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February 2014 Issue ②

CELEBRATING OUR BTC LIFETIME ACHIEVEMENT WINNER

THIS ISSUE

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"(Leadership) is nothing more than motivating other people" **- Lee Iacocca**

This year will mark the 13th annual Mercedes Marathon here in Birmingham, Alabama. I ran the first edition of the Marathon in 2002 as it traversed Red Mountain TWICE making one big 26 mile loop. A killer of a run. Looking into the future back then, I decided I can't look forward to RACING my local hilly marathon every year, so, I talked to Valerie McLean, the Race Director, about me leading a Pace group and for the past 12 years, I have been the Director of the Mercedes Marathon Trak Shak Pace Teams. It has been a pure joy to direct this team and help runners achieve their PR's, first marathons, or just reach the finish line. Most of our pacers have been split between local Birmingham Track Club folks and a steady contingent from the Darkside Running Club in Atlanta, of which I am also a member. I'm in one of those envious positions that if the pacers do their job, then I come out looking like a genius, and so far, our pace leaders have been spot-on. Each week around the country, this scenario is repeated in most marathons. But how does a Pace Team work, and what are the responsibilities of both the Pace Team and the runners? Here's my take on all this after 12 years.

To run with a pace group at Mercedes, (which, by the way, has changed to a two-loop, less hilly course) you don't have to sign-up, wear any kind of identifying bib of what pace you're keeping up with, and it's free, with never any pressure to remain with the team throughout the race. All you have to do is show

up, find your Pace Team Leader(s), and throw your trust in them that they know what they're doing (A big leap I realize).

But, let's also realize one important thing here...the Pace Team Leaders are human too. Runners are always told to run their own race. When you're a pace group leader, this isn't an option. You have to stick to a plan to finish within a couple of minutes of your target time. People are counting on you. The pace you are leading should be comfortable, but as always, THINGS happen and even a Leader's race can go down the tubes. At Mercedes, ALL paces will have 2-3 Pace Leaders for each pace just in case one of the pacers has to bail. At the 2012 race, we had 3 pacers for 5 hours and at 19 miles, one of our pace leaders had a terrible cramp. Vanessa Stroud was one of our pacers and she was running the race like it was a sunny day at the park, so I told all the 5 hour paces to go with her and I walked/ran with the other pacer to the finish (5:19).

So, how does a leader get his group in within a minute or two of the target? I'll speak from my angle, and it can get a little complicated. Let's look at the 5 hour group - about 11:27/mile pace -

Most of the runners are trying to run the best run they can do, so to say "Let's put some time in the bank" and run much faster than the 11:27 is suicide. You know the old saying "Time in the bank...nails in the coffin!". However, a Pace leader has to study the course and decide "Where can I pick up some time to offset the time I'll lose at aid stations, hills, and the expected natural slowdown of the 2nd half?". So, I study the course...the first 4 miles are flat, so we'll average about 11:17/mi, though the first mile will be slower. If you don't start your training runs at race pace, why do so on the most important day you've been gearing up for? Then we hit hills, one short, and one about 3 miles long, so there will be a controlled slowdown to 11:45/mi. This brings us to about 8.5 miles, with the next 1.5 miles up and down to mile 10. From here to the end of the first loop (13.1 miles) is pretty much flat and a gradual down hill and we'll try 11:15-11:20/mi pace.

This plan will get us in for the first half at about 2:28. I'd rather be a little closer to 2:25, but it depends on the group. You see, I don't want to run anybody into the ground, but that 5 hour target is my main responsibility. You can view a course and elevation map at the Mercedes Marathon website.



I have found the kick-in-the-butt problem with this plan is aid stations, and the hills. My plan for the aid stations is I will walk briskly at the first table and begin running again at the end of the aid stations. Should take about 45-60 seconds. Hopefully, this way nobody will lose me or have to run like a bat out of hell to catch me after choking down a drink.

One thing I have found is NOT to get hung up on "What pace am I running at this moment?". I try to get in the flow of checking overall pace every 3 miles or so. I'd say 75% of my focus is to get through the first half of the race ON PLANNED PACE. The 2nd half of the race is a different animal and the Pace Leader's responsibility is to see who is still in their group and get them home. If runners are drifting from the safety of the leader, this is not a case of no runner left behind... EXCEPT, remember, we have 2-3 Pace Leaders per group, so we can throw a runner a lifeline late in the race with one of the leaders to encourage them and get them home a few minutes behind schedule. That's a good plan because I usually feel like crap at the end of the race and can act magnanimous by sticking with a fading runner while backing off myself!

Along the way, a Pace Leader will also try to keep the group motivated and divert their minds from the 26,000 steps required. We can coach, cheer, give advice, tell stories, tell jokes, get the runners involved with their own stories. I'm pretty familiar with all the sights we pass through downtown along the way, so I'm like a tour director. Birmingham is an old Southern city with a lot of it's landmarks still standing and new sights springing up. I tell my runners that I don't mind them watching their own watches, but don't give me CONSTANT updates on the pace...I've got a plan - and you don't know if I'm on Plan A, Plan B, or Plan K. Once, when I was pacing the 4:30 group, a runner asked at the start "If I stay with you, do you guarantee I'll finish in 4:30?". I answered "No, I guarantee I'll finish in 4:30!".

Seventy-five percent of the runners who start with a particular pacer won't go on to finish with the group. Some will go ahead, and a few are forced to drop back. It's not usually a problem with the pacer, but with the runner's expectations. Some people who choose to run with a pace group are pushing themselves to the limit, trying to reach a goal that is right on the outer fringes of what they are able to achieve. But when they do make it, the rewards are spectacular. Usually, I'll start with about 15-20 runners and finish with 4-5, and none of those were any of the original 15-20.

The nice thing about pace groups is you aren't married to them. If the pace isn't right for you, you can take off, drop back, or just split away. The 3 most common mistakes I see a Pace Leader make are:

1) Starting out too fast. It's very easy to give into the temptation of starting out too fast with the adrenaline rush of race day. If you're thinking about starting out at the targeted pace, that usually doesn't allow people to warm up properly. So, I like to start off slowly, let the group get organized, and instill some confidence in them that I'm not going to kill them (at least not early in the race!).

2) Rushing through the aid stations. There is no worse feeling then relying on a Pace Group and watching them run off into the sunset because the group has all broken apart at the aid station. The reality is that the early aid stations are the most critical for optimal performance. Therefore, the Pace Leader should tell the group what the plan at the aid station is. I like to begin walking at the first table of the station, go to the opposite (less-crowded) side of the street, and begin running slowly after the last table.

3) Pushing too hard on the uphill. You will always use more energy going up a hill than you will gain going down. You need to back off on the up and use gravity to assist you on the the way down. Trying to maintain an even PACE is suicide - you need to expend an even EFFORT, which means you'll naturally and appropriately slow down and speed up according to the terrain to conserve energy.

Some can run with a Pace Group and for some, it drives them crazy. It's up to you. I just think it's so much easier to let someone else set the pace (especially someone who will do so intelligently) and simply follow along. As in training, it's much better running with a group. But just remember, these Pacers are humans. Most of them ordinary runners, who sign up for the job. This isn't their full time job. They didn't go to Pacer College. They are not experts at pacing marathons, though they all are accomplished marathoners. They are there to help you reach your goals. Run with them all the way, drop them in the middle, or just pick them up in the last few miles to help get you in. Do what you think will work for you. Use the pace group as a marker and for motivation during the race, but rely on your own sense of pace (or watch) and natural strengths and weaknesses when it comes to executing your race strategy. Take advantage of the pace group as an opportunity to have a barometer to assess your progress — as well as a group for motivation, should you need one.

So, that's it in a nutshell. I am sold on Pace Groups because I know these folks are dedicated to try to get you to attain your goals. They all love to talk and along the way, you can have a rolling Q&A session, or talk about just about anything. If you get the right pacer they can be your biggest cheerleader.

By: Al Dimicco

PRESIDENTS ADDRESS

—Jennifer Andress



Hello to you, BTC Members!

There is a lot to catch you up on for February, and a big year ahead. First of all, thank you very much for your attendance at our Annual Year-End Party. It was a fun, crazy night and I thank you all for your friendship, and your membership in our club. It was wonderful to see such a huge crowd at SideBar, and I am looking forward to this third and final year as your BTC President. I am very much looking forward to serving another year with Alex Morrow as Vice-President, and I am excited about working with Russ Hiller and Kelly McNair in their new Board positions as Treasurer and Secretary, respectively. Our 2013 Board with Randy Lyle and Mitzi Duer-Savelis made a great team last year, and I know we will work hard this year to be just as productive.



Make sure you read this month's cover story by the newest recipient of the BTC Lifetime Achievement award, Al Dimicco. This award has only been given one other time, to the one-of-a-kind Rick Melanson, so this is a high honor indeed! We love Al, and thank him for all of his service training for the BTC and the Birmingham running community at large. I would also like to congratulate the winner of the Arthur Black/ Rick Melanson Award for Most Outstanding Member, Alex Morrow. Alex puts in many hours weekly for the BTC, as our Social Media director and in securing advertising and sponsorship dollars. He is our Peavine Falls Race Director, and last year grew the race to a record number. He also has to deal with me, as my Vice-President, and that is no easy feat! Finally I am excited to congratulate BTC Webmaster Dean Thornton as the 2013 recipient of the Randy Johnson/ Danny Haralson Award for Outstanding New Member. Dean joined the Executive Committee last spring, and has been a pleasure to work with. He has added innumerable content to our website, and is always one step ahead. Congratulations again to these well-deserved gentlemen!



At the Year-End Meeting, you the membership approved the proposed updated by-laws; you can find them on our website. We also announced the 8 recipients of a \$ 25 gift card, chosen at random and received as thanks for their volunteering at one of our BTC races. The 8 winners are: Steven Burson, Margaret Brown, Todd Parish, Phillip Dos, Kimberly Zimlich, Chris Fleming, Bill Greenwald, and Amalee Smith. We had several BTC members that received free entry into a 2014 BTC race, and Yan-Yan Ng won a year's free membership

for her work in 2013. Thank you all, and we would love to see you again volunteering at a 2014 BTC event!

I would like to congratulate those who achieved the feat of the 1200 Mile Club for the past year. I want to apologize to the 2013 1200 Mile Club that we did not have your jackets available at the Year-End Party. Our vendor brought the jackets to my house Friday afternoon before the party on Saturday. When we opened the boxes, we found that the embroiderer used by our vendor had taken it upon herself to disregard the specific size instructions, and to shrink the type on the back declaring "1200 Mile Club". She was trying to fit the type better between the black panels on the back, but in doing so made the type entirely too small. We discussed what to do via email throughout Friday evening and Saturday, and finally decided not to distribute the jackets as they were. Unfortunately I know many did not see our Saturday afternoon post on Facebook, and I am truly sorry we did not have your jacket for you Saturday night.

We have completely re-done the jackets for those 2013 1200 Mile Club recipients, and they look gorgeous. I was at the BTC Saturday Long Run yesterday and was able to distribute many of the jackets. You can see the pictures in this issue, and I am thrilled to say the jackets have been a big hit. I will be at the Trak Shak Wednesday night run with them this week, and I will also have them at the Mercedes expo. We have ordered extra jackets for sale for \$ 50 if you are a former 1200 Mile Club achiever and would like to purchase one. I would like to apologize to 1200 Mile Club Coordinator Michele Parr for the mix-up, and the ensuing chaos in dealing with the mishap, and I would like to thank her for her years of service in this job. She has transitioned the position to Alison Hoover, to whom you will now be emailing your monthly mileage. If you have never attempted this goal but are ready to give it a shot, simply record your monthly mileage and send it to Ali at 1200@birminghamtrackclub.com. If you are successful for 2014, then you too will receive a jacket at next year's Year-End Party. Each successive year is recognized with a patch for your jacket, and 5-year members receive a commemorative coin.

The 2013 recipients will also receive a free technical short-sleeved 1200 Mile Club shirt for their patience while waiting for their jackets. I had intended on ordering those last week, but the "Dusting of 2014" set me back a week. I will be ordering those tomorrow, and hope to have them at the Mercedes expo. I will use the jacket sizes given by you to order, and will have several extras of each size if you would like a different size.

We have several more personnel changes to announce for 2014. First up is Allison Stone as our new Adam's Heart Race Director. I would like to thank Burt Chandler for his work in 2013 in this role (and for that of Social Committee Chair and Saturday Moderate Group Coordinator), and also for getting the wheels in motion for this year's race. We are excited to have Allison join us in this capacity. Working with Allison in securing volunteers for Adam's Heart is our new Volunteer Coordinator Katherine Pezzillo. Mark Burris was a pleasure to work with these past two years, and we will miss him on the Executive Committee. Katie has already jumped in with both feet and is re-vamping our Volunteer Reward program. We also would like to thank our 2013 Parliamentarian Michael Tucker. He has presided over some spirited meetings, and we will miss his easy-going pragmatism. We welcome the wonderful Julie Elmer in this position. Julie has also jumped in with enthusiasm, and we appreciate her taking on this role.

Finally, we will miss working with Allison Williams as our Member Benefits Coordinator. Allison got this program up and running again after several dormant years, and it was a big reason we picked up new members in my first year as President. We thank Allison for her service to the BTC, and wish her best wishes in her upcoming nuptials! One of our BTC Race Co-Coordintors, Kemper Sarrett, will be moving into this position. We have folded the position of Race Coordinator, and we would like to thank David Barry for his work with us in this role. We have enjoyed working with him, and still get to interact with him as a liaison at Zeekee Interactive, handling our website. So thank you to all those listed above; this club is as strong as it is because of each and every one of you!

Looking to February, we have a big month with Adam's Heart kicking off the BTC 2014 Race Series this weekend, followed closely by the Mercedes Marathon weekend. Katie Pezzillo would love to hear from you if you would like to volunteer for either of these events. We will once again be sponsoring the Highland Avenue water stop during the Mercedes, and we need your help! We will have slots to fill at the Mercedes expo as well on Friday and Saturday. Let us hear from you, and we look forward to having you join us!

Lastly, there are some updates on the proposed pedestrian bridge at Hollywood Boulevard over Highway 280, connecting Mt. Brook to Homewood, a spanse frequently traversed by BTC members. Homewood City Councilmen from Ward 5 Peter Wright and Rich Laws and State Representative Paul

DeMarco have been exploring what is needed to make this bridge a reality. There will need to be a sidewalk from the Homewood side leading up to the new bridge to satisfy the Americans with Disabilities Act, and these community leaders are exploring options to make that happen now.

ABC 33/40 reporter Samantha Russell, a runner like us, has picked up on the story, and is doing a comprehensive report on its progress. I met Samantha and her cameraman recently at the site of the proposed bridge, along with BTC members Tanya Sylvan, Ekkehard Bonatz, Tim Roberts, Kile Putman, Shilonqua Lee and Pat Dell'Italia. Our members were taped running on Hollywood Boulevard in the heaviest traffic I have seen there! It was 1:00 on a Friday afternoon, and there was construction going on at the cemetery adjacent to the existing bridge. If that didn't prove how dangerous this spot is, nothing will! Samantha also interviewed Tanya and Shilonqua on-camera about their experiences running in this area. Representative DeMarco and I will be taping another segment at the ABC station tomorrow. I really appreciate Samantha's attention to this urgent need, as well as Representative DeMarco and Councilmen Laws and Wright for their diligence in working to make this bridge a reality.

There are other issues I will be looking at as we move into February, including planning our social calendar for the year, and following up on a BTC plaque for the water fountain we made possible on the Jemison Trail last year. As I mentioned above, Snowpocalypse 2014 set me back a week! I am very much looking forward to all of the fun we are going to have in 2014, and all of the work we will put into promoting fitness and good health in our community. And I thank you again for your membership and involvement in the BTC!

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BTC Mission Statement

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

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Race Results

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

birminghamtrackclub.com
trakshak.com run42k.com

DIRTY RUNNING

— *David Tosh*

I am sure everyone knows strength training is an important addition to every runners training regimen. It is especially important to trail runners and absolutely critical for ultrarunners. Just about anyone can go out and run a flat 5K or 10K without your “core” giving out. I have written articles on how you can run an ultra if you only run three times a week and do no other training. This is true, you can, and I have done just that for years. The key word here is “Can.” You will not do your best and your runs will be more difficult, but it can be done.

I am running a race this summer with over 33,000 feet of elevation gain. I have resolved to start strength training, specifically leg and core strengthening. There is little or no chance I could complete the race if I don’t. I joined the new Lifetime Fitness facility literally 1000 yards from my house (2 miles by road) and started training just before Christmas. I have worked out two or three times each week up until last week when I took it easy while tapering for the Mountain Mist 50K on January 25. I was amazed at how much stronger my legs felt and how much stronger I ran after only three weeks of working out. The run felt much better than in any ultra I have run recently. I did have a major problem with cramps the last 10 miles but that was because I was just not drinking enough and became dehydrated.

You may be wondering why core strength is so important to a runner. Here is a quote from Ultrarunning Magazine. “Your core muscles function to support the hips and spine in correct alignment from front to back, side to side, and up and down. Trunk muscle groups include hips abductors, adductors, and flexors; gluteals, various abdominals, the psoas, pectoralis, and lower and upper back muscles. The core groups have key roles in a fluid running stride. They stabilize the center of your body, allowing for efficient generation of force by the legs, arms, and torso. They also provide balance so you can maintain your center of gravity (located just behind and below your belly button) when running on uneven or hilly terrain. With strong core muscles, your spine is kept in a neutral position (s-shaped), lowering pressure on discs in the back and even helping to relieve back pain if you have had that problem in the past.” Yes, maintaining a good posture while running really is important in all forms of distance running. Your running is more relaxed and more efficient thus using less energy per hour of running. The longer the run the more important this all becomes especially when you consider an average 50K takes most runners 5 to 7 hours to complete. The average 100 mile race takes 25 to as much as 48 hours to complete. Your core had better be strong for that!

Fatigue during those long runs will usually results in poor form. It is not just your legs that go; it’s also your arms, shoulders, hips and back. I can’t tell you how many times I have returned to the car after a long run and barely had enough strength to remove my hydration pack. Having a strong core will make you a better runner no matter what you run. One downside of trail running is falling. If your core is strong you also have a better chance to regain your balance when you stumble and avoid a fall. Another benefit of a strong core combined with strong legs, especially the quads, is having the ability to “power up hills” like the Yellow/White Connector at Oak Mountain. A strong core forms the platform from which your arms and legs work to help you run more efficiently.

So how do you strengthen your core? One of the simplest and core exercises is a sit-up. Another is the “back extension” or, as I refer to it, a reverse sit-up. Here is how Shawn McDonald, who wrote the Ultrarunning article mentioned above, recommends that you strengthen your core muscles. He suggests 2 or 3 core workouts a week, each lasting 20 to 30 minutes. “The core work can be combined with a short, easy run or short bout of aerobic cross-training, either of which should be performed before the core exercises to act as a warm-up. Then you should stretch your back, trunk, and limbs for about ten minutes prior to the start of the core work. Be sure to perform the core exercises with proper form, in a controlled manner and cadence. Finish the core workout with about ten minutes of additional stretching as a cool down.”

Here is the workout routine suggested by Shawn.

EXERCISE	SETS	REPS	HOLD TIME	MUSCLES WORKED
Abdominal crunches	2-3	20-30	–	Abdominals
Side hover	2	3-5	5-20 seconds	Side abdominals, gluteals
Dynamic quadruped	2-3	20-30	–	Shoulders, hip flexors, abdominals
Back extensions over stability ball	2	20-30	1 second	Shoulders, back, gluteals
Side crunches over stability ball	2-3	20-30	–	Side abdominals
Lying bridge	2	5-8	5-10 seconds (rest 2-3 secs. B/w reps)	Gluteals, hamstrings
Prone plank	2	5-10	10-60 seconds	Abdominals, pectoralis, quads
Hip extensions on swiss ball	2-3	5-12	3-5 seconds	Gluts, hip abductors and adductors
Oblique cable pulls	2	One minute each side (20 pulls)	–	Side abdominals, trapezius
Sprinter pops on swiss ball	2	10-15 (alternate extending legs)	–	Gluteals, hip muscles, pectoralis, shoulders

Below are examples of a “Plank” and “Back Plank” and on the second row, a “crunch” and a “Side Bridge”



According to Metaboliceffects.com, sprints are one of the best core workouts for runners. They recommend 100 meter intervals. For distance runners, 200 meters is great. I rarely run intervals these days but this the best way I know of to improve speed at any distance. A very effective way to run 200 meter sprints is go to your local track and pick a logical starting point. I always like to start at the end of the straightaway. Sprint as hard as you can for 200 meters then slow to an easy jog. Continue jogging to your start point and sprint another 200 meters. Continue sprinting and jogging until you have completed 10 sprints. After the last sprint continue running as an easy pace for another mile or so to cool down. Ten sprints is a tough workout and if you really run as hard as you can for ten 200 meter sprints and the next day every muscle in the upper half of your body isn't sore I will buy you a cup of Coffee*. (For anyone that regularly runs intervals this offer is not valid.)

There is one other great solution to building core strength and improving all your running skills. Go talk to Alex Morrow and Resolute Running in Homewood. He will take the guesswork out of your training.

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Charlie Brown at the Ms Blues Marathon



*Above: BTC Parliamentary/ General Counsel
Julie Elmer, Alex, Kelly, Russ, Jennifer*



*Hardwick Gregg, USA
Cyclocross National
Championship Age Group
60-64*



*Tasha Baugher Beaty, Jerry Smith,
Jennifer Skjellum, Xing Wu
Krispy Kreme Donut Challenge*



*Mitch Coffee and Kendra
Quandt in New Zealand*

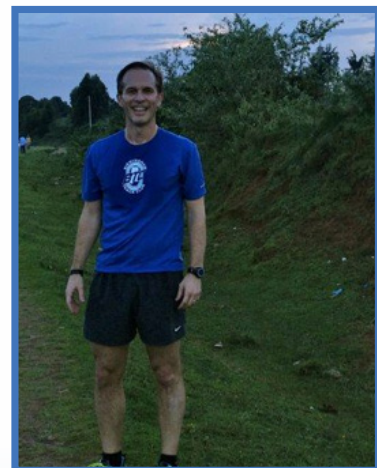
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Jason Murray, Clell and Tammy Adams



Debbie Evans, Rebecca Fite, Lisa Booher, Jennifer Gremmels, Alison Hoover



Dean Thornton in Kenya for a Medical Mission trip



Monica Henley, Kim Tyler, Mandi Jowers at the Pensacola Double Bridges 15k



L to r: Kenny McShan, Bryan Meadows, Chris Zenker, Charlie Brown

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Ron Wall



Michael Greene



Michelle Belcher



Joey Longoria and Carrie Patterson



*Rebecca Fite, Joey Longoria, Carrie Patterson,
Jennifer Andress, BTC 1200 Mile Coordinator Alison Hoover*

SEND US YOUR PICTURES WITH YOUR BTC APPAREL

We want to see where you have been running, representing the BTC! Email photos to:

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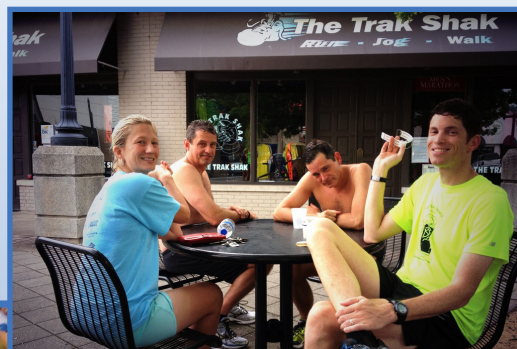
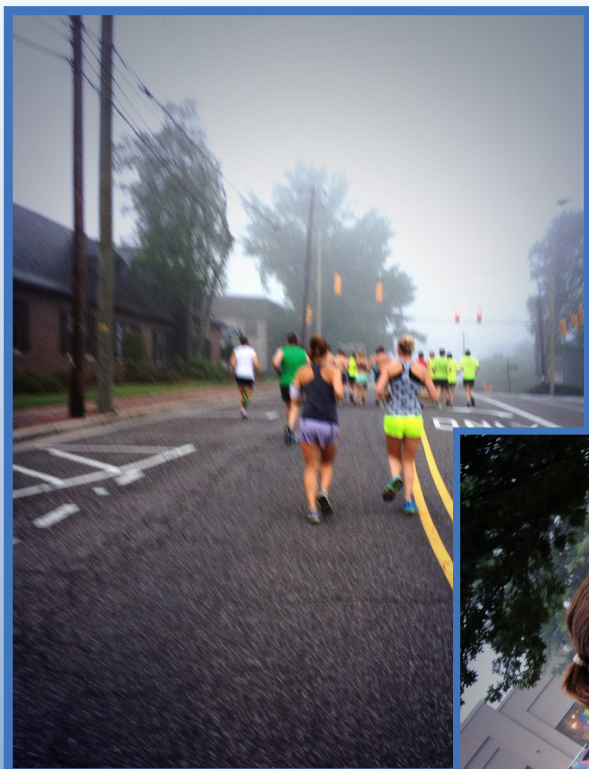


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Saturday Morning Long Runs

Find us on FB or email Natalie Ferguson at nataliezl@hotmail.com for more information

JOIN US!





The new BTC half-zip tech shirts and long sleeve tech shirts have arrived!

As the temperatures drop, make sure you are prepared and sporting the latest BTC gear.

Your shirt can be purchased at any BTC event.

You can also send an email to arrange an order.
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Fleetio www.fleetio.com

2014 Southeastern Ultra Trail Series

And don't forget the 1st of the 7 Short Series Races in 2014 - Tranquility Lake 3 & 6 mile, April 12, Oak Mountain State Park



Lake Martin 100 - March 29 & 30

100 Mile & 50 Mile Endurance Run & 27 Mile Fun Run & No paved roads
Near Alexander City, Alabama. Along the shores of one of America's most Beautiful Lakes



The Run for Kids Challenge - May 3

12 Hour, 50K & 10K Trail Races - Oak Mountain State Park, Birmingham, AL
100% of race proceeds go directly to Camp Smile-A-Mile. Alabama's camp for Kids with Cancer.

Birmingham Stage Race



Birmingham Stage Race - September 26, 27 & 28

3 Mountains - 3 Days - 53 Miles or 2 Day Option - Birmingham, Alabama
What our mountains lack in size they make up for in sheer technical difficulty.



Tranquility Lake 50K - November 22

50K and 25K Trail Race - Oak Mountain State Park, Birmingham, Alabama

Presented by
SoutheasternTrailRuns.com &

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HAMMER
NUTRITION
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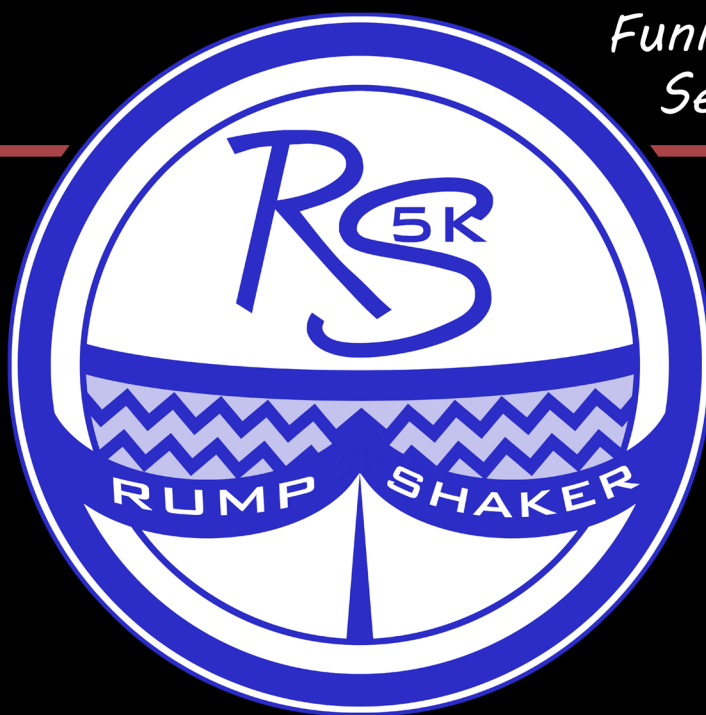
Rumpshaker 5K

In Memory of Lisa Martz

**Colorectal
Cancer**
Awareness

Historic
**Sloss
Furnaces**

March 15,
2014



*Funny Name
Serious Cause*

5k / 1 Mile
Fun Run

6th
Annual

www.rumpshaker5k.com

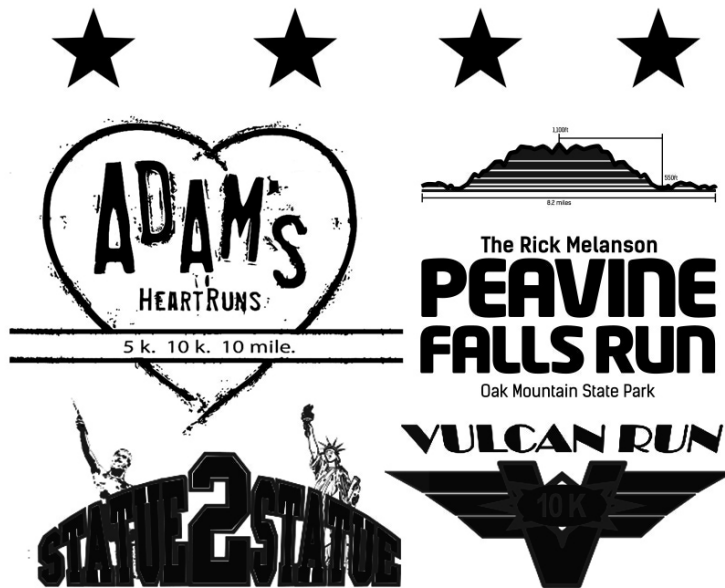
Presented by:



2014

★ *BTC RACE* ★

SERIES



4 Races and a Race Series Shirt for only **\$65!**
Must be a BTC member- see
www.birminghamtrackclub.com for details,
and to **join!**

INAUGURAL DOPEY CHALLENGE 2014

—by Judy Loo

Friend and BTC member Katie Hannigan saw that Disney was offering the Dopey Challenge (5k, 10k, half marathon and full marathon in 4 days) for 2014. I told her she was crazy. Well, my co-workers saw that too and tried to get me to sign up. I told them they were crazy. They kept on me for several weeks, and I finally gave in to peer pressure. This 4 days event was Dopey alright! My plans were to slow run/walk the 5k (which was not timed) and the 10k (timed, with approx 90 minutes to finish, or before the balloon ladies swept you) and to go at my pace for the half and full marathon. And to be able to take pictures with the Disney Characters!

The 5k was fun and no pressure. The 10k is another story. Nicole McCarthy, Katie Hannigan, Sherry Colgin and I started in the last corral. As we were running, we stopped to get our picture taken with the Disney characters. We were having a great time except for Sherry. She kept running and didn't want to waste any time. Her goal was to finish! At one point, we were standing in line and...here comes the two balloon ladies telling us to hurry so we would not get swept by them. We got our picture taken and sprinted past them to the next Disney character, and stood in line. Well, I'll be darned, if the balloon ladies don't come past us again. This happened several times, with us playing leap frog with the balloon ladies. Needless to say, I missed one photo with a Disney character, but finished before the balloon ladies.

At the half marathon, I was in my corral (L) and started almost an hour after the 1st corral had started. I was having a great time, and I saw the first Disney Character and that the line was very long. I thought "no big deal", but 20 minutes later I was sprinting to make up that time. I got in the park and stood in line, only for them to tell me that Pooh needed a break and would be



back in 2 minutes. I thought to myself, "ok", until I saw Sherry Colgin, who had started in the last corral, had passed me. I thought, "I need to run before the balloon ladies sweep me!" I sprinted to catch up with Sherry, and then continued to run to the next Disney Character. I waited another 20 minutes to get my picture with Goofy and Mickey, and for Goofy to take a break. ARGH!!!! I played leapfrog again and sprinted to Sherry several times, all the way to the finish line. I had to reevaluate this strategy for the marathon since I didn't think I could do this again for 26.2 miles.

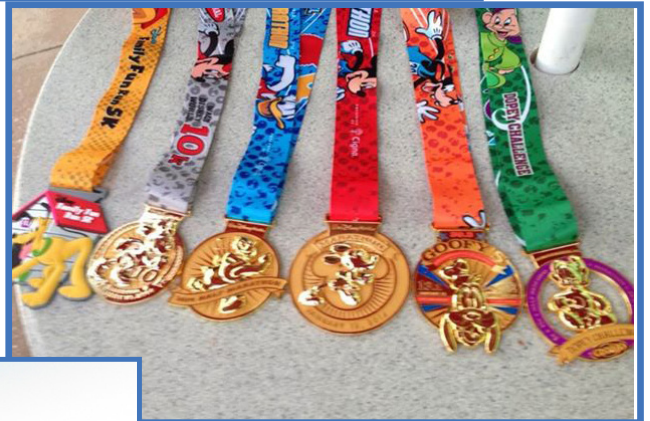
As I am standing in line to have my picture with Tigger, I see a runner with a BTC STATUE 2 STATUE shirt. Of course, I had to ask him if he was

from Birmingham. His name was George Gaskin. Thanks for wearing my race shirt, George! That was so awesome!

For the Marathon, I continued to run and to stop to take pictures. At one point I caught up with Karen, my coworker, and then Sherry. I think I played leapfrog with them from then on to the finish line. I waited for Sherry for about 15 minutes so we could cross the Marathon Finish Line together. Oh, by the way, did I tell you that Sherry had 4 shoulder surgeries during our training? She ran the 4 day-long event with a sling on her shoulder. She was like the energizer bunny that kept on running. I will never complain about an ache after watching her run all 48.6 miles with the arm sling.

I want to say congratulations to everyone from the Birmingham area that ran. It was a fun weekend and if I ever do this again I will need to train a little better and have a plan.

Next on the bucket list is the Coast to Coast Dumbo Double Dare on Labor Day weekend.



THANK YOU

Happy Monday Runners!

As the new BTC Volunteer Coordinator taking over from Mark Burris in 2014, I'd like to say thank you to our past and future volunteers.

We had over 140 active volunteers in 2013 not including the fabulous folks who make up our executive board. Of those, a quarter earned some level of volunteer reward by helping us at two or more events last year. At the annual meeting the club rewarded 8 volunteers by drawing for \$25 Visa gift cards from the list of folks who volunteered in 2013!

This year I'd like to see more new faces and more repeat volunteers, earning a draw in the annual giveaway, a free BTC race series entry, or even complimentary annual membership. We'll be making some changes to make volunteering even more rewarding so keep an eye out for the update!

Your next opportunities to help the club continue in its mission and host some great events are coming up fast! Adam's Heart Run next weekend needs volunteers to work water stops and help with hospitality after the race. The expo booth and water stop Mercedes' Weekend will require a lot of helping hands. Email me at volunteers@birminghamtrackclub.com to volunteer yourself. Remember that water stops offer a great vantage and opportunity for your friends or family to cheer you on. We hope you'll help us support the runners.

Adam's Heart Run, BTC Race Series
Saturday, Feb. 8

Mercedes Weekend, Expo and BTC Sponsored Water Stop
Friday - Sunday, Feb. 14 - 16

Here are some other races and dates to keep in mind. Other opportunities will be announced from the Facebook page or directed e-mail from time to time. Please be sure to like us to get updates.

Statue to Statue, BTC Race Series
Saturday, Apr. 19

Peavine Falls, BTC Race Series
Friday, July 4

Talladega Half Marathon, BTC Sponsored Water Stop
Sunday, Sep. 14

Vulcan Run, BTC Race Series
Saturday, Nov. 8

Magic City Half Marathon, BTC Sponsored Water Stop
Sunday, Nov. 23

Happy running!

Kate Pezzillo

2013 Volunteer Rewards

Won a 25\$ gift card at Annual Mtg:

Phillip Doss, Bill Greenwald, Chris Fleming, Todd Parish, Amalee Smith, Kimberly Zimlich, Steven Burson, Margaret Brown

Free Race entry:

Kimberly Benner, Susan Chandler, Blake Crow, Jean Frank, Yan-Yan Ng, Catherine Patterson, Sally Shurbaji
Free Membership year:
Yan-Yan Ng

VOLUNTEER AT 1 RACE/EVENT IN A CALENDAR YEAR:

- Receive a free race t-shirt.
- Receive a free BTC volunteer shirt.

VOLUNTEER AT 2 RACES/EVENTS IN A CALENDAR YEAR:

- All of the above.
- Your name will be entered into a drawing for a gift card.

VOLUNTEER AT 3 RACES/EVENTS IN A CALENDAR YEAR:

- All of the above.
- Plus, 1 free pre-registered entry at a BTC sponsored race.

VOLUNTEER AT 4 RACES/EVENTS IN A CALENDAR YEAR:

- All the above.
- Plus, free individual BTC Membership!

New for 2014! A drawing from the list of volunteers could be a shirt, gift card or race entry! Join us and find out!

1200 MILE CLUB

In 2013, 193 people participated in the 1200 Mile Club challenge. Over the course of the year, 20 of those withdrew for various reasons, knowing they would not reach the goal this year. Injury, pregnancy, job requirements, family commitments all derailed runners along the way. Some who may have made it simply stopped reporting their miles.

At the end of the year, 136 had logged and reported at least 1200 miles, nine of whom reported less than 1205 miles.

The highest number of miles reported came from Prince Whatley with 3208, the only runner with over 3000 miles. Fourteen runners reported 2000 or more miles, including Winston Frederick who recorded exactly 2000 miles.

Thirteen runners have achieved the goal of 1200 miles all six years the challenge has been offered: Ekkehard Bonatz, Brad Clay, Cherie Dortch, Joe Ford, Jack Ganus, Micki Haralson, Alan Hargrave, Jimmy Kuhn, Tim Roberts, Keith Rutherford, Jerry Smith, David Stearns, and Prince Whatley.

Five runners achieved the goal for their fifth consecutive year: Wade Dunn, Johnny Goode, Randy Lyle, Ellie Pasqualini, and Bill Woody.

Congratulations to everyone who achieved the goal. We have awards ordered for you. If you do not hear from us prior to Mercedes weekend, check for your awards at the BTC booth at the expo. First-time qualifiers will receive a jacket and a dated patch. (These had to be re-ordered due to an error in processing on the original order. We want them to be perfect!) Repeat qualifiers receive a dated patch. Those completing their fifth consecutive year also receive a coin. Awards not distributed by the end of Mercedes weekend will be mailed. Please remember, you must be a current member to claim your award.

Missed your chance in 2013? Tried but didn't quite get to 1200? Now is the time to commit to trying for 2014. Report your January miles to 1200@birminghamtrackclub.com to get started. Report your miles every month, log at least 1200 miles, and keep your membership current to earn a sweet reward when the year is done. Check the BTC web site for other rules and restrictions.

THE 1200 MILE CLUB

2013 1200 Milers

Last	First	Total	Dec	Nov
Adams	Clell	1635	123	206
Adams	Tammy	1270	69	90
Affuso	Olivia	1466	139	164
Allen	Darnell	1252.8		61
Arrington	Donna	1214	16	136.2
Atkins	Brian	1938	42	64
Ballard	Bill	1214.6	90.4	83.9
Barry	David	1204.5	98	110
Belcher	Michelle	1213.7	158	120
Benner	Kimberley	1293.8	109.9	145.8
Bertram	JR	1323.5	160	143.8
Blankenship	Barry	1565.83	131.94	143
Bonatz	Ekkehard	1796		
Booher	Lisa	1628.23	124.4	126.5
Bradshaw-Whittemore	Al	1238	45.6	111
Brown	Charlie	1542.45	109	147
Burke	Chad	2113	101	202
Burnette	Jack	1202.6	136.5	124.6
Burris	Mark	1210		
Chandler	Teresa	1350	45	101
Choat	Julie	1288	166	146
Clay	Brad	2771	153	249
Coffee	Mitch	1215.99	156	138.2
Crawford	Jennifer	1580		147
Creed	Brad	1243.3	88.4	110.5
Crumpton	Dan	1609.09	125.3	169.72
Davis	Wayne	1604	89	92
Dease	Katherine	1221.33	92.43	102.12
Denton	Matt	1602.47	143.55	134.92
DiMicco	Al	1369	99	114
Dodson	Brooke	1505	147	127
Dortch	Cherie	1200.13	152.5	154.4
Dunham Atkins	Kelly	1670.2	122	131
Dunn	Wade	2379.7	179	185
Engels	John	1214.8	109.5	116.6
Evans	Debbie	1658.55	134	103
Evenden	Sally	1486	110	110
Fasking	Greg	1251.5	82	102
Fell	Amy	2024.5	160	248
Feller	Beth	1750	125.2	183.1
Fite	Rebecca	1545.22	112.18	66.04
Fondren	Matt	2519	82	125
Ford	Joe	1367	103	128
Franklin	Shane	1508.24	143.52	160.23
Frederick	Winston	2000	198	155
Gann	Michael	1457	43	120
Ganus	Jack	1253	110	92
Gash	John	1358	125	130
Geisen	Jonathan	1222	59	90
Givan	Marcus	1208	136	135
Glaub	Chris	1345	157	158
Goode	Johnny	1810	77	218
Greene	Michael	1204.56	69.2	108.69
Gremmels	Jennifer	1234.25	97.89	73.6
Gullapalli	Satya	1254	124	115
Hallmark	Daryl	1332.9	42.2	161
Haralson	Danny	1310		115
Haralson	Micki	1685	110	114
Hargrave	Alan	1225	141	106
Harrison	Lisa	1559.6	111	109
Hartfield	C. Meade	1200.2	129.4	33.1
Heaton	Bryan	1427	134	121
Hedrick	Nicole	1329.1	130.5	160
Hickerson	Patrick	1206	64	127
Higgins	Shane	1203.3	100.1	108.5

Last	First	Total	Dec	Nov
Hiller	Russ	1301.03	101.76	109.34
Hollington	Kasey	1325		126
Honea	Todd	1284	127	101
Hoover	Alison	1482.68	101.35	91.32
House	Beth	1206.45	100.35	100.25
Ingram	Joseph	1261	122	130
James	Ryan	1505		163
Johnson	Mark	1228	103	138
Keith	Michael	1243.76	55.23	123.49
Kirkwood	Teresa	1278	75	90
Kuhn	Jimmy	1547	137	125
Langston	Richard	1503.9	104.7	141.1
Lee	Shilonqua	1233.21	132.24	138.05
Longoria	Joseph	1287.58	93.2	111.9
Losole	Liz	1218	93	89
Lucas	Jane	1237.5	78	105
Lyle	Randy	2527.2	247	213.3
McCarthy	Nicole	1393.31	130.3	147.2
McShan	Kenny	1343.72	103	52.15
McTune	Mark	2603	221.92	164.6
Meadows	Bryan	1311.44	87	141.36
Merry	Vicki	2554.1	224.6	233.8
Millican	Randy	1381.34	116.91	104.34
Milsap	Lanier	1330.81	91.38	126.95
Miner	Caitlin	1921	100	120
Morgan	Cary	2380		
Morgan	Danielle	1201	88.3	82.3
Morgan	Phil	1586.2	88	98.3
Morrow	Alex	1836.35	110.71	72.42
Myers	Bill	1517	111	128
Noerager	Brett	2255	146	225
Northern	Kristie	1709.85	91.5	156.35
Oliver	Greg	1374.26		146
O'Neil	Ray	1242.09	10	117
Osterbuhr	Tom	1461.05	146.8	122
Pasqualini	Ellie	1206	102.5	87
Patterson	Carrie	1587	163	157
Patterson	Cathy	1753.5	147.5	112.5
Pearce	Julie	1253.58		
Perry	Jeff	2354.7	176	112.2
Pezillo	Kate	1201	113	91
Phillips	Stefanie	1206	199	148
Plante	David	1869.75	242.25	195
Randall	Lisa	1788	152	122
Reisinger	Kaitlin	1409	124	100
Roberts	Tim	1278.1		109.4
Russell	Tom	1220.25	101	121
Rutherford	Keith	1502	114	153
Shinn	Ron	1204.8	139.26	115.96
Silwal	Suman	2013.2	237.1	139.1
Sims	Kyndle	2863	176	92
Smith	Jerry	1272	110	107
Stearns	David	1235.3	107	124
Stockton	Rick	1524.03	116.3	131.2
Stroud	Vanessa	1736.7	97	186.6
Talley	Beau	1264	77	121
Taylor	Trey	1217.2		60
Thomas	Eric	1225.46	171.41	150.85
Thornton	Dean	1703.43	106.21	104.57
Wagnon	Bill	1468.45	126.2	117.8
Wall	Ron	1409.5	135.8	157.2
Weisberg	Scott	1521	115	115
Whatley	Prince	3208	312.8	253.3
Williamson	Chad	1542.76	119.4	54.52
Wilson	Barrie	1215	91	104

Last	First	Total	Dec	Nov
Witter	Jamie	1374.02		20
Woods	Cindy	1240.4	68	108.5
Woody	Bill	1806	144	131
Wu	Xing	1222.9	106.8	86.6
Zehnder	Justin	1733	94	127
Zenker	Chris	1674.5	138	197

Last	First	Total	Dec	Nov

1200 MILE CLUB

Hello BTC Members!

With a new year comes a new chance to be a 1200 Mile Club member and to earn a fabulous BTC 1200 Mile jacket, or for returning members, your 2014 patch to add to your previous achievements.

My name is Ali Hoover, and I will be recording your mileage this year and keeping track of your accomplishments. As in previous years, please send your monthly mileage to 1200@birminghamtrackclub.com.

With your very first email, please send me your full name, your email address, your January 2014 mileage and let me know if this is your first year to join the 1200 mile program, and if not, let me know how many years you have accomplished this feat to date! Good luck to all new members and don't forget to track those miles each month and send them in.

Looking forward to a great year of running!

MLK DAY RUN

—by Tanya Sylvan

Yesterday morning was the second annual MLK Day run through downtown Birmingham. We ran an MLK Day run last year and had such a good time exploring and taking pictures that we decided to do it again—only bigger and better. My friend Becca did a fantastic job putting together a 10-mile route that ran past historical landmarks such as the 16th Street Baptist Church, the Civil Rights Institute, Carver Theatre, Sloss Furnace, and Avondale Park and teaching us a little bit about each.

Birmingham is full of rich civil rights history. It'd be a shame not pause and observe the day in one way or another. And what better way to visit historical sites than on foot?

So come along and celebrate MLK Day with us—Bham-style:

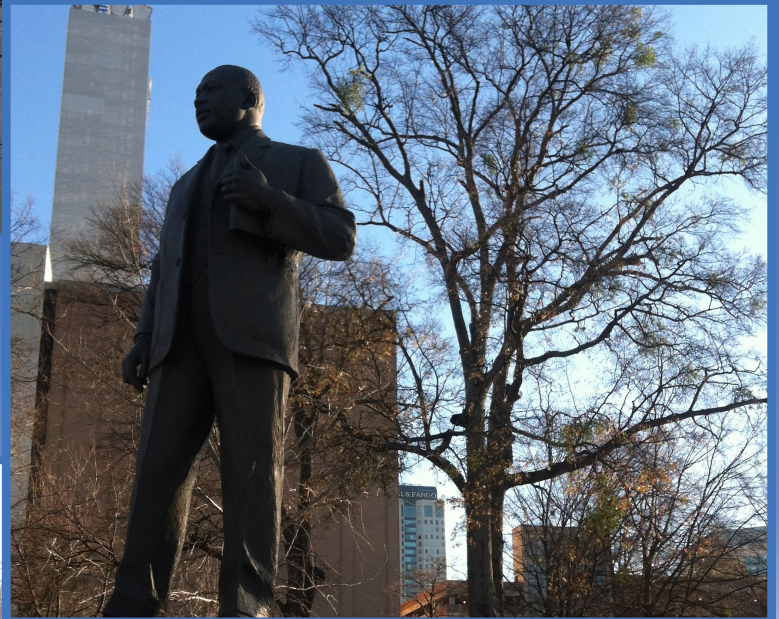
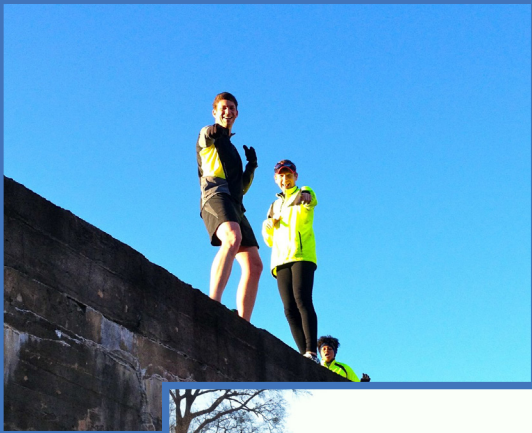
His name was George Gaskin. Thanks for wearing my race shirt, George! That was so awesome!

For the Marathon, I continued to run and to stop to take pictures. At one point I caught up with Karen, my coworker, and then Sherry. I think I played leapfrog with them from then on to the finish line. I waited for Sherry for about 15 minutes so we could cross the Marathon Finish Line together. Oh, by the way, did I tell you that Sherry had 4 shoulder surgeries during our training? She ran the 4 day-long event with a sling on her shoulder. She was like the energizer bunny that kept on running. I will never complain about an ache after watching her run all 48.6 miles with the arm sling.

I want to say congratulations to everyone from the Birmingham area that ran. It was a fun weekend and if I ever do this again I will need to train a little better and have a plan.

Next on the bucket list is the Coast to Coast Dumbo Double Dare on Labor Day weekend.





BIRMINGHAM TRACK CLUB **REWARDS** **PROGRAM**

Great volunteers make a great race possible! The BTC is dedicated to rewarding our hardworking volunteers and we are excited to offer the following rewards program.

VOLUNTEER AT 2 RACES/EVENTS IN A CALENDAR YEAR:

- Receive a free race t-shirt.
- Receive a free BTC volunteer shirt.
- Your name will be entered into a drawing for a gift card.

VOLUNTEER AT 3 RACES/EVENTS IN 12 MONTHS:

- All of the above.
- Plus, 1 free pre-registered entry at a BTC sponsored race.

VOLUNTEER AT 4 RACES/EVENTS IN 12 MONTHS:

- All the above.
- Plus, free individual BTC Membership!

If you are interested in volunteering for the BTC at one of our events or races, please send an email to Mark Burris at **VOLUNTEERS@BIRMINGHAMTRACKCLUB.COM**

RUNNING GROUPS

Black Girls Run

Black Girls Run! is a National Organization with a local Chapter. They have over 1,500 members with all paces and levels from the beginner walker to ultramarathon runners. There is no fee to join, and they are always accepting new female members.

Contact one of the BGR! Birmingham Ambassadors for more information:

Olivia Affuso, oaaffuso@gmail.com, Tiki Curry, tmerritt@southernco.com, or Tammy Fincher, tmfincher@gmail.com,

Or visit www.blackgirlsrun.com,

Or find the local chapter Black Girls RUN! Birmingham on Facebook <http://www.facebook.com/groups/249831688374975/>

Norm's Gnomes

Norm's Gnomes are a local group of about 70 members who run a 6:30-8:30 pace and train for long distances; half marathons to 100-mile Ultra's. This is not a beginners group. There is no fee to join and you can become a member by showing up at one of the many weekly runs in the Homewood and Mountain Brook Areas and running with the group.

E-mail Jennifer andressk@bellsouth.net or Tim, timr71@att.net.

The Village Runners

The Village Runners are a local group of about 90 runners who enjoy training and running together. They are "serious recreational" runners with paces ranging from 8:30 to 10:30. They meet almost every day at the Western Supermarket in Mountain Brook. Weekday runs are 4-6 miles and weekends are longer. They promise not to leave a runner behind. They welcome all runners – the more the merrier!

Find them online at www.facebook.com/groups/thevillagerunners

or email Dave dmberry1@gmail.com or Randy randy.lyle@icloud.com

The Evening Runners

The Evening runners have about 15 regulars and 90 members. After completing Run University's program for the Ruben Studdard Half Marathon in the fall, they decided that the rest of the runners in Birmingham started way too early, so they run at night. Paces range from 9 minute miles to 15 minute miles. They are an open group.

Request to join their facebook page at <http://www.facebook.com/groups/257924670910573/> or search for Evening Runners Group. You can also contact

BTC Saturday Morning Long Run (Natalie's Marathoners)

This group began as Meredith's Marathoners in 2006. Each year they pick a goal Marathon in the fall and train together. Saturday morning routes and water stops are coordinated by Natalie Ferguson and the BTC with members dropping water along the route. Paces range from 9:00 to 11:00. Distances for Saturday morning runs range from 10 to 22 miles. This is not a group for beginners.

See www.birminghamtrackclub.com for information.

Run University's Couch to 5K (10K)

Run University is a program led by coach Danny Haralson. There are several programs throughout the year that last 7 weeks (5K) or 10 weeks (10K). The programs begin with short walks mixed in with short runs building up to a 5K, 10K or half marathon. This group is appropriate for beginners and open to all fitness levels. The program usually begins in the parking lot below the Mountain Brook YMCA and they go on to meet in various locations throughout Homewood and Mountain Brook as the distance increases.

The program costs \$49 for the 5K/10K and the Half Marathon cost depends on the event chosen for the group. Contact rununiversity@gmail.com or visit

www.rununiversity.com or find them on facebook
<http://www.facebook.com/rununiversity> or twitter
<http://twitter.com/rununiversity>

Fleet Feet's Beginner 5K Group

Fleet Feet in Cahaba Village offers a beginners running program coached by Will Rodgers. If you have never run before or if you are just getting started and need a group for motivation and advice, this is the group for you. The group meets at various locations throughout the city and surrounding suburbs. Each session lasts 10-12 weeks. Currently, Fleet Feet offers two programs per year targeting a spring and a fall race in Birmingham. A small fee beginning at \$80 covers coaching and water stops.

Contact Will@fleetfeetbirmingham.com

Helena Endurance Running Group

HERG is a running group out of Helena, a city about 20 miles south of the city of Birmingham. Their mainstay running days are Wednesday evening and Saturday morning from La Reunion Coffee Shop in Helena. Paces range from 8:30 to 13:30 for long runs. They also meet on Tuesday and Thursday, but that is inconsistent as of Spring 2012. This is an open group with no cost.

More information and contacts can be found on Facebook <http://www.facebook.com/groups/hergs/>

Shijenben Running Group

This is a veteran long run group, training for half and full marathons and moonlighting as triathletes in the off season. They have been running together for over 2 years and paces range from 8:30 to 12:00 minute miles. The regular group has about 65-70 runners with 160 on the group e-mail list. They also meet for Sunday morning bike rides.

You can e-mail shijenben@gmail.com to be put on the weekly long run group list, or find them on Facebook. They are an open group.

Regular Runners

The Regular Runners are a group that trains for various distances with their long runs beginning at 13 miles on Saturday Morning. During the week, they have shorter runs in the Hoover Area. Paces range from 9:00 to 12 minute miles with some members using the Gallaway run-walk method and others just running. Saturday Morning Long Run attendance averages 30 members with about 60 on the e-mail distribution list.

To join this group and receive the weekly e-mails, send a message to David davidphenry@charter.net, Harry yhbblxm@gmail.com, or Jay jamyoun@gmail.com.

Downtown Running Club

Not only do they not want to drive over the mountain for a run, but they don't want to do it at 6 a.m.! This group meets at Paramount Cafe (200 20th street N) on Saturday mornings for a run around the city. They are open to all paces.

For more information, e-mail Brian bemjohnson@gmail.com at or find them on Facebook <http://www.facebook.com/groups/242163662534942/>.

Black People Run Bike and Swim

BPRBS It is so important to move! Black People Run Bike And Swim is not an "exclusion" it is an "awareness" of the reality in which education, exposure, and disparities affect us in ways that are at times not recognized or understood. Our group meets weekly to battle obesity in the form of activity.

Like us on Facebook <http://www.facebook.com/BlackPeopleRBS?fref=ts>, Follow us on Twitter <https://twitter.com/BlackPeopleRBS>, or Email us Jerri jlhaslem@yahoo.com, Shirley shirley.gibbs@uab.edu, or Patrick packer@blackpeoplerrunbikeandswim.com for more information or schedule of events.

BTC MINUTES

JANUARY 21, 2014

Agenda:

1. Membership (Jamie - not present)

- a. 943 members
- b. 1480 on roles (280 more than previous)
- c. Mugs to be given to 2-year membership - \$45.00 and a 2 year membership commitment get a mug

2. Financial Report (Russ)

- a. Will meet with Randy

3. Adam's Heart Run (Allison)

- a. Allison needs to coordinate volunteer needs with Katie
- b. Judy Loo will bring out ~100 Healthsouth runners
- c. Tanya will not be there for finish line duties; Allison will handle.
- d. Is there an inventory list of what's in storage? – yes
- e. T-shirts – working with Jennifer – black with green/blue or black with yellow, long-sleeve; Allison likes the blue; what's the last day for order? January – early week of 1/27 to be in shop by 1/31; vendor: Marian Dill
- f. Packet pick-up and registration open at 7:30, volunteers at 6:30, race starts at 9:00.
- g. Estimated participation: 350 (325 last year)
- h. Last day to register for race series? Statue 2 Statue (April 18)
- i. Question: Is it necessary to have Race Series t-shirts? Could we save \$ and not have the shirts?
Answer: They're used for marketing for all 4 races
- j. Signing up online – can you differentiate between the distances? Yes, you have to pick
- k. Two cash boxes – 1 for apparel/membership, the other for walk-up registration/packet pick-up
- l. Budget for post-race food: Russ needs to coordinate with Randy; last year – spent \$750.00; board must approve the funds but there is some flexibility as to how that \$ is spent; Randy recommends establishing a budget and making adjustments as needed.

4. Mercedes (Katie, Brad, Jennifer)

- a. Katie is not running so she'll handle it
- b. Expo needs Friday and Saturday and race day water stop
- c. Officers needed to work expo (as well as volunteers) – lay out 3-hour shifts to work; hours of expo – Friday: 12-7:00; Saturday: 10 - 7
- d. Water stop – generator, music, etc.
- e. Tanya will set up and help transport

5. March Social (Jennifer)

- a. March 1 social at Eskridge and White – who's available?
- b. Reach out to Greg Stein because of his St Patrick's day run
- c. March 8 – conflict due to Perseverance 5k and Tuscaloosa half
- d. Looking at March 15 as long as it does not conflict with Greg Stein

6. 1200 Mile Club (Ali, Jennifer)

- a. JR sent a letter to the board
- i. JR is upset he did not get his jacket; Jennifer explained why the jackets were not ready for the end of the year party.
- ii. JR – raising some concerns regarding Alex being on the BTC board because of his business; Conflict of interest? Appearance of Impropriety? Alex does not see his position as a conflict of interest.
- iii. JR thinks that there was no recognition for the 1200 mile club members at the party. With or without jacket. Jennifer: Michele Parr made the decision to not present the jackets until they were here.
- b. Jackets will be given out at the MM Expo, February 14 and 15. In addition, a free BTC 1200 Mile Club tech shirt will also be given out as an apology for the wait.

7. Retainer for Andrew – Vote (Alex)

- a. Anything done for the newsletter goes through Andrew.
- b. Motion to pay him a \$500.00 retainer to do 100% of the BTC artwork
- c. Passed
- d. \$125.00/month for the newsletter

8. Volunteers (Katie)

- a. Thank you to volunteers in the newsletter; email list to see who gets a free entry – offer prizes, depending on levels (gift cards, race entry, t-shirt)
- b. Katie to email Mark regarding volunteer efforts and rewards
- c. Katie will get list of volunteers to me to generate a list in CC
- d. Marks input: t-shirt at 1st event to have at the next function, etc.;
- e. Control of accessories; spreadsheet to track volunteers; generate message and send out to all volunteers
- f. chiaroscuro@gmail.com – Katie's email

*Katie Peller – auctioning off a free Boston entry? Brad and Alex have corresponded with her.

*Russ and Kelly send a picture with write-up to Jennifer, then on to Andrew for newsletter

*floor was open for additional comments and none were made

Those in attendance:

Board: Jennifer Andress, Alex Morrow, Bray Clay, Russ Hiller, Kelly McNair

Executive Committee: Allison Stone, Katie Pezzillo, Ali Hoover, Julie Elmer, Tanya Sylvan, Danny Haralson

General members: David Kahn, Randy Lyle, JR Bertram

RUNNING TIDBITS

— Compiled by Randy Lyle



Quotes

“We all have dreams, in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort.”

~ **Jesse Owens**, *Olympic gold-medalist runner*

“I succeed on my own personal motivation, dedication, and commitment. My mindset is: If I’m not out there training, someone else is.”

~ **Lynn Jennings**, *American long-distance runner*

“Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose.”

~ **Wilma Rudolph**, *Olympic gold-medalist sprinter*

“Running is a road to self-awareness and reliance—you can push yourself to extremes and learn the harsh reality of your physical and mental limitations or coast quietly down a solitary path watching the earth spin beneath your feet.”

~ **Doris Brown Heritage**, *first woman to run sub 5-minute indoor mile*

“Some of the world’s greatest feats were accomplished by people not smart enough to know they were impossible.”

~ **Doug Larson**, *English gold-medalist runner*

“Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic.”

~ **Tim Noakes**, *professor and runner of more than 70 marathon and ultra-distance events*

Tidbits

Qualities of a Good Leader

Source: <http://www.buzzle.com/articles/leadership-qualities-of-a-good-leader.html>

During this year’s annual party, we elected a new slate of club officers. It marked the end of my time as Treasurer of this organization. With two new faces on the board to go along with two returning officers, the new board of directors is poised to lead the club for 2014. I am sure they will set out goals for this year and implement a plan to reach those goals. It got me thinking about what makes someone worthy of holding a leadership position in any organization. I have always been interested in reading and hearing different opinions about what it takes to be an effective leader. If you search the internet, you can find literally thousands of articles that try to answer the question. I found one that I thought did a nice, concise job of defining the qualities of a good leader.

Good leaders are necessary in all areas of life. It is true for an organization like the Birmingham Track Club just as much as it is true for a large corporation or even the government. When an ineffective leader is in place, it is often obvious. The challenge is that there are varied opinions about what qualities people expect in a leader. I tend to believe that effective leadership requires more than being a good speaker or being a visionary. It is clear that those can be helpful traits but good leadership requires much more. I liked the following list I came across that describes the leadership traits considered must-have qualities of a good leader:

- **Communication Skills** – Many feel that effective communication skills are undoubtedly the most important leadership trait. A person cannot just have ideas, but must be able to communicate those ideas in an effective manner. Effective communication is not restricted to the art of delivering speeches, but must include the ability to communicate with individuals at the grass roots

and take their feedback. A CEO will ultimately not be successful if he only addresses those at the managerial level but ignores those at the other end of the spectrum.

- **Competency** – Someone striving to become a good leader should be competent enough to tackle any issue he is likely to face. Decision making matters, but it is important that the decisions are based on rational thinking and not emotions. This is where a person's competency as a leader comes into play. Giving in is a sign of weakness that will eventually affect the morale of the organization. Even in situations where the leader can make the final decision, it is a mistake not to consider the opinions of others within the organization.

- **Honesty** – Honesty is one of the most important qualities, not just in the case of leadership but also in the list of positive traits of human beings. The person must be honest to himself, his team as well as his goals. Deceit will only call for the ire from the team, and that will affect productivity. The accountability factor makes it all the more important for a person to be honest in all things and set realistic goals in their professional life. If people cannot trust a leader in this area, he will surely lose his position of leadership.

- **Team Player** – A leader without his team is like a king going into battle without his army. The team must stay together as a closely-knit unit, and that is only possible when all the members, including the leader, bond together. In fact, the leader has the key role of ensuring that his team does not fall out over differences among the members.

- **Intelligence** – Intelligence is bound to reflect on the performance of the leader as well as the team he is leading. Other than logical thinking and common sense, staying updated about the ongoing trends is also a definite advantage.

- **Discipline** – A laid-back attitude is typically not a trait of good leaders. One of the best leadership qualities a person can instill in himself is discipline in both his professional and personal life. More importantly, discipline is also one of the simplest measures to achieve success in various walks of life.

- **Courage** – A successful person is one that takes calculated risks when everyone else backs away, and that person can make a great leader. The leader should be courageous enough to recognize opportunities, and strike at opportunities when possible. He also has to raise the bar and strive continuously to be better. With that said, a good leader should be able to see the difference between courage and foolhardiness, and that is perhaps the most important trait of all.

- **Goal Oriented** – Many say that a good leader has to be a good visionary. He should be able to set long-term goals and, more importantly, implement the plan to achieve those goals. In leadership, achievements matter, and the greater they are the better. However, it is important to set realistic goals and not give in to temptations, which can be disastrous.

- **Inspiring** – A good leader motivates his organization and team to achieve bigger dreams. He should be a person worthy of admiration by his team members along with the others in the organization. It is not just his words, but his actions have to motivate those around him. When the team faces difficult situations, the morale boosting ability of the leader comes into play.

- **Broad Minded** – Being broad minded is as important as being inspirational to the team. A good leader must be open to suggestions and ideas, regardless from where or whom they originate. It is critical that he understand that avoiding the unnecessary hassles and ego problems is paramount for the sake of overall success.

- **Dedication** – A good leader will be highly dedicated to his team and organization, but not at the cost of his personal life. Although it is vital to draw a line between one's personal and professional life, the onus is on the leader to make sure he does justice to both. As an efficient leader, his aim should always be to perform better than previous occasions without letting the target get out of sight.

- **Humor: A Bonus** – Although not considered one of the most popular leadership characteristics, humor always comes as an added advantage alongside the above qualities. It comes to our rescue often as a great way to relieve stress and/or counter hostility. A good leader should know how to use humor to boost the morale of his team as well as to resolve conflicts.

Other than these qualities, being someone that is willing to go the extra mile is also a great help. In the end, it is not simply important that someone possess one or more of these leadership traits. It is essential to strike the right mix of them all. The combination of all of these qualities and the individual's efforts will bring out the leader in him.

Here is hoping for another productive year for the Birmingham Track Club under the leadership of the newly elected board.



BTC Membership application

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

First Name:

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Last Name:

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Street:

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State:

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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