



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

March 2020 (3)

The Ellis Porch



The South's Toughest 15k

April 4, 2020

www.BirminghamTrackClub.com

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[i @RunBTC](https://www.instagram.com/RunBTC)

2 Statue to Statue

3 President's Address

6 Strollin' for the Colon

7 Heading to Maebashi!

11 1200 Mile Club

13 BTC Winter Social

STATUE TO STATUE

By Judy Loo, Race Director



We are so excited that the next run in the BTC Race Series is right around the corner: the Statue to Statue 15k on April 4, 2020! Want a Challenge? Sign up. Want to tackle some tough hills but end with the best downhill finish around? Sign up. Want to have a lot of fun? Definitely sign up!

Statue to Statue is the South's Toughest 15k run, and it earns that moniker! From Birmingham's famous Vulcan statue to our own Lady Liberty in Liberty Park, the scenic route takes you through some of the area's loveliest neighborhoods and yes, on a few inclines. But what's a little hill (or two) as long as you're with friends, right?

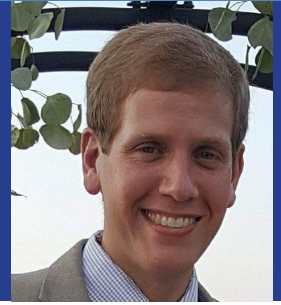
So what are you waiting for? Sign up today. And if you really are a glutton for punishment looking for a big challenge, run the Statue to Statue to Statue – no such thing as too much of a good thing, right? [Contact me](#) for more information about this option – the sooner the better, so we can award you a special shirt to commemorate the accomplishment!

The Statue to Statue committee has been working hard to make this event bigger and better each year. We can't wait to welcome you to the race and our awesome post-race party! [Click here](#) to sign up for the fun!



PRESIDENT'S ADDRESS

By Hunter Bridwell



Wow – what a month February was in Runningham!

One of my favorite weekends of the year – **Mercedes Marathon Weekend** – was once again a blast. I had the distinct honor of volunteering at the expo on Saturday morning, the Kids Marathon start line, and the BTC-sponsored water stop by Glen Iris Elementary. The Kids Marathon event is such a great program to introduce running to the next generation, and it's so fun to see the excitement of THOUSANDS of kids as they toe the start line for that last mile. The weather was great this year, and it was fun seeing so many friends participating in the various races.

I want to thank all of the volunteers who helped out at the BTC booth at the expo and the BTC water stop. Special thanks to **Alan Hargrave** for being present at the booth for practically the entire expo and to **Karen West** for taking the reins at the water stop and making sure we all knew what to do! **Kim Benner** always does a great job of rounding up great volunteers (and knows not to leave me in charge of the water stop!). Don't forget: BTC volunteers who officially sign up through runsignup.com for various events earn points toward BTC gear and are entered into drawings for gift card giveaways.

Following Mercedes weekend, we had a huge run social at Patriot Park in Homewood to celebrate (and recover). In addition to our normal Saturday morning training runs, we had an awesome morning of family friendly events. There was a fun run for the kids with vintage BTC medals for all finishers, refreshments from Panera and O'Henry's, and tons of awesome door prizes. We appreciate all the race directors who offered free race entries for the social and also give thanks to Athleta, Lululemon, and the Trak Shak for awesome giveaways. Thank you to our **Long Run Coordinator, Alex Morrow**, and our new **Social Co-Chairs, Britney Cowart and Kaki Jenkins** for all of their efforts to make this social a success!

You can look forward to more great socials throughout the year. We plan to have smaller, monthly socials where you can enjoy post-run refreshments. We'll have bigger socials -- like we had on February 22 -- on a quarterly basis. These events are all about you, BTC members. YOU are the reason our running community is so great!

Steeple to Steeple was once again a lot of fun, taking place on Leap Day this year. It's one of several awesome 10k race options on back-to-back-to-back weekends. The **Birmingham Wine 10k** is back on March 7 and once again features an appearance by **Olympic medalist and World Champion Emma Coburn**. **Joey Longoria** puts on a great race that starts in West Homewood and ends on the Lakeshore Trail. The Wine 10k will serve as the 2020

RRCA Alabama State 10k Championship event. Then, you can round out the series of 10k races with **Village 2 Village** on March 14th. [Check out the BTC race calendar online](#) or on page 18 of this issue for links to upcoming races around town.

Switching gears, the next race in the BTC Race Series is **Statue 2 Statue**, and we're looking forward to another great event sure to challenge you. For those who are interested in running the extended S2S2S route, contact Judy Loo (statue2statue@birminghamtrackclub.com) after registering and let her know so she can order the additional t-shirt for you. [Click here](#) to register for Statue 2 Statue.

I want to remind all BTC members that many races around the area offer automatic discounts to you. To find a list of these races, [check out this link](#) to the **BTC Member Discounts page**, and follow the instructions to check out the variety of discounts available.

On behalf of the entire BTC, I want to congratulate **John Lyda, Marla Kornegay**, and **Nicolette Patrick** for being selected to represent the BTC, our local running community, and the City of Birmingham at the **Maebashi-Shibukawa City Marathon** in Maebashi, Japan. We know these three will represent our city and running community well and are sure to have an amazing experience. We are grateful to our friends in our sister city of Maebashi for continuing to extend this opportunity to our members. Read more about the Birmingham delegation [here](#).

Lastly, our friends at the **BHM 26.2** are offering free race entries to the first 15 BTC members who volunteer to work packet pickup on Saturday, April 18. To be considered for one of these positions, reach out to Alex Morrow at coachalex@resoluterunning.com, and he will take care of you. The free registration can be used for any of the races on Sunday.

Have a great month, everyone. Feel free to reach out to me or others on our awesome board if there's ever anything that the BTC can do for you.

Hunter Bridwell
BTC President

2020 Officers



President

Hunter Bridwell

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com
pastpresident@birminghamtrackclub.com



Vice-President

Skylar Holland

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com

BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Medical Director
Social Chair

Lauren Weber parliamentarian@birminghamtrackclub.com
Alex Morrow longruns@birminghamtrackclub.com
Dr. Cherie Miner medical@birminghamtrackclub.com
Britney Cowart social@birminghamtrackclub.com
and Kaki Jenkins

Marketing/Social Media
Membership
Membership Benefits
Merchandise

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Cameron Estes membership@birminghamtrackclub.com
Sara Thompson benefits@birminghamtrackclub.com
Bradley Wells store@birminghamtrackclub.com

"The Vulcan Runner" Newsletter
Japan Exchange Program

Julie Pearce newsletter@birminghamtrackclub.com
Rebecca Williamson japan@birminghamtrackclub.com

1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

Kelly Sims 1200@birminghamtrackclub.com
Kim Benner volunteer@birminghamtrackclub.com
Trish Portuese historian@birminghamtrackclub.com
Keith Henley finishline@birminghamtrackclub.com

Webmaster
IT Chair
USATF Representative

Jamie Trimble finishline@birminghamtrackclub.com
Dean Thornton webmaster@birminghamtrackclub.com
Alan Hargrave itchair@birminghamtrackclub.com
Charles Thompson usatfrep@birminghamtrackclub.com

BTC Race Directors

Adam's Heart Run
Statue 2 Statue
Peavine Falls
Vulcan Run

Lisa Booher adamsheart@birminghamtrackclub.com
Judy Loo statue2statue@birminghamtrackclub.com
Hunter Bridwell peavinefalls@birminghamtrackclub.com
Scott Wood vulcan@birminghamtrackclub.com

BTC Mission Statement

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

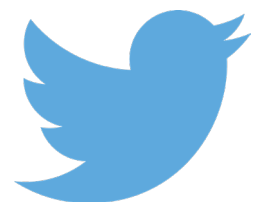
Contact BTC at:

Birmingham Track Club
P.O. Box 530363
Birmingham, AL 35223
info@BirminghamTrackClub.com

Race Results

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

birminghamtrackclub.com
championship-racing.com



Come Join Us March 28

REGIONS FIELD

8 a.m. For The 12th Annual

RUMPSHAKER 5K

PRESENTED BY

Payless
Drugs
Just what the doctor ordered.



Funny Name / Serious Cause

Benefiting **Colon Cancer Awareness**

5K and 1 Mile Fun Run

www.rumpshaker5k.com

STROLLIN' FOR THE COLON

Funny Name, Serious Cause

By Ryan Scott



The Rumpshaker 5K has been held annually since 2005 to help support colon cancer fighters, survivors, and victims. Although the race is the organization's means of fundraising, its real value lies in the community it encompasses. My family



was first introduced to the organization following my father's diagnosis in 2013. On the heels of such bad news, we decided that this 5K was going to be our symbol of hope; we very quickly discovered that we weren't alone. On race day we saw dozens of families come out to support their loved ones in all kinds of silly costumes and team names. Although the comedic effect was therapeutic, the broader effect was giving credence to the phrase, "No one fights alone."

My dad's fight lasted three long years, but through each one of them he looked forward to participating in the Rumpshaker 5K with us. He passed away in 2018, but we've kept Team Scott together ever since. I always describe Rumpshaker to others as being like

a second Halloween for me and my family. We plan how our team will incorporate the year's theme. Although this may be fun in its own right, it's also a great way to remember Dad's fight while gluing together our own little support group. I fondly remember how Dad would talk about the race

whenever we finished it each year. It was his own little battery that gave him a boost to the strength it takes to endure hundreds of treatments over many years. Even if you can't participate on a team, participating in this race in any capacity shows the fighters and survivors that they aren't alone in their battle.

Through this race Rumpshaker is able to fund a variety of services including:

- A monthly support group called "The Semi-Colon Club" for those affected by the disease.
- A grant to provide free colonoscopies to qualified uninsured/underinsured Alabamians through the Colon Cancer Alliance's partnership with the Colonoscopy Assist Program.
- The Lisa Martz Hope Scholarship for college students impacted by colorectal cancer.

And so much more. Sign up today to participate in an amazing race with an even more amazing cause. See you on race day!



**DON'T WAIT, REGISTER TODAY FOR THE
11TH ANNUAL RUMPSHAKER 5K!**

March 28th - Regions Field
www.Rumpshaker5k.com
info@rumpshaker5k.com

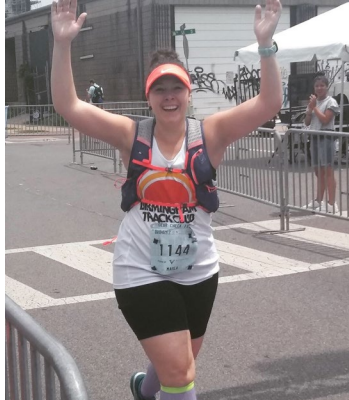


HEADING TO MAEBASHI!

We are excited to introduce you to the local runners who have been selected to represent the City of Birmingham and the Birmingham Track Club in the Maebashi Shibukawa City Marathon on April 19, 2020.

Marla Gruber

Thirty-one-year-old Marla Gruber has been running for almost 11 years. She completed her first marathon in 2k,019 and is looking forward to running her second in Maebashi. Marla lives in Crestwood with her husband and their two dogs. They both love to travel and have wanted to visit Japan for a while now. Marla was born and raised in Birmingham, so she is especially thankful for the opportunity to represent her city and to show the people of Maebashi how much we appreciate their hospitality.



John Lyda



John Lyda is still relatively new to the sport of running, having started less than three years ago. In that time, he has completed 20 half marathons and two full marathons including the Marine Corps and Boston Marathons in 2019. A 25-year resident of Hoover, John currently works for Blue Cross and Blue Shield of Alabama and serves on the Hoover City Council. He has participated on international diplomatic delegations to New Zealand and Brazil and has hosted delegations in Hoover from China, Malaysia, Myanmar, Philippines, and Indonesia. Coupling his newfound passion for running with his desire to serve and represent the greater Birmingham-Hoover metro area and the Birmingham Track Club in Maebashi, Japan is a dream come true for him.

Nicolette Patrick

Nicolette Patrick is a senior at Hoover High School. She is very busy with college applications and finishing her senior year strong. However, she always makes time to run. Nicolette is unusually young when compared to the typical marathon runner, but she has no problem finding her place in the running community and on the age group podium. Nicolette's favorite aspect of running is being involved with the BTC, and she credits all of her recent running successes to the BTC.



Nicolette started coming to the Saturday Morning Long Run group at the beginning of her training for the 2019 Rocket City Marathon, and she has been coming back ever since. She is thankful for all the amazing friends she has met through marathon training, and she is excited to meet more. Now that the Mercedes Marathon is behind her, Nicolette will start back with her training soon. She is very excited to run her next marathon in Japan, but she is even more excited to represent the best running club in the universe.



New Year. New Decade. *New You!*

It's all about movement—your family life, your work life, how you play and where you go. If you have limitations, from pain or decreased range of motion, it's time to let a physical therapist assess you.



www.therapysouth.com

*Don't live with how things are,
imagine how they can be.*

Hey Birmingham Track Club!

Grab a tutu
and come run with us!

use code **GOTRBTTC** for \$5 off your registration



April 25th
Sloss Furnaces | 8:30am



presented by:



Medical Properties Trust

Register Now: gotrbham.org/5k
Open to the community!

18th Annual
HIGH COUNTRY



April 6 - 8 AM Start
Free kid's FUN RUN at 9 AM

Presented By

Shades Crest Baptist Church

Pre-registration costs are the following:

- \$30 prior to March 21
- \$35 from March 22 to April 5
- \$40 on Race Day
- Rain or Shine: No Refunds

CHIP
TIMING

Entrance fee includes:

- T-shirt (guaranteed only to first 300 registered runners)
- Pre-race pasta dinner on Friday night, April 5th
- Post-race pancake breakfast (medal ceremony)

REGISTER ONLINE at active.com or print forms at:
<http://shadescrest.org/family-life-centerrecreation/>

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Darrin Abernathy
George Anderson
Tampia Anderson
Maria Azrad
Oren Azrad
Mark Baker
Jimmie Barnes
Karen Beard
Kelly Boyer
Victoria Brakhage
Hank Brown
Todd Brown
Carley Burns
Chris Callahan
Melinda Crumpton

Wayne Davis
Rachael Dollins
Marybeth Farrell
Ryan Farrell
Samantha I. Fuchs
Bo Glasgow
Darcy Glasgow
Robert Glasgow
Ronan Glasgow
Lydia Graham
Aimee Hackney
Jay Haley
Tina Hammonds
Angela Harris
Jerri Haslem

Jack Hasson
Weston Higginbotham
Angie Hogeland
Jeff Hogeland
Alissa Hood
Brice Jackson
Madhuri Jean
Ira Jones
Stacy Kadle
Loren Kulp
Caroline LaFon
Sara Langston
April Lawrence
Raymond LeBeau
Jeannie Mak

Joshua McClung
Willie McDaniel
Rachel Miller
Joshua Mixon
Paige Paschal
Tabitha Payson
Tommy Payson
Shana Peagler
Zach Peagler
Kanita Reed
Jennifer Reeves
Kevin Roberson
Jessica A. Rodgers
Beth Rose
Nacho Sanchez

Bryan Saxon
Austin Senseman
Justin Smith
Michael Steinberg
Pam Tidwell
Becky Tomlin
Chace Tomlin
Steven Trotter
Wesli Turner
Johnny Washington
Jerad Watson
Jessica Watson
Amy E. Watson
Amber Whillock
John Williamson

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

Long Run Training Group

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

A HUGE thank you to everyone who has volunteered recently for the BTC!

Mercedes marathon activities included manning the BTC booth at the expo and the race day water stop - and WOW, you guys did a phenomenal job! Thanks to all who pitched in during those three days, especially Carley Burns who was our random gift card winner for working Mercedes weekend (rockin' the water stop on Sunday)! I am super appreciative for those who took charge of the water stop so that I could run the marathon, including Karen, Hunter, Richard, Nicole, Carley, Melody and several others!

A summary of 2019 BTC volunteers: we had 100 documented volunteers for all our official BTC races/events in 2019! For their hours worked, ten volunteers earned a free shirt, eight earned free memberships and four additional members were selected randomly to receive a free year of BTC membership! Those free membership winners were Karen B, Susan G, Jeff R, and Johnny W - congratulations and thank you all!

Next up is Statue to Statue on Saturday, April 4. We will need volunteers for packet pick on Friday April 3 and race day on Saturday. [Check out this link](#) to sign up to volunteer.

Thank you all! #weheartourvolunteers!
Kim Benner, BTC Volunteer Coordinator



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 spring races. We will soon have new spring and summer merchandise available for pre-order and for sale. 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.

1200 MILE CLUB

REGISTRATION IS NOW OPEN!

It's time to register for the 2020 edition of the BTC's 1200 Mile Club. Registration opened in mid-January and will remain open through 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!

Register for the 1200 Mile Club [here](#).

Cumulative miles submitted through February 29, 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 |
|----------------------|-------|-------|
| Anderson, Kerri | 4 | 100 |
| Armstrong, Thomas | 3 | 0 |
| Austin, Scott | R | 238 |
| Baggett, Christopher | 2 | 111 |
| Bartee, Samm | 4 | 100 |
| Bayush, Tori | 1 | 0 |
| Beasley, Cathy | 3 | 124 |
| Beck, Donald | 1 | 0 |
| Beck, Rosemary | R | 0 |
| Becker, Bryan | R | 132 |
| Benner, Kim | 7 | 0 |
| Bensinger, Cole | 1 | 127 |
| Bensinger, Jill | R | 131 |
| Boackle, Larry | 3 | 0 |
| Boackle, Tomie Ann | 1 | 30 |
| Booher, Lisa | 8 | 149 |
| Bookout, Jason | 1 | 151 |
| Bookout, Kimberly | 1 | 153 |
| Bowman, Bill | R | 85 |
| Boylan, Brittany | R | 0 |
| Boylan, Chris | R | 0 |
| Brakhage, Victoria | 3 | 108 |
| Bridwell, Hunter | 1 | 0 |
| Brown, Charlie | 7 | 0 |
| Brown, Sean | 5 | 0 |
| Brown, William | 1 | 128 |

| Participant | Years | Total |
|--------------------------|-------|-------|
| Bryant, Jason L. | R | 54 |
| Callahan, Chris | 3 | 112 |
| Calloway, Mariel | 1 | 118 |
| Carter, Adrienne | 2 | 0 |
| Channell, William Andrew | R | 160 |
| Clay, Brad | 12 | 266 |
| Cliett, Stephanie | 5 | 130 |
| Coleman, Tim | 2 | 128 |
| Cowart, Britney | 2 | 0 |
| Crawford, Katelyn | R | 70 |
| Crowson, Bill | 4 | 63 |
| Cutshall, Hannah | 2 | 0 |
| Deason, Joshua | R | 30 |
| Decker, Brittany | R | 107 |
| Dixon, Charles | R | 83 |
| Dixon, Jonathan | 1 | 79 |
| Duke, Cindy | 4 | 121 |
| Elkins, Sydney | 1 | 0 |
| Estes, Cameron | 1 | 115 |
| Estrada, Steven | 1 | 148 |
| Evans, Debbie | 6 | 75 |
| Farrell, Meg | R | 30 |
| Feldman, Jana | R | 61 |
| Ferlitto, Cindy | 1 | 118 |
| Fontenot, Misty | 3 | 85 |
| Ford, Eric | R | 127 |

| Participant | Years | Total |
|----------------------|-------|-------|
| Franklin, Shane | 8 | 151 |
| Frederick, Winston | 11 | 133 |
| Freeman, Sheila | 3 | 214 |
| Gibson, Katie | 1 | 64 |
| Goode, Johnny | 11 | 139 |
| Goss, Ange | 1 | 119 |
| Grady, Carla | 1 | 0 |
| Graham, Ryan | 1 | 0 |
| Grainger, Matt | R | 153 |
| Grall, Jeremy | 1 | 101 |
| Gray, Caleb | 1 | 0 |
| Gray, Mary Margaret | R | 84 |
| Gray, Michael | R | 100 |
| Griffin, Misty | R | 131 |
| Gullapalli, Satya | 4 | 151 |
| Guthrie, Dana | R | 157 |
| Hall, Thomas | 1 | 37 |
| Haralson, Danny | 11 | 111 |
| Hargrave, Alan | 12 | 119 |
| Harris, Angela | R | 115 |
| Harrison, Lisa | 8 | 100 |
| Harrison, Rochelle | R | 51 |
| Harry, April | 2 | 88 |
| Hellenga, Meghan Ann | R | 61 |
| Henninger, Alison | 5 | 125 |
| Holcomb, Zachary | 2 | 137 |

1200 MILE CLUB

| Participant | Years | Total |
|--------------------|-------|-------|
| Holland, Skylar | 2 | 122 |
| House, Beth | 5 | 0 |
| Ingle, Brandon | R | 40 |
| Izard, Melody | 3 | 0 |
| Jackson, Bradley | R | 101 |
| Janowiak, Desirae | 1 | 82 |
| Jenkins, Kaki | 6 | 143 |
| Jones, Allen | 1 | 110 |
| Kearley, Christy | 1 | 0 |
| Kearley, Stephen | 2 | 0 |
| Kelley, Robin | 6 | 168 |
| Kemper, Tricia | 5 | 116 |
| Kezar, Carolyn | 1 | 0 |
| Krick, Stefanie | R | 100 |
| Kuhn, Claire | R | 73 |
| Kuhn, Jimmy | 12 | 150 |
| Laird, Audrey | 5 | 122 |
| Lancaster, Jeff | 1 | 103 |
| Langston, Aaron | 5 | 0 |
| Lawhorn, Joseph | 1 | 91 |
| Lee, Brian | 1 | 175 |
| Litz, Matthew | 2 | 0 |
| Love, Thomas | 1 | 0 |
| Lyda, John | 1 | 109 |
| Lyle, Randy | 11 | 182 |
| Lyles, Chris | 1 | 19 |
| Madaris, Brandon | R | 61 |
| Madaris, Jennifer | R | 56 |
| Malick, David | 6 | 169 |
| Mathews, Skip | R | 123 |
| McKinney, Margaret | R | 10 |
| McNair, Kelly | 6 | 152 |
| McNutt, Janie | 1 | 0 |
| Miller, Joshua | 1 | 150 |
| Miller, Justin | R | 129 |
| Morgan, Cary | 9 | 317 |
| Morris, Phil | R | 0 |
| Morrow, Alex | 8 | 0 |
| Moser, David | 1 | 115 |
| Moses, Mike | R | 63 |
| Norton, Laura | 1 | 144 |
| O'Brien, Michael | R | 115 |
| Oechslin, Tamara | R | 121 |

| Participant | Years | Total |
|---------------------|-------|-------|
| Oehrlein, Kimberly | R | 107 |
| Orihuela, Carlos | 2 | 94 |
| Ortis, Ellen | 1 | 0 |
| Paschal, Paige | R | 123 |
| Patrick, Nicolette | 1 | 81 |
| Payson, Tabitha | R | 54 |
| Payson, Tommy | 2 | 115 |
| Pearce, Julie | 5 | 0 |
| Pearson, Blake | 5 | 0 |
| Pearson, Mary Scott | 5 | 0 |
| Plante, David | 7 | 0 |
| Powell, Shane | 1 | 268 |
| Rachel, Cain | R | 0 |
| Renfro, Jeff | 1 | 100 |
| Reynolds, Dewelena | R | 0 |
| Richey, Lori Beth | 2 | 77 |
| Ritchie, Joseph | 2 | 28 |
| Ritchie, Lauren | 1 | 117 |
| Roberts, Fletcher | 5 | 0 |
| Robinson, Lyndsey | R | 144 |
| Rodgers, Jessica | R | 100 |
| Roper, Lynn | 2 | 85 |
| Rose, Billy | 5 | 231 |
| Rosser, Joey | 3 | 114 |
| Routman, Cindi | R | 15 |
| Rutherford, Keith | 12 | 48 |
| Rutledge, Lisa | 4 | 0 |
| Sanders, Gwendolyn | 1 | 89 |
| Shaffield, Danny | 6 | 159 |
| Shinn, Ronald | 7 | 81 |
| Shoaf, James | 1 | 130 |
| Sides, Dean | 3 | 86 |
| Silwal, Suman | 8 | 0 |
| Simpkins, Randall | 2 | 117 |
| Simpson, Kevin | 6 | 340 |
| Sims, Kelly | 1 | 110 |
| Sims, Robert | 6 | 124 |
| Sloane, Mike | 4 | 107 |
| Soileau, Chester | 2 | 0 |
| Stewart, Zeb | 1 | 136 |
| Stockton, Rick | 12 | 125 |
| Talley, Beau | 7 | 0 |
| Talley, Shellie | 2 | 0 |

| Participant | Years | Total |
|----------------------|-------|-------|
| Trimble, Jamie | 5 | 113 |
| Turner, Amanda Blake | R | 0 |
| Varnes, Vickie | 6 | 353 |
| Waid, David | R | 149 |
| Walker, Caroline | 1 | 76 |
| Watters, Ana | 1 | 123 |
| Watters, Larkin | R | 0 |
| Watters, Robert | 5 | 92 |
| Weber, Amy | 2 | 128 |
| Weimer, Jonathan | R | 100 |
| Wende, Adam | 5 | 218 |
| Whillock, Amber | R | 80 |
| White, Robin | R | 0 |
| Wilhite, Thomas | 4 | 100 |
| Williams, Shaunda | 1 | 93 |
| Williamson, Rebecca | 1 | 51 |
| Wilson, Mark | R | 119 |
| Wiseman, Steve | 5 | 121 |
| Wood, Heather | R | 56 |
| Wood, Scott | 4 | 129 |
| Wooten, Vance | R | 232 |
| York, Gary | 6 | 86 |
| Zajac, Jason | 1 | 177 |

BTC WINTER SOCIAL



BTC WINTER SOCIAL



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



Melinda Parks completed her first marathon at the Louisiana Marathon on January 19, 2020. Welcome to the Club, Melinda!

Nine-year-old **Nathan Bensinger** completed the Safari 7K race in Gulf Shores on January 24, finishing third in his AG (males under 19), with a finish time of 36:31 (8:34 pace). Way to go, Nathan! We predict this will be the first of many feets of strength for you!

Jimmie Barnes competed in the South Carolina Ultra Running Festival (SCURF), February 3, 2020-February 9, 2020 in Beaufort, SC. He competed in the 48-hour race, logging an impressive 113.716 miles, which put him on the podium as the third overall and the first male finisher. And did we mention that Jimmie is 81 years old?! You inspire us, Jimmie!

The Mercedes Marathon is a big race for many BTC members, but none more so than **Jack Knight**. Jack completed his first marathon this year, along with a crowd of friends and supporters, appropriately called "Jack's Pack." We are all so proud of you, Jack!

Congratulations to **Kim Benner** for completing her 25th marathon. Kim paced the Mercedes Marathon for the fourth year in a row and brought her crew to the finish line within one minute of their goal pace. Congratulations, Kim!

Remember to [let us know](#) when you nail that goal race, hit a new PR, or tackle a new distance – we want to celebrate with you, BTC!



Nathan Bensinger



Jimmie Barnes



Kim Benner



Jack Knight and his mother Diane



Jack's Pack

BTC EXECUTIVE BOARD MEETING

February 10, 2020

The Vestavia Hills library closed early due to flooding in the area; therefore, the location of the meeting was changed to O'Henry's by Brookwood Mall.

The meeting was called to order at 6:01 PM by President Hunter Birdwell.

Attendance: Hunter Birdwell, Alex Morrow, Skylar Holland, Scott Wood, Britney Cowart, Kim Benner, Jamie Trimble, Judy Loo, Alan Hargrave, Kaki Jenkins, Julie Pearce, Lisa Booher, Dean Thornton, Cameron Estes, and Rebecca Williamson.

The minutes of the December 2019 and January 2020 meetings were approved unanimously, on Alex Morrow's motion, as seconded by Lisa Booher.

Adam's Heart Runs (Lisa Booher)

The race was a big success. We had a record number of registrations (426 runners). This was up from 368 last year. Lisa Booher made a motion to hold next year's Adam's Heart Runs on Saturday, January 30, 2021. Scott Wood seconded the motion and it was approved.

BTC Annual Party Recap (Hunter Birdwell)

The annual party went well. The costs were similar to last year. Discussion was held about possible venues for next year.

Past President (Scott Wood)

The Hoover Beer Festival is scheduled for April and the organizers offered to allow the BTC to host a race the morning of the event. Discussion was held regarding possible distances and the option of just hosting a social rather than an actual race due to time constraints. Scott will discuss it further with the organizers.

Newsletter Editor (Julie Pearce)

A list of important newsletter dates and a fee schedule for newsletter advertisements were passed around. Discussion was held regarding the importance of providing necessary information and articles by the due dates.

Treasurer

Financial statement was sent via email by April Harry.

Volunteers (Kim Benner)

Kim Benner made a motion that we give away four free annual memberships to be selected at random from the BTC volunteers from 2019. The motion was seconded by Alex and passed without opposition. Additional volunteers are still needed for the Mercedes Expo, especially for end of the day cleanup. The BTC water stop for Mercedes has all volunteers positions covered.

1200 Mile Club (Scott Wood and Hunter Birdwell)

1200 Mile Club jackets will be available for pick up at the Mercedes Expo. The 2019 patches were previously ordered, but have not arrived yet.

Finish Line (Jamie Trimble)

All supplies will be set up for the Mercedes Expo and BTC water stop.

IT Chair (Alan Hargrave)

Documents were passed around listing registration statistics for all of the BTC races. The number of race series registrants are up from last year. Results from some of the older BTC races have been added into RignSignUp.

Webmaster (Dean Thornton)

Dean provided examples via email regarding a new/updated website. Discussion was held regarding aspects of each website were preferred over others. The BTC's website does not currently list all of the race discounts available to members, as most of the races are done through RunSignUp and the discounts are applied automatically.

Long Run Committee (Alex Morrow)

The Mercedes taper run social had a good turnout despite the weather. We plan to have another social on February 22, 2020, at Patriot Park in Homewood. This will be a post-Mercedes celebration. Discussion was held about future run socials, including possible mid-week runs.

Membership (Cameron Estes)

We currently have 937 members and 716 memberships. Hunter Birdwell made a motion to offer new BTC members (have never been a member of the BTC before) who register the day of the upcoming run social at Patriot Park on February 22, 2020, one free additional year of membership and any current or returning members who renew their membership will receive 10% off their membership fee. The motion was seconded by Alex and passed without opposition.

Japan Exchange (Rebecca Williamson)

The three BTC runners selected to participate in our Japan Exchange Program are John Lyda, Marla Ann Gruber, and Nicolette Patrick. They will travel to Maebashi, Japan to participate in the Maebashi marathon, 10K or 5K on April 19, 2020.

Statute 2 Statue (Judy Loo)

The race will be held on April 4, 2020. Judy Loo is working with the City of Birmingham to get the necessary permits. There are several new sponsors this year. Judy Loo made a motion to offer a 15% discount for all runners who register for Statute 2 Statue during Mercedes weekend. Hunter Birdwell seconded the motion and it was approved.

BHM 26.2 (Alex Morrow)

BHM 26.2 has offered to allow the BTC to have a booth at their expo. It was decided that we would sell merchandise at the booth and volunteers will be needed. BHM 26.2 is in need of volunteers to help at their packet pickup. They have offered free face entry to the first 15 volunteers. The BHM 26.2 packet pick up volunteers are separate from the volunteers we will need for the BTC booth.

Other Business

Discussion was held regarding race photographers and it was decided that each of the BTC race directors will be responsible for selecting a photographer for their respective race.

Birmingham Massage and Wellness has offered to be involved with a future BTC event. Discussion was held regarding how they can be involved.

Sprouts has offered to sponsor the BTC races by providing bananas, oranges, water, etc.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, March 9, 2020 at 6:00 p.m. at the Vestavia Hills Library.

Upcoming Events

| EVENT | DATE | TIME |
|--|----------------|-----------|
| BTC Saturday Long and Moderate Run Groups | March 7, 2020 | 6:00 a.m. |
| Running the Shoals Half Marathon (Muscle Shoals) | March 7, 2020 | 7:00 a.m. |
| Birmingham Wine 10K * BTC DISCOUNT * | March 7, 2020 | 7:30 a.m. |
| Miracles in Motion 5K and 1 Mile Fun Run/Walk | March 7, 2020 | 8:00 a.m. |
| Hospice of West Alabama's 11th Annual Family 5K (Tuscaloosa) | March 7, 2020 | 8:00 a.m. |
| Oak Mountain Color Run 2020 | March 7, 2020 | 9:00 a.m. |
| BTC Executive Board Meeting (Vestavia Hills Library) | March 9, 2020 | 6:00 p.m. |
| BTC Saturday Long and Moderate Run Groups | March 14, 2020 | 6:00 a.m. |
| Montgomery Half Marathon and 5K | March 14, 2020 | 7:00 a.m. |
| Village 2 Village 10K/7.5K * BTC DISCOUNT * | March 14, 2020 | 7:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | March 21, 2020 | 6:00 a.m. |
| Highlands College Half Marathon and 10K * BTC DISCOUNT * | March 21, 2020 | 7:00 a.m. |
| Oak Mountain 50K | March 21, 2020 | 7:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | March 28, 2020 | 6:00 a.m. |
| Lake Martin 100 – 100 Mile, 50 Mile and 27 Mile | March 28, 2020 | 6:45 a.m. |
| Tuscaloosa Half Marathon and 5K | March 28, 2020 | 7:00 a.m. |
| Rumpshaker 5K | March 28, 2020 | 8:00 a.m. |
| Running for the Bulls 5K and 1 Mile Fun Run | March 28, 2020 | 9:00 a.m. |
| Statue to Statue 15K * BTC RACE SERIES * | April 4, 2020 | 8:00 a.m. |

BTC discounts are applied automatically for all current BTC members when registering through RunSignUp.

Need to join or renew your membership? [Click here!](#)

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](#).



BTC Membership application

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

First Name:

Last Name:

Street:

City:

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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