



★ BIRMINGHAM TRACK CLUB ★  
★ WHERE RUNNERS ARE FORGED ★

# THE VULCAN RUNNER



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January 2015

Issue

1

# HAPPY NEW YEARS!

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# PRESIDENTS ADDRESS

—Jennifer Andress



## Happy New Year, BTC!

It is 2015, and time to start a new chapter in this club. I am writing my very last President's Address after 3 years! I have loved this job more than I ever thought possible, and it has been an honor representing our members in the community. Before I say my goodbyes, let me catch you up on the past month and look ahead to what is coming in the first few months of the year for BTC.

In December, our Saturday morning training groups hit the roads with their BTC pacers, training for Mercedes Marathon and Half-Marathon. BTC Saturday Group Coordinators Monica Henley and Mark Criswell held a mini-social, and awarded several water stop volunteers with gift cards and free race entries. I traveled up Red Mountain with BTC Vice President Alex Morrow and BTC Race Coordinator Trish Portuese to present an \$1800 check to Vulcan Park & Museum. This contribution was from our race proceeds from Vulcan Run, and was a significantly higher amount than last year's donation.



Look for our check presentation to our other Vulcan Run beneficiary, Girls on the Run, to take place at the Annual Party on January 10 at Rogue Tavern. This will also be a nice increase from last year's amount; this is a direct result of your support, so we thank you!

We also held our 4th Annual Resolution Run in conjunction with Trak Shak and Friends of Red Mountain. This was our most successful fundraiser for Red Mountain Park to date. We raised \$6000 in direct contributions. Thank you for coming out and supporting this community treasure!

There are a few dates for your calendar coming up, and volunteer opportunities as well. We will see you all this Saturday at Rogue Tavern for our Annual Meeting, officer elections and annual award presentations. Oh yeah, there will be a party as well! BTC Social Coordinator Katherine Dease has been planning a great evening, complete with a full dinner menu, a live band and a photo booth. We will have 1200 Mile Club jackets for those that achieved this milestone for the first time this past year, and 2014 patches and 5 year coins as well. You will see 3 different versions of the jacket. Last year when the error was made on the type size on the back, we found that many actually preferred the smaller type. We emailed all members earning their jackets this year, and each person chose the jacket they liked best. The front of the jacket is uniform, with the BTC embroidered on the left chest. Thank you to BTC 1200 Mile Coordinator Alison Hoover and BTC IT Chair Alan Hargrave for their work on this. And congratulations to the 2014 1200 Mile Club for your hard work and amazing achievement!

Saturday, February 7th is the first race in our BTC Race Series. We return to Oak Mountain for Adam's Heart Runs, a 5km, 10km and 10-miler on the roads. This fun race is once again under the leadership of Race Director Allison Stone, and is a great training opportunity for those running Mercedes Marathon or Half-Marathon on Sunday February 22. Be sure and sign up for our BTC Race Series for 2015, where you get all BTC four races and an additional tech shirt for \$65. Visit our website to register.

If you are not running at these races, we would love to have you as a volunteer. We will once again be manning

the Mile 8 & 21 water stop at Mercedes, and we would love to have you with us. We will also have a booth at the Mercedes expo, for which we will need volunteers. It is a great way to give back to the club, and meet other members as well. Email BTC Volunteer Coordinator Katie Pezzillo at [volunteers@birminghamtrackclub.com](mailto:volunteers@birminghamtrackclub.com) to sign up!

Sunday, January 25 you are invited to celebrate the 100th birthday of one of the BTC's founders, Wallace McRoy. Please see Charles A. Thompson's article in this newsletter for details about his birthday, and comments on Wally's amazing life. Trish Portuese and Jack Karn introduced me to Wally after his 98th birthday. He is a delightful man, with many funny stories to tell.

As I look back on my 3 years as President, I treasure these connections the most. The people I have met in this job have truly changed my life, and made me realize I, and all of us, are part of something much bigger than a "running club". The BTC truly makes our community a better place to live. We influence those around us with our commitment to training and healthy lifestyles. We, in 2015, are ahead of the game, recognizing fitness through running and walking to be vitally important. Imagine those that founded this organization in the late 1970's! Wally, Les Longshore, Versal Spaulding, Gordon Seifert, Rick Melanson, Charles Thompson, Adam Robertson, Ray McKinnis and our beloved Dr. Arthur Black were visionaries that made a permanent mark on Birmingham. It is their example to which I tried to hold myself accountable as I worked for this club.

I did not know that, however, when I first started in the President position. I know I came in like a bull in a china shop, so let me apologize for that! It took a while for me to learn about the traditions and the history of the BTC. We made some hard decisions about programs that were fading in participation, and chose to focus on our own 4 races and our Saturday morning runners. We designed a new logo and upgraded all of our merchandise and equipment, for what I think is a much more visible club. We utilized new software, easing online memberships and registrations, and added onsite payments with credit cards. We introduced a Member Benefits program and a Volunteer Rewards system. We have seen an almost 100% increase in membership, to just under 1300 members, and a dramatic increase in runners at each of our 4 races.

All of this was done by volunteers, who gave of their time and their talent. I cannot thank all of you enough, for helping this club grow and thrive. I have learned from each one of my officers, race directors and

committee chairs from the last 3 years. It hasn't all been easy and smooth, but I believe all we have done has made for a more successful BTC. Thank you members for entrusting this club to me for the last 3 years!

I will remain on the Board of Directors as Past President, as we elect a new President at the Annual Party. That means my good friend Brad Clay will be rolling off of the Board after 6 years (2 years as Secretary, one year as President and 3 years as Past President). I doubt he knew what was in store when he approached me just over 3 years ago to consider running for President. He is now in the BTC record books as one of the longest serving Board members! Thank you, Brad, for your friendship, your time and your guidance. Treasurer Russ Hiller has decided to step down after a year of service. We thank him for his time and service as well!

So without further adieu, let me introduce you to the 2015 Slate of Proposed Officers:

### **President, Alex Morrow**



Alex has served as BTC Vice President for the past 2 years. Before that, he was Marketing Coordinator for 2 years, and before that he was a committed volunteer, regularly attending Board meetings and dedicated to the growth and success of the BTC. Alex's vision and marketing expertise has contributed greatly to the BTC's growth and visibility within our community. He loves this running community like I do, and recognizes how much good the BTC can do for the entire area. I simply could not have done my job successfully for 3 solid years without Alex, and he will make a wonderful President.

**Vice President, Darnell Allen**



Darnell is a successful business owner, and longtime community volunteer. She is also an accomplished marathoner, and is looking forward to the opportunity to serve the BTC. She has been a recognizable and dependable figure in running community for years, training with Run University and Coach Danny Haralson. I personally know Darnell to be judicious and pragmatic, and believe she will make a terrific VP.

**Treasurer, Leslie Bailey**



Leslie is a Senior Vice President with Regions Financial Corporation. Leslie will provide financial expertise and guidance for our growing club. As the BTC has grown, so have our fiscal responsibilities. We are excited about having someone from the banking industry take on this vital position. Leslie is also a former fitness instructor at the LJCC, prolific marathoner and familiar face in the running community. She is looking forward to serving the BTC in this capacity.

**Secretary, Kelly McNair**



Kelly has been our Secretary for the past year, and she served in this role for 6 months prior to that while our Secretary at the time was on maternity leave. She is extremely dependable, and a conscientious voice of reason. She has streamlined our club communications, and sends out our weekly Constant Contact emails. She is a friendly respondent to our incoming club emails, and volunteers at every BTC event. I have enjoyed having Kelly on the Board, and working with her as a team to further the cause of the BTC.

I am excited about working with these 4 proposed officers to continue serving the BTC and the running community. I hope you join me at the Annual Party, so I can personally thank you for your membership and your support for the past 3 years. See you there, and then I will see you on the roads! Much love to you, BTC!





# 2015 Officers



## President

Jennifer Andress  
president@birminghamtrackclub.com



## Vice-President

Alex Morrow  
coachalex@resoluterunning.com



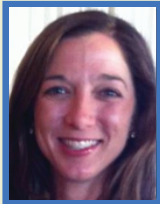
## Past-President

Brad Clay  
bradclay@aol.com



## Treasurer

Russ Hiller  
hiller\_r@bellsouth.net



## Secretary

Kelly McNair  
Kellyjmcnair@aol.com

## BTC Committees

### General Council/Parliamentarian

#### Co-Counsel

#### Long Run Coordinator Moderate Group Coordinator

#### Medical Director Emeritus

#### Medical Director

#### Social Chair

#### Marketing/Social Media

#### Membership

#### Membership Benefits

#### Merchandise

#### "The Vulcan Runner" Editor

#### Club Photographer

#### Japan Exchange Program

#### 1200 Mile Club

#### Road Race Emeritus

#### Volunteer Coordinator

#### Historian

#### Marathon Coach

#### Finish Line Crew

#### Webmaster

#### Race Coordinator

#### IT Chair

#### BTC Race Directors

#### Adam's Heart Run

#### Statue 2 Statue

#### Peavine Falls

Lauren Anderson

Monica Henley

Mark Criswell

Jack Hasson

Dr. Cherie Miner

Katherine Dease

Alex Morrow

Olivia Affuso

Kemper Sarrett

Jennifer Andress

Andrew Nuckols

David Christy

Johnaca Kelley

Alison Hoover

Rick Melanson

Katherine Pezzillo

Trish Portuese

Al Dimicco

Monica Henley

Tanya Sylvan

Dean Thornton

Trish Portuese

Alan Hargrave

Allison Stone

Judy Loo

Alex Morrow

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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.

## 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**  
**trakshak.com**      **run42k.com**

# Join Us!

Join the Trak Shak and Birmingham Track Club for a 20 week marathon and half marathon training program that starts on October 6 and ends February 22, 2015 at one of Birmingham's premier events, the Mercedes Marathon. Seasoned coach Al DiMicco and second year coach Monica Henley have designed a training schedule to get you to the finish line. They will also provide you with weekly information and encouragement about Marathon training and are available throughout the training to answer questions. This is a free group. E-mail [mhenley1113@gmail.com](mailto:mhenley1113@gmail.com) or [Jeff@trakshak.com](mailto:Jeff@trakshak.com) for more information.





# VOLUNTEERS

## Happy New Year!

Thanks to nearly 150 volunteers in 2015 for making our BTC Race Series and partner races a success. You were all in my thoughts during the holidays this year as I am thankful for the opportunity to have met and worked with you and to be of service to my fellow club members.

If you volunteered this year, look over the list and make sure I've given you credit. Even if you didn't, look over this list and say thanks to your fellow runners for their support.

Remember if you volunteered 2 or more times, your name will go into a special end of the year drawing at the annual party. We'll be giving away some good stuff but you don't have to be present to win.

If you volunteered 3 or more times, you also earned a race entry into any of the four BTC Race Series races (Adam's Heart Run, Statue to Statue, Peavine Falls, or Vulcan Run).

If you volunteered 4 or more times, you're now dear to my heart and we will renew or extend your membership for free for one year.

As promised, this year we also drew a door prize for each race to reward one volunteer for that event.

This year's winners were:

Jan Hill - Adam's Heart Run  
Wayne Davis - Mercedes Marathon Weekend  
Patty Landry - Statue to Statue  
Beth Norris - Retro Run  
Jennifer Skjellum - Peavine  
Chris Morgan - Talladega Half  
Xing Wu - Vulcan Run  
Kevin Winters - Magic City Half

Thanks everyone and happy trails to you in 2015!

—by Katherine Pezzillo



First	Last	#1	#2	#3	#4	#5	#6	#7	Total
Amy	Acker	S2S							1
Olivia	Affuso	S2S							1
Sheila	Akins	V	V						2
Lauren	Anderson	P	V						2
Leslie	Bailey	P	V	V					3
Sarah	Bailey	V							1
Mike	Ballard	V							1
Jenny	Barry	V							1
Kimberly	Benner	MM	V	V					3
Renard	Blackmon	S2S							1
Kelly	Bohnet	P							1
Bobby	Boyd	T21K							1
Jim	Broome	S2S	P						2
Mary	Broome	S2S	P	P					3
Audrey	Brown	V							1
Michael	Brown	S2S	P	MCH					3
Emma	Cave	S2S							1
Susan	Chandler	S2S							1
Terri	Chandler	S2S							1
David	Christy	P							1
Brad	Clay	S2S	P						2
Rafe	Cloe	V	V						2
Jamaree'	Collins	V							1
Chris	Colpack	RR							1
Daniel	Connell	RR							1
LaRonda	Corrin	RR	V	V					3
Roger	Corrin	V							1
Robert	Cosby	A<3	P						2
Scott	Crawford	A<3	V						2
Abby	Crawford	V							1
Katie Grace	Criswell	P							1
Mark	Criswell	P							1
Blake	Crow	MM							1
LaJuana	Davis	P							1
Sarina	Davis	T21K							1
Wayne	Davis	MM	MCH						2
Pat	Del Italia	S2S							1
Sam	Dillashaw	S2S							1
Bob	Evans	MM							1
Son	Evans	MM							1



Sally	Evenden	RR							1
Tony	Fiore	P	V						2
Hannah	Foust	P							1
Shane	Franklin	MCH							1
Tim	Frizzell	S2S							1
Darrell	Gibson	MM	RR						2
Noel	Graham	P	V						2
Bruce	Grasso	V							1
Tracy	Hamlin	V							1
Alan	Hargrave	S2S							1
Monica	Henley	S2S	V	V	V				4
Jan	Hill	A<3	MM						2
Paige	Hofer	MM							1
Scott	Holden	S2S							1
Rebecca	Honaker	V	V						2
Beth	House	MM							1
Melody	Izard	V							1
Matt	Jaeh	V							1
Kim	Johnson	S2S							1
Liz	Kivus	P							1
Patty	Landry	S2S							1
Linda	Lazar	S2S	V						2
Eddie	Lee	S2S							1
Shilonqua	Lee	S2S							1
Judy	Loo	A<3	S2S	P	RR	V	V		6
Jane	Lucas	T21K							1
Mark	Lucas	T21K							1
Sidney	Mays	S2S							1
Peg	McKie	V							1
Cindy	McLaughlin	S2S							1
Kelly	McNair	P							1
Rachel	McPhillips	S2S							1
Cherie	Miner	A<3	P	S2S	V				4
Joshua	Mixon	V							1
Chris	Morgan	P	T21K						2
David	Morris	P							1
Hannah	Morris	P							1
Shelly	Munger	RR							1
Beth	Norris	P	RR	T21K	V				4
Brittney	Norris	T21K							1
Kaleb	Norris	T21K							1
Mary Elizabeth	Oerhlain	MCH							1

Alicia	O'Neal	S2S							1
Family	O'Neal	S2S							1
Charlie	Parks	V							1
Michele	Parr	SS	SS	V	V				4
Todd	Parrish	V							1
Sandeep	Patlolla	V	V						2
Julie	Pierce	V							1
David	Plante	MM	P	RR	T21K				4
Tracy	Pool	S2S							1
Herchel	Portella	V							1
Sarah	Portella	V							1
Chilton	Porter	MM							1
Trish	Portuese	S2S	P	V	V				4
Kile	Putnam	S2S	V						2
Jessica	Qu	S2S	V	V					3
Garnet	Ratliff	RR							1
Ginger	Reeves	A<3	T21K						2
Jake	Reeves	T21K							1
Matthew	Reeves	T21K							1
Kevin	Riley	RR							1
Rose	Riley	RR							1
Mrs. Rod	Robinson	P							1
Rod	Robinson	P							1
Angie	Rodriguez	MM	MCH						2
Christian	Rodriguez	MCH							1
Tom	Russell	S2S							1
Mario	Santana	A<3	MM	MM	P	V	V		6
Kemper	Sarrett	MM	S2S	V	V				4
Robyn	Schoen	V							1
Daughter	Shaffield	RR							1
Mitzi	Shaffield	RR							1
Dean	Sides	V							1
Suman	Silwal	S2S							1
Jennifer	Skjellum	P							1
Buddy	Smith	V	V						2
Dot	Smith	S2S	V						2
Janet	Smith	V							1
Jerry	Smith	MCH							1
Allison	Stone	P	SS	A<3	V				4
Andrea	Sutton	V							1
Jim	Taylor	S2S	P						2



Ann	Thomas	P	RR						2
Barry	Thomason	A<3							1
Son	Thomason	A<3							1
Dean	Thornton	S2S	P	V					3
Kim	Tyler	RR	V	MCH					3
Kim	Van Valkenburgh	V	V						2
Daniel	Walters	MM							1
Lara	Walters	V							1
Adaia	Washington	S2S							1
Ken	Washington	S2S							1
Sandra	Washington	S2S							1
Amy	Weber	V							1
Jeanne	Welsh	S2S							1
Karen	West	A<3	MM	RR	T21K	V	V	MCH	7
Tarek	Williams	V							1
Teresa	Wilson	V							1
Kevin	Winters	A<3	MCH						2
Jamie	Witter	MM							1
	Wooley	V							1
Xing	Wu	A<3	P	V	S2S	V			5
Lisa	Yancey	S2S							1
Ronnie	Yancey	S2S							1

# 2015 Southeastern Trail Series Races

If you can run a 5K in April, you can finish a 50K in November

Do it with the Southeastern Trail Series - Run all or part of the Series - 7 Races in 7 Months

## **March 21 & 22 – Lake Martin 100, 50 & 27 Mile Trail Races\***

Russell Crossroads on Lake Martin, Near Alexander City, Al

## **April 11 – Tranquility Lake Trail Race - 3 & 6 Mile Races**

Oak Mountain State Park – Redbud Pavilion by BMX Track

## **May 2 – Run for Kids Challenge – 10K, 50K and 12 Hour Trail Races**

Oak Mountain State Park – Cedar Pavilion – South end of Double Oak Lake

## **May 23 – Memorial Day Trial Race – 6 & 12 Mile Races**

Oak Mountain State Park – Redbud Pavilion by BMX Track

## **July 25 – Hotter ‘N Hell Trail Race – 8 & 16 Mile Races**

Oak Mountain State Park – Cedar Pavilion – South end of Double Oak Lake

## **September 5 – Ridge 2 Ridge Trail Race – 10.5 & 21 Mile Races**

Oak Mountain State Park – Redbud Pavilion by BMX Track

## **September 25, 26 & 27 – Birmingham Stage Race**

3 Days – 3 Mountains – 53 Miles, Shades Mountain at Moss Rock Preserve  
Red Mountain Park & Oak Mountain State Park

## **October 17 – Birmingham Track Club Race – 4, 7 & 14 Mile Races\***

Oak Mountain State Park – Redbud Pavilion – Free to all BTC Members

## **November 21 – Tranquility Lake 50K – 50K & 25K Trail Race**

Oak Mountain State Park – Redbud Pavilion



Details at [SoutheasternTrailRuns.com](http://SoutheasternTrailRuns.com)

\*Races that are not part of the trail series



# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Pat Dellitalia taking the dog out for a walk*



*Left to Right:  
Lissa Hunt, Matt Ellis, Matthew Sholar and Olivia Affuso. and  
Chulwon Park of the Ghost Pepper Challenge Club*

# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Hannah Foust at St. Jude's Marathon in Memphis*



*Dean Thornton, Greg Dill and Kristie Stewart at Red Mt.*



*Mary Ann Smith-Janias, Madeline Busby, Lara Walters and Dean Thornton at Red Mt.*



# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Scott Shirley with Brooke Dodson at Rocket City Marathon in Huntsville*



*Kevin Bokus at the Moustache Dash*



*Far left - Jerri Haslem  
Behind green shirt - S. Swain  
Lady pink shirt - Kendra Kelly  
Next to Santa - Dana Brown  
Santa - Clarence Brown  
Behind Santa - Ced Thomas  
Behind Santa - Michelle Jones  
Next to Santa - Shirley Gibbs  
Eric Thomas  
Lee Bradley*

# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Team MRuns!*



# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



## *The Resolution Run at Red Mountain*





# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



## *The Resolution Run at Red Mountain*



# SEND US YOUR PICTURES WITH YOUR BTC APPAREL

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

[\*president@birminghamtrackclub.com\*](mailto:president@birminghamtrackclub.com)

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**Facebook.com/BirminghamTrackClub**



# Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell  
at [mcriswell@american-usa.com](mailto:mcriswell@american-usa.com)  
for more information

## JOIN US!





# 2015

★ *BTC RACE* ★

# SERIES



**4 Races** and a Race Series Shirt for only **\$65!**

Must be a BTC member- see

**[www.birminghamtrackclub.com](http://www.birminghamtrackclub.com)** for details,

\_\_\_\_\_ and to **join!** \_\_\_\_\_

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# WALLACE MCROY 100

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— *Charles A. Thompson*

Wallace McRoy will be 100 on January 26, 2015. He was born January 26, 1915. Currently he lives at Brookdale Place at University Park, 400 University Park Drive, Room 239, Homewood, AL 35209, 870-0786. His schedule is 7:30am breakfast, noon lunch and 5:30pm supper. He reads the Birmingham News with the Sports section first.

He graduated from Mississippi State, Structural Engineering, 1939. He has a picture of the cross country seven member team. He said he was the slowest of the 7. Wallace said about 2 are still alive. He also ran track. His favorite distance is the mile.

His coaching career with the Birmingham Track Club began about September 1974 at Vestavia High School. This started as a masters (40+) event but morphed to include all ages. Youngest is 2. I started attending in September 1985 and the BTC Mini Meet was on the second Sunday of each month so results could be in the Vulcan Runner. Events were: 50m, 100m, 200m, 400m, 800m and 1600m. Wallace would also time the 5000m if you wanted. Some did. He purchased a stopwatch with a memory that recalled times.

When I met Wallace he was 70 and competing at distances from 50m to 10k. He set several 5k Age state records. He generally would see an age record that needed to be set and make sure the distance was USATF certified. He usually notified the race director in advance of the attempt. All knew if he finished a record would be set. He always finished.

Wallace was race director for the Brookwood 10k and mile fun run. It started & ended at Homewood Park. Major sponsor was Brookwood Medical Center. Homewood Park & Recreation gave major support along with BTC. On year Jim Ryun (world record holder as a high schooler in the mile) was a drug sales representative & won the masters trophy. The BTC had a reception for Jim the Friday night before the 10k. The race for years was very successful but discontinued when Wallace retired as race director & no one would be race director.

When I asked Wallace what he attributes to his longevity. He quickly said "No alcohol". He stated this includes beer & wine.

Wallace and Virginia, his wife of many years, lived at 408 Clermont Drive, Homewood. Woods McRoy is their son & lives in Helena with his wife.

I interviewed Wallace a number of times for this article & updated him on the BTC, Birmingham CrossPlex, high school track & field, Samford track & field and running in general. He has a keen sense of humor & we laugh a lot.

Specifically, for his 100th birthday party he wants a cake with 1 candle. He wants everyone to wear a running t shirt. He wants a big party. His normal attire year around is a running t shirt, tan Bermuda shorts & running shoes. For gifts, he wants a letter from each person because his living space is limited. Woods said Wallace can't throw anything away. Wallace volunteered that important people to him are: Gordon Seifert, Cathy McCain & Charles Amos Thompson plus family. He wants



the birthday party to last a maximum of 1 hour. On January 31, 2013, 9am, Brookdale Place living room, Johnny "Ironman" Montgomery hosted a 98th birthday party & Wallace thoroughly enjoyed it. When he came into the room, he said "This is not my birthday"! Everyone laughed & had a good time.

Wallace was originator of Build a Better Club. Points were awarded for: running a BTC race, working a BTC race, running a BTC Mini Meet, working a BTC Mini Meet, reaching your yearly mileage goal, sponsoring a new member, race director of a race, etc. \$1000 was allotted for each year. The more points you accumulated the more reward. Sadly, this was discontinued because no one would keep the records.

On Saturday, January 24, 2015 there will be a potluck lunch at Brookdale Place to honor Wallace. I understand it will be a "surprise party". Cathy McCain is host.

On Sunday, January 25, 2015, 2pm there will be a birthday party at Brookdale Place living room with cake, water & Powerade, etc. If you know Wallace you are invited. Charles Amos Thompson, 967-0855, is host. Wallace is on the organizing committee and will be similar to his 98th birthday party. If you forget to bring a letter, there is a library across the hallway to write one.

# CULTURE RELAY

## **For Girls to run the world tomorrow, we have to connect them today”**

At Culture Relay, we believe that a community of young women with strong physical, mental and moral strength can change the world. Culture Relay’s objectives are two-fold: First, it provides a platform to relay culture and health/fitness information between team members and second, it is a team-oriented relay race where participants collaborate towards the end goal of finishing a race by handing off a baton from girl to girl, and virtually from country to country.

Culture Relay’s mission is to create female leaders of tomorrow through a year-long program using running to teach leadership skills to high school girls. They connect in 2 ways: Classroom to classroom, connecting live one hour per week and 1:1 virtual pen pals, connecting a girl in the U.S. to a girl overseas.

- We partner with schools across the world to create a virtual classroom, from Birmingham to Kenya, Belize, Honduras, and Chile in 2015.
- We prepare girls to run the world by teaching them how to set goals, overcome challenges, develop grit, and get results.
- We train the girls to run a 10k together, using running as the common language to connect girls across the world.
- Once they cross the finish line, they exercise all they have learned on local projects approved by their business mentor.



### **We have two programs running this spring:**

- 1) between Mountain Brook Junior High and Moi Girls School in Kaptagat, Kenya
- 2) between University of Alabama and Centro Escolar Mexico College in Belize
- 3) between Woodlawn and Chile (TBD for March 2015)
- 4) between a yet-to-be-named Bhm school and Honduras March 2015

### **We need the running community in Birmingham to get involved in one of 3 ways:**

- 1) Join our NYC November 2015 Marathon team to raise funds for the charity (minimum is \$2500 for a VIP package with a guaranteed entry to the Marathon). Our 2014 team raised \$27,216 for our charity! Be a part of this official Community partnership.
- 2) Volunteer to coach our girls in Birmingham and/or facilitating the after school classroom connections OR





sign your kids school up for this exciting program! The program is currently free to participate in.

3) Donate directly at [www.culturerelay.org](http://www.culturerelay.org)

Our founder, Tracey Abbott, is an RRCA running coach and splits her time between NYC and Birmingham, where she graduated Homewood High School in 1993. She will speak about Culture Relay as the keynote speaker at the University of Alabama's Sports symposium in February 2015, and also is a speaker at TEDx Birmingham on February 28, 2015. Come meet her at either of these events to hear more, or contact her at [traceyabbott@culturerelay.org](mailto:traceyabbott@culturerelay.org). Culture Relay's local contact in Birmingham is Kathleen Hamrick, who can be reached at [khamrick@gmail.com](mailto:khamrick@gmail.com).



# RUNNING RAMBLINGS

— by Randy Lyle



## Quotes

“Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don’t turn up at all.”

~ **Sam Ewing, a former baseball player for the Chicago White Sox and the Toronto Blue Jays**

“The three great essentials to achieve anything worthwhile are, first, hard work; second, stick-to-itiveness; third, common sense.”

~ **Thomas A. Edison, (1847-1931) an American inventor and businessman**

“All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work.”

~ **Calvin Coolidge, (1872-1933) the 30th President of the United States**

“We forget that every good that is worth possessing must be paid for in strokes of daily effort. We postpone and postpone, until those smiling possibilities are dead.”

~ **William James, (1842-1910) an American philosopher and psychologist who was also trained as a physician**

“The dictionary is the only place that success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you’re willing to pay the price.”

~ **Vince Lombardi, (1913-1970) an American football player, coach and executive best known as the head coach of the Green Bay Packers during the 1960s**

“Focused, hard work is the real key to success. Keep your eyes on the goal, and just keep taking the next step towards completing it. If you aren’t sure which way to do something, do it both ways and see which works better.”

~ **John Carmack, an American game programmer and the co-founder of Id Software**

“It is only through work and strife that either nation or individual moves on to greatness. The great man is always the man of mighty effort, and usually the man whom grinding need has trained to mighty effort.”

~ **Theodore Roosevelt, (1858-1919) an American politician, author, naturalist, soldier, explorer and historian who served as the 26th President of the United States**

## Ramblings

### Lessons from Meb Keflezighi

Source: <http://www.runnersworld.com/running-tips/three-lessons-from-meb-keflezighi>

*Sports Illustrated* recently blew a historic opportunity to make a strong statement to the sports world when it selected Madison Bumgarner of the San Francisco Giants over Meb Keflezighi as their 2014 Sportsman of the Year. Taking nothing away from Bumgarner, he was incredible in the playoffs last fall, but Meb accomplished something that transcended sports when he won the 2014 Boston Marathon. To me, it seemed like such an easy choice to select Meb as Sportsman of the Year. One year after the terrorist bombings at the finish line on Boylston Street, Meb ran a PR on his way to winning the marathon. He honored the four victims killed the previous year by writing their names on his bib. He wanted to do something special for the running world and, more specifically, the city of Boston. And he did! Just shy of his 39th birthday, Meb took the lead early and held it throughout to become the first American winner since Greg Meyer in 1983. With his victory, Meb brought pride to our country and he reclaimed the streets of Boston for the community and runners. The win also made him the first runner in history to win both the New York City Marathon and the Boston Marathon along with an Olympic medal. Those of us who know him personally could not have been prouder. I just wish *Sports Illustrated* had recognized the magnitude of his accomplishment.

Reading all of the posts on the internet in the aftermath of *Sports Illustrated*’s decision, I ran across an excellent article outlining lessons that we could all learn from Meb. I dug it back out and thought I would share the advice here. Regardless of ability, all of us can strive to better ourselves in 2015. I hope you find this as good as I did.

### Lesson #1: No Pity Parties

If you have run for any length of time, you have most likely experienced a pity party. If you run a marathon, you will see many pity parties all around you as you get deeper into the race. When things become difficult, human nature is to dwell on the pain and suffering. This is something Meb does not allow to happen. Because of his mental strength, he is a master at refocusing his attention away from negatives. When my wife told him she did not like to run long distances because it hurts, he laughed and told her that a marathon hurts him for all 26.2 miles.

Just like all of us, Meb suffers when he runs but he refuses to live in the suffering. He quickly redirects his thoughts to things, usually external, that can be beneficial to get him back on track. I have heard Meb say that he often thinks of his father who escaped Eritrea by walking more than 200 miles to get his family out of the country. When he began to struggle in the Boston Marathon and Wilson Chebet was gaining on him late in the race, he thought of the victims from the previous year's tragedy to find the strength to keep the lead and race to victory down Boylston Street.

For those of us that have been fortunate to train with Coach Danny Haralson of Run University, we often hear him tell us to think about other things when we feel tired or deflated during a race. He tells us to think positive thoughts to get our minds off the negativity.

Meb's ability to refocus from the negative to a positive mindset is a key to his consistent success in running and life. As he often says, "I run to win but winning doesn't always mean getting first place. It means getting the best of yourself in each race."

### **Lesson #2: Relentlessness**

Meb displays the same relentlessness in training as he does in races. If you are familiar at all with his story, you know he has had more than his fair share of injuries. Others have written him off repeatedly. Sponsors have chosen not to renew his contract. He just keeps coming back, stronger and better. His secret is relentless hope. He believes that if today is not his day, then it probably will be tomorrow or maybe next week or even next month. He is always looking ahead with hope.

When he races, he always has several goals. At this year's New York City Marathon, he had three goals: win, top three finish or PR. The wind gusts created conditions that took the PR off the table, but he kept his sights on his other two goals. He ran with the lead pack for most of the race but was unable to match some of the late surges and fell back to eighth place at one point. He saw the reigning world champion, Stephen Kiprotich of Uganda, ahead of him and thought, "Well, that's not too bad to finish behind the Olympic champion." As soon as he thought that, his relentlessness kicked in and he decided to give it one more push. He soon caught Kiprotich as they set their sights on the next runner ahead, defending champion and course record holder Geoffrey Mutai. That is when Meb thought to himself that this might be his only chance to beat Mutai so he continued to push. Just like that, he found himself in fourth place and began thinking, "Maybe one of the top three will fade and I can achieve my goal." No one faded, but that is how he thinks during a race. He is always hopeful and ever relentless. By the way, that fourth place finish was good enough to be the top American finisher.

### **Lesson #3: Hard Work Pays Off**

An interesting fact about Meb is that he thought the marathon distance was too hard for him after he ran his first marathon. He then went for a visit to his native Eritrea and was reminded of what "hard" really is. The trip rejuvenated him and what he thought was hard was no longer hard.

In both his running and non-running activities, Meb works hard. He spends a significant amount of training time on non-running activities such as cross training, mobility, massage, nutrition, etc. At age 39, Meb believes he has to work even harder on these non-running elements than he did ten years ago. His long and consistent career is testament to the fact that he knows hard work pays off in running.

It does not matter what kind of runner you are, we can learn something from these lessons. Whether you are a front-of-the-pack runner trying to win races as Meb does or a middle-to back-of-the-pack runner just balancing life and running, you would do well to keep these three simple lessons in mind. I call them simple because conceptually, they are. Putting them into practice is much more challenging. We all have the tendency to focus on our pain or feel content with where we are rather than push to see how much better we can be.

Most of us want this running thing to be easy. I hear people say all the time that if it were easy, everyone would do. As runners, we are already mentally, physically and psychologically stronger than the vast majority of the population. The truth is that the only thing that can really hold us back is ourselves. As we embark on a new year, make the commitment to "run to win" as Meb describes it. Find out how good your best can be!

If you have not read Meb's book, [Run to Overcome](#), I highly recommend it. If you cannot find a copy at the bookstore, just go to [www.runtoovercome.com](http://www.runtoovercome.com) to order a copy. The latest edition includes a chapter about this year's Boston Marathon.





## BTC Membership application

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

First Name:

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Last Name:

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Street:

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Family member

e-mail:

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Born

Gender:

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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**