



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

January 2020 1

EIGHT YEARS AND COUNTING: WHAT I'VE LEARNED FROM MY RUN STREAK (SO FAR)

By Randy Lyle



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EIGHT YEARS AND COUNTING:

What I've Learned From My Run Streak (So Far)



When I finished a run on 23 December in Liverpool, New York, my run streak hit its 8th year. I was asked if I would share what I have learned about running during this time. It is an interesting assignment for me because I do not consider myself an authority on running -- I just think of myself as an average runner who is simply more consistent (and slightly more obsessive) than most others. Regardless, I will attempt to share some thoughts, and I hope someone else may find this helpful.

1. The first steps are the hardest. I was 41 years old when I started Run University's Running 101 (Couch to 5K) program in May 2008. I was much heavier and had no idea that it would be so hard. I went home after the very first session (during which we just completed one mile by walking an eighth of a mile and "slogging" an eighth of a mile until we covered the whole mile). My wife, Caroline, asked how it went, and I told her it was too hard and I did not think I could do it. There was no way I would ever run a 5K. She encouraged me to stick with it until at least the target 5K, Race to the Courthouse. Since she was not offering the needed level of sympathy for my situation, I decided I would quit after finishing the 5K. Eventually, the shin splints stopped hurting, and the running got a little easier so I stuck it out. I think we forget that it can be, and often is, hard for many new runners. If you will just stick with it, it will be well worth it.

2. Run for you. I believe that you ultimately have to run because you want to do it. Running for a cause or running because someone else wants you to run will only keep you motivated for a little while. If you do not have the desire within you, it will become easy to stop. If you can set personal goals and reasons to keep going, it can become a part of who you are and becomes a lifestyle choice.

3. Run for others too. This might sound contradictory based on my previous point, but I can explain. Running is a great way to give something back. There are so many great charitable organizations that benefit from running events. We all know about the charity groups at large races like the New York City Marathon or Boston Marathon. However, there are numerous smaller charities that benefit from local races as well. We have lots of options in Birmingham alone. The Bell Center and Mitchell's Place have benefited from charity runners at the Mercedes Marathon weekend. Open Hands Overflowing Hearts is the beneficiary of a fun 5K/10K in Helena as well. Even if you do not fundraise, you help these charities be participating in these events. I do not want this point to be only about running for charities, however. I enjoy running with other runners too. I get as much joy and satisfaction from helping another runner complete a race or hit a time goal as I do when I race for myself. We can build a stronger running community by helping one another.

EIGHT YEARS AND COUNTING:

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4. **Cherish the relationships.** My best friends these days are the people I run with or have run with in the past. I suspect this one does not need to be mentioned here, but it is one of my favorite things about running. The bonds that are developed through the miles on the road together run deep. You know the relationships are strong when you can have deep philosophical discussions or highly personal conversations with your running group. When you develop close relationships, you truly want the best for your friends. And that is what they become, your best friends. Also, what is said on the road stays on the road.
5. **Push your boundaries on occasion.** Running is unique because it is a sport that can be whatever you want it to be. If you want to become a 5K specialist, you can. If you want to run a 100-mile race, you can (you are borderline insane, but you can choose to do that). If you want to run a marathon or half marathon in all fifty states, there is nothing stopping you except maybe your budget. I do believe that you need to push yourself on a regular basis. Whether that is pushing pace or distance or something else, I do not want to get comfortable with my running. P.T. Barnum once said, "Comfort is the enemy of progress" and I believe that. If you can find your limit today, you may be amazed how much further you have to go to find it again in a year. I have only been running for a little over eleven years and I hope I have not found my potential's boundary yet. However, I do not think you can physically push your limits every day. If you do, I think you are asking for an injury. The

great thing is that there are multiple ways to push yourself, and I believe that should be a regular part of your running plan.

6. **Learn from tough runs.** Not every run will be magical. Some days, it is just hard. Maybe you have tired legs or you did not fuel properly. You can expect to have some tough runs. Rather than lament those runs, look for the lessons. You may have started too fast and ran out of fuel. It may have been a hot summer day, and you did not adjust for the heat and humidity. It does not matter the reason the run was difficult, there can be a lesson to learn. Personally, I do not believe in bad runs. I think they all have merit and can teach us something; I just have to identify the lesson.



7. **Celebrate every accomplishment.** No matter what you accomplish, you should celebrate it. Every accomplishment is the result of dedication and effort. Success is rarely an accident, especially in longer distance events. I am amazed at what Micah Morgan has accomplished in the world of 100-mile races and 24-hour races. To be honest, I am in awe. Those results did not just happen. They reflect the hours and miles of training she puts in daily. However, Micah is so humble, that I also appreciate Cary touting her results. I love seeing others doing well. It does not have to be on the level of Micah either. I am amazed when I see Beau Talley or Suman Silwal complete yet another 100-miler or hear Robert Kracke or Allen Jones talk about running their first marathon. I hope we all can be as happy seeing someone else accomplish his or her goal as we are when we do the same.

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8. Never downplay an achievement. One of my pet peeves is hearing someone make excuses for his or her achievement. The most common example of this that I hear is when you ask someone about a race, and they reply with, "I just ran the half" (as if 13.1 miles is nothing to be proud of). That is malarkey! If you look at any race, only a very small percentage of the population will even participate. There may be 55,000 runners in the New York City Marathon but that is a minuscule percentage of the population of New York City. Even with about 60,000 runners in the Peachtree Road Race, that is a very small percentage of Atlanta's population. In addition, I would expect over half the participants in both races are not even residents of those cities. According to a USA Today article in 2015, "marathoners and half-marathoners still make up less than one percent of the American population". I do not know the percentage of the population that has run a 5K, but I would expect it to also be a small number. Whatever you achieve, own it, and do not downplay what you have done.



9. Never take it for granted. Those of us who can run should never take this running gift for granted. Enjoy every time you have the opportunity to run. I have not missed a day in over eight years, and I am thankful for that. I just read an article about Coach Rich Wright of Baldwin High School in Pittsburgh. On Christmas Eve, he ended his run streak a few months short of 30 years because he needs back surgery. On the other hand, Robert "Raven" Kraft of Miami Beach is about to complete 45 years of his run streak at the end of December. He says he has slowed down over the years, but he still runs the same 8-mile route every day. I hope to go to Miami to run with him one day. There is also Ernie Andrus, a WWII veteran who is running across the United States for the second time -- at 90+ years young. It will take him about three years to complete this cross-country run, but he appreciates each day (you can follow his progress on Facebook). An injury or illness can end a streak at the drop of a hat. I try to be thankful for each run.



10. Consider every run a great run. I have already mentioned that I do not believe in bad runs. The flip side of that is that I think every run I am able to do is a great run. Every opportunity to run solo or with friends is a gift. I never want to forget that.

There are many, many other things I have learned, mainly by making mistakes -- And while I am sure I still have more to learn, I am looking forward to each and every run. If I could close with one thought, it would be this:

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“ Be thankful for every time you get to run, and never forget to give back to others in return for those who invested in you when you were getting started. ”

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PRESIDENT'S ADDRESS

By Scott Wood



Hello, fellow BTC Members!

Happy New Year! That's a wrap on 2019! Thank you to everyone who helped to make the BTC successful in 2019 -- without our hundreds of volunteers, our club just would not be what it is today. And as we get ready to kick off our 2020 BTC Races, I want to say a special thank you to our 2019 Race Directors: Adam's Heart Race Director – Lisa Booher, Statue 2 Statue Race Director – Judy Loo, and Peavine Falls Race Director – Hunter Bridwell. All of them did a fantastic job. Thank you also to the thousands of runners who ran our BTC Races, and thank you to those who provided water and cups on hot and humid July Saturday morning long runs. I truly don't know of a better running club in the country.

The BTC ended 2019 with a bang. As always, we had a great time teaming up with The Trak Shak for the Santa Shuffle run on Christmas Eve. Word on the street is that Charlie Brown gives two thumbs up to the eggnog! Then, just a few days later, Lauren Weber orchestrated a fantastic day at Red Mountain Park for the annual Resolution Run on December 28. Thank you, Lauren, for all of your hard work -- we had a great day on the trails!

Please join us on **January 18** at SoHo Social for our **BTC Annual Party** – it is sure to be an amazing time! We will recognize outstanding contributors to the BTC by way of the Dr. Arthur Black/Rick Melanson Award for Outstanding Member and the Randy Johnson/Danny Haralson Award for Outstanding New Member. We also will be awarding the coveted 1200 Mile Club jackets to those BTC members who have achieved this milestone for the first time in 2019. In addition to the fun and awards, the BTC will elect officers to lead our club for 2020. The BTC will put forth a slate of officers recommended by our Nominating Committee and approved by the BTC Board of Directors, but all nominations are welcome and will be received from the floor the night of the event. Break out your dancing shoes, it's going to be a great night! [Register here.](#)

Be sure to [register](#) for one of the **Adam's Heart Runs** on **January 25** at Oak Mountain State Park. This is the first of four races that the BTC will put on in 2020, and you have the option of choosing a 5K, 10K, or 10-mile race. And with the beginning of the new year, comes the 2020 edition of the **BTC Race Series** – this is a fantastic deal that saves you money on all four of the BTC's races – [sign up today!](#)

And last but not least, I want to say thank you to TherapySouth for being such a great sponsor to our club in 2019. TherapySouth has been such a wonderful partner to the Birmingham Track Club over the last two years. Thank you, TherapySouth!

Drink your water, and I'll see you on the roads!

Scott Wood
BTC President

A promotional image for the BTC Annual Party. It features a woman, Lisa Booher, smiling and holding a large trophy. She is wearing a grey patterned top and a name tag. The background is a dimly lit bar or club. Text overlays include 'SAVE THE DATE' in large white letters, 'BTC ANNUAL PARTY' in green letters, and 'SATURDAY, JANUARY 18, 2020 SOHO SOCIAL' in green letters. At the bottom, it says 'Annual Meeting * Awards * Food, Drinks and FUN!' in white letters.

SAVE THE DATE
BTC ANNUAL PARTY

SATURDAY, JANUARY 18, 2020
SOHO SOCIAL

*Annual Meeting * Awards * Food, Drinks and FUN!*

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Moderate Group Coordinator
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Statue 2 Statue
Peavine Falls
Vulcan Run

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BTC Mission Statement

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

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Race Results

Find the latest and most complete
local race results at the following:
birminghamtrackclub.com
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5K, 10K, 10 MILE



January 25

9 a.m.

Oak Mountain

Presented by Birmingham Track Club since 1979.

Scan me



RUNNING IS MY THERAPY

By Cat Mc

How many times have you been asked “how long have you been running?” Or “what got you into running?” I have always given a glossed over version of my truth by answering with “I started running when I quit smoking.” While that is the truth, my story goes much deeper.

It was January of 2008, and I decided I should quit smoking cigarettes. Mind you at this time I also was drinking heavily and abusing prescription pills. However, I knew that cigarettes were the real problem, and stopping was the answer.

At first, running was walking. Slowly I decided I could run to the stop sign, then to the red light, and so on the story goes. Within a few months, I was able to run a mile or two without stopping. I was feeling better physically, but my mental health was deteriorating. I was paranoid and found myself contemplating the meaning of life. I’m not sure I would have classified myself as suicidal at that point, but I knew I couldn’t go on drinking the way I was.

On June 19, 2008, my brother came into town and invited me for dinner. The funny thing about being an alcoholic is that your friends and family will often discuss your addiction amongst themselves but you are rarely included in the conversations. Over this lovely dinner, my brother commenced to tell me that my entire family thought I was an alcoholic and would like me to go to rehab. Rehab sounded so scary! I mean I had things to do. But mostly it was fear. Fear of being sober.

Over that dinner, I cried and cried! The gig was up. I had thought for years that my drinking and using were normal. In my mind, an alcoholic drank every day, and I did NOT drink every day. I could go days, even weeks, without a drink. I later discovered that an alcoholic is someone who cannot control the amount they take when they drink.

That evening as I left the restaurant, I knew something had to change. That night I went home and called a local treatment facility. I was told to come in the morning. After checking in and getting settled I asked the nurse if I could go for a run. As you might imagine, running is frowned upon when you are doing a medical detox. Those first few days of sobriety were miserable. My mind raced, and I just wanted to run!

After a week or two I was told I could run around the property. I quickly found a few women who would run with me. Many people have different experiences with treatment. Some people stay two weeks, but I ended up staying for a longer term. While I was in treatment, I ran almost every other day. For me it was a form of meditation.

When leaving treatment, I remember wondering how I could live without drugs and alcohol. It was strange because I never

thought I was an addict or an alcoholic, but the mere thought of sobriety scared me to death! Luckily, when you leave a treatment facility you know what you need to do. I found myself a 12 step fellowship, booked a therapist, and bought a new pair of running shoes.

The first few years of running, I did it as a solo activity -- I would get home from work and go for a run. After a couple months I signed up for my first 5k at the age of 28. Over the next few years, I ran here and there, but I always stayed active with some sort of exercise. In 2013, I ran my first half marathon. In 2015, I had my children, and of course running took a huge backseat.

Fast forward to 2019. In January of 2019, I ran my longest run since before my children were born -- it was a whopping 4 miles! I was panting, but I remembered that feeling of having a great run! Within a month I had signed up for my second half marathon.

This is also when I first started showing up to the BTC morning long runs. Boy those were painful at first. I didn’t know anyone, and I felt like I had been transported back to middle school. Everyone hated middle school, right? I wanted Alex to get through the announcements quickly so I could just put in my headphones and run. But very quickly, all that changed. In just one short year, running has changed so much for me. It is rare that I run alone anymore; more often than not I am meeting one or two (or more) women for a run. I have grown to know many wonderful people in this community.

In 2019, I ran my third and just recently, my fourth half marathon.

In December of 2019, I ran my first full marathon. It was an indescribable experience like no other. Somewhere around mile 18-19, I looked up to see my friend standing there along the roadside. When I asked her, “What are you doing?” her response was simply, “I’m running with you.” I kept telling her she could leave me because I was going so slow by mile 20, but she wouldn’t hear of it! Around mile 22, two more friends joined me. These women got me water, held my stuff, and told me over and over how great I was doing! Miles 23-26 were a blur! I do remember seeing my husband and children and thinking “this is it!” I knew I had to finish!

As we turned the corner toward the finish line, one of my friends said, “We will let you run ahead.” I was quick to say “no, we are crossing over at the same time.” As we all crossed the finish line, shoulder to shoulder, all these emotions came over me! Eleven years ago, I was the most hopeless being I could ever imagine -- I was sick both physically and mentally! But that morning, I finished a marathon with some amazing women who have become so much more than running friends! At the finish line other friends and my coach cheered me in. And at that moment someone cued the ugly tears (funny how that happens)!

RUNNING IS MY THERAPY

Recently, I read an article discussing the benefit of running for one's mental health, and it allowed me to reflect upon my own history with running. Running has been an outlet for me for almost 11 years now. Does it take the place of 12 step meetings and therapy? No! But coupled with those things, I have been able maintain not only my sobriety but my sanity. I doubt I will ever qualify for Boston or even run a sub-four hour marathon, but running has given me something I have always wanted: a community.

Alcoholism and addiction is such a horrible disease for those who suffer from it, as well as those who much watch someone they love suffer. I encourage anyone who suffers from any form of addiction to seek treatment. For years, I thought I just needed to try harder, avoid brown liquor, only drink wine, stay away from bars, etc, etc. But today, I know that I was battling something that was much bigger than myself. If you or someone you know struggles with alcoholism or addiction, please seek help. You are so worth it.

About the Author

Cat Mc grew up in a small town in South Alabama. She attended the University of Alabama for undergrad and moved to Birmingham in 2002 to attend graduate school. When she is not running, Cat enjoys spending time with her husband, their twin daughters, and their dog.



The Recovery Resource Center is dedicated to simplifying the substance abuse treatment process. Please reach out via telephone (205.458.3377) or online (www.recoveryresourcejeffco.com).

THE BTC RACE SERIES IS BACK FOR 2020!

- Discounted race entry for all four of the BTC's signature races: Adam's Heart Runs, Statue to Statue, Peavine Falls Run, and the Vulcan Run 10K - **\$95 for four races!**
- The Race Series is open to BTC members and non-members, but members save an additional \$20 (discount is automatically applied) – that means **\$75 for four races** ([join the BTC now](#) to take advantage of this extra discount).

REGISTER HERE



ALABAMA SENIOR OLYMPIC GAMES

By Jane Smith



This article is to encourage those of you who are over 50 years old to participate in the Alabama Senior Olympic Games. If you are under 50, then read up on how you can remain competitive as time marches on, but if you are over 50-let's keep it going!

In June 2019, I had the opportunity to be one of the representatives for Alabama in the 2019 National Senior Games (NSG) in Albuquerque, New Mexico. There were close to 14,000 participants from across the nation at this event with around 150 representing Alabama. About 5,000 of the participants competed in team sports such as basketball, volleyball or basketball with the remaining 9,000 participants competing in individual events.

To participate in the National Games, you need to qualify at the state level. As noted in an article on the Alabama Senior Olympics (ASO) in the October 2019 edition of *The Vulcan Runner*, participants are at virtually every skill level, and you are encouraged to come give any (and all) events a try. At the NSG, there are 20 sports with about 75 events in total with five-year age divisions for both males and females. The top four in each event from each state qualify for the NSG. This results in there being about 300 qualifying slots within each five-year men's and

women's age group available within Alabama. In other words, if you think you would like to participate in the NSG, you most likely can find an event in which to qualify.

There are six track events from the 50-yard dash to the mile plus 5K and 10K road races. Additionally, there are eight field events such as the javelin, long jump, etc. While most of my prior experience related to participating in road races in the Birmingham area, I gave several new events to me a try for the ASO. Despite my limited prior experience, I was able to qualify in every event I attempted.

The NSG was a such fun experience! The ASO hosted a very nice send off two weeks before the games where we picked up various swag items and enjoyed a nice luncheon. One we arrived in Albuquerque, there was a very large expo, a torch lighting to open the games plus a welcome ceremony where the participants from all the states filed into the University of New Mexico basketball arena. There were five participants of 100+ in age including a 102-year-old who was dancing on the main stage with the Governor of New Mexico at the welcome ceremony! The track and field events were held at the University of New

ALABAMA SENIOR OLYMPIC GAMES

Mexico track complex, which was a very nice facility. They were extremely organized, and you would see your name and results posted on electric scoreboards within the stadium.

Given the five-year age groups and fourteen track and field events plus race walking, this was a multi-day event. Participants compete in each event solely with others in the same age group, so most events would take two to three hours to complete. Only one or two events were held most days, which provided plenty of time to explore the Albuquerque/Santa Fe area.

Part of my trying new sports involved archery. While I had never shot a bow and arrow before late 2017, it looked like a fun event. As I noted earlier, the top four women in each age group qualified for the NSG. Because only a handful of women had participated in the five archery events for Alabama two years earlier, this looked like a promising qualifying opportunity! I enrolled in a couple of basic archery classes and qualified in one of the five events within the sport of archery. At the NSG, I learned there are a lot of seniors who took up archery long before late 2017! That said, everyone was very encouraging, especially when they learned how new to this sport I was. At the NSG, we shot two rounds of archery over two days; each round takes about five hours. My second day was much improved over the first, and I did bring a silver medal back to Alabama. For the entire games, Alabama athletes earned 72 medals.

One of the fun aspects was the comradery you build with the other participants throughout the games. Many participants were in multiple events so you would build friendships throughout the week. Everyone cheered each other's successes. Bringing an archery bow and arrows in checked luggage limited my ability to bring items like a shot put, hammer and other field event items. While there were implements provided by the NSG, many of the competitors were gracious in allowing me to use their personal equipment. While I didn't bring any medals home from the track and field events, it was fun being able to participate and make friendships with new people.

The ASO will be held in the spring of 2020 to qualify for the next NSG, which will be held in June 2021 in Fort Lauderdale. With 300 opportunities in each men's and women's five-year age groups, there are numerous opportunities to participate regardless of your skill level. I hope you consider using your skills in an existing event or take the opportunity to learn a new sport to attempt to qualify. For more information on the ASO, please visit their website at: www.alseniorolympics.org. The track and field events will take place on Saturday, May 9, 2020 at Thompson High School.



ADAM'S HEART RUNS AND BEYOND...

By Adam R. Wende



Since 1979, the Birmingham Track Club has been hosting the Adam's Heart Runs at Oak Mountain State Park. The 2020 race marks 42 years of encouraging people to enter the new year with a goal race and training on their minds. Over those years the race has changed - like moving the race date from February to January and running the course from the opposite end of the park (bonus points if you remember that!). But the main focus of encouraging people to join together and get outside remains the same.

As the race director, I love visiting Oak Mountain the week before the race each year and running the course, which takes the 10-mile runners from the south end of the park all the way to the north end. Whether you are new to running or an experienced runner, we hope you join us on this exploration of the beautiful roads at Oak Mountain. Each of you are an integral piece of building a community focused on health and happiness in 2020.

For runner Adam Wende, the Adam's Heart Runs played a part in the beginning of his journey in Alabama. It's taken some unexpected turns along the way, but we are happy to have been a part of his story. Here is Adam's story in his own words. – Lisa Booher, Race Director

A couple of years ago, you heard from me in a "Why I Run" article. However, at that time I did not share the full story of why I run, and while I'll continue to run. So today, I would like to share the rest of my story...

My connection to BTC started in the summer of 2013, while my family and I were vacationing in Yellowstone National Park (and I was living in Salt Lake City, Utah). While at breakfast, I saw a

person wearing an Adam's Heart Runs t-shirt. As my name is Adam, and I study heart disease, I couldn't resist – I had to find out more about this race. To my surprise I learned the race was held in Birmingham, Alabama, the very city I was moving to at the end of the month! Every year since I've made it a priority to run the race, and I have tried to keep up with the 1200 Mile Club.

I had no way of knowing at the time that just one month after running my first Adam's Heart Runs 10-miler on February 8, 2014, I would be diagnosed with leukemia...Shock and surprise are too subtle of words to describe what I felt at that point. However, I was just as quickly surprised to learn that a few types of leukemia are now curable. I happened to have one of those few. So less than a year after I was diagnosed, I was completely clear of cancer and went back to living life as usual.

After I recovered, I began training for the Berlin Marathon in 2018. During my training, I learned that a close friend from when we lived in St. Louis, Missouri was suffering from a different form of leukemia, and my life took a new direction. When she ultimately lost her battle to cancer that November, I decided I had to do something more.

That something more was joining Team in Training to raise funds for the Leukemia and Lymphoma Society (LLS). The LLS is a non-profit that has contributed more than \$1.3 billion to blood cancer research. Some of that research led to my cure. The LLS also has contributed more than \$400 million to co-pay assistance so that patients can have access to the cures they have helped to fund. The LLS also continues to educate and advocate for those who have not been as fortunate as I was.

This year, I will be running the London Marathon on April 26, 2020 (how fitting that a marathon should take place on the 26th!). I would appreciate your support as I try to raise over \$20,000 for the LLS to help make the miracle that I received a reality for others. My fundraising page can be found here: <https://pages.lls.org/tnt/al/london20/awende>.

And in the meantime, I hope to see you at the Adam's Heart Runs on January 25!



BTC GOES TO JAPAN

By Hunter Bridwell

Did you know that Birmingham has a sister city in Japan? That's right – the cities of Maebashi and Birmingham have a unique relationship that happens to also benefit our running community. The City of Maebashi has once again invited up to three of our BTC members to participate in the Maebashi-Shibukawa City Marathon or 5K races.

Before I continue with the details of the 2020 event, let me first recognize **Tommy and Tabitha Payson** who have served as the Japan Run Coordinators for a number of years. They recently welcomed their son, Henry, into the world and will be spending some time being new parents! Congrats to them and thanks again to both for serving the BTC members so diligently. We are also thankful that one of last year's Maebashi participants, **Rebecca Williamson**, will step in to take over the coordination efforts.

Here are some details about the 7th Annual Maebashi-Shibukawa Marathon:

Date: April 19, 2020

The City of Maebashi covers the following expenses:

- Marathon entry fees (or 5K race option)
- Transfers from and to Tokyo Narita International Airport
- Transfers within the city of Maebashi
- Hotel and lodging expenses for five days and four nights (additional lodging is the responsibility of the participant)

The BTC representatives are responsible for airfare to and from Japan, certain meals, and other expenses not listed above. To be considered to represent the BTC in Japan:

- You must be a current BTC member.
- You must be able to meet the six hour time limit for the marathon; however, our representatives may participate in the marathon or the 5K.
- To be considered to represent the BTC in Japan, submit a short essay electronically to japan@birminghamtrackclub.com about why you would like to participate and how your trip will benefit you and the running community. **Essays are due by January 19, 2020.** Representatives will be selected within a few days so that paperwork can be submitted to our hosts in Japan and to allow participants time to book travel arrangements.

BTC members who have had the opportunity to represent the City of Birmingham and the BTC in the Maebashi-Shibukawa Marathon have written about their experiences for *The Vulcan Runner*.

I would encourage you to read more about their trips by clicking on the links below.

[Running in the Land of the Rising Sun \(July 2019\)](#)

[Have Passport, Will Travel: Racing in Maebashi, Japan \(August 2018\)](#)

[2017 Trip to Maebashi \(June 2017\)](#)



THE 43RD ROCKET CITY MARATHON WAS A BLAST! HERE'S WHY:

By Nicolette Patrick



Hello Runners! I hope everyone had a wonderful holiday season. December is my favorite month for many reasons: Christmas lights, perfect running conditions, seeing family, Christmas cookies, and my birthday! BUT, the highlight of my favorite month this year was the Rocket City Marathon.

I hope everyone has experienced or will be able to experience a race like this one. It was the perfect first marathon for me. For all of the runners who weren't at the Rocket City Marathon, here's a quick glance of my marathon experience!

All the action was taking place at Huntsville's Von Braun Center. For a smaller race, the expo was awesome. I would put the RCM expo up against Rock n Roll Nashville any day. There were many booths to visit, and I made sure to stop at every one (I normally am not interested in State Farm insurance, but I made sure to stop by their table to say hello and thank them for their support!) There's something about races that puts me in the best mood. I pretty much spoke to every runner in sight. I had a chance to talk to the race directors, and they were awesome -- it was obvious that they genuinely cared about the RCM and the runners. The whole environment was friendly and welcoming. I felt like I was about to run with a thousand of my closest friends!



I loved the local feel of the RCM. It was nice to travel to a new place to run, yet I felt like I was still with my hometown running community. And sure enough, I was! I saw many people with traces of Runningham on their person. I made sure to go up and say hello to anyone wearing Trak Shak gloves or BTC 1200 mile jackets (shout out to Kim, Jamie, Janet, Lauren, and Scott). Gotta show the BHAM solidarity! It was especially nice knowing your community was right there with you suffering through the 26.2 miles.

The RCM community in general was absolutely a BLAST (get it?) to be around. Many of the runners from out of town were staying at the Embassy Suites (connected to the Von Braun Center).

CONTINUED ON NEXT PAGE

THE 43RD ROCKET CITY MARATHON WAS A BLAST! HERE'S WHY:

Essentially, runners took over the entire hotel, and we were having a grand time lounging around the hotel lobby together before and after the race. There was another formal function at the hotel the night after the race, and I'm sure those people were getting a kick out of all the runners hobbling around. The Embassy Suites staff were phenomenal hosts to all the RCM runners, and they made sure we were well fed at our pre-race breakfast.

The RCM course was fantastic. There was a lot to look at, it wasn't a double loop, and it was flat. My favorite part was running through the Huntsville Space and Rocket Center even though that part of the run was at mile 19, and I was practically starving by that point. The course went through some pretty historic neighborhoods and the botanical gardens. I enjoyed running on a road overlooking the interstate -- I was one with the roads! The waterstops were a joy because all of the volunteers were in such good spirits to be handing out water to sweaty runners in the cold. Thank you volunteers!

The race finished inside the Von Braun Center, which I enjoyed very much. I gave it a good sprint to the finish and definitely shed a few tears. Who am I kidding? I cried like a baby. The girl handing me my medal probably thought I was hurt. They were tears of bliss, however. I had been hyping myself up for the RCM for five months, and the race exceeded any expectations I could have had.

I finished first place in the 19 and under age group, and the race directors gave me a charming Rocket City Marathon coaster. The medals were unique and outstanding -- the RCM 2019 medal is by far my favorite medal I have ever received.

Overall, the Rocket City Marathon was an outstanding race, and it is definitely a priority for my 2020 run plans. Hopefully I will see you there! Rocket Up!



“

FROM THE RCM RACE DIRECTORS:

“Our hope is that RCM is a competitive and fun race offering challenges for all groups of runners from the elite to those looking to finish for the very first time. Every year we want to make it fun for everyone and learn from the previous year to make RCM even better. And next year is going to be something you've likely never seen in a race before ... so keep your eyes open.”

”

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Mary Adamy	Matthew Ennis	Todd Honea	Brenton Morris	Jason Sweatt
Kabeer Ahmed	Will Ennis	Brandon Ingle	Jorge Munoz Moya	David Tosch
Natalie Bishop	Debbie Evans	Anna Johnston	Reginald Murchison	Nick Toth
Hunter Bridwell	Kendall Gibson	Cooper Johnston	Kate Oatman	Jordan Traweek
Joe Boger	Deana Goodwine	Kristen Johnston	Dan Panos	Tina Valles
Lynn Brandon	Ava Gray	Latta Johnston	Sandeep Patlolla	Caroline Walker
Charlie Brown	Mary Margaret Gray	Stefanie Krick	Cain Rachel	Birdie White
Jason Bryant	Michael Gray	Claire Kuhn	Joseph Ritchie	Charlie White
Mathews Bryan	Greg Greaves	Jimmy Kuhn	Lauren Ritchie	Dennis White
Jennifer Burton	Rosemary Greaves	Jeff Lancaster	Elloree Roberts	Eric White
Lawrence Caine	Camri Guerra	David Lea	Jessica Roberts	Robin White
Sam Clemons	Dylan Guerra	Kailtyn Ledbetter	Leeona Roberts	Trey Whitt
Jeff Cleveland	Teresa Hamrick	Noah Ledbetter	Rhodes Roberts	Jack Alan Williams
Stephanie Cliett	Webb Harper	Carlos Luzuriaga Ortiz	Robert Roche	Yolanda Williams
Chris Colpack	Mary Elizabeth Harrison	Chris Lyles	Tammy Ruff	Abigail Williamson
Britney Cowart	Emily Harrison	Kennedy Lyles	Skyler Ruschhaupt	Benjamin Williamson
Jennifer Croker	Lisa Harrison	Kimberley Lyles	Keith Rutherford	David Williamson
Wendi Culver	Gracie Hollington	Walker Lyles	Isaac Shore	Kylie Williamson
Hannah Cutshall	John Wyatt Hollington	Brittany Marlin	Madison Shore	Melinda Williamson
Joshua Deason	Kasey Hollington	Cary Martin	Zoe Shore	Rebecca Williamson
April Dowling	Zachary Hollington	Sheree Martin	Robert Sims	Mark Wilson
Matt Downs	Alison Hoover	Catherine McElroy	Joshua Sisk	Vance Wooten
Katie Elliott	Jim Hoover	Janie McNutt	Jessica Sparks	Thomas Yerby
Jennifer Ellison	Laura Hoover	Justin Miller	Zeb Stewart	
Amanda Ennis	Beth House	Pamela Miller	Ashleigh Stone	
John Bryan Ennis	Mike House	Brian Montavon	Jennifer Strickland	

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

BTC Club Discounts!

BTC Members get automatic discounts when they register for certain races through RunSignUp. To access these discounts, please follow these steps:

- Visit the [BTC RunSignUp page \(https://runsignup.com/btc\)](https://runsignup.com/btc).
- Sign in using the email you used to join the BTC.
- Scroll to the bottom for a listing of the current Club Membership Discounts.

As of publication, the following races offer discounts to BTC members:

- **Birmingham Wine 10k** in Homewood, AL - Saturday March 7, 2020: 10% off
- **BHM26.2 2020** in Birmingham, AL - Sunday April 19, 2020: 10% off
- **Village 2 Village 10k / 7.5k** in Birmingham, AL - Saturday March 14, 2020: 15% off

Pre-Race Tune Up / Post-Race Clean Up

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

Multi-sport services may include:

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

Run Assessment

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

VIP Shoe Fitting

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



TherapySOUTH

ENDURANCE



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

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



Long Run Training Group



Mercedes Full and Half Marathon Training is Now Underway!

Our long run mileage on Saturday mornings is now geared towards the Mercedes full and half marathon on February 16, 2020. Visit our [Birmingham Track Club Long Run Facebook page](#) for details about our weekly routes, water stops, etc. We would love to be part of your training.

Volunteer Vibes

Thank you to ALL of our many volunteers in 2019! We finished off the year with plenty of help at the annual Vulcan Run; we especially thank Margo Churchwell, who won the gift card drawing for Vulcan volunteers!

We already have several volunteer needs for 2020 - first up is **Adams Heart Runs** on Saturday January 25 at Oak Mountain State Park. We will need volunteers for packet pick up on Friday January 24, as well as race day volunteers. Please let us know how you can help out by [clicking this link](#) to sign up. You can also [contact BTC Volunteer Coordinator Kim Benner](#) for more information about volunteering! Here's to a wonderful 2020!



BTC Merchandise is Available Online!

Our new BTC merchandise designs are live and available for order on the [BTC website](#)! Stock up now for your fall races. We will be selling merchandise at the Vulcan Run, so you may pick it up there in lieu of local shipping. Show your #BTCspirit, and don't forget to [send us a photo](#) of you in your snazzy new gear!



Got Your
Attention?



Advertising in *The Vulcan Runner* is a great way to get your business in front of a targeted audience of health-oriented, awesome people! Rates start at just \$25 per ad, and discounts are available for a multi-month purchase.

Contact [Julie Pearce, Editor](#), for more information.

SANTA SHUFFLE



1200 MILE CLUB

2020 REGISTRATION OPENING SOON!

It's almost time to register for the 2020 edition of the BTC's 1200 Mile Club. Registration will open in mid-January (after we've finished tallying 2019 results) and will remain open until March. First-time finishers are entitled to purchase a coveted 1200 Mile Club jacket for a nominal fee. Recurring finishers receive patches to display for the years they complete the challenge.

The rules are the same as last year: any miles that you would put on your training log can be counted towards your goal of 1200 Miles (elliptical, rowing machine and biking miles do not count). If you think you have what it takes to complete the challenge, [sign up](#) when registration opens. Registration is free to all active BTC Members. Not a BTC member? Or, has your membership lapsed? [Join or renew now](#), and register for the 1200 Mile Club!

All BTC members will receive a registration link via email when 2020 registration is open.

Cumulative miles submitted through January 4, 2020 are listed below. For a complete listing of monthly totals, [click here](#).

Please remember to submit your miles early in the month so that they are reported correctly in *The Vulcan Runner*. Reporting miles is easy: simply click on the link provided in the email you will receive at the end of each month, select your name from the drop down menu, and hit "submit" – done!

Participant	Years	Total
Abston, Jacob	R	128
Adams, Nick	R	187
Ahmed, Kabeer	1	1,737
Alexander, Jessica	1	1,533
Anderson, Kerri	4	1,212
Armstrong, Thomas	3	827
Austin, Andrea	1	0
Baggett, Christopher	2	1,414
Barnes, Jimmie	5	1,504
Bartee, Samm	4	1,244
Bayush, Tori	1	1,252
Beasley, Cathy	3	1,609
Beck, Donald	R	0
Belcher, Michelle	6	724
Bellew, Bobby	1	1,402
Benner, Kim	7	1,639
Bensinger, Cole	1	1,300
Benson, wayne	6	1,379
Bishop, Natalie	1	1,652
Bittle, Anna Marie	R	189
Blocker, Jennifer	R	0
Boackle, Larry	3	1,223
Boackle, Tomie Ann	1	651
Boger, Joe T	1	590
Booher, Lisa	8	1,852
Bookout, Jason	1	1,358

Participant	Years	Total
Bookout, Kimberly	1	1,228
Bowman, Bill	R	1,009
Bowman, Brian	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	915
Bradley, Amanda	2	2,143
Brakhage, Victoria	3	1,350
Bridwell, Hunter	1	172
Brown, Charlie	7	578
Brown, Dana	R	0
Brown, Michael	4	0
Brown, Sean	5	1,209
Brown, William	1	1,313
Bryant, Jason L.	R	532
Burks, Ross	3	1,261
Burton, Daniel	1	1,655
Burton, Kelsey	1	477
Caine, Lawrence	1	1,007
Callahan, Ali	R	313
Callahan, Chris	3	1,200
Callahan, Noah	R	276
Callahan, Rachel	4	1,059
Calloway, Mariel	1	1,247
Carey, Christopher	6	1,624
Carlton, Bob	5	1,252
Carter, Adrienne	2	795

Participant	Years	Total
Chandler, Teresa	10	1,503
Clay, Brad	12	2,087
Cleveland, Jeff	3	1,665
Clevenger, Caitlin	R	413
Cliett, Stephanie	5	1,252
Clowers, Addison	4	678
Coffin, Diane	R	306
Coffin, Hannah	2	2,103
Coleman, Tim	2	1,352
Collins, Helen	2	914
Corrin, LaRonda	R	998
Corrin, Roger	3	1,202
Cowart, Britney	2	1,290
Crain, Teresa	2	0
Cramer, Robyn	R	345
Cramer, Steve	R	632
Crawford, Allen	3	639
Creel, Mary	2	1,352
Criswell, Mark	R	412
Croker, Jennifer	2	1,307
Crowson, Bill	4	1,289
Crowson, Madeline	R	0
Crumpton, Melinda	R	0
Culver, Wendi	1	1,587
Cutshall, Hannah	2	1,300
Darnall, Betsy	1	1,231

1200 MILE CLUB

Participant	Years	Total
Davidson, Dow	2	1,865
Davidson, Jen	1	1,272
Davis, Carla	R	0
Denton, Matt	7	2,157
Dixon, Charles	R	213
Dixon, Jonathan	1	585
Dodson, Brooke	4	2,075
Donnelly, Kevin	1	1,206
Dorman, Evan	1	385
Dowling, April	1	77
Duke, Cindy	4	1,403
Dunn, Jennifer	1	1,200
Elcott, Michael	R	345
Elkins, Sydney	1	0
Estes, Cameron	1	1,418
Estrada, Steven	1	1,752
Evans, Debbie	6	1,211
Ferlito, Cindy	1	897
Fontenot, Misty	3	1,206
Franklin, Rebecca	R	345
Franklin, Shane	8	1,240
Frederick, Winston	11	1,500
Freeman, Sheila	3	1,213
Friday, Tanna	R	479
Gann, Michael	7	0
Gerlach, Kim	R	0
Gibson, Katie	1	1,045
Goode, Johnny	11	1,712
Goss, Ange	1	941
Grady, Carla	1	1,206
Graham, Ryan	R	885
Grall, Jeremy	1	1,387
Grammas, Marianthe	3	2,201
Gray, Caleb	1	1,263
Greene, Michael	1	888
Griffin, Robin	R	672
Grossmann, Christopher	8	1,312
Gullapalli, Satya	4	1,515
Hackney, Aimee	R	1,087
Haley, Jay	4	1,538
Hall, Thomas	1	289
Haralson, Danny	11	1,214
Haralson, Micki	11	1,508

Participant	Years	Total
Hargrave, Alan	12	1,351
Harris, Ashley	1	136
Harris, Skip	1	0
Harris, Vickie	2	0
Harrison, Lisa	8	1,340
Harry, April	2	1,269
Henley, Monica	5	363
Henninger, Alison	5	1,237
Hetherington, Karyn	1	1,272
Hill, Tucker	2	70
Hogue, Kari	R	45
Holcomb, Zachary	2	1,418
Holland, Skylar	2	1,281
Hollington, Kasey	1	1,153
Hoover, Alison	8	1,453
Hopper, Whittley	2	1,324
House, Beth	5	736
Hubbard, Stephanie	1	0
Hudson, Temeka	R	0
Ingram, Joseph	6	52
Izard, Georgia	3	1,159
Izard, Melody	3	261
Janowiak, Desirae	1	1,224
Jenkins, Kaki	6	1,667
Jenkins, Michael	R	494
Johnson, Kawitta	1	467
Johnston, Emily	1	1,200
Johnston, Latta	3	1,205
Jones, Allen	1	1,362
Joseph, Jeremy	R	0
Kazamel, Mohamed	2	1,826
Kearley, Christy	1	32
Keefer, Herb	2	0
Kelley, Robin	5	0
Kemper, Tricia	5	1,553
Kendrick, Tom	R	140
Kezar, Carolyn	1	1,325
Knight, DIANE	2	0
Kornegay, Marla	R	889
Kuhn, Jimmy	12	2,611
Kulp, Loren	4	1,265
Lahti, Tyler	3	1,595
Laird, Audrey	5	1,559

Participant	Years	Total
Lancaster, Jeff	1	1,241
Langston, Aaron	5	1,313
Langston, Richard	6	763
Lawhorn, Joseph	R	1,177
Lea, David	1	1,207
LeCroy, Sarah	3	1,478
Lee, Brian	1	2,165
Litz, Matthew	2	1,666
Love, Thomas	1	714
Lyda, John	1	1,354
Lyle, Randy	11	2,500
Lyles, Chris	1	0
Malick, David	6	1,285
Mathews, Skip	R	1,044
McComb, Morgan	R	703
McKinney, Margaret	R	195
McNair, Kelly	6	1,796
McNutt, Janie	1	1,309
Merry, Vicki Sue	7	2,080
Miller, Joshua	1	1,322
Moore, Phillip	R	0
Morgan, Anne	R	761
Morgan, Cary	9	3,530
Morgan, Danielle	5	591
Morgan, Phillip	8	767
Morris, Phil	R	166
Morrow, Alex	7	1,095
Moser, David	1	1,246
Moser, Tamara	R	0
Mount, Brian	3	1,320
Murchison, Reginald	6	2,231
Myers, Frank	R	0
Napolitano, Angela	R	15
Ness, Andrew	R	0
Northern, Kristie	10	1,618
Norton, Laura	1	1,824
Oehrlein, Kimberly	R	179
Oliver, John	5	1,307
Olson, Kimberly	R	0
Olson, Seth	R	0
Orihuela, Carlos	2	1,407
Ortis, Ellen	1	1,636
Padgitt, Scott	1	930

1200 MILE CLUB

Participant	Years	Total
Palmer, Irma	1	2,012
Parks, Charlie	6	1,955
Patel, Lisa	R	95
Patrick, Nicolette	1	1,388
Payson, Tabitha	R	0
Payson, Tommy	2	684
Peagler, Shana	7	945
Pearce, Julie	5	498
Pearson, Blake	5	179
Pearson, Mary Scott	4	0
Pegouske, Jeremy	1	1,224
Pegouske, Stacie	2	1,212
Plante, David	7	1,226
Poh, James	1	1,289
Poole, Greg	2	1,202
Powell, Shane	1	2,052
Ralph, Meghan	5	1,279
Rawson, Brent	2	1,254
Renfro, Jeff	1	1,279
Reynolds, Dewelena	R	717
Richey, Lori Beth	2	1,215
Richie, Melissa	R	1,032
Ritchie, Joseph	2	1,902
Ritchie, Lauren	1	1,816
Roberson, Kevin	5	1,317
Roberts, Fletcher	5	1,701
Robertson, M.C.	R	398
Robinson, Lyndsey	R	0
Robinson, Melany	R	553
Robinson, Rod	R	70
Rodgers, Jeffrey	2	1,240
Rodgers, Jessica	R	786
Roper, Lynn	2	933
Rose, Billy	5	2,542
Ross, Christy	1	1,206
Rosser, Joey	3	1,638
Routman, Cynthia	1	807
Rowell, Taylor	1	474
Rutherford, Keith	12	1,767
Rutledge, Lisa	4	1,673
Ryan, Meaghan	4	1,223
Sanders, Gwendolyn	1	1,209
Sargent, Bruce	1	1,229

Participant	Years	Total
Seeley, Mimi	R	285
Senseman, Austin	R	523
Shaffield, Danny	6	1,949
Sherer, Jeremy	3	1,202
Shinn, Ronald	7	1,203
Shoaf, James	1	717
Sides, Dean	3	841
Silwal, Suman	8	932
Simpkins, Randall	1	959
Simpson, Kevin	6	3,683
Sims, Kelly	1	1,303
Sims, Robert	6	1,506
Slemmons, Kent	R	708
Sloane, Mike	4	1,260
Smith, Jerry P.	11	1,177
Smith, Justin	R	51
Smith, Marie	R	815
Snow, Sheri	3	0
Soileau, Chester	2	1,375
Sparks, Jessica	R	722
Stevens, Johnathon	3	2,221
Stewart, Chappell	R	715
Stewart, Zeb	1	1,143
Stockton, Rick	12	1,394
Stone, Amy	R	1,041
Sweatt, Jason	R	0
Swiney, Elana	R	221
Talley, Beau	7	1,456
Talley, Shellie	2	0
Thomas, Eric	5	1,196
Thompson, Sara	2	1,401
Thornton, Dean	6	376
Thurman, Terralance	R	0
Tibbs, Seth	1	1,088
Townes, Janelle	1	1,174
Trimble, Jamie	5	1,709
Turner, Wesli	R	0
Vaden, Christopher	R	0
Varnes, Vickie	6	2,083
Waid, Jr, David	2	2,045
Wall, Ron	6	1,324
Watters, Ana	1	1,328
Watters, Robert	5	1,638

Participant	Years	Total
Weaver, Melissa	R	0
Weber, Amy	2	1,221
Weber, Lauren	1	0
Weeks, Lance	2	817
Wells, Bradley	3	0
Wende, Adam	5	2,400
Wieberg, Deb	R	32
Wilhite, Thomas	4	1,205
Williams, Shaunda	1	1,205
Williamson, Chad	4	247
Williamson, Rebecca	1	1,204
Wilson, Darren	1	1,259
Windle, Dale	4	383
Wiseman, Steve	5	1,497
Wood, Scott	4	1,242
Woody, Bill	11	1,469
Worthington, Charles	R	79
Wright, Amy	3	1,263
York, Gary	6	1,769
Zajac, Jason	1	1,705
Zapata, Carlos	R	0
Zehnder, Justin	7	592

SHOW US YOUR BTC GEAR



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



FEETS OF STRENGTH



BTC members have been busy setting PRs and tackling new distances. Looks like there was something to that whole “training through the summer heat for winter PRs” business after all! [Let us know](#) when you tackle a new challenge or log a shiny new PR – the BTC wants to celebrate YOU!

Billy Rose BQ'd for the first time with a sub-3 hour finish at the Indianapolis Monumental Marathon on November 9, 2019. And not one to rest on his laurels, Billy also broke the 18 minute mark for a new 5K PR at the Jingle Bell Run 5K on December 14, 2019. Way to go, Billy!

Congratulations to **Lisa Booher**, who is the 2019 RRCA Ultra Female Masters State Champion following her finish at the Blood Rock 50K on November 23, 2019. Awesome run, Lisa!

Congratulations to **Catherine McElroy**, who completed her first marathon at the Rocket City Marathon on December 14, 2019. Way to go, Cat! **Nicolette Patrick** also completed her first marathon at the Rocket City Marathon, finishing first in the 19 and under age group. Fantastic job, Nicolette!

And fresh off her Chicago Marathon PR, **Kaki Pruitt** logged another marathon PR at the Rocket City Marathon. Way to go, Kaki!

Alison Henninger and **Britney Cowart** completed the BUTS Barely Ultra race on December 7, 2019, making them first time ultra marathoners! Congratulations, ladies!



Billy Rose



Lisa Booher



Catherine McElroy



Nicolette Patrick



Kaki Pruitt



Britney Cowart and Alison Henninger
with Chris Callahan

BTC EXECUTIVE BOARD MEETING

December 9, 2019

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

The minutes of the November 2019 meeting were approved unanimously, on Dean Thornton's motion, as seconded by Judy Loo.

Resolution Run – December 28th (Lauren Weber)

Lauren asked that codes be provided for certain membership levels. Jamie is prepared to rent the truck and bring other start/finish line items; discussed equipment list. A water stop will be provided at the halfway point of the 10K. Hunter will provide contact information to Lauren to reach out to McDonalds concerning food. Hunter will reach out to Back Forty regarding beer. Jeff Martinez will bring his timing clock. The arch to be used at the race's start/finish will either be the BTC arch or the Trak Shak arch. Race Shirts will be guaranteed for the first 300 registrants.

Past President/Treasurer (Monica Henley)

Financial statement will be emailed.

Vice President (Hunter Bridwell)

Nothing new to report.

Secretary/Newsletter Editor (Julie Pearce)

January newsletter deadline is December 27, 2019.

Volunteers (Kim Benner)

Reviewed volunteer needs for the Resolution Run

IT Chair (Alan Hargrave)

Registration is open for all races in 2020 and the annual party. Pursuant to applicable law, sales taxes are now set up to be collected in RunSignUp. The Highlands College half and 10K will be held on March 21, 2020; the start/finish line is at the Samford track, the race runs through Homewood. There is the potential to do a triple crown with Highlands College race and other half marathons.

Webmaster (Dean Thornton)

Dean provided details about a new/updated website; Dean has had informal discussions with Bell Media for the company to review and comment on our website.

Long Run Committee (Alex Morrow)

The Bell Center social was a lot of fun; several folks signed up to be Bell Runners.

Merchandise (Bradley Wells)

BTC merchandise will be sold at the Resolution Run.

Japan Exchange

Details forthcoming.

Membership (Vicky Brakhage)

We currently have 924 members and 727 memberships.

USATF Representative (Charles Thompson)

The Crossplex schedule of events for 2019-2020 has been provided through January 24. There were over 3000 entries last Saturday at the AHSAA Magic City Invitational.

Adam's Heart (Lisa Booher)

The race budget has been approved. Finish line awards have been purchased. Shirts will be turquoise green. Lisa's brother will emcee the event because Steve Ponte will be out of the country.

Annual Party (Scott Wood)

The Annual Party will be held on Saturday, January 18, 2020 at SoHo Social in Homewood. The prices will remain the same for food/beverages.

Other Business

Lisa Booher made a motion to give a \$100 Visa gift card to Helen Tankersley for the quilt she made to give to Rick Melanson (made with old Peavine shirts). Alan Hargrave seconded the motion, and it was approved without opposition.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, January 13, 2020 at 6:00 p.m. at the Vestavia Hills Library.



BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

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

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

Initial:

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

Signature

Date

Mail this signed application and a signed check to:

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

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	January 11, 2020	6:00 a.m.
Forging Families 5K and 1 Mile Fun Run (Columbiana)	January 11, 2020	8:00 a.m.
BTC Executive Board Meeting (Vestavia Hills Library)	January 13, 2020	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	January 18, 2020	6:00 a.m.
MLK Day 5K Drum Run	January 18, 2020	8:00 a.m.
BTC Annual Party (Register HERE)	January 18, 2020	6:00 p.m.
Mercedes Marathon Preview Run	January 19, 2020	6:30 a.m.
Adam's Heart Runs * BTC Race Series *	January 25, 2020	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 1, 2020	6:00 a.m.
Girl Power 5K (Anniston)	February 1, 2020	8:00 a.m.
Mercedes Marathon Preview Run	February 2, 2020	6:30 a.m.

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

Want to know what's going on at the Birmingham CrossPlex? [Click here to view the schedule of events](#) (not all events are open to public; please contact the meet director with questions). Need to add a race to the calendar? [Email Webmaster Dean Thornton](#). or visit the BTC website to [submit your race](#).

