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September 2016

9

BIRMINGHAM TRACK CLUB WHERE RUNNERS ARE FORGED THE VULCAN RUNNER

The Aging Runner: Older, But What About Faster and Stronger?

By: Julie Pearce

Tim Roberts and Jim Hoover
push each other to a strong
finish during Adam's Heart
10 Mile run.

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THE AGING RUNNER: OLDER, BUT WHAT ABOUT FASTER AND STRONGER?

Last month, I wrote about running-related injuries and how to keep your sanity intact while recovering from them. During my latest recovery, I searched for any new and different recovery methods I could find that would be feasible considering the time I could allot to recovery and the funds I could budget towards it while still managing to feed my family. I was pleasantly surprised to find that some of the technology previously only available to elite athletes was now available to the more recreational athletes among us.

One of the recovery tools that has helped me the most has been running on an AlterG treadmill – the so-called anti-gravity treadmill that used to be the reserved for professional athletes. There are now a handful of places in the Birmingham area where recreational runners can purchase time on an AlterG. The physical benefits of the treadmill's "unweighting" technology are many: less pressure, less pounding, and the ability to incrementally increase gravity as you get stronger. The AlterG may be my new best friend: It has helped me maintain running fitness even when I couldn't run on my beloved roads.

I've learned a couple of things. One, I could be a really fast runner if I weighed 75 pounds, and two, even though I know I'm popping out 6:30 pace miles (not a normal pace for me) solely because the treadmill makes me feel like I weigh 75 pounds, it's still done wonders for my confidence and made me feel like I wasn't starting from square one in my recovery.

But perhaps most importantly, I've also learned that I'm not a twenty-something year-old runner who can bounce right back from an injury without repercussions and modifications. Recovery takes longer, and re-entry into the running world requires baby steps. Yes, there are some outstanding masters runners out there, but there's a reason our Boston qualifying times get slower as we age. Time is not a friend to the aging runner, and as much as we try to slow the aging process, we also need to recognize that we have to adapt to our age and physical conditions as we grow older.

Age Grade Calculator

Want to see where you stack up against younger runners? Check out this Age Grade Calculator.

[CLICK HERE](#)



David Tosch, 66, proves that age doesn't always have boundaries as he raced the Just a Call Away 5K to a first place age group/16th overall finish on August 20, 2016.

That can be a tough pill to swallow. I can point you to the studies that show the rate of decline we can expect over the decades, how our VO2 numbers fade or how fast our muscle tone decreases. . . but that's depressing, even to a rainbows and unicorns optimist like me. Rather, let's take a look at some of the good (or at least, slightly less negative) aspects of aging.

First, if we can let go of some of our innate competitiveness, we can let go of the pressure. Compete with yourself – when you want to compete. Surround yourself with supportive, encouraging running friends for fun runs and a push when you need one. Run a race for fun, or to pace someone at a pace that's easy for you – I promise, there's not much as rewarding as helping someone else achieve a PR or a distance goal. Get burned out from pushing too hard or frustrated because PRs are harder and harder to come by as you get older? Allow yourself to have fun again – run for fun, and take off the pressure – I can almost promise you'll enjoy it more.

The good news is that as we live longer and remain active for longer, new technologies, new training techniques, and new ways to "run young" are becoming more prevalent. Many runners are continuing to gain strength and speed well into their masters years. "Recovery" is the new buzz word, rather than a bad word. From foam rolling to cryotherapy chambers to recovery smoothies and napping, everybody's recovering, and nobody's complaining much about it. (Lie on my sofa with my feet propped up while watching a movie? Yes, please – I'm recovering!)

THE AGING RUNNER:

OLDER, BUT WHAT ABOUT FASTER AND STRONGER?

Many runners discount the benefits of cross training, but for the aging runner, it is crucial. Yes, we may start to lose muscle mass as we age, but proper cross training can delay, or even reverse, that issue. But the good news is that cross training can take many forms, and lots of them are (almost) as enjoyable as running. I love my TRX classes; I have friends who love spinning, or swimming, or hot yoga. Cross training gets us stronger, keeps us flexible, and ultimately benefits our running, no matter our age.

And finally, one of the best things about aging for the runner is that running helps keep us younger and helps us age more gracefully – true, we may not pop out the same 5K times we ran in our twenties or even in our thirties, but the fact that we're running at all keeps blood pressure in check, helps with weight control and generally makes us happier. Adaptations in training may become necessary, and at some point, our expectations of what we can (and should) do will change, but that doesn't mean we should stop setting goals and achieving them. Whether you chase an age-graded PR, tackle a new distance, or set other goals for your running, keep at it – you'll be better for the journey!

Richard A. Lovett,
"Mastering Running As
You Age," Runners World.com,
March 23, 2015. Younger,
Longer, Rodale, 2014.

RECOMMENDED READING

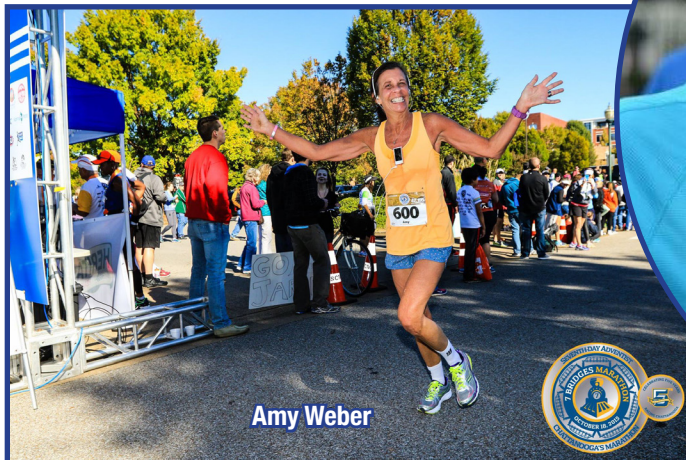
Sage Rountree, *The Athlete's
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Margaret Webb, *Older,
Faster, Stronger: What
Women Runners Can Teach
Us All About Living Younger*,
Longer, Rodale, 2014.

Gail Hughes, "13 Tips for
the Aging Runner," Run Haven.com,
August 13, 2014.

Richard A. Lovett, "The Science of Aging
and Running: Why Your Body Slows and
What You Can Do About it," Runners
World.com, October 20, 2009.

Donnie Finchum and West Marcus at Peavine Falls



Amy Weber



Bob Sims and Kim Benner

ST. JUDE WALK/RUN to End Childhood Cancer

Sept. 24

Railroad Park
1600 1st Ave
Birmingham, AL

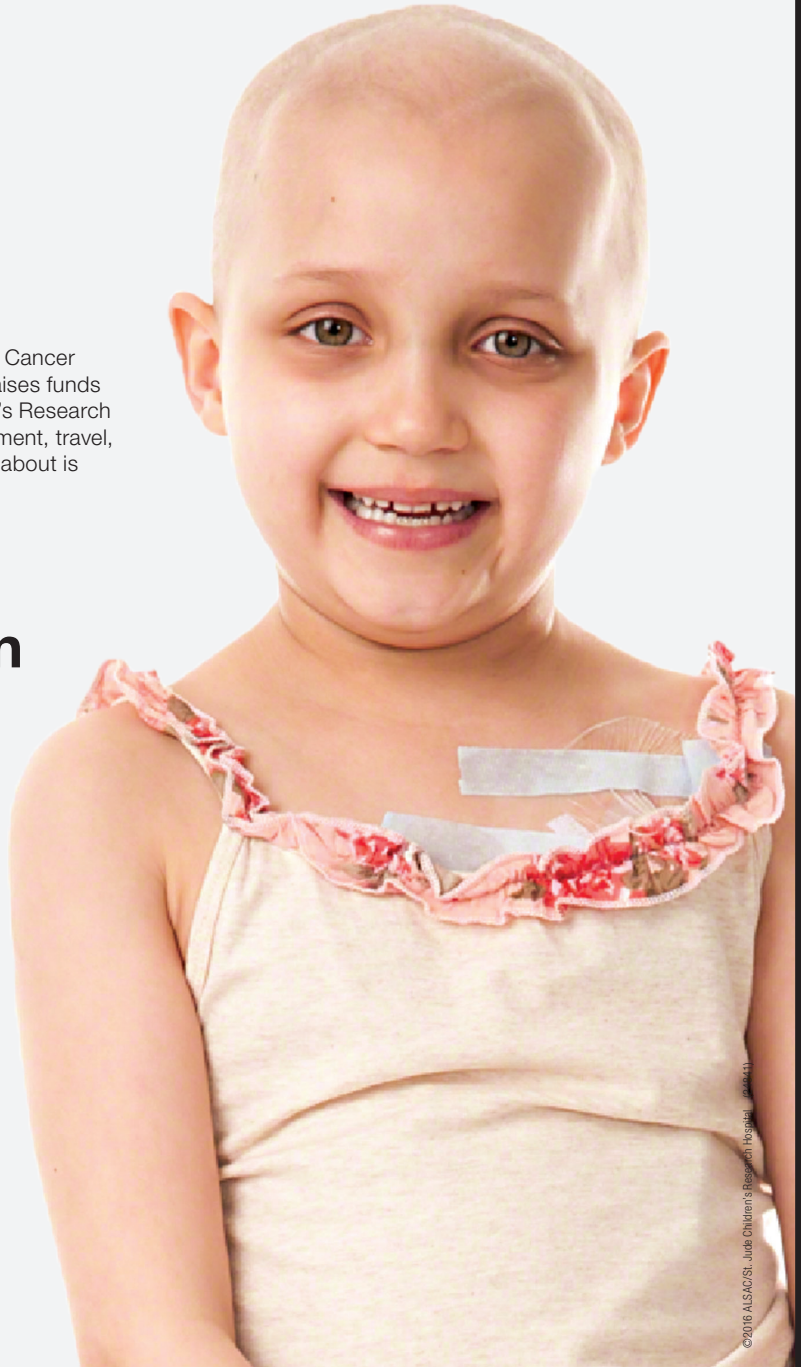
Join supporters in 61 communities during Childhood Cancer Awareness Month for this family-friendly event that raises funds to support the lifesaving mission of St. Jude Children's Research Hospital®, where families never receive a bill for treatment, travel, housing or food — because all a family should worry about is helping their child live.

Sign up today.
stjude.org/walkrun



**St. Jude Children's
Research Hospital**

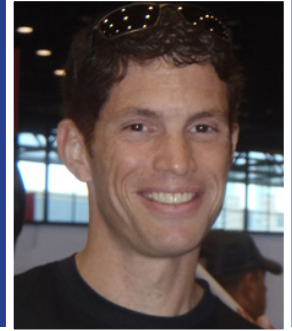
Finding cures. Saving children.



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PRESIDENT'S ADDRESS

- Alex Morrow



Hello, fellow BTC Members

Esprit de corps. This French phrase is a favorite of mine. The classical definition is: 1) A sense of unity of common interests and responsibilities, developed among a group of persons closely associated in task, cause, or enterprise. 2) A common spirit of comradeship, enthusiasm, and devotion to a cause among members of a group.

One point that is missing in the definition is a point employed by the military when it uses the phrase. That point is hardship. I grew up in a military household. My father was career Army, and I heard this phrase from an early age. The interjection of hardship was often used when explaining what the term meant. The military believed teamwork, camaraderie, and unity would be formed when a group endured a hardship together, but worked as a team in overcoming that challenge.

Think about that term as you think about the Birmingham Track Club and your running. What makes runners such a tightknit group of people? Is it simply that we all own running shoes? Do we all get along because we like to see others in short shorts? Maybe we all bond because we simply like to sweat? The truth of the matter is that our esprit de corps is forged through our common running goals and the hardships we are willing to bear to reach them. We become close friends because facing the struggle of a hot and humid long run is easier with others by your side. When you step on a track with others for a workout, you become a member of a larger family, and together that workout is tackled. When we share a pre-dawn run no one wanted to get up for, we feel a kinship for the person next to us, not only for running with us, but for sharing in the trials and tribulations of that early morning test.

Yes, there is power in the pack. There is immense power in the BTC pack, a pack of runners more than 1200 strong.

This power can be witnessed every Saturday at the BTC Saturday morning long run and the Saturday morning moderate run. BTC Long Run Coordinator Monica Henley and BTC Moderate Run Coordinator Mark Criswell lead large groups of runners each Saturday in distances from 3 miles all the way up to 20 miles. On any given Saturday there may be as many as 200 runners who come out and share the roads together. These runners are not showing up because it is easy or convenient, they are coming out because they understand that achieving tough goals, such as training for a race, is much easier to accomplish when they are part of the BTC pack. If you were at the recent Saturday run that took place from Brookwood O'Henrys, you understand what I am talking about. Watching 150 runners trot off at one time was quite the sight to behold.

I receive constant feedback about how much the BTC Saturday runs are loved by all, well maybe not all the hills, but loved nonetheless! But there has been a consistent stream of constructive criticism coming in. This criticism has not about the Saturday runs, however. As a matter of fact, I cannot remember the last time I received an official complaint about the Saturday runs. No, these complaints are not about any run the BTC offers, but about runs the BTC DOES NOT offer.

The BTC takes care of our members' long run needs week in and week out. We organize and host BTC races. We throw fantastic socials. The BTC even throws a raging Year End Party. The one area we do not address, however, are weekday runs. That is all about to change!

I am excited to announce the launching of the BTC Weekday Run group! This group will provide three weekday runs from around the Birmingham area. There will be an official Facebook page for people to stay informed of the routes, meeting locations, and to let others know they will be attending. The formation of this group is in direct response to all of you who have inquired about why the BTC does not offer this service, and I want to thank you for your feedback. Our club is designed to serve our membership, and this is one more way we hope to achieve that goal.

I am excited about this next step for the BTC. Having the backing of the entire 1200 person Birmingham Track Club means that you can run safely as a group during the week. There will be coordinated events, and the group will provide several more opportunities for you to run with your favorite running friends.

There is power in the BTC pack. Esprit de corps!

The kickoff of the BTC Weekday Run group will be Monday, September 12th, so during the next week, make sure to check the BTC Facebook page, and look for an email from the BTC with more details about the group and how you can get involved.

You asked, we delivered.

Kindest Regards,

Alex Morrow
BTC President

BTC SOCIAL UPDATE

VULCAN COURSE PREVIEW RUN

Mark your calendar for the BTC's Vulcan Course Preview run! October 1

The BTC is moving downtown!

Join us for a fun social run with coffee and pastries to follow. Both the moderate and long run groups will run the Vulcan 10K course (with optional add-on miles) in lieu of the weekly run routes. This is a great opportunity to test your readiness for the Vulcan Run or to remind yourself that the little golf course hill isn't all THAT bad!

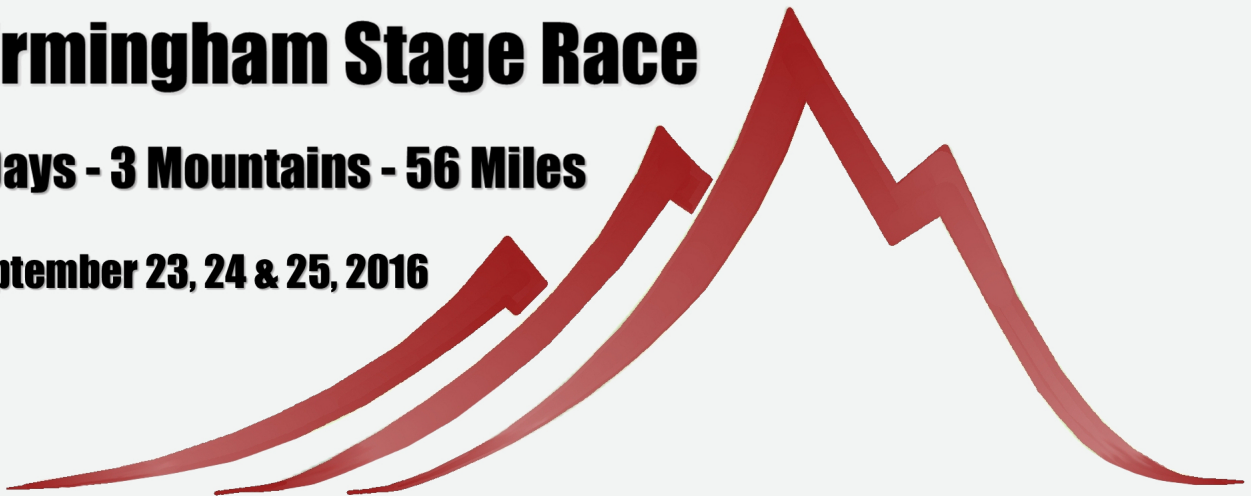
Stay tuned for details!



Birmingham Stage Race

3 Days - 3 Mountains - 56 Miles

September 23, 24 & 25, 2016



Stage 1 - Ruffner Mountain, Stage 2 - Red Mountain, Stage 3 - Oak Mtn State Park

or Run the Saturday-Sunday 2 Day Race (You may also run any single day)

Register on Ultrasignup.com with the BTC discount code "2016BTC-10" and save 10%

Details at SoutheasternTrailRuns.com

All races start at 8:00 AM

2016 Officers



President

Alex Morrow

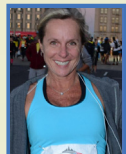
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Long Run Coordinator

Moderate Group Coordinator

Medical Director

Social Chair

Marketing/Social Media

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"The Vulcan Runner" Newsletter

Japan Exchange Program

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Trish Portuese

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Adam's Heart Run

Statue 2 Statue

Peavine Falls

Vulcan Run

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vulcan@birminghamtrackclub.com

BTC Mission Statement

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

Contact BTC at:

Birmingham Track Club

P.O. Box 530363

Birmingham, AL 35253

info@BirminghamTrackClub.com

Race Results

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

birminghamtrackclub.com

championship-racing.com



Find us on
Facebook



VULCAN RUN



★ BIRMINGHAM, AL ★

NOVEMBER 5TH, 2016

42ND ANNIVERSARY VULCAN RUN 10K
ALABAMA STATE 10KM CHAMPIONSHIP



WWW.VULCANRUN.COM

BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

Kelly Adams
Wendy Hassinger
Daniel Portwood
Harold Apolinsky
Gorman Jones
Paul Portwood
Christopher
Baggett
Shawn Jones
Jamey Ramsey
Beau Beard

Audrey Laird
Michelle Ramsey
Marshall Bee
Jeremy Maloney
Jessica Rodgers
Hank Brown
Craig Mathews
Lynn Roper
Laura Buckanan
Liza Mathews
Joey Rosser

John Charles
Skip Mathews
Deidra Sanders
Carol Coley
Alan Mathis
Joseph Sargent
Rayna Dyck
Kristin Mathis
Nathan Saturday
Tim Easterling
Robert Mcelroy

John Straka
Ronald Evans
Ashley Morris
Elana Swiney
Ryan Friery
Jim Nardecchia
Russell Williams
Erin Gallagher
Jeff Parmer
Lauren Wing
Noel Graham

Lauren Pelkey
Rebecca Yerby
Emily Haskew
Cathy Portwood
Thomas Yerby

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 or 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!



2016

MAGIC CITY

HALF MARATHON & 5K AND 1 MILE FUN RUN

START AND FINISH AT REGIONS FIELD IN DOWNTOWN BIRMINGHAM, AL
BENEFITS THE RUBEN STUDDARD FOUNDATION FOR THE ADVANCEMENT
OF CHILDREN IN THE MUSICAL ARTS



NOVEMBER 20 • 2016

THE MAGIC CITY HALF MARATHON & 5K AT BEAUTIFUL REGIONS FIELD

REGISTRATION IS NOW OPEN!



WWW.MAGICCITYRUN.COM

IT'S NOT YOUR MOTHER'S WORLD:

RUN SAFE AND SMART

By: Loren Traylor

It's 4:00 am and the alarm goes off. Time to wake-up and hit the road...wait, it's time to hit the road, waking up will take place sometime around mile two and three. For the past two years, my morning routine rarely varies. While most people wake-up with a cup of coffee, I wake up with a little run. I have found there is no better energy jolt than a six mile jaunt on the sunrise route through Mountain Brook with the possible addition of a Dexter loop. Fun times...safe times...or maybe not so safe.

I am a female runner and while I may rant at the unfairness of it all, the fact is: I am a female runner. As such, I have to take precautions to ensure my safety, despite my arrogant belief that nothing will happen to me and my friends' assertions that I'm too salty and would be thrown back on the road by any would-be attackers, the threat is real. In early August, two female runners, one in New York and the other in Massachusetts, were murdered while they were out running. The perpetrators have yet to be caught. It could happen here. It could happen anywhere.

And recently, this belief was reinforced. During a three-day span from August 5-8, two women were robbed in Mountain Brook, one in the parking lot of Whole Foods. I know robberies happen, just not to me. I know that snake bites happen and most likely to me. If I'm running on a trail, I am constantly alert for slithering snakes, not two legged snakes! I am constantly monitoring my surroundings and jumping over snakes disguised as sticks (ok, they usually are sticks, but still. . .) – the fact it, I am more careful on trails than I am on the dark streets of Birmingham and thus, I make myself more vulnerable to the real threats that face me.

According to crime statistics, one out of every six American women will be the victim of an attempted or completed rape in her lifetime...1 out of every 6! I run with five other women almost every morning -- a sobering statistic indeed.

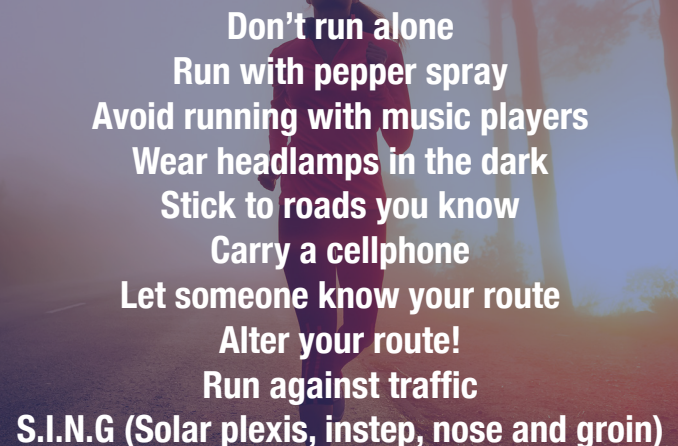
However, we can make ourselves safer by following a few common sense and simple rules. First, don't run alone—day or night. There are several different ways to find a running partner (or five), and the Birmingham Track Club is one great way to make a running match. There is almost always someone running from somewhere every morning or every evening. Make a connection with someone, and keep each other safe. Remember that old adage: there's safety in numbers.

Run with pepper spray. I know. I know. It's bulky. It's inconvenient. But it can save your life. Several companies now make runner's pepper spray that fits more easily in your hand. Some even have a whistle attached. Go online, go to one of the local running stores or call me...I have several cans that I will gladly share!

To be safe, you must be aware of your surroundings. Avoid running with music or with ear phones. I will admit that for years, music was the background to my thoughts on my runs. I did not know how anyone could run without it. However, I soon realized that nobody was watching out for me except for me, and I needed to be paying attention at all times!

Predictability breeds familiarity and vulnerability. Change your route! If you run the same route every day at the same time, you are making yourself a target. Vary the time, change up the mileage. Run the route backwards, forwards and upside down. Okay, maybe not upside down, but don't be afraid to change your surroundings. Aside from keeping you safer, varying your routine is good for your training.

Tips to Stay Safe



Don't run alone
Run with pepper spray
Avoid running with music players
Wear headlamps in the dark
Stick to roads you know
Carry a cellphone
Let someone know your route
Alter your route!
Run against traffic
S.I.N.G (Solar plexis, instep, nose and groin)

In addition, it is imperative that you let someone know the route you are running. I always think of this when I run in strange cities. In fact, while on a recent trip to Savannah, I had no option but to run alone. However, I made sure several friends knew the route I was running and my estimated time of completion. I also checked in with them when I was done so that they would know to alert someone if I did not respond in a timely manner.

IT'S NOT YOUR MOTHER'S WORLD: RUN SAFE AND SMART

Night time running poses additional dangers. I run mostly in the dark. In fact, my running tribe and I call ourselves vampire runners. To ensure our safety as best we can, we run with headlamps and someone always carries a phone. We make sure that if someone has to turn back, another runner goes back with her. We also stick to roads we know, especially in the dark.

It's not fair. But, as I tell my children all the time: Life isn't fair. I can run at 4:30 in the morning. I just need to be smart and honest about my vulnerability. It doesn't mean I am not a strong woman. It means I am a smart woman. And while men may not be as vulnerable as women, safety knows no boundaries – be smart, and be safe!



BTC Member Benefits Spotlight

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!

Athleta Discount for BTC Members! Our friends at Athleta are offering a special **25% discount to BTC members from September 15 – September 19.** They are also hosting a special shopping “happy hour” for BTC members on Friday, September 16 from 2-4 p.m. We hope to see you there!



ATHLETA

Don't forget to bring your BTC membership card or download it to your mobile device to receive the discount.

Don't Want to Miss Out? [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.

INSIDE THE RUNNER

CASE 9 - "A REAL GRIND"

By: Dean Thornton, MD



A middle-aged runner complains to his running partners that he feels a painful grinding sensation in his knee when running and when going up and down stairs. His friends look at each other knowingly and suggest that he see his doctor about this issue. The patient's physician is fairly confident of the diagnosis based on our runner's story and the physical exam but orders an MRI just to be sure nothing else is going on with the knee.

chondral defect (chondral = relating to cartilage). If such a defect involves the entire depth of the cartilage and the underlying bone, it is termed an osteochondral defect (osteochondral = relating to bone and cartilage).

DIAGNOSIS: Chondromalacia Patella

Anterior knee pain is a common ailment among runners. It is so common, in fact, that "runner's knee" is a colloquial term for anterior knee pain of various causes. The medical term for runner's knee is patellofemoral syndrome. Many of the causes of patellofemoral syndrome are attributable to biomechanical issues relating to the hips, thighs, and calves. One specific cause of patellofemoral syndrome is chondromalacia patella, a degenerative condition of the articular cartilage of the patella (kneecap) and often the corresponding femur (thighbone). Damage to the cartilage can occur as a result of acute trauma, chronic repetitive trauma, genetic predisposition, or a combination thereof. As the cartilage becomes thin or irregular, there is increased friction and inflammation resulting in pain and swelling. The symptoms are worsened by activities that involve bending the knee such as running, climbing stairs, or jumping.

Treatment of patellofemoral syndrome is targeted to the underlying cause. Symptoms of pain and swelling can be addressed with the tried and true R.I.C.E. therapy: Rest, Ice, Compression, and Elevation. Physical activity may have to be modified until the symptoms improve. Biomechanical abnormalities should be addressed with physical therapy, exercises, or orthotics. Severe or refractory cases may require surgical intervention.

Learn more about Patellofemoral Syndrome:

- [Patellofemoral Pain Syndrome](#) -- American Academy of Orthopaedic Surgeons
- [Knee Pain \(Chondromalacia Patella\)](#) Cleveland Clinic

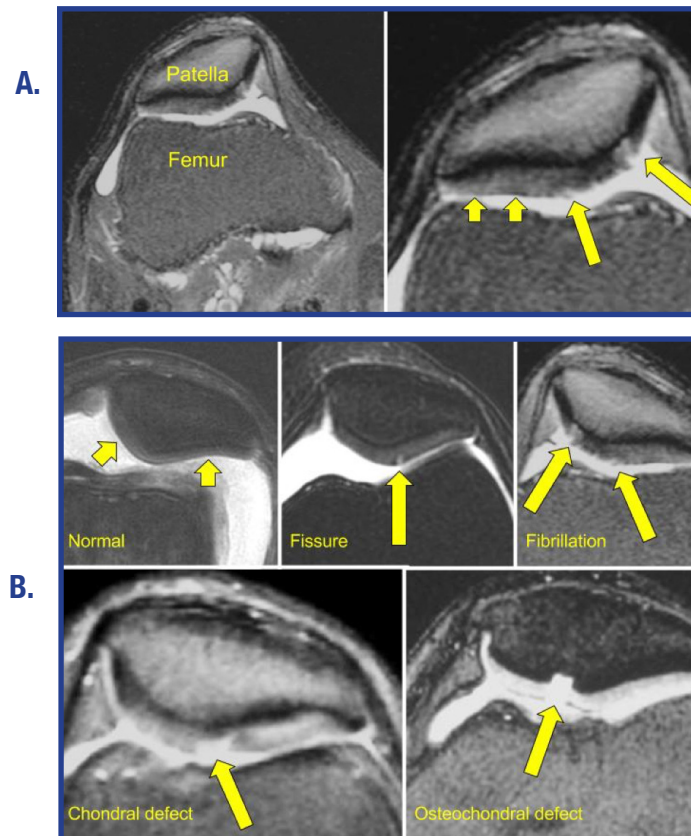


Image A is from our runner's knee MRI. The patella (kneecap) and femur (thighbone) are labeled. On the magnified view of the same image, the articular cartilage of the patella (arrows) is well seen as a gray strip along the undersurface of the patella. The normal articular cartilage (short arrows) is smooth and uniform. The abnormal articular cartilage (long arrows) is irregular with bright joint fluid extending into small cracks in the cartilage.

Image B demonstrates the spectrum of patellar articular cartilage abnormalities. Again, normal articular cartilage is smooth and intact. A linear crack in the cartilage is called a fissure. Note how a small amount of bright joint fluid extends into the crack. An area of superficial irregularity of the cartilage is called fibrillation. A localized piece of articular cartilage can become dislodged resulting in a

About Dean Thornton, MD

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

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

RECIPES

Recipes and images courtesy of www.endurancezone.com Visit Endurance Zone for a variety of recipes specially tailored for athletes, as well as meal planning tips and other information for the endurance athlete.

As many of you ramp up your long runs in preparation for fall race season, take advantage of the last crop of summer fresh corn with this delicious pasta recipe. This versatile recipe would be perfect for autumn with the addition of bacon, or it could be made vegan by substituting vegan parmesan, butter and eggless pasta.

LINGUINI PASTA WITH CORN, PARMESAN AND BASIL

Prep time: 5 minutes • Cook time: 10 minutes • Serves: 2-3

Ingredients

1 9-ounce package of fresh linguini
2 ears of corn
½ small Vidalia onion, or ½ cup chopped
2 tablespoons butter
¼ cup fresh parmesan cheese
1 teaspoon red chili flakes
1 teaspoon fresh lemon juice
Basil
Salt

Instructions

1. Start a pot of water for boiling and heat a skillet to medium heat.
2. While the pot and skillet are heating, chop the onion and take the corn off the cob. Place in skillet with 1 tablespoon of butter and add a pinch of salt. Sauté for 3-4 minutes, until onions become translucent.
3. While the vegetables are sautéing, add salt to the boiling water and then add pasta. Cook 3-4 minutes, until pasta is al dente.
4. If the vegetables are cooked before the pasta is ready, turn off the heat and place ½ of the mixture in a food processor (an immersion blender also works well).
5. Once the pasta is cooked, drain, reserving 1 cup of the cooking water. Place ½ cup of the water in the food processor with the corn/onion mixture and puree for a few seconds. Turn the skillet back up to medium heat, and return the pureed mixture to the skillet with the corn. Add in the butter, parmesan cheese and red chili flakes. Once the butter is melted, add in the pasta. Mix until incorporated. Finish with a dash of freshly squeezed lemon juice and chopped fresh basil.

Nutrition information (per serving):

Calories: 317
Fat: 10g
Carbs: 47g
Fiber: 1.5g
Sugar: 4.5g
Protein: 12g



My family loves mangos, so we always have a bag ready for smoothies. This recipe contains coconut water and turmeric, both of which are excellent for aiding recovery after a long run, as well as the all-important post-workout protein.

MANGO & BANANA TURMERIC RECOVERY SMOOTHIE

Prep time: 3 minutes • Cook time: 3 minutes • Serves: 2

Ingredients

1 10-ounce container of coconut water
1 ripe mango or 2 cups frozen mango
1 large banana
1 scoop vanilla protein powder
2 tablespoons honey (can omit if you like less sweetness)
1 tablespoon turmeric
1 cup ice (can omit when using frozen mango)

Instructions

1. Cut the mango if using fresh fruit; place all ingredients in a blender and blend on high until all ice is crushed.

Nutrition information (per serving):

Calories: 310
Fat: 1g
Carbs: 25g
Fiber: 8g
Sugar: 53g
Protein: 11.5g



The Endless Mile

12, 24 & 48 Hour Run & Relay
Oct 21 - 23, Veteran's Park, Alabaster



Run Solo or Build a Relay Team

Most of us know about those relay races, like Ragnars, that have become so popular in the Western US. Finishing one of those events, covering as much as 200 miles over two days and a night is quite an accomplishment, but the real allure of these races is not the distance covered it's the experience. A team of 4 to 16 runners all working together, night and day, encouraging each other, pushing each other, struggling together and succeeding together as a team, that's the unforgettable experience of these relays. You accomplish what no individual team member could ever do alone. That's what makes the relays such an incredible experience. Many of us would love to try one, but if you are like me, spending thousands of dollars in travel expenses, registration fees, vehicle rental fees and other expenses just isn't practical. Well, the Endless Mile Relay is a chance to find out what it's all about for less than the entry fee of a marathon. And the best part, the race takes place right here in the B'ham area.

Details at SoutheasternTrailRuns.com

Register at Ultr Signup.com - Use discount code "2016BTC-10"

COMMUNITY CORNER

By: Jennifer Andress, BTC Past President

Greetings, BTC! I do not have any roadway news for you this month, but I do have a quick announcement, and should have much more news for you as the fall progresses.

In my July column, I reported on several upcoming sidewalk projects in the Homewood area. That reporting came from a conversation I had with Homewood City Councilman from Ward 4, Alex Wyatt. The night before our sons left for summer camp, Councilman Ward's wife invited several mothers over for a send-off dinner. As I stood in the Wyatts' kitchen talking for an hour about sidewalks, it hit me like a ton of bricks: I want to be involved in these decisions, not just report on them like I have done for the past year and a half.

I decided then to run for City Council from my Ward, Ward 5. Homewood just held its municipal election yesterday, and if you are my friend on Facebook, then you know I won my race. My platform was first and foremost sidewalks, a pedestrian bridge over Highway 280 at Hollywood Boulevard, and safer passages on Lakeshore Parkway from our neighborhood (Windsor Drive to Rumson Road), and over Highway 31 from the Spanish side of our neighborhood (Ventura).

I am honored and humbled about being elected to serve, and I will be sworn in this November for a four-year term. And then I can report to you from the trenches themselves!

A wonderful thing also occurred while I was out campaigning in Hollywood. I met a very nice couple walking their dog, and we began to talk. It turns out I was talking with none other than Melinda Underwood, who was the first female President of the BTC way back in 1981! We have spoken and emailed several times since, and I am thrilled to report she is willing to be interviewed for the next issue of The Vulcan Runner. She has quite a story, and I can't wait to bring it to you. Stay tuned, and we will catch up next month!

The first project will connect Pelham High School to Highway 31, with sidewalks along Bearden Road. The City of Pelham is already working on moving utility pipes, and bidding for the project went out last month.

According to ABC 33/40, Pelham Council President Rick Hayes says the goal of the sidewalk project is to increase safety. He says the school's cross-country team has run along the road for years. "There was a bad accident in August of 2011 where [a student] was hit and nearly killed," said Hayes. "It was just a very tragic situation. He has recovered. But it just highlighted how dangerous the road had become and still is today."

Councilman Hayes says he expects construction to take about two months. I will follow up with Councilman Hayes before next month's column for an update.

The sidewalk will connect with a second project, which also is underway. A trail will be built along Bishop Creek, which travels parallel to Highway 31. It will end at Oak Mountain State Park.

ABC 33/40 quotes Councilman Hayes: "It's much more about added transportation opportunities where you don't have to get in your car to go from many of our neighborhoods to get to the city park, to get to our future rec center, to get to the middle school."

The city is waiting for AL-DOT to approve some contracts, and it has named an engineer to get started on the project. Councilman Hayes said he hopes the City can break ground on the trail in the next three to four months. It is very exciting for our communities to recognize the need for walkability and safety!

Stay cool and hydrated this summer, and I look forward to keeping you updated on these ongoing projects!





The BTC Triple Crown Challenge is Back and Better Than Ever!

This year, we will take on the Hartselle Half Marathon on September 17th, followed by the UCP Life Without Limits Half Marathon in Florence, AL on October 29th. We will cap off the series with our traditional final race, the Magic City Half Marathon on November 20th.

Stayed tuned for Triple Crown registration details, which are coming soon! As a reminder, you must [REGISTER](#) for the Triple Crown Challenge first, after which you will receive discount codes to register individually for the three races.

Remember: The Triple Crown Challenge is open to BTC members only, so join now if you want to participate in the challenge! [JOIN NOW](#)

Participants will receive a 10% discount on the following races:

- Hartselle Half Marathon in Hartselle, AL -on September 17th. [REGISTER](#)
- United Cerebral Palsy Life Without Limits Half Marathon in Florence, AL on October 29th. [REGISTER](#)
- Magic City Half Marathon in Birmingham, AL on November 20th. [REGISTER](#)

[CLICK HERE](#) To Sign up for The Triple Crown Challenge



VOLUNTEER VIBES

#WEHEARTOURVOLUNTEERS

BTC water stop volunteers at the Retro Run



A shout out to all of our volunteers who helped with the Peavine Falls run on July 4th – it was a great event! The winner of the volunteer gift card from Peavine was Amber Whillock – congratulations, and thanks for your service Amber! Our volunteers are well on their way to earning some BTC bucks!

The BTC volunteers also provided a rockin' water stop at the Retro Run in late July – thanks for all you did to make our water stop the BEST on the course!

Next up: Volunteer for the Vulcan Run on November 5th. The Vulcan Run is one of the BTC's signature races, so we will need lots of assistance. Volunteer opportunities will be available for packet pick up, registration, finish line assistance and much more. Be on the lookout for the call for volunteers, or [reach out to Kim Benner, BTC Volunteer Coordinator](#), for more information.

BTC volunteers Jamie Tremble and Stephanie Cliett demonstrate the latest in water stop technology at the Retro Run



ST. JUDE 5K

WALK/RUN TO END CHILDHOOD CANCER

Sep. 24th

RAILROAD PARK

\$20 for Chipped Run

\$10 for Walkers

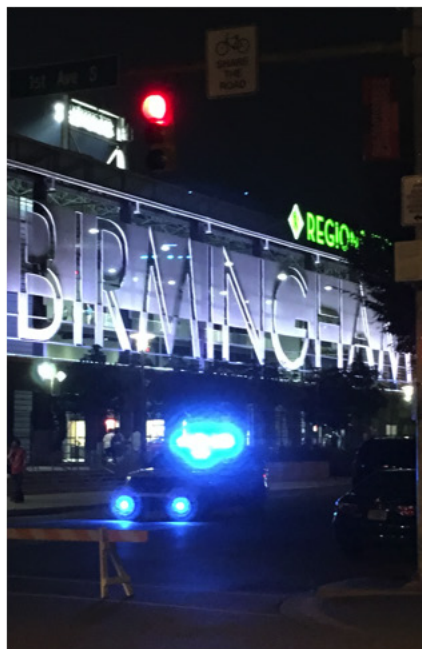
REGISTER at

www.stjude.org/walkrun

Birmingham Track Club members use promo code: BTC16

BTC *Barons* SOCIAL

The BTC Barons social was a big hit (and yes, that pun was intended)! The Third Base Patio provided a great place to congregate and catch some shade while we watched the game with BTC friends and family.



RRCA UPDATE

By: Alex Morrow, BTC President and RRCA State Representative



insurance. The BTC has long been a member and supporter of RRCA, with many of our events receiving RRCA certification and endorsement (including the upcoming Vulcan Run, which has been the RRCA Alabama State Championship 10k race many times and was once the RRCA national championship race).

At the core of its purpose, RRCA brings runners together. The BTC recently was honored by *Runners World* magazine, which

The Road Runners Club of America, or "RRCA" as most of us refer to it, was established in 1958 to champion the sport of long distance running by bringing together runners. Race officials, coaches and others with an interest in distance running. Fast forward to the present, and RRCA proudly represents the interests of over 1,000 running clubs and events across the nation, in addition to governance guidelines and running club and event

recognized the "Southern hospitality" and support local businesses and residents give to our members. On any given Saturday, the BTC's Long and Moderate Run Coordinators (thank you, **Monica Henley, Joseph Dease and Mark Criswell!**) welcome close to 100 runners – with coordinated water stops, routes targeted to marathon, half marathon and shorter distances and even pace group leaders on occasion, these groups make training for distance races more enjoyable and safer than training alone.

The BTC welcomes members, non-members and visiting runners alike to our weekly runs. If you've not yet joined us for a run, please do so! Good times are guaranteed, and our "Southern hospitality" will make you feel welcome!

[Read the *Runners World* article here](#), and be proud to be part of the BTC and its legacy of supporting local runners!

Happy running, friends!

Saturday Morning Moderate Runs

**Find us on FB or email Mark Criswell
at deltayw@gmail.com
for more information**

JOIN US!



1200 MILE CLUB

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

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

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Alexander, S Rheagan	1	729	Clowers, Addison	1	1,143	Glass, Rodney	R	0
Anderson, Kerri	R	553	Coker, Leslie	1	680	Goeb, Laura	R	443
Arnold, Brad	R	445	Collins, Helen	R	706	Goode, Johnny	6	1,173
Austin, Andrea	R	1,034	Collins, Nathan	R	189	Goolsby, John	3	572
Baggett, Christopher	R	715	Colpack, Chris	1	405	Gould, Izzy	R	881
Bahr, Ashley	R	592	Corrie, David	R	1,079	Grabarczyk, Doug	R	0
Bahr, Jeff	R	458	Cowart, Britney	R	603	Grabeldinger, Nikki	1	465
Bailey, Leslie	2	719	Cox, Damon	2	820	Gullapalli, Satya	2	952
Baker, Mark	1	0	Crackel, Caroline	R	690	Hackney, Lindsay	R	274
Ballard, Hunter	R	0	Crain, Teresa	1	707	Hake, Philip	R	847
Ballard, William	5	165	Crawford, Allen	R	439	Haley, Jay	R	705
Barganier, LaShaunda	R	258	Crawford, Kimberly	R	830	Hall, Matthew	R	847
Barnes, Jimmie	1	956	Crowson, Bill	R	825	Halperin, Caitlin	R	260
Bartee, Samm	R	811	Crunk, Emmagene	R	405	Halperin, Dave	3	1,436
Bartlett, Kari	1	0	Darville, Nathaniel	1	1,201	Hansen-Turnbull, Sabrina	R	0
Bass, Andy	R	787	Davis, LaJuana	R	0	Haralson, Danny	7	752
Belcher, Michelle	3	730	Davis, Sarina	R	107	Haralson, Micki	8	821
Benner, Kim	3	856	Dawson, Ashley	3	1,265	Harbison, Brookie	R	744
Bissell, Kim	1	738	Dease, Joseph	R	838	Hargrave, Alan	8	851
Black, Dylan	1	361	Dease, Katherine	1	607	Harrelson, Heather	2	703
Blain, Allan	R	503	DeBardleben, Anne	1	875	Harris, Ashley	R	573
Boackle, Larry	R	806	Dell'Italia, Pat	1	569	Harris, Vickie	1	0
Boackle, Tomie Ann	R	637	Denton, Matt	3	1,019	Harrison, Lisa	4	876
Bonatz, Ekkehard	8	1,686	DiMicco, Al	3	569	Haslem, Jerri	R	695
Booher, Lisa	4	1,175	Dix, Katie	R	0	Hathorne, Chad	R	441
Bowman, Brian	R	594	Doran, Stan	R	778	Havicus, Cari	1	753
Bowman, Leisha	R	225	Duke, Cindy	R	776	Hayden, Brittany	R	0
Bridwell, Hunter	R	253	Dunnaway, Roberta	R	659	Hayes, Debbie	2	1,026
Bromstad, Murray	R	936	Easterling, Natalie	1	0	Haynes, Christopher	R	0
Brown, Charlie	4	746	Eaton, Ellen	R	0	Heaton, Bryan	2	436
Brown, Michael	2	833	Edge, John	1	593	Henley, Meghan	R	865
Brown, Sean	2	525	Ellison, Jennifer	R	484	Henley, Monica	2	615
Bryant, David	2	930	Elrod, Stacey	1	379	Henninger, Alison	1	667
Burns, Carley	R	428	Estes, Jeff	1	399	Hickerson, Patrick	4	447
Busby, Madeline	1	722	Evans, Debbie	2	865	Hill, Susan	2	660
Callahan, Rachel	1	911	Farmer, Austin	R	813	Hill, Tucker	1	691
Carey, Christopher	2	1,047	Feller, Beth	2	853	Hogeland, Angie	R	803
Carlton, Bob	1	684	Fields, Barbara	R	0	Holmes, Chris	R	588
Caruana, Joseph	R	819	Fleming, Juandolyn	R	43	Hoover, Alison	4	502
Casey, Barry	2	177	Fontenot, Misty	R	375	Horton, Kate	R	0
Cesar, Katie	R	399	Foust, Hannah	R	466	House, Beth	3	728
Chadha, Jennifer	R	688	Franklin, Shane	4	750	Housler, Philip	1	391
Chandler, Teresa	6	872	Frederick, Winston	7	1,157	Hudson, Temeka	R	243
Chiesa, Marco	R	0	Fuller, Lisa	R	0	Hunt, Leslie	1	725
Christian, Alan	R	132	Funk, Robert	R	0	Hyatt, Micheal	1	718
Clarkson, Roy	R	672	Gann, Michael	4	1,047	Ingle, Brandon	R	158
Clay, Brad	9	1,663	George, Meredith	R	152	Ingram, Joseph	3	716
Clayton, Jennifer	R	0	German, Brandon	R	661	Izard, Georgia	1	669
Clayton, Yocunda	1	663	Gibbs, Shirley	R	805	Izard, Melody	1	741
Clemons, Sam	R	721	Gibson, Darrell	2	495	Jackson, Kristin	R	534
Cliett, Stephanie	2	1,370	Gilbert, John	1	0	Jarrad, Jeremiah	R	0

1200 MILE CLUB

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

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Jefferson, Tracy B.	R	684	Morris, Justin	2	734	Sheppard, Marci	R	0
Jenkins, Kaki	2	940	Morris, Phil	R	607	Shinn, Ronald	5	527
Jenkins, Mike	1	234	Morrow, Abigail	R	169	Shirley, Scott	2	984
Joe, Heather	R	982	Morrow, Alex	6	1,296	Sides, Dean	1	731
Johnson, Aimee	R	0	Moss, Denise	R	455	Silwal, Suman	5	515
Johnson, Gerald	R	661	Mote, Darrell	R	798	Simpson, Kevin	3	1,981
Jones, Elizabeth	R	0	Murchison, Reginald	3	1,351	Sims, Cecelia	R	466
Jones, Ira	3	382	Nagy, Lisa	R	615	Sims, Chris	R	0
Jones, Kat	R	581	Neaves, David	R	0	Sims, Robert	2	941
Jordan, Shane	R	407	Northern, Kristie	6	800	Sloane, Mike	1	700
Kane, Brandon	1	775	O'Barr, Alexandra	R	0	Smith, Jerry P.	R	689
Katzman, Justin	R	226	Oliver, Greg	3	1,203	Snow, Sheri	R	922
Kearley, Christy	R	658	Oliver, John	1	948	Stephens, Jeff	R	751
Kearley, Stephen	R	799	Olsen, David	R	1,074	Stockton, Rick	8	770
Keefer, Herb	R	448	Orihuela, Carlos	R	697	Stokes, Beth	R	0
Kelley, Robin	2	948	Osborn, Stef	R	0	Straka, John	R	0
Kemper, Tricia	1	949	Oser, Rachel	R	0	Swagler, Susan	R	0
Kendrick, Tom	R	509	Paradiso, Michelle	R	766	Sweatt, Jason	R	0
Knight, Diane	1	659	Parks, Charlie	2	761	Talley, Beau	3	951
Knight, Kristen	1	474	Pate, Lisa-Marie	R	215	Tankersley, Helen	R	833
Kuhn, Jimmy	8	784	Patlolla, Sandeep	R	0	Taylor, Trey	1	63
Kulp, Loren	R	757	Patterson, Carrie	2	770	Thomas, Eric	4	1,423
Laird, Audrey	1	849	Paulk, Benjamin	R	686	Thornton, Dean	4	1,058
Langston, Aaron	1	565	Payson, Tabitha	R	429	Trimble, Jamie	1	968
Langston, Richard	4	668	Payson, Tommy	R	633	Tse, Freddy	R	254
Lankford, Frank	R	0	Peagler, Shana	4	683	Turnbull, Richard	R	0
Lee, Koren	R	245	Pearce, Julie	5	341	Tyler, Kim	R	426
Lee, Shilonqua	1	786	Pearson, Blake	3	1,539	Varnes, Vickie	2	966
Leopard, Don	1	375	Pearson, Mary Scott	1	1,021	Walker-Journey, Jennifer	1	831
Lester, Treva	R	369	Penley, Steve	R	454	Walker, Caroline	R	654
Lockett, Janet	R	77	Peters, Scott	1	366	Walker, Susan	R	665
Longoria, Joseph	3	760	Plante, David	3	808	Wall, Ron	3	490
Loo, Judy	2	185	Portwood, Paul	1	764	Warren, Tom	1	733
Love, Thomas	1	235	Qualls, Wayne	R	338	Watkins, Janet	R	476
Lowrey, Natalie	R	0	Ralph, Meghan	1	657	Watters, Robert	1	1,027
Lupinacci, Timothy	R	0	Renn, Deanna	R	792	Weber, Amy	1	625
Lyle, Randy	7	1,016	Richardson, William	1	1,178	Wells, Bradley	R	911
Lyles, Chris	1	622	Roberson, Kevin	2	577	Wende, Adam	1	710
Lyles, Kimberley	R	0	Roberts, Fletcher	1	992	West, Anja	R	350
Maha, Michele	R	839	Robinson, Niki	R	254	White, Robin	R	266
Malick, David	2	837	Rocha, Roger	2	718	Whitt, Trey	3	920
Mason, Erin	R	0	Rodgers, Jessica	R	0	Wilhite, Thomas	R	899
Mathews, Craig	R	586	Rodriguez, Angie	1	847	Williams, Avis	R	607
Mathews, Liza	R	600	Rogers, Tammy	R	1,181	Williams, David	R	588
Mattrella, Cheryl	R	0	Roper, Lynn	R	603	Williams, Shanada	R	151
Maughan, Kevin	1	621	Rose, Billy	1	1,029	Williamson, Chad	2	755
McConnell, Kim	1	664	Routman, Cynthia	1	311	Wilson, Julie	R	697
McCullough, Matthew	R	542	Rowell, Tynisia	R	0	Windle, Dale	1	1,047
McNair, Kelly	2	1,151	Rutherford, Keith	8	905	Wiseman, Steve	1	851
McTune, Mark	4	1,217	Rutledge, Lisa	1	765	Wood, Scott	R	764
McVey, Simon	1	942	Ryan, Meaghan	R	719	Woody, Bill	7	1,067
McWilliams, Matthew	R	155	Sallin, Bracken	R	703	Wright, Amy	R	1,139
Merry, Vicki Sue	4	1,333	Sawyer, Gretchen	R	0	Wu, Xing	6	1,138

SHOW US YOUR BTC GEAR

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



BTC and BUTS members at the top of Wayah Bald observation tower in North Carolina



Dean Sides at Upper Granite Canyon, Wyoming



BTC and BUTS members in Washington, D.C., en route to the Vermont 100 race



BTC members were out in full force at July's Retro Run



SHOW US YOUR BTC GEAR

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



Dean Sides at the top of Paintbrush Divide, Grand Teton National Park, Wyoming



Get BTC gear, have instant friends!



John Andress at the Georgia Aquarium



Julie Pearce in Bermuda

SHOW US YOUR BTC GEAR

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



Tabitha Payson in San Diego, California



Ronald Shinn near Mont
Blanc and the town of
Chamonix in France



Kim Benner in Guaranda, Ecuador



Tabitha And Tommy Payson represented in
La Jolla, California



Want to Write for The Vulcan Runner?

Love to write? Take great photographs? Or just want a fun way to get involved with the BTC?
Then join us!

As the monthly publication of the BTC, The Vulcan Runner strives to provide useful and entertaining content each month. But we need YOUR help to make that happen!

You don't need formal training or a degree in journalism – just an attention to detail (and deadlines) and a desire to help us continue to put out a great publication! Writers, photographers and those with an interest in ad sales are needed. Not sure how you can help but want to learn more? We will find a place for you!

[Contact Julie Pearce](#) for more information or to volunteer.

NEW BTC Merchandise

New for spring and summer we have Nike tanks for women in pink and purple with our BTC “Where Runners are Forged” slogan on the back. These are \$40 each. We also have Next Level mint green and lilac tanks for women. These tanks are super soft and are also a great bargain at just \$15 each. For men, we have a men's cut Next Level t-shirt in kelly green, which also sells for \$15 each. These shirts also include our “Where Runners are Forged” slogan on the back. All shirts are available in sizes small through extra-large and fit true to size.

For our 1200 Mile Club members, we have new 1200 mile club shirts available for men and women. These Brooks podium shirts are \$25 each and come in red, gray, blue and neon green for men and gray, navy and pink for women. All shirts are available in sizes small through extra-large (Brooks shirts tend to run a little small in the women's style).

Stock up on your BTC gear at the next BTC social event, or [email us](#) to purchase!

Men's



Women's



Feets of Strength

Although we've collectively suffered through the heat and humidity of summer, some of our fellow BTC members have been knocking out PR's, tackling new distances, and generally just putting the "A" in awesome this summer!

First up is **Melody Izard**. Melody tackled the Hotter 'n Hell Trail race on what (literally) was one of the hottest days of summer. She completed the nine mile distance, winning her age group along the way. Way to go, Melody!

Perhaps looking for a way to beat the heat, **Jimmy Harrison** completed the Capitol of Dreams triathlon in Montgomery, finishing first in his age group. Congratulations, Jimmy!

Stephanie Cliett may have discovered the secret to cooler temperatures – run at night! Stephanie finished the Loonies Midnight Marathon in Livingston, Tennessee with a shiny new PR. Congratulations, Stephanie!

Celebrating his first age place group win is **Tommy Payson**, who placed second in his age group at the Run for One 5K. Here's to many more, Tommy!

And last but certainly not least, a group of BTC and BUTS members recently traveled to the Northeast to run the Vermont 100 Endurance Race, one of the original 100 mile races in the United States. Big congratulations to **Lisa Booher, Tony Fiore, Sally Mander and Susanne Moore** who completed their first 100 milers! And a very special congratulations to Sally, who also gained a proposal and a new fiancé at the end of the race – that's a win for sure!

Let us know if you have a "feet" of strength to celebrate

(remember it's not bragging if we brag for you!) We love to celebrate your victories and accomplishments with you! Here's to many more miles and smiles along the way!



Jimmy Harrison
Capitol of Dreams AG award



Vermont 100 crew



Melody Izard
AG finisher,
Hotter than Hell Trail Run



Tommy Payson
AG award, Run for One



Stephanie Cliett (center)
Loonies Marathon PR

Attendance:

Alex Morrow, Monica Henley, Darrell Gibson, Kim Benner, Alan Hargrave, Addison Clowers

Minutes:

- The meeting was called to order at 6:06 PM at the Treehouse Room of the Vestavia Hills Library.
- The minutes of the July board meeting were unanimously approved.
- Membership is about 1,151. We are down about 100 members. Consideration needs to be given to providing membership at all events.
- There is a hard deadline, August 19, for The Vulcan Runner. Please provide submissions ASAP. There is still an opportunity for feature articles.
- Ms. Henley provided a financial update. We have profited off all races YTD, garnering \$3,900 from Peavine. The Baron's game this year did not have as high of attendance of the past year, although the space and catering were tremendously improved. It appears that a number of folks were out of town. Overall club balances are down due to some increase in expenses over last year. Total assets are around \$46,000 with significant expenses upcoming for Vulcan. The club has received several donations through RunSignUp.
- Saturday Long Run will feature a Vulcan Preview on October 1. Winners from the water stop gift cards were: Amy Wright and Stephanie Cliett.
- Registration for Vulcan is open.
- Triple Crown Challenge is being modified somewhat out of concern for the BTC runners. It appears that the management of the Half Full are not as organized as we would like. We will, instead, support Life Without Limits in Florence on 10/29/16. It is the same day so there should be no impact to training. Discounts will only be available to members who sign up for the Triple Crown.
- Marketing Chair is open. For those who are interested, please contact president@birminghamtrackclub.com.
- Retro Run waterstop was a tremendous amount of fun. We need to continue to encourage folks to volunteer when opportunities arise.
- There will be opportunities for canines to join the 1200 Mile Club in 2017. More information to come. Addison Clowers, the chair of the 1200 Mile Club, will be providing homemade ice cream in the near future. Details will be forthcoming.
- The next meeting is September 12, 2016.



BTC Membership application

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

First Name:

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Last Name:

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Street:

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City:

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State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

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

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

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

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

Initial:

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

Signature

Date

Mail this signed application and a signed check to:

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

UPCOMING EVENTS

Event	Date	Time
BTC Saturday Long and Moderate Run Groups	September 10, 2016	6:00 a.m.
9/11 Heroes Run 5K and 1 mile Fun Run/Walk (Athens)	September 10, 2016	7:00 a.m.
Run for the Cause 5K and 1 mile Fun Run	September 10, 2016	8:00 a.m.
Give Kids the World 5K	September 10, 2016	8:00 a.m.
Harper's Heart Run 5K	September 10, 2016	8:00 a.m.
Ross Bridge 8K and Health Expo	September 10, 2016	8:00 a.m.
Monkey C Monkey Run 5K	September 10, 2016	8:00 a.m.
Miles for Smiles 5K and 1 mile Fun Run	September 10, 2016	8:30 a.m.
BTC Board Meeting (Vestavia Hills Library)	September 12, 2016	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	September 17, 2016	6:00 a.m.
Hartselle Half Marathon (BTC Triple Crown Race #1)	September 17, 2016	7:00 a.m.
XTERRA Alabama Gadsden 15K/8L Trail Run	September 17, 2016	8:00 a.m.
Zombie Run 5K	September 17, 2016	10:00 a.m.
Autumn Equinox Ultra – 32/16 mile races	September 18, 2016	6:30 a.m.
Birmingham Mountain Stage Race, part 1 (56 miles)	September 23, 2016	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 24, 2016	6:00 a.m.
Birmingham Mountain Stage Race, part 2 (58 miles)	September 24, 2016	8:00 a.m.
Head Over Teal 5K/10K and 1 mile Fun Run/Walk	September 24, 2016	8:00 a.m.
St. Jude Walk/Run to End Childhood Cancer	September 24, 2016	8:30 a.m.
Birmingham Mountain Stage Race, part 3 (58 miles)	September 25, 2016	8:00 a.m.
Corporate 5K	September 29, 2016	7:00 p.m.
BTC Saturday Long and Moderate Run Groups	October 1, 2016	6:00 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.