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WHERE RUNNERS ARE FORGED



THE VULCAN RUNNER

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Grand to Grand

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Friday, September 20th, a very clueless Liz & I arrived in Las Vegas and hopped a bus to Kanab for pre-Grand to Grand Ultra activities. We arrived just in time to check into our rooms and head off to dinner with 117 ultramarathoners from all over the world. Colin & Tess Geddes did a knock-up job orchestrating the dinner, which was ranch-style, all you can eat. We feasted, and a group of four French men and I toasted the adventure: to G2G!

After dinner, there was work to do. In our rooms, we ironed on our country flag to left race shirt sleeve, and G2G logo to right. Liz accidentally ironed a hole in her fancy and very expensive race shirt, which was unfortunate, but I had a spare shirt: an Alabama Outdoors Trail Team shirt. After the iron-ons, we wrote the names of all those who donated their time, money, and support to our cause, which was to raise \$5,000 for a patient who could not afford treatment for her eating disorder.

Liz went to bed after that, and I stayed up bagging all my freeze-dried food into ziplock bags and writing calorie content on the outside of each bag labeled by Day. The end count was 17,800.

In the morning, with our race wear on, we marched down to check-in. We signed our lives away, were

weighed, our bags were weighed, our calories were re-counted, we were to bring our original medical certificates (I left mine at home but they had a copy), and our bags were checked in detail for mandatory items. My pack checked out at just around 18 lbs. Liz's was slightly heavier (probably all the extra potatoes she packed and later ended up throwing away). Afterwards, we had quick box lunches before hopping a bus and being transported several hours down the road to Camp 1.

Camp 1 was beautiful.



We arrived near sunset: the light shone on the Canyon walls, making visible each of the many shades of fushia, purple, orange, and red. The sky: a brilliant robin's egg blue. Grass like green

straw, and cacti scattered throughout. I soaked it up like a sponge, joy bubbling up from within: you know, like the feeling one has as a child on Christmas Eve.

Like the Disciples, we had our 'Last Supper' together as a group. Tess, Colin, & Jeremy spoke about the



Navajo Trail. I had several run-ins with cacti and cursed as I yanked them out of my feet. I went to see medical for the first time that day as I'd developed a blister on my left foot. A medic named Bear took care of me.

Back at camp, everyone was nervously preparing for Stage 3: the long stage, and the stage that had the highest number of drops in 2012. We made dinner, wrapped ourselves in sleeping bags, and sat by the fire reassuring ourselves that we would be okay.

In the morning and at the starting line, Liz, Yuri, and I gathered together with a plan to run out slow and pace together. We ran several miles on soft sand before coming to a GIGANTIC rock face which we had to climb without harnesses.

Very under-prepared for the type of exertion we were engaging in, I ended up having serious swelling in

race and medical needs. We were informed we would traverse the Chocolate, Vermilion, White, Grey, and Pink Cliffs. Post-dinner, we checked out the porter potties and hung out around the campfire, mingling with people we hardly knew but would know very well by race end.



tendons in my right knee during and after this climb.

When we arrived at the top, lo and behold, we were greeted by more soft sand. We ran through sand for a long time, then some dense vegetation down to a riverbed. My knee was killing me by the time we made it to the



Stage 1 is a blur. In the morning, Dan (Camp Manager) woke us by blasting the camp with music. We ran 30.8 miles on mostly hard packed dirt, with some cross

country and cacti, and the occasional climb up to 5600 feet. The cross country section was tricky because it was full of desert scrub. This was no ordinary scrub: some has been alive for over 100 years! I remember thinking this stage was difficult, and now I sit here laughing at how clueless I was as to what was to come.

Stage 2 was 27 miles. Again, we were woken with music (this happened each day). We started at 5600 feet, climbed to 7100 feet, and dropped to 5100 feet.

Terrain was composed of cacti, more of that blasted scrub, lots of hard packed sand and gravel, and the



riverbed, so I slowed significantly and Liz went on without me. Yuri remained by my side. He kept seeing really cool landmarks and asking me to take pictures. I made him furious because I'd say, "No. No pictures right now. We have a goal. We have to focus, and we must move forward."

At aid station 5, I weakly plopped myself into a chair and asked for some assistance with my knee. I took my shoes off to rid them of sand, pulled my socks off, and

two toenails fell out. I didn't feel them because the pain in my knee had taken priority. I had several blisters



that had to be taken care of. One of the medical team members, Jennifer, was assisting me. She looked at me as she was doctoring me and said in kind of a quizzical way, "You know your limits, right?" I said yes. In my head I was thinking, "Yes. You'd have to cut off both of my legs to keep me from finishing this race." She gave me some Tylenol and sent

me on my merry way. All of this happened in a span of about 5 minutes: we moved as quickly as possible. Yuri stuck by me this entire time. I was really unpleasant because of the pain.

The sun was setting as we trotted off through soft sand filled with scrub, and we had Team XXX on our tail. Team XXX was a force to be reckoned with: it was composed of three rockstar guys who each were always in good spirits and were all good runners. One of the team members, Phil, is my hero: he developed a stress fracture in each ankle and pushed through to the finish of the race in spite of the pain.

Night fell, and we passed Team XXX. Yuri and I were exhausted, but we didn't want to be passed, so we plotted the best way to psychologically fool our competitors into thinking no one was near them. To do this, we turned off our red flashing lights and used only one headlamp. Yuri ran in front with the headlamp, and I followed in his footsteps. We ran at a brisk pace. My brain was so confused by pain from so many different locations that I didn't feel any pain for a while. We caught up with Liz, and ran to aid station 6.

Aid station 6 featured medical, a fire, and the option to sleep for a portion of the stage. Liz and I opted to stay for a maximum of 5 minutes and continue through the course. I scarfed down some food and we continued down the road. While we ran and in the silence of the night, we stopped, turned off our headlamps, and

looked up at the night sky. Stars like freckles were scattered above us. We stood in awe for a while before continuing down the road together.

We took a left turn and approached our worst nightmare: 20 foot sand dunes. They were massive. I looked at Liz and said, "You've got to be %^%& kidding me." We looked back at the dunes, got down on our hands and knees, and crawled up them. At the top, we took off our shoes because they were filling with sand in spite of having gators. We ran huge sand dunes like this for at least 3 miles.



After the dunes we ran through more scrub and soft sand. The temperatures had dropped, so we were shivering the entire time we ran. My knee hurt so badly and I was so exhausted that I did a terrible job of avoiding the brush and acquired many scratches during this segment of the race. I felt like my body was moving forward on its own accord. I felt dead.



We had to fight for the last miles: they were all deep soft sand. Liz, Yuri, and I crossed the finish together at 5 a.m. and plopped down in chairs by the person checking

in finishers. I was shaking from the cold, which I now believe was hypothermia. Instead of realizing this and taking care of it at the time, I went to my tent and crawled into my sleeping bag to sleep.

I slept for about 4 hours and woke to wind blowing our tent over and a fever.

We had the day off to rest, and that is exactly what we did. The day passed very quickly even though we did nothing but sit around.

Stage 4 was difficult, but only because I had a fever, swollen tendons in my right leg, blisters on my left and right feet, and because I would later sprain my right ankle and have a nosebleed for 3 miles. This stage was only 26 miles, with some steep climbs and lots of soft sand, and I had to walk most of it. I twisted my ankle on some rocks because my knee was weak and not supporting my legs appropriately. I kept moving, and near mile 18 my nose started to bleed from the dry air. This made me furious, actually, and I shed some tears. It was a bad day. Never once did I not want to finish the race, though. I knew why we had ventured out

to the Canyon: we were running for those recovering from eating disorders, alcoholism, and various other addictions. I thought of all the people who had emailed me personally to tell me what they were struggling with. I was running for them. It was easy to keep moving forward, but just frustrating to feel so terrible when your intentions are in the right place. The nosebleed kept going for 3 miles and at the next aid station I held my head back as medical did some blister care on me. I was a mess.

Pulled myself up and out of the chair I was half sitting, half lying in and continued the race. We approached one of my favorite points in the course: a climb up a rope on the side of one of the Canyon walls.

The next several miles were extremely difficult in terms of exhaustion as there were lots of climbs in soft sand. A beautiful person named Finn shared kindness with me at this point in the race: I had zero energy and thought I was going to black out on the trail. She saw it in my eyes and gave me her bag of trail mix.

It hit me: I'd gone from being in great shape to being completely broken down physically. It was very humbling. I had to depend on the kindness of another to continue forward. That moment simplified life for me.

What matters? People, not things. Experiences, not acquiring material goods.

A mile from the finish, Liz and Yuri appeared. They'd come looking for me. I started crying when I saw them. We trotted very slowly to the finish. Liz asked if she could get me anything: hot water, food. I

Why and for whom I am running (Nov 2013)

- because I am thankful to even have the physical ability to do so, having recovered from serious medical complications resulting from Anorexia
- for so many individuals recovering from various addictions
- to give myself perspective on what the words "difficult" and "challenge" and "achievement" mean
- to learn to be amazed by Earth's beauty & the people we meet
- to be uncomfortable so as to appreciate the things I have
- to see an amazing place on foot
- to show myself I am capable of completing this race
- to hear of others' stories of recovery & inspiration
- to show thankfulness for my family (mom, Dad, Elizabeth, Christian, Bill, Rachel, Robert, Trace, & Victoria) and friends (Renee, Olivia, Say, Tess, Ray, John, Hunter, Austin, Lake, Alex, the BTC, BUTS members) who have helped me through difficult moments & with race prep.
- to remind myself what to do when encountering difficult & painful scenarios in life: keep pushing. Don't give up. Put on foot in front of the other until you reach your goal.
- to use adventure racing as a way to inspire others and develop foundation that advocates for better coverage of treatment of ED & provides financial support →





asked if anyone had emailed. She said, "Yes, you have a pile of emails." I said, "Bring me those." I sat and read emails from so many wonderful friends and family members. For those of you who thought of and followed us, your support helped us through the race.

Stage 5 was not bad. The fever was gone, and I think we all felt like we were on the home stretch. It was a normal day: we ran in lots of soft sand and up steep climbs and across rocky places. I even found some lizards. I was going to take one back to Liz but the guy I was trotting beside told me it was weird. We made it back to camp, my legs were swollen and it was cold. I went to see medical for the 3rd or 4th time. This time, I sat down kind of in a state of confusion. Bear was in the tent taking care of someone else and he had come to recognize me as probably one



of the most frequent visitors. He told me I was sitting there looking very confused. I was. I didn't want to move, and my legs were ridiculously swollen. I'm not sure what I expected medical to do. It was as if being in the medical tent somehow had magical healing powers. Actually, I can't even remember what happened after that. I'm pretty sure Bear told me to take off the ace wrap I had wrapped around my knee to decrease the



the realization of the challenges overcome, the people we met along the way who are friends for a lifetime, and those beautiful, freckle-like starry night skies.

swelling in my ankle.

Dan Stake is another character who showed me extreme kindness. He saw the hurt in my face and brought me a cup of hot water for tea.

The final night, temps dipped into what might have been upper 20s. I shivered in my sleeping bag all night and woke at 4:30 a.m. for the 6 a.m. start. Medical gave me 1000 mg. of Tylenol, and I sprinted the last 7 miles to the finish. I thought I'd cry crossing the finish, but I was in shock and didn't. Instead, tears filled my eyes as I watched so many of our friends cross the finish holding pictures of people they loved and were running for, or holding hands, or holding their country flag.

Colin & Tess ordered pizza to the finish. That pizza was the best pizza I've ever tasted: pepperoni and pineapple & ham.

When all runners had crossed the finish, we loaded our nasty-no-bath-for-seven-days selves into Greyhound buses.

We stopped in Kanab for lunch with the town, reloaded, and headed to a resort in Vegas. At the resort, we showered and were no longer recognizable: we returned to our normal, clean selves for the awards ceremony. One gentleman even told me I looked lovely.

I ended up placing first female in my agegroup. Craig Peterson placed first in the male.

The pain I felt in my ankle starting day three and continuing to the finish, which I initially believed was a sprain, ended up being a stress fracture. I'm off of my legs for some weeks. Liz is in good shape. Pain fades. What remains is



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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

trakshak.com

run42k.com

President's Message

—Jennifer Andress



Greetings, BTC,

We are all in a great mood because the Vulcan Run 10km, the most fun and beautiful race route in town and this year's RRCA State 10km Championship, is Saturday. And this race is looking like it's going to be a great one. We are expecting the largest crowd we have had in 4 years!

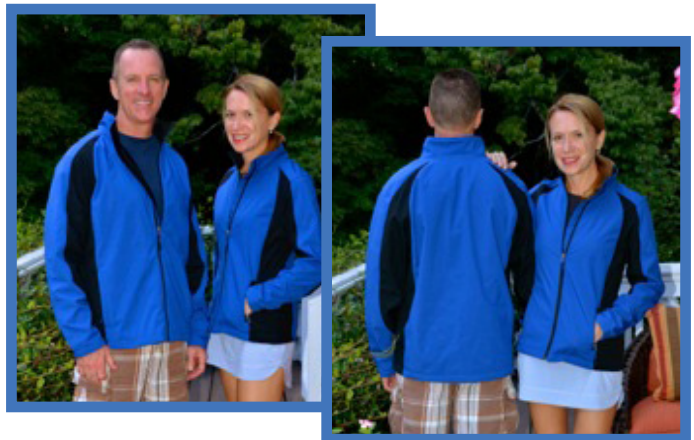
This year we entered into a partnership with Southern Sports Group. They have been a lot of fun to work with, and have provided us with resources we have not had in the past. Our video Athlete's Guide was sent to each racer and shared on our website. It allowed us to highlight our beautiful course and our wonderful sponsors. In addition to our food and beverage vendors (Waffle House, Coca-Cola, and Cahaba Brewery) and our long-time supporter Trak Shak, we welcomed Truitt Insurance and Eskridge & White Physiotherapy on board with the BTC. Because of these special vendors, we are able to offer you a superb race experience. I also would like to thank Vulcan Park, Marketing Director Cristina Almanza, and the big man himself, V! They have been a joy to work with. We will be presenting Vulcan Park and Museum with a check from the proceeds of the "In Training" shirts this month, so be on the lookout for that.

And speaking of increasing numbers, our Membership now numbers at almost 1200! That is a huge increase from just a year-and-a-half ago, and is the stretch goal number we set for ourselves at the beginning of this year. Thank you all for your membership and your involvement in this club! I also want to thank the BTC Board and Executive Committee for all of their hard work in achieving this goal. I would especially like to thank Dirk Guenster, who is stepping down as Membership Chair. Dirk mastered the Racelt software program we use, and cleaned up our several Membership lists. He worked hard at all of our events, and won the Randy Johnson/Danny Haralson Outstanding New Member this past year. Dirk hands off the Member committee to the wonderful Jamie Witter. Thank you Dirk!

A Member benefit that is exclusive to the BTC is the 1200 Mile Club. This year we will be offering new jackets to those achieving this significant milestone. We posted three options on our website and asked for your opinion, and I am pleased to announce that Option 1, the Royal Blue and Black fleece-lined jacket will be our new 1200 Mile Club reward. It was the overwhelming favorite by those polled. Members that have earned a jacket in the past will have the option to purchase a new jacket for \$50. This is a very good deal,

because this jacket looks great and will keep you warm! Next up, stay tuned to our website for a poll on recognizing each successive year. We will have an array of patches and pins from which to select.

After the super fun Halloween social brought to you by Social Chair Burt Chandler and the Social Committee and this weekend's wonderful Vulcan Run, we will be focusing on the end-of-the-year activities. We will have a November Saturday morning run-social, so be on the lookout for details about that event. We will have a rocking water stop at the Magic City Half-Marathon on November 24. In December we will have a Christmas light run, and we will once again be at Red Mountain at the end of the year with Trak Shak for the Resolution Run. All of these events are already being planned for your enjoyment by your BTC Officers! We look forward to seeing you there!



PLAYLIST

—By Kile Putman

Imagery

Song: Just My Imagination

(Running Away with Me)

Artist: The Temptations

Composers: Norman Whitfield,
Barrett Strong

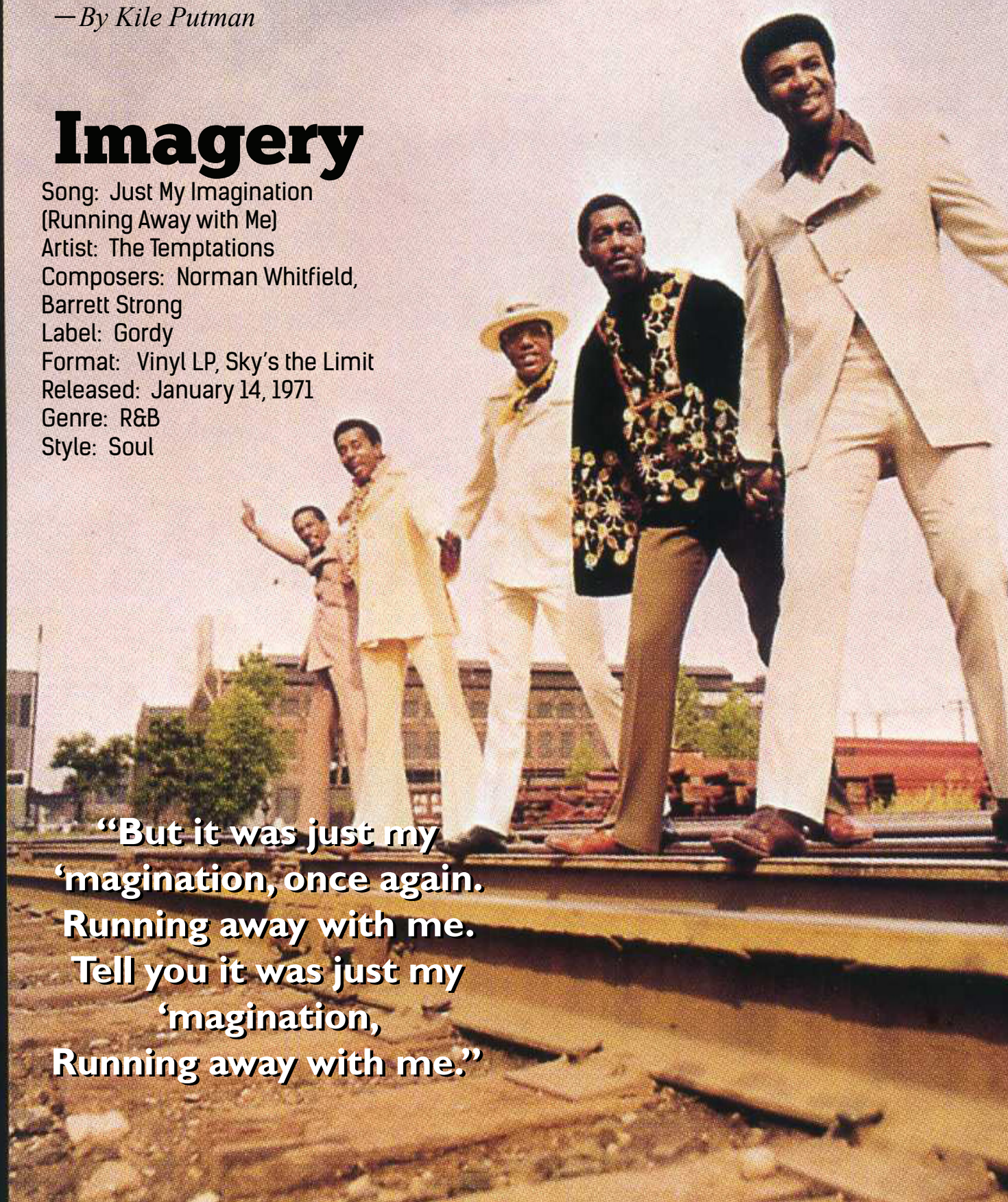
Label: Gordy

Format: Vinyl LP, Sky's the Limit

Released: January 14, 1971

Genre: R&B

Style: Soul

A photograph of the five members of The Temptations standing on a rooftop. They are dressed in 1970s style clothing, including suits and a patterned vest. The background shows a cityscape with buildings and trees under a clear sky.

**"But it was just my
'magination, once again.
Running away with me.
Tell you it was just my
'magination,
Running away with me."**

How often have you been on the road, track or trails and just let your imagination run away? Have you dreamed of crossing the finish line with a PR and a solid performance during the weeks prior to a key race? Perhaps unknowingly you have improved your running program through imagery training.

Use imagery on the run or while at rest. While performing mental exercises is helpful while running, you can also develop a routine for times you are not running. Perhaps you may awake each day and focus on that group you are meeting in a few minutes. Think of the familiar faces that will be there and the excitement of starting on the run. See and hear the group as you start down the road. Formulate in your mind that this is going to be a great training run and you are going to accomplish that unique goal with the support of the group. Maybe you will soon be returning to a race that you enjoy. As you close your eyes at night imagine the familiar surroundings and the noise of the crowd at the start. Feel yourself surge forward as the gun goes off. Bring into view the sights along the course and the time on your watch as you pass by, smooth, effortless, and in control.

The fundamental key to imagery is to make your mental image as realistic as possible. Use all of your senses to feel not only your body but the environment. As you listen for the rhythm of your breathing and your feet striking the ground make sure you hear patterns of efficient running. Feel your feet strike the pavement below you in a smooth fluid motion. If your next event is near the beach you should be able to smell the salty air, even if only in your mind. Maybe there is a competitor that always finishes in front of you in local races. Let your mind see, and feel, what it is like to overtake that runner to triumph at the finish.

There are three different approaches to imagery ‘practice’- internal, external and kinesthetic. Internal visualization is done in first person; you run the race in your mind and see it from your own perspective. External visualization is viewing yourself as an outside observer; you watch yourself run the race. Kinesthetic visualization combines bodily movements and muscle sensations with either the internal or external images you see. During the kinesthetic practice simply add movements such as reaching for the cup at the aid station or pushing your feet into the floor at foot strike.

Imagery training makes you a better runner in several ways. Visualization builds confidence by developing a belief in your abilities. It helps to control emotions by enabling you to know what lies ahead. If anxiety begins

to creep in, imagine yourself being calm and confident. If you’re feeling fatigued, see yourself as powerful and courageous to pump yourself up. It improves skill through repeated practice of form but without the physical impact. Your brain will actually trigger the same muscle responses as if you were physically performing the action.

Your first experience with visualization may be to simply to relax, close your eyes, and focus on images of yourself running. Capture as many details as possible in your vision; see the downhill section where you must stay in control, feel the water splashing from the cup at the aid station, or hear your feet striking the asphalt. Another simple way to utilize imagery is by watching videos of efficient runners. Study the relaxed face of elites so that you can emulate that relaxed state during your own race. Watch their example of running the tangents of a road course to assure the shortest route possible is traveled.

During your mental training is the perfect time to develop a race plan. Have confidence that you have completed the race in your mind many times and have achieved the desired result. Run the event in your mind with various weather conditions, with different strategies and even with obstacles to overcome. Mentally rehearse ahead of time how you will react if a shoe comes untied, or if you miss a water table or if you drop a gel. Knowing you have encountered that situation during your preparation will calm the situation on race day.

Imagery is a great tool for the times that you are injured or sick and cannot run. There is a neuromuscular theory that proposes visualizations affects your nervous system in ways very similar to the actual experience. The brain is able to interpret the movements you imagine and triggers the same muscle patterns used when actually doing the movement. When you are not able to run use your imagery routine to see yourself healthy, strong, and running down the road in perfect stride.

Imagery is a valuable yet often overlooked tool for any athlete, and because you can use it anywhere at any time, the possibilities are endless. All you have to do is let your “imagination run away”.

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

WHAT MAKES A LEGEND

—David Tosh

On August 10, a true ultrarunning legend died after a long battle with cancer. His name was John Dewalt. Virtually everyone that runs 100 mile races knew him or at least knew who he was. He set the standard of what is achievable and, to be quite honest, is my role model. My ultimate goal is to be like him when I grow up. I am serious.

the best of the best at the height of their careers.

Certainly there are a number of very famous ultrarunners competing today. I can't call them legends because they are all too young, but they are at the top of the sport and all of us ultra-guys know their names. Many of us actually know a few. I have met and talked with Hal Koerner, Karl Meltzer, Joe Grant and Tony Krupicka.

To a person they are some of the nicest people you will ever meet.

So what has made this man, John Dewalt such a giant in the world of ultrarunning? I really don't know anything about his early years as a runner. As far as I know, he never won a race. I don't know if he even ran track or cross-country in college. The earliest results I can find are on Ultrasignup.com showing that he finished the Leadville 100 in 1987 in 28:53:41 at the age of 51. He came in 60th out of 65 runners. No, it was not John's speed that made him famous; it was John himself, his amazing will, determination and inner strength.



This is a picture of John, waving, with his crew in the gym at Silverton, Colorado. John's crew members always wore "DeWalt Tool Company" shirts.

There are a lot of running legends out there. Many of us could name 10 of 15 of those great distance runners like (in the order they pop into my mind) Frank Shorter, Steve Prefontaine, Bill Rodgers, Roger Bannister, Greta Waitz and Joan Benoit. Frank Shorter is first because he is probably the reason I run today as I mentioned in a previous article. They are legends because they were

John was 77 when he died. In his ultrarunning career he ran over 60 ultras, at least 35 of those were 100 mile races. Not a huge number by some standards today. (Karl Meltzer had finished well over 50 100 mile races.) John's finishes include Leadville, Vermont and Western States, twice each, Mohican and Massanutten, 4 times, Arkansas Traveler and Old Dominion 6 times and several others. But the race that made him famous was Hardrock which he finished 14 times, the last being in 2009. I was not there but many ultrarunners have

seen the video of him finishing that race and we will never forget it.

Bryon Powell of [irunfar.com](http://www.irunfar.com) fame (One of the best ultrarunning websites around) did a great article on John just a few days after his death. I have taken the liberty of copying the opening paragraph.

"I'll never forget standing outside the Silverton High School gym shortly before 6 a.m. on the finishing day of Hardrock in 2009. I was there with my son, Carson, when around the corner came this old guy in a blue VHTRC t-shirt tilting to the side and holding himself up with a stick.

*"Carson, see that guy?" I said to my 12-year old son. "I want to be like him someday."
"Dad, you can't. He's a total bad ass." Carson replied, as only a 12-year-old can."*

I couldn't have said it better. Here is a link to the article if you are interested in reading it. <http://www.irunfar.com/2013/08/john-dewalt-1936-2013.html>

The photo below is of John, just a few yards from "the Hardrock" in 2009, the finish of Hardrock. He is just 10 minutes ahead of the 48 hour cutoff. This man, at 73 has just finished the hardest 100 Mile race on earth (that can really be considered a race) having almost 34,000 feet of elevation gain and 34,000 feet of elevation loss, over trails that, in places, a slip would kill you. I have also provided a link (below) to the actual video of the finish. I hope it is OK to do so because everyone that runs should see it. Take just a minute to watch this 26 second video and remember it the next time you are struggling to finish a 10K or Marathon or Ultra. Just how bad are you really suffering?



John Dewalt's 2009 Hardrock finish. <http://www.youtube.com/watch?v=C15pOfuhZrg> – Click on the link or paste it into your browser.

I just realized that I am wrong. There is a "road running" legend that probably never won a race. This was a female runner back in the late 60's who decided she wanted to run a marathon. This was an era when people (mostly men I am sure) didn't believe a woman could or should run a marathon. In 1967 a woman entered the Boston Marathon using her initials so the officials did not know she was a woman. Her name was Katherine Switzer and there are some great videos on YouTube of her running the Boston Marathon in '67. A race official tried to pull her off the course and other runners protected her so she could finish the race. Those videos are pretty inspirational too. Isn't it great to be associated with such amazing people?

The picture below is Kathrine Switzer #261 being shielded by fellow runners as race officials try to remove her off the course. Her boyfriend and college football player #390, to her right, moments after this picture was taken, booted the race director right off the course. No one bothered her after that. The whole episode was caught by the media and Katherine Switzer was front page news that night. (When the media got word there was a woman in the race the "media truck" moved from the front of the field to where she was running back in the pack and captured the entire episode.) And for all you "Young Kids" out there, yes we really did once run in cotton sweats. I never liked running in sweatpants so when the temperature was below about 28 deg. F. I wore a pair of cotton thermal long-johns under my running shorts.





FINAL RACE OF THE 2013 SOUTHEASTERN TRAIL SERIES

Tranquility Lake 50K

Tranquility Lake 20K

50K AND 25K TRAIL RACE

OAK MOUNTAIN STATE PARK - SATURDAY, NOVEMBER 23

**PRESENTED BY: MOUNTAINHIGHOUTFITTERS.COM
AND SOUTHEASTERNTRAILRUNS.COM**

**TECH SHIRTS TO ALL, FINISHER AWARDS FOR BOTH RACES
FOOD AND FUN FOR ALL**



SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Left: Michael Gann, Chicago Marathon

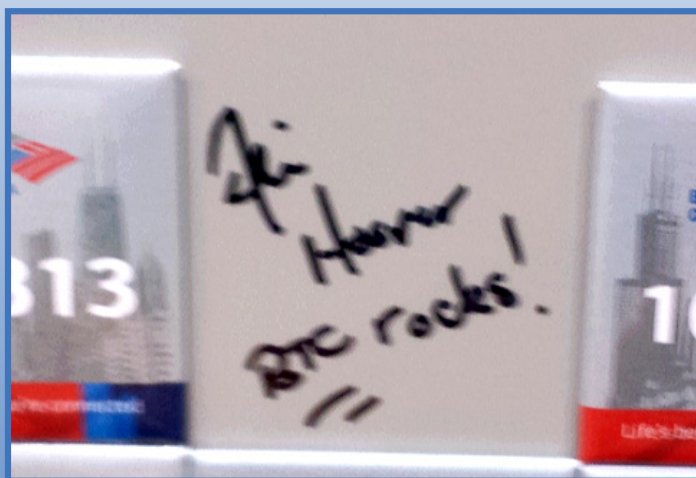


*Teresa Kirkwood with daughter Madison after
Chicago Marathon!*

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Left to right: erica murphy, Michael Brown, tasha beaty, jeffrey purvis, leslie herring, jason camara, kristen osborne



Ali Hoover at Chicago Marathon expo



Norm's Gnomes Bourbon Chase relay team

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Harvest Festival 5k, Joyce's Jog for breast cancer. Donalsonville, GA
Allison Williams and Vann Thursby*



*Jennifer Crawford at The Detroit Free
Press Marathon*



*Donna Arrington and My USTA team. We made it to
semi final round in State Championship tourney this
past June*

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Above: Katherine Pezzillo and Mario
Santana, Marine Corps Marathon*



SEND US YOUR PICTURES WITH YOUR BTC APPAREL

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

president@birminghamtrackclub.com

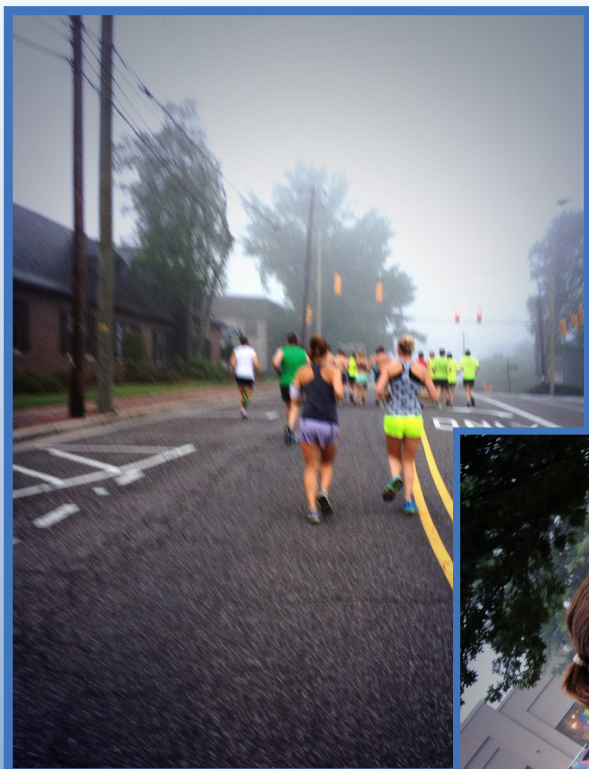


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Saturday Morning Long and Moderate Runs

Find us on FB or email Natalie
Ferguson at nataliezl@hotmail.com
for more information

JOIN US!



Looking for Running Mates

Contact info: email is Reannon1977@yahoo.com,
facebook is "Reannon Holman" and
phone is (205) 602-0991

JOIN ME!

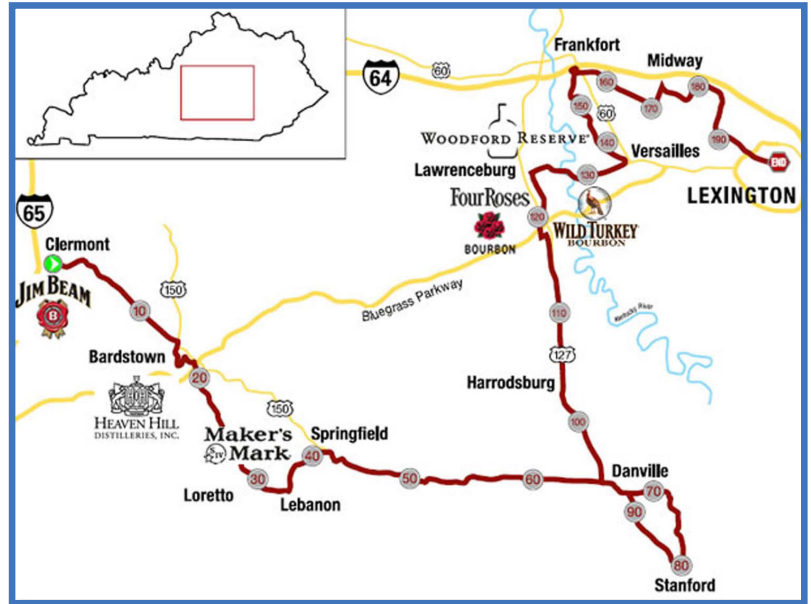
Hello fellow runners! I have been a member of the BTC for about a year now, and I am enjoying all of the events and socials that the BTC puts on. However, I live on the east side of town, in the Leeds/Moody area, and it is often very difficult for me to make the long drive over to the Homewood/Mountain Brook area for group runs and other functions. I have found several good places to run around here, and I wonder if there are any other BTC members in my area that might be interested in forming a group or getting together for some runs? I generally run about a 10:30-11:30 pace, anywhere from 3 to 14 miles. I usually work 7 am to 5 pm, Monday through Thursday, so early morning runs are difficult for me during the week. I would also be interested in trying some other nearby areas, if anyone has any suggestions.

Bourbon Chase Write-Up

—by Kelly Atkins

If you've recently desired to run solo down Kentucky highways throughout the night, shower in a high school locker room and ride for 22 hours in a van with five other sweaty runners, The Bourbon Chase may be the race for you! A 200-mile relay race that took place October 18-19 loosely following the Kentucky Bourbon Trail, each team is composed of 12 members, each running three legs throughout the course. Although the specifics of the race may not sound entirely attractive to some, the overall experience morphed into something greater than the sum of its parts (admittedly after a hot shower, a good night's sleep, and yes, bourbon.) This year's Norm's Gnomes team was made up of Michael Campbell, Liz Kivus, Tim Roberts, Eric Langley, Elena Linn, Justin Parker, Brad Clay, Kelly Atkins, Patrick Leonard, Brian Atkins, Keith Rutherford and Kelly McNair.

For those who have never run a relay the logistics are different than your typical road race. The 12 team members are assigned to 2 vans with 6 runners each. Runner 1 hands off to runner 2 at designated exchange zones by handing off a bracelet. When runner 6 is finished, they hand off to runner 7 in van 2. This exchange (between runners #6-7 and #12-1) are major van exchanges and are the only points during the race at which the whole team is together to catch up with each other. All runners run their assigned legs (which is a rule, not a suggestion as some teams may have interpreted it). Thus, with the exception of Patrick coming to a dead stop to tell us he lost the team bracelet, Brad waiting on van 2 which was delayed by traffic and Michael getting stopped by a train (and refusing to jump through the boxcars) there was always one team member running throughout the entire 22 hours it took us to finish! After arriving in Bardstown Thursday night, we kicked



off race day with a morning jog. Since our assigned start time was 5pm, we then killed time for the next 8 hours before the start of the race. I've never prepared for a race by watching HGTV in a hotel room with 3 other girls, but I must say it was a nice way to calm the nerves. For van 2, the wait meant an additional 3.5 hours of downtime before anyone's shoes met the road. After hotel check-out, we stocked up on provisions, picked up Brad from the airport and headed to Jim Beam for the race start. Michael lead off, Hokas blazing by and playing music on his phone (trail runner). Since van 2 was on its own after the race start, all I can say is that van 1 killed it while van 2 sat around and ate Subway. The first van exchange occurred at Maker's Mark distillery around 8:30pm, at which point van 1 got some time to relax, test the mash at Maker's and generally look like bourbon connoisseurs while van 2 FINALLY started to run into the night. Keith served as the statistician for the team, diligently recording the splits and paces while comparing them to previous years. At the second exchange van 1 handed back to van 2 at Perryville, a little after midnight. As van 1 worked away

on bossing their second legs van 2 headed for the local high school for showers and a nap. Kelly McNair and myself balked at the idea of a cold shower in the men's locker room (group showers, y'all, and it was like, 30 degrees outside). We hit the hay on the wrestling mats in the gym, protecting our faces from ringworm and vowing to bring sleeping bags next time.

As an aside, looking back on the race as a whole from the comfort of my couch I can say that it was so much fun that I definitely want to go back next year if possible. However my confidence in my decision to do this race was pretty low after waking up in the gym. Waking up a little past 3am and knowing there's a second leg staring you down in 40 minutes was not a great feeling. Kelly McNair, who could be in the optimist hall of fame, said that she knew that this point was not the one to try to recruit anyone back for next year (that time would come, later, after we crossed the finish and were warm inside a bar). And although sleeping in the gym wasn't the most comfortable, the fact that this local high school opened its doors to hundreds of runners, volunteers manned the lobby throughout the night, and the guy in the kitchen boiled water for me to make tea was very much appreciated. In fact all race volunteers were friendly as could be (even the poor guys standing out in the rain at 3 in the morning). Even cars politely moved over for runners (for the most part).

We gathered our things and headed to downtown Danville where van 1 was finishing up their second run (only to face the cold showers and the gym wrestling mats) where we again grabbed the bracelet and headed out toward Lexington. It started to drizzle before quickly clearing up, and one by one we ticked off the miles toward the finish line. After van 1 got a little shuteye of their own and geared up for their final legs, we met again at Four Roses distillery as the sun was finally beginning to peek out. Van 2 handed off to van 1 and headed for Woodford Reserve to relax before the last van exchange. A refreshing icy rain started to fall as we all resigned to our fate of being cold all day. At the last van exchange, van 2 headed for the finish line in Lexington while van 1 headed for well-deserved Waffle House. Aside from getting

stuck in traffic and Brad getting to the exchange site before the rest of the van got there, (he's too fast) the final legs went off without a hitch. Keith wore his pastel team singlet with pride (the tie-dye didn't take to the tech material) and Kelly McNair rounded out the race where the others were waiting at the finish line.

We managed to cover the 200 miles of Kentucky countryside in 22 hours and 5 minutes, landing us a 2nd place win in the open mixed category and 5th overall. It took only a beer and a space heater to forget that we hadn't really slept or eaten much for 36 hours and start thinking about the possibilities for next year. As a first-time runner I really appreciated the massive planning and organizing that Tim, Eric, Patrick and Keith did. The experience would have been eclipsed by frustration had they not handled transportation, lodgings and money. We got to the bourbon tasting tent to sample the goods before collecting our prize and grabbing some dinner. After hot showers, a full night's sleep and a change of clothes we piled back into the vans to head back to Birmingham. We signed our award and hit the road where we exchanged stories from the previous night. It was my pleasure to be able share the experience with a group of such great people and really get to know them. And so although I can definitely say I still don't like bourbon, I had a great time on The Bourbon Chase with a great group of runners!



Last year the BTC brought you its first-ever Triple Crown Half-Marathon Challenge. BTC Treasurer Randy Lyle had the idea to recognize BTC members that had run 3 half-marathons in 3 successive months. We looked around for good races, and came up with Talladega 21000 (which had just moved to a September date), Life Without Limits Half-Marathon in Florence in October, and the concluding race here in Birmingham at the Magic City Half-Marathon in November.

We had a lot of interest--- 86 runners completed that first challenge! We had a fun bus-ride up to Florence, which was a new race for many of us. We did make a few mistakes in our first year. Despite the great-looking shirt, we missed a quite large and embarrassing typo on the back, and had to re-order the shirts. That meant finishers did not get their shirt immediately upon completion of such an impressive feat. Our medal was also not as big as I would have liked, and was not worthy enough of our great members!

2013 has given us a chance to roll out a bigger and better Triple Crown Half-Marathon Challenge, and you all responded in great numbers! We have 109 participants heading into our 3rd race this month!

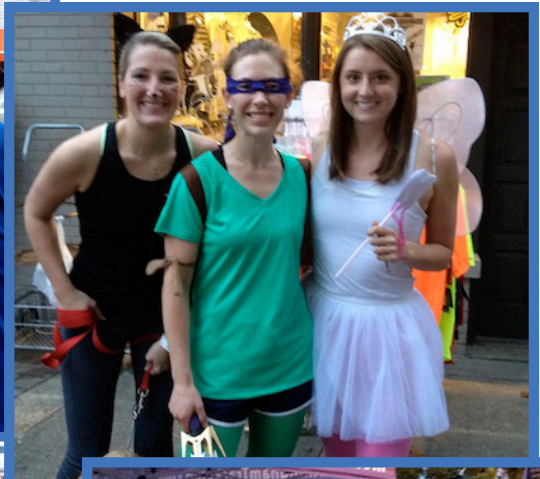
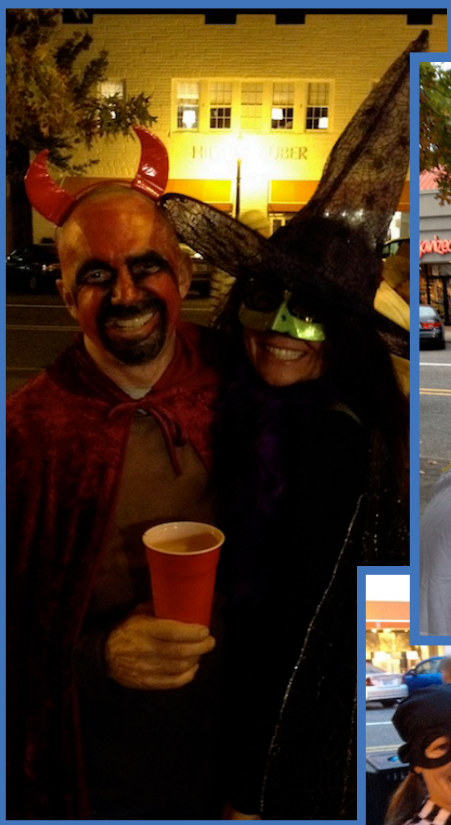
In fact the Triple Crown brought us new members from the north and west section of our state. At the BTC booth at the Mercedes expo I met Ricky Johnson and Krista Scott from Red Bay, and Sherry Pruitt from Hamilton. They joined BTC specifically to take on the Triple Crown Challenge! It was great hearing from them after the second race of this year's Triple Crown, the Montgomery Half-Marathon. Ricky sent me these awesome pictures of them after they had finished both Talladega and Montgomery. Great job, you guys!

Thank you all for participating. I can't wait to see you at the finish line of the Magic City Half! The medals are big and beautiful, and the shirts will be waiting for you!

— by Jennifer Andress



We would like to thank all of you for coming out and making the BTC Halloween Social such a huge success!



THE 1200 MILE CLUB

Sep 1200 Milers

Last	First	Total	Sep	Aug
Adams	Audrey	308.4		
Adams	Clell	1158	164	154
Adams	Tammy	1014	155	147
Affuso	Olivia	991	171	150
Allen	Darnell	1070.8	169	145
Andress	Jennifer	1009.5	13	127.5
Armstrong	Tommy	355.3		66
Arrington	Donna	926.6	136.4	85
Atkins	Brian	1664	201	210.7
Ballard	Bill	934.8	83.5	87.2
Barry	David	876.5	101	144
Belcher	Michelle	819.45	139	127
Benner	Kimberley	914.9	127.3	117.2
Benson	Wayne	746	119	103
Bertram	JR	913.35	101.85	164.5
Blankenship	Barry	1139.89	143.5	140.3
Bonatz	Ekkehard	1796		143
Booher	Lisa	1263.93	195.8	183.7
Bradley	John	709.2		
Bradshaw-Whittemore	Al	974.6	114.1	115.3
Broussard	Julie	293.45		
Brown	Charlie	1109.45	153	131
Burke	Chad	1592	180	180
Burnette	Jack	727.8		127.4
Burris	Mark	1115	90	96
Caldwell	Greg	599.8	61.7	66
Chandler	Teresa	1036	189	127
Choat	Julie	868	111	76
Clay	Brad	2128	281	245
Coffee	Mitch	803.9	29.51	13.03
Corrin	Roger	763.09	73	89.52
Crawford	Jennifer	1321	200	196
Creed	Brad	941.2	90.9	108.5
Crumpton	Dan	1177.87	80.95	182.35
Darden	Amber	177		
Davis	Wayne	1251	176	102
Dease	Katherine	905.78	102.72	100.84
Denton	Matt	1176.12	118	163.12
DiMicco	Al	1054	132	109
Dodson	Brooke	1105	118	123
Dortch	Cherie	742.53	135.6	122.5
Dunham Atkins	Kelly	1217.2	171	160
Dunn	Wade	660.7		
Engels	John	880.1	112.3	107.7
Ensminger	Stephanie	704.91	11.43	46
Estes	Jeff	630	55	75
Evans	Debbie	1291.55	154	166
Evenden	Sally	1146	200	135
Fasking	Greg	1001	100	146.8
Fell	Amy	895.5		
Feller	Beth	1248.4	168	151
Fite	Rebecca	1243.56	158.43	160.74
Fondren	Matt	2072	225	155
Ford	Joe	1017	132	122
Foster	Michelle	918	90	111
Franklin	Shane	919.43		146.33
Frederick	Winston	1499	170	200
Ganus	Jack	935	111	97
Gann	Michael	1184	183	152
Gash	John	979	140	162
Geisen	Jonathan	963	104	125
Givan	Marcus	807	119	134
Glaub	Chris	892	136	103
Goode	Johnny	1352	177	151
Gray	Todd	893.2	92.1	115

Last	First	Total	Sep	Aug
Greene	Michael	943.81	166.7	183.9
Gremmels	Jennifer	950.76	134	143.34
Grossmann	Christopher	974.84	112.26	117.2
Gullapalli	Satya	888	123	96.7
Hallmark	Daryl	1015.3	120.1	121.4
Haralson	Danny	1092	123	113
Haralson	Micki	1332.5	137	149
Hargrave	Alan	871	100	106
Harris	Robert	244.25		
Harris	Vickie	936	126	88
Harrison	Lisa	1239.1	156	188.5
Hartfield	C. Meade	808.9		150.8
Hathorne	Chad	529		6.23
Haugh	Spencer	535.1		
Heaton	Bryan	1107	140	148
Hedrick	Nicole	940.6	110.2	96
Hickerson	Patrick	897	112	100
Higgins	Shane	884.5	79.1	95.2
Hiller	Russ	820.74		154.06
Hinton	Gretchen	463		
Hollington	Kasey	1079	103	124
Home	Greg	94.1		
Honea	Todd	949	85	100
Hoover	Alison	1201.83	157.03	149.31
House	Beth	895.9	81.35	98.55
House	Mike	75.7		
Ingram	Joseph	871	134	135
James	Ryan	1224	176	94
Johnson	Mark	895.6	94.6	86
Kahn	David	437.5		
Keith	Michael	925.83	117.5	106.46
Kirkwood	Teresa	993	130	123
Kuhn	Jimmy	1185	131	159
Langston	Richard	1119.4	141.1	131.9
Lee	Shilonqua	830.56	130.7	135.2
Longoria	Joseph	874.98		132
Losole	Liz	935	123	126
Lucas	Jane	948.5	134	141
Lupinacci	Tim	930.75	115	123.5
Lyle	Randy	1860.8	251.8	203
McCalley	Charles	117.7		
McCarthy	Nicole	989.61	131	94.1
McConnell	Kim	834.4	112.5	125.5
McMahon	Mary Lee	382.6		
McShan	Kenny	1113.21	72.4	120.5
McTune	Mark	2009.58	195.8	195.7
Meadows	Bryan	941.59	144.26	124.5
Merry	Vicki	1836.4	259.1	240.8
Millican	Randy	1046.13	139.9	114.38
Milsap	Lanier	1029.57	152.3	134.86
Miner	Caitlin	1381		120
Morgan	Cary	1948		226
Morgan	Danielle	907.4	152	124
Morgan	Phil	1232.9	175	155
Morrow	Alex	1509.5	224.26	245.26
Myers	Bill	1127	145	114
Noerager	Brett	1688	181	193
Northern	Kristie	1270.1	171.05	152.35
Oliver	Greg	1087.26	128	126
O'Neil	Ray	986.09	130	129
Osterbuhr	Tom	1056	149	132.5
Parr	Michele	645	91	68
Pasqualini	Ellie	872.5	133	158.5
Pasqualini	Greg	48		
Patterson	Carrie	1146	103	159

Last	First	Total	Sep	Aug
Patterson	Cathy	1212.3		195
Pattillo	Jim	750.33		141.83
Pearce	Julie	1129.08	158.73	146.6
Perry	Jeff	1572.5		232
Pezzillo	Kate	831	112	109
Phillips	David	110		
Phillips	Stefanie	327		
Plante	David	1242.5	138	156
Porter	Chilton	48		
Randall	Lisa	1313	129	162
Reisinger	Kaitlin	1061	173	145
Roberts	Tim	1065	89.5	157.7
Rose	Jamiko	202		
Russell	LaShandra	154.04		
Russell	Tom	912.95	25.6	93.9
Rutherford	Keith	1120	122	142
Sample	Holly	576		
Shinn	Ron	802.55	114.36	100.82
Silwal	Suman	1504.2	192.9	205.7
Sims	Debbie	89.46		
Sims	Kyndle	2380	208	276
Smith	Jerry	963	107	110
Stearns	David	900.3	90.1	123.5
Stockton	Rick	1124.03	134.8	116.7
Stroud	Vanessa	1317.6	150	181.3
Talley	Beau	900	153	153
Taylor	Trey	1012.2	127.5	110.7
Thomas	Eric	726.92	148.67	144.79
Thornton	Dean	1282.31	166.45	191.78
Thursby	Vann	953.77		
Wagon	Bill	1112.25	142	127
Wall	Ron	1011.9	97.9	52.2
Washburn	Kevin	750.02	142	142.69
Weisberg	Scott	985		158
Whatley	Prince	2456.5	212.5	316.2
Williamsom	Chad	1214.77	154.6	118
Wilson	Barrie	919	96.5	107
Witter	Jamie	713.56		
Woods	Cindy	959.4	118.1	127
Woody	Bill	1401	177	144
Wu	Xing	952.13	106.1	133.07
Zehnder	Justin	1214		152
Zenker	Chris	1241.5	91	143

Last	First	Total	Sep	Aug

BIRMINGHAM TRACK CLUB

REWARDS

PROGRAM

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

VOLUNTEER AT 2 RACES/EVENTS IN A CALENDAR YEAR:

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

VOLUNTEER AT 3 RACES/EVENTS IN 12 MONTHS:

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

VOLUNTEER AT 4 RACES/EVENTS IN 12 MONTHS:

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

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

Double Sport Crosstraining

—by Donna Arrington

I have always loved running and the sport has off and on been a part of my routine since I was a teenager. I had to scale back over the years because of family and shifts in responsibility i.e. two babies back to back. I admittedly lost the drive and will power to run regularly for almost 10 years. In 2010, a friend wanted to train and run the 2011, Mercedes Half Marathon. She invited me to join her in this mission. She finally sold me on the fact that it would be a great opportunity for our young boys to see their Moms set a tough goal, work hard and hopefully achieve that goal. So, I guess one could say I re-entered the sport for reasons other than self. The training was brutal. I had never run longer than a 10K in my life. I was a Wife, Mom and RN who was always exhausted from all the demands of family, work and home. I tried soothing a lot of this exhaustion with wine in amounts equaling more than my family doctor would consider “healthy”. It was clear after the first few weeks of training the wine had to go.

Our training continued and we ran the Red Nose Run race in 2011 for practice. I remember thinking the day of that race I cannot do this, I am hurting from head to toe and all these people are so fast. My friend and I stayed together the entire race and finished in the top 25 of our age group. When I saw my name in the published results I was pleased with my performance but deep down knew I had more in me.

Mercedes race day arrived and I had not run any farther in training than 10 miles but knew I could reach the half marathon finish line. It is difficult to explain how I knew this, I just knew I could. My friend and I ran together the entire race, encouraging each other, complaining a little and taking it all in. Our families waited to see us run by at Avondale park. Our boys, for whom all



Credit: BTC photographer David Christy

this training was focused greeted us with hugs and ran a few yards with us. Mission accomplished. The looks on their faces was worth every ache, pain and numerous days spent training. It was a great day and truly sparked a change in my path and ignited the drive I had disregarded for so many years. I was back and I was ready to build myself into a running machine.

Fast forward, 2 years and countless races later that included several age division top 3 placements and some wins, I was invited on a trail run by my adoptive long run group that I met every Sunday at old Brownell. I longed all week for my long Sunday runs with this awesome group of people. Many of you know this, Long

run groups are like family and you know you can trust them with all your heart. Trail running was brand new to me and I was a bit apprehensive because of the unknown and fear of injury but I was with family and knew I would be okay. We met early on a Sunday at the newly opened Red Mountain Park. It sounds crazy but I knew after 10 minutes of pounding the dirt I was home. I felt so good and energized. It was like I was an animal and I had to move. Weaving, jumping, accelerating, decelerating, stumbling and yes, falling. But it was all good medicine that soothed me head to toe a million times better than the best Chardonnay.

I continued to run roads but also picked up more time on the trails and started signing up for trail races. My first trail race was an Xterra Half Marathon. I had no expectations and no real plan. I just wanted to run. It was a great race and I learned many valuable trail race lessons. #1 lesson being thirsty sucks. You must carry a water bottle. Trail races are different than road races. You need to carry your water and drink as you run, before you get thirsty. I got dehydrated and almost hit the wall at mile 10. I was able to push through the wall and ended up winning the first place medal in my age division. Naturally this made me want push myself harder and longer. Something happens to me after I finish a race, immediately I go home and start searching online for my next race. It must be longer and harder. Last year after running Ruffner Mountain's Crusher Ridge 21K, I looked really hard at the Birmingham Stages Race. I was quite banged up from Ruffner but the post-race psychosis was in full swing. I really loved the idea of a three day endurance challenge. When



my psychosis passed I had to accept the obvious, I was in no way going to be successful on something that ambitious until I got my body ready. So began my quest for Stages 2013.

I have run several races in the Southeastern Trail series this year and remember again mulling over the Stages. I felt like I was in the best shape of my life and if I was ever going to be able to complete it was now. I didn't sign up until the week before and my heart was literally pounding out of my chest when I hit the confirm icon for Stages on Ultra Sign Up. I did not even tell my Husband I was running all three stages until the morning of the first stage. He was understandably less than happy with me. I had the option of running only Saturday and Sunday, so I had kept that in my pocket, but the night before the first stage I decided I would go for all three. The Stage Race runners were blessed with spectacular

weather and great race energy. The parking lot full of runners before the start was like a family reunion. I also felt like I had a good plan which would help me make it to the finish line on the Day of the Third Stage. The combination of elation and pain at the same time is difficult to describe but totally fulfilling to me. Being a part of this 3 day race was a privilege and I thank God for blessing me with a strong body and sound mind. I placed female master for the Birmingham Stages Race and surprised myself at my ability to endure and fight through pain I had been dealing with in my right foot for over a month. Great fun and good medicine is best way to describe my experience.

I started playing tennis in 2010 about the same time my running fire had been reignited. I had never owned a racquet, did not really even know rules of tennis or how to keep score. My Husband played tennis in High School and wanted to pick back up and start playing at our local club. I was resistant at first because of the unknown and fear of injury. Sound familiar? It was a slow process. I was not terrible, but he could see I had potential and signed me up for the closed club tourney.



At the conclusion of the tourney with zero match wins, just like training and running the Mercedes half I knew I had more in me. I signed up for league and joined a beginner's level team.

Fast forward hundreds of matches later, my love for tennis is only slightly shadowed by love for trail running. In August of this year, I again signed up for our closed club tourney. My game had grown and improved over the year but I did not know how much until the conclusion of the tourney. I won my division for singles and made it to the finals for Doubles and Mixed Doubles. I thought about what had made the biggest difference in my game? Then it hit me like a hard fall on the trail. Trail running. My time on the trails had improved my foot work for tennis so much I had been able to turn my game around and be really successful. My tennis coaches and team mates all think I am a little off because of the long distance running but now I think they see how I have benefitted.

Thank God for The Birmingham Track Club, David and Marye Jo Tosch and The Birmingham Ultra Trail

Society, all my family now. The Birmingham Track club changed me for the better. The Southeastern Trail series is a true blessing for trail running junkies like me and BUTS has allowed me to meet and enjoy so many others like me and feel a sense of normalcy. Road runners and Trail runners are some of the best folks on the planet! I often invite my road running friends to the trails in hopes they will also have an aha moment as I did. In more ways than one running, especially trail running has blessed me beyond anything I could have ever expected. I just signed up for the final race in the Southeastern Trail Series, The Tranquility Lake 50K. I have never run a road marathon and this race is farther. I will bring everything I have to complete this race and hopefully at the finish line can truly call myself an Ultra Runner.

Happy Trails!

BTC RUNNING GROUPS

Black Girls Run

Black Girls Run! is a National Organization with a local Chapter. They have over 1,500 members with all paces and levels from the beginner walker to ultramarathon runners. There is no fee to join, and they are always accepting new female members.

Contact one of the BGR! Birmingham Ambassadors for more information:

Olivia Affuso, oaffuso@gmail.com, Tiki Curry, tmerritt@southernco.com, or Tammy Fincher, tmfincher@gmail.com,

Or visit www.blackgirlsrun.com,

Or find the local chapter Black Girls RUN! Birmingham on Facebook <http://www.facebook.com/groups/249831688374975/>

Norm's Gnomes

Norm's Gnomes are a local group of about 70 members who run a 6:30-8:30 pace and train for long distances; half marathons to 100-mile Ultra's. This is not a beginners group. There is no fee to join and you can become a member by showing up at one of the many weekly runs in the Homewood and Mountain Brook Areas and running with the group.

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

The Village Runners

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

Find them online at www.facebook.com/groups/thevillagerunners

or email Dave vp@birminghamtrackclub.com or Randy treasurer@birminghamtrackclub.com

The Evening Runners

The Evening runners have about 15 regulars and 90 members. After completing Run University's program for the Ruben Studdard Half Marathon in the fall, they decided that the rest of the runners in Birmingham started way too early, so they run at night. Paces range from 9 minute miles to 15 minute miles. They are an open group.

Request to join their facebook page at <http://www.facebook.com/groups/257924670910573/> or search for Evening Runners Group. You can also contact

BTC Saturday Morning Long Run (Natalie's Marathoners)

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

See www.birminghamtrackclub.com for information.

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

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

The program costs \$49 for the 5K/10K and the Half Marathon cost depends on the event chosen for the group. Contact rununiversity@gmail.com or visit

www.rununiversity.com or find them on facebook
<http://www.facebook.com/rununiversity> or twitter
<http://twitter.com/rununiversity>

Fleet Feet's Beginner 5K Group

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

Contact Will@fleetfeetbirmingham.com

Helena Endurance Running Group

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

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

Shijenben Running Group

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

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

Regular Runners

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

To join this group and receive the weekly e-mails, send a message to David davidphenry@charter.net, Harry yhbblxm@gmail.com, or Jay jamyoun@gmail.com.

Downtown Running Club

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

For more information, e-mail Brian bemjohnson@gmail.com at or find them on Facebook <http://www.facebook.com/groups/242163662534942/>.

Black People Run Bike and Swim

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

Like us on Facebook <http://www.facebook.com/BlackPeopleRBS?fref=ts>, Follow us on Twitter <https://twitter.com/BlackPeopleRBS>, or Email us Jerri jlhaslem@yahoo.com, Shirley shirley.gibbs@uab.edu, or Patrick packer@blackpeoplerrunbikeandswim.com for more information or schedule of events.

RUNNING TIDBITS

— Compiled by Randy Lyle



Quotes

“The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can’t dream of being an Olympic champion, but he can dream of finishing a marathon.”

~ **Fred Lebow, New York City Marathon co-founder**

“If you feel bad at 10 miles, you’re in trouble. If you feel bad at 20 miles, you’re normal. If you don’t feel bad at 26 miles, you’re abnormal.”

~ **Rob de Castella, winner of 1983 World Marathon Championships**

“The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...It is not age; it is not diet. It is the will to succeed.”

~ **Jacqueline Gareau, 1980 Boston Marathon champion**

“The key to running a good marathon is to not listen to anyone’s advice the last week before the race. That’s when people tend to do stupid things that disrupt all the input and training of the previous months.”

~ **Don Kardong, U.S. marathoner in the 1976 Summer Olympics**

“You can’t cram for the final. By that, I mean you’re not going to get any fitter during the last couple of weeks before the race. So don’t try cramming any last minute long runs or extra training. The best thing you can do for your body is rest.”

~ **Gordon Bakoulis Bloch, author of Cross-Training: The Complete Training Guide for All Sports**

“A marathoner is a marathoner regardless of time. Virtually everyone who tries the marathon has put in training over months, and it is that exercise and that commitment, physical and mental, that gives meaning to the medal, not just the day’s effort, be it fast or slow. It’s all in conquering the challenge.”

~ **Mary R. Wittenberg, president of New York Road Runners Club**

Tidbits

How Not To Wreck Your Marathon

Source: <http://www.active.com/running/Articles/6-Mistakes-That-Could-Sabotage-Your-Marathon.htm>

Although I have only been running for a few years, one thing I have learned is that a marathon or half marathon can be unpredictable. There are dozens of variables that go into making a distance race successful. Unfortunately, many of those factors are outside our control. Obviously, we can control what we eat, what we wear, where we stay, etc. What we cannot control are things like weather conditions, road conditions or adequacy of water stops, just to name a few. Rather than focus on the things we cannot change, I found some helpful tips related to a few of the things we can control.

The last thing we want to do is make a critical mistake when it comes to a distance event like a marathon. After all, most of us spend weeks or months preparing for the race. No one wants to see all that hard work go to waste because we made a bad decision. The following is a list I found of 6 Mistakes That Could Sabotage Your Marathon. I think these can apply to half marathons too so I thought it was worth sharing.

Marathon Mistake #1 – Overtraining

We all know that preparing for a marathon requires us to put in significant mileage during our training if we want to run an ideal race. Believe it or not, there can be too much of a good thing when it comes to training. For those that know me, this may sound hypocritical coming from me. However, I have heard Coach Danny Haralson of Run University say numerous times, “If you undertrain, you may not finish but if you overtrain, you may not start.” There is a fine line between overtraining and undertraining. We have to work to keep our expectations and

enthusiasm in check. It may make sense that we should run all of your runs at race pace to “practice” running that fast. Our body is just not made to endure that level of intensity and we are asking for an injury. We must incorporate “easy” runs into our training. Carl Ewald, a coach and race director of the ODDyssey Half Marathon in Philadelphia, says, “You need to stay honest with your plan. Otherwise, you’re just setting yourself up for disaster.”

Marathon Mistake #2 – Ignoring Injuries

None of us likes the idea of being injured, but it can be a mistake to ignore an injury and hope it just goes away. It is common to experience an ache or pain during training due to the pounding we put on our body while running significant miles. However, if we are experiencing any persistent pain, we need to have it checked out as soon as possible. Ignoring aches and pains that hang around could lead to stress fractures or something like that. If we get to that point, we will find our self on the shelf and possibly miss our marathon altogether. What if we feel pain during the race? There is no need to stress about slowing down or even making a stop to see the medical staff to tend to minor aches and pains like cramps or blisters. We are better off dealing with them mid-race than trying to fight through to the finish line. Rebekah Mayer, the national training program manager for Life Time Run in Eden Prairie, Minnesota, says, “Remember, just finishing 26.2 is a huge accomplishment, even if you have to adjust your goal time.”

Marathon Mistake #3 – Not Doing Your Homework

Most of the distance races I run are outside of Birmingham and I may or may not be familiar with the area. There are not many things worse than getting into a rhythm in a race and come up on a hill that I had no idea was there. That can throw me off my game. To avoid these types of surprises, we need to make sure we study the course map and elevation chart. We should visualize our self on each turn and climb. The same goes for checking (and rechecking) the race’s website. Find out what kind of fuel will be available on the course and how far apart the water stops are. That way, we can plan our fueling strategy and carry our own gel or fluids if we are unfamiliar with what they are using. Coach Danny often tells his runners, “Nothing new on race day.” The last thing we want is to experience gastric distress with a port-a-potty nowhere around.

Marathon Mistake #4 – Racing with a Partner

Before I elaborate on this one, please know that I believe there is a difference between “running” with a partner and “racing” with a partner. I know a number of people that will agree to run with someone to help them finish a race. That is different from racing with someone. You and your running partner may have run nearly every step together in training and decide to race side-by-side too. The problem arises when one or more of those factors I mentioned above affect each of you differently. It may not be your day and you will hold your partner back or vice versa. It is fine to start together and plan to run together. There needs to be a pre-race agreement, however, that either of you are free to leave the other at any point. Be prepared to do your own thing. Elizabeth Chabner Thompson, a veteran marathoner from Scarsdale, New York, put it best when she said, “Loyalty wins you no points.” The bottom line is that we have to run our own race on race day.

Marathon Mistake #5 – Going Out Too Fast

Whether we spend weeks or months training, it is completely normal to be amped up on race day. After a couple weeks tapering, we may also be antsy to run the race. At the sound of the gun, it is not hard at all to take off as if we are shot out of a cannon. Any experienced marathoner will tell you that going out too fast usually leads to a very painful finish, assuming you do finish. People who make this mistake often say, “I felt so good at mile 7.” Of course they did! They trained to run 26.2 miles. If they do not feel good at mile 7, something else may be wrong. The harder you run in the beginning, the more carbs you are burning. That only increases our chances of hitting the dreaded “wall” later in the race. Rebekah Mayer of Life Time Run says, “The early miles always feel easy, but often any time ‘banked’ is given back later. It is always easier to make up time if you start a little slow than to recover from starting too fast.”

Marathon Mistake #6 – Bad Breakfasts

We do not have to be a professional marathoner to know that we probably should not gorge on a greasy sausage biscuit on the morning of our race. I realize that is understood for most of us, but I wanted to put it out there. Well before race day, we need to test out different types of foods before our long runs so we will learn what we can or cannot tolerate during those 26.2

miles. Even basic breakfast foods like eggs, cheese or muffins can cause cramping and stomach discomfort during a marathon. What about things we drink? It is probably best not to stray from the usual stuff. If you normally have a cup of coffee as part of your normal routine, you should be fine to do the same thing then sip (do not chug) water or a sports drink until time to line up for the race. Once again, this goes back to Coach Danny's mantra of "nothing new on race day."

Some of these mistakes may seem like common sense and they probably are. In most cases, the key is preparation. We often follow our running plan and think we are fully prepared for the marathon. We also need to plan for the other things that we can control. That will put us in the best position to hit our goals. For those factors we cannot control? We really cannot and should not worry about those. They will happen regardless what we do. All we can do is try to minimize the mistakes we make that we can control.



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





BTC Membership application

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

First Name:

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Last Name:

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Street:

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City:

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State:

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Birthdate:

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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