



BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED



USATRACK & FIELD

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December 2016

12

Miles Across the Amazon for Autism

By: Susanne Patterson Moore



**"THE GREATEST DANGER FOR
MOST OF US LIES NOT IN
SETTING OUR AIM TOO HIGH
AND FALLING SHORT; BUT IN
SETTING OUR AIM TOO LOW,
AND ACHIEVING OUR MARK."**

- MICHELANGELO

► **MILES ACROSS THE AMAZON**
2

► **COMMUNITY CORNER**
14

► **PRESIDENT'S ADDRESS**
4

► **RRCA UPDATE**
18

► **MEDICATION AND MILES**
12

► **1200 MILE CLUB**
19

MILES ACROSS THE AMAZON FOR AUTISM

MILES ACROSS THE AMAZON FOR AUTISM SUSANNE PATTERSON MOORE AND KATHLEEN HAMRICK RECENTLY COMPLETED THE 2016 JUNGLE MARATHON – A BIT OF A MISNOMER CONSIDERING THE SIX STAGE RACE COVERED A TOTAL OF 157 MILES THROUGH THE AMAZON JUNGLE IN BRAZIL. SUSANNE AND KATHLEEN WERE TWO OF ONLY THREE AMERICANS TO COMPETE IN THE RACE. SUSANNE'S EFFORTS RAISED OVER \$10,000 FOR BIRMINGHAM BASED NONPROFIT, KULTURECITY, WHICH PROMOTES THE ACCEPTANCE AND INCLUSION OF CHILDREN WITH AUTISM. KULTURECITY WAS FOUNDED BY BTC MEMBER DR. MICHELLE MAHA AND HER HUSBAND, DR. JULIAN MAHA. RECOGNIZING THE POWER OF MERGING PHYSICAL FITNESS AND PHILANTHROPY, MICHELLE AND KULTURECITY SUPPORTER, NFL LEGEND TIKI BARBER, CREATED KCFIT TO PROMOTE ACCEPTANCE FOR ALL SPECIAL NEEDS CHILDREN AND TO RAISE FUNDS FOR THE KULTURECITY LIFEBOOKS PROGRAM. LEARN MORE ABOUT KULTURECITY [HERE](#), OR DONATE TO SUSANNE'S FUNDRAISING EFFORTS [HERE](#).

In all its beautiful brutality, it is done. The Jungle Marathon is much more a test of survival than running, and it is this that created the strongest of emotional bonds among the competitors.



A typical day began with us setting out into the jungle before dawn, with our mandatory 2.5 L of water and our 20+ pound backpacks. Although the jungle “trail” was well marked with ribbons, it was beyond challenging to move with any sort of speed, while trying not to roll an ankle on the extremely wild terrain. Running, while simultaneously watching for snakes, scorpions and wasps. Listening intently for wild hogs, falling trees and jaguars while crawling, climbing and trudging through, over, under and around the dense vegetation. At times we were so focused on ascending or descending steep, technical trails, we would lose track of the marker flags and miss a cutoff, requiring us to backtrack and search through the jungle for the course. We would breathlessly summit an “all fours” climb only to look down a long descent so treacherously steep we had no idea how to safely traverse it with the unwieldy weight of the backpack. I cursed my way down

more descents than ascents...they were that hard. We rolled out of descents into arm span wide swamp canals, trudging slowly through thigh deep mud and stagnate water, knowing we were almost certainly sharing this space with snakes and poisonous frogs. Swimming across wide murky rivers with unknown inhabitants was a daily occurrence.

At times we would come to what seemed a dead end. We'd shake our heads, fan out and crawl through thorny underbrush to find a path again. Always in the back of our mind we were calculating distance, miles and our water and electrolyte consumption. Although we were given approximate distances, it was never accurate and nearly impossible to calculate in terms of time. A 5k in the jungle could mean 2 hours or it could mean 3-4 hours, depending on the terrain. A missed turn could mean 5 or more extra hours. In 100+ degree heat, high 90's humidity and extreme exertion, water rationing analysis becomes critical.

Because of the variation in everyone's paces and the small field of runners, I often was alone for hours at a time. If lost, there was no way to summon help. If you needed help, even if you were to make it out of the jungle and find one of the scattered huts on dirt roads, no one in this remote rural region spoke English. If you were bitten by a snake or broke a leg, it could be hours before the next runner found you. If they found you, it could be hours before they could make it to the next checkpoint to summon help. The race directors and medics at base camp had no way of tracking or communicating with us, other than by word of mouth from other runners or checkpoints.

For those who began to have huge severe blisters (almost everyone due to constantly wet feet and extreme terrain), every unsteady step on a rock, rolling branch or steep incline meant the skin tearing further from their feet. Spiky, thorny, hidden vines constantly ripped and slashed at our ankles, arms and legs. (Side note: until you hear profanity and prayers in 10 different languages you have not really lived.) Ascents and descents with blisters

MILES ACROSS THE AMAZON FOR AUTISM

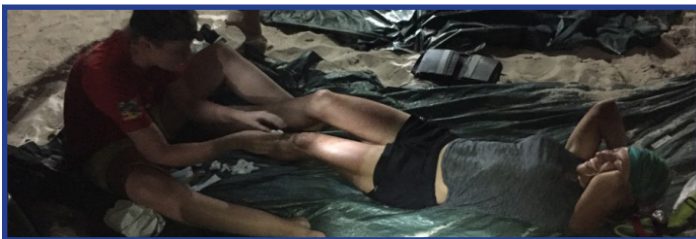
For those who began to have huge severe blisters (almost everyone due to constantly wet feet and extreme terrain), every unsteady step on a rock, rolling branch or steep incline meant the skin tearing further from their feet. Spiky, thorny, hidden vines constantly ripped and slashed at our ankles, arms and legs. (Side note: until you hear profanity and prayers in 10 different languages you have not really lived.) Ascents and descents with blisters became living hell. It was easy to become so focused on the trail that we would forget to take in the regular doses of electrolytes.



Confusion, weakness and hallucination are serious problems in a setting where heightened awareness is the difference between life and death.

At times, we emerged onto a dirt road, grateful to finally be on "safe" ground, only to then be battered by the deadly full exposure of the equatorial sun. My New Zealand friend Sue and I jogged along quietly for hours, slowly melting, listening to the snakes and lizards scurry away on each side of the road, occasionally seeing a hut with open holes for windows, maybe a small child peeking out. I became so attuned, I literally could tell the difference between a snake and a lizard by the mere sound of its movement in the dry leaves. Always the roaming chickens and from time to time, a small bony dog barking or a motorbike throttling by. Near the base camps, local tribes were friendly, sometimes smiling and clapping. Deeper in the jungle, they stared at us with no expression, even when we waved, seeming to have no understanding of greeting. Each day we eventually stumbled into the finish, sometimes alone, sometimes in pairs or groups, our clothes dripping with sweat and sometimes tears of relief streaming down our faces.

Then began the nightly tasks of setting up hammocks, working on foot care, cleaning water bottles and bladders, preparing dehydrated food and washing our clothes in rivers or streams.



During these tasks we all anxiously awaited the safe return of each runner. A day's course that took the elite runners 6 hours typically took me 8-10 hours. Other runners completed the state in as long as 15-20 hours. We all worried about each runner, especially as the stages progressed and the blisters, fatigue and inability to hold down food became more pronounced. As darkness fell, we

peppered the volunteer staff with questions. Who is still out there? Has anyone seen runner x at the checkpoints today? As each runner dragged in throughout the night, the camp would erupt in relieved cheers. There were too many things that could go wrong out there and no way for anyone to know. As the race progressed, the scratches, rashes, stings, gashes and bruises on my arms and legs increased.

Runners' bodies began breaking down, and they tried desperately to hide their symptoms from the medical staff, knowing they could be pulled from the race. My good friend Asim, an articulate Bosnian who was highly educated in the UK (he became fluent in Portuguese in two weeks), was unable to eat for two days and medical threatened to pull him. He agreed to eat noodles in front of them to prove he could eat...and began vomiting blood. He was pulled...and began hitting himself and saying he would rather die on the course than not finish. Although he worked in London in finance, he was currently on sabbatical, training for a professional fighting career in Thailand. These runners were not faint of heart.

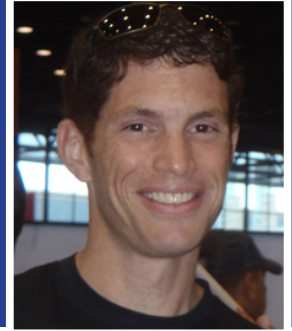
Mike, (the other American and a military contractor whose day job was training Iraqi special forces) developed severe knee problems, had multiple wasp stings and was unable to hold food down. He too refused to quit but was medically pulled after a valiant attempt to stay in the race. A fit looking and wonderfully pleasant Japanese lawyer had to drop, as he was so weak and dehydrated he could no longer even walk in a straight line. Two of his Japanese friends had to pull out as well. Fritz, a fit older German who had successfully conquered Badwater and numerous other ultras, had to drop in stage 2 due to electrolyte issues. A very fit Brazilian had to pull out, after patiently helping Kathleen struggle through the last particularly difficult miles of Stage 4. He suffered 20 wasp stings and five of the incredibly painful Hot Shots for extreme blistering.

Which brings me to the Hot Shots. Hot shots are an old military technique of treating blisters known to be one of the most painful things you can endure. Sue had attempted the race last year and had dropped at Stage 5 due to dehydration and electrolyte imbalance. She and her lawyer husband Geoff came back this year to give it another go. Sue had horrendous blisters and had to receive Hot Shots at the end of Stage 4. I held her hand and watched her scream in horror and writhe in pain as the injection went in. She somehow finished the race. Her husband, however had to drop at the end of Stage 4. To put it in his words, he felt like a car that had run out of fuel. Despite months of disciplined training and an impressive level of fitness, he literally could not go on. Maria, a beautifully sweet and shy Russian, was too embarrassed to ask the medical team for help for her blisters and by the time her stoic secret was finally discovered, she had to endure 5 hot shots. This pain, in addition to having been stung 40 times by wasps. She finished, and deservedly received the Bravery Award.

(CONTINUED ON PAGE 6)

PRESIDENT'S ADDRESS

By: Alex Morrow



Hello, fellow BTC Members

Another December is upon us, which means another year is drawing to a close. Because the BTC is involved in so many events, from races to weekly runs to socials, it always seems another event is around the corner, which makes the calendar fly by! In November, we held the 42nd running of the Vulcan Run 10k, a spectacular event and day! Then towards the end of the month we moved on to the culmination of the BTC Triple Crown Half Marathon Challenge at the 2016 edition of the Magic City Classic. I loved watching so many of you complete the race -- and the Challenge -- and then accept your special shirt and medal. Seeing those huge smiles simply made my day! By the way, I would like to thank BTC Merchandise Chair and volunteer extraordinaire Karen West for working the Triple Crown Challenge booth at the race. Karen is a perfect example of what is right with our club. She constantly volunteers, goes the extra mile and is always smiling. Thanks Karen!

Just because the year is drawing to an end does not mean the fun stops! I hope all of you will join the BTC, along with our friends at The Trak Shak, on December 24, 2016 for the Annual Tacky Sweater Run. Because Christmas Eve takes place on a Saturday this year, the event will be held in conjunction with the BTC Saturday morning long and moderate distance runs. There will be a 3, 5, 10, and 17 mile run option, plus the BTC will be providing coffee and snacks post run. It's time to dig in the closet, pull out that ugly Christmas sweater and wear it for a training run! The best sweater wins a "special" prize! In addition to the fun, The Trak Shak will be accepting monetary and clothing donations for the Firehouse Shelter. You can find more information on the Facebook [invite](#).

On Saturday, December 31, 2016 we will be returning to Red Mountain Park for the 6th Annual BTC Resolution Run. This year's event will offer a family fun run as well as the traditional 5k, 10k, and 20k options. This is a great event for first time trail runners, as well as the experienced, and portions of the proceeds benefit Red Mountain Park. This really is a great way to get ready for the New Year. After the run, put on some fun hats and glasses, take your picture on The Trak Shak/BTC photo wall, enjoy some refreshments and join in on the revelry! When we held this event the first year we had maybe 300 people show up. Last year, more than 600 folks came out to run. This year promises to be even bigger!

Lastly, make sure to put January 28, 2017 on your calendar for the BTC End of the Year Party. Social Coordinator Loren Traylor is hard at work on the logistics of the party, and I know she has a big evening planned for us! Our event will be held at the fantastic Todd English P.U.B., so you know it is going to be a great time!

It is at this party that we recognize outstanding contributors to the BTC by way of the Dr. Arthur Black/Rick Melanson Award for Outstanding Member, and the Randy Johnson/Danny Haralson Award for Outstanding New Member. If you have any members that you would like to nominate for one of these awards, please email [me](#) by December 31, 2016.

One of the highlights of the party is when we awarding the coveted 1200 Mile Club jackets to those BTC members who have achieved this milestone for the first time in 2016. 1200 Mile Coordinator Addison Clowers will be on hand to present you with your hard-earned awards.

As you can see, even though the year is coming to an end, the fun is far from over. As we transition into 2017, make it a point to come out and join us for all of the great events the BTC has lined up for our members. We love seeing you, and I know you will have a great time.

Kindest Regards,

Alex Morrow
BTC President

UPCOMING BTC EVENTS

Ugly Christmas Sweater Run (with the Trak Shak): December 24, 2016

Sixth Annual Resolution Run (Red Mountain Park): December 31, 2016

BTC Social Run: January 7, 2017

**BTC Annual Meeting and Party:
January 28, 2017**

SOCIAL UPDATE

UGLY CHRISTMAS SWEATER & RESOLUTION RUNS

Ugly Christmas Sweater Run with the Trak Shak

Join the BTC and our friends from the Trak Shak on Christmas Eve morning at 8 a.m. for the most fun you can have in a tacky outfit. Come dressed to impress wearing your brightest, most decorative sweater or holiday finery for a fun social run. In the spirit of the season, the Trak Shak will be collecting monetary and clothing donations for the Firehouse Shelter in lieu of a race entry fee, so please bring donations, or [donate here](#).

After the run, the BTC will provide coffee and light snacks. The Trak Shak will provide door prizes, and there's a rumor about a prize for the tackiest of the tacky. You won't want to miss this fun tradition!

BTC 6th Annual Resolution Run at Red Mountain Park

Join the BTC on December 31 at 7:30 a.m. for the sixth annual Resolution Run at one of the best trail venues in Birmingham. New to trails, or hesitant to venture off roads? No worries! Red Mountain Park is beginner friendly – the perfect place to start a new tradition for the new year. 5K, 10K, 20K and 1 mile Fun Run options will be available, along with the ever popular scavenger hunt along the trails. [Register online here](#).



**RESOLUTION
RUN**
RED MOUNTAIN PARK

2017 BIRMINGHAM
WINE 10K
MARCH 11

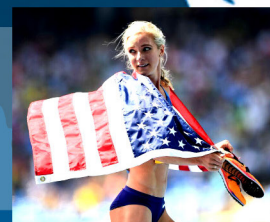
wine10k.com

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Meet and Run with Rio Olympics
Bronze Medalist
EMMA COBURN



MILES ACROSS THE AMAZON FOR AUTISM

CONTINUED FROM PAGE 3

The pain and suffering for many was intense. The elements were mentally draining. Each night, we would change into our one pair of camp clothes and hang our one pair of race clothes on tree branches to dry. Because of the extreme humidity, the clothing never dried at all. So each morning we pulled on our wet, moldy, sweaty smelling clothes, used the “bathroom” (a hole on the jungle floor sheltered by a one-sided meager privacy “wall”), and set out for the day. About that bathroom...round bamboo logs to stand on?? In camp flip flops? Really?? Welcome to the jungle, where everything is a challenge. At night we crawled into our hammocks and attempted sleep, listening to the distant sound of thousands of howler monkeys, who eerily resembled the sound of armies of men on the warpath.

I was told by prior year runners that this race was mental, that preparing mentally was as critical as physically because the combination of extreme elements was so grueling. They were right. Cecile, a French journalist and veteran ultrarunner, had done every other major expedition stage race in the world, including Antarctica. I caught up to her on a dirt road around 10 am the morning of Stage 5. She was breaking down, ready to quit. She confirmed what others had already said -- that this was the hardest endurance foot race in the world. We shared a pep talk and she finished, despite her fair share of falls, wasp stings, dehydration and blisters.

In the beginning days, language barriers separated us. Forty runners from 14 countries made communicating a very real challenge. By the end, all barriers had melted away. Bear hugs, fist bumps, tears, food, gear and laughter were shared by all. On the last day, we had to run along a beach for 15 plus miles. Part of the run was along the shoreline, and part was over tall dunes with deep shifting sand. Before almost every dune was a small water crossing, meaning our wet feet now sucked up all the heavy sand, effectively hobbling our gait. The 10-12 elite runners were out of sight within the first 30 minutes. I ended up alone behind them but well ahead of the other 20 plus runners. After an hour, I could no longer see any runners either ahead me or behind me. The beach along the mighty Amazon (which looks much more like an ocean than a river) is not a straight flat beach like in the states.



navigationally. Although we had been told there would be flags to mark our course, and a water stop somewhere halfway, I found neither. The high winds and sun were brutal. I ran alone along the shoreline, peering with hand over eyes through the glaring sun and wind up to the tree line and dunes, anxiously seeking flags for where water and the halfway checkpoint might be. As the miles churned on, I continued to see nothing. After 2.5 hours, I knew I must have somehow passed it and turned back, fearing I had missed a checkpoint and could be disqualified. The slow panic of being lost crept into my head, for the umpteenth time this week.

After about half a mile of backtracking through the wind and deep sand, I finally spotted a young Brazilian runner. He raised his hands in question -- why are you running back? I held up a water bottle. Agua? Checkpoint? He pointed to his eyes and shook his head. He had not seen it either. He motioned to keep running toward the finish. We were both almost out of water, we had no idea how much farther we had to go and the wind, sun, deep sand and heat were harsh. I slowed to a fast walk, knowing we might be looking at two more hours of this with only a couple ounces of water. To finish I knew I would have to carefully ration with tiny sips. I knew I could not run two hours with no water under those conditions, but I could probably walk three or four hours. He slowed too. I looked up and motioned that he could go on. The locals were more tolerant of the environment, and I knew he was capable of running the rest of the unknown distance with no water. He shook his head no. After a while, he smiled at me and said one of the only English words he knew. “Texas?” I laughed, “Yes I’m the girl from Texas!” When I ran, he ran. When I walked, he walked. With the language barrier we made occasional very short small talk, mostly just grateful for each other’s company on that long barren windswept beach, still not seeing flags and not even knowing if we were still on the right course.

After about an hour we came to a canoe and a small water crossing. Two men in the canoe began clapping and yelling! The Brazilian and I motioned at our empty water bottles. The men said “No, No, no aqua” but that we were only 2 km from the finish! We waded through the water crossing, silently grinned at each other, and broke into a run. We WERE on the right trail! We WERE going to finish! That was the longest, thirstiest 2 km of my life. He and I crossed the finish side by side and ended with a bear hug in front of a cheering crowd. I never learned his name, and we never spoke more than a handful of words, but the gesture of his kindness in not leaving me alone out there was huge. It was also extremely surprising. The Brazilians, especially the young ones, are very competitive, and there is a great deal of pressure on them to do well in the race. For him to have slowed his pace to make sure I would be okay without water was unprecedented. But that’s how this whole race was.

MILES ACROSS THE AMAZON FOR AUTISM

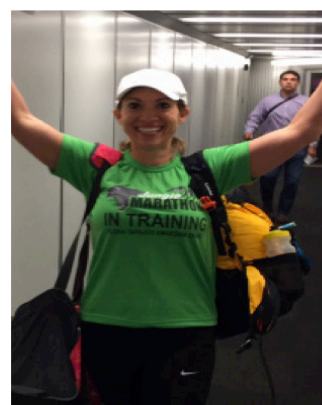
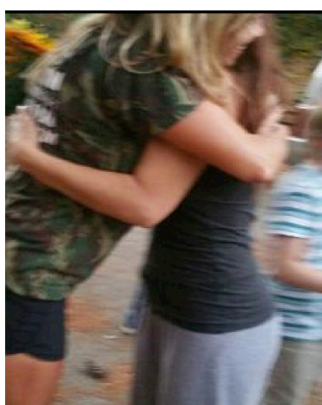
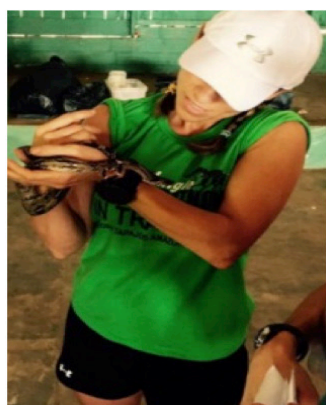
The finish line was on a gorgeous stretch of beach in front of an outdoor restaurant bar. As each runner finished, the entire group of medics, support staff and runners raced down the beach and covered them in hugs and cheers. When Manuel crossed the finish line, an incredibly sweet kid who is an auditor in Copenhagen, the crowd erupted with joy. He had come into the race undertrained, could not keep food down, his feet were oozing painful yellow pus and he was finishing each stage very late at night. No one thought he could possibly finish, including him. One night he came into camp and collapsed, seeing spots and hallucinating. But somehow, by sheer force of will, he did finish, and he had the happiest smile on his face I have ever seen on a human being in my life.

When my friend Sue hobbled in on her swollen feet and blisters, tears streaming down her face, we all cried too. When my good friend Tian hobbled in draped in his Trinidad flag, with a right ankle the size of a soccer ball, we died laughing from relief and happiness.

Fourteen countries united in a common bond to conquer what is arguably the world's most difficult and dangerous endurance race. Forty new lifelong brothers and sisters. More pain, suffering, fear, adrenaline, tears, love and laughter in one week than most experience in a lifetime.

So as I sit here on the plane with ankles the size of grapefruits from overstressing my heart and kidneys, my arms and legs scratched, rashy and gashed, a sutured up shin, a ripped up bone bruised knee, the whelps of 3 wasp stings, and wind and sunburned from head to toe, I am overcome with gushing happiness and the overwhelming sense of having overcome the impossible.

I have no way to explain how that feels. So when people ask me why on earth I would want to run 157 miles across the Amazon jungle rather than eat crepes and tour the Eiffel Tower, I truly cannot think of how to convey what a ridiculous question they are asking. I can only smile and feel a twinge of sadness for them and wish they could feel for one second what I felt for one week. Would I do it again? Oh...yes.



2016 Officers



President

Alex Morrow

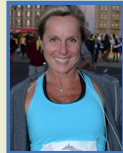
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treasurer@birminghamtrackclub.com



Vice-President

Darnell Allen

vicepresident@birminghamtrackclub.com



Secretary

Leslie Bailey

secretary@birminghamtrackclub.com



Past-President

Jennifer Address

pastpresident@birminghamtrackclub.com

BTC Committees

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Long Run Coordinator
Moderate Group Coordinator
Medical Director
Social Chair
Marketing/Social Media
Membership
Membership Benefits
Merchandise
"The Vulcan Runner" Newsletter
Japan Exchange Program
1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

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Alan Hargrave itchair@birminghamtrackclub.com

Webmaster
IT Chair

BTC Race Directors

Adam's Heart Run **Lisa Booher** adamsheart@birminghamtrackclub.com
Statue 2 Statue **Judy Loo** statue2statue@birminghamtrackclub.com
Peavine Falls **Alex Morrow** peavinefalls@birminghamtrackclub.com
Vulcan Run **Allison Stone** 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.

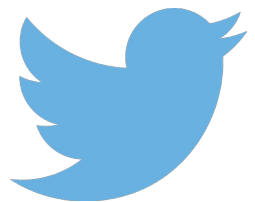
Contact BTC at:

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



BTC ANNUAL END OF THE YEAR PARTY

SATURDAY, JANUARY 28, 2017, AT TODD ENGLISH P.U.B., 6:00 P.M.



BTC members receive
discounted ticket prices
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membership today!

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BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

Jill Bagby	Octavio Caviedes	John Hanna	J.P. Lynn	Phil Teninbaum
Russ Bailey	Marco Chiesa	Bryan Heaton	Matt McKenzie	Cedrick Thomas
Lisa Battaglia	Leslie Coker	John High	Danielle Morgan	Jennifer Walker-Journey
Jennifer Beall	LaRonda Corrin	Avery Holland	Phillip Morgan	Mary Worthington
Gia Bivens	Roger Corrin	Matt Holland	Charlie Parks	
Kaki Blanton	Dodie Driscoll	Missy Holland	Frances Patton	
Stan Blanton	Patrick Driscoll	Christina Johnson	Gregory Pence	
Alexis Brakhage	Mark Erdberg	Dolores Johnson	Adele Pitts	
Joseph Brakhage	Carley Ezzell	Gerald Johnson	Kevion Rogers	
Victoria Brakhage	Kelly Garner	Wilbur Johnson	Johnathon Stevens	
Charles Browning	Amy Hanna	Jill Johnson Rogers	Rick Stockton	

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

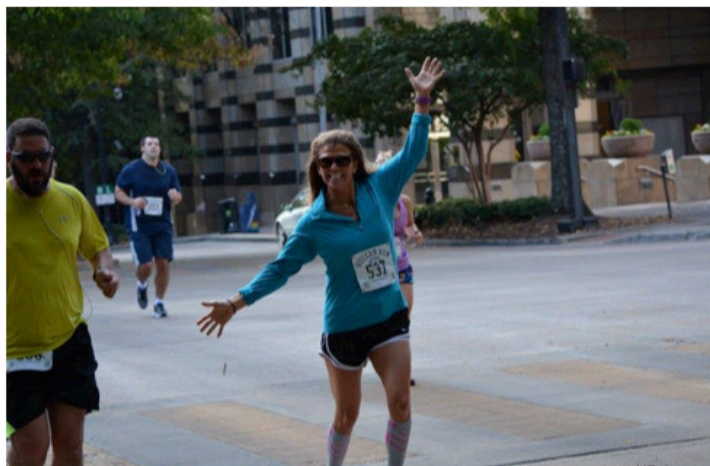
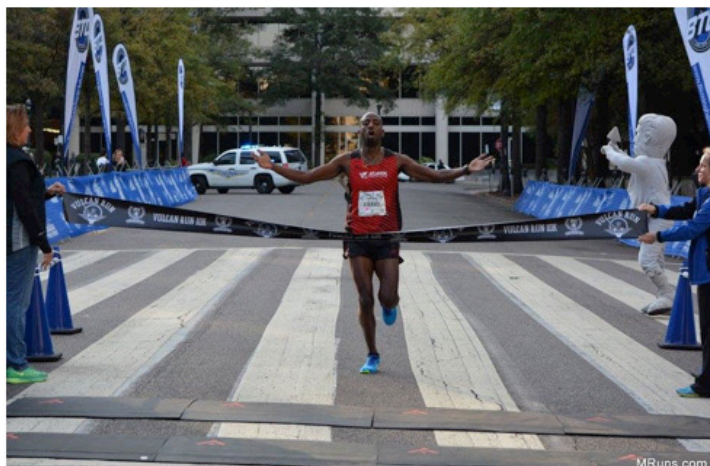
The BTC Long Run Group meets each Saturday at 6:00 a.m. in front of the Trak Shak in Homewood. Come join your fellow BTC members as we get ready for various upcoming races. Each week's mileage, routes and water stops can be found at <http://birminghamtrackclub.com/member-events.php> or on our Facebook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

VULCAN RUN



MEDICATION AND MILES

“NSAID” NO-NO

By: Hayley Van Hook, Pharm.D. Candidate 2017; Jake Campbell, Pharm.D. Candidate 2017; and Kim Benner, Pharm. D.

Non-steroidal anti-inflammatory drugs (NSAIDs) often are used by runners and other athletes for their ability to reduce pain, muscle soreness and inflammation associated with exercise. Common NSAIDs include ibuprofen, aspirin, naproxen, and meloxicam (see table for a more complete list). Runners may use these medications before, during, or after a workout to prevent or treat pain and inflammation. Many have established a ritual of taking “vitamin I” (ibuprofen) or other NSAIDs before and/or after every intense workout. While this is widely practiced, runners and other athletes need to be advised of how and when it is appropriate to take NSAIDs, as well as the possible dangers associated with their use.

NSAIDs work by blocking an enzyme that is responsible for causing pain, fever, and inflammation. However, by blocking this enzyme, these medications may affect other parts of the body, including the heart, stomach, and kidneys. While NSAIDs generally are safe when taken as directed by manufacturer labeling, they may cause health problems -- some of them serious -- when they are misused. Runners in particular need to be aware of some concerns associated with NSAID use, as described below:

Masking pain – By overusing NSAIDs, athletes may be masking pain that could indicate a more serious underlying injury. For this reason, regular or long-term NSAID use should be avoided, unless it is under a physician’s direction, as it may lead to further, more complex problems.

Delayed recovery – Studies have shown that taking NSAIDs may inhibit the body’s natural process of healing after a strenuous workout. During intense training, micro-tears are created in muscles. These micro-tears trigger an inflammatory response, which helps the body deliver blood, oxygen, and nutrients to initiate the healing process. Because NSAIDs reduce inflammation, they may actually prevent initiation of the healing process, slowing the body’s ability to repair and strengthen itself.

Gastrointestinal (GI) bleeding – Excessive NSAID use can cause stomach ulcers and gastrointestinal bleeding. This is one reason it is so important to take these drugs as directed, and to only take the recommended dose. To reduce the risk of GI bleeds and upset stomach, it is generally best to take NSAIDs with food (or milk), especially if the user has experienced stomach problems when taking them before.

Dehydration and kidney problems – NSAIDs affect the way our kidneys work. The kidneys play an important role in maintaining proper levels of fluids and electrolytes (like sodium and potassium) in the body. Taking NSAIDs, then, can affect fluid and electrolytes. This is especially important for marathon runners and other athletes who undergo intense training. Several

COMMONLY USED NSAIDS*

GENERIC NAME

BRAND NAME

Aspirin**



Bayer, Excedrin, Goody's, others

Celecoxib



Celebrex

Diclofenac



Cambia, Flector, Voltaren, others

Ibuprofen**



Advil, Motrin, others

Indomethacin



Indocin, Tivorbex

Ketoprofen

None currently marketed

Ketorolac



Acular, Sprix, Toradol

Meloxicam

Mobic

Naproxen**

Aleve, Naprosyn, others

***THIS IS NOT A COMPLETE LIST OF ALL AVAILABLE NSAIDS.
**THERE ARE MANY OVER-THE-COUNTER (OTC) PRODUCTS
THAT CONTAIN THIS MEDICINE.**

MEDICATION AND MILES

“NSAID” NO-NO

By: Hayley Van Hook, Pharm.D. Candidate 2017; Jake Campbell, Pharm.D. Candidate 2017; and Kim Benner, Pharm. D.

Several studies have shown that runners can suffer serious dehydration and kidney damage when they take NSAIDs before or during a marathon. Furthermore, NSAIDs have not been shown to be effective in reducing pain when taken before running. A study published in 2006 compared runners who took ibuprofen before a marathon with runners who did not receive ibuprofen, and found no differences in race time, perceived exertion, or perceptions of muscle soreness between the two groups.

Cardiovascular (heart) problems – Excessive or improper NSAID use can lead to serious cardiovascular problems. In 2015, the U.S. Food and Drug Administration (FDA) issued a warning that NSAIDs can cause heart attacks or strokes. Once again, using NSAIDs before or during a marathon (or other endurance athletic events) can increase this risk.

In conclusion, runners should be aware of the potential dangers associated with NSAID use and be careful to use them only as directed by a physician or according to manufacturer labeling. Several NSAIDs, such as ibuprofen and naproxen, are available without a prescription, but these over-the-counter products also must be used with discretion. If you have additional questions or concerns about NSAID use or alternative treatments for exercise-associated pain and inflammation, do not hesitate to contact your physician or pharmacist.

Hayley Van Hook and Jake Campbell are students at the Samford University McWhorter School of Pharmacy where Kim Benner is a Professor of Pharmacy Practice. Kim is a distance runner and current Volunteer Coordinator for the BTC. When she's not running the streets of Birmingham, she is a clinical pharmacist at Childrens of Alabama and a mother of two non-running (but soccer and lacrosse playing) boys.

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FOR THE SAFEST AND MOST EFFECTIVE USE OF NSAIDS, REMEMBER THE FOLLOWING:

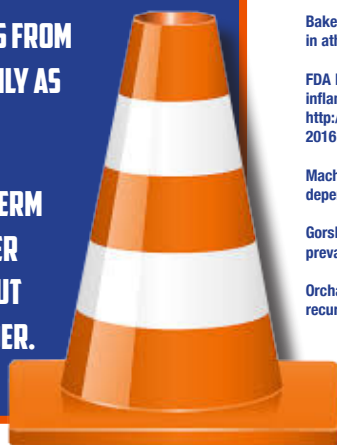
NEVER TAKE MORE THAN DIRECTED.

DO NOT MIX OR COMBINE DIFFERENT NSAIDS (E.G. ASPIRIN WITH IBUPROFEN, ETC.).

TAKING NSAIDS BEFORE OR DURING A MARATHON OR OTHER ENDURANCE EVENTS IS NOT RECOMMENDED.

NSAIDS CAN BE EFFECTIVE AND APPROPRIATE FOR TREATING PAIN AND INFLAMMATION THAT RESULTS FROM EXERCISE, BUT THEY MUST BE TAKEN ONLY AS DIRECTED.

NSAIDS ARE NOT INTENDED FOR LONG-TERM USE. DO NOT USE AN OVER-THE-COUNTER NSAID FOR MORE THAN 10 DAYS WITHOUT TALKING TO YOUR HEALTHCARE PROVIDER.



COMMUNITY CORNER

By: Jennifer Andress, BTC Past President

Greetings, BTC! I have exciting news to kick off 2017 for a Happy New Year!

During the last week of November, the cities of Mountain Brook and Homewood officially approved pursuing an APPLE grant (Advanced Planning, Programming and Logical Engineering) for the Regional Planning Commission to perform a traffic and feasibility study of the Hollywood Boulevard bridge over Highway 280.

This study will look at possible solutions for the cities to pursue for improving safety and traffic flow for cars and pedestrians (runners!), from the stop sign at Malaga Avenue in Homewood all the way to Mountain Brook Village. The study will begin in January, and will take from six to nine months to conclude.

We (the Homewood and Mountain Brook City Councils) are working on this bridge project with the cooperation of State Representative David Faulkner and ALDOT.

This is an important and necessary first step for what I hope is definitive improvement for a scary thoroughfare.

That's all the news fit to report for this month, so stay safe on your runs and have a wonderful holiday season!



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.

VOLUNTEER VIBES

Thank you to ALL of the volunteers who helped us make the Vulcan Run 10K a success! Over 40 of you volunteered your time at packet pick up and on race day and worked tirelessly to ensure that the race went off without a hitch! Congratulations – and thank you – to Rebecca Yerby – who worked the registration table the morning of the race and won a gift card in the process!

You can start earning your 2017 BTC volunteer rewards by helping at our annual BTC party in late January and Mercedes Marathon weekend in February – and boy, will we need many, many volunteers for Mercedes Marathon weekend! Please reach out to BTC Volunteer Coordinator [Kim Benner](#), and let her know how YOU want to be involved! #weheartourvolunteers

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!

Missed out this time?

[Join the BTC or renew your membership today!](#)



BTC Merchandise

As the weather turns cooler, it's time to restock your shelves with the latest in BTC tech gear! Represent your club at home and especially when you travel to out of town races. BTC Merchandise Chair Karen West will keep us outfitted in style! [Email us to purchase](#), or look for the BTC table at the Vulcan Run and all upcoming social runs.

Have a great idea for BTC logo merchandise? [Share your ideas with Karen](#).



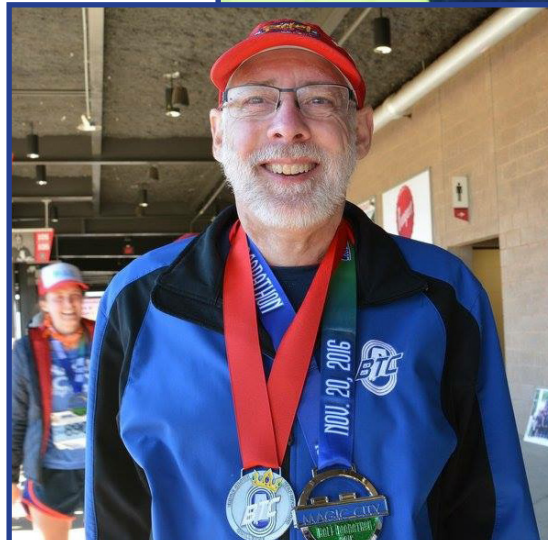
TRIPPLE CROWN FINISHERS LIST

CONGRATULATIONS TO THE FOLLOWING BTC MEMBERS WHO COMPLETED THE 2016 BTC TRIPLE CROWN CHALLENGE:

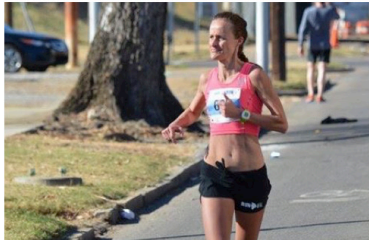
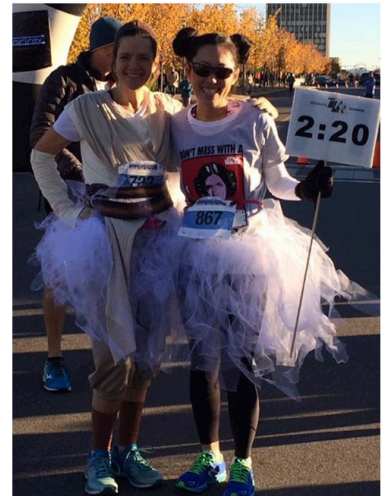
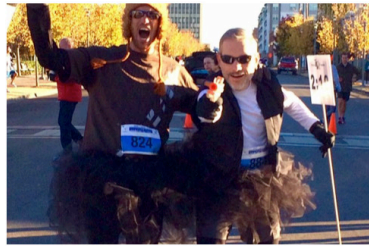
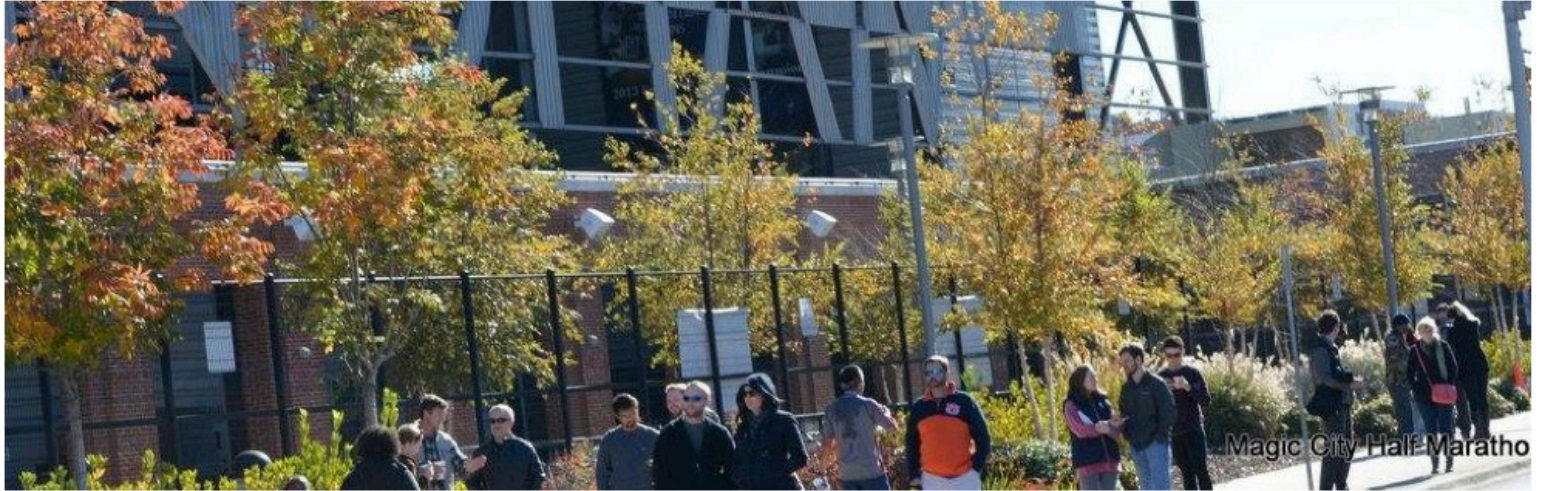
These members completed three half marathons in three months: either the Hartselle Half Marathon (Hartselle) or the Little River Canyon Half Marathon (Ft. Payne), the UCP Life Without Limits Half Marathon (Florence) and the Magic City Half Marathon (Birmingham). Way to earn those Triple Crown shirts and medals!



JENNIE BARNETT
HARRIS CARABELLOLO
BRAD CLAY
SUSAN COLPACK
ALLEN CRAWFORD
BROOKIE HARBISON
ALAN HARGRAVE
MEGHAN HENLEY
ANGIE HOGELAND
KARI HOGUE
BETH HOUSE
TOM KENDRICK
CRAIG MATTHEWS
LIZA MATTHEWS
PAUL MATTHEWS
MATTHEW MCWILLIAMS
ALEX MORROW
BRIAN MOUNT
LISA NAGY
DARRIN NOLD
MELINDA PARKS
LISA-MARIE PATE
JESSICA RODGERS
LISA RUTLEDGE
RONALD SHINN
MIKE SLOANE
CEDRICK THOMAS
EWAN TYTLER



MAGIC CITY HALF MARATHON



RRCA UPDATE

REGISTRATION IS NOW OPEN FOR THE 59TH ANNUAL RRCA NATIONAL CONVENTION

The RRCA's 59th annual National Convention will be held in Detroit on March 9-12, 2017. All RRCA clubs and members are invited to attend. RRCA running clubs, events and coaches from across the country (including the BTC) will send representatives to meet and network with other representatives, as well as to attend a variety of educational seminars. Any member with an interest in attending the Convention may do so. For more information, or to register, see the [RRCA website](#).

The National Running Awards Reception and Banquet is a big part of each year's Convention. Each RRCA member may nominate individuals, programs, clubs or events for one of the prestigious RRCA awards. The BTC encourages all members to consider nominating a fellow club member, event, etc. A listing of all awards and award criteria, as well as submission forms, can be found [here](#). Nominations are due by January 5, 2017.

THE 2017 RRCA SOUTHERN REGION CHAMPIONSHIPS RECENTLY WERE ANNOUNCED.



1 MILE (AMERICA'S DISTANCE)
5K
10K
CROSS COUNTRY

10-MILE
HALF MARATHON (13.1 MILES)
MARATHON (26.2 MILES)
ULTRA

Market Street Mile, Chattanooga, TN (7/8/17)
Run Through Central Park, Plantation, FL (2/12/17)
Spa 10K, Hot Springs, AR (11/18/17)
Boundary Waters Cross Country 5K, Douglasville, GA (8/12/17)

American Tobacco Trail 10-Miler, Apex, NC (10/28/17)
Ole Man River, Gretna, LA (12/23/17)
BMW Dallas Marathon, Dallas, TX (12/17/17)
Strolling Jim 40 Mile Run, Wartrace, TN (5/6/17)



STAY TUNED FOR A LISTING OF THE ALABAMA STATE CHAMPIONSHIPS, WHICH WILL BE ANNOUNCED SOON.



Moderate Distance Run Group

Looking for a fun group run opportunity with a few less miles than the BTC Long Run routes? The Moderate Distance Run Group is for you! The group meets at 6:30 a.m. each Saturday and typically runs routes ranging from 5-7 miles. These routes often are similar to the Long Run routes.

Mark Criswell does a fabulous job coordinating routes and water stops – so fabulous, in fact that the group runs have continued to attract larger and larger groups. Mark now needs a partner to assist with coordinating the Moderate Group, which would entail coordinating water stops and selecting routes as appropriate. Please contact [Mark Criswell](#), Moderate Group Coordinator, to volunteer. Help us keep this group running strong!



1200 MILE CLUB

Cumulative miles submitted through December 5, 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	1,033	Clowers, Addison	2	1,951	Glass, Rodney	R	0
Anderson, Kerri	R	1,133	Coker, Leslie	1	680	Goeb, Laura	R	443
Arnold, Brad	R	675	Collins, Helen	R	1,057	Goode, Johnny	7	1,434
Austin, Andrea	R	1,034	Collins, Nathan	R	189	Goolsby, John	3	712
Baggett, Christopher	R	1,081	Colpack, Chris	1	624	Gould, Izzy	1	1,300
Bahr, Ashley	R	592	Corrie, David	1	1,830	Grabarczyk, Doug	R	0
Bahr, Jeff	R	458	Cowart, Britney	R	984	Grabeldinger, Nikki	1	465
Bailey, Leslie	3	1,273	Cox, Damon	2	1,141	Gullapalli, Satya	3	1,297
Baker, Mark	1	0	Crackel, Caroline	R	1,098	Hackney, Lindsay	R	274
Ballard, Hunter	R	0	Crain, Teresa	1	1,101	Hake, Philip	R	1,181
Ballard, William	5	165	Crawford, Allen	1	1,202	Haley, Jay	R	1,119
Barganier, LaShaunda	R	488	Crawford, Kimberly	1	1,314	Hall, Matthew	1	1,234
Barnes, Jimmie	2	1,527	Crowson, Bill	1	1,371	Halperin, Caitlin	R	260
Bartee, Samm	1	1,331	Crunk, Emmagene	R	405	Halperin, Dave	3	2,149
Bartlett, Kari	1	0	Darville, Nathaniel	1	1,885	Hansen-Turnbull, Sabrina	R	0
Bass, Andy	1	1,302	Davis, LaJuana	R	0	Haralson, Danny	7	1,098
Belcher, Michelle	4	1,289	Davis, Sarina	R	107	Haralson, Micki	9	1,362
Benner, Kim	4	1,458	Dawson, Ashley	3	1,708	Harbison, Brookie	R	1,142
Bissell, Kim	1	1,072	Dease, Joseph	1	1,483	Hargrave, Alan	8	1,165
Black, Dylan	1	629	Dease, Katherine	2	1,265	Harrelson, Heather	3	1,215
Blain, Allan	R	580	DeBardeleben, Anne	2	1,457	Harris, Ashley	R	1,082
Boackle, Larry	1	1,457	Dell'Italia, Pat	1	1,036	Harris, Vickie	1	0
Boackle, Tomie Ann	R	1,103	Denton, Matt	4	1,622	Harrison, Lisa	5	1,443
Bonatz, Ekkehard	8	2,297	DiMicco, Al	3	832	Haslem, Jerri	R	1,094
Booher, Lisa	5	1,618	Dix, Katie	R	0	Hathorne, Chad	R	441
Bowman, Brian	R	993	Doran, Stan	R	975	Havicus, Cari	1	1,061
Bowman, Leisha	R	313	Duke, Cindy	1	1,253	Hayden, Brittany	R	0
Bridwell, Hunter	R	253	Dunnaway, Roberta	1	1,219	Hayes, Debbie	3	1,483
Bromstad, Murray	1	1,286	Easterling, Natalie	1	0	Haynes, Christopher	R	0
Brown, Charlie	5	1,311	Eaton, Ellen	R	0	Heaton, Bryan	2	1,021
Brown, Michael	3	1,440	Edge, John	1	1,003	Henley, Meghan	1	1,532
Brown, Sean	2	1,138	Ellison, Jennifer	R	484	Henley, Monica	2	1,109
Bryant, David	3	1,561	Elrod, Stacey	1	379	Henninger, Alison	1	1,158
Burns, Carley	R	600	Estes, Jeff	1	573	Hickerson, Patrick	4	447
Busby, Madeline	1	848	Evans, Debbie	3	1,301	Hill, Susan	2	1,164
Callahan, Rachel	2	1,355	Farmer, Austin	R	813	Hill, Tucker	2	1,216
Carey, Christopher	3	1,529	Feller, Beth	2	966	Hogeland, Angie	R	1,141
Carlton, Bob	1	1,147	Fields, Barbara	R	0	Holmes, Chris	R	890
Caruana, Joseph	R	1,146	Fleming, Juandolyn	R	43	Hoover, Alison	5	1,237
Casey, Barry	2	177	Fontenot, Misty	R	675	Horton, Kate	R	0
Ceasar, Katie	R	399	Foust, Hannah	R	712	House, Beth	3	1,200
Chadha, Jennifer	R	829	Franklin, Shane	4	1,040	Housler, Philip	1	391
Chandler, Teresa	7	1,318	Frederick, Winston	8	1,684	Hudson, Temeka	R	283
Chiesa, Marco	R	0	Fuller, Lisa	R	0	Hunt, Leslie	1	1,021
Christian, Alan	R	132	Funk, Robert	R	0	Hyatt, Micheal	1	874
Clarkson, Roy	R	672	Gann, Michael	5	1,601	Ingle, Brandon	R	158
Clay, Brad	9	2,837	George, Meredith	R	152	Ingram, Joseph	3	1,043
Clayton, Jennifer	R	0	German, Brandon	R	1,113	Izard, Georgia	1	890
Clayton, Yocunda	1	1,134	Gibbs, Shirley	1	1,222	Izard, Melody	1	1,190
Clemons, Sam	R	1,186	Gibson, Darrell	2	495	Jackson, Kristin	R	534
Cliett, Stephanie	2	2,112	Gilbert, John	1	0	Jarrad, Jeremiah	R	0

1200 MILE CLUB

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Jefferson, Tracy B.	R	1,132	Murchison, Reginald	3	2,059	Stephens, Jeff	R	927
Jenkins, Kaki	3	1,510	Nagy, Lisa	R	823	Stockton, Rick	8	1,192
Jenkins, Mike	1	234	Neaves, David	R	0	Stokes, Beth	R	0
Joe, Heather	1	1,348	Northern, Kristie	7	1,247	Straka, John	R	0
Johnson, Aimee	R	0	O'Barr, Alexandra	R	0	Swagler, Susan	R	0
Johnson, Gerald	1	1,422	Oliver, Greg	3	1,794	Sweatt, Jason	R	0
Jones, Elizabeth	R	0	Oliver, John	2	1,479	Talley, Beau	4	1,342
Jones, Ira	3	382	Olsen, David	1	1,545	Tankersley, Helen	1	1,320
Jones, Kat	R	776	Orihuela, Carlos	R	1,136	Taylor, Trey	1	63
Jordan, Shane	R	407	Osborn, Stef	R	0	Thomas, Eric	4	2,110
Kane, Brandon	2	1,257	Oser, Rachel	R	0	Thornton, Dean	5	1,399
Katzman, Justin	R	226	Paradiso, Michelle	1	1,205	Trimble, Jamie	2	1,566
Kearley, Christy	R	1,150	Parks, Charlie	3	1,568	Tse, Freddy	R	310
Kearley, Stephen	1	1,532	Pate, Lisa-Marie	R	1,021	Turnbull, Richard	R	0
Keefer, Herb	R	847	Patlolla, Sandeep	R	0	Tyler, Kim	R	696
Kelley, Robin	2	948	Patterson, Carrie	2	1,078	Varnes, Vickie	3	1,533
Kemper, Tricia	2	1,650	Paulk, Benjamin	R	1,022	Walker-Journey, Jennifer	2	1,213
Kendrick, Tom	R	570	Payson, Tabitha	R	429	Walker, Caroline	R	1,113
Knight, Diane	1	1,162	Payson, Tommy	R	1,102	Walker, Susan	R	665
Knight, Kristen	1	592	Peagler, Shana	4	1,145	Wall, Ron	3	490
Kuhn, Jimmy	9	1,262	Pearce, Julie	5	588	Warren, Tom	1	1,016
Kulp, Loren	1	1,384	Pearson, Blake	3	2,265	Watkins, Janet	R	1,068
Laird, Audrey	2	1,425	Pearson, Mary Scott	2	1,612	Watters, Robert	2	1,693
Langston, Aaron	1	1,124	Penley, Steve	1	1,216	Weber, Amy	1	906
Langston, Richard	4	970	Peters, Scott	1	805	Wells, Bradley	1	1,386
Lankford, Frank	R	0	Plante, David	4	1,576	Wende, Adam	1	1,086
Lee, Koren	R	465	Portwood, Paul	1	1,084	West, Anja	R	350
Lee, Shilonqua	1	958	Qualls, Wayne	R	514	White, Robin	R	266
Leopard, Don	1	375	Ralph, Meghan	2	1,311	Whitt, Trey	4	1,669
Lester, Treva	R	369	Renn, Deanna	1	1,553	Wilhite, Thomas	1	1,479
Lockett, Janet	R	77	Richardson, William	2	1,820	Williams, Avis	R	1,155
Longoria, Joseph	4	1,532	Roberson, Kevin	2	917	Williams, David	R	716
Loo, Judy	2	185	Roberts, Fletcher	2	1,512	Williams, Shanada	R	151
Love, Thomas	1	235	Robinson, Niki	R	311	Williamson, Chad	2	1,089
Lowrey, Natalie	R	0	Rocha, Roger	2	1,126	Wilson, Julie	R	1,113
Lupinacci, Timothy	R	0	Rodgers, Jessica	R	0	Windle, Dale	2	1,524
Lyle, Randy	7	1,016	Rodriguez, Angie	2	1,211	Wiseman, Steve	2	1,337
Lyles, Chris	1	622	Rogers, Tammy	1	1,734	Wood, Scott	1	1,256
Lyles, Kimberley	R	0	Roper, Lynn	R	834	Woody, Bill	8	1,676
Maha, Michele	1	1,354	Rose, Billy	2	1,707	Wright, Amy	1	1,877
Malick, David	3	1,214	Routman, Cynthia	1	584	Wu, Xing	7	1,797
Mason, Erin	R	0	Rowell, Tynisia	R	0	York, Gary	3	1,871
Mathews, Craig	R	1,145	Rutherford, Keith	9	1,201	Zeanah, Cary	R	0
Mathews, Liza	R	1,140	Rutledge, Lisa	2	1,215	Zehnder, Justin	6	1,209
Mattrella, Cheryl	R	0	Ryan, Meaghan	1	1,220			
Maughan, Kevin	1	932	Sallin, Bracken	R	1,139			
McConnell, Kim	1	797	Sawyer, Gretchen	R	0			
McCullough, Matthew	R	646	Schaefer, Todd	2	1,551			
McNair, Kelly	3	1,643	Schor, Mike	1	1,542			
McTune, Mark	4	1,966	Seeley, Mimi	R	306			
McVey, Simon	2	1,447	Self, Travis	1	776			
McWilliams, Matthew	R	155	Selle, Kellan	R	1,182			
Merry, Vicki Sue	4	2,181	Sellers, Susan	R	279			
Mickens, Cassandra	R	1,198	Shaffield, Danny	3	1,863			
Miller, Bill	R	226	Sheppard, Gretchen	2	1,365			
Miller, Tracy	1	894	Sheppard, Marci	R	0			
Millsap, Lanier	1	459	Shinn, Ronald	5	1,144			
Miyasaki, Nathan	1	1,417	Shirley, Scott	3	1,631			
Morgan, Cary	6	3,727	Sides, Dean	2	1,236			
Morgan, Danielle	4	1,065	Silwal, Suman	5	515			
Morgan, Phillip	7	1,340	Simpson, Kevin	3	3,042			
Morris, Justin	3	1,508	Sims, Cecelia	R	713			
Morris, Phil	R	1,009	Sims, Chris	R	0			
Morrow, Abigail	R	169	Sims, Robert	3	1,465			
Morrow, Alex	6	1,924	Sloane, Mike	1	1,023			
Moss, Denise	R	455	Smith, Jerry P.	8	1,133			
Mote, Darrell	1	1,222	Snow, Sheri	1	1,527			

SHOW US YOUR BTC GEAR

Show us where the BTC has taken you! Email photos to:

Newsletter@BirminghamTrackClub.com



FEETS OF STRENGTH

RACE SEASON IS IN FULL SWING, WHICH EXPLAINS THIS MONTH'S LONG LIST OF ACCOMPLISHMENTS BY BTC MEMBERS.



AUSTIN FARMER
INDIANAPOLIS MONUMENTAL
MARATHON, NOVEMBER 5,
2015 (2:55:40 AND A BO)

RICHARD BROOME
MARINE CORPS MARATHON,
WASHINGTON, D.C.,
OCTOBER 30, 2015

ADRIANNA ANDERSON
SOLIDER MARATHON,
FT. BENNING, GEORGIA,
NOVEMBER 12, 2016

FLETCHER ROBERTS
SOLIDER MARATHON,
FT. BENNING, GEORGIA,
NOVEMBER 12, 2016

TOMMY PAYSON
SOLIDER MARATHON,
FT. BENNING, GEORGIA,
NOVEMBER 12, 2016



MICHELE KONG MAHA
TCS NEW YORK CITY MARATHON

GAIL BEVIERS, MARINE CORPS
MARATHON

CATHY BEASLEY, INDIANAPOLIS
MONUMENTAL MARATHON
(PR AND BO)

AMY WRIGHT
VULCAN RUN 10K

AUDREY BROWN
VULCAN RUN 10K

ANNE DEBARDELEBEN HUFF
VULCAN RUN 10K (3RD PLACE IN
AGE GROUP)

BLAKE PEARSON
VULCAN RUN 10K
(1ST PLACE IN AGE GROUP)

MEGHAN RYAN
VULCAN RUN 10K



BOB SIMS
VULCAN RUN 10K

CHRISTOPHER CAREY
VULCAN RUN 10K

CAROLINE WALKER
JUG BAY FOR WILDLIFE 10K,
BALTIMORE, MARYLAND

ADDISON CLOWERS
SOLIDER MARATHON,
FT. BENNING, GEORGIA,
NOVEMBER 12, 2016

KIM BENNER
SAM LAPIDUS
MONTCLAIR RUN 10K

RYAN GRAHAM
MAGIC CITY HALF MARATHON

KEITH HENLEY
MAGIC CITY HALF MARATHON



AUSTIN FARMER,
MAGIC CITY HALF MARATHON

AMY RICHARDS
MAGIC CITY HALFMARATHON

CONTINUED ON PAGE 23

FEETS OF STRENGTH

PLEASE SUBMIT YOUR OWN FEETS OF STRENGTH VIA THE [BTC WEBSITE](#) (SCROLL DOWN ON THE HOME PAGE),
OR EMAIL THEM TO MEMBERSHIP CHAIR, [AMY WRIGHT](#). LET'S KEEP THOSE VIRTUAL HIGH FIVES COMING!



FONTAINE HASKELL
VULCAN RUN 10K
(2ND PLACE IN AGE GROUP)

JENNIFER ANDRESS
VULCAN RUN 10K
(1ST PLACE IN AGE GROUP)

JOHN ANDRESS
VULCAN RUN 10K
(1ST PLACE IN AGE GROUP)

JULIE CROUSHORN
VULCAN RUN 10K
(2ND PLACE FEMALE MASTERS)

ALISON HOOVER
VULCAN RUN 10K
(1ST FEMALE GRANDMASTER)

MONICA HENLEY
SOLIDER MARATHON 5K
(1ST IN AGE GROUP)

ANN THOMAS
SOLIDER HALF MARATHON
(1ST OVERALL FEMALE)



KELLY MCNAIR
SOLIDER MARATHON
(2ND OVERALL FEMALE)

ALISON HOOVER
MAGIC CITY 5K
(1ST OVERALL FEMALE)



LISA BOOHER
WHO WAS NAMED THE RRCA
ALABAMA STATE FEMALE
ULTRA CHAMPION AFTER
FINISHING THE BLOOD
ROCK 50 MILER AS THE
OVERALL FEMALE WINNER.
CONGRATULATIONS, LISA!

SONIA STEELY
FINISHED PINHOTI 100 AS
FIRST FEMALE MASTER.
WAY TO GO, SONIA!

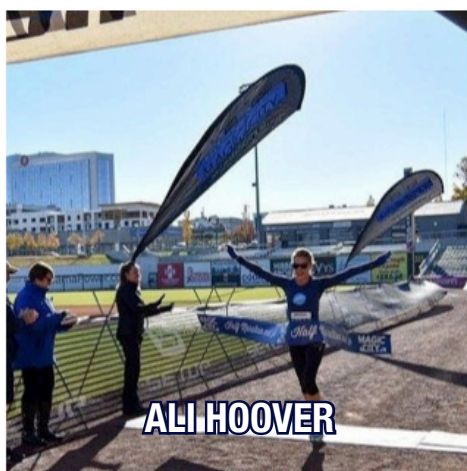
**SIX YEAR OLD
BAILIEGH RICHARDS**
WHO WON 3RD PLACE IN HER
AGE GROUP AT THE VULCAN
RUN 10K – WOW!

PHOTOS ON PAGES 24 & 25

FEETS OF STRENGTH PHOTOS



ADDISON CLOWERS



ALI HOOVER



AMY RICHARDS



**ANN THOMAS
KELLY MCNAIR**



ANNE DEBARDELEBEN HUFF



AUSTIN FARMER



BAILEIGH RICHARDS

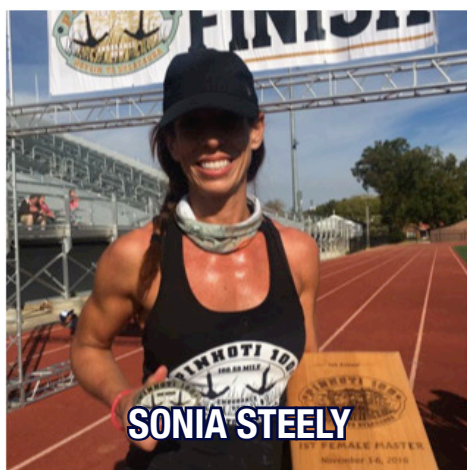


CAROLINE WALKER



FLETCHER ROBERTS

FEETS OF STRENGTH PHOTOS



Attendance: Alex Morrow, Monica Henley, Alan Hargrave, Loren Traylor, Kim Benner, Addison Clowers, Charles Thompson, Allison Stone, Kile Putman, Darrell Gibson, Vicky Brakhage, Lisa Booher

- The meeting was called to order at the Treehouse Room of the Vestavia Hills Library.
- The minutes of the October board meeting were not available due to technical difficulties.
- Membership to date: 1109 members/ 888 memberships
- Nominations for RRCA Awards are due on Jan 5, 2017 at 5:00 p.m. EST. Alex asked everyone to be thinking about possible people and areas that we could nominate.
- We need to vote on proposed graphic design increase for the newsletter but no quorum was present. Julie Pearce previously submitted a report showing ad revenue YTD. Loren Traylor has someone in mind and will get with Julie to see if he would be a possible candidate.
- Deadline for the December issue of The Vulcan Runner is Nov 25th.
- Allison Stone provided a recap of the Vulcan Run. There were a total of 1,097 finishers compared to 1,177 in 2015. The race was successful, but there were challenges with marketing, sponsorship and manpower. Alex challenged everyone to brainstorm ideas to present at the December board meeting. Monica Henley shared a spread sheet with income and expenses for the race – numbers are not final, but the race turned a nice profit. Discussion was held about the amount of contributions to make from the proceeds (possibly \$300 for RRCA, \$1500 for Girls on the Run and \$500 for Vulcan Park Foundation). Voting was tabled until December because of lack of quorum. Alex mentioned possibly securing a contract with Vulcan for the rights to use the name and image for future races. Kile Putman reported that the elite athletes enjoyed and were pleased with their accommodations at volunteers' homes. He hopes to be continue this program in the future.
- Loren Traylor presented the social calendar events that have been set so for:
 - Trak Shak Tacky Sweater Run -Dec 24th. The long run and moderate run groups will participate in this instead of their usual Saturday runs.
 - Year End Party – Jan 28th at Todd English Pub
 - Spring Social – April 8th at Homewood Park
 - Barons Social – June 3rd
- Loren is working with Craig Cecil to get something together with the tri group this spring. She is also talking with Grille 29 for a social this spring or fall.
- Triple Crown has 38 registered participants with a potential for 25 finishers. Medals and shirts will be available for pick up at the post-race party at the Magic City Half Marathon.
- Addison Clowers shared that we have 58 potential or projected new 1200 mile club finishers. He will take inventory of the jackets he has to determine what needs to be ordered.
- Kim Benner will solicit volunteers to work the BTC tent at Magic City for pick up of triple crown awards. 2016 BTC Race Series shirts will be available for pick up at Magic City also.
- Lisa Booher was on hand to discuss the Adams Heart runs. Discussion was held about changing from three distance options to two options in 2017. The race will be held on April 4, 2017.
- Year End Awards – Alex reported that Jennifer Andress is collecting nominations for the end of the year awards to be presented at the annual party on January 28, 2017.
- Next meeting date: Monday, December 12, 2016.



BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

--	--

Zip:

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

Birthdate:

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

Cell:

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

e-mail:

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

Family member

e-mail:

Phone:

Born

Gender:

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

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

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

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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

UPCOMING EVENTS

Event	Date	Time
BTC Saturday Long and Moderate Run Groups	December 10, 2016	6:00 a.m.
Rocket City Marathon (Huntsville)	December 10, 2016	7:00 a.m.
Jingle Bell 5K Run/Walk for Arthritis	December 10, 2016	9:00 a.m.
Dash Away 5K	December 10, 2016	9:00 a.m.
BTC Board Meeting	December 12, 2016	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	December 17, 2016	6:00 a.m.
BUTS Bearly Ultra (27 mile and 13.5 mile)	December 17, 2016	8:00 a.m.
KC Fit Vestavia Hills 5K	December 17, 2016	8:00 a.m.
Meadow Brook Runs 5K and 1 mile Fun Run	December 17, 2016	9:00 a.m.
Run. Bike. Leap.	December 17, 2016	9:00 a.m.
Reyndeer of Hope Run 5K	December 18, 2016	2:00 p.m.
The Trak Shak Ugly Christmas Sweater Run	December 24, 2016	8:00 a.m.
Sixth Annual BTC Resolution Run	December 31, 2016	7:30 a.m.
BTC Social Run	January 7, 2016	TBA
BTC Annual Meeting and Party (Todd English PUB)	January 28, 2016	6:00 p.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.