

Birmingham's Area Running Club
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BTC

THE VULCAN RUNNER



VOL. 36

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ISSUE 5

9 WEEKS AND 60 DEGREES

BIRMINGHAM/BOSTON 2012

— By Kirk Mueller

ONE WEEK BEFORE THE RACE

Is it possible for an advanced forecast for Boston to look like this? Surely the 80 degree high between two sixty degree days was a typo. Jerry, who has run Boston eight times, said the weather did this in 2004 when the record high hit 86. It was 60 the day before the race and 60 the day after. A running friend, Erica assured me "If you don't like the weather forecast, just wait, it will change." Unfortunately Erica was right: the weather forecast did change. It hit a record high of 87 on April 16, 2012.

A normal training schedule for a marathon would last 18 weeks. This year, at 50 years of age, I decided to run two marathons within nine weeks. The first was the Mercedes marathon, in my hometown of Birmingham, Alabama on February 12, and then Boston on April 16. The normal 18 week schedule was extended to $18 + 9 = 27$ weeks. After more than six very difficult months of training, the weather would not coop-



JOHN COBBS, KIRK MUELLER, AND JERRY MCGWIN AT THE 2012 BOSTON MARATHON.

erate. You cannot run as fast when the temperature is above 60, but 80+ in April is hard to imagine. There was little chance for heat acclimation in early spring training.

At this point I was still in denial. I

just could not believe it could happen. After a 2:59 at Mercedes in February, where the temperature was in the 20's, I packed my 2:57 split bracelet (6:45/mile), ignoring the weather fore-

BOSTON <Continued on Page 2>

Tonight	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Apr 9	10	11	12	13	14	15	16	17
Showers Early	PM Showers	PM Showers	Showers	Sunny	Mostly Cloudy	Mostly Cloudy	Partly Cloudy	Mostly Cloudy
--	61°	56°	51°	57°	68°	66°	80°	61°
High								
41°	39°	41°	37°	39°	46°	52°	47°	48°
Low								

At 9:20 we started the .7 mile walk from athletes village to the start line. Jerry, John and I could all start together in chute 5. It took us 3 minutes to get to the starting line after the gun was fired at 10:00 a.m. My qualifying time would allow me to start in chute 3, but a more conservative start from chute 5 would be safer. Would I ever catch my three friends in chute 3? Only time would tell.



BOSTON <Continued from Page 1>

casts. How could it be that the February marathon in Birmingham could be on the coldest day of the winter and the April marathon in Boston could be on the warmest day of spring? This is a sixty degree difference in 9 weeks.

Saturday morning, Jerry, John and I caught a flight from Birmingham to Manchester/Boston, and then we drove straight to the Expo to pick up our racing bibs. I saw a white hat at the Brooks booth that would be a good sun reflector, but I put it back on the rack, still hoping for a cold front. The temperature outside was in the 50's.

Sunday, Jerry, John and I, all sub 3 hour master marathoners, went to the Red Sox game. It was overcast and almost cool for a good portion of the game. I was still in denial. Sox win 6-4.

RACE DAY

Reality sunk in when the low Monday morning was only 58. The normal low for Boston this time of the year is in the forties. Fifty eight would normally be good marathon weather, but Boston does not start until 10:00 a.m. The clouds from the previous day had lifted. I left my 2:57 bracelet (6:45/mile) in the suitcase; there would be no need for it today. Jerry, John and I agreed on a heat compensated strategy of 7:25/mile pace for the first 10 miles, followed by 16 miles @ 6:45/mile pace, with the exception of hilly miles 17-21 which would be run at 7:00/mile pace. This would yield a 3:02 or 3:03 marathon which would be quite an accomplishment under the circumstances.

By the time we got to the start in Hopkinton, it was in the 70's. The sun was strong. We searched for shade in athlete's village. I did score a "NO Stopping Monday" sign from a young girl handing out refreshments in her front yard. I offered her \$20 and she shyly accepted with a look on her face that said "Why would you pay \$20 for a sign that I have to take down from the light pole across the street every Patriot's Day?" I've wanted one of these signs since seeing it during my first Boston in 2011, when the weather was perfect (50's with a tail wind) and Geoffry Mutai set the course record in 2:03:02. I finished exactly 56 minutes later in 2:59:02.

When we crossed the start line it seemed we were holding the pack behind us back as many ran around us to pass. What was the hurry? Didn't the runners in wave one hear the forecast or read the e-mails warning us that "speed kills" on a day like this? Our plan to run 7:25/mile pace for the first ten miles proved too difficult. We were trained to run a marathon pace of 6:45/mile. Our average pace was 7:14/mile; 11 seconds per mile faster than our heat compensated plan. This would prove to be a costly mistake.

I got my first heat related chill during mile 7. This was a very uncomfortable feeling with 20 miles to go. I had a routine down by now. Just past every mile marker I drank a Gatorade and poured a cup of water over my head. I also ran in the shade if possible. I ran through spray stations along the course and several spectators were spraying the runners with garden hoses as we ran by. If there was water to run through this is where you would find me. My Garmin said I actually ran 26.5 miles – not 26.2 – probably because I ran towards shade and water instead of running the tangents.

Around nine miles in, I took a survey to see if Jerry and John were ready to pick up the pace at mile 10. It seemed quite a bit hotter after running for a little more than an hour. This was confirmed by their replies: John – "What does a 7:30/mile average get me for a finishing time?" Jerry – "I'm tired." I was on my own. I picked up the pace, but 6:45/mile was not going to happen today. Miles 9-14 hovered around 7:00/mile, but just barely.

If there was ever a year that I would stop for a kiss when passing the screaming girls of Wellesley College, this was it. I just needed a sign. The right sign. "Kiss me I'm German" was tempting. "Kiss me I'm a Geoscientist" even more so. "Kiss me I won't tell your wife" was perfect. When the moment of truth came, I just kept on running – faithful to the end.

"Kirk" I heard from behind just past mile 16. Brad, one of my friends that started in chute 3, was already doing the death shuffle. We chatted for a minute, and then I pressed forward. One of my friends from chute 3 ended his race in

Marathon PACE 2:57

www.MarathonGuide.com

1 - 0:06:45
2 - 0:13:30
3 - 0:20:15
4 - 0:27:00
5 - 0:33:45
6 - 0:40:30
7 - 0:47:15
8 - 0:54:00
9 - 1:00:45
10 - 1:07:30
11 - 1:14:15
12 - 1:21:00
13 - 1:27:45
HM - 1:28:30
14 - 1:34:30
15 - 1:41:15
16 - 1:48:00
17 - 1:54:45
18 - 2:01:30
19 - 2:08:16
20 - 2:15:01
21 - 2:21:46
22 - 2:28:31
23 - 2:35:16
24 - 2:42:01
25 - 2:48:46
26 - 2:55:31

www.MarathonGuide.com

2:57

A

BOSTON <Continued from Page 2>

the medical tent at mile 24, another was reduced to a walk finishing in 4 hours 28 minutes, and Brad managed to keep moving, finishing in 3:52.

Joan Benoit Samuelson, who won gold at the 1984 Summer Olympics in Los Angeles, the year that the women's marathon was introduced, passed me like I was standing still around mile 17. I was still holding a pretty steady pace at this point and was able to pick up the pace and run in her draft. It was a good thing that she stopped shortly thereafter to help a runner in distress, because I would never have finished at the pace she was going.

The hills from mile 17 – 21 were especially difficult in the heat. It was over 80 now and the hills were more difficult than I remembered from last year. I was determined to keep the pace under 8:00/mile up heartbreak hill on mile 21, and managed a 7:49. The instant energy boost I remembered getting when cresting heartbreak hill last year didn't happen. I struggled through



JOAN BENOIT SAMUELSON, RUNNING FOR GOLD AT THE 1984 SUMMER OLYMPICS

miles 23-26 in Newton and Brookline. At this point I was thirsty continuously. I grabbed several popsicles that kids were passing out, bit off the top

half and threw the rest to the side of the road. I thought I saw a chocolate Popsicle at one point, my favorite, but it was root beer, a pleasant surprise.

My plan to run 3:02/3:03 – actually this was Jerry's idea – was long gone. "Get to the finish line" was the only thing on my mind. The roaring crowds lining Hereford and Boylston the last mile were an adrenalin rush and the spring in my step returned. I hit the line in 3:12:45. I drank a recovery drink in the finish area, received my medal, retrieved my personal belongings bag back from the bus that transported it from the start area, and went to Flashes two blocks away to meet my friends. I waited in Flashes for over an hour and started to worry about all my friends. Turns out that Erica from chute 3 and Jerry crossed paths before mile 20 and walked in together. I also found out that spectators were handing them beer and champagne to wet their whistles. I won't worry about them next time. •

Get involved in the BTC!

Looking for a way to be more involved and give back to the BTC without making an enormous commitment of time? While volunteering to help at a weekend road race of one's choice is extremely valuable to the race director, another option to consider is joining one of the Birmingham Track Club's committees. The following are recruiting new members:

NEW RUNNER'S SOCIETY

Chair: Danny Haralson

newrunners@birminghamtrackclub.com

The New Runner's Society welcomes new runners into the track club, attends regular runs, introduces them to other runners in their pace, and shows them regular running routes. Several individuals that normally attend the different runs every week are needed to be "run captains" so that the committee is represented at every single run.

SOCIAL

Chair: Heather Milam

hmilam@gmail.com

The social committee is designed to bring more fun into our running community by scheduling events that bring the members together for fellowship and camaraderie. We plan monthly group runs with activities afterwards every month of the year. Approximately once a quarter, this committee also plans a non-running event and the tentative events scheduled for this year are the Spring Potluck Social at the Trak Shak, a bus trip to see a Braves game this summer, bowling in the fall, then the annual party next January.

MERCHANDISE

Chairs: Tom Scales

tomscale@gmail.com

Loading and unloading, setting up booth or tent, selling, creative design

ideas or art for printing... all of these abilities are welcomed on the merchandise committee. Merchandise will be present at one weekend race and one week-day social monthly, minimum, through the running season and most of the year 2009. Having a full committee makes these things happen, 1-3 people cannot do it all. So please join us.

MEMBERSHIP

Chair: Judy Loo

BTCmembership@gmail.com

The membership committee maintains the BTC's membership list and actively recruits new members at races, other running events, and social events. Charismatic personalities, bubbly-friendly nature and/or computer database skills nice to have for this service. •

WANT TO ADVERTISE IN THIS NEWSLETTER?

Deadlines are the 1st of each
month for the following
'VULCAN RUNNER' issue.

To place an ad or for more info:
marketing@birminghamtrackclub.com

PLEASE SUPPORT THESE BTC SPONSORS



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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

ATTENTION BTC MEMBERS!

'Vulcan Runner' is available MONTHLY in color!!

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo, Membership Chair, at btcmembership@gmail.com so that you can receive (via email) the monthly password in order to download the newsletter (.pdf format) from the below webpage link (including past issues which require NO password):

<http://BirminghamTrackClub.com>



May BTC President's Message

— Jennifer Andress

Hello BTC and happy late spring! We are well into the second quarter and I am excited about the feedback I, and our other BTC officers, have received about the changes we have been introducing. I have received emails, and met members, that have all echoed the same sentiment. Everyone is excited about the direction the club is headed! We are constantly trying to improve, so please pass along any suggestions - I take them all and send them to the rest of the Executive Committee. Almost all have been, or will be, implemented! For example, we had a suggestion to include out of town track club websites on our site, for ease of finding other runners and routes while traveling. You should now find that on our site, and we are happy to add any other clubs that you suggest. I spoke with a long time member last week, who I had just met, who made an excellent suggestion for improving our membership renewal process; we plan on implementing that for the 2013 year, and will announce the details soon.

In addition, we have been collecting your 1200 Mile Club Apparel orders and we will run those in Mid-May. So keep those orders coming! Plus, we are in discussion with several different vendors for new BTC apparel. Once our website is fully operational, we should be able to collect those orders online.

Speaking of online, we have elected to discontinue the print version of the newsletter. You will continue to receive yours by email blast and it will live on the website as well. This move will save the club \$4000 annually, which we will be used to directly benefit our members. If you want to still receive a hard copy of the newsletter, you may "opt in" to do so. We will be communicating with you this month about how to do that.

Our March 29 Thursday night social was a wonderful success! Thanks

to Heather Milam for her hard work in making it happen. We are planning another one in June, details to come soon. In addition, by the time you receive this we will have held our first Saturday morning long run social, starting at Brookwood O'Henry's and organized by Natalie Ferguson. The goal is to unite, for one fun Saturday morning, the various long run groups throughout Birmingham. We are aiming to try this at least quarterly, if not monthly.

I have also been asked by several businesses about corporate rates for joining the BTC. As a direct result of that request, we are pleased to offer this new program:

1. CORPORATE MEMBER:

\$100 annual membership cost for the company, each employee eligible to be a member for \$10.

2. CORPORATE SPONSORSHIP:

This pertains to companies who are sponsoring a certain element of the club, such as sponsoring a race, or a newsletter column.

3. CORPORATE PARTNER:

\$500 annual membership cost for the company, each employee eligible to be member for \$10. The corporate sponsor will also be prominently displayed in a special section of our site with a much more detailed write-up about their business and will receive a BTC "Runner Friendly" business designation.

For each organization that chooses to work with the BTC, our club will work diligently to support those businesses by encouraging our large membership base to patronize those establishments.

Regarding Member Benefits, we will roll those out in May. Abigail Morrow, Alison Lowell and Mitzi Duer-Savelis have been collecting retailers to directly benefit our members and there are many! You will receive your new BTC member card in May,

and an updated list of participating retailers will continue to be published on our website.

In addition, Jennifer Ray has put together a Volunteer Rewards program that began with Statue 2 Statue. It is as follows:

VOLUNTEER AT 2 RACES THROUGHOUT THE YEAR:

- Free race t-shirt for volunteers
- Name entered in drawing for gift card
- BTC volunteer shirt

VOLUNTEER AT 3 RACES IN 12 MONTHS:

- All of the above
- And 1 free pre-registered BTC sponsored race

VOLUNTEER AT 4 RACES IN 12 MONTHS:

- Above plus free BTC Membership

Yet another member benefit comes from an excellent idea by David Barry and Randy Lyle – our own Half-Marathon 3x3! We are highlighting 3 fall races; Talladega in September, Florence in October, and Ruben Studdard in November. We are working on details now, but rest assured there will be bling and swag to celebrate that achievement!

Finally, we ask something of you. We are looking for committee members for each of our committees, so let us know how you want to be involved. One pressing need we have is for timers for our racing commitments. This requires time on some Saturday mornings, computer data entry skills, people skills, and an understanding of racing in general. Please let us know if you are interested.

Wow, as you can tell your BTC Officers have been busy! Thanks to all of you – officers and members – for caring about this club and sharing with me your ideas and opinions! They are ALWAYS appreciated. Stay tuned – more to come! •

jenandress99@gmail.com

Veteran runners meet for first time at Azalea Trail Run

— Submitted by Bill Bowman

This photo was taken at this years Azalea Trail Run, a big annual 10K in Mobile-well known race nationally with about 3000 runners in 10K.

The photo is of Dewayne Morris 80 of Birmingham and Will Wright 74 of Mobile (he will be 75 in June). These are the most well respected and beloved older runners in their respective cities and they finally met for the first time this March. Will is legendary down in the Mobile area, as he has run over 120 marathons, has one state record, and runs most of the local races and is very competitive and very popular. Dewayne is super competitive in the Birmingham area and has several state age group records and is admired by all. They are both great people.

When they finally met, they were in sight of each other the finish line. Will ran 10K in 56:52 (56:16 chip time) and Dewayne crossed finish line in 57:03 (chip time 56:41). Port City Pacers still uses gun times for placement in race. Dewayne came in first in the over 75 age group, where Will finished 7th in the very tough 70-74 age group, and next year they will both be in the over 75 group to hopefully do battle again. •

THE SECOND ANNUAL MARK FORESTER PRICE OF FREEDOM RACE

The family and friends of Mark Forester have come together to keep Mark's memory alive for years to come, by establishing The Mark Forester Price of Freedom Race. This race is held each year around the time of Mark's birthday, which is on May 15. It is the desire of Mark's family that his memory be preserved and shared with the world. Mark was taken from this world far too early, but during his time here he lived his life helping and serving others. One way the family desires to honor Mark is through a scholarship created in his name. A scholarship will be awarded annually to a deserving Haleyville High School student(s) who exemplifies the same character traits and patriotism that were the basis of Mark's life. Proceeds from the race will be forwarded to this foundation established in memory of Mark. The second annual Mark Forester Price of Freedom Race will be Saturday, May 19, 2012. The race will take place in his hometown of Haleyville, AL. It will begin and end at Haleyville High School. The race includes a 5K/10K/1-mile fun run. The course is officially certified and maps are available. We hope you plan to attend this special event with us whether you're a newcomer or second-timer; we welcome and invite you all.

Mark Forester 31 Mile Memorial Walk

A memorial birthday walk will also be held on the same day as the 5k/10k race in Mark's honor. For anyone who wants to participate, it will begin at 6:00 am and will be a continuous 31 miles in honor of Mark's 31st birthday. This walk will be held each year, with one mile added every year to represent his age. This walk is more of a personal event

to family members and close friends and is not about the money or participants; it's about remembering a fallen hero on his birthday, and enduring some pain in his honor. All are welcome to participate. The entry fee is \$20 and supports The Mark Forester Foundation. The walk is anticipated to take about 10-12 hours. There will be staging areas every 5 to 7 miles with water, a few snacks, and a bathroom area. The walk will include a stop at Mark's grave and a passing by the flagpole in front of Mark's parent's home.

For more information and early registration please visit www.markaforester.com •



Miles reported through April 15th, 2012

1,200 Mile Club

BTC MEMBER NAME	TOTAL	MAR '12	FEB '12	JAN '12	BTC MEMBER NAME	TOTAL	MAR '12	FEB '12	JAN '12
Adamy, Mary	325.8	95.2	100.5	130.1	Jenkins, Mike	163		102	61
Affuso, Olivia	217	76	60	81	Jones, Delpha	223.94		114.39	109.55
Allen, Darnell	216.4		107	109.4	Jones, Latoria	193		97	96
Andress, Jennifer	552.5	193	175.5	184	Kahn, David	303.07	130.01	121.58	51.48
Armstrong, Tommy	183.2	68	47.1	68.1	Kirkwood, Teresa	320	92	138	90
Atkins, Brian	303.7	112.5	104.2	87	Kuhn, Jimmy	596	232	176	188
Ballard, Bill	273.6	57.5	99.5	116.6	Langston, Richard	378.94	114.16	126.45	138.33
Barry, David	482.1	175.5	145	161.6	Longshore, Les	23	12	8	3
Baskerville, Jennifer	420.6	145.7	131.1	143.8	Loo, Judy	294.35	82.35	106.2	105.8
Benner, Kimberley	174.9	86.5	49.9	38.5	Losole, Liz	218		109	109
Benson, Wayne	308	103	105	100	Lowell, Allison	379.38	126	115.06	138.32
Bettis, Natasha	88		32	56	Lupinacci, Tim	290.8	110.6	62.3	117.9
Bonatz, Ekkehard	810	203	279	328	Lyle, Randy	649.8	234.1	199.3	216.4
Booher, Lisa	444.49	166.9	147.73	129.86	Martinez, Jeff	225	117.51	60.95	46.54
Bradshaw-Whittemore, Al	236.6	84.9	51.5	100.2	McCalley, Charles	306.4	101.5	93.6	111.3
Brown, Charlie	268.72	75.8	92.48	100.44	Meadows, Bryan	307.38	96.29	101.41	109.68
Bryant, David	476	168	136	172	Milam, Heather	477.83	130	178.92	168.91
Bullock, Sharon	243.6		127.1	116.5	Morgan, Cary	597	211	189	197
Burnette, Jack	219.8		91.2	128.6	Morgan, Danielle	427.1	167	135.1	125
Caldwell, Greg	352	90.2	101.2	160.6	Morgan, Phil	422.1	159	117.1	146
Chandler, Teresa	300	102	94	104	Morrow, Alex	448.18	140.28	112.72	195.18
Clay, Brad	793	293	298	202	Muck, Randall	172	42.7	64.1	65.2
Crain, Teresa	226.4	85	39.9	101.5	Myers, Bill	457	155	140	162
Crawford, Jennifer	356	102	136	118	Nealon, Tonya	192.21		57.75	134.46
Creed, Brad	257.3	96.4	60.8	100.1	Northern, Kristie	78.2	26	13.1	39.1
Davis, Wayne	262		116	146	Oehrlein, Kimberley	242.8	56.6	82.4	103.8
DiMicco, Al	350.6	125	90	135.6	Parr, Michele	264	99	84	81
Dodson, Brooke	404	131	120	153	Pasqualini, Ellie	152			152
Dortch, Cherie	230.43		96.43	134	Pasqualini, Greg	84			84
Dunham, Kelly	307.6	106.6	88.7	112.3	Patterson, Cathy	368.5	125	111	132.5
Dunn, Wade	366.8		188.8	178	Pearce, Julie	317.45	133.79	93.45	90.21
Engels, John	322.2	105.8	106.2	110.2	Perry, Jeff	688	272.7	200.1	215.2
Estes, Jeff		25	0	0	Pezzillo, Katie	88	66	18	4
Evans, Bob	209		95	114	Phillips, David	171		70	101
Farrell, Meredith	97			97	Phillips, Stefanie	371		166	205
Fite, Rebecca	363.37	98.1	111.99	153.28	Porter, Chilton	150	41	49	60
Ford, Joe	348	103	111	134	Randall, Lisa	460.49	145.11	162.73	152.65
Franklin, Shane	471.15	141.1	150.95	179.1	Reisinger, Kaitlin	263	98	89	76
Frederick, Winston	347	119	114	114	Richey, Jim	240.4	109	80.6	50.8
Ganus, Jack	251		119	132	Roberts, Tim	550.8	235.6	127.2	188
Gann, Michael	435	190	137	108	Rollins, Stephanie	65			65
Gast, Laura	196.4	57.1	38.7	100.6	Ross, Nate	475.1	158	144.2	172.9
Gillis, Sam	395	165	120	110	Rushing, Lance	128.51		65.76	62.75
Glaub, Chris	452	139	142	171	Russell, Tom	342.6	118.48	104.27	119.85
Goode, Johnny	486	139	181	166	Rutherford, Keith	423	201	100	122
Goolsby, John	162.36		84.05	78.31	Sample, Holly	366		212	154
Gordon, Stacey	102			102	Schedler, Amanda	343.55	113.08	111.32	119.15
Greenwald, Bill	188	76	68	44	Shinn, Ron	103.65	57.58	27.11	18.96
Grossmann, Christopher	364.72	145.62	128.2	90.9	Silwal, Suman	443.5	117.2	116.3	210
Guenster, Dirk		138	159	55	Skjellum, Jennifer	336.88	102.23	113.3	121.35
Hales, Susan	200		112	88	Smith, Jerry	335	104	106	125
Hallmark, Daryl	334.5	132	96.4	106.1	South, Christopher	51.12		32.88	18.24
Haralson, Danny	330.5	105.5	108	117	Stearns, David	290	95	111	84
Haralson, Micki	323	111	101.5	110.5	Stewart, Amy	100			100
Hargrave, Alan	159		84	75	Stockton, Rick	337.85	116.5	107.26	114.09
Harris, Vickie	265	130	78	57	Stroud, Vanessa	349.65	160.95	79.2	109.5
Harrison, Lisa	339	127	103	109	Thursby, Vann	352.13	97.58	110.5	144.05
Hathorne, Chad	294.33	76.46	93.74	124.13	Tichnell, Josh		107.72	111.76	117.93
Henry, David	239.3	51.4	62.4	125.5	Turner, Kile	350.23	126.88	100.64	122.71
Hickerson, Patrick	334	98	100	136	Turner, Sara	303	130	105	68
Hill, Jim	346.7	175.7	97	74	Washburn, Kevin	435.45	82.41	159	194.04
Hiller, Russ	390.72	153.46	104.92	132.34	Weisberg, Scott	556	199	155	202
Hinton, Gretchen	276.8	106.7	82.6	87.5	Whatley, Prince	585.9	197	162.1	226.8
Hopper, Erica	907	357.5	273.5	276	Whitford, Ray	348		192.7	155.3
Hoover, Alison	291.12	66	91.17	133.95	Wingo, Greg	328	80	110	138
Hulsey, Donnette	180.26	55	64	61.26	Woody, Bill	403	153	89	161
Ingram, Joseph	268	72	70	126	Wu, Xing	350.58	114.83	103.15	132.6
Ingram, Kimberly	158		57	101	Yancey, Lisa	250.4	92.1	93	65.3
Izard, Melody	311.84	111.11	108.5	92.23	Zehnder, Justin	498	183	133	182

Email monthly mileage, errors, omissions or questions to: 1200@BirminghamTrackClub.com

1200 MILE CLUB

"...an intrinsically irrational act..."

Shirts and Singlets Order Form

Short-Sleeved Shirts **\$ 23**

Singlets **\$ 19**

Name:

Phone Number:

Email Address:

Address if shipped: **(add \$6)**

Quantity/Color/Style: Men's

- Quantity:
- Circle Size: Sm Med Lg XL
- Color:
- Circle Style: Short Sleeve Singlet

Quantity/Color/Style: Women's

- Quantity:
- Circle Size: Sm Med Lg XL
- Color:
- Circle Style: Short Sleeve Singlet

All print black/white; Black shirts print Royal Blue/White

See shirts here:

<https://picasaweb.google.com/dmbarry1/1200MileClubShirts#>

Birmingham Track Club Use Only

Name:

Date: 3/29/2012

Amount Received:

Cash or Check

Shipping? \$6 extra



ELLIS PORCH Statue2Statue



— Jennifer Andress

Your BTC held the annual Ellis Porch State Farm Statue 2 Statue 15km on Saturday morning, April 21. It was a perfect weather day, and over 500 runners lined up at Vulcan, to run the challenging but FUN 9.3 miles to Lady Liberty. Afterwards, Dr. Craig Martin and the Liberty Animal Hospital treated us to a party complete with hot dogs and cold beverages. Race Director Judy Loo did a masterful job as usual managing the point-to-point race. A huge thanks to Michele Parr and the BTC volunteers that worked to make this race a success. Thanks also to Jack's Shell station in Crestline- every runner knows he provides the best water!

Overall Male and Female winners were Aaron Ainsworth and Lori Von Pingel. Congratulations to them, and to all the runners for completing this special trek! Next year, the BTC plans to have special training specific for the unique race, provided by Coach Micki Haralson. So we will see you there!

**MORE PHOTOS
ON PAGE 10**





ROAD TRIP FOR THE RR'S!

— Submitted by Jay Young

It was off to Little Rock, Arkansas, for many of the RR's this year participating in the 10th anniversary of the Little Rock Half Marathon and Marathon on March 4, 2012. As you may know, Little Rock Marathon boasts the largest Finisher's Medal Ever! The pictures may not do the medal justice. Suffice it to say it was designed to be the same size as the logo on the participant's shirt, coming in at over 7 pounds! It's no wonder this marathon and every hotel in the vicinity sell out in December!

Just so you know, the RR's, or Regular Runners, are an off-shoot of the BTC, loosely organized to start a scheduled run on any given weekday and/or Saturday morning. Collectively, we have over 75 runners with whom we stay in contact via email and gather for a post-run bagel and coffee to celebrate our successes and commiserate our injuries.

The Little Rock Marathon organizers and sponsors do a great job in getting all the necessary things done, as well as publicizing and getting people out to support the runners along the route. And speaking of the route, an early turn takes you right in front of the Governor's Mansion, and the Governor himself was out in front shaking hands and wishing all runners well. The pre-race pasta party was very good, with an add-



THE 'REGULAR RUNNERS' GROUP BEFORE THE START OF THE 2012 LITTLE ROCK MARATHON.

ed attraction of live music. The post-race party was called Big & Bodacious, and lived up to its name supplying plenty of BarBQ, pasta and beverages of choice. Back to the route: do not head to Little Rock if you are looking for a flat course, but do know that if you handle the hills around Birmingham you can certainly handle the hills in Little Rock.

24 RR's headed to Little Rock via a rented van and personal SUVs all packed to the brim. Several had "significant accomplishments" to occur as well. M

Adamy placed 3rd in her age group. Another RR (L2) completed her 2nd marathon in as many months with a "baby on board" and one Sundra L completed her marathon 7 months post partum! This was the 20th marathon for Mandy B, who recently relocated to the Kansas City, KS area and "Ricky Bobby" Stockton's 26th. It was the 6th marathon on his 60th birthday for the Randy Gibbster and it was the 16th "couples marathon" for J and Char.

Our RagTag Leader, "HEC", had to switch to the half at the last minute but kept the marathon bib. As a result he finished the Half at the same time the Kenyans were finishing the Full and he was treated like a king as he entered the VIP tent! He had a Half finish time AND a Full finish time. Figure that one out! Following the run the crew met up at "Big Whiskey's", a local "eating establishment", and a short time later claimed a beer and food deficit. Some part of the story says "Saint Pat" and "jsp" had something to do with that!

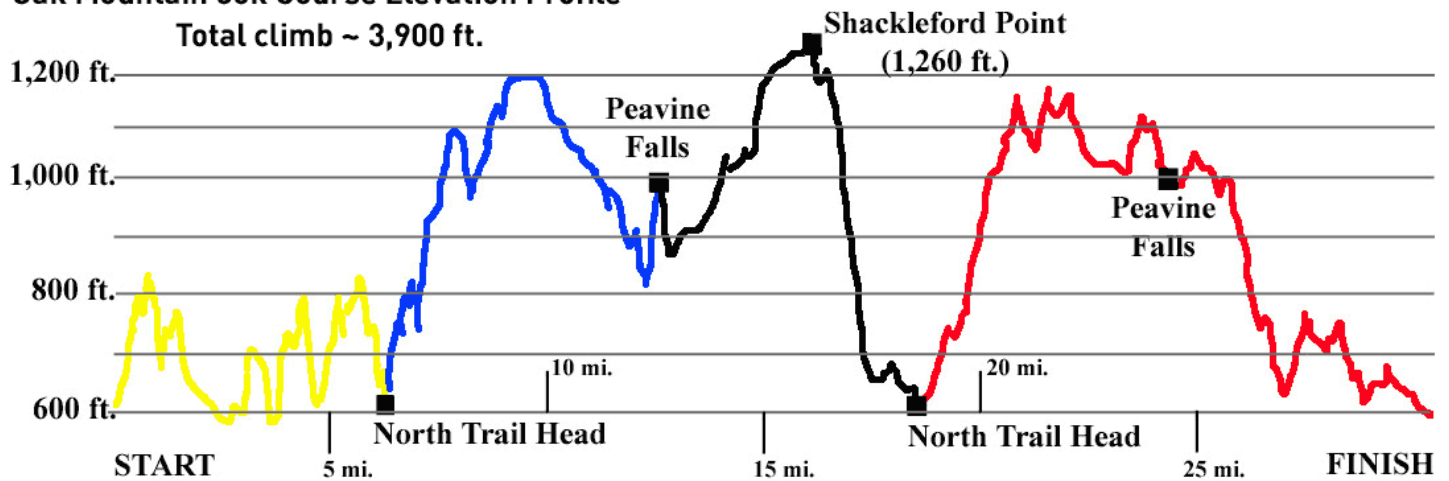
You just couldn't pack any more fun... or luggage, into a RR Road Trip. Now it's time to plan for the next one! •

jamyoung@gmail.com.



Oak Mountain 50k Course Elevation Profile

Total climb ~ 3,900 ft.



DIRTY RUNNING

NEW MONTHLY COLUMN!

— By Alex Morrow

This month's article is a race report from the Oak Mountain 50k held on March 31st, 2012.

I was convinced a “vital” organ had disconnected from the rest of my body and was unmercifully bouncing around inside my torso. Quite sure there was no hope to repair this life-threatening predicament, at the same time inquisitive as to how far a person could run with their liver performing free form somersaults across their chest cavity, I decided the only course of action was to continue on. Sure, the endeavor would probably cause me to eventually lie down on the side of the trail and die, but at least that would allow me to stop running.

It's billed as the Oak Mountain 50K, but the dirty little

OAK MOUNTAIN 50K <Continued on Page 13>



PICTURES COURTESY OF SUMAN SILWAL



OAK MOUNTAIN 50K <Continued from Page 12>

secret is this trail race is closer to 33 miles. As if covering 33 miles on foot was not enough to get your attention, the organizers decided to add 3900 feet of elevation climbs. I thought it was very nice of them to make sure we received our money's worth.

Having run numerous marathons (that's 42K for you metrically challenged individuals) you would think the addition of another 8k would not be that big of a deal and, if this was held on a paved road, you might be right. Since the race was held on technical trails, up and down the side of a mountain, and even across the Peavine Falls waterfall, the additional 8k seemed like an eternity. Oh yeah, did I mention it was hot and humid? As my good friend Tim Roberts commented, "It was like running through the jungles of Vietnam."

125 runners registered for this race, 110 were present at the start and 95 managed to cross the finish line. Vince Molosky of Tallahassee, FL was the overall winner and 1st place male with a time of 4:52:25. Sally Brooking of Marietta, GA was the 1st place female and 9th overall with a time of 5:55:02. David Kuhn of Birmingham led the charge for the locals finishing 3rd overall with a time of 5:15:50.

For me, much of the allure of a trail race can be found in the friendships which develop, the camaraderie shared between runners and the laid back atmosphere of the event. The Oak Mountain 50k was no different. Upon crossing the

finish line after your arduous journey, you are handed your prize, an Oak Mountain 50K Finisher beer glass. Seriously, what more could you want?

With glass in hand, you proceeded to fill your plate with food from the finish line BBQ which was taking place, and you had a chance to visit with new friends who travelled from as far as Virginia, Tennessee and Georgia, all rising to the challenge of this challenging course.

For many of you experienced trail runners out there, you know how much fun this race is. The organizers assemble a top notch crew of volunteers to provide some of the best trail race aid stations I have ever seen. The course is well marked and the care provided to the runners is superb.

For you beginning trail runners, while a 50k may not be your first race, this same experience can be found in distances from 5ks to 100 milers. I encourage you to not hesitate about signing up for your first trail race to experience what it is all about. Yes, it may be tough. Yes, you may get a little dirty. And yes, bugs do live in the woods. But upon completing your first trail race you will understand what the talk is all about. Not only will you get the chance to experience nature in a way that many no longer can, but you will leave with an unmatched sense of accomplishment and a smile on your face. Isn't that what running is supposed to be about?

Here's hoping your next run is a dirty one! •

ONLINE CALENDAR

Upcoming BTC Races/Events

<http://BirminghamTrackClub.com/calendar.php>

VOLUNTEERS NEEDED FOR A FUN-FILLED WEEKEND AT OAK MOUNTAIN STATE PARK MAY 19-20, 2012

The XTERRA America Tour returns to Oak Mountain State Park on May 19 and 20 and is looking for volunteers. Come on over and be part of "the greatest races on dirt" - a fantastic international event weekend with some of the best athletes from all over the world coming to swim, run, and ride mountain bikes in Pelham, Alabama.

XTERRA will host a full day of triathlon racing on Saturday (May 19) as the U.S. takes on the world in the ITU cross tri (off-road) World Championships. Then, on Sunday May 20, runners get in the action

with 5K, 10K, 21K, and full marathon trail races. XTERRA could use help on both days.

Various duties include helping to register athletes before the race, prepping food/drinks in the recovery tent, handing out water/Gatorade on the course, being a course marshal, or helping out the timers.

Saturday hours are from 6am to about 8 p.m. with morning and afternoon shifts available. Volunteers will get a great looking event tee shirt, food, all the Gatorade they can drink, and the undying gratitude of the XTERRA Tribe!

The XTERRA crew will deploy volunteers to cover road crossings, help with transition (this is where the athletes go from swim-to-bike and later from bike-to-run) and to hand out water and drinks at aid stations, at the finish line, and with timing.

If you want to have a great day at the park and help show the world what Alabama hospitality is all about - come on out.

To confirm contact XTERRA Volunteer Coordinator Dayton Morinaga at 808-754-2567 or email dayton@xterraplanet.com



May 18-19, 2012

Atlanta to Birmingham

Early Bird Discount Ends

February 15, 2012

Register at www.dixie200.com

The Dixie200 Relay

200 miles, 4-12 friends, Silver Comet Trail = An unforgettable journey

March BTC Executive Meeting Minutes



– Submitted by Mitzi Duer-Savelis, Secretary

► **March 20th, 2012; 5:30 p.m.**

► **JENNIFER ANDRESS — President**

Monthly 'VULCAN RUNNER' Newsletter: Discussed online version only, mailing only to those who have no internet or email address with a opt in/out option. Currently cost BTC around \$1100 a quarter to print and mail. Discussed ways to deliver opt in info: postcard, phone call, etc. Also looking at Constant Contact data for updated email address/info. **MOTION:** To cancel print version except for those who opt in. **APPROVED.**

1200 Mile Club: Singlets for summer. Order Month by Month with a 3/29 (Social) Rollout. Have samples and order forms at social. Email blast to go out after social to remind people to order.

Chip Timing: Need a B Team to help Rick out with a couple races a month. Use RRCA grant money to buy a more expensive chip timing system. **MOTION:** Bring in Geoff to help Rick out with chip timing. **APPROVED.**

► **JUDY LOO — New Membership**

Raceit.com: Judy and subcommittee are cross checking lists to make sure it's up to correct. Have had some issue with data being transferred incorrectly.

Statue to Statue: Firming up sponsorships from State Farm, Jack's Shell, and an animal clinic. Having problems with Raceit.com. Looking into RunSignUp.com for next year. Michele Parr to recruit volunteers.

► **DAVID BARRY - Vice President**

Website (www.BirminghamTrackClub.com): working on a redesign of the home page. Would like to make it more news-centric rather than calendar-centric. Would like to offer credit card acceptance but outsource it to another company. Projected date 1st/2nd week of April.

► **NATALIE FERGUSON - Running Group Coordinator**

Maebashi, Japan: April 18-21. Needs news media promotion. Might not happen next year, due to economic conditions in Japan. Discussed raising money at social and donating through the mayor's office.

Group Run Social: April 28th. 3 Routes. 5 mi, 15 mi, 10 mi. Slips of paper for people to follow with a coupon on the bottom. 7:00 a.m. kickoff. BTC to pick up water stops at End of Green Springs and Saulter, along with muffins at finish. Ask O'Henry's for coffee donation.

► **ALEX MORROW - Media Relations**

RRCA Recap: BTC Sponsored Races that Revenue does not flow through the BTC, insurance does not cover participants. Need to make recommendation or requirement that these races purchase a supplemental policy for around \$75. We would still charge our \$350 for timing services. Need to either put together a limited liability contract or change all races revenue to flow through BTC.

Member Benefits: Cards have a ship date of 3/26.

Sponsorships: 3 levels of sponsorships for corporations. **MOTION:** Randy Lyle to be named as Head of Corporate Sponsorships. **APPROVED.**

Ideas from RRCA Meeting: Pictures on website for \$1/Members, \$10/Non-Members; On demand purchasing for merchandise; Women's Run/Walk Group 15% conversion to members; Focus on new runners; Email blast every Monday at 10 a.m.; Special volunteer program for "walking wounded".

► **HEATHER MILIAM - Social Chair**

Rumpshaker: Have a couple tables with merchandise, membership forms, samples, order forms.

Pub Crawl: for 2nd Qtr. •

GET INVOLVED... CONTRIBUTE TO THE VULCAN RUNNER

Got a running story, running advice or running photos you'd like to share?

Send an email to: btcpresident07@gmail.com

LOCAL LONG RUN GROUPS

— Compiled by Natalie Ferguson (nataliezl@hotmail.com)

BLACK GIRLS RUN

Black Girls Run is a National Organization with a local Chapter. They have approx 500 members with all paces and levels from beginner / walker to 8 minute milers There is no fee to join and they are always taking new female members. Contact Olivia, oaffuso@gmail.com, Alexis, petitlagnippe@hotmail.com, or Jeralyn, jeralynpowell@hotmail.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 are weekly runs in the Homewood and Mountain Brook Areas. 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 vp@birminghamtrackclub.com or Randy treasurer@birminghamtrackclub.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.

MEREDITH'S MARATHONERS

(Birmingham Track Club Saturday Group)

Meredith's Marathoners are a group of runners that began training together in 2006. Each year they pick a goal Marathon in the fall and train together. Saturday morning routes and water stops are coordinated by Meredith 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. Meredith's Marathoners is an open group. There is an e-mail list maintained by Meredith that you can request to be on tmcmeredith@bellsouth.net

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/>



State Games History

The Alabama Sports Festival (ASF) Foundation was organized in 1982 to develop a grassroots Olympic-style competitions and expose athletes, volunteers and spectators of all ages, especially our youth, to Olympic sports and the overall Olympic experience with all of its tradition and ceremony. The annual State Games, taking place in **Birmingham June 22-24**, encompasses 25 different sports with over 100 different sporting events and is the largest amateur multi-sporting event in Alabama.

2012 State Games Opening Ceremonies Info

The 2012 State Games Opening Ceremonies will be held in Birmingham inside the **BJCC Arena on Friday, June 22 at 6:45 pm** and be televised live statewide. **Athletes and coaches participating in the Opening Ceremonies will receive a Commemorative 30th Anniversary Opening Ceremonies T-shirt** and have the opportunity to win 1 of 4 \$2,500 academic scholarships.



OPENING CEREMONIES

- ★PARADE OF ATHLETES
- ★FREE TO THE PUBLIC
- ★TORCH RELAY
- ★LIGHTING THE CAULDRON
- ★FIREWORKS
- ★ENTERTAINMENT
- ★SCHOLARSHIP GIVEAWAYS
- ★OTHER GIVEAWAYS
- ★TELEVISED LIVE STATEWIDE

FRIDAY, JUNE 22~6:30
BIRMINGHAM - JEFFERSON
CONVENTION COMPLEX
(BJCC) ARENA



REGISTER NOW OR CALL
ALAGAMES.COM
800.467.0422

RUNNING TIDBITS

— Compiled by Randy Lyle

OLYMPIC MARATHON TRIVIA

In the 1904 St. Louis Olympics, Fred Lorz hitched a ride in a car for eleven miles. Born in New York City, Lorz was reported to have done all of his training at night due to his profession as a bricklayer. He stopped running the 1904 Olympic marathon after nine miles because of exhaustion. His manager gave him a ride in his car for the next eleven miles, after which the car broke down. Lorz then continued on foot back to Olympic stadium where he broke the tape and was greeted as the marathon winner. Though he initially went along with it, he soon admitted it was a joke after spectators claimed he had not run the entire race. Thomas Hicks went on to become the real winner in 3:28:53. Lorz was banned for life by the Amateur Athletic Union but was reinstated after he apologized for the stunt and it was found that he had not intended to defraud. He won the Boston Marathon in 1905 with a time of 2:28:25.

In the 1908 London Olympics, Dorando Pietri of Italy needed to be helped across the finish line of the marathon, and was declared the winner. He was the first to enter the stadium but collapsed several times and even ran the wrong way. Not far from the finish, two officials took him by the arms and brought him to the finish. Shortly after crossing the finish line, he was actually disqualified. The medal went to American Johnny Hayes who was second at 2:55:18. However, the glory still went to Pietri. Since he had not been responsible for his disqualification, Queen Alexandra awarded him a gilded silver cup the next day.

At the 1936 Berlin Olympics, two Korean runners won medals, unhappily, running for Japan under Japanese names because their country was occupied by Japan. Sohn Kee-chung won gold in an Olympic record of 2:29:19 and Nam Sung-yong won bronze. Japan had annexed Korea in 1910.

In the 1960 Rome Olympics, Ethiopia's Abebe Bikila, running barefoot, became the first black African to win a gold medal. Bikila was added to the Olympic team only at the last moment, as the plane to Rome was about to leave. He was a replacement for Wami Biratu who had broken his ankle in a soccer match. Adidas was the shoe sponsor for the Rome Olympics but had few shoes left when Bikila went to try out some shoes. He ended up with a pair that didn't fit comfortably, so he could not use them. A couple of hours before the race, he decided to run barefoot, which is how he had trained. He won in a record time of 2:15:16. Four years later in 1964, he was the first man to successfully defend the marathon title in 2:12:11. This time he ran the marathon less than six weeks after having his appendix removed. He did wear shoes, Puma, for the second victory. A stadium in Addis Adaba is named in his honor.

In the 1972 Munich Olympics, Frank Shorter pulled the United States into the running boom by winning the gold medal in 2:12:19. Shorter, who was actually born in Munich, became the first American in 64 years to win the Olympic marathon. As Shorter was nearing the finish, German student Norbert Sudhaus entered the stadium wearing a track uniform and ran the last kilometer. Thinking he was the winner, the crowd began cheering for him before officials realized the hoax and security escorted Sudhaus from the track. Arriving seconds later, Shorter was understandably perplexed to see

someone ahead of him and to hear the boos and catcalls meant for Sudhaus. This was the third time in Olympic history that an American won the marathon (Hicks in 1904 and Hayes in 1908) and in none of those instances did the winner enter the stadium first.

In the 1984 Los Angeles Olympics, Joan Benoit won the first women's Olympic marathon in 2:24:52. She injured her knee during a 20-mile training run just seventeen days before the Olympic trials. She recovered from surgery much quicker than expected and beat runner-up Julie Brown by thirty seconds. Three months later she won Olympic gold by beating Grete Waitz, Rosa Mota, and Ingrid Kristiansen, all considered legends in their own rights.

SOURCE: <http://www.topendsports.com/events/summer/sports/marathon-winners.htm>

RUNNING QUOTES

"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible."

— **Doug Larson** (writer at Wisconsin-based newspapers Green Bay Press-Gazette and Door County Advocates)

"If someone says, 'Hey, I ran 100 miles this week. How far did you run?' ignore him! What the hell difference does it make? The magic is in the man, not the 100 miles."

— **Bill Bowerman** (1911-1999, University of Oregon track and field coach and co-founder of Nike)

"Dream barriers look very high until someone climbs them. Then they are not barriers anymore."

— **Lasse Viren** (Finnish long-distance runner that won four gold medals at the 1972 and 1976 Summer Olympics)

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves... The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or hump higher than that.' The human spirit is indomitable."

— **Sir Roger Bannister** (English runner that became the first to run a mile in under 4:00)

"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired. You've always got to make the mind take over and keep going."

— **George S. Patton** (1885-1945, General in the U.S. Army during World War II and member of the 1912 Olympic pentathlon team)

"It's rude to count people as you pass them. Out loud."

— **Adidas** (from an advertisement)

Birmingham Track Club

MEMBERSHIP APPLICATION



www.BirminghamTrackClub.com

www.Facebook.com/BirminghamTrackClub

We would like to take this opportunity to invite you to be a member of the Birmingham Track Club or to renew your existing membership. The Club sponsors or sanctions many local races and keeps members informed of upcoming races, training runs, results, socials, etc. through our monthly newsletter 'THE VULCAN RUNNER'. Additionally, BTC Members receive merchandise discounts at local merchants. It's a great way to meet other runners and stay informed of running events in the area. Again, thanks for your participation and we hope that you will join us as we promote individual and community fitness through running.

PLEASE check one:

☐ **New Member application** ☐ **Renewal** ☐ **Change of Address**

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ ☐ Male ☐ Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

_____ ☐ Male ☐ Female
 Last Name First Name M.I. Birth Date

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities, and as a member I assume all risks involved. Therefore I hereby, for myself and anyone entitled to act on my behalf, do waive and release the Birmingham Track Club, Road runners Club of America, USA Track and Field, all sponsors and any others involved from any claims or liabilities arising out of my participation in these activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of such events for any legitimate purpose.

Signature (Parent's signature if under 18 years of age) _____

Date _____

YEARLY MEMBERSHIP (please circle one): **\$25** (single) **\$35** (family)

Send this signed application and check made payable to the BTC to the following address:

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

btcmembership@gmail.com

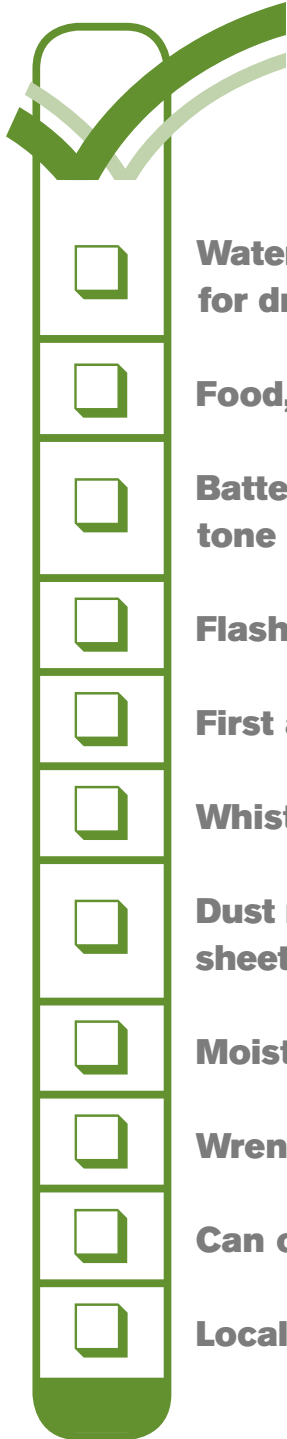
PREPARE. PLAN. STAY INFORMED.

Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: **1) Get an emergency supply kit 2) Make a family emergency plan 3) Be informed about the different types of emergencies that could occur and their appropriate responses.**

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Recommended Items to Include in a Basic Emergency Supply Kit:



Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

www.READY.gov



BTC MILEAGE LOG



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MONTH GOAL	TOTAL
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