 19, 2016	7:30 a.m.
Nucor Hero Dash 5K (Decatur)	March 19, 2016	8:00 a.m.
Judy M. Merritt Memorial 5K Run & Fun Walk	March 19, 2016	8:25 a.m.
Lake Martin 100 mile, 50 mile and 27 mile Race	March 19, 2016	6:30 p.m.
BTC Long and Moderate Run Groups	March 26, 2016	6:00 a.m.
Mindbender 5K Run/Walk	March 26, 2016	8:00 a.m.
Anniston Canyon Climb 5 miler	March 26, 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.