

THIS
ISSUE

PRESIDENT'S MESSAGE: 5
PLAYLIST: 8

JOG DOG: 10
DIXIE 200: 11

DIRTY RUNNING: 21
1200 MILE: 26

PACING: 29
GIRLS ON THE RUN: 32

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The Boston Marathon

"It was the best of
times, it was the
worst of times."

By Jeff Perry

It was Charles Dickens who wrote those words in his classic novel called *A Tale Of Two Cities*. Monday, April 15, 2013 will forever be one of those days. It was a day that began with such joy and hope. It ended with death and despair and so many unanswered questions. It was a holiday in Boston called Patriot's Day and celebrated the endurance of the human spirit. As the events of the afternoon began to be broadcast on every news station, the ugliness of hatred replaced any celebration. The 117th running of the Boston Marathon could not have been better described than in Dickens' words.

The Boston Marathon

-Continued on Page 2-

I remember the first time I really thought about the Boston Marathon. As iconic as it is, people hear about it, but unless you are a Boston resident or are connected to the race in some way, the importance and atmosphere that surrounds this event doesn't really sink in. It became a journey to qualify to run it. To run a qualifying time for Boston, it takes effort and dedication. It costs something to get there and so, ultimately, it means more. For me it was the goal I would chase for a year and when I crossed the finish line at the Mercedes Marathon in 2012, the emotions came out as tears. It was all about self-discovery and completing something special. It was about seeing a goal that seemed so unreachable and then working to reach it. For me, that was a great moment.

Everything leading up to the race itself, however, could not have prepared me for what I would experience that morning. The atmosphere of the city was so alive! From the expo which was larger than anything I had imagined, to the history of the city and...well, Fenway Park was everything I had hoped for and expected. It was a trip that I would have never even imagined just a few short years ago. Yet I walked all over the city seeing so many people in the blue and yellow marathon jackets. It seemed that everyone was anticipating this event. The Boston Marathon was something that brought great pride to the city and residents. They were proud to display themselves and their city to the world and declare that this was the crown jewel of races. Quite simply, the city seemed to love the spotlight. Reality began as I walked down the street in Hopkinton to take my place in the starting corral. Someone next to me excitedly shouted, "Man, can you believe it? We are about to run the Boston Marathon!" I could hear the announcer start the elite men, but there were so many people that there was no way to get a glimpse of them. Every nerve in my body seemed on edge! I had to agree with my fellow runner – I couldn't believe I was there! The weather was perfect, such a contrast to the stories I had heard from the previous year. Honestly, at that moment I couldn't imagine a better day having ever existed. It was everything I had hoped for and then some!

We moved toward the start line and I determined to settle into a conservative pace. I looked at my watch and realized that in order to get up to my goal pace, I would have to go faster than the crowd was moving. It quickly

dawned on me that there were so many people I couldn't speed up at that moment regardless of how much I tried. The first few miles were all about working out the nerves and learning how to plan on water stops without tripping or running into someone. As far as I could see in front and behind me were runners. Eventually, my average pace was right at where I wanted and it felt comfortable. I started to think to myself that this was really feeling good, but kept in mind that I had felt good in other races and fallen apart at the end. I just needed to relax and run my race.

It was around mile 8 that everything changed. I vividly remember thinking that the crowds just went on and on. I was amazed at the energy. I couldn't believe how much fun I was having running the race. For the last time until around mile 24, I looked at my watch. I started to think about what this really meant and the thought occurred to me that I had been given a great gift. It had nothing to do with pace or mileage or ability. There were a lot of people in front of me and it simply didn't matter. I had been given the ability to run. Something inside of me gave me the will to get up and train. Rain, heat, cold, fatigue – none of those things could take away the desire to run and the feeling that running gave each time I laced my shoes up and started moving my legs. Boston was beyond any other run I had ever had. For the first time in a race, I looked around at the people and the sights and forgot about how fast I was going. I counted the hills of Newton and was amazed at the energy and noise of the sorority girls in Wellesley. I even laughed at funny signs and waved at cameras. I had an absolute blast every step. Coming up Boylston Street, I couldn't believe it was over. It was the single most enjoyable run I have ever experienced and I knew when I crossed the line that I would never forget it. There were so many people lining the street – so many cheers. It was the best of times.

I was on the subway back to our hotel when the race clock passed 4:07. Two bombs exploded and forever changed so many lives. As text messages and Facebook messages poured in, the realization hit. I had run only a few feet from where the bombs exploded. I had run by people who were hurt or dead. It was in those moments and the hours afterward that the worst of times became a reality. It took a little while to find out that all the Birmingham runners were safe. We sat in our hotel and watched picture after picture and video after video of



the finish line area where I had just crossed and finished the race of my life. I couldn't grasp it all or make any sense of how I should feel. How could such hatred be present in such a wonderful event that brought so much life and joy? There were moments when I was afraid that the good of what had been experienced was gone forever.

Distance running involves pain. Those of us who love it know that we have to endure and embrace the difficulty in order to get the desired results. One friend reminds me that it should be "sustainably difficult." We enjoy the challenge. But ultimately it is the run that we love. I believe that God gave me a truly special gift in running. Nothing else unclutters my mind or refreshes me each day in the way that running does. I have come to really cherish the hours spent with friends running the streets of Homewood and surrounding areas each week. Those are regularly the highlight of the entire week. I am a better person because of that gift. It is precious and no other period of time has shown that to me than the hours I spent running through the neighborhoods that are a part of the Boston Marathon. My heart breaks for the families of those killed. I pray for the healing of those injured, both physically and emotionally. Runners are resilient. We run through the challenges of the elements as well as to the limits of our bodies. This tragedy, intended to destroy and cause fear, will not stop runners from feeling the joy that running gives us. I have no idea how many people will show up next year for the 118th running of the Boston Marathon. My guess is there aren't enough hotels to hold everyone that will want to be there. You see, love and hope and joy will beat back fear and hatred every single time. Every step we take as runners expresses the good that is within us. I know that when the gun sounds for the start of the Boston Marathon in 2014, I will be there and I will run with the joy that God has put in me when He gave me this incredible gift.



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BTC Mission Statement

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

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President's Message

—Jennifer Andress



Greetings, BTC!

I hope this newsletter finds each of you well. April has been a month of both tragedy and triumph. The events in Boston on Marathon Monday and Patriot's Day, and your response to them, take my breath away. I want to thank all of you for reaching out to us to check on your friends and fellow members who were in Boston. I also want to thank you for your tremendous support as the week unfolded. I heard from many of you, saw others out in force at the Trak Shak Wednesday night #prayersforBoston run and blood drive, and hundreds more at our own Statue 2 Statue 15k. We are grateful for the safe return of the Birmingham runners but also mourn the loss of innocent lives and those maimed in the senseless bombings.

I want to personally thank Jeff Perry, who ran in Boston this year, for the thoughts he shares with you in this issue. Jeff, an ordained minister, was also at the starting line of the Statue 2 Statue 15k to offer a prayer and dedication. On a crystal-clear beautiful race morning, Jeff's words added extra meaning to our event. In addition, your outpouring of support was greatly appreciated. The BTC donated one dollar from each of your race registrations to the Red Cross and to the One Fund in Boston. As a result of your involvement, we were able to send \$ 506 to those affected in Boston. The American Red Cross also accepted blood donations at the finish line of the race and to see so many runners donate was truly moving.

The Statue 2 Statue 15k was a wonderful event despite coming at the end of a horrific week. We all sported blue & yellow ribbons in honor of Boston, lovingly made by Alison Hoover. We had a beautiful day and lovely 15k tour of Birmingham and Mt. Brook courtesy of Race Director Judy Loo and Assistant Race Directors Michele Parr and Debbie Cleghorne. Our finish line looked amazing with our new 15-foot high BTC flags and tent and the inflatable arch from Southern Sports Group, complete with a custom Statue 2 Statue 15k banner. SSG also created great-looking

custom bibs and provided the event with chip timing, a first for this race. It was an absolutely perfect event.

On that day we came to the realization that our growing club needs help with our newly purchased equipment. As a result we appointed Michael Gann to be in charge of a new committee, The BTC Finish Line Crew. This committee will be in charge of set-up and breakdown of BTC events. This will be a special group and we will outfit them in special BTC "Finish Line" shirts which only they will be able to wear! Contact Michael Gann at michael.gann@encompassgroup.net if you would like to work with the BTC in this capacity.

Speaking of new Executive Committee members, we would also like to welcome Beth Feller to the EC as our new Marketing Chair. Beth comes to us from the Social Committee and has some great ideas for the club moving forward. Beth's first order of business will be to work with Social Chair Burt Chandler and Membership Chair Dirk Guenster on the BTC's big Saturday Social/Member Drive/Vulcan Run kickoff, to be held at Vulcan Park on June 22nd. This will be a family friendly event and we want you to attend! Please mark your calendars and save the date for this great BTC get-together!

Moving toward the fall, I have had numerous inquiries regarding the BTC Triple Crown Half-Marathon Challenge. I am happy to report that yes, it is back! Your Race Co-Coordinator David Barry and Tim Roberts are working on additional awards for the Challenge and will unveil them later this summer. But for now rest assured that The 2013 Triple Crown Challenge is ON!

A little bit of old business to report on: We now have a water fountain on Jemison Trail! It is quite lovely so thank you to all who contributed. I am reaching out to the Mt. Brook Park and Recreation Board to inquire about a marker promised us recognizing the BTC and its members. I will keep everyone informed and we will have an unveiling when it is installed.



Also, as I previously reported, BTC Past President Brad Clay has been updating the BTC by-laws with our General Counsel Michael Tucker. They will present these updates to the Executive Committee at the May meeting and we will then present them to the membership in the June newsletter. You will have an opportunity to weigh-in and we will have a club vote at the June Social.

Lastly, we received an email from a member that stated, "...such an informative newsletter. Thank you for putting the time and effort into it. It shows...I always learn something from this newsletter."

Thank you for your feedback on the newsletter! We welcome any contributions you have including blogs, pictures of you in BTC apparel (which we have new apparel on its way for summer!), and race reports. Andrew Nuckols is our Newsletter Editor and we could not be happier with the final product!

Great things are happening in the BTC and we are so glad to share them with you! Make sure you share them with your running friends as well, we want them on board too so we can continue to bring you such great events, races, and local running information!



PLAYLIST

BOSTON

—By Kile Putman

Song: Dirty Water

Artist: The Standells

Composer: Ed Cobb

Label: Tower/ Capitol

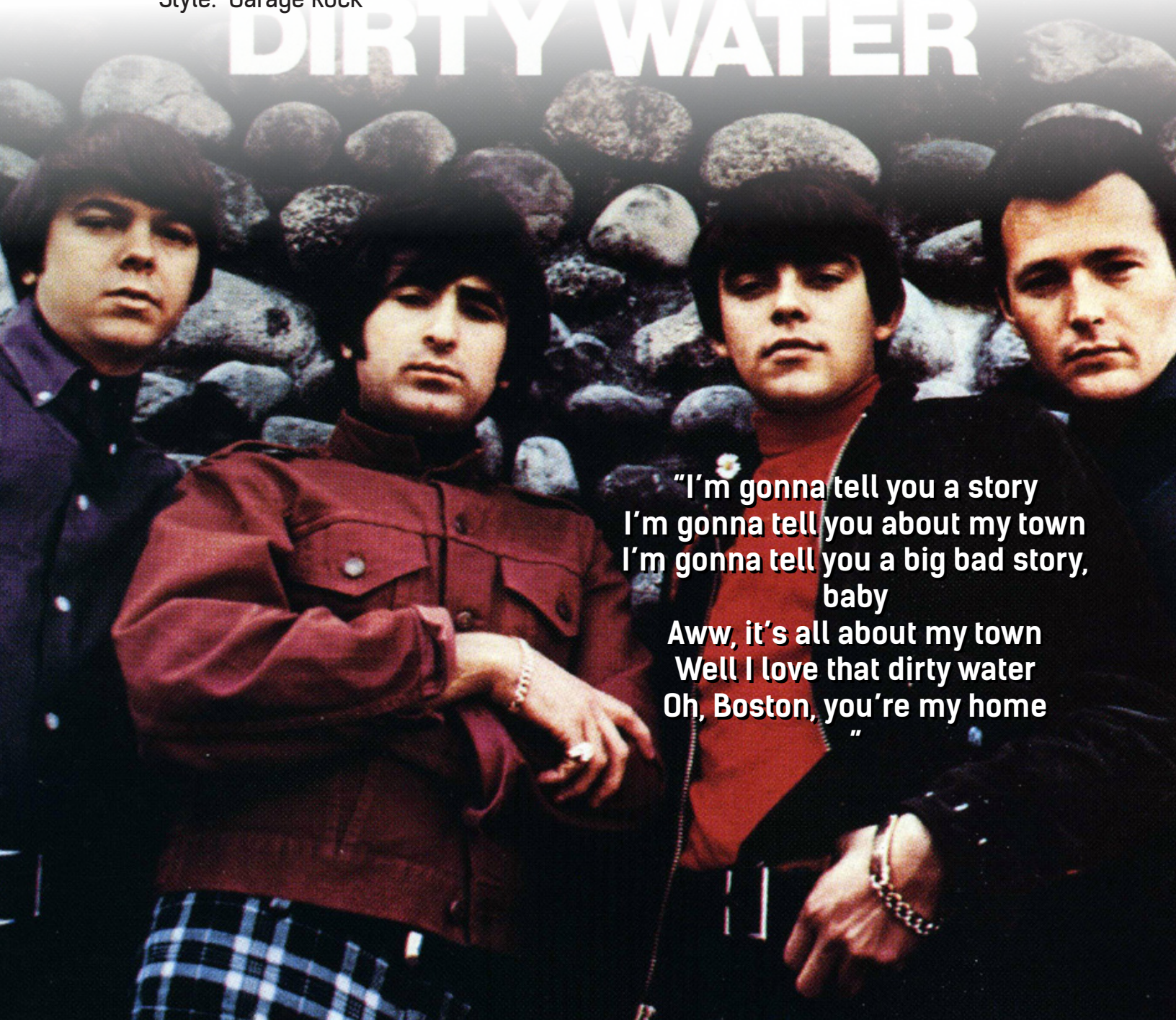
Format: Vinyl LP, Dirty Water

Released: 1966

Genre: Rock

Style: Garage Rock

DIRTY WATER

A photograph of the four members of the band The Standells. They are standing in front of a wall made of large, rounded stones. The man on the far left is wearing a dark jacket over a purple shirt. The man next to him is wearing a brown jacket and a plaid skirt. The man next to him is wearing a red turtleneck under a dark jacket. The man on the far right is wearing a dark jacket. They are all looking directly at the camera with serious expressions.

"I'm gonna tell you a story
I'm gonna tell you about my town
I'm gonna tell you a big bad story,
baby

Aww, it's all about my town
Well I love that dirty water
Oh, Boston, you're my home
"

This classic rock song about their city has been embraced by the sports fans of Boston. It is played following scores or victories by the Celtics, Bruins, Patriots and Red Sox. These same sports fans embrace their Boston Marathon.

I have competed in the Boston marathon many times. For me it is still the ultimate footrace experience. It is challenging to make that field and it is challenging to run that course well. The crowds along the historic route are the best and most knowledgeable in the world. Families, college kids and tourists line the entire 26.2 mile route cheering and offering support. My marathon best was set in Boston back in 1991 on a perfect weather day. I was there last in the extreme heat of 2012. While out on the course that year I thought to myself "I don't want to be here". It was not a good marathon day.

This year started as a good marathon day with cool temperatures and overcast skies. It ended as the worst marathon day ever as the finish line clock marked 4:09:44.

I began receiving calls and text messages from family, friends and acquaintances soon after. Eventually they all had a similar same closing comment - "I'm glad you did not go to Boston this year!" Initially, I thought the same. Experiencing the blasts would have been worse than running in 90 degree temperatures of last year.

But it's what I do- it's what WE do. We run. We run to get that BQ. We run to catch the school bus for the ride out to Hopkinton. We run and high five the coeds of Wellesley. We run through the challenge of the Newton Hills. We regroup to run refreshed at the sight of the Citgo sign with only a mile to go. We run down Boylston Street to cross the finish line at Copley Square. We run to conquer and rejoice.

Even the ancient Greeks realized that running is the most pure of all sports. At the early Olympic Games a truce was announced. Armies discontinued war for the period of the Games. Athletes and spectators were allowed to safely and peacefully travel to attend the events and again back to their home countries. While running is still pure, our innocence is not. We will no longer have the same

safe feeling the Greeks experienced when traveling to Boston or other marathons.

"The BAA Boston Marathon will be back. And so will we. And we will run remembering those impacted most on Marathon Monday 2013."

Kile Putman warns that runners should stay safe and be aware of their surroundings by keeping a reduced volume level when running with music. A USATF certified Track and Field coach, he can be contacted at kputman@bellsouth.net for personalized instruction.





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JOG - DOG PROGRAM

— Ashley Eldridge

Four years ago, my roommate and I fell in love – with puppies that is. It was spring in Charlotte, North Carolina. While the sunshine beamed down, birds sang their songs, and flowers decorated the parks, it seemed all we could notice were good looking runners with absolutely adorable dogs filling the parks and running loops. We could not go anywhere without meeting a pup that left us longing for a four-legged running partner!

One night, we hatched a most ridiculous plan, that would both quell our desire for a canine exercise complain AND help friends meet potential dates in the park. The plan went something like this... we would buy a few puppies, and rent them to eligible bachelor and bachelorettes. These singles would soon find love, because who wouldn't approach a good-looking guy or girl with a cute puppy? In a city full of accountants and bankers, it was bound to work! Then, someone pointed out the (many) obvious flaws in our short-lived scheme.

Fast-forward four years...running is now a hobby of mine, which is significantly more fun with floppy ears and a wagging tail in front of me. While friends my age are choosing baby names, I've picked out my first dog's name and seriously considered getting a pup. However, my schedule, lease agreement, and tendency to not want my new furniture chewed to pieces keep me from making the plunge. Thankfully, a friend recently told me about the Humane Society's Jog-a-Dog program, which he knew was the perfect combination of canine companion and exercise.

The following Saturday, I eagerly drove to the Humane Society to get a running partner for the day. After sharing with the kennel staff that I wanted to run with a dog that could keep up (motivate me), they encouraged me to take Bella. Bella is a precious beagle/boxer mix (code for high energy) in need of a good run. After equipping me with the necessary supplies (leash, collar, and baggies), Bella and I headed to Lakeshore Trail and enjoyed a great run. She was friendly with other dogs, runners, and children. Bella became so excited a few times during our run that she leapt in the air with what must have been canine glee. That evening and the next week, I told anyone who would listen how much I had enjoyed running with Miss Bella, and that I could not wait to run with her again.



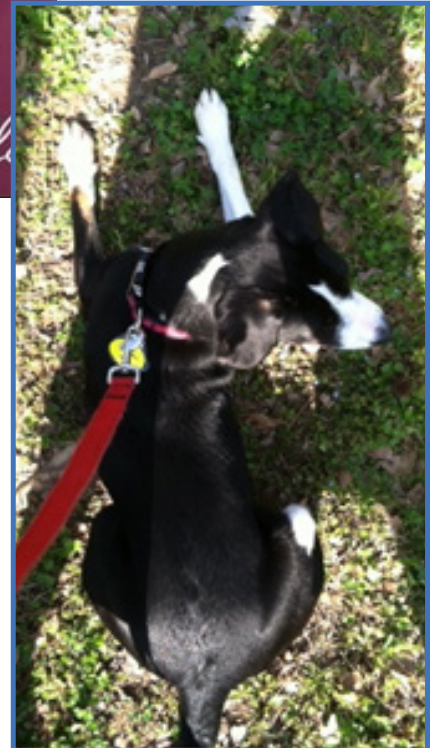
After arriving to the Humane Society the following Saturday, I learned that Bella had been adopted two days before! While I was disappointed I wouldn't run her again, I was thrilled to know she had found a forever home. Hopefully, I'll see you out running another Jog-a-Dog

friend, as I continue to get my fix of exercise, fur, and floppy ears. And maybe, just maybe, we'll fall in love all over again – with the dogs of course!

If you're interested in participating in the Jog-a-Dog Program, here are the details.

To begin participating in the Jog a Dog program, come to the shelter at 7:30 am any Saturday, fill out a Jog-A-Dog program form, and attend a 15-minute orientation. Once you've completed this step, you will be able to exercise with a furry friend!

Dogs are available for check-out from 8 – 10 am Monday through Saturday, and on Sundays they are available from 9:30 – 12 pm. After checking out a dog, you may take them to jog at Lakeshore Trail, Jemison Trail, Railroad Park, or Red Mountain Park.



DIXIE 200 RELAY

—Dean Thornton

Running can often be a lonely pursuit. I often run for an hour or two in solitude with only my thoughts and my music for company. I do have running partners for some of my runs. And you are hardly ever truly alone during a race. Running is rarely a team endeavor. But that is exactly what makes long relay races so special. When else do you get to run and ride for 30+ hours with a bunch of friends having a great adventure? I got to have just such an adventure for the 2013 Dixie 200 Relay from Atlanta to Birmingham.

My wife, Tracy, and I joined 10 other runners to form a team for the Dixie 200 Relay. Our team consisted primarily of teachers and administrators at Homewood High School. Latta Johnston, Assistant Principal, was our team leader. Nivada Spurlock, Wellness Coordinator for Homewood City Schools, is the leader of The Movement which promotes wellness for teachers and students. The Movement is known on Twitter as #hwdmoves (Homewood moves), so this became our team name. And move we did...

Thursday, March 21, 2013

With hours of preparation under our belts, we loaded up two 12 passenger vans in the parking lot of HHS on Thursday afternoon. 6 people, a bunch of running gear, and a mountain of food & drinks were packed into each van. We arrived in the Atlanta suburb of Powder Springs around dinner time to check into our hotel near the starting line. After checking in, the team walked a short distance to Giovanni's Italian Restaurant for our pre-race, carbo-loading meal. Two of our members, Josh and Allison, ordered the stuffed shells; they expected cheese filling but got some combination of meat and cheese that fortunately did not cause any GI distress the next day. Otherwise, the meal was excellent!

Friday, March 22, 2013

We awoke Friday morning ready to run. Nine teams were scheduled to begin the race at 7:00, but we were among the



seven teams scheduled to start at 9:30 am. So, here's how this sort of relay works: each team has between 6-12 runners (most teams have 12). Each team must run 36 legs over the course of the 200 mile race with each leg ranging from 3-9 miles. Teams with 12 runners like ours have each runner run 3 legs totaling 15-20 miles. Teams are split into 2 vans.

Tracy and I were in Van 1 with the other married couples, Latta & Kristen Johnston and Shane & Allison Wear. In Van 2 were Nivada, Melonie McBrayer, Rebecca Shields, Mike Hathorne, Tyler Burgess, and Josh Donaldson. Only Shane and Mike had ever run a relay like this before. As Van 1, we got to lead off the race running the first 6 legs. After receiving our instructions for the race, Latta toed the line to run Leg 1. When the horn sounded, he raced into the lead just so we could say we briefly led the race. Once the team saw him off, we climbed into our vans to begin our journey back to Birmingham.

While Van 2 drove ahead to the first transition point, Van 1 drove to meet Latta at the end of Leg 1 which was 7.1 miles long. The race began on the Silver Comet Trail which runs from Atlanta to the Georgia-Alabama state line. From there, the rails-to-trail path continues as the Chief Ladiga



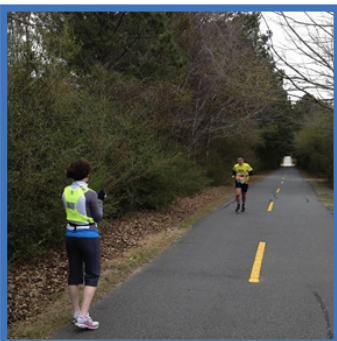
mile that I pushed that down to between 7:50-8:00. Despite my good (for me) pace, I heard footsteps in the middle of my leg. I was about to be passed! In the parlance of relay races, I was about to be “killed.” I suppressed my competitive nature and refused to let it bother me when the 20-something female blew past me offering some almost-condescending words of encouragement. And I refused to let it bother me when the next guy flew by me at an even faster clip. I just concentrated on holding my even pace for the whole leg. As I rounded the last corner onto a straightaway, I could see my teammates at the exchange zone in the distance. But my Garmin said I had 0.75 miles to go. Gradually, I made my way down the long straightaway until I could hand off to Tracy. My Garmin read 6.95 miles in 54:52 for a pace of 7:54 per mile. This was pretty good for me especially knowing I had 2 more legs to run in less than 24 hours.

Tracy took off for her Leg 5, and I took a few minutes to cool off. I knocked back a Muscle Milk (contains no milk) protein shake and was ready to climb back into the van. It was during the drive to the next exchange zone that I learned Tracy had had a mini-adventure while waiting for me. This was one of the few stops that had no bathroom or porta potty. So Tracy was relegated to seeking shelter in a nearby pasture guarded by her friend and lookout, Kristen. The place was dubbed Mrs. Poindexter’s Pasture for Peeing. And we wondered since I had been “killed” twice on my last leg -- did that make me a “zombie?” The punchiness that was to come to full bloom later in the night had begun to blossom already.

Trail until Jacksonville, Alabama. So, the first 15 legs of the race were run on a fairly smooth, flat, paved trail. At the first exchange zone, Latta arrived before his projected time to hand off to Kristen for Leg 2. Thus we began a cycle to be repeated multiple times during the race: drop off a runner, drive ahead to the next exchange zone, witness the handoff to the next runner, wait briefly for the last runner to cool down and get some refreshment, then head out once again.

It was a cool, overcast day with temperatures in the upper 30s as we began the race. I was scheduled to run Leg 4 covering 6.96 miles. Shane, running Leg 3, and I were a stark contrast in footwear. He had transitioned to running in Vibram minimalist shoes while I had converted to running in maximally cushioned Hoka shoes. Our teammates did not hesitate to make fun of both of us. I had a really good first leg. The trail was exactly like the Lakeshore Trail back in Homewood, so I was right at home. I had planned to run between 8:00-8:15 per mile pace, but I felt so good the first

Tracy released her inner child, yelling for echoes as she ran through an old train tunnel. At the end of the leg, Tracy passed off to Allison who was running Leg 6 our final leg for this section. Up ahead we would meet Van 2 and make the transition to them. When Van 1 arrived at the transition point, they found that Van 2 had been waiting in the park for hours. Some runners napped, some joked around, other paced nervously. When Van 1 arrived, Van 2 sprang to life getting ready to run. Allison ran into the softball park where



we were waiting. She handed off to itching-to-run Melonie. And, thus, Van 2 was on the clock while Van 1 could rest for awhile.

We drove on to the small town of Piedmont, AL the site of the next van transition point. We planned to have lunch in a small restaurant recommended by the race director. We toured the entire "downtown" area of Piedmont before finding the Solid Rock Cafe (after realizing we had passed it earlier). We ate a very nice lunch of sandwiches and chips followed by cookies with coffee or hot tea. While we dined, another team came in for lunch while we saw yet another team drive around the block a few times.



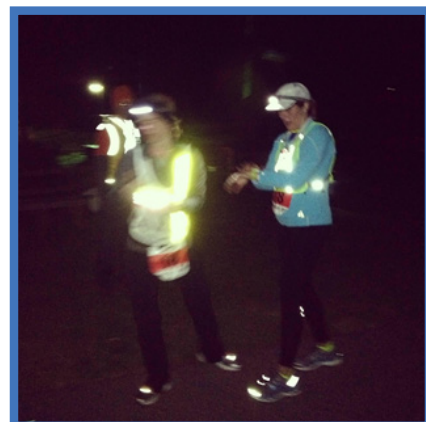
After lunch, we headed over to the transition point at the Eubanks Welcome Center. (It took some driving around to find this place, too). Once there, we were able to relax for awhile and recharge our phones. Soon, Van 2 arrived after dropping off Tyler who was running Leg 12, the final leg of this section. Josh, who had run the long 9.5 mile leg at a very fast pace, came hobbling up with an ice pack on a swollen knee. We worried about his ability to continue. But he is young and tough. Kristen prepared to run her second leg. Because it was almost dusk, she donned her reflective vest, her headlamp, and her flashing lights (required by race officials). Once the handoff was made, we said goodbye to Van 2 and drove to the next exchange zone.

Tracy was next to run. By the time Kristen arrived, it was almost nightfall. Tracy took off back onto the trail into the fading light. As we waited at the next exchange zone, she texted me: "A little unnerved..." Apparently the trail had veered away from the main road into the woods. The darkness, the solitude, and the sound of nearby dogs freaked

her out just a little bit. But all that made her run a very fast leg!

Tracy handed off to Allison who got to run on the trail through the campus of Jacksonville State. Allison then passed to Latta who took the race off the trail onto the back roads of Alabama. As we waited for Latta, we met the nicest volunteer on the course, Pastor Greg of Lloyd's Chapel Baptist in Anniston, AL. Shane took over for Latta and ran to the next exchange point which was Pastor Greg's church. The church had coffee and snacks available for the runners as we passed through about 10:00 pm. As Shane handed off to me, I began my second leg, 8.4 miles from Anniston to Oxford. The first section of road was a dark, divided, four lane highway with not-so-gentle rolling hills. A mile or two into the run, I began to hear the dogs. We had been warned about dogs along the nighttime legs on the course. And now my imagination started to run on its own. Fortunately, I never actually saw a dog, but I ran a little faster. Another mile or two later, however, I ran past a trailer park. About the time I ran by, a very loud gasoline engine started. It was either a motorcycle or a chainsaw. I had visions of an Alabama Chainsaw Massacre. I ran even faster. Halfway through my leg, I turned onto an even busier highway. There, my van was waiting on me on the side of the road, just to make sure I was safe -- a welcome sight. After I ran by to their cheers and encouragement, the van sped off into the night. Four mostly downhill miles later, I was tired but almost done. I was happy to finally reach the van transition point to hand off to Melonie so that Van 2 could begin their second legs. I finished my leg at about 11:15 pm. I had covered 8.41 miles in 1:08:08 for a pace of 8:06 per mile.

At about 11:30, our van headed from Oxford to the Comfort Suites in Pell City. We quickly checked in, took short showers, and tried to settle into bed. Three married couples managed to share 2 double beds and a sofa bed. I managed to drift off to sleep around 12:30 a.m.



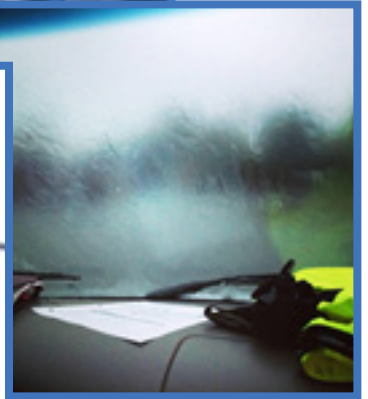
Saturday, March 23, 2013

Since we had to meet the other van at about 4:15, our alarm was set for 3:30 am. But due to the excitement, I was up at 3:00. As quickly as we had rushed into the hotel, we rushed back out again. Only now, the skies had opened up with rain and distant lightning. As we pulled into the parking lot at the van transition point, there were several other vans already there waiting for their teammates. As we waited, the rain and lightning increased. At around 4:15 a.m. Van 2 pulled up beside us with the news that the race would be halted after this leg was completed. Poor Josh was running through a downpour on a swollen knee while dodging lightning bolts. As he passed the wristband to our van, he looked almost defeated. But only almost. Van 2 soon departed for the showers and beds of the hotel we had left just a short time ago.

From 4:30 to 7:00, we waited in the van. We waited for the storm to pass. And we waited for the race directors to make a decision about how to proceed. As we waited, the silliness in the van began to overflow. We told stories and jokes; we watched the dawn's early light. we made fun of each other; we made up a Jimmy Buffett song. Around 7:00 a.m., the director made the decision to have us skip several legs to get south of the storm. So we drove the van ahead 4 legs expecting to run at any time. But the storm would not go away. So, we sat for another hour. We took turns making a dash to the porta potty in the rain. Finally, around 8:30, the rain let up enough for the race to resume. Since we skipped a few legs, teams were allowed to double up runners on some legs so that everyone got to run their 3 legs. Shane, Allison, and Kristen only had about 10 minutes to get ready to run before we resumed the race. It was interesting to see many of the teams back together again after running solo for most of last legs. Our 3 runners took off, beginning our third legs after a 4 hour delay.

The next exchange zone was at Lighthouse Community Church which was providing a pancake breakfast for the runners. We had each paid \$5 in advance for the breakfast. But Van 2 had gone back to the hotel, and no one else in Van 1 felt like eating at that time. So, I decided to eat a single pancake without syrup as my pre-run fuel. It was the best \$60 pancake I had ever eaten.

Tracy and I decided to run the next leg (Leg 30) together. We were running on fairly flat, country roads. When we started it was lightly raining, but it quickly stopped, allowing us to remove our rain gear for most of the run. We ran at a



decent pace, but the effort of the previous 2 runs and the lack of sleep took away our top gear. Compared to our previous runs, we struggled through this 5 miles. About halfway through our leg, we were the victims of another kill. But shortly thereafter, we were able to return the favor

another team's runner. Our first kill! We needed 2 county deputies to stop traffic on US 280 in Harpersville to allow us to cross the road safely. As we ran into the exchange zone at Morgan Creek Vineyards, we were relieved (but couldn't believe) our portion of the race was over. We covered 5.05 miles in 44:44 with a pace of 8:51. As Latta took off for the final leg of Van 1, Tracy and I went to change into some dry clothes.

We hopped back into the van to head to the last van transition point. We passed Latta on a hilly dirt road. As we drove slowly by, he used our van as a shield against a loose dog on the side of the road. We then passed several runners up ahead and felt confident that Latta could pick up a few kills before the end of his leg. We reached the next van transition point to find 10-15 vans waiting for their runners. We got to joke and laugh with Van 2 before Latta handed off to Rebecca. Van 1 was done! But Van 2 faced some long, very hilly legs before they reached the finish line at Oak Mountain State Park.

Since we were finished and Van 2 would not finish for 5 hours, we decided to drive home to shower and change. As we drove home we realized just how bad the van smelled. We

chalked up to our running clothes. Until we remembered the brown bananas in the back of the van. We began to talk of the smell of “banana and stink.” Once we had cleaned up, we headed to Oak Mountain to greet our teammates. Their van took longer to arrive at Oak Mountain than we thought, but we chalked that up to the toughness of the final six legs they had to run. They reported that everyone had survived their runs. They also said Josh was hurting but was going to give it his all. Nivada was going to run the final leg with him.

As we waited for Josh, several other teams saw their final runner cross the finish line. Each one look tired. Eventually we saw Josh running down the road through the woods. He was hobbling a little on his swollen knee, but he pushed through to the finish line. We were done! #hwdmoves had finished the Dixie 200!

But where was Nivada? She did not come in shortly after Josh as we expected. We feared that she had missed the final turn into Oak Mountain State Park. Latta took off in his car to look for her. He eventually found her a mile away having already added 3 miles to her run. But she got to cross the finish line. We were now able to take our final team picture and receive our finisher medals. We were not concerned about our time; our main goal on this adventure was to do our best and have fun. But #hwdmoves managed to finish in 7th place. Not too shabby!

We were tired and hungry but energized and fulfilled. The phrases “next year” and “when we do this again” were thrown about here and there. Each of us will take away something different from this experience, I am sure, but we can all agree it was an unforgettable time of physical exertion and fellowship.

Dean Thornton
BTC Member

2013 Results

Overall Winner
Runaway Reacation - 25:36

Full Team Mixed Division Winner
Lanier Running Club - 25:47

Full Team All Male Division Winner
12 Fast Fellas that like to Fartlek - 27:09

Ultra Division Winner
Insane 7 - 32:50

Place	Team	Bib	Type	Category	Pace	Duration
1	Runaway Reaction	14	Full	Mixed	7:24	25:36
2	Lanier Running Club	8	Full	Mixed	7:28	25:47
3	12 Fast Fellas that like to Fartlek	20	Full	All Male	7:51	27:09
4	Boss Hogg and the Outlaws	7	Full	Mixed	7:52	27:10
5	run. run. run. Together.	12	Full	Mixed	8:25	29:04
6	Beerfoot Running Club	6	Full	Mixed	8:43	30:07
7	#hwdmoves	18	Full	Mixed	8:48	30:26
8	Tuscaloosa Road Warriors	17	Full	Mixed	8:51	30:34
9	Out of Controllers	11	Full	Mixed	8:53	30:42
10	Norfolk & Way	10	Full	Mixed	9:15	31:56
11	Run4LIFE	13	Full	Mixed	9:17	32:04
12	No Clue	9	Full	Mixed	9:20	32:14
13	Insane 7	1	Ultra	Mixed	9:30	32:50
14	Team 12:1	15	Full	Mixed	9:43	33:34
15	Team Wilson	19	Full	Mixed	-	DNF



SEND US YOUR PICTURES WITH YOUR BTC APPAREL

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

president@birminghamtrackclub.com



[Facebook.com/BirminghamTrackClub](https://www.facebook.com/BirminghamTrackClub)

EVERYTHING BTC!

You may remember we had a slight delay with the Triple Crown Challenge shirts back in November. This was due to a typo that I did not catch before they went to print. We were left with 85 pristine Brooks technical shirts, and the only drawback was one word misspelled. What to do? I contacted my friend Rachel Estes, who coordinates mission trips via Canterbury Methodist, and I asked her if she could use the shirts for one of her trips. In fact she could, so I loaded her up with the TC shirts, as well as several boxes of Vulcan Run 2012 shirts, and the few Vulcan Run “Top 200” shirts we had leftover.

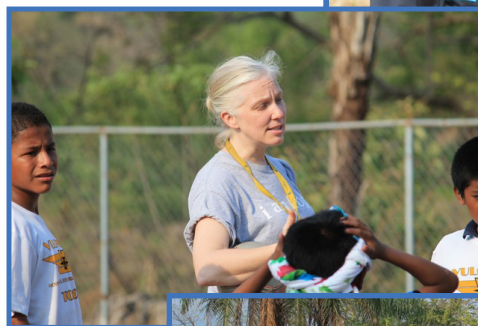
The pictures she sent me this past month are incredible, and I laughed with joy seeing them!

From Rachel:

“Jennifer, please share with your friends who donated the BTC shirts...we held an all out serious soccer tournament...and used the shirts for the teams...it was the best afternoon ever...and the pride was immense...you’ll be glad to know that the BLANCO team won...and were thrilled to get first pick at the watermelon when the tourney was over!”

Rachel says this was in “Panama...the Chiriqui area...and many of these kids are Ngobe Indians...” the poorest of the poor” of Panama...but they are fierce and proud about soccer!”

Thanks to Rachel for forwarding the pictures, and thanks to Virginia Winn of www.saygracedesigns.com for taking them.



DIRTY RUNNING

—David Tosh

Why is there suddenly so much hype about running on trails? What has fueled a growth rate of over 20% per year of ultra trail running? I have been giving the subject some thought ever since Alex asked if I would write the “Dirty Running” column. Why am I addicted to the trails?

At first it seemed the answer should be pretty obvious. I came up with the usual cliché’s, the peace and quiet of the woods, being one with nature, the solitude, the beauty. OK, that’s enough. While these are certainly all contributing factors to the trail running phenomenon, after all, there certainly is no “peace and quiet” running along the Green-way next to Lakeshore, but none of these reasons (beauty of the trail, being with nature, etc) are responsible for the exponential growth of trail running and ultrarunning in the last 10 years. After all anyone can drive out to a local park, walk a few hundred yards into the woods and experience these things.

While the tranquility and beauty of trail running certainly adds to the pleasure of running trails that is not what has so many including me, totally hooked on the sport. For me, the real draw to the trails is not what you see and experience every time you hit the dirt, but rather, those rare moments, sometimes once-in-a-lifetime moments that happen while trail running. Some of these moments startle you, some take your breath away, some cause you just stop and stare in wonder, some scare the Hell out of you. All, you will never forget. Sure, such moments could happen 300 yards from the parking lot, but not likely. It is too easy to run for the protection of your car. Let me tell you about a few of these rare experiences that I have had on the trails. These are the kinds of things that get you hooked on the trails.

I think I will divide these experiences into three categories, like “The Good, The Bad, and The Ugly.” We will start with the good. Several years ago it snowed overnight in Birmingham and I love snow. Trouble was, it was just too warm for any of it to stick in town. When I got up Saturday morning the snow had stopped but I figured there was a good chance there was still snow on top of Double Oak Mtn. so I was off for a run. There was nothing down low but about half way up I started seeing snow. By the time I reached the top of the Red Trail the ground was solid white. I took the red trail over to the north end and followed the Blue Trail back I ran the entire length of the Blue Trail on a 2 inch bed of snow. It was absolutely beautiful



On the subject of snow, in 2011 I ran the Tahoe Rim Trail 100. The western mountains of the US had received over 100 inches of snow in April of 2011. Huge snow fields still remained on the crest of the Sierra Nevada Mountains. The race happened to coincide with a full moon. The Tahoe Rim Trail crisscrosses the ridge crest and the views were unbelievable. Look off to the west and Lake Tahoe was illuminated by the moon, off to the east, the Nevada Desert was almost glowing. Crossing the endless snowfields on the ridge crest I could have turned off my headlamp and have seen just fine, that is except for the course marking.



That is me heading into the first small snowfield near the ridge crest. The first of many.

Running at night is a truly surreal experience that is unique to trail running and I love to run at night. My first race experience with night running was in the Pinhoti 100 in 2008, my first 100. After running through pitch black woods for miles with no one around, I start hearing noise in the distance, then it is gone. Then it is back and louder. I thought it is music. I wasn't sure if I was imagining it, or if it was real. Then I spotted a light off in the distance, then more lights and more noise, people yelling and cheering. I realize I had reached the Adams Gap Aid Station, mile 52. Out of nowhere there were people, lots of people, tents, music, a huge fire, and hot food. The temperature was near freezing and I settled down by the fire with a cup of hot soup, a dangerous thing to do. The longer you sit the harder it becomes to get up again. I finally did get up and head down the very dark, cold road, but at that point, I know I would finish.

The following two pictures are from the Hardrock 100. I was the aid station captain for the Engineer aid station located at mile 53.9 when run in the clockwise direction. It is located at timberline, 11,800 feet. To get to the location you must drive to the top of Engineer Pass, an 18 mile drive that takes over an hour and requires a high ground clearance, short wheel base 4X4 vehicle. You then carry everything down 1.3 miles from the top of the 13,000 pass to the aid station location. A few runners make it through before dark but everyone else came through during the night, after the longest climb in Hardrock, 8 miles, 5000 foot climb. And they still have 1,200 to go before they reach the pass.



There were some long stretches between runners. That is Marye Jo wearing her ski coat sitting on the far side of the fire. It was a very long night. Hal Koerner came through first about 5:30 p.m. The last runner came left about 8:45 a.m. The work was hard, the hours long (almost 48 hours) start to finish, but I wouldn't trade the experience for anything. If you ever have the chance to work an aid station at a major ultra, take it. It is an experience you will never forget. And all you have to do to have the opportunity is volunteer.

One other thing I remember from Pinhoti were the “Strobing Spiders.” I was running along the Silent Trail on the way to Adams Gap and I kept seeing these tiny strobing lights on the ground. I finally stopped and took a very close look. They are tiny little spiders and when my headlight hits them, their eyes reflect the light back in brilliant flashes. I have seen them in almost every overnight run I have done. I think it is something to do with the LED lights in headlamps and flashlights but it is an amazing sight to run along a path of tiny strobing eyes.

In the 2009 Leadville 100, I was on the crest Hope Pass at 12,600 feet just as the sun was setting. The mountains to the south of the pass were a crimson red that would make an Alabama fan cry. If only I had a camera. Late in the race I was climbing up “Powerline” headed to the top of Sugarloaf Pass at about mile 83. I hit a short traverse and looked back down to see a line of headlamps snaking up the climb below me. It reminded me of the scene in the Disney movie “Fantasia” during the piece “Ave Maria” where the monks were carrying torches. Their movement was almost imperceptible. I just stopped and stared at the amazing sight. About two miles later after cresting the pass I reached an overlook where Turquoise Lake was faintly visible in the early morning light. On the far shore I again saw a long procession of headlamps moving in slow motion along the far shore of the lake 2000 feet below. It was an awesome sight. It also created a degree of envy. I still had 15 or 16 miles to go. They were 10 or 11 miles from the end. Again, I wished I had my camera.

Back to normal trail running. Several years ago I was running in the early morning at Oak Mountain with a friend along the Red Trail on Johnson Mountain. We were on a traverse when something flew across the trail just in front and above us. My first thought was a large hawk. It was pretty big. As I focused on the movement I realized it was a deer. It had jumped from the hill on our right above our heads and was flying through the air and landed well below us. In a few seconds disappeared into the woods. I had no idea a deer could jump that far.

Next, A little Bad: About three years ago I was out for an early morning run at Oak Mountain. I started hearing thunder as I was running up the White Trail from Maggie's Glen. I planned to run hill repeats and had finished the first by the time the lightning started getting close. As I reached the ridgeline on the second repeat, there was a blinding flash and instantaneous BANG! I decided to get off the ridge and run down low for a while. I followed the Yellow Trail around Tranquility Lake and down by the dam and along the creek below. I was hoping over large black roots when one of those roots took off to my right as I stepped over it. I stopped and looked back, rather startled, and saw a very large Water Moccasin staring back at me, probably as surprised as I was. I was glad I didn't step on that root.

And a little Ugly: About three years ago I decided to run a few hill reps at Oak Mtn. because there was a severe thunderstorm headed straight for the park. I parked at the North Trailhead and headed up the Red Trail. I reached the top and stated back down as the storm closed in. I made it about 1/4 mile back down when the bottom fell out. It was raining so hard the trail turned to an ankle deep river. The lightning was hitting the ridges above me every few seconds and the wind was roaring through the trees. Conditions became progressively worse and I ran progressively faster. I figured I was about to be fried or flattened by one of the limbs raining down out of the trees. The wind was really picking up and I reached the connector trail over to Maggie's Glen and stopped under the small shelter over the sign at the trail intersection. At least I was out of the water running down the trail. My immediate concern became the two large pines directly behind the covered sign. I was sure they were about to blow over on top of me so I stood so I could watch them. Then the wind velocity just about doubled and pieces of trees started falling all around. Next over a period of about 20 seconds the wind shifted around about 120deg. I realized a tornado was passing very close by and decided it was better to be a moving target than a sitting duck. I took off down the trail again, a very unwise decision! At the shelter I had a tin roof over my head, I could watch for falling trees and I was not running down a river. Now I was out in the open with nothing over my head. I was again ankle deep in water with lightning still hitting all around and limbs were still falling around me. By the time I decided I should go back to the shelter, the storm was moving off so I continued to the car to wait. When the storm passed I ran decided to run up the trail again and only then saw how much damage had been done. A number of large trees were down along the trail and one that had fallen across the trail. The forest floor was now green, covered with fallen limbs. I will never forget the experience and I have will not intentionally go run in a storm again.

There are a lot more of the “Great Experiences” I could talk about, like running in the early morning fog atop Double Oak Mountain where you can only see 30 or 40 yards ahead. Trees just materialized out of the fog as you ran along the trail. Several times I have reached the crest of a mountain ridge just as the sun is appearing over the horizon. I always stop for a moment to enjoy the sight. The huge Owl I spooked that was so large I thought it was a turkey, until it landed on a limb a short distance away. The shadow of a bird directly overhead and looking up to see a hawk land on a tree limb no more than 15 feet above my head. Watching the light slowly dim as you run along the trail until everything in your world is



pitch black except the small area illuminated by your headlamp, then just a few hours later watching the glow on the eastern horizon become brighter and brighter as the new day dawns. I love it!!! This list could go on and on and fortunately almost all are the "Good." Yes, these are the things that makes trail running so special to me.

The Run for Kids Challenge is This Saturday May 4th.

10K, 50K and 12 Hour Trail Races

100% of proceeds go directly to Camp SAM

Second Race in the Southeastern Trail Series.

Late Registration will be held Friday Afternoon, May 3rd, from 4:00 until 6:30 p.m. at Mountain High Outfitters on Hwy. 280, adjacent to Whole Foods. You may also register Saturday May 4th, at Oak Mtn. Park, from 6:00 to 6:45 a.m. for the 12 hour and 50K races and from 7:15 to 7:45 a.m. for the 10K. The 50K and 12 hour start at 7:00 a.m. and the 10K starts at 8:00 a.m. See our website for details: SoutheasternTrailRuns.com Hang around after the race for food and fun.



May 25th - The Memorial Day Trail Race

6 and 12 Mile Trail Races - The climbing begins.

July 27th - Hotter 'N Hell Trail Race

9 and 18 Mile Trail Races - Enjoy serious heat and some serious climbing - Oak Mountain State Park

September 27th, 28th & 29th. The Birmingham Stage Race

3 Mountains - 3 Days - 53 Miles or 2 Days - (Saturday & Sunday)
Friday - 17 miles, Saturday 16 miles, Sunday 20 miles

October 19th - Lord Cornwallis Surrender Race

10 and 20 Mile Trail Races at Red Mountain Park

November 23rd - Tranquility Lake 50 K

50K Trail Race at Oak Mountain State Park

Coming March 29 & 30, 2014 - The Lake Martin 100

100 and 50 Mile Trail Races and 27 Mile Fun Run



SHIJENBEN

THE FUN RUNNING GROUP

WITH THE FUNNY NAME

— Shilonqua Higgs-Lee

Yeah, they know the name is funny, quirky, odd. They like it like that. It reflects them perfectly. Shijenben is named for its founding three members: Shilonqua, Jennifer, and Ben. Talk about an odd couple, or trio, or whatever you call three people in a group. Under normal circumstances, these three would never have crossed paths. You have a chemist, a teacher and a lawyer. Completely different professions, completely different social circles, and completely different ages. So what got them together? Well, this is a running newsletter about a running group, so obviously the common denominator here is running. And run they do.

Shijenben started in 2010 when the topnotch trio graduated from the illustrious Run University with high honors at the head of their class. Ok, well, they ran their first half marathon, were pronounced runners by Danny Haralson, and were unceremoniously kicked out of the nest. One week and two million emails later, the group met for their first run. Five people showed up.

Fast forward six months, the group had grown to over sixty members. The word was spreading. This was more than a running group. This was a group of friends that liked to run together, encourage each other, and celebrate together. In short, this group was FUN! All they needed was a name. So, how does one go about creating such a unique name? Why, on the back of a bar napkin, of course! After much scribbling and giggling (Jenn and Shilonqua did the giggling, as Ben most assuredly does not giggle), the name was decided, and the rest is history.

Shijenben currently has over 200 members on its roster, a third of which are regular runners. After summer runs, the group enjoys ice cold towels, chocolate milk, laughter, and the occasional adult beverage. Winters are marked by races and road trips. The friends make an annual visit the Memphis St. Jude Marathon/Half



**Top: 2012 Medal Party, Bottom: 2013
New Orleans Marathon**

Marathon. Memphis could hardly contain them, so this year they went down to the Big Easy for the Rock N' Roll New Orleans Marathon and Half Marathon. Unfortunately, the details of this trip cannot be divulged because what happens in New Orleans stays in New Orleans. It is, however, safe to say that PRs were



plentiful, and a good time was had by all.

Then there is the annual Shijenben Medal Party. Every year they all get dressed up, put on their favorite medal(s), and spend the evening together in non-running bliss. Be on the lookout for the Medal Party this year, this is something that you do not want to miss. Don't get it twisted, though. Shijenben parties hard, but they run harder. Consistent training and encouragement have led to several age group winners, PRs, and podium visits. To date, Shijenben has produced ten first time marathoners, countless first time half marathoners, and even a few triathletes.

It's hard to believe that what started out as a couple of friends getting together for Saturday morning runs has grown into a running family. This can only be attributed to the fact that through it all, the group has stayed true to its roots of putting friendship first, and running second. They definitely stand by their motto.

“Shijenben - probably the northern hemisphere's funnest running group, because we always have good times.”

THE 1200 MILE CLUB

March 1200 Milers

Last	First	Total	Mar	Fed
Adams	Audrey	208.4	45	78
Adams	Clell	378	87	114
Adams	Tammy	247		77
Affuso	Olivia	302	73	114
Allen	Darnell	294.8	68	92
Anabtawi	Sam	88		
Andress	Jennifer	346	114	89.5
Armstrong	Tommy	100		
Arrington	Donna	292.2	102.4	94.1
Atkins	Brian	388.3	145.3	131
Ballard	Bill	391.4	141.5	157.4
Barry	David	247.5	104.5	68
Barry	Heather	284	83	95
Belcher	Michelle	278.45	74	103.6
Benner	Kimberley	250	104.8	80.2
Benson	Wayne	300	104	76
Bertram	JR	94.5		
Blankenship	Barry	307.38	101.09	67.69
Bonatz	Ekkehard	682	237	202
Booher	Lisa	306.75		129.52
Bradley	John	385.5	127.5	113
Bradshaw-Whittemore	Al	348	141.6	81.7
Brakefield	Cheryl	290	110	86
Broussard	Julie	293.45	100.5	103.85
Brown	Charlie	329.89	94.16	116.34
Brown	Sean	89		61
Browne	Shannon	290.9	86.9	82.2
Burke	Chad	526	196	176
Burnette	Jack	312.3	131	100.1
Burris	Mark	460	196	150
Burson	Steven	399.45	83.35	136.9
Caldwell	Greg	279.8	85.4	94
Chandler	Teresa	289	107	85
Choat	Julie	345	116	93
Christy	David	154.7		106.4
Clay	Brad	648	200	234
Coffee	Mitch	424.29	152.01	124.54
Corrin	LaRonda	162.7	53.4	40.2
Crawford	Jennifer	376	168	89
Creed	Brad	303.3	111	89
Crumpton	Dan	313.8	117.4	78.4
Darden	Amber	177	62	61
Davis	Wayne	495	192	117
Dean	John	187		119
Dease	Katherine	338.38	99.32	120.77
Denton	Matt	350	115	115
DiMicco	Al	362	136	113
Dodson	Brooke	318	134	84
Dortch	Cherie	268.83	64.61	76.92
Dunham	Kelly	324.2	120.1	107.1
Dunn	Wade	660.7	221.5	208.9
Engels	John	299.5	79	96
Ensminger	Stephanie	416.66	78.75	138.43
Estes	Jeff	223	66	87
Evans	Debbie	230.6		117.2
Evenden	Sally	350	100	135
Farrell	Meredith	107		
Fasking	Greg	300.9	91.4	94.1
Fell	Amy	51.5		
Feller	Beth	397.1	185.8	105.3
Fite	Rebecca	441.53	120.89	137.28
Fondren	Matt	707	225	212
Ford	Joe	222		122
Franklin	Shane	323.64	104	110.29
Frederick	Winston	455	154	144

Last	First	Total	Mar	Feb
Ganus	Jack	307	91	106
Gann	Michael	489	160	138
Gash	John	218	85	77
Geisen	Jonathan	293	100	96
Gillis	Sam	443	133	150
Glaub	Chris	231		65
Goode	Johnny	397	129	144
Gray	Todd	291	88	97
Greene	Michael	343.49	188.49	58.7
Gremmels	Jennifer	232.42	81.67	62.43
Grossmann	Christopher	364.44	118.94	118.36
Guenster	Dirk	317.75	106.5	65
Gullapalli	Satya	240.3	112	67.8
Hallmark	Daryl	170		51
Haralson	Danny	353	99	112
Haralson	Micki	354.5	119	111
Hargrave	Alan	311	104	103
Harrelson	Kitty	75		
Harris	Robert	244.25	100.25	86
Harris	Vickie	304	76	84
Harrison	Lisa	345.1	125.1	111
Hartfield	C. Meade	303.5	69.1	101.7
Hathorne	Chad	267.86	82.48	88.16
Haugh	Spencer	360.8	88.3	115.5
Hedrick	Nicole	335	135	109
Henry	David	132		
Hickerson	Patrick	254	47	99
Higgins	Shane	320.8	102.4	105.3
Hiller	Russ	203.61	79.27	30.9
Hinton	Gretchen	198	80	52
Hollington	Kasey	374	124	103
Holman	Reannon	82	44.2	10.8
Home	Greg	94.1		94.1
Honea	Todd	299	105	90
Hoover	Alison	348.68	126.6	99
House	Beth	295.35	101.85	82.5
House	Mike	75.7		
Ingram	Joseph	205	46	65
Jackson	Terri	261.1	82	90.1
James	Ryan	412	143	153
Johnson	Mark	339	134.5	91
Jones	David	88.5		
Kahn	David	280.46	177.28	75.89
Keith	Michael	294.17	101	71.17
Kirkwood	Teresa	287	100	97
Kuhn	Jimmy	384	164	92
Langston	Richard	257.6		131.7
Lee	Shilonqua	299.65	74.2	99.77
Leek	Joshua	328	131	118
Lester	Treva	122	56	51
Longoria	Joseph	388.98	110.36	103.32
Losole	Liz	199		89
Lucas	Jane	240.5	80	84
Lupinacci	Tim	267.4	60.5	105.4
Lyle	Randy	626.9	214.3	187.3
McCalley	Charles	117.7		
McCarthy	Nicole	361.63	136.12	107.51
McConnell	Kim	222.9	36.5	86.4
McMahon	Mary Lee	312.4	107	110
McShan	Kenny	392.57	142	117.85
McTune	Mark	687.94	240.3	238
Meadows	Bryan	318.83	78.35	118.48
Merry	Vicki	481.8	190.8	150.7
Millican	Randy	378.82	69.3	126.53
Milsap	Lanier	292.9	120.77	84.93

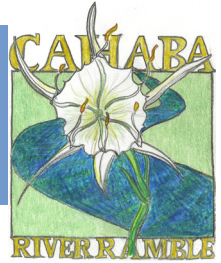
THE 1200 MILE CLUB

March 1200 Milers

Last	First	Total	Mar	Feb
Miner	Caitlin	392		188
Morgan	Cary	662	240	187
Morgan	Danielle	349.2	116	125.2
Morgan	Phil	451.2	151	146.2
Morrow	Alex	410.85	95.79	136.69
Murphy	Catherine	219.2		101.6
Myers	Bill	333	102	117
Noerager	Brett	440		198
Northern	Kristie	408.75	170.3	129.35
Oliver	Greg	388.26	112.38	125.31
O'Neil	Ray	253.09	116	83.67
Osterbuhr	Tom	382.5	147.5	127
Parr	Michele	186	58	57
Pasqualini	Ellie	211	66	33
Pasqualini	Greg	48		
Patterson	Carrie	366	113	126
Patterson	Cathy	391.2	140.6	122.6
Pattillo	Jim	253.41	94.24	65.07
Pearce	Julie	234.32		95.78
Perry	Jeff	657.3	236.1	196.2
Phillips	David	110		
Phillips	Stefanie	55		
Plante	David	448.5	162	130
Porter	Chilton	48		
Randall	Lisa	428	141	119
Reisinger	Kaitlin	222		134
Roberts	Tim	271.1	80.5	84.9
Rose	Jamiko	202		80
Russell	LaShandra	154.04	77.88	31.47
Russell	Tom	303.35	114	100.45
Rutherford	Keith	315	90	73
Sample	Holly	210		110
Shinn	Ron	123.84		23.13
Silwal	Suman	406.5	125.4	124
Sims	Debbie	89.46		
Sims	Kyndle	800	275	240
Smith	Jerry	315	110	97
South	Christopher	170.87		80.55
Stearns	David	303.6	88.2	90
Stockton	Rick	332.84	123.14	108
Stroud	Vanessa	396	119.8	121.7
Talley	Beau	257	91	105
Taylor	Trey	441	112	151
Thomas	Eric	128.23	12.14	38.18
Thornton	Dean	397.3	120.9	152.7
Thursby	Vann	159.37		
Turner	Chris	95		40
Vandrell	Richard	112		47
Wagnon	Bill	341.75	143.53	130.2
Wall	Ron	402.5	136.8	128
Washburn	Kevin	105.71		11.11
Weisberg	Scott	135		85
Whatley	Prince	715.7	253	212.1
Whitford	Ray	123.5		
Williamson	Chad	423.64	148.51	135.98
Wilson	Barrie	288	92	72
Witter	Jamie	295.99		141.96
Woods	Cindy	283.3	96.4	92.5
Woody	Bill	454	160	145
Wu	Xing	284.44	92.71	100.78
Yancey	Lisa	83		
Zehnder	Justin	189		
Zenker	Chris	480	172	180

CAHABA RIVER RAMBLE

— Monica G. Carmichael



About the Cahaba River Ramble

Presented by Alabama Outdoors, the Cahaba River Ramble trail race, held each spring, is a spectacular 5k and 10-mile trail race along the “biological heart” of Alabama’s longest remaining free-flowing river, the Cahaba, and is the primary annual fundraiser for our CLEAN Environmental Education Program. Located in the Cahaba River National Wildlife Refuge while the treasured Cahaba Lilies are in bloom, the race is certainly one of the most unique running experiences in Alabama. Experienced trail runners will enjoy a very challenging ~10 mile course, while newcomers can get their feet wet by opting for the short and flat 3.1 mile course. Bring your family to enjoy a day of interesting educational programs both during and following the races, led by some of our region’s premiere nature and wildlife experts. Last year, we served more than 150 people from 5 states, exposing them to the beauty and importance of the river.

Sunday, May 5, 2013.

Check-in/on-site registration begins at 6:30 am. Race begins at 7:30 am.

\$30 registration fee for 5k, \$40 for 10-mile.

For more information and to register, stay tuned to www.cahabariversociety.org/events/cahaba-river-ramble, or contact Monica Carmichael, Race Director and Director of Development, Cahaba River Society, at monicac@cahabariversociety.org or 205-322-5326 x416.

About the Cahaba River Society

The Cahaba River Society (CRS) is recognized nationally for river stewardship. Our mission is *to restore and protect the Cahaba River watershed and its rich diversity of life*. With *values of education, collaboration, stewardship, and integrity*, our program focus is educating future and current community leaders, promoting sustainable development for stormwater management and drinking water efficiency, improving water quality protections at the local, state and federal level, restoring habitat for freshwater life, promoting recreation, greenways and economic growth centered on tourism, and encouraging stewardship of creation with interfaith partners.

The Cahaba River is the heart of Alabama’s globally-significant biodiversity and imperiled freshwater life and a major drinking water source for the Birmingham Water Board, serving nearly a fourth of Alabamians. The Cahaba is named in the National Geographic College Atlas of the World 2007 as a global superlative for biodiversity because it has more fish species per mile than any other river in North America.



About the Shane Hulsey CLEAN Environmental Education Program

The CLEAN program provides students with hands-on science activities in community rivers that engage them in fun, healthful outdoor play while giving them knowledge, personal connection and commitment to healthy water resources. This is crucial if we are to raise the next generation of wise water stewards and reverse “nature deficit disorder” and inactivity trends that threaten their lifelong health. CLEAN takes youth, our future leaders, on the Cahaba, teaches the science that underpins stewardship, and increases their desire for active outdoor play in our abundant water resources. CLEAN engages youth and adult volunteers in river restoration projects such as cleanups, removal of streamside invasive plants and replanting with natives. CLEAN has provided Cahaba canoe trips, stream walks, and restoration projects to over 26,000 students and many civic leaders since 1996.

BAND ON THE RUN

5K



Fun Run

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as they "*March to the Roses*" (Pasadena, California - 2014 Rose Parade)



TAKEAWAY FROM PACING

— Tanya Sylvan

Last week my friend and fellow Village Runner Michael asked me if I wanted to be 2:00 pace group leader with him at the Team 413 Get There and Share Half Marathon (the Jesus Half) in Homewood. Having never paced before but being in familiar territory and among friends, I readily agreed.

For those who don't know, pacers do the thinking for the runners by worrying about getting across the finish line in time, so that the runners can just follow along like little obedient ducklings. Here's what I learned:

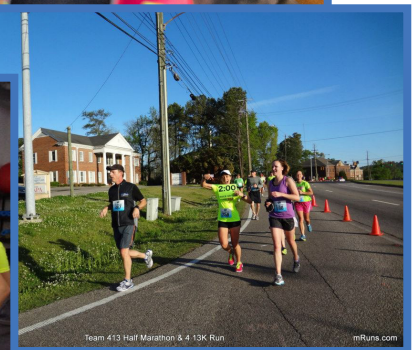
Being responsible for a group is nerve-wracking

— When you're a pacer, you have an obligation to get runners across the finish line in the time you promised. You have to be on the ball physically and mentally, because others are counting on you. There's no running your own race that day.

Be entertaining – A good pacer should be fun. Keep tabs on your group to see who's struggling, and then strike up a conversation with them. Talk to them, tell stories, ask questions. Distract them from the "suck" that they might be going through.

Watch your pace – Duh. I set my Garmin Virtual Pacer to 9:05/mi to ensure that we'd finish on time, and checked it every few minutes. We also accounted for inevitably slowing down on hills and took the flat miles a little faster. It wasn't easy to find the balance between going too fast, risking burnout, and going right on pace and rushing if we fell behind on a hill.

Don't take your run for granted – Seeing people giving it their all and crying as they crossed the finish line was humbling, and reminded me that what's easy for me may be someone else's 100%. The race took place in my town, so what felt to me like a typical Saturday run with some Bible verses thrown in could



have been someone else's A race that they trained months for.

It feels good to give back – I was surprised at how many people

came up and introduced themselves before the race, and thanked us after the race. It was especially great to see people PR! Pacers are an important part of a race—I'm glad that I got the opportunity to volunteer and help runners achieve their goals.

After having so much fun yesterday, I decided that I'm going to run the NJ Marathon with the 4:00 pace group. I want to be able to zone out, not worry about pace, and enjoy the race as much as possible by meeting new people and sharing stories. Have you ever been a pacer? What were your thoughts on it?

RUNNING IN A “GARDEN OF COMPASSION”

—Kevin D. Washburn

Twenty hours of driving over rough, mostly mountain, roads delivered me to Jhamtse Gatsal. I was disheveled, a bit disoriented (altitude combined with weariness), and nearly desperate to escape the jeep's backseat. Despite my rumpled state, my first steps into this “Garden of Compassion” brought me face to face with every one of its children and staff members. Each greeted my wife and me while welcome scarves (khadas) were placed around our necks. Reaching the end of the line, I stopped and took my first real look around.

Where, I wondered, would I run?

It was a stupid question. There was only one option: the road. The same road we had taken to get there. The partially paved, constantly potholed, frequently rim-deep-in-mud road. The byway used by motorists, cows, horses, goats, and an occasional pedestrian. In twenty hours of driving, I had not seen a single runner.

Nonetheless, 5:00 the next morning found me talking to my GPS-equipped watch. “Come on, you can do it,” I chided. “Find the satellite. Find the satellite!” I really wanted to map this run. How often do you get proof that you ran in the Himalayan Mountains? With a cheery chirp, my watch said, “Go!” I obeyed, and in fewer than a dozen steps I thought I might die.

At this point, I should mention that Jhamtse Gatsal is located at an elevation of 6700+ feet. The elevation was saying, “Good morning!” and I was feeling woozy. Was I dizzy because I was gasping for breath, or because the land dropped off to my right? I began to question the wisdom of carving a road into the side of a cliff. Within a few more steps, the dizziness passed, and I continued running. Slowly. Very slowly, which gave my mind time to wander.

I should run on the right side of the road because driving is reversed in India, right? Wait, that won't work. The cliff's drop-off is constantly in my peripheral vision, and that makes me dizzy. Guess I can run on the left. Wait, it's a single lane road. What difference does it make?

From there my thoughts devolved into the dumb and dumber as the running experience grew more unique.



That cow ahead has impressive horns. Is it okay to run past it? I mean, if I get gored, how far could I get before bleeding out? Oh, and enter a dog. How far can you run with rabies? I will never complain about hills at home again!

Is my heart going to explode? I think my heart is going to explode. How far can I run...never mind.

Are those...horses? Wow, how cool is that—running with the horses? And, oh yes, a few goats to complete the menagerie. Thankfully we're lower than the yak tend to roam. Are they aggressive? Has there ever been a yak-runner altercation? All that in a long, 1.5 mile run.

In my defense, I was coming off two months of serious illness that kept me off the roads. Oh, and did I mention the elevation?

Finally returning to the community, I stood in the road, bent over and gasping. (Standing in the road was generally not a problem. It's sparsely travelled.) Running at Jhamtse Gatsal would be a challenge, but I was determined.

I set a goal of adding a ½ mile each morning, and reached four miles on my last run there. I wanted to reach five before leaving, but four became acceptable as I realized that the pavement ended two miles up the mountain road. There was no way I was going to run the unpaved, switchback that had at least 8" of mud and was prone to landslides, and I couldn't bring myself to run past the community on the return. That would mean completing the run going up-mountain (Sorry, uphill is not descriptive enough.), and who needs that kind of misery at the end of a run?

As challenging as it was, it was equally inspiring. When I dared to lift my eyes from the road, mountain waterfalls across the valley moved in slow motion. Clouds formed, shifted, and dissipated below me. A raging river ran its own route through the valley, never letting the altitude slow its momentum. How could you not run when this awaited you?

Though I was there to teach, each morning it felt like I was there to run. I'm so glad I pleaded with my watch to find a satellite almost every morning. I know, it sounds like a platitude, but my mind and spirit found release in the bit of pavement I pounded. The runs expanded my vision, inviting me to accept the gift of nature's beauty.

.....

I park the car. Pelham's little and little-known Coker Park stretches in front of me. No cows, no waterfalls, and definitely no yak. However, there is an occasional deer, a flowing creek (at least after recent rain), and once I met a Great Dane while starting a run here.

I sigh. It's not the Indian Himalayas. It's not exotic at all. But it's not void of beauty either.
Come on, I tell myself, find and accept the gift, even here.

My watch finds a satellite and chirps. I run, more aware and more grateful to experience the world, even the familiar parts, mile by mile.

Kevin D. Washburn, Ed.D. is a runner and RRCA-certified coach who recently launched confidentrunner.com. He lives, works, and runs in Pelham, AL.

GIRLS ON THE RUN

— *Ann Haas*

“Girls on the run is so much fun!” This is the enthusiastic phrase you may have been hearing across our area over the past nine weeks on school afternoons as over 160 3rd to 5th grade girls have been living out the Girls on the Run experience. And it is true!!!! The girls are having so much fun participating in the program while preparing for the upcoming Girls on the Run Community 5k. On Saturday, May 11, these girls from each of the 13 different teams throughout the Jefferson County area will come together at Marconi Park downtown and along with their running buddies run the 5k race and cross the finish line.....where everybody is a #1 star!!!

The best part of the Girls on the Run program is that while it truly is a lot of fun with plenty of socializing and exercise, the program is grounded in a nationally tested curriculum focused on modeling healthy development for girls of this age. Throughout the sessions, embedded in the warm ups, exercises, running games and laps there are discussions which focus on things such as positive self image, team work, making good decisions, eliminating negative self talk, to name a few. These profound concepts are introduced, encouraged, and even modeled.... all using running and race preparation as the venue. It is great fun for all!!

If this upcoming race day is anything like it was last year, there will be lots of energy, lots of dancing, and lots of pink, as all the teams come together in downtown Birmingham and wrap up this season with a race with their team mates. You will see team spirit as well as family and community support as all are focused on having fun and finishing this race. There will also be several hundred community runners competing for age group awards on this fast, flat course. So if you want a good dose of positive energy and over the top enthusiasm, come join in the fun on Saturday morning, May 11th at Marconi Park, right across from the YMCA Youth Center. We invite you to run the community race or at least come check it out to get a taste of why “Girls on the Run is so much fun!!”

Ann Haas
Board Co - Chair

BIRMINGHAM TRACK CLUB

REWARDS

PROGRAM

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

VOLUNTEER AT 2 RACES/EVENTS IN A CALENDAR YEAR:

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

VOLUNTEER AT 3 RACES/EVENTS IN 12 MONTHS:

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

VOLUNTEER AT 4 RACES/EVENTS IN 12 MONTHS:

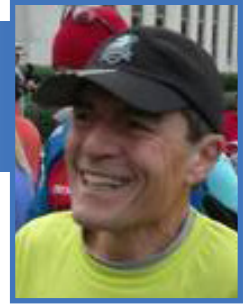
- All the above.
- Plus, free individual BTC Membership!

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



RUNNING SHORTS

— by Al Dimicco



A study of “dedicated” runners showed 93% run at least 3 days a week, 64% run 4 days a week, and 35% run 5 or more days...During the Great Wall of China Marathon, there are 5164 steps...Since 1988, the Leukemia and Lymphoma Society’s Team-in-Training has raised over 1.3 BILLION dollars...When we run, the human heart beats with enough pressure to squirt blood 30 feet... Just because Spinach Gnocchi with Asiago cream sauce is made with spinach does not make it good for you...Stride rates are extremely consistent among runners, regardless of pace, at about 800-1000 steps per mile per foot...A new baby is born every 8 seconds, so therefore for 8 seconds after your birth, you were the youngest person on the planet...The average american gets 11% of their calories from fast food...12 of the world’s top 20 distance runners are from the same Kalenjin Tribe in Kenya...Runners who played ball sports as kids have a 50% reduced rate

of suffering a stress fracture as a runner who didn’t...By the age of 70, the average American will have eaten 23 pigs, 14 cattle, and 12 sheep...Research by NASA shows that an afternoon nap (between 1pm and 3pm) improves decision making by 50% and productivity by 35%...The Bay-To-Breakers race in San Francisco is the largest US running race with over 100,000 runners...In the foot, there are 26 bones, 112 ligaments, and 33 joints in the foot. I had to learn them all in PT School...In 2011, Stephan Engels ran a marathon a day for 365 days straight (9569 miles)...While you can go weeks without eating, you will only survive about 11 days without sleeping...The average man has enough fat stores to run non-stop for 3 days at 15 miles per hour!...Your GPS watch will acquire satellites more quickly if completely still...

SEE YOU NEXT MONTH!

BTC RUNNING GROUPS

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, oaaffuso@gmail.com, Alexis, petitlagniappe@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 is no fee to join and you can become a member by showing up at one of the many weekly runs in the Homewood and Mountain Brook Areas and running with the group.

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

The Village Runners

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

Find them online at www.facebook.com/groups/thevillagerunners or email Dave 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. You can also contact

BTC Saturday Morning Long Run (Natalie's Marathoners)

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

See www.birminghamtrackclub.com for information.

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

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

The program costs \$49 for the 5K/10K and the Half Marathon cost depends on the event chosen for the group. Contact rununiversity@gmail.com or visit www.rununiversity.com or find them on facebook <http://www.facebook.com/rununiversity> or twitter <http://twitter.com/rununiversity>



Fleet Feet's Beginner 5K Group

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

Contact Will@fleetfeetbirmingham.com

Helena Endurance Running Group

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

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

Shijenben Running Group

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

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

Regular Runners

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

To join this group and receive the weekly e-mails, send a message to David, Harry, or Jay.

Downtown Running Club

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

For more information, e-mail Brian at or find them on Facebook.

Black People Run Bike and Swim

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

Like us on Facebook, Follow us on Twitter, or Email us Jerri, Shirley, or Patrick for more information or schedule of events.

BTC MONTHLY MINUTES

March 12, 2013, 6:00 pm

MITZI DUER-SAVELIS – SECRETARY

Minutes: February minutes reviewed and approved.

JENNIFER ANDRESS – PRESIDENT

Long Run Social: 4/6 at Octane. Steel City Pops have said they would like to have a cart outside the store. **MOTION:** Spend up to \$400 for coffee and pastries for 120 people. **APPROVED**

Social: Would like to alternate the Thursday evening socials with the Saturday morning social, alternating months. May: Saw's Juke Joint. June: Family Friendly Event & Long Run Social @ Vulcan Park. July: Good People. August: Alex's Gym. September: Cahaba Brewery. October: Costume Run with Trak Shak at Red Mountain. November: TBD. December: Christmas Light Run

Vulcan Park: met with them last week. Would like to add them back as our charity of choice. Girls on the Run and YMCA are other charities used in the past. Would like to lead up to race by having a social there. **MOTION:** \$500 contribution to Vulcan Park as a charitable contribution from Vulcan Run. **APPROVED.**

Marketing: Would like to find a new person to take over the marketing committee. Alex would like to start going after sponsorship dollars.

Membership: Discussed finding an option on RaceIt so people can donate more than just their membership fee. Set up levels of membership. Would like to find creative ways to reward them. Will have Dirk and Alex talk about ways to implement. **MOTION:** Investigate ways to set up an automatic renewal system for Membership. **APPROVED.**

Old Business: Timing Clocks. Val has offered to buy one of the clocks. **MOTION:** Sell one timing clock to Valerie for \$500. **APPROVED** Storage Unit: New unit costs \$105/month. Will be transferring everything on Saturday morning at 11:30. Audit: Phil Morgan has agreed to do an independent audit of our book as soon as tax season is over. **Alabama Outdoors:** Tuesday trail runs are starting back up. **Water Fountain:** Fountain has been received. Can't install until the plaza is confirmed. **Constant Contact Template:** Ready to Go. **Merchandise:** Would like to sell 13.1 and 26.2 bumper stickers. Will price them out soon. **Al Dimeco:** will start writing a monthly article for the Vulcan Runner again.

DAVID BARRY – BTC RACE SERIES COORDINATOR

Southern Sports Group: Had good feedback from Adam's Heart Run. Cost was about \$1700 but would reduce prices for the other races. Cost would include: poster design, virtual race bag, PR, social media, race bibs, and the arch. Cost would be \$900/per race + \$2.50/per racer after 100 races. Point of Contact will be the Race Director. Meeting tomorrow at 7:30am. Will circulate contract to EC to approve. Would like to compare them to Best Times.

Race Director Coordinator: Would like to create a Race "Bible" to hand off to the next Race Director if the current one leaves. It would list out a to-do for 10 weeks out, 8, 6, 4, etc. Would like to take a solid inventory for the storage unit on everything BTC owns. Looking into purchasing tents and arches. **MOTION:** Purchase a 10x15 tent for \$1250 + \$160 for weights. **APPROVED.**

Triple Crown: Discussed which three races to use for the 2013 Triple Crown. Would like to make an announcement on May 1st. Discussed potentially using Talledega, Montgomery, and Magic City.

MARK BURRIS – VOLUNTEER COORDINATOR

413 Half Marathon: discussed paying for the booth in exchange for a discount to BTC members.

Statue to Statue: Michelle Parr has been in contact with him regarding volunteers. Right now they have enough.

Event Coordinator sub-committee: Melissa & Holly will be keeping up with who has which items from the storage unit.

RANDY LYLE – TREASURER

March Financials: Received \$6000 some of which was from RaceIt from 164 Race Series participants.

BUSINESS DISCUSSED IN BETWEEN MEETINGS

MOTION: Vote to approve contract with Southern Sports Group to chip time all four races in the BTC Race Series. **APPROVED.**

MOTION: Purchase 250 13.1 and 26.2 stickers at \$1.81 a piece. **APPROVED**

MOTION: Spend \$250 on office supplies to create race binders for each BTC Race. **APPROVED.**



RUNNING TIDBITS

— Compiled by Randy Lyle



Quotes

“Create a definite plan for carrying out your desire and begin at once, whether you’re ready or not, to put this plan into action.”

~ **Napoleon Hill**

“It’s not the will to win that matters – everyone has that. It’s the will to prepare to win that matters.”

~ **Paul “Bear” Bryant**

“One of life’s most painful moments comes when we must admit that we didn’t do our homework, that we are not prepared.”

~ **Merlin Olsen**

“You don’t run twenty-six miles at five minutes a mile on good looks and a secret recipe.”

~ **Frank Shorter**

“The general who wins the battle makes many calculations in his temple before the battle is fought. The general who loses makes but few calculations beforehand.”

~ **Sun Tzu**

“To each there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared or unqualified for that which could have been their finest hour.”

~ **Sir Winston Churchill**

Tidbits

Marathon Packing List

Source: <http://running.about.com/od/distancerunningtips/a/marathonlist.htm>

Although marathon season is almost over, I ran across this information about items to pack for a marathon trip. For the most part, this list will work for any race to which you travel. If you are like me, you get anxious and nervous on the days leading up to a marathon. (I blame part of that on tapering.) If the race is out of town, I always worry that I will leaving something I “really” need at home. The following packing list will help you make sure not to forget something important, like your running shoes!

Tidbits cont.

ESSENTIAL ITEMS (TAKE IN YOUR CARRY-ON BAG IF YOU FLY):

- Running shoes
- Running socks
- Prescription medications
- Medical insurance card
- Identification (passport if the race is out of the country)
- Travel itinerary with confirmation numbers and directions

POSSIBLE CLOTHING ITEMS:

Check the weather to see what conditions to expect. However, do not just assume the forecast is correct. You should prepare for temperatures that are 20° cooler or 20° warmer than the prediction. In addition, Run University Coach Danny Haralson suggested to me that you find the website of a local television station and look at their weather forecast. Weather apps are good, but the local meteorologists are typically more accurate.

- Singlet or running shirt
- Running shorts
- Arm warmers or knee socks to wear on your arms while waiting at the start
- Sports bra (men, keep this one to yourself)
- Gloves
- Hat or visor
- Second pair of running shoes (for walking around before the marathon)
- “Tosser” shirt and/or sweatpants (to warm up at the start and throw away after warming up)
- Tights or running pants
- Warm, dry clothes for after the race

OTHER USEFUL ITEMS:

- Vaseline or Body Glide to prevent chafing
- Large garbage bag (to sit on while waiting or wear if it rains at the start)
- Toilet paper (in case they run out at the porta potties near the start)
- Sunglasses
- Safety pins for your race bib
- Watch with the functionality to track splits
- Paperwork required at race check-in
- Race number and/or timing chips if mailed to you prior to the race
- Sunscreen
- Hydration bottle holder (if you plan on using one)
- Fanny pack or other running belt (to hold race fuels)
- Band-Aids

Tidbits cont.

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POSSIBLE FOOD ITEMS:

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You will want to pack foods that you have already experimented with before and during your training runs. Coach Danny is also known for saying, “Nothing new on race day.” Do not assume that you will be able to buy specific energy gels, bars or other food at the race expo. It is better to buy them beforehand and pack them so you are certain to have the foods you like and have trained with in the past.

- Bottled water
- Race fuels (energy bars, gels, sport beans, chomps, etc.)
- Snacks/breakfast foods (bagels, pretzels, muffins, fruit, etc.)
- Sports drinks
- Salt packets or tablets

There is nothing worse than to arrive at your race hotel and realize you forgot to bring something you “need” for the marathon. Instead of relaxing in preparation for the race, you find yourself running around the expo or scrambling around town. Using this checklist will help prevent the burning of nervous energy unnecessarily so you can properly prepare for your race.

Are you a new runner just graduating from a Couch program wanting to continue your training? Are you an experienced runner wanting more manageable distances? Want a group to run with on Sat. morning? Then join us for a new program the BTC is starting in January. The Saturday Mod Run (Moderate Distance) will offer weekly 3 – 7 mile routes and a group to enjoy your continued training. Distances and routes will vary based on upcoming races. Look for more information on the BTC website.



BTC Membership application

New member: ☐ Renewal ☐ #

Single membership: ☐ Family ☐

First Name: _____ Last Name: _____

Street: _____ City: _____

State: _____ Zip: _____ Birthdate: _____ Gender: M F (Circle)

Phone: _____ e-mail: _____

Family member e-mail: ★ Phone: DOB: 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:

Pricing			Single	Family
August 1	through	Oct. 31	\$30	\$45
Nov. 1	through	Jan. 31	\$24	\$36
Feb. 1	through	April 30	\$18	\$27
May 1	through	July 31	\$12	\$18

Signature _____

Date _____

Yes! I'd love to volunteer! My area of interest is _____.