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May 2016

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Running Meets Curiosity: Racing the Streets of the World's Most Isolated Country

By: Andy Bass

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RUNNING IN NORTH KOREA

- Andy Bass

Running Meets Curiosity: Racing the Streets of the World's Most Isolated Country

North Korea? When I mentioned to friends and family that I planned to run a marathon in North Korea this Spring, I was met with some funny looks. Why North Korea? I've watched numerous documentaries on the country over the years, and I found it to be fascinating because it is so closed off from the rest of the world. Last spring, I heard news reports about this race and knew then I wanted to make an attempt to run a race in the world's most isolated country. It did not disappoint as being a true blend of the bizarre and real life in what generally is referred to as a socialist-communist country.

The best-attended Pyongyang Marathon ever took place Sunday, April 10, 2016, with approximately 1,000 amateur runners descending on the North Korean capital to take part in races under the watchful eyes of government officials and soldiers.

The marathon in the world's most isolated country is a rare chance for foreigners to interact with North Koreans in a slightly unsupervised manner along the streets of the capital city of Pyongyang. The race, formally called the Mangyongdae Prize International Marathon, started in 1981, and has only been open to amateurs for three years. This year, the start and finish took place in the largest stadium in the world, the 150,000 seat Rungrado 1st of May Stadium.

My adventure began as I departed from Birmingham to Dallas, then Dallas to Beijing, China. This would be the departure point for my entry into the Democratic People's Republic of Korea (DPRK) -- the country does not honor the terms North and South Korea as its leaders believe those are arbitrary terms assigned by the United Nations. While in Beijing, I attended the pre-tour briefing provided by the tour agency that would take me in and out of the country, Koryo Tours (www.koryogroup.com/). They are the leading provider of tours into the DPRK and understand fully how travelers can get the most from their journey into the country. All travelers were instructed to follow the directions of the government tour guides very carefully, not to wander away from the group and to follow the protocol on taking photographs. Photographs of military personnel or equipment, as well as photographs of any construction are prohibited. When taking photos at Mansu Hill Grand Monument, the entire statues must be included in the picture -- taking photographs of any part of either statue was prohibited as was making any type of gesture or pose in front of the statue. Like I said, very specific instructions!

The flight into the DPRK was on Koryo Air, with the 1.5 hour flight landing at Pyongyang International Airport. This new, modern looking airport was very clean and neat, and our flight was the only one active at the time. Immigration processing was very tight as security went through all mobile phones, cameras and video recorders to ensure no images were brought into the country that were not approved. Books deemed objectionable were checked to be given back at departure, and absolutely no religious material was allowed.



RUNNING IN NORTH KOREA

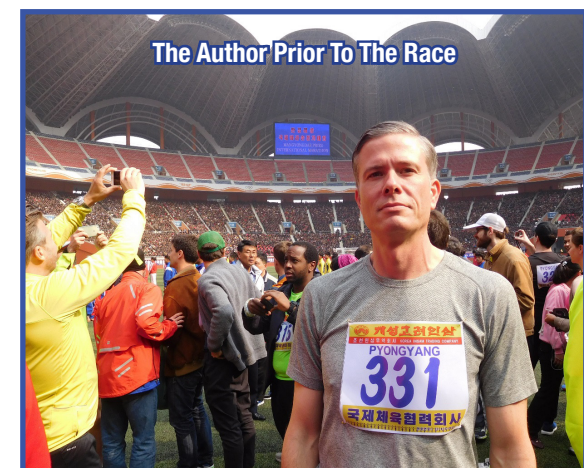
After processing, it was off for sightseeing in the capital city accompanied by our official tour guides from the Korea International Tour Company. Mr. Ri and Ms. Choe were assigned to our group of twenty and would stay with us at every turn, making sure we stayed with the group and did not wander about too much. The tour was highly structured and efficient in terms of the logistics of moving about between sites. My group included seven Americans along with folks from the UK, Russia, Malaysia, Indonesia and France.

Pyongyang is the largest city in the country, and streets lined with blooming cherry blossom trees and pastel-colored apartment buildings were a constant spectacle as we moved about. The city is set to impress with many of the massive monuments visible from other monuments in a fashion similar to that seen in Washington, DC. There was a fair amount of foot traffic along with little car traffic in a city with a population of 2.5 million residents. During the sightseeing portion of the weekend we saw many of the iconic sites such as the birthplace of Kim Il Sung, Grand People's Study House, Worker's Party Monument, Arch of Triumph, Tower of the Juche Idea, Kim Il Sung Square, Friendship Tower, Korea War Museum, the atom shaped Science and Technology Complex and the massive statues of Kim Il Sung and Kim Jong Il at the Mansu Hill Grand Monument.

Our accommodations were at the Yanggakdo International Hotel, the largest operating hotel and second tallest building in the country. The hotel is located on Yanggak Island in the middle of the river Taedong, so as you might imagine there is very little room to move about outside and such is not allowed. The hotel was built in the late 1980's and does not appear to have been renovated since that time. This is where all of the tourists stay, including the Virginia college student who ventured into a restricted area earlier this year and found himself in a tremendous amount of trouble with the government. The food was fine and the hotel had many nice features such as a revolving rooftop restaurant, gift shops, a bowling alley, swimming pool, casino, karaoke bar (I heard Bon Jovi playing) and table tennis.

Race day found approximately 1,000 foreign amateurs and 800 Korean or Elite runners in the field that included Marathon, Half Marathon and 10k events. The course consisted of a loop around Pyongyang, four loops in total for the full marathon. There was an opening ceremony where all of the participants were able to walk onto the "football" pitch in front of around 70,000 people where dignitaries made remarks welcoming all to the event as school bands played music.

As an avid runner who completes a full or half marathon monthly, the experience of starting a race in front of such a massive crowd was exhilarating while being totally unique. Running through the streets of Pyongyang, I found great fan support with all ages lining the streets to give high fives, take pictures with the runners and just watch this once-a-year event. I found the crowds to be engaging, just like many crowds in other races I've run, and the children would say "Hello" in English.

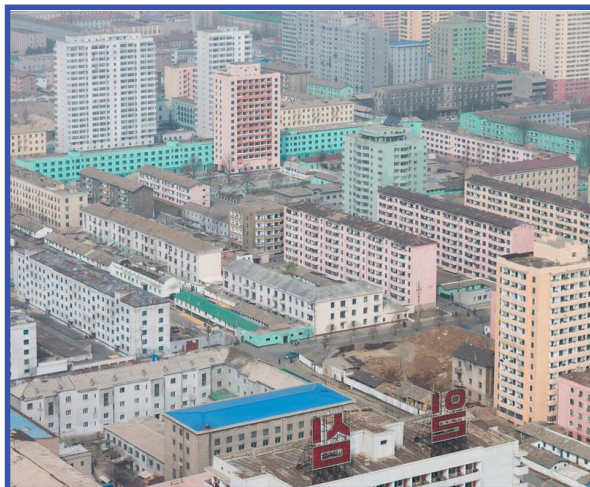


RUNNING IN NORTH KOREA

The course was not challenging and featured two long uphill sections that weren't too bad, creating 536 feet of elevation gain over the half marathon. The weather started out cool and warmed into the 60's fairly quickly with brilliant sunshine and clear skies. As an American, I found the experience of running through the streets of Pyongyang surreal, a place that has always been depicted in the media as one where I would not be welcome. I found it to be the opposite, at least for this small snapshot in time.

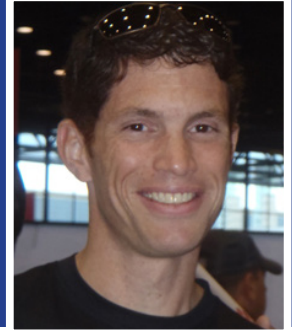
People all over the world want a good job, the ability to provide for their families and a chance to enjoy their lives. The people of the DPRK are no different. While I was only allowed to see the best of what the city had to offer, I did find the trip to be an extraordinary and very memorable journey.

Andy is a recent transplant to Birmingham from the Charlotte, NC area. He works for The McPherson Companies as the VP of Supply Chain and has been running long distance races monthly since 2014.



PRESIDENT'S ADDRESS

- Alex Morrow



Hello, fellow BTC Members

As a runner, what does this time of year mean to you? Does it mean your racing season is wrapping up and you plan to take it easy for a while? Or are you someone who loves 5ks, and during May, June, and July, having five available every weekend gets you really excited? I only ask because for runners, our training and racing has a season just like the calendar year. For the BTC, we strive to provide events to the BTC membership through the year, and spring and summer are no different.

One of the BTC's biggest events was held on April 2nd this year and wow, it was a huge success! I'm talking about the Statue 2 Statue 15k. Nearly 600 runners registered and 488 crossed the finish line on an absolutely stunning and perfect day for racing. Race Directors Judy Loo, Michele Parr, and Debbie Cleghorn, along with dozens of volunteers, worked diligently to make this a fantastic experience for everyone involved, and it shows. As I said last year when this race really became large, "It may be billed as the South's Toughest 15k, but it is now the South's Most Popular 15k!"

As we roll into May, we are keeping the fun activities front and center. Next up is another large BTC Saturday Run Social. I have to say, of all the events the BTC puts on, the big Saturday Run Socials are some of my favorites. Not only do you get to run with a couple hundred of your closest friends, the routes are taken care of for you, water stops are provided, the events are always held in fun locations, and we have post-run refreshments and door prizes. Seriously, what's not to love! The next event will be on May 21st and will be held at Octane Coffee in Homewood. For those of you who have been around for a while, you may remember we held a social in this location several years ago, and it was a huge success. I know this will be as well, plus, it is hard to go wrong when your social is held in front of Steel City Pops! ;-)

Speaking of fun events, the 3rd race in the BTC Race Series, the Peavine Falls Run, will once again be held on July 4th at Oak Mountain State Park. This year will mark the 35th running of this iconic race, and I hope you are as excited as I am! This will be my 3rd year serving as Race Director and I'm hoping year three will mean no rain. It has been very wet the last two years! The flip side is that a little rain makes for great stories and keeps the temperatures down. Look for registration to open later this week. Last year we had a record number of participants, and I would love to set another record this year -- that would make three years in a row! By the way, this is yet another reason you should make sure you are a BTC member. The race is only \$15 for members, but \$20 for non-members. Membership has its privileges!

In my opening paragraph I mentioned seasons. To bring that thought full circle, even though many of us are out of our racing season, it is not too early to begin looking ahead. This week, if you are a BTC member and planning to run a fall half or full marathon this fall, make sure to check your inbox. You will receive a message asking you to let us know which half or full marathon(s) you plan to race this fall. BTC Long Run Coordinator Monica Henley and I are going to compile all of those responses, then select the five races that receive the most mentions. We will then send out another email asking the BTC membership to vote on which race they would like the club to train for out of those five. This means all BTC long runs during the summer will have that race as the end goal. We have a lot of BTC members running quite a few fall races, so make sure to speak up and make your voice heard!

Lastly, I hope all of you will join me in welcoming Addison Clowers to the BTC Executive Committee. Addison has graciously agreed to become the BTC 1200 Mile Club Chair, and we are thrilled to have him! Alison Hoover served in this capacity for the past several years, and I would like to thank her for all her hard work and efforts. Alison will be missed, but I know Addison is working hard to make sure the program keeps running smoothly.

Kindest Regards,

Alex Morrow
BTC President



BIRMINGHAM TRACK CLUB SOCIAL UPDATE

May 21st Social

Our May 21st Social will be held at Octane Coffee in Homewood. Athleta is graciously sponsoring the event, so be sure to stop by the Athleta store at the Summit to say "thank you" for their support!

BTC Night at the Barons on July 23rd

Mark your calendars for our annual BTC Night at the Barons on July 23rd! This year we are very excited to be in the covered area at third base. This location offers even better food options, and we will be covered in the event of rain. Ticket pick-up will again be held at Good People Brewery prior to the game. More details and registration information will be coming soon but you definitely do not want to miss this fun event!

2016 Southeastern Trail Series Races

Next > May 7 — Run for Kids Challenge - 10 K, 50K & 12 Hour Races - Oak Mtn Park

May 28 — Memorial Day Trail Race - 6 & 12 Mile Races - Oak Mtn State Park

July 16 — Hotter 'N Hell Trail Race - 8 & 16 Mile Races - Oak Mtn State Park

Aug 27 — Ridge 2 Ridge Trail Race - 10.5 & 21 Mile Races - Oak Mtn Park

September 23, 24 & 25 — Birmingham Mountains Stage Race

3 Days — 3 Mountains — 56 Miles

Ruffner Mtn Preserve, Red Mtn Park & Oak Mtn State Park

Oct 29 — BOO Run Run for Down Syndrome Alabama Trail Race*

5K, 10K & 1 Mile BOO Fun Run/Walk - Oak Mtn State Park

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

& Tranquility Lake 25K Trail Race - Oak Mountain State Park

Registration at Ultrasignup.com

Website: SoutheasternTrailRuns.com

* Not part of the Southeastern Trail Series Points Championship



Enter the Birmingham Track Club Discount Code "2016BTC-10" at Checkout and Save 10%

BEER MILE

- Nathan Miyasaki

Runners like to run, and many runners like beer. So what do you get when you combine the two? The Beer Mile. Billed as a celebrated event of “digestive athletics” competition, the true origins of the beer mile are unknown, but its somewhat mysterious, slightly underground allure continues to grow.



The author, after his third place finish in the Open Division of the 2015 Beer Mile World Championships.

After competing in the inaugural Beer Mile World Championships in 2014 on a torn meniscus and bone bruise in my knee (Trust me, my orthopedist and physical therapist were thrilled), I had a lot to prove to myself when I returned last year to compete. Given that I was only running three miles on a good day two or three days out of the week, my 2014 results were what you would expect—terrible. For last year's race, I was unfortunately still battling a nagging injury, so I focused more on training for the drinking part of the race.

When training to run a beer mile, the most important thing to know is this—you will feel miserable. Let me tell you, running the last lap with 48 ounces of carbonated beverages sloshing around your now angry stomach is not as easy as it sounds. For training, I looked to the world of competitive eating and studied the people who train their bodies to consume a large amount of food quickly. I focused my training on two critical areas: chugging speed and volume of beer. Failure in either of these will lead to a bad beer mile time. The beer mile is the great equalizer of all sporting events—you can be a world class runner but if you can't drink four beers quickly or if your stomach can't handle the volume, then who cares?

First things first, you have to find a beer that you like drinking, and if you are following the official rules, one that meets the minimum requirement of 5% ABV. You are going to be drinking a lot so why not pick one that you enjoy? Also, make sure it's a good value. Don't be spending your hard-earned money on some artisanal beer handcrafted by blind and deaf monks in some far off hidden monastery in the foggy mountains. So fill your shopping cart high with cases of beer and ignore the look of disgust on the face of the checkout person at the grocery store. You are a serious athlete in training.

To work on volume I would consume a large meal and then drink three to four beers. This would help increase the volume in my stomach. Separately, I would work on speed by drinking four to five beers as fast as possible. Expect to spend a lot of time and effort on techniques like head position, body alignment, and the proper angle to hold your beer. The temperature of your beer is also critical—just like in the story of Goldilocks, the beer needs to be just right. Drinking warm beer is bad (and gross), while drinking cold beer is just a bad idea. Why? Try drinking a cold beer from the fridge as fast as possible. It hurts. You want a beer that is on the cool side, slightly colder than room temperature.

The site of last year's Beer Mile World Championships (BMW) was held in the parking lot of the Austin American-Statesman, a local newspaper in Austin, Texas. While that may sound weird, the location fits the underground nature of the beer mile. In 2014 the race was held on a motor speedway. You can't exactly show up to your local high school track, drink beer and run around without some killjoy who hates fun calling the cops. Beer miles are like great parties, you usually find out about them by word of mouth. Most beer miles are held at an out of the way track location, usually during the night away from witnesses.

7 Tips To Mastering The Beer Mile

1. Stick to cool or room temperature beer. Drinking beer that is too cold or too warm is a bad idea (and will make you vomit).
2. Practice with beers that you enjoy drinking (at least 5% ABV), and avoid ones you hate.
3. Remember to drink a lot of beers for cirrhosis, whoops I mean success.
4. To eliminate the carbon dioxide in your stomach, belching is highly encouraged (and totally socially acceptable).
5. Practice drinking & running together, not separately for the best results.
6. If you get sick, be courteous and do so off the track.
7. Always bring a designated driver with you to a beer mile because you will be very drunk.

BEER MILE

The BMWC is broken up into different races: open, relay, sub-elite, and mens/womens elite. I was placed into open heat 3, the fastest open heat. I was nervous for a number of reasons. First, the race was supplying the beer (only the elites can bring their own beer) so I'd never tasted it. Second, we received the beer in bottles, unlike the cans we received at the 2014 race. Using that logic, I'd trained with cans. Third, I wanted to race well but I had no idea of what I was even capable of doing physically. Also the BMWC was going to be streamed online, and I didn't want to be that guy who puked all over the place (which happened to a number of people in 2014).



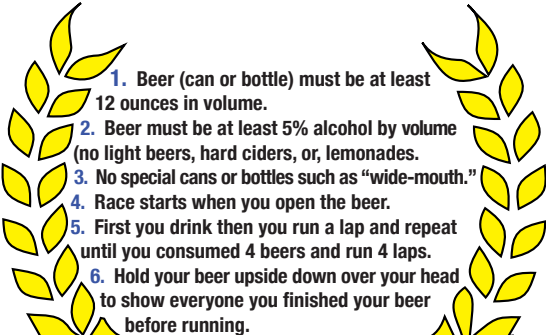
When they called for my heat, I checked in and lined up at the starting line. There were three long tables lined with beer. Each runner was assigned a number and four corresponding beers. Fortunately the bottles were pre-opened for us (normally illegal) because bottles can cause problems. If you choose bottles over cans then you either need to find a beer with a twist-off cap, or you have to run with a bottle opener. My 22 brand new drinking buddies and I each grabbed our first beer and received final instructions. Once we finished chugging our beer we had to place it in a bin for collection. Normally after chugging your beer you turn it upside down and hold it over your head, showing everyone that you finished all of your beer. Our beers were to be collected and the remaining contents measured. If we left too much beer in the bottle then we would receive a time penalty or even a DQ. No pressure there.

1st beer - Soon enough the race started, and we started to chug. I finished my beer, threw it in the bin and took off. The crowd was cheering for us as we raced around the ¼ mile course in the parking lot, but I was more concentrated on belching. Because chugging from beer cans and bottles fill your stomach with carbon dioxide, an easy way to remedy this is by belching frequently. I raced past several people to the line and grabbed my second beer.

2nd beer - This is where the real race starts. Try running as fast as possible and then holding your breath to drink an entire beer. Not easy or fun since your body wants oxygen, not 12 ounces of beer! I think of it as controlled drowning. The trick is to chug the beer in as few gulps as possible. I held my breath and chugged down as much beer as I could before needing to take a breath. I threw my now finished beer in the bin and took off again. The crowd cheered me on, but all I could think about was trying to get my breath back. Beer violently sloshed around in my stomach, but I pressed on around the makeshift track to my third beer.

3rd beer - I grabbed the bottle and started to chug, but I could only take little sips because I was breathing so hard. "Not good," I thought. It seemed like forever, but I finally finished my beer. "Too much time chugging," I scolded myself as I took off again. The race was being projected on the side of a large wall so that everyone could see what was happening. I looked up at the live results. "Top 5? Go, go, go! Win, win, win!" I was really starting to feel the pain but that was overcome with my desire to compete, so I pushed myself to run faster. When it comes to the beer mile, you are walking a fine line. Push yourself too little, and you won't have a good time. Push yourself too hard, and you will get sick--everywhere. The crowd will feel sorry for you as they take pictures and post them online for all the world to see.

4th beer - The taste of bile was on the tip of my tongue as I started my final beer. Determined to finish, I painfully forced myself to drink. The beer tasted like pure agony. Once I was done I threw my bottle in the bin and took off. I looked up at the wall and saw at least two people ahead of me--crap. My stomach was very bloated and very unhappy--double crap. Worst of all a runner sprinted past me--triple crap. It was at this moment I uttered the magical phrase long said throughout history by highly intoxicated people just before they do something they shouldn't: "Hey everybody, watch this!" And I started my kick.

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1. Beer (can or bottle) must be at least 12 ounces in volume.
 2. Beer must be at least 5% alcohol by volume (no light beers, hard ciders, or lemonades).
 3. No special cans or bottles such as "wide-mouth."
 4. Race starts when you open the beer.
 5. First you drink then you run a lap and repeat until you consumed 4 beers and run 4 laps.
 6. Hold your beer upside down over your head to show everyone you finished your beer before running.

Kingston Beer Mile Official Guidelines

For official rules, records, and updated race results, visit Beermile.com.
You can submit videos of yourself running a beer mile, for better or for worse.

BEER MILE

Fueled with liquid courage, I sprinted past one runner, and then around the final turn towards the finish line. While I was relieved by this sight, my path was blocked by runners in mid-chug and the bins for empty bottles. For some reason, the bins were placed in the middle of the track, and before the race started, I'd worried that they might lead to trouble for someone. Well, that "someone" now looked like me. I shouted to clear the way but with the cheering crowd and the announcers, no one heard my drunken rants. I asked my brain for a solution. "Just run through them," it said. I looked for the path of least resistance—some poor straggler on the line casually drinking his beer—and charged, heading straight for him. The look of horror on his face as he saw some drunken guy blasting towards him and screaming is something I'll never forget as I tried to shoulder tackle right through him to the finish line.

He was fine, by the way. I ended up in third place, good enough for third out of all three open heats, and improved my time by 36 seconds. It was painful, it was exhausting, yet the one thing going through my mind was "When can I do that again?"

Canadians went 1-2 in the men's elite race. I look forward to the day when an American will hold the world record and win the BMWC, instead of a no good rotten mean spirited Canadian (Hi Ali Hoover! I know you won't be mad at me because you're Canadian which means you're super nice. Also, yay Newton and Lululemon!). More importantly I watched as my good friend Elizabeth Laseter, one of the fastest female beer milers in the world, broke the 7 minute mark and finished 5th in the elite women's race.

Nathan is a runner who just happens to be pretty good at beer drinking, or a beer drinker who just happens to be pretty good at running. He hopes to become the fastest beer miler in the state. He is looking forward to the 2016 Beer Mile World Championships.



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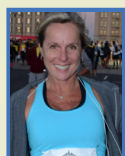
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BTC Mission Statement

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

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Race Results

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

birminghamtrackclub.com

championship-racing.com



Find us on

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BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

Ryan Boswell
Amy Brune
Mark Brune
Dorothy Casey
Amy Edgerton
Ian Edgerton
Jan Ewers
Elizabeth Gallagher
Michael Gann
Gordon Graham

Graham Harrison
Melinda Harrison
Wade Harrison
Jerri Haslem
Tracy B. Jefferson
Joseph Longoria
Andrew Machtolff
April Mack
Rachel McPhillips
Andre McShan

Bridgett Moore
Erica Neel
Rachael Nichols
Alexandra O'Barr
Stef Osborn
Adam Quarles
Bracken Sallin
Mike Schor
Kathryn Walker

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.

Amy Wright
Membership Chair

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

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

Long Run Training Group

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

For those of you who are not accustomed to training with a group (or those who haven't trained with our group, specifically), give us a try! Visit the [Group Runs Page](#) on the BTC website, or join the BTC Saturday Morning Long Runs Facebook page for updates and routes.

Happy running, y'all!

See you on the roads!



RUNNING TOGETHER SEPARATELY: SNACK ATTACK!

- Carrie and Joey Longoria

This past week I had the great fortune of interviewing Lauren Fleshman, 2-time USA 5K Champion, World Cross-Country Bronze Medalist, and a 5-time NCAA Champion with a degree from Stanford in Science and Athletic Performance. Lauren is still cranking it up as an elite runner these days and moving into coaching. We were discussing her upcoming visit to Birmingham after the Olympics in Rio (more on that later) and nutrition, primarily Picky Bars, the amazing snack that she co-created with her world class triathlete husband. The subject matter of the conversation seemed fitting for this month's installment of "Running Together."

Snack Attack! We've all had it in the middle of the afternoon or after a morning run when we did not have the most ideal breakfast. Snacking between meals can be a runner's best friend or worst enemy. Are you reaching for that leftover doughnut or muffin from the office kitchen? Or, are you in line at the fast food drive-thru coming back from an afternoon run? Guilty and guilty. If done correctly with a little forethought, snacking can really help fuel your runs, aid in muscle recovery and satisfy your taste buds between meals in a healthy way. Proper snacking can also keep you from overeating during meals and balance your daily caloric intake.

Snacks can be consumed any time of the day, but offer performance advantages when carefully timed before or after a run. The right food choices in the right portions can provide a fuel boost. Sometimes, less is more — that's why snacks are the perfect fit for runners. Plus, studies show that smaller, more frequent eating helps to provide adequate body fuel and brain fuel, and also translates to better hydration. Two of my personal favorites are Boost100 and Picky Bars. Both taste great and pack optimal nutritional value.

I asked Lauren about the science of what she does with Picky Bars:

Q: What was the reason behind Picky Bars? What is the science behind them and how can they benefit runners?

A: The purpose for me was diversification: giving myself another arena to learn and gain confidence from outside of running. It also gave me another way to connect with endurance athletes around the country that felt deeper than medals and records. I genuinely wanted to make a difference for people who share the love of running, and Picky Bars allowed me to do that through nutrition. I made Picky Bars because I wanted the following:

- **Real food, carefully combined to be balanced for exercise**
- **A food option free from gluten, dairy, or soy to minimize gut sensitivity and optimize digestibility**
- **Optimal versatility.**



To do this, every Picky Bar has:

- 200 calories, the ideal post workout recovery size for most people in ratios that get the job done.
- 60% carbohydrates, with an intentional mixture of grain, fruit, and natural sugar sources. This mix of faster digesting and slower digesting carbs provides energy during, and glycogen replenishment after.
- 15% plant based protein. I know there is a fitness trend that is all about PROTEIN but the amount in a Picky Bar is what optimizes glycogen replenishment (4:1 carb to protein ratio), and also can be processed during all but very high intensity exercise.
- 25% healthy fat sources, in amounts you can metabolize on the go.

You can be confident eating Picky Bars before training (up to 15 minutes, seriously), during (low to moderate intensity), and after (ideal for that 15-minute recovery window). No product works for every single person, but these have been around long enough and used by enough pro athletes in enough sports to confirm that real food does real work, if you put the ingredients together with performance in mind.

Lauren will be making a trip to Birmingham later this year, on November 2 to conduct a running injury prevention seminar for middle school and high school track and cross country runners through The National Center for Sports Safety. During her visit, she will also be making an appearance with the BTC at The Trak Shak! I hear a big Wednesday night run social may be in store for us!

In the meantime, Lauren wanted to extend a deal with her Picky Bars exclusively to members of the BTC online at <https://pickybars.com/>. Use the code: BirminghamTC to receive 20% off. Also, you can visit The Trak Shak at their Homewood or 280 locations and receive the same 20% discount if you mention the BTC and this article! Go try them out.

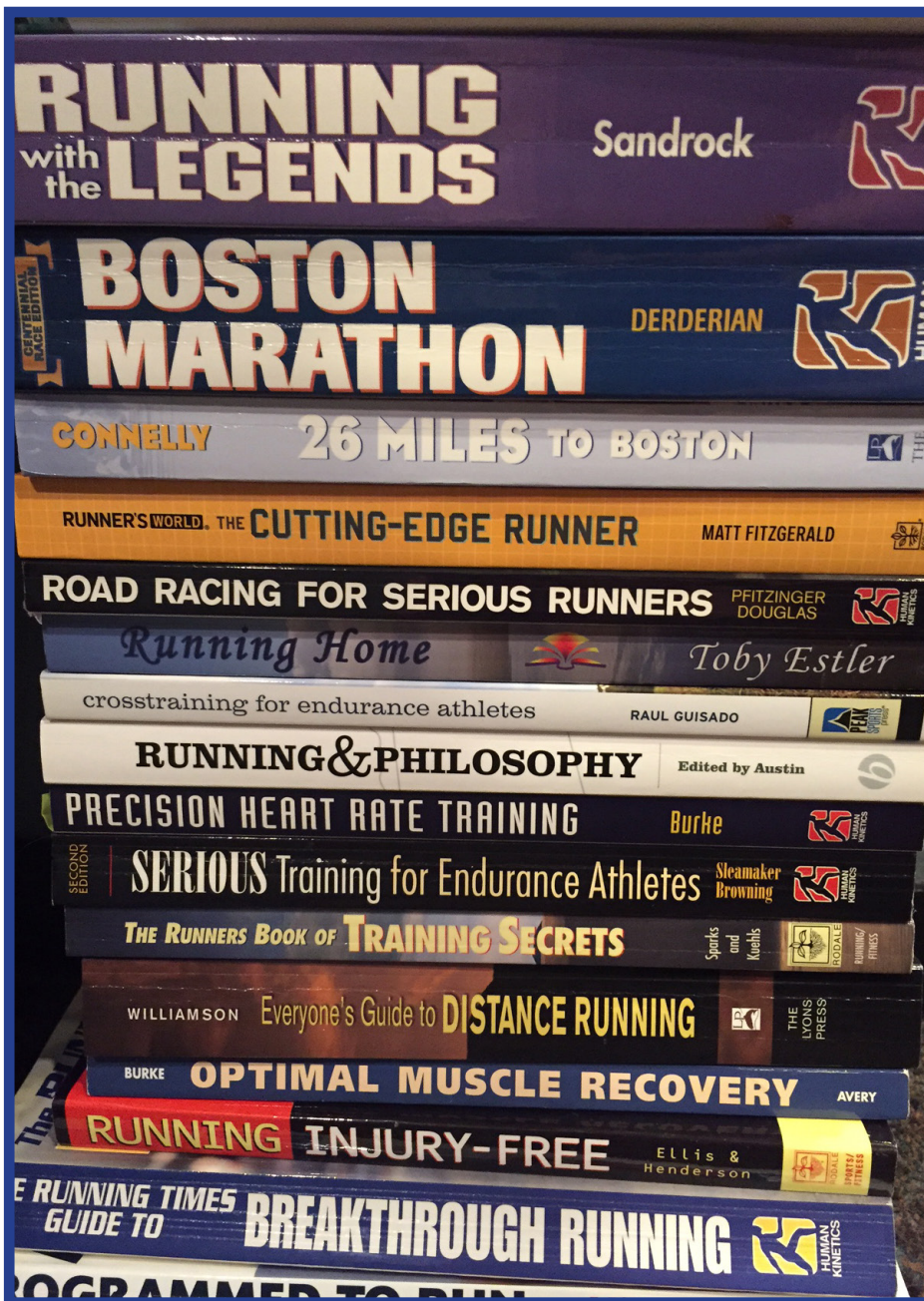
For more information about Lauren, her career, and Picky Bars, visit: <http://asklaurenfleshman.com>

THE BEST RUNNING BOOKS

MEMBER POLL

When runners are not running they often enjoy reading about running. They read to gain information and insight in order to become better runners. They read to savor the experience of running and to explore the adventures of other runners. They read to escape into new worlds created by authors who use running as plot device or metaphor. In short, runners like their books.

But, what are the best running books? A quick internet search yields dozens of lists containing hundreds of books. The BTC wants to know what YOU, our local runners, think. Share your favorite. - Let us hear from you!



We present 3 categories for your consideration:

Best Non-Fiction Running Books (Technical)

Books about running technique, training, nutrition, etc.

Best Non-Fiction Running Books (Experience)

Books about the experience of running, runner biography, history, etc.

Best Fiction Running Books

Books directly or indirectly related to running.

Submit the titles of what you consider the best running books -- up to 3 in each category. The results will be tallied and posted on the BTC website and in The Vulcan Runner newsletter, so get ready to stock your summer reading shelves!

Current BTC members who submit their favorites will be eligible for a drawing for a gift card. The winner can use it to buy another running book!

[Click here to fill out
this brief online poll.](#)

Deadline for submissions
is May 22, 2016.

BTC Member Benefits Spotlight

BTC members are entitled to a discount when registering for the **Motherwalk 5K** on May 14. The discount will be calculated automatically when registering [online](#).



Remember, 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.

RRCA UPDATE

- Alex Morrow, BTC President and RRCA State Representative



Some runners may plan family vacations and even work-related trips around races or other running events (guilty!). And some of us are even known to start those vacations after we get in our weekly long run or speed work session (also guilty!). But what if we find ourselves with a business travel schedule or a vacation planned by a well-meaning (but running oblivious) spouse? No worries – the RRCA website is at your service. With over 2,400 member clubs like the BTC, the RRCA helps connect runners with running groups all across the country. With very few exceptions, there are member clubs listed in each state and most U.S. territories (Yes, you CAN find running partners in

Guam). [Click on the website's interactive map](#) to see a list of affiliated clubs and contact information.

Using the “Find a Running Club” feature, I met up with a fun, very welcoming group of runners in my hometown last year. I loved getting in a long run through areas of the city I had not had the opportunity to visit before, and it's wonderful to know I have a great “substitute group” to run with when I'm away from Birmingham.

For more detailed tips and suggestions about running during your upcoming vacations, see the July 2015 issue of The Vulcan Runner, found on the [BTC website](#).

Saturday Morning Moderate Runs

**Find us on FB or email Mark Criswell
at mcriswell@american-usa.com
for more information**

JOIN US!



STATUE TO STATUE

- Judy Loo

What an awesome day it was for the runners who ran Statue to Statue on April 2, 2016! Congratulations to Samuel Palmer, 1st male overall with a time of 55:40 and Elena Kidd, 1st female overall with a time of 58:00. Many thanks to the over 500 runners who signed up to run. We would also like to thank all the volunteers who helped -- we couldn't have done this without you! We hope you enjoyed it as much as we enjoyed putting this together!

I would like to thank our wonderful sponsors: Liberty Animal Hospital, Premiere Physical Therapy, Orange Theory, The North Face, Piggly Wiggly, Mt. Brook Yoga, Trak Shak and the Birmingham Track Club. Also, a special thanks to Brooke Dodson with Smithfield for donating the hot dogs. They were a big hit - who doesn't love a good grilled hot dog?

We try to make Statue to Statue a better race every year, so if you have any suggestions for improvements that we can make, please let us know. Your suggestions are always welcome.

We hope you liked the earlier date this year. Feedback has been positive, and we plan to do the same next year. Save the date: April 1, 2017 (Really. We're not kidding.)



Photo Credits: MRuns.com



1200 MILE CLUB

Cumulative miles submitted through May 1, 2016 are listed below. For a complete listing of monthly totals, [click here](#).

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!

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Alexander, S Rheagan	1	434	Collins, Nathan	R	189	Haley, Jay	R	409
Anderson, Kerri	R	396	Colpack, Chris	1	163	Hall, Matthew	R	348
Arnold, Brad	R	150	Corrie, David	R	794	Halperin, Caitlin	R	260
Austin, Andrea	R	644	Cowart, Britney	R	471	Halperin, Dave	2	698
Baggett, Christopher	R	429	Cox, Damon	2	463	Haralson, Danny	7	311
Bahr, Ashley	R	276	Crackel, Caroline	R	298	Haralson, Micki	8	384
Bahr, Jeff	R	268	Crain, Teresa	1	0	Harbison, Brookie	R	456
Bailey, Leslie	2	410	Crawford, Allen	R	266	Hargrave, Alan	8	432
Baker, Mark	1	0	Crawford, Kimberly	R	492	Harrelson, Heather	2	444
Ballard, William	5	165	Crowson, Bill	R	360	Harris, Ashley	R	277
Barnes, Jimmie	1	284	Crunk, Emmagene	R	405	Harrison, Lisa	4	511
Bartee, Samm	R	463	Darville, Nathaniel	R	787	Haslem, Jerri	R	295
Bartlett, Kari	1	0	Davis, LaJuana	R	0	Hathorne, Chad	R	268
Bass, Andy	R	347	Davis, Sarina	R	107	Havicus, Cari	1	460
Belcher, Michelle	3	316	Dawson, Ashley	2	605	Hayes, Debbie	2	574
Benner, Kim	3	533	Dease, Joseph	R	448	Haynes, Christopher	R	0
Bissell, Kim	1	429	Dease, Katherine	1	188	Heaton, Bryan	2	344
Black, Dylan	1	208	DeBardeleben, Anne	1	311	Henley, Meghan	R	431
Blain, Allan	R	276	Dell'Italia, Pat	1	239	Henley, Monica	2	354
Boackle, Larry	R	230	Denton, Matt	3	580	Henninger, Alison	1	471
Boackle, Tomie Ann	R	202	DiMicco, Al	3	321	Hickerson, Patrick	4	322
Bonatz, Ekkehard	7	439	Doran, Stan	R	383	Hill, Susan	2	201
Booher, Lisa	4	641	Duke, Cindy	R	429	Hill, Tucker	1	287
Bowman, Brian	R	274	Easterling, Natalie	1	0	Hogeland, Angie	R	461
Bowman, Leisha	R	91	Edge, John	1	167	Holmes, Chris	R	300
Bridwell, Hunter	R	0	Ellison, Jennifer	R	194	Hoover, Alison	4	124
Bromstad, Murray	R	534	Elrod, Stacey	1	379	Horton, Kate	R	0
Brown, Charlie	4	473	Estes, Jeff	1	306	House, Beth	3	438
Brown, Michael	2	548	Evans, Debbie	2	393	Housler, Philip	1	256
Brown, Sean	2	296	Farmer, Austin	R	0	Hudson, Temeka	R	115
Bryant, David	2	558	Feller, Beth	2	459	Hunt, Leslie	1	298
Burns, Carley	R	333	Fleming, Juandolyn	R	43	Hyatt, Micheal	1	478
Busby, Madeline	1	315	Fontenot, Misty	R	229	Ingle, Brandon	R	158
Callahan, Rachel	1	548	Foust, Hannah	R	292	Ingram, Joseph	3	391
Carlton, Bob	1	255	Franklin, Shane	4	435	Izard, Georgia	1	539
Caruana, Joseph	R	460	Frederick, Winston	7	510	Izard, Melody	1	459
Casey, Barry	2	149	Funk, Robert	R	0	Jackson, Kristin	R	323
Cesar, Katie	R	399	Gann, Michael	4	477	Jefferson, Tracy B.	R	258
Chadha, Jennifer	R	455	George, Meredith	R	152	Jenkins, Kaki	2	381
Chandler, Teresa	6	330	German, Brandon	R	271	Jenkins, Mike	1	234
Chiesa, Marco	R	0	Gibbs, Shirley	R	549	Joe, Heather	R	430
Christian, Alan	R	132	Gibson, Darrell	2	246	Johnson, Gerald	R	246
Clarkson, Roy	R	272	Gilbert, John	1	0	Jones, Ira	3	216
Clay, Brad	8	782	Glass, Rodney	R	0	Kane, Brandon	1	426
Clayton, Jennifer	R	0	Goeb, Laura	R	233	Katzman, Justin	R	226
Clayton, Yocunda	1	212	Goode, Johnny	6	527	Kearley, Christy	R	346
Clemons, Sam	R	397	Goolsby, John	3	226	Kearley, Christy	R	346
Cliett, Stephanie	1	783	Gould, Izzy	R	500	Kearley, Stephen	R	439
Clowers, Addison	1	379	Grabeldinger, Nikki	1	156	Keefer, Herb	R	133
Coker, Leslie	1	392	Gullapalli, Satya	2	518	Kelley, Robin	2	562
Collins, Helen	R	400	Hackney, Lindsay	R	193	Kemper, Tricia	1	515

1200 MILE CLUB

Cumulative miles submitted through May 1, 2016 are listed below. For a complete listing of monthly totals, [click here](#).

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Kendrick, Tom	R	374	Osborn, Stef	R	0	Tankersley, Helen	R	280
Knight, Diane	1	389	Oser, Rachel	R	0	Taylor, Trey	1	63
Knight, Kristen	1	197	Paradiso, Michelle	R	437	Thomas, Eric	3	425
Kuhn, Jimmy	8	333	Parks, Charlie	2	0	Thornton, Dean	4	477
Kulp, Loren	R	438	Pate, Lisa-Marie	R	215	Trimble, Jamie	1	454
Laird, Audrey	1	452	Patlolla, Sandeep	R	0	Tse, Freddy	R	124
Langston, Aaron	1	318	Patterson, Carrie	2	462	Varnes, Vickie	2	426
Langston, Richard	4	286	Paulk, Benjamin	R	304	Walker-Journey, Jennifer	1	364
Lankford, Frank	R	0	Payson, Tabitha	R	260	Walker, Caroline	R	157
Lee, Koren	R	60	Payson, Tommy	R	308	Sides, Dean	1	307
Lee, Shilonqua	1	349	Peagler, Shana	4	395	Silwal, Suman	5	515
Leopard, Don	1	315	Pearce, Julie	5	91	Simpson, Kevin	2	1,104
Lester, Treva	R	369	Pearson, Blake	2	707	Sims, Robert	2	408
Lockett, Janet	R	77	Pearson, Mary Scott	1	414	Sloane, Mike	1	262
Loo, Judy	2	185	Penley, Steve	R	337	Smith, Jerry P.	R	299
Love, Thomas	1	235	Peters, Scott	1	181	Snow, Sheri	R	367
Lupinacci, Timothy	R	0	Plante, David	3	443	Stephens, Jeff	R	433
Lyle, Randy	7	691	Portwood, Paul	1	379	Stockton, Rick	8	337
Lyles, Chris	1	0	Qualls, Wayne	R	338	Straka, John	R	0
Lyles, Kimberley	R	0	Ralph, Meghan	1	345	Sweatt, Jason	R	0
Maha, Michele	R	400	Renn, Deanna	R	526	Talley, Beau	3	428
Malick, David	2	396	Richardson, William	1	644	Tankersley, Helen	R	280
Mason, Erin	R	0	Roberson, Kevin	2	486	Taylor, Trey	1	63
Mathews, Craig	R	291	Roberts, Fletcher	1	371	Thomas, Eric	3	584
Mathews, Liza	R	291	Robinson, Niki	R	84	Thornton, Dean	4	678
Mattrella, Cheryl	R	0	Rocha, Roger	2	330	Trimble, Jamie	1	618
Maughan, Kevin	1	525	Rodriguez, Angie	1	381	Tse, Freddy	R	174
McConnell, Kim	1	362	Rogers, Tammy	R	672	Varnes, Vickie	2	556
McCullough, Matthew	R	305	Roper, Lynn	R	245	Walker-Journey, Jennifer	1	487
McNair, Kelly	2	606	Rose, Billy	1	588	Walker, Caroline	R	366
McTune, Mark	3	493	Routman, Cindi	R	141	Wall, Ron	3	42
McVey, Simon	1	533	Rutherford, Keith	8	469	Warren, Tom	1	331
McWilliams, Matthew	R	155	Rutledge, Lisa	1	355	Watkins, Janet	R	314
Merry, Vicki Sue	3	630	Ryan, Meaghan	R	399	Watters, Robert	1	590
Mickens, Cassandra	R	390	Sallin, Bracken	R	333	Weber, Amy	1	441
Miller, Bill	R	226	Schaefer, Todd	1	422	Wells, Bradley	R	332
Miller, Tracy	1	360	Schor, Mike	R	353	Wende, Adam	1	365
Millsap, Lanier	1	347	Seeley, Mimi	R	306	West, Anja	R	237
Miyasaki, Nathan	R	744	Self, Travis	1	295	White, Robin	R	235
Morgan, Cary	6	1,283	Sellers, Susan	R	279	Whitt, Trey	3	491
Morgan, Danielle	4	159	Shaffield, Danny	2	688	Wilhite, Thomas	R	556
Morgan, Phillip	6	281	Sheppard, Gretchen	1	492	Williams, Avis	R	457
Morris, Justin	2	258	Sheppard, Marci	R	0	Williams, David	R	530
Morris, Phil	R	221	Shinn, Ronald	5	271	Williams, Shanada	R	151
Morrow, Abigail	R	169	Shirley, Scott	2	514	Williamson, Chad	2	303
Morrow, Alex	5	725	Simpson, Kevin	2	589	Wilson, Julie	R	286
Moss, Denise	R	289	Sims, Robert	2	408	Windle, Dale	1	428
Mote, Darrell	R	446	Sloane, Mike	1	262	Wiseman, Steve	1	356
Murchison, Reginald	2	758	Smith, Jerry P.	R	299	Wood, Scott	R	0
Nagy, Lisa	R	238	Snow, Sheri	R	230	Woody, Bill	7	609
Northern, Kristie	6	447	Stephens, Jeff	R	315	Wright, Amy	R	410
O'Barr, Alexandra	R	0	Stockton, Rick	8	215	Wu, Xing	6	547
Oliver, John	1	502	Straka, John	R	0	York, Gary	2	784
Olsen, David	R	547	Sweatt, Jason	R	0			
Orihuela, Carlos	R	419	Talley, Beau	3	112			

SHOW US YOUR BTC GEAR

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



The BTC contingent at the Kill Cliff Marathon and Half-Marathon in Destin, Florida on April 17, 2016



Mom and daughter Melody and Georgia Izzard enjoy a shakeout run along the Charles River before Georgia's Boston Marathon debut



Danny Shaffield was the overall masters winner at Statue to Statue, April 2, 2016



Jamie Trimble, Kim Tyler and Alex Morrow at S2S

SHOW US YOUR BTC GEAR

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



Sunrises look best from King's Chair, Oak Mountain State Park



Lisa Harrison representing on 30A



Natalie Easterling, Dean Sides, Judy Loo and Debbie Evans at the St. Elias Cedar Run 5K on April 9, 2016

Feets of Strength

As we move further into spring, BTC members can find a 5K run to race most every weekend ([check out our calendar](#) at the end of this issue for some great suggestions). Spring also brings out new runners, anxious to start a new exercise routine or maybe run their first 5K. The BTC loves runners of all abilities, speeds and distances – [let us know](#) if you've just completed your first 5K, or even run your first mile – those are accomplishments worth celebrating, for sure!

This month, we congratulate **Angie Rodriguez**, who completed her first Boston Marathon on April 18, 2016. Despite warm temperatures, Angie ran a five minute PR with a time of 3:46:01, which qualifies her for the 2017 Boston Marathon. Way to go, Angie!

In the trail arena, huge props to **Susanne Patterson Moore**, who also battled exceptionally hot temperatures to finish the Badlands Mississippi Ultra 50 miler in Biloxi, Mississippi on April 23, 2016. Susanne was the second woman and fifth overall finisher with a time of 10:47:19. Congratulations, Susanne!

Here's to many more miles and smiles along the way!



Attendance:

Alex Morrow, Alan Hargrave, Leslie Bailey, Darrell Gibson, Charles Thompson, Kim Benner, Monica Henley, Judy Loo, Darnell Allen, Amy Wright

Minutes:

- The meeting was called to order at 6:10 PM at the Tree Room of the Vestavia Hills Library.
- The minutes of the March, 2016 Board Meeting were approved with amended with Mrs. Kim Benner and Mrs. Monica Henley being present for the meeting.
- Distribution of the minutes will be sent to the official BTC Gmail accounts. E.g. finishlinecrew@birminghamtrackclub.com Instructions will be sent to personal email addresses one last time. This is the official email record.
- Updates need to be made to the BTC Website to reflect the current officers.
- Amy Wright is the new chair of membership. Amy is putting together new membership initiatives to reach 1,500 by year end. We are at 1,185, down about 100 from last year. Mrs. Allen spoke briefly about the Ambassador Program for BTC, and this may be an added benefit for membership.
- Addison Clowers is the new 1,200 mile club coordinator.
- The Race Series continues to increase, up to 148 participants. This was down from last year's participation of 202.
- Judy Loo reported 571 runners registered for Statue to Statue and 485 finishing, down 39 from 610 registered last year. It appears that the first Saturday of April is a reasonable date for future Statue to Statue races. This year was the first year to utilize a Sherriff on Valley Avenue. As such, we may leverage them around the finish line for next year's race for additional safety around the Piggly Wiggly. The Piggly Wiggly has expressed interest in being more involved next year. NorthFace was a cash sponsor for the race as well as providing swag for the top three winners. We had to buy beer this year because a new bill passed that would not allow them to donate. \$2,970 profit was reported.
- Ms. Foust, who was not in attendance, put forth a proposal for new merchandise. The estimated cost for magnets, shirts, stickers, hats, etc. is approximately \$6,000. The order should be in place by the May social. The group discussed a smaller order, focused on summer apparel. Approval will be provided via email.
- Mrs. Henley provided a Financial Update. The only substantial expense is insurance and RRCA dues. We have approximately \$56,000 in the bank, with approximately \$12,000 on Statue to Statue expenses.
- Mrs. Benner set forth her proposed budget for volunteers. This includes but is not limited to gift cards, BTC Bucks, etc. A motion was set forth to allocate these dollars for the volunteer program. With an appropriate second, the motion carried.
- The March social was a smaller crowd but successful. The facilities were fantastic and the view was spectacular. The next social is targeted for May 21 at Octane Coffee, next to Steel City Pops. The Baron's Social is July 23. Plans for the August Vulcan kickoff are also underway.
- Thursday evening runs will start at Good People brewing. All participants receive a drink ticket. Eskridge & White is sponsoring this and will provide access to their physical therapists. Thursday, May 5 is the launch.
- Darrell Gibson purchased the weights for the BTC flags. There are pending estimates for teardrop flags.
- Peavine Falls will be launched by next week. Mrs. Allen wants to ensure BTC members receive additional benefits. Members will receive a \$5 discount off the \$20 race registration.
- Mr. Morrow reported on WEPOWER Corporate 5k. The organizers wanted greater participation given they had several thousand in other cities (18,000 in Orlando). Birmingham had 750 registered. They've made the decision to move to September 29. This is a non-traditional 5K with challenges. BTC members will continue to have free entry.
- Mr. Hargrave mentioned the Triple Crown Challenge. The Club needs a September race to complete the challenge.
- The date of the next meeting is 5/9/16.
- With no other business, the meeting was adjourned.

Action Items:**(March)**

Darnell Allen to follow up with Hannah Foust and Monica Henley on online merchandise.

(April)

Need to take into consideration the increase for Statue to Statue and the associate risks.



BTC Membership application

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

First Name:

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Last Name:

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Street:

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City:

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State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F

3. _____/_____/_____/_____/ M F

4. _____/_____/_____/_____/ M F

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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

UPCOMING EVENTS

Event	Date	Time
Tuesday Night Trail (TNT) Run, Red Mountain Park (main entrance)	May 3, 2016	Meet at 5:45 p.m.; run starts at 6:00 p.m.
UAB Scholarship 5K/10K Run	May 6, 2016	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	May 7, 2016	6:00 a.m.
Run for Kids Challenge: 10K, 50K, 12 hour	May 7, 2016	7:00 a.m.
We Love Homewood 5K	May 7, 2016	7:30 a.m.
Thin Mint Sprint 5K and Fun Run	May 7, 2016	8:00 a.m.
Girls on the Run 5K	May 7, 2016	9:00 a.m.
BTC Board Meeting	May 9, 2016	6:00 p.m.
Tuesday Night Trail (TNT) Run, Red Mountain Park (main entrance)	May 10, 2016	Meet at 5:45 p.m.; run starts at 6:00 p.m.
BTC Saturday Long and Moderate Group Runs	May 14, 2016	6:00 a.m.
Fighting MS 5K	May 14, 2016	7:00 a.m.
Motherwalk and Run 5K	May 14, 2016	8:00 a.m.
Half and Half Half Marathon	May 14, 2016	8:00 a.m.
YMCA/Keller Williams Youth First 8K and 2 mile race (Tuscaloosa)	May 14, 2016	8:00 a.m.
Steel Strides 5K for MDA	May 14, 2016	9:00 a.m.
Tuesday Night Trail (TNT) Run, Red Mountain Park (main entrance)	May 17, 2016	Meet at 5:45 p.m.; run starts at 6:00 p.m.
BTC Saturday Social (Octane Coffee, Homewood)	May 21, 2016	6:00 a.m.
Birmingham Zoo Run 5K and Kids Fun Runs	May 21, 2016	7:30 a.m.
Book It! 5K	May 21, 2016	8:00 a.m.
Anniston Lions Run for Sight 5K	May 21, 2016	8:00 a.m.
Band Together 5K and 1 mile Color Fun Run/Walk	May 21, 2016	9:00 a.m.
Hoofin' It for Honduras 5K	May 21, 2016	9:00 a.m.
XTERRA Oak Mountain Trail Runs 5, 10 and 20K	May 22, 2016	8:00 a.m.
Tuesday Night Trail (TNT) Run, Red Mountain Park (main entrance)	May 24, 2016	Meet at 5:45 p.m.; run starts at 6:00 p.m.
BTC Saturday Long and Moderate Group Runs	May 28, 2016	6:00 a.m.
Rockin' Choccolocco 50K and Half Marathon (Heflin)	May 28, 2016	7:30 a.m.
Memorial Day Trail Races – 6 and 12 miles	May 28, 2016	8:00 a.m.
Tuesday Night Trail (TNT) Run, Red Mountain Park (main entrance)	May 31, 2016	Meet at 5:45 p.m.; run starts at 6:00 p.m.
BTC Saturday Long and Moderate Group Runs	June 4, 2016	6:00 a.m.
Mountain Mania 15K and 5K (Decatur)	June 4, 2016	7:00 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.