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THE VULCAN RUNNER

June 2019 6

THE 38TH ANNUAL RICK MELANSON PEAVINE FALLS RUN

By Hunter Bridwell, BTC Vice President
and Peavine Falls Race Director



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THE 38TH ANNUAL RICK MELANSON PEAVINE FALLS RUN

Thousand-degree temperatures during 6:00 am long runs can only mean one thing – it's almost time for the annual BTC trek to Peavine Falls!

As your race director, I am so excited to present the 38th running of the Rick Melanson Peavine Falls Run on the 4th of July, named after one of the originating members of the BTC. I also want to thank Alex Morrow, who preceded me as the Peavine Falls Run race director, for his efforts the last few years to put on a great race for our running community. I will put my best foot forward in carrying on this awesome tradition!

This race provides participants with a little bit of everything. You want road running? You get road running. How about hitting some trails? Sure, let's do that too! This unique event provides runners with a little taste of everything that Birmingham running has to offer. And don't forget to mix in a little bit of heat for good measure!

We want to see each and every one of your smiling faces running/walking up Peavine on July 4th. You can [register here](#). The race begins at 7:00 am from the upper picnic area on Terrace Drive in Oak Mountain State Park, also known to many of you as the Dogwood Pavilion. Those who wish to walk the course are invited to start at 6:30 am.

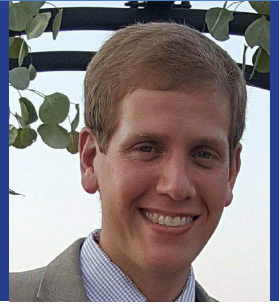
We also would love to have you volunteer to work the race if you don't plan to run. No running event is successful without its awesome volunteers! [Register here](#) to volunteer for packet pickup on July 3rd or to assist with race day activities. You may also reach out to Kim Benner at volunteer@birminghamtrackclub.com with any questions about volunteering.

We can't wait to see everyone out at Oak Mountain!



VICE-PRESIDENT'S ADDRESS

By Hunter Bridwell



Hello, BTC Members!

I have taken over the reins of the President's Address this month to promote the Peavine Falls Run on July 4 – a race I will be directing this year. So if you see a few references to the most awesome race on the calendar or some suggestions about the best way to spend your Fourth of July holiday, that just may be intentional...

Although the calendar technically doesn't say "summer" until June 21, these hot days in May say that it's already summer in our part of the world. When it's already this hot, we are sure to be in store for a long, sticky summer! But, hey, you are ready for this -- after all, we have fall marathons to train for (more on those fall marathons shortly).

I hope you were able to attend the BTC Saturday Long Run Spring Social on May 11 at The Trak Shak in Homewood. Thank you to TherapySouth for making this Social possible. If you missed it, you missed out on a fun morning! The BTC puts on quite a few events, but the Saturday Run Socials have turned into one of my favorites. It is hard to make a more perfect event -- we get to combine running, hanging out with a hundred or more fellow BTC members, fantastic post-run refreshments, and awesome door prizes. Seriously, you would be hard pressed to find a more enjoyable Saturday morning, and our last Social was no exception.

With the May Run Social behind us, our attention now turns to the third race in the BTC Race Series, the **Peavine Falls Run** on July 4th. The race committee has been working hard to plan a great race for all of us. The founder of the event and the race's namesake, Rick Melanson, is an amazing individual, and it is a privilege to direct the race he founded. Rick was one of the originating members of the BTC when the organization was founded. Not only was Rick an amazing race director for the Peavine Falls Run for a number of years, he was an avid, and very accomplished, runner (in 1983, Rick clocked a 2:38 marathon at Crazy Jim's Tupelo, MS Marathon -- just one of his many awesome running accomplishments).

Registration for Peavine Falls has officially opened; do not delay in signing up! There are quite a few perks to [being a BTC member](#), and one of them is the Peavine Falls Run. BTC members can run this amazing race for only \$20 with preregistration. Honestly, where else can you find a quality, chip-timed event, with a finisher's shirt, for only \$20? This race has grown dramatically over the past years, and we are expecting another record-breaking year in 2019. Come join more than 500 of your closest friends for this great event. You can [register here](#).

If you are looking for a few other races over the summer in the Birmingham area, here are a few of my personal favorites:

Tallulah Half Marathon – June 8

Here2Beer Race Series – June 27, July 11, August 1

Hotter 'N Hell Trail Race – July 13

*Retro Run – July 27 *My favorite!*

Just A Call Away 5k – August 17

And don't forget to check out our monthly calendar in this issue and [online](#)! Our online calendar includes registration links for super easy registration, and BTC discounts are automatically applied for members (through RunSignUp).

If you're vacationing on the Gulf Coast over the Summer, check out this awesome article in our archives from our very own Dean Thorton on locations to run while visiting the Gulf. Dean's article was published in the June 2016 issue of *The Vulcan Runner*, and you can access it [here](#). We've also posted some of Dean's routes on the BTC website- access them [here](#). Thanks, Dean!

Finally, you should have seen the BTC social media posts about selecting a fall marathon as the basis for our summer training. Each year, the BTC selects a fall race around which all our summer long training runs are targeted. While not all BTC members will run this race, it gives us a target, so everyone knows the schedule and what to expect through the summer. Many people simply modify the mileage for their own purposes. We had quite a few race submissions, and we have narrowed down the list for voting. Be sure to visit our [BTC Long Run Facebook page](#) to cast your vote. NOTE: If your race is not on the list, pick the one with the date closest to your race so your long run mileage will be close to what you need, with smaller adjustments. You only get one vote, so make it count! **The finalists are:**

Chicago Marathon - Oct. 13, 2019

Seven Bridges Marathon - Oct. 20, 2019

Marine Corps Marathon - Oct. 27, 2019

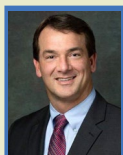
NYC Marathon - Nov. 3, 2019

Indianapolis Marathon - Nov. 9, 2019

See you on the roads, BTC (and at Peavine Falls) – did I mention you can [register here](#)?

Hunter Bridwell – BTC Vice-President

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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:

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Race Results

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

birminghamtrackclub.com
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MARY CATHERINE MICHAELS:

First Woman in Alabama to Complete the Abbott World Marathon Majors Challenge

By Jennifer Andress



As a lifelong runner, I am always intrigued by the later-in-life runner, the one who picks up the sport in her 30's or later, only to discover she is a running super-star. Mary Catherine Michaels certainly falls into this category; it is incredibly impressive just how much she has accomplished as a runner in just a few short years. And last month, Mary achieved what no other woman in Alabama has done: she earned her sixth star and became the state's only woman to complete the Abbott World Marathon Majors Challenge (completing Boston Marathon, Chicago Marathon, New York Marathon, Berlin Marathon, Tokyo Marathon and London Marathon).

Although she was not a runner in her early life, Mary was a collegiate-level athlete as a member of the downhill skiing team at the University of Connecticut. Her team did dry-land cross-training from August to November, running the mile twice a week. Mary hated it! It wasn't until 2015, when she was 30 and recovering from a bad relationship, that Mary took on her first 5K.

And what a 5K debut it was! Mary ran a local 5K in her home town of Philadelphia, racking up an impressive time in the low 20's. She then set her sights on an 8K race that Thanksgiving. She was hooked, and like most of us crazy runners, she began plotting to run longer distances.



Although she was not yet a resident of Alabama in 2016, Mary picked the Tuscaloosa Half Marathon to earn her first 13.1 miler that March. Mary's mother is from Homewood and a University of Alabama graduate, so this race was special for them both. Mary ran her first half marathon in a fabulous time of 1:49. A few days later she signed up for what she thought would be her first marathon in July of 2016, the Vermont Mad Marathon.

After checking out the profile of the Vermont race, Mary made a strategic decision to bump up her marathon debut to May of 2016. The Run for the Red, in the Poconos Mountains of Pennsylvania had a net downhill profile, and therefore was a more forgiving course than Vermont. That move paid off for Mary, who ran a Boston Marathon-qualifying time in her very first marathon. As a New Englander, Mary was familiar with the Boston Marathon, but she had no idea what a "BQ" was. When she saw her results listed, with a "BQ" next to her time, she had to ask to make sure she had not been disqualified (or "DQ'd", as she knew from her competitive skiing days). Mary was able to register for the 2017 Boston Marathon that September, and there was no looking back from there!

By the time Mary and her then-boyfriend, now-fiancé Mike Fargoli moved to Birmingham for Mike's job in January of 2017, she had four marathons under her belt (Poconos, Vermont, Philadelphia and Delaware's Monster Mash). Mary signed up for the 2017 Mercedes Marathon and showed up for her very first BTC Saturday morning Long Run in December of 2016, ahead of their anticipated move. She ran 18 miles that day with none other than Joseph Dease, who at the time was one of the BTC

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Long Run coordinators. Joseph told Mary the ins and outs of the Birmingham running community and even invited her to O'Henry's for a post-run coffee with the group. Mary was all in from then on! Mary ran the Mercedes that February in 3:15, good enough to secure the top local female spot, and meet Coach Nick Saban! Her mom was jealous, remarking, "You've been living in Birmingham for two months and already got to meet Nick Saban?"

Mary went on to run her first Boston Marathon in April of 2017, and she fell in love with the historic race. At that point, she still didn't know about the World Marathon Majors Challenge. She ran Big Sur two weeks later, and finished as third place female for the Boston to Big Sur Challenge. At that point, it was clear that it was time for Mary to hire a coach for this sport she was quickly beginning to dominate, and she joined forces with Cary Morgan of Cadence Run Coaching.



Chicago: Her first trained marathon; hot weather!



Tokyo: PR! (and an engagement!)

Mary and Cary began training for the 2017 Chicago Marathon in October. It was at the Chicago expo that Mary learned about World Marathon Majors challenge, after seeing the Abbott booth. Her next goal was set! Although she had already run Boston, Mary didn't count it towards her goal because she was unaware of the challenge at the time. Chicago became her first of six stars, and Mary ran a big PR, finishing in 3:04.

Mary's Chicago time earned her a semi-elite slot in the February 2018's Tokyo Marathon, as part of the Run for One program (qualifying time: sub 3:30). Tokyo was a life-changing marathon for Mary: she went under 3:00 hours for the first time with a 2:59:22, but even better...Mike asked her to marry him!

Mary ran Boston again in April of 2018, and she was now halfway to her goal of completing

the six majors. As you may remember, the weather was the major story in Boston last year, but Mary nevertheless ran an amazing time of 3:09. She began training for Berlin (for which she was selected in the lottery) in September, again hoping for a sub-3:00 time.

Unfortunately, Mary was about to have the first big setback of her running career. Around mile 16 during the Berlin race, Mary strained her adductor. She dialed back her effort but still pulled off an impressive 3:03 finish time. When she returned home, she eased off her hard training and turned her focus to the New York Marathon (for which she had time-qualified). New York was just six weeks away, but she no big time goals.



Boston: The one race Mary wants to run year after year – an amazing experience!



Berlin: A heartbreak (her first major injury), but a world record for Kipchoge.

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MARY CATHERINE MICHAELS:

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Again mid-race, this time at mile ten, Mary knew something was wrong. On the other side of her adductor injury, her hip was hurting. She still finished the race in 3:10, but she left the finish line in a wheelchair. Back home, Dr. Ellerbusch diagnosed her with a stress reaction, and told her “no running”. Mary had five of six stars at this point in her journey, with London on her race calendar for May of this year. But Mary was not about to let her injury defeat her.

Undaunted, Mary hit the pool. She literally taught herself to swim from YouTube videos, and she began swimming six days a week. It was a humbling experience, because running had come so easy to her. There were elderly swimmers in the lanes around her killing it every day, and yet swimming was a challenge for this amazing athlete.

Time went on, and Mary’s pool work kept her fit. She rebounded thanks to Dr. Ellerbusch, Steve Ponte of Ponte Therapeutic Massage, and Cary Morgan (also a physical therapist) who incorporated lots of dry needling into her therapy. She began running again after the new year, and she was healthy enough to pace a friend at this year’s Boston Marathon. Thirteen days later, Mary ran the London Marathon -- her 20th -- and earned her sixth star, completing the Abbott World Marathon Majors challenge as the first woman in Alabama to do so! Mary says it is hard to put into words what her accomplishment has meant to her. She is honored to represent Alabama with this achievement.

In just a short amount of time, Mary has become a beloved figure in the Birmingham running community. She is known for her phenomenal races and results, but she also celebrates all of our achievements, be they a 5K or a BQ. I asked Mary if she had any advice for others taking on the World Marathon Majors Challenge, and she said “Don’t let setbacks get in your way. Just keep going!”

What’s next for this incredibly accomplished athlete? As a typical Type A-runner, Mary has her next goal picked out: Tunnel Hill, a 50 mile ultra on the trails in Illinois this fall. Mind you, until very recently, Mary had never even run on trails. But then she jumped into the Xterra 20K... and ended up on the podium! After that? Seven continents by the age of 40. She’s already got three down, only four to go! My money’s on Mary!



COMMUNITY CORNER

By Jennifer Andress, Homewood City Council, BTC President 2012-2014

Greetings, BTC! Summer is here, when the miles get longer and hotter. I have several updates to bring you, from Homewood and Mountain Brook, including water fountain repair updates.

I reached out to our friend Shanda Williams, the Superintendent at Mountain Brook Parks and Recreation, about any news we runners can use from her city. I asked her specifically about the water fountain at Mountain Brook Elementary soccer fields, and the estimated opening date of the new bathrooms in that same location.

Ms. Williams told me, "We are still working on the fountain. If we can't get it to work, we may have to replace it." She also relayed that she hoped to have the restroom open by the middle of June. As she explained, "We will have a concrete patio area in front of the restroom and an ADA ramp that will run towards the field light pole and cut between the trees to connect to the existing sidewalk. I want to have the concrete finished before we open it, and I hope to get that started the week of Memorial Day. How quick we get it done will depend on how well the weather cooperates. We will add a roof over the patio area and landscape around it, but we can do that after it is open."

She then joked, "I told the Council that when the port-a-lets disappear, the restroom will be open. We may have a dedication for the grand opening. The Park Board has joked about having a parade, a laser light show, live band... the works! We may even put one of these out:



I love it! Ms. Williams knows what a big deal these bathrooms are to everyone! Nothing better than Parks and Rec jokes, right? Ms. Williams has also offered classes to BTC members on how to use the AED devices installed along Jemison Trail. Let me know if you are interested, and I will put you in touch with her. She is an outstanding public servant, and I have enjoyed corresponding with her since the BTC installed our water fountain on the Jemison Trail in 2013.

Another great update from both the Cities of Mountain Brook and Birmingham: the sidewalk connecting the Mountain Brook YMCA/BB&T building (and Homewood's Poinciana underneath Highway 280) to the zoo is going out to bid! This is a VERY long-awaited

connector, and it has finally made its way from design and ALDOT approval to a bid opening on August 30. If there are no significant delays, we can expect construction to begin by November.

Moving westward to Homewood, we have a ton of exciting things going on in the community. I'll start with updates on three projects I have been pushing since I was elected in 2016. Of course, I am referring to the Hollywood Boulevard pedestrian bridge, the crosswalk at the Marriott Courtyard on Lakeshore Parkway, and Phase 2 of the Shades Creek Greenway.

Our bridge design proposal from Sain Associates is currently with Jefferson County Roads and Transportation. That department is submitting the contract to the County personnel board for review, working on coordination with ALDOT, and making initial contacts with utilities to resolve some construction issues. In other words, it is moving forward! We have also been approved for the County's contribution of \$100,000, according to Commissioner Steve Ammons, as expected.

I received another \$10,000 commitment from one of my constituents, bringing our private donations to over \$60,000, including \$10,000 from the BTC. This is just further validation of the necessity of this bridge, as well as the vast public support for the project. I will continue to bring you updates as I know them!

Our crosswalk at the Marriott Courtyard to Brookwood Mall is out to bid! We will open bids on June 17. This project will include the timed crosswalk -- which ALDOT said for years would never happen because of its proximity to Highway 31 (i.e. cars moving fast on and off those exit ramps, which is ultimately ALDOT's goal: to move cars fast) -- and a sidewalk along Shades Creek Parkway connecting to Rumson Road (where the Shades Valley YMCA is located).

The water fountain at Target, on the eastern side of the Lakeshore Trail, is not functioning properly, and the City will be calling in a plumber for repairs. Hopefully, this fountain will be operational soon.

I also am bringing to the Public Safety Committee a request from Alabama Allergy for a crosswalk at its building across Brookwood Boulevard to the trail, for its employees to walk safely to the Target parking lot, where they park. Brookwood Boulevard is a dangerous road, in my opinion, and adding another crosswalk hopefully will slow down some of that traffic. I will keep you posted if the Council approves that request.

Phase Two of the Shades Creek Greenway will extend the Lakeshore Trail westward an additional 1.75 miles to the Wildwood

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COMMUNITY CORNER

Preserve. We have been delayed on moving forward because of a change in the legal description of the final parcel needed from the County to begin design work. That language has been changed, and the Jefferson County Commission just voted to approve the purchase of this parcel. There are no problems expected, so we hope to go out to bid late this summer, and begin construction at the end of 2019.

You may have seen the new Hilton boutique hotel under construction in downtown Homewood. This is going to be transformational for our city. We are also underway with an 18th Street beautification project, reaching all the way up to Valley Avenue. You will see a one-lane reduction on each side in order to add angled parking, more trees, and improved sidewalks. We will also add a right-turn only lane from Valley Avenue headed south onto 18th Street. We also are studying the possibility of a greenway along the creek from Homewood Central Park, running adjacent to Central Avenue up to Spring Park in Rosedale. This truly can be a game-changer, improving walkability (and “runability!”) and connectivity including Central Park, downtown, Central Avenue and Rosedale. Finally, we are looking to add green space at the curve in front of The Trak Shak.

If you have run by Patriot Park in West Homewood recently, you may have seen Homewood’s stunning new pool! It is already a huge hit, and if you are a member of the pool at Central Park, you are a member here as well.

Stay tuned for further updates, and feel free to [email me](#) with any questions! And you know how I will sign off: use sidewalks when available, otherwise run facing traffic and NO headphones! Stay cool until next time!



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BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Bryant Adams

Andrea Austin

Cathy Beasley

Ryan Boswell

Michael Campbell

Blake Childers

Kristi Childers

Jonathan Croy

Lauren Floyd

Eric Ford

Morgan Hipps

Joel Isenberg

Misty Jones

Landon McCollum

If you are a prospective member, welcome! We hope you will decide to [join the BTC](#) – the [benefits](#) are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. [Visit the BTC website](#) for more information.

Birmingham Track Club Benefits of Membership

When it comes to picking your goal races, don't forget that your BTC membership includes discounts to numerous local races.

- [Peavine Falls Run](#)
- [The Vulcan 10K](#)

To register for the Birmingham Track Club or to renew your membership, visit <http://www.birminghamtrackclub.com/join-btc-now.php>. We offer membership discounts for students, active duty military, law enforcement officers, fire fighters and paramedics. If you have questions about becoming a BTC member, please feel free to send us an email at membership@birminghamtrackclub.com.

We look forward to running with you in 2019!

Need to Print Your BTC Membership Card?



It's easy!

1. Login to RunSignUp (runsignup.com).
2. Click on "Profile". On a desktop browser, you'll find this among the links at the top of the page. On a mobile browser, you may have to click the icon to expand the menu to see the Profile link.
3. Click "My Club Memberships" under Account Links. You'll see your BTC membership listed.
4. Click on "Membership Card". The page displayed is a PDF file that you can either print or save to your computer or smart phone. If you have a family membership, cards for the entire family will be displayed on one page.

Pre-Race Tune Up / Post-Race Clean Up

An individualized, wellness-based evaluation with a physical therapist can help you get ready for and recover from your next event.


Multi-sport services may include:

- Instrument-assisted soft tissue work
- Dry Needling
- Manual therapy based off individual patterns
- Blood Flow Restriction Therapy
- (Cyclists) Working with your bike fitter to establish a personalized self-maintenance program for your specific needs
- Vasopneumatic compression and cryotherapy

Run Assessment

- One-on-one session with a physical therapist
- Assessment of Motion + Biomechanics + Form Evaluation
- Individualized approach based on your unique pattern
- Form, training and shoe recommendations
- dorsaVi™ sensors that measure human movement (available at select locations)

VIP Shoe Fitting

- Not sure what shoe is right for you?
Let's find out using the dorsaVi™ system. 
- Custom orthotics available at select locations



You don't need a physician's referral to take advantage of these services! If you would like more information about our Endurance program, email tendurance@therapysouth.net

Or visit our website at
www.therapysouth.com/endurance



Long Run Training Group

Yes, it's HOT, but training for Fall Marathons will begin soon!

Each year, BTC members select a fall race to give us a target for planning our long runs during the warm (okay, hot) months of summer. After many nominations, the most popular target races are:

Chicago Marathon – October 13, 2019

Seven Bridges Marathon (Chattanooga) – October 20, 2019

Marine Corps Marathon – October 27, 2019

NYC Marathon – November 3, 2019

Indianapolis Marathon – November 9, 2019

Be sure to visit our [BTC Long Run Facebook page](#) to cast your vote. If you have chosen a different race, vote for the race closest to your target race so you can more easily modify your long run mileage from the official BTC routes.

If you're not already a member, join the [BTC Long Run Facebook page](#) to receive updates!

MEDICATIONS AND MILES:

Is Measles Making a Comeback?

BY: Erin Willis, 2020 PharmD Candidate and Kim Benner, PharmD

Measles scare slowing you down? Keep in stride with how you can protect yourself and your family from the recent measles outbreak. Get your steps in with this speedy review of all things measles so that you can get back to the course!

If you have watched or read the news lately, you may know that as of May 17, 2019, nearly 900 cases of the measles have been reported across the United States. While Alabama has not yet reported a case of the measles to the CDC, our close sister states including Florida, Georgia and Tennessee most certainly have. This means that we need to be on our feet and ready to protect ourselves!

Step 1: Know what the measles is and the common symptoms.

The measles, also known as rubeola, is a virus that can infect your respiratory system. A person infected with the measles may have early signs and symptoms such as a high fever, cough, eye redness or feeling tired or uncomfortable. About two weeks after becoming infected with the measles, the person may have a red rash that can appear all over his body.

Step 2: Know how the measles is spread.

The measles is spread through direct contact with respiratory air droplets from an infected person. The measles can even be spread through the air from coughs and sneezes from people who are infected. What's frightening is that the virus can hang around in the air for nearly two hours after an infected person leaves the area.

Step 3: Know the 4 groups of people at the highest risk of becoming infected.

Children who are less than five years old, adults who are older than 20 years old, women who are pregnant and people who can easily become sick are the ones who are at the highest risk of becoming infected after being exposed. People can get the measles when traveling to other countries. If they become infected, they can spread the virus to others when they return to the U.S.

Step 4: Know what the measles vaccine is and who needs to be vaccinated.

The measles vaccine is also called the MMR vaccine, so named because it fights against the measles, mumps and rubella. This is a live vaccine meaning that there is a small amount of weakened virus in the vaccine, which teaches our bodies to recognize the measles virus and make antibodies that are strong enough to fight it off if we

are ever exposed to the measles again. The measles vaccine (MMR) is not harmful in people with strong and healthy immune systems; however, some people with weak immune systems may not be able to get the measles vaccine. The CDC says that the following people need the measles vaccine:

- Children need two doses of the MMR vaccine. They need the first dose when they are 12-15 months old and the second dose when they are 4-6 years old.
- Students in college need two doses of the MMR vaccine with at least 28 days between the two doses.
- Adults who have never been given the MMR vaccine, or if they do not have antibodies that recognize the measles virus, need at least one dose of the MMR vaccine.

(Editorial comment: Many of us "older folks" do not have accurate records of our vaccinations and/or do not recall when we last had vaccinations. The CDC has said that a patient born after 1957 may need at least one dose and some patients may need two doses. Many experts have stated that getting another measles vaccination "just in case" is acceptable. Talk to your primary care provider or pharmacist for more information to ensure ALL your vaccinations are up to date!)

Step 5: Know where you can get your MMR vaccine.

While you can get any vaccines at your primary care provider's office, did you know your pharmacist can give you your MMR vaccine at your local pharmacy? Next time you are in the pharmacy, ask your pharmacist if you need to receive the measles vaccine.

Keep in mind that maintaining a good vaccination status not only keeps YOU healthy but it can help prevent diseases in your friends and family. (We call this "herd immunity".) If you receive the appropriate vaccinations, you are preventing the spread of preventable diseases to patients who cannot receive the vaccination for various reasons (too young, weakened immune systems, etc.). So please help protect us ALL and get vaccinated!

Reference:

Measles (Rubeola). Centers for Disease Control and Prevention. <https://www.cdc.gov/measles/index.html>. Updated May 13, 2019. Accessed May 24, 2019.

SOME GOOD RESOURCES TO READ MORE ABOUT MEASLES AND VACCINATIONS CAN BE FOUND HERE:

- <https://www.fda.gov/consumers/consumer-updates/vaccination-best-protection-against-measles>
- www.alabamapublichealth.gov/immunization/measles.html
- www.cdc.gov/measles/
- <https://www.vaccines.gov/diseases/measles>

RRCA UPDATE

By Alex Morrow, RRCA Alabama State Representative



2019 is shaping up to be another fantastic year for RRCA Alabama Championship racing!

The full slate of championship races has been picked, and they all kick off with the BTC's own Peavine Falls Run on July 4th. When a race bears an RRCA Alabama State Championship designation, you know it is a quality event, and you will be guaranteed a fantastic experience. In addition, special awards are presented and records are recorded for all of these events.

The full schedule of Alabama championship races are:

- Peavine Falls Run (Specialty distance championship) – July 4, 2019
- Woodstock 5k (5k state championship) – August 3, 2019
- Vulcan Run 10k (10k state championship) – November 2, 2019
- Blood Rock 50k (50k state championship) – November 23, 2019
- Kaiser Coastal Half Marathon (Half Marathon State Championship) – November 30, 2019
- Rocket City Marathon (Marathon state championship) – December 14, 2019

Volunteer Vibes

Thank you to all of our volunteers who have helped with race expos, run socials, races and other events thus far into 2019 - we appreciate you! Our next volunteer opportunity is the Peavine Falls race on July 4 at Oak Mountain. You can sign up to volunteer [here](#). As always, email [BTC Volunteer Coordinator Kim Benner](#) with questions or for more information about how you can help! Thank you!

#weheartourvolunteers



Moderate Distance Run Group

The Saturday Moderate Distance Run Group is a great option for anyone who wants a few less miles than the Long Run routes – or anyone who wants a bit more sleep on Saturday mornings! The group starts at 6:30 a.m. from Trak Shak; however, once a month, the group will start from a different location. Routes are between three and eight miles and paces vary as well. Interested in joining us, or have questions? Email [Moderate Run Coordinator LaRonda Corrin](#), or check out the group's [Facebook page](#) for more information.

Want to get more involved with the group? Email LaRonda to help coordinate routes or water stops for some upcoming runs. We hope to see you on the roads!



STRESS FRACTURE!

By Ryan Hunt, DPT, CSCS, ASTYM certified provider, Dry Needling practitioner
Service Director, TherapySouth - PatchWorks Farms/Altadena

Due to the (unfortunate) prevalence of stress fractures in runners, we are reprinting the following article from the December 2018 issue of The Vulcan Runner. Read on to learn how best to prevent them when you can and how to deal with them when you can't.

These two words are likely the most dreaded two words for any runner, other than "stop running!" Stress fractures can stop your training cold in its tracks and can be very slow to heal.

A stress fracture is a tiny crack in the bone caused by repetitive activities like running and jumping. Most stress fractures occur in the lower legs and feet. Runners can also have stress fractures along the tibial plateau located at bottom of the knee

After your run, your bones go through a recovery and remodel process during rest. Thus, a poor training plan without allocated rest and recovery increases your risk for developing stress fractures. "More is better" programs can create or contribute to stress fractures because they do not allow for normal bone remodeling to occur. Having a customized program that fits your needs, your body type and athletic ability is key. Additional causes, such as increasing mileage too quickly or changing footwear, can lead to a stress fracture. Runners who play other sports where the foot hits the ground repeatedly, such as tennis and basketball, are more at risk for a stress fracture. Other risk factors include weak bones or for female runners, abnormal menstrual cycles.

As a physical therapist, I see more underlying causes of stress fractures related to pelvic obliquities, muscle imbalance, functional leg length discrepancies and dynamic balance issues, which are unknown to the

runner. If these issues are addressed prior to training, the risk for stress fractures can be reduced. Recently, we tested a local running coach using our sensory technology running assessment. The results of our running assessment revealed 0% asymmetry, normal ground reaction forces. However, the initial peak acceleration was 10, which is a red flag for stress fractures as it measures the impact of the tibia at midstance. The coach then revealed to us a history of battling stress fractures. Our sensor technology allowed us to identify increased risk before the stress fractures occurred again.

Once stress fractures are identified, utilizing an Alter-G treadmill can help keep you running. The Alter-G allows you to unload up to 60% of your body weight, thereby minimizing the stress on the body. Your local TherapySouth physical therapist can help you recover and decrease your risk for reinjury. We will communicate with your running coach, orthopedic physician, shoe store and all training parties involved. You will be provided with a video-based home exercise program and ways to stay healthy while the stress fracture heals.

For any questions or exercise recommendations, please email us at tsendurance@therapysouth.net

Source:
<https://www.medbridgeeducation.com/patient-education-library/condition/146-Stress-Fracture>

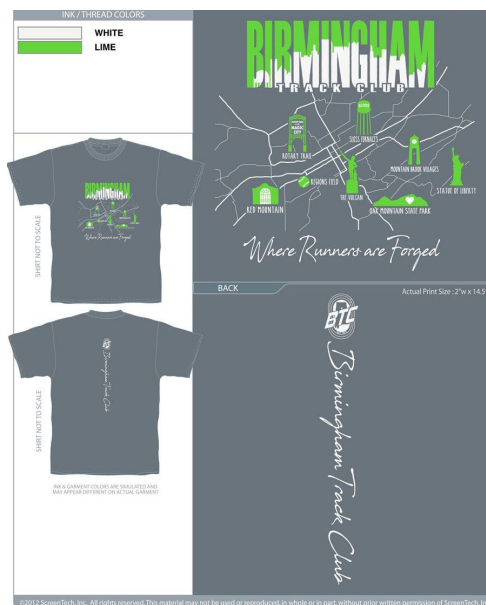
Ryan Hunt
rhunt@therapysouth.net
205.783.5270



New BTC Merchandise on the Way!

Take a look at our NEW designs! These will be available for pre-order on the BTC website, with a discount available for all pre-orders (and an even bigger discount for multiple items). Stock up for your summer runs, and get a head start on fall with this fabulous BTC gear!

Current stock will be on sale during the month of June, so grab your favorites before they're gone!



1200 MILE CLUB

Cumulative miles submitted through June 2, 2019 are listed below. For a complete listing of monthly totals, [click here](#).

Please remember to submit your miles early in the month so that they are reported correctly in *The Vulcan Runner*. Reporting miles is easy: simply click on the link provided in the email you will receive at the end of each month, select your name from the drop down menu, and hit "submit" – done! To sign up to participate in the 2019 edition of 1200 mile club challenge, please [click here](#).

Participant	Years	Total
Abston, Jacob	R	128
Adams, Nick	R	187
Ahmed, Kabeer	R	562
Alexander, Jessica	R	679
Anderson, Kerri	3	458
Armstrong, Thomas	3	11
Baggett, Christopher	1	510
Barnes, Jimmie	4	503
Bartee, Samm	3	446
Bayush, Tori	R	380
Belcher, Michelle	6	347
Bellew, Bobby	R	453
Benner, Kim	6	523
Bensinger, Cole	R	566
Benson, wayne	5	461
Bishop, Natalie	R	520
Bittle, Anna Marie	R	189
Blocker, Jennifer	R	0
Boackle, Larry	2	264
Boackle, Tomie Ann	1	171
Boger, Joe T	1	202
Booher, Lisa	7	657
Bookout, Jason	R	372
Bookout, Kimberly	R	328
Bowman, Bill	R	431
Bowman, Brian	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	410
Bradley, Amanda	1	687
Brakhage, Victoria	2	457
Bridwell, Hunter	1	172

Participant	Years	Total
Brown, Charlie	7	279
Brown, Dana	R	0
Brown, Sean	4	304
Bryant, Jason L.	R	225
Burks, Ross	2	404
Burton, Daniel	R	697
Burton, Kelsey	1	367
Caine, Lawrence	1	313
Callahan, Ali	R	165
Callahan, Chris	2	460
Callahan, Noah	R	113
Callahan, Rachel	4	441
Calloway, Mariel	R	424
Carey, Christopher	5	0
Carlton, Bob	4	429
Carter, Adrienne	2	193
chandler, teresa	9	415
Clay, Brad	11	523
Cleveland, Jeff	2	542
Clevenger, Caitlin	R	98
Cliett, Stephanie	4	368
Clowers, Addison	4	678
Coffin, Diane	R	0
Coffin, Hannah	1	1,021
Coleman, Tim	1	680
Collins, Helen	2	265
Corrin, LaRonda	R	288
Corrin, Roger	2	502
Cowart, Britney	1	396
Crain, Teresa	2	0
Cramer, Robyn	R	100

Participant	Years	Total
Cramer, Steve	R	218
Crawford, Allen	3	458
Creel, Mary	1	571
Criswell, Mark	R	412
Crowson, Bill	3	535
Crowson, Madeline	R	0
Crumpton, Melinda	R	0
Culver, Wendi	R	485
Cutshall, Hannah	1	451
Davidson, Dow	1	681
Davidson, Jen	R	0
Denton, Matt	6	729
Dixon, Charles	R	213
Dixon, Jonathan	1	307
Dodson, Brooke	3	705
Donnelly, Kevin	R	355
Dorman, Evan	1	102
Dowling, April	1	77
Duke, Cindy	3	449
Dunn, Jennifer	R	453
Elcott, Michael	R	345
Elkins, Sydney	1	0
Estes, Cameron	R	328
Estrada, Steven	R	598
Evans, Debbie	5	429
Ferlitto, Cindy	1	302
Fontenot, Misty	2	396
Franklin, Rebecca	R	259
Franklin, Shane	7	428
Frederick, Winston	10	376
Freeman, Sheila	2	475

1200 MILE CLUB

Participant	Years	Total
Friday, Tanna	R	130
Gann, Michael	7	0
Gerlach, Kim	R	0
Gibson, Katie	1	327
Goode, Johnny	10	471
Goss, Ange	1	425
Grady, Carla	R	0
Graham, Ryan	R	309
Grall, Jeremy	R	404
Grammas, Marianthe	2	514
Gray, Caleb	R	0
Greene, Michael	1	0
Griffin, Robin	R	311
Grossmann, Christopher	7	107
Gullapalli, Satya	3	432
Hackney, Aimee	R	393
Haley, Jay	3	547
Hall, Thomas	1	289
Haralson, Danny	10	197
Haralson, Micki	10	546
Hargrave, Alan	11	570
Harris, Ashley	1	136
Harris, Skip	1	0
Harris, Vickie	2	0
Harrison, Lisa	7	452
Henley, Monica	5	290
Henninger, Alison	4	401
Hetherington, Karyn	R	487
Hill, Tucker	2	70
Hogue, Kari	R	45
Holcomb, Zachary	1	511
Holland, Skylar	1	455
Hollington, Kasey	1	532
Hoover, Alison	7	0

Participant	Years	Total
Hopper, Whittley	1	480
House, Beth	5	0
Hubbard, Stephanie	1	0
Hudson, Temeka	R	0
Ingram, Joseph	6	52
Izard, Georgia	3	0
Izard, Melody	3	0
Janowiak, Desirae	R	324
Jenkins, Kaki	5	531
Jenkins, Michael	R	368
Johnson, Kawitta	1	297
Johnston, Emily	R	459
Johnston, Latta	2	415
Jones, Allen	R	436
Joseph, Jeremy	R	0
Kazamel, Mohamed	1	783
Kearley, Christy	1	32
Keefer, Herb	2	0
Kelley, Robin	5	0
Kemper, Tricia	4	646
Kendrick, Tom	R	140
Knight, DIANE	2	0
Kornegay, Marla	R	429
Kuhn, Jimmy	11	864
Kulp, Loren	3	691
Lahti, Tyler	2	728
Laird, Audrey	4	482
Langston, Aaron	4	511
Langston, Richard	6	296
Lawhorn, Joseph	R	411
Lea, David	R	330
LeCroy, Sarah	2	511
Lee, Brian	R	536
Litz, Matthew	1	473

Participant	Years	Total
Love, Thomas	1	191
Lyle, Randy	10	760
Lyles, Chris	1	0
Malick, David	5	409
Mathews, Skip	R	333
McComb, Morgan	R	549
McKinney, Margaret	R	152
McNutt, Janie	R	452
Merry, Vicki Sue	6	625
Miller, Joshua	R	346
Moore, Phillip	R	0
Morgan, Anne	R	332
Morgan, Cary	8	1,184
Morgan, Danielle	5	321
Morgan, Phillip	8	402
Morris, Phil	R	166
Morrow, Alex	7	641
Moser, David	R	396
Moser, Tamara	R	0
Mount, Brian	2	410
Murchison, Reginald	5	726
Napolitano, Angela	R	15
Ness, Andrew	R	0
Northern, Kristie	9	454
Norton, Laura	R	579
Oehrlein, Kimberly	R	179
Oliver, John	4	369
Olson, Kimberly	R	0
Olson, Seth	R	0
Orihuela, Carlos	1	530
Ortis, Ellen	R	541
Padgitt, Scott	1	173
Parks, Charlie	5	889
Patel, Lisa	R	95

1200 MILE CLUB

Participant	Years	Total
Patrick, Nicolette	R	541
Payson, Tabitha	R	0
Payson, Tommy	2	469
Peagler, Shana	7	357
Pearce, Julie	5	176
Pearson, Blake	5	179
Pearson, Mary Scott	4	0
Pegouske, Jeremy	R	404
Pegouske, Stacie	1	395
Plante, David	6	142
Poh, James	R	561
Poole, Greg	1	443
Powell, Shane	R	122
Ralph, Meghan	4	479
Rawson, Brent	1	232
Renfro, Jeff	R	379
Reynolds, Dewelena	R	283
Richey, Lori Beth	1	638
Richie, Melissa	R	260
Ritchie, Joseph	1	670
Ritchie, Lauren	R	592
Roberson, Kevin	4	518
Roberts, Fletcher	4	584
Robertson, M.C.	R	398
Robinson, Melany	R	383
Robinson, Rod	R	70
Rodgers, Jeffrey	1	361
Rodgers, Jessica	R	78
Roper, Lynn	2	366
Rose, Billy	4	770
Ross, Christy	R	397
Rosser, Joey	2	431
Routman, Cynthia	1	272
Rowell, Taylor	1	236

Participant	Years	Total
Rutherford, Keith	11	388
Rutledge, Lisa	3	528
Ryan, Meaghan	3	492
Sanders, Gwendolyn	R	352
Sargent, Bruce	R	483
Seeley, Mimi	R	285
Senseman, Austin	R	285
Shaffield, Danny	5	674
Sherer, Jeremy	2	440
Shinn, Ronald	6	312
Shoaf, James	1	0
Sides, Dean	3	387
Silwal, Suman	8	0
Simpkins, Randall	1	476
Simpson, Kevin	5	1,099
Sims, Kelly	R	449
Sims, Robert	5	312
Slemmons, Kent	R	111
Sloane, Mike	3	417
Smith, Jerry P.	11	428
Smith, Justin	R	51
Smith, Marie	R	272
Snow, Sheri	3	0
Soileau, Chester	1	394
Sparks, Jessica	R	269
Stevens, Johnathon	2	334
Stewart, Chappell	R	538
Stewart, Zeb	1	254
Stockton, Rick	11	426
Stone, Amy	R	376
Sweatt, Jason	R	0
Swiney, Elana	R	221
Talley, Beau	6	526
Talley, Shellie	2	0

Participant	Years	Total
Thomas, Eric	5	144
Thompson, Sara	1	460
Thornton, Dean	6	376
Thurman, Terralance	R	0
Tibbs, Seth	1	315
Townes, Janelle	1	363
Trimble, Jamie	4	549
Vaden, Christopher	R	0
Varnes, Vickie	5	930
Waid, Jr, David	1	747
Wall, Ron	5	395
Watters, Ana	R	298
Watters, Robert	4	495
Weaver, Melissa	R	0
Weber, Amy	1	491
Weber, Lauren	1	0
Weeks, Lance	2	310
Wells, Bradley	3	0
Wende, Adam	4	668
Wieberg, Deb	R	32
Wilhite, Thomas	3	437
Williams, Shaunda	R	249
Williamson, Chad	4	76
Williamson, Rebecca	R	411
Wilson, Darren	R	414
Windle, Dale	4	383
Wiseman, Steve	4	491
Wood, Scott	3	484
Woody, Bill	10	465
Worthington, Charles	R	79
Wright, Amy	2	347
York, Gary	5	674
Zajac, Jason	R	425
Zehnder, Justin	7	388

SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Submit photos of you and your friends in BTC gear or BTC race shirts [here!](#)



FEETS OF STRENGTH



Summer may be here, but the PRs are still rolling in for some BTC members!

Natalie Todak took on the Kentuckiana Ragnar relay race from May 17-18 – we're sure the BTC gear made her run all the better! Way to go, Natalie!

A little heat didn't stop **Alison Henniger** and **Kim Benner** from placing first in their respective age groups at the Children's of Alabama Spring Scramble 5K on May 15. Nice work, ladies!

Congratulations to **Ron Wall**, who also snagged a first-in-age group award at the Brookings Marathon in Brookings, South Dakota on May 11.

And last, but certainly not least, **Jack Knight** and Jack's Pack recently celebrated a half marathon PR for Jack, who shaved almost 13 minutes off his prior half marathon time at The Flying Pig in Cincinnati, Ohio on May 5, 2019. Jack and his team continue to impress us with their hard work and dedication!

As always, [let us know](#) when you log a new PR, complete a new distance, or have a fun, unique, or bucket-list accomplishment – we love to celebrate our members!



Natalie Todak at the Kentuckiana Ragnar Relay Race



Alison Henniger and Kim Benner



Ron Wall in Brookings, South Dakota



Coach Kevin Burke and Jack Knight

BTC EXECUTIVE BOARD MEETING

May 13, 2019

Attendance: Kim Benner, Lisa Booher, Vicky Brakhage, Alan Hargrave, Judy Loo, Julie Pearce, Christianna Rudder, Jamie Trimble, Charles Thompson, Dean Thornton, Scott Wood

The meeting was called to order at 6:00 pm by President Scott Wood.

Alan made a motion to approve the minutes of the April 2019 Executive Board Meeting; the motion was seconded by Kim and passed without opposition.

Newsletter (Julie Pearce)

We may publish a combined June/July issue, but that will depend on content and whether we can adequately promote Peavine. Deadline for content for the next issue is May 24, 2019.

Treasurer's Report (Christianna Rudder)

- Please review Christianna's report and financial statements.
- Trey filed the 2018 tax returns for the BTC.

Statue 2 Statue Recap (Judy Loo)

- The 2020 race will be April 4, 2020. Alan will renew the race on RunSignUp.

Finish Line (Jamie Trimble)

- Jamie has not yet had a chance to look into ordering A-frame signs for mile markers, but he will do so.

Volunteers (Kim Benner)

- Kim is setting up volunteer sign ups for Peavine.

IT Chair (Alan Hargrave)

- Alan has worked on cleaning up 1200 Mile Club data.
- In Constant Contact, he has purged nearly 100 duplicate/inoperable emails. He will keep an eye on this list.
- Alan distributed current race stats from RaceSignUp.

Webmaster (Dean Thornton)

- Dean proposed giving Ryan Boswell access to the website to post the newsletter each month.

Long Run Committee (Scott for Alex Morrow)

- We will likely vote for a fall target race soon.

Membership

- Current members: 1,062, with 820 memberships
- Vicky will send an email blast to members whose memberships have expired within the past few months.

Merchandise (Alan for Bradley)

- Sales are live on the website.

USATF (Charles Thompson)

- This past Saturday was the Last Chance Meet in Montevallo. The NAIA Track and Field National championship of in Gulf Shores on May 24-25, 2019.
- The Hilltop Classic will be held on June 1, 2019 at Birmingham-Southern College.
- The Alabama State Games will be held on June 8, 019 in Huntsville.

Newsletter

- Content for the May newsletter is due on April 26.
- We have four new volunteer writers as a result of the solicitation in the April newsletter email.

President

- Scott asked for input about getting water stops covered this summer. Suggestions included soliciting sponsors, giving out free merchandise, drawings for gift cards, asking for volunteers (social media), running a newsletter article about water stops, etc.
- May social was well-attended and went smoothly.

New Business and Announcements

There was no new business.

The meeting was adjourned at 6:45 pm. Our next board meeting will be held on June 10, 2019 at the Vestavia Hills Library.



BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

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Zip:

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

Birthdate:

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

Cell:

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

e-mail:

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

Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F
 3. _____/_____/_____/_____/ M F
 4. _____/_____/_____/_____/ M F

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long Run Group	June 8, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	June 8, 2019	6:30 a.m.
Tallulah Half Marathon, 5K and 1 Mile Fun Run (Jasper) * BTC DISCOUNT *	June 8, 2019	6:30 a.m.
BTC Executive Board Meeting (Vestavia Hills Library)	June 10, 2019	6:00 p.m.
BTC Saturday Long Run Group	June 15, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	June 15, 2019	6:30 a.m.
Rainsville Freedom Run 5K and 10K	June 15, 2019	8:00 a.m.
I'm With Mike 5K	June 15, 2019	8:00 a.m.
BTC Saturday Long Run Group	June 22, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	June 22, 2019	6:30 a.m.
Here2Beer 5K	June 27, 2019	6:00 p.m.
BTC Saturday Long Run Group	June 29, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	June 29, 2019	6:30 a.m.
BTC Peavine Falls Run * BTC Race Series *	July 4, 2019	8:00 a.m.
BTC Saturday Long Run Group	July 6, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	July 6, 2019	6:30 a.m.

Click on the links above for more information about each race or to register.

Want to know what's going on at the Birmingham CrossPlex? [Click here to view the schedule of events](#)
(not all events are open to public; please contact the meet director with questions).

Need to add a race to the calendar? [Email Webmaster Dean Thornton.](#)

