



USATRACK & FIELD

BIRMINGHAM TRACK CLUB  
★ WHERE RUNNERS ARE FORGED ★

# THE VULCAN RUNNER

May 2020 (5)



# BIRMINGHAM TRACK 2020 CLUB

*Social Distance Race Team*

[www.BirminghamTrackClub.com](http://www.BirminghamTrackClub.com)

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

[t @BirminghamTrackClub](https://twitter.com/BirminghamTrackClub)

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

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# JOIN THE BTC FOR OUR FIRST VIRTUAL RUN AND LOCAL SUPPORT WEEKEND

May 9-10, 2020

By Bradley Wells, BTC Merchandise Coordinator

The Birmingham Track Club has long been a pillar of the Birmingham running scene, and our members are intertwined throughout the heart of the city. Hundreds of us run, both alone and together (in small groups these days) throughout the Birmingham area each week, and we represent all walks of life and all neighborhoods throughout the area. It is so encouraging to see such a strong community take care of each other and support each other, especially when times get tough.

Much like a long run that hits every hill in Jefferson County, times like this are downright hard, and it takes a community to pull through it. Many local runners and BTC members are front line workers and are hard at work to help us overcome this daunting pandemic, and we can all make a difference by supporting these men and women who are risking their lives to protect us. **The BTC Virtual Run and Local Support Weekend** is all about caring for and supporting our local community.

The first part of our virtual event is supporting our front-line workers and care teams. We are raising funds for [CareHealth](#), an [Urban Avenues](#) initiative that is providing food and assistance to front line workers in hospitals all across our city. All proceeds from this race are going to support this great charity.

Secondly, all team members are encouraged to support local businesses during the weekend of May 9-10. This is a small

gesture that we hope will have a ripple effect and spread throughout the city. How can you help? Snap a photo of yourself at a local business -- picking up curbside takeout, shopping for new running gear, etc. – and post it on social media. Be sure to tag the BTC with the hashtag **#BTClocal!**

All members who complete a run and support a local retailer or restaurant will be eligible for some great prizes. We know this won't fix all of the problems COVID-19 has brought, but together, we hope we can make a positive impact on small businesses throughout Birmingham.

Along with the rest of the county, Birmingham continues to be resilient and strong. Join the Birmingham Track Club as we do our part to support our local workers and businesses, all while keeping ourselves safe and healthy. We may be physically distant, but we are not socially apart! It is time to stand up and support the city we love so much. #BTClocal

[Register now!](#)



## BTC VIRTUAL RUN AND LOCAL SUPPORT WEEKEND

*When:*

**May 9-10, 2020**

*Where:*

**Anywhere you want to run**

*Distance:*

**Pick your distance**

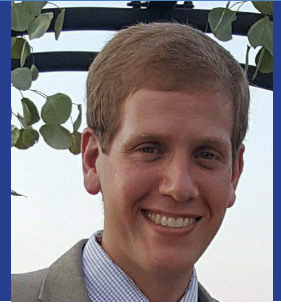
*Cost:*

**\$30 (includes an awesome t-shirt)**

*All proceeds go to Urban Avenues' CareHealth initiative!*

# PRESIDENT'S ADDRESS

By Hunter Bridwell



## Fellow BTC Members,

I hope this address finds you and your families safe and healthy. As we continue to deal with Covid-19 and our new normal, it has been heartening to see so many in our running community safely exercising and following social distancing guidelines as well as supporting our local businesses such as our friends at The Trak Shak.

Amid so many race cancellations, the BTC is proud to present a virtual race for all ages and fitness levels. All proceeds from the **BTC Virtual Run and Local Support Weekend** will go to support CareHealth, an Urban Avenues initiative. This organization supports front line health care workers by providing meals that are purchased from local partner restaurants. I urge you to [REGISTER](#) today, get some race swag, earn a chance to win some awesome prizes, AND support our local health care workers and businesses. We have a goal to raise \$5,000 for this organization, and we need your help to do so. By the way, you can also simply invite friends and family to donate to CareHealth through the race link without registering for the race. Read more in our cover article, and throughout this issue. Join us for this great cause!

I want to thank **Brittany Decker of WVTM 13** for her awesome story about the BTC and Birmingham running community and how we

can all safely get out and stay active during these challenging times. Be sure to [check out her story](#). Brittany is quite the runner herself and is currently in the midst of an impressive streak of running a marathon each month.

Make sure you continue sending in information about those businesses and individuals who are providing virtual exercise plans and videos to help our community stay healthy and active. Julie Pearce will continue to include this information in *The Vulcan Runner* to help you keep your fitness on par. [Email Julie](#) your favorites so we can highlight those folks in future newsletters (and check out this month's list on page 6 of this issue).

Everyone please remember to continue practicing social distancing when exercising. Give each other plenty of space on the roads and trails, limit your numbers when running in groups, and make sure you know the local health orders and ordinances where you are exercising. We are all in this together, and we WILL make it to the other side. Stay active and be safe!

Hunter Bridwell  
BTC President



## LOCAL SUPPORT and VIRTUAL RUN

Date: May 9-10, 2020

Event Details: All participants will receive custom designed "BTC-Social Distance Race Team" t-shirt. Each participant who completes a run/walk and supports a local business AND shares on social media will be entered to win some incredible prizes!

Entry Costs is \$30 and includes your t-shirt - all proceeds go directly back into our community to support Urban Avenues CareHealth Initiative.

### Prizes

- \*\$100 Gift Card to Trak Shak
- \*\$100 Gift Card for Yellowhammer Creative
- \*Lululemon foam roller
- \*Free Race Entries
- \*Much Much More!!!!



Sign Up At:

[runsignup.com/btc-virtual-run](https://runsignup.com/btc-virtual-run)

#BTClocal

# 2020 Officers



## President

**Hunter Bridwell**

president@birminghamtrackclub.com



## Treasurer

**April Harry**

treasurer@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 Chairs**

**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**

**Jennifer Andress** marketing@birminghamtrackclub.com  
**Cameron Estes** membership@birminghamtrackclub.com  
**Sara Thompson** benefits@birminghamtrackclub.com  
**Bradley Wells** store@birminghamtrackclub.com  
**Julie Pearce** newsletter@birminghamtrackclub.com  
**Rebecca Williamson** japan@birminghamtrackclub.com

**"The Vulcan Runner" Newsletter**  
**Japan Exchange Program**

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

**Webmaster**  
**IT Chair**  
**USATF Representative**

## 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**



# RESOURCES FOR RUNNERS, PART II:

## Staying Safe and Fit in the Coronavirus Era

By Julie Pearce



Last month, we published a list of local athletes, businesses, and online resources to help us all stay fit (in between working from home and Netflix binging). Thanks to your feedback and suggestions, we have continued to compile more resources. Last month, we published a list of local athletes, businesses, and online resources to help us all stay fit (in between working from home and Netflix binging). Thanks to your feedback and suggestions, we have continued to compile more resources.

### FITNESS CLASSES AND MOTIVATION

- Local trainer Haley Lucido Blankenship offers at home workouts for all abilities, budgets, and equipment needs. [Message her via Facebook](#) for more information.
- Local dance studio Linda Dobbins Dance offers online dance classes for children and adults. Visit the [Linda Dobbins Dance website](#) for more information.
- Local barre studio Grande Jeté is now offering virtual barre classes – visit its [Facebook page](#) for more details.
- The MindBody app used by many local studios now has a search function for at-home/virtual classes. The MindBody website also offers tips to keep you active, connected, and supported, including [Best at Home Workout Routines](#), [Staying Connected During Social Distancing](#), and [Turning Your Home into a Sanctuary](#).
- Checkout MRuns podcasts on Suman Silwal's Facebook page, [Marathon Runs](#). His latest podcasts feature his own backyard marathon, and a conversation with Michael Wardian, the winner of the somewhat controversial Quarantine Backyard Ultra.
- Online resource Openfit offers in-home, interactive trainer-led workouts as well as live challenges to keep you motivated. Free 14-day trial, and available online or via app. Read more on the [Openfit website](#).

- Planet Fitness offers free daily live stream fitness classes via Facebook at 7:00 p.m. EST. Videos are also archived on its [Facebook page](#).
- Strava offers a variety of running and fitness challenges for all levels. From your Strava app, click “explore” to search for challenges that will keep you motivated (thanks, Katie Pirkle, for the heads up on the Honey Stinger challenge and the May Half Marathon challenge)!
- Homewood fitness studio Three15 Studio is offering virtual indoor cycling and other fitness classes. Visit its [Facebook page](#) for more information.
- Villager Yoga offers a mobile yoga studio via its [website](#).
- Martina Winston offers live and recorded Zumba classes on her Facebook page, [Zumba with Martina](#) (high energy and lots of fun)
- Women's Running has published a list of some of its editors' favorite on-line trainers and fitness classes. [Click here](#) to access.

### APPS AND WEBSITES

- Calm (meditation app, as well as sleep stories and calming music)
- Headspace (simple to use meditation app, including a section devoted to children)
- Insight Timer (meditation app; most meditations are free, although special courses are available)
- Smiling Mind (all meditation programs are free and focused on specific age groups and concerns)

Is your favorite fitness studio or trainer offering virtual instruction? Please [let us know](#) so we can help support and promote their efforts! We will include their information in the next issue of *The Vulcan Runner*. With a little creativity, we can all emerge from this period of isolation a little stronger, a little wiser, and hopefully, a lot more grateful!

# BTC BUSINESS SPOTLIGHT:

## Crestline Shell By: Julie Pearce



Races may be cancelled, but running most certainly is not! The BTC Business Spotlight is a way we can highlight some of the wonderful local businesses who do so much to support our running community. Now, more than ever, local businesses need our support. **#BTClocal!**

We are pleased to feature Crestline Shell as our first BTC Business Spotlight. Crestline Shell is as much a part of the local community as runners themselves. Anyone who runs regularly through Mountain Brook has likely stopped at “Jack’s Shell” for a water stop, a bathroom break, or just to say hello to the other runners who inevitably would gather there. Although the full-service station began its longstanding relationship with runners and the BTC years ago, when the service station was owned by Jack King and his family, that tradition continued when the current owner, Kelly Jackson, purchased the station four years ago.

Since Jackson took over Crestline Shell in 2016, the building has undergone renovations, including new bathrooms and a larger canopy to protect customers from inclement weather. Jackson even added an ice maker specifically for the coolers of water that, until COVID-19 restrictions, made Church Street a fixture on many runners’ routes.

For local residents, Crestline Shell is a much-loved business in our community. It is one of the only service stations that offers a full service option where attendants will clean windshields, check fluid levels, battery and tire pressure (incidentally, it also is one of the few service stations around where you can get a tire plug if you happen to run over a large nail and maybe don’t want to admit that to your husband – but we’re not naming names here. . . .). The service station also handles most any repair, from new tires and oil changes to batteries and mechanical work, other than transmissions.

Crestline Shell’s staff looks forward to the day the coolers will be returned to their rightful place alongside the building, and runners congregate to talk about our long runs and complain about the heat. Until then, the friendly folks at Crestline Shell are glad to pump your gas, change your oil, or offer you a cold bottle of water during your run.

Thank you, Kelly Jackson, and all of the other folks at Crestline Shell – we are so grateful for you and your support of local runners!

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***Want to nominate your favorite local business to be featured as our next BTC Business Spotlight? [Email us](#), and let’s do all we can to support those who so willingly support us!***

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**80 Church Street  
Mountain Brook, AL 35213**

**205.870.5472**

<b>6:00 AM – 8:00 PM</b>	<b>M-F</b>
<b>7:00 AM – 7:00 PM</b>	<b>Saturday</b>
<b>Closed</b>	<b>Sunday</b>

## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Jason Carter  
Christopher Carey

Melissa Childers  
Chris Hanvey

Mike Harris  
John Lankford

Mark Perun  
Janelle Townes

Prince Whatley

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 Group Runs Update

The Saturday morning **BTC Long and Moderate Group Runs** have been cancelled until further notice. We will continue to post suggested routes to accommodate different distances on the BTC [Long Run Facebook page](#); however, water stops will not be provided. If you choose to run one of the suggested routes, **please observe all social distancing guidelines** (very small groups, run at least six feet away from other runners, and allow other runners space when passing).

You can find a variety of running routes on the [BTC website](#), including [local parks and trails](#), as well as a list of places to run along the [Gulf Coast](#). Have a new route you'd like to share? Please [let us know](#), and we'll add it to our website.

Stay safe, runners!



**BTC Local Support Weekend  
and Virtual Run: May 9th and  
10th.** Not only are we  
supporting a great local charity  
(Care Health), but you will also  
be entered into drawing for  
some great prizes!

**\$100 GIFT  
CARD TO  
YELLOWHAM  
MER  
CREATIVE**

**FREE ONE  
HOUR  
MASSAGE**

**FREE ENTRY  
TO BHM  
26.2/13.1  
RACE**

**\$100 GIFT  
CARD TO  
TRAK SHAK**

**BTC SWAG  
BAG**

**#BTClocal**  
[runsignup.com/btc-virtual-run](https://runsignup.com/btc-virtual-run)

# Recipe

## Blueberry Spinach Superpower Smoothie Recipe

This smoothie is packed with superfoods and makes a great meal replacement or post-run meal after a long run or a hard training session. It is also delicious and kid-approved (by a tester who will not voluntarily eat spinach). #Winning! This recipe is vegan, but you can use dairy milk or whey protein if you prefer.

### INGREDIENTS

8 ounces unsweetened vanilla almond milk  
1.15 ounces almond butter  
3 ounces frozen spinach  
½ cup fresh or frozen peaches  
½ cup fresh or frozen blueberries  
1 scoop vegan protein powder

Place ingredients in a blender in the order listed. Blend until smooth and serve.

### NUTRITION FACTS:

474 calories, 54g carbohydrates, 21g fat, 11g fiber

©The Endurance Edge  
(online at [www.theenduranceedge.com](http://www.theenduranceedge.com))



Image Credit: The Endurance Edge

## OPTIONS FOR PHYSICAL THERAPY AND HAND THERAPY SERVICES

during the Coronavirus Pandemic

### # 1 IN-CLINIC VISITS - WE'RE OPEN!

We are still open to see any patient who would like to come to the clinic.

We continue to follow precautions outlined by the CDC for:

- Screening patients
- Screening our own employees
- Disinfecting the clinic.

Each clinic has a "clean room" available for those who prefer an isolated care area.



### # 2 IN-HOME VISITS

In-Home PT and OT visits are available to most patients (including those with Medicare) and select workers compensation payors.

To find out about in-home visits, please call your local TherapySouth clinic for more details. Click [HERE](#) for our website location page.

We are practicing the same safeguards for in-home care as in our clinics as well as screening entire households before proceeding with in-home care. Everyone in the home must pass screening for you to qualify for an in-home visit.



### # 3 TelePT/OT

All BCBS of Alabama and select Work Comp patients can receive TelePT/OT services. Those with other insurances can call our clinics to check and see if your provider covers this service. (\*Medicare patients are not eligible.)

If you can't come to the clinic or don't feel that is your best option for now, we can help you maintain your gains and progress through your course of physical/occupational therapy through online visits until we can see you in the clinic again.

HOW TO REQUEST A TELEPT/OT APPOINTMENT - OPTIONS

1. Call your clinic to request a TelePT/OT appointment OR
2. Click [HERE](#) to schedule online through BetterPT



**YOUR HEALTH AND WELL-BEING AND CONTINUED CARE ARE PRIMARY TO US. PLEASE REACH OUT TO YOUR LOCAL CLINIC WITH ANY QUESTIONS OR CONCERNS. WE ARE HERE FOR YOU.**

*We'll get through this together*

# RRCA UPDATE

By Alex Morrow, RRCA Alabama State Representative



The Road Runners Club of America (RRCA) has launched a nationwide survey to learn how the COVID-19 pandemic has affected participation in running events as well as locally organized group runs and training programs. The goal of the survey is to gather data from runners to better understand what changes they expect to see within the running community and event industry, post-pandemic.

“The pandemic has impacted everyone in some way, from individuals and families to organizations, businesses, and events like running races and group runs,” explained Erica Gminski, RRCA Youth and Coaching Program manager. “Public health officials’ guidance on gathering size has led to countless events and group run postponements and cancellations in the coming months.”

Runners and race directors, like the population at large, hope to return to “normal” at some point in the coming months. Runner feedback will be helpful as the RRCA works with a consortium of race directors, club leaders, health experts, industry leaders, and

more in partnership to craft guidelines and recommendations to assist the running community in formulating best practice plans for post-pandemic running in the coming months.

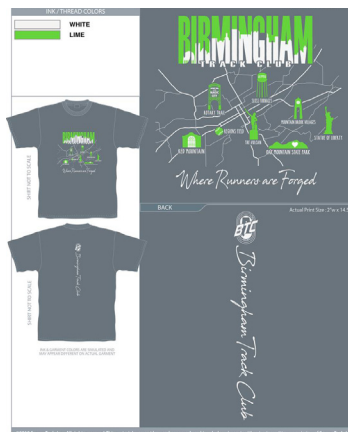
Results will be shared in a few weeks following data review and analysis.

Complete the survey here: <http://survey.constantcontact.com/survey/a07eh1isn3jk94ehrgs/start>



## 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

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 May 2, 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
Adams, Jeffrey	R	0
Adams, Sue	R	368
Ahmed, Kabeer	1	517
Anderson, Kerri	4	385
Armstrong, Thomas	3	214
Austin, Scott	R	460
Baggett, Christopher	2	401
Bartee, Samm	4	342
Bayush, Tori	1	493
Beasley, Cathy	3	483
Beck, Donald	1	0
Beck, Rosemary	R	0
Becker, Bryan	R	487
Benner, Kim	7	414
Bensinger, Cole	1	506
Bensinger, Jill	R	536
Benson, Wayne	6	462
Boackle, Larry	3	0
Boackle, Tomie Ann	1	80
Booher, Lisa	8	654
Bookout, Jason	1	463
Bookout, Kimberly	1	423
Bowman, Bill	R	346
Boylan, Brittany	R	0
Boylan, Chris	R	0
Brakhage, Victoria	3	317
Bray, Elizabeth	R	555
Bridwell, Hunter	1	0

Participant	Years	Total
Brown, Charlie	7	268
Brown, Michael	4	376
Brown, Sean	5	209
Brown, William	1	523
Browne, Shannon	R	207
Bryant, Jason L.	R	177
Burks, Ross	3	264
Caine, Lawrence	1	0
Callahan, Chris	3	533
Calloway, Mariel	1	446
Carey, Christopher	6	206
Carlton, Bob	5	445
Carter, Adrienne	2	0
Carter, Jason	R	481
Chandler, Teresa	10	470
Channell, William Andrew	R	302
Clay, Brad	12	891
Cleveland, Jeff	3	545
Cliett, Stephanie	5	591
Coleman, Tim	2	524
Corrin, LaRonda	R	324
Corrin, Roger	3	310
Cowart, Britney	2	515
Cramer, Robyn	R	348
Cramer, Steve	R	251
Crawford, Katelyn	R	157
Creel, Mary	2	510
Crowson, Bill	4	381

Participant	Years	Total
Crumpton, Melinda	R	0
Cutshall, Hannah	2	0
Davidson, Dow	2	905
Davidson, Jen	1	379
Davis, Carla	R	0
Deason, Joshua	R	107
Decker, Brittany	R	107
Denton, Matt	7	690
Dixon, Charles	R	213
Dixon, Jonathan	1	135
Dixon, Marian	R	101
Donnelly, Kevin	1	335
Duke, Cindy	4	456
Eagerton, Emily	R	224
Edgerton, Amy	R	466
Elkins, Sydney	1	0
Estes, Cameron	1	503
Estrada, Steven	1	653
Evans, Debbie	6	507
Farrell, Marybeth	R	181
Farrell, Meg	R	85
Farrell, Ryan	R	507
Fecteau, Karin	R	0
Feldman, Jana	R	261
Ferlitto, Cindy	1	485
Fontenot, Misty	3	340
Ford, Eric	R	421
Franklin, Shane	8	439

# 1200 MILE CLUB

Participant	Years	Total
Frederick, Winston	11	401
Freeman, Sheila	3	417
Gayheart, Cheryl	R	465
Gibson, Katie	1	322
Gilmour, Laura	R	336
Glasgow, Robert	R	138
Goode, Johnny	11	703
Goss, Ange	1	484
Grady, Carla	1	224
Graham, Lydia	R	465
Graham, Ryan	1	287
Grainger, Matt	R	617
Grall, Jeremy	1	434
Gray, Caleb	1	0
Gray, Mary Margaret	R	167
Gray, Michael	R	451
Griffin, Misty	R	437
Gullapalli, Satya	4	442
Guthrie, Dana	R	438
Hackney, Aimee	R	563
Haley, Jay	4	449
Hall, Thomas	1	72
Haralson, Danny	11	500
Haralson, Micki	11	444
Hargrave, Alan	12	450
Harris, Angela	R	454
Harrison, Lisa	8	259
Harrison, Rochelle	R	51
Harry, April	2	214
Hartsfield, Gregory	R	524
Hartsfield, Kathryn	R	0
Hellenga, Meghan Ann	R	208
Henninger, Alison	5	543
Higginbotham, Weston	R	407
Hogue, Kari	R	0
Holcomb, Zachary	2	524

Participant	Years	Total
Holland, Skylar	2	356
Hollington, Kasey	1	443
Hood, Alissa	R	672
Hoover, Alison	8	618
House, Beth	5	333
Ingle, Brandon	R	40
Izard, Georgia	3	0
Izard, Melody	3	0
Jackson, Bradley	R	465
Janowiak, Desirae	1	348
Jenkins, Kaki	6	630
Johnston, Emily	1	0
Jones, Allen	1	335
Juarez, Cesar	R	123
Kearley, Christy	1	0
Kearley, Stephen	2	0
Kelley, Robin	6	588
Kemper, Tricia	5	508
Kezar, Carolyn	1	157
Knight, David	R	521
Kornegay, Marla	R	365
Krick, Stefanie	R	477
Kuhn, Claire	R	257
Kuhn, Jimmy	12	563
Kulp, Loren	4	354
LaFon, Caroline	R	162
Lahti, Tyler	3	517
Laird, Audrey	5	518
Lancaster, Jeff	1	354
Langston, Aaron	5	0
Lawhorn, Joseph	1	292
Lee, Brian	1	175
Litz, Matthew	2	464
Love, Thomas	1	351
Lyda, John	1	409
Lyle, Randy	11	614

Participant	Years	Total
Lyles, Chris	1	19
Madaris, Brandon	R	186
Madaris, Jennifer	R	110
Malick, David	6	538
Mathews, Skip	R	320
McDaniel, Willie	R	290
McElroy, Catherine	R	415
McKinney, Margaret	R	38
McNair, Kelly	6	449
McNutt, Janie	1	447
Merry, Vicki Sue	7	683
Miller, Joshua	1	562
Miller, Justin	R	450
Miller, Rachel	R	444
Mixon, Joshua	R	430
Morgan, Cary	10	1,243
Morris, Phil	R	0
Morrow, Alex	8	0
Moser, David	1	534
Moses, Mike	R	297
Mystenbusch, Stephanie	R	403
Neu, Matthew	R	134
Northern, Kristie	10	406
Norton, Laura	1	669
O'Brien, Michael	R	317
Oechslein, Tamara	R	444
Oehrlein, Kimberly	R	271
Oliver, John	5	388
Orihuela, Carlos	2	442
Ortis, Ellen	1	516
Parks, Charlie	6	887
Paschal, Paige	R	517
Patrick, Nicolette	1	404
Payson, Tabitha	R	54
Payson, Tommy	2	429
Peagler, Shana	7	97

# 1200 MILE CLUB

Participant	Years	Total
Pearce, Julie	5	155
Pearson, Blake	5	0
Pearson, Mary Scott	5	0
Pegouske, Jeremy	1	372
Pegouske, Stacie	2	0
Phille, Ron	R	0
Plante, David	7	613
Poh, James	1	365
Poole, Greg	2	272
Powell, Shane	1	826
Proctor, Megan	R	0
Rachel, Cain	R	0
Ralph, Meghan	5	400
Rawson, Brent	2	366
Reed, Kanita	R	261
Renfro, Jeff	1	534
Reynolds, Dewelena	R	0
Richey, Lori Beth	2	466
Richie, Melissa	R	450
Ritchie, Joseph	2	503
Ritchie, Lauren	1	581
Roberson, Kevin	5	325
Roberts, Fletcher	5	0
Robinson, Lyndsey	R	606
Robinson, Tamara	R	0
Rodgers, Jeffrey	2	372
Rodgers, Jessica	R	371
Rogers, Hannah	R	328
Roper, Lynn	2	379
Rose, Beth	R	0
Rose, Billy	5	969
Rosser, Joey	3	547
Routman, Cindi	R	96
Ruschhaupt, Skyler	R	247
Rutherford, Keith	12	416
Rutledge, Lisa	4	570
Sanders, Gwendolyn	1	293

Participant	Years	Total
Shaffield, Danny	6	664
Sherer, Jeremy	3	405
Sherrell, Jeff	R	446
Shinn, Ronald	7	113
Shoaf, James	1	624
Sides, Dean	3	378
Silwal, Suman	8	0
Simpkins, Randall	2	213
Simpson, Kevin	7	1,424
Sims, Cecelia	1	134
Sims, Kelly	1	144
Sims, Robert	6	575
Sloane, Mike	4	396
Smith, Marie	R	311
Soileau, Chester	2	0
Stewart, Zeb	1	210
Stockton, Rick	12	364
Sweatt, Jason	R	0
Talley, Beau	7	365
Talley, Shellie	2	0
Thompson, Sara	2	381
Tidwell, Pam	R	341
Tomlin, Chace	R	361
Townes, Janelle	1	0
Trimble, Jamie	5	464
Turner, Amanda Blake	R	0
Valles, Tina	R	406
Varnes, Vickie	6	673
Waid, David	R	696
Walker, Caroline	1	76
Washington, Monica	R	188
Watters, Ana	1	328
Watters, Larkin	R	350
Watters, Robert	5	428
Weber, Amy	2	314
Weeks, Lance	2	306
Weimer, Jonathan	R	238

Participant	Years	Total
Wende, Adam	5	873
Whillock, Amber	R	400
White, Robin	R	279
Wilhite, Thomas	4	375
Williams, Shaunda	1	93
Williams, Yolanda	R	0
Williamson, Rebecca	1	388
Wilson, Mark	R	209
Wiseman, Steve	5	572
Wood, Heather	R	429
Wood, Scott	4	129
Woody, Bill	11	534
Wooten, Vance	R	803
York, Gary	6	241
Zajac, Jason	1	726
Zapata, Carlos	R	211

**Date: Saturday May 9-10, All Day**

**Details:**

- 1) Run/Walk/Jog/Crawl any distance.**
- 2) Support a local business and take a pic**
- 3) Share on social media with #BTClocal**

**All participants get a custom designed t-shirt. Prize winners will be randomly selected from everyone who shares their pictures on social media**

**All proceeds go right back into the community supporting Urban Avenues/CareHealth (local charity supporting front line workers)**



# FEETS OF STRENGTH



**Daniel Chaplin** (below) completed the Lost Dutchman Half Marathon in Apache Junction, Arizona on February 16, 2020. Through his running (as well as his ballroom dancing), Daniel wants to show support and raise awareness for people with Down Syndrome. He has completed a half marathon in 26 states thus far, with the goal of completing a half marathon in all 50 states. With this experience behind him, Daniel thought the time was right to try a full marathon. Because he was familiar with the Mercedes Marathon as a past marathon relay participant, he selected the 2021 Mercedes Marathon for his marathon debut. He hopes lots of local runners will join him. Daniel's message to others is that they too have an opportunity to do something or achieve something, no matter what. Way to go, Daniel! The BTC will be cheering you on during your marathon training!

Congratulations to **Meg Gore** (right) who ran a huge 22 minute PR at the Mesa Marathon on February 8, 2020. Meg's 3:20 time qualified her for the 2021 Boston Marathon by over 15 minutes. Nice work, Meg!

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!



## BTC EXECUTIVE BOARD MEETING

April 13, 2020

The meeting was called to order at 5:33 PM by President Hunter Birdwell.

**Attendance:** Hunter Birdwell, Cameron Estes, Alan Hargrave, Skylar Holland, Kim Benner, Jamie Trimble, Julie Pearce, Lisa Booher, Kelly Sims, Charles Thompson, Bradley Wells, and Rebecca Williamson

The minutes of the March 9, 2020 meeting were approved unanimously, on Julie Pearce's motion, as seconded by Alan Hargrave, with two corrections: Charles Thompson attended the BSC track meet, but other events have since been cancelled, and the Statue to Statue race was inadvertently referred to as "Statute to Statute."

#### Membership (Cameron Estes)

We currently have 921 members under 703 memberships. Discussions were held about offering new runners a discount as many people have taken up running since the COVID-19 pandemic arose.

#### Newsletter (Julie Pearce)

Please continue to forward names and contact information for local businesses or individuals (or online resources) offering virtual training, etc. Julie will run a follow-up article about running resources in the May issue of *The Vulcan Runner*. Julie will circulate a list of potential topics for upcoming newsletters; she can use volunteers to write articles.

#### Treasurer (Hunter Birdwell for April Harry)

Financial statement was circulated via email by April Harry.

#### Website (Alan Hargrave for Dean Thornton)

Dean has been working on updates to the current BTC website – he is working on changes to appearance, layout and content. Please let Dean, Alan, or Hunter know of any changes you would like to recommend.

#### IT (Alan Hargrave)

Runsignup has begun holding back more money than usual for potential refunds, etc. due to more people requesting refunds in the wake of COVID-19.

#### Merchandise (Bradley Wells)

The long sleeve shirt order has been delayed until Fall. We will have a new short sleeve shirt coming soon; Bradley will plan a social media push when we're ready to release these. He would also like to launch a BTC virtual run – this would involve logging the mileage and posting something on social media showing support of a local business. Registrants would receive a t-shirt, but all proceeds would go to a COVID-19 related group.

#### New Business (Hunter Birdwell)

Hunter brought up the possibility of highlighting a business each month that supports the BTC and the running community. We could offer a free ad in *The Vulcan Runner* as well as a brief snippet about the business. The group agreed to highlight the Crestline Shell in the May issue. Hunter is also working on plans for Peavine Falls and will be reaching out for assistance.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, May 11, 2020 at 6:00 p.m. via video conference.



# B

## E Local



# T

## REK Local



# C

## ARE Local

To learn more, check out  
[runsignup.com/btc-virtual-run](https://runsignup.com/btc-virtual-run)



**Birmingham Track Club is proud to  
 sponsor this BHM Virtual Run and  
 Local Support Weekend**

**MAY 9-10, 2020**

BTC will be hosting a virtual run/walk/jog event accompanied by a local business support drive. All proceeds of the event will be funneled right back into our community and front line workers. Just a small way everyone in the BTC can say thank you to our local community and every

Look for more details and updates on any of our social media pages or in the May BTC newsletter



#BTClocal



**Proceeds to benefit  
 Urban Avenues-  
 Care Health  
 Initiative, find out  
 more at  
[urbanavenues.com](https://urbanavenues.com)**

## Upcoming Events

Most races have been or will be cancelled, so out of an abundance of caution, we have not included most “traditional” races on our calendar. We have, however, included some fun virtual races and opportunities to keep you motivated. Please [let us know](#) of any other virtual opportunities we can promote to our members!

EVENT	DATE	TIME
Virtual Smile-A-Mile <a href="#">Race</a>	May 8-10, 2020	Anytime
BTC Virtual Run and Local Support <a href="#">Weekend</a>	May 9-10, 2020	Anytime
Motherwalk & Run 5K – <a href="#">Virtual Run</a>	May 9, 2020	Anytime
BTC Executive Board Meeting (virtual meeting)	May 11, 2020	6:00 p.m.
Memorial Day Weekend 6 and 12 Mile <a href="#">Trail Race</a>	May 23, 2020	8:00 a.m.
Cedar 5K and 1 Mile Cedar Shake Fun <a href="#">Run/Walk</a>	May 30, 2020	8:00 a.m.
Marathon Training Academy's Social Distancing Run – Virtual Run – pick your distance and your bling ( <a href="#">click here</a> for more information and registration)	Now through May 31, 2020	Anytime
Gone For a Run Virtual Races (choose your distance, theme, bling, and charity) – <a href="#">click here</a> for details and registration.	Pick your date	Anytime

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*\* While the non-virtual races listed on the BTC Calendar were accurate at press time, please confirm with race organizers, as plans are subject to change.*

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BTC discounts are applied automatically for all current BTC members when registering through RunSignUp. Need to join or renew your membership? [Click here!](#)

Need to add a race (actual or virtual) 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:


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**