



★ BIRMINGHAM TRACK CLUB ★
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THE VULCAN RUNNER



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November 2014 Issue **11**

THE VULCAN RUN 10KM

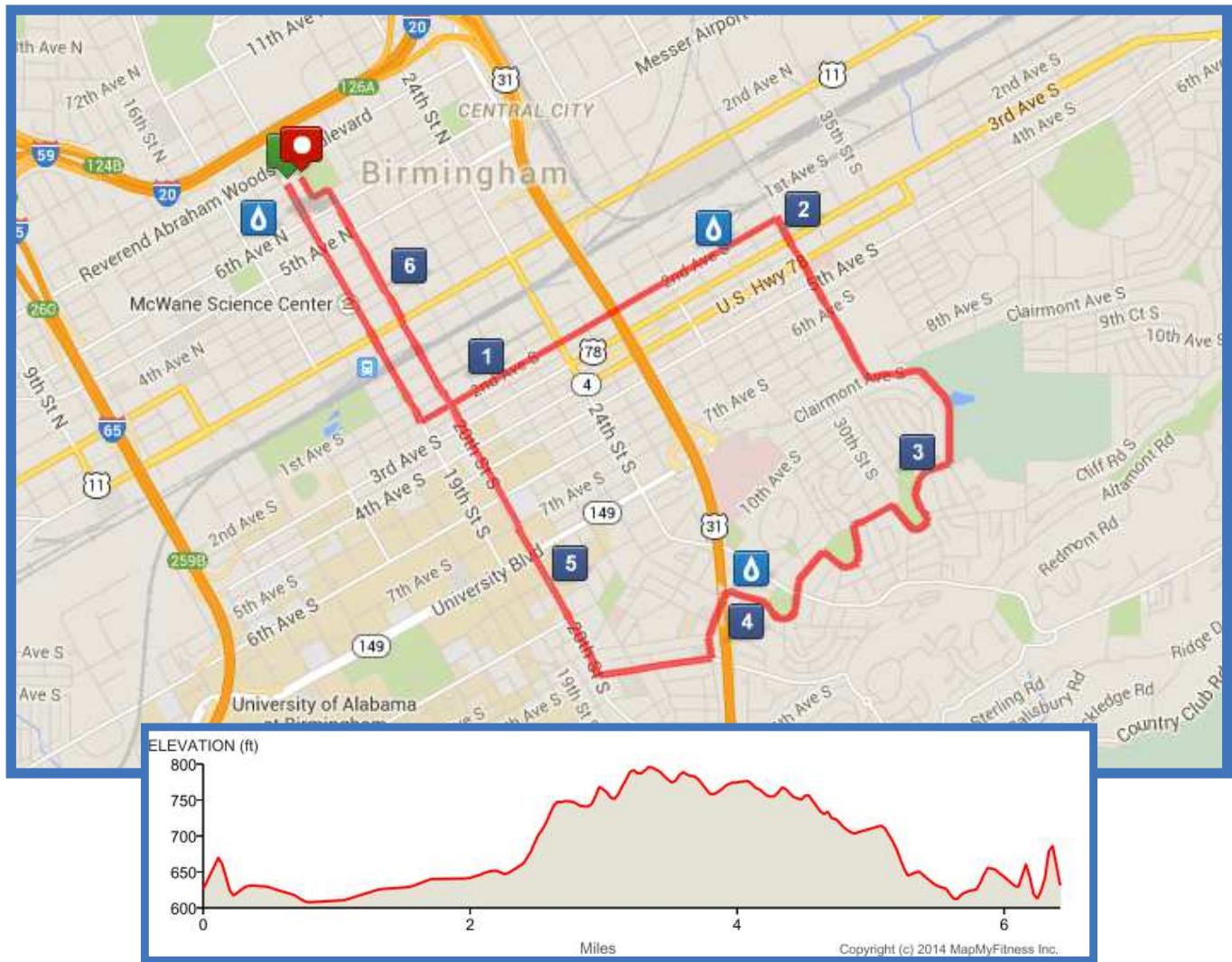
THIS ISSUE

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Welcome to the 40th Anniversary of the Vulcan Run 10K and 1 Mile Fun Run, November 8th! The Vulcan Run is the 2014 Alabama RRCA 10K State Championship. We are excited about this year's Vulcan Run as we are expecting 1500 – 1700 10K participants. We hope you are planning to be one of them. We are bringing back the 1 Mile Fun Run to the Vulcan Run. We have put half price entry fees for kids 14 and under for the 1 Mile Fun Run if you sign up online. The Vulcan Run is downtown Birmingham, and Race Day headquarters is Boutwell Auditorium. The Vulcan Run is one of the best 10K courses around, it has a bit of flat, a bit of hills, and a bit of downhill all combined with the best fall colors and typically nice cool crisp running weather. If you have not registered, we are still taking online and paper applications. \$35 until November 5th \$40 after that including race day. \$20 for 1 Mile Fun Run and \$10 for those 14 and under. You can register or find out more information at www.vulcanrun.com. If you have not noticed we have migrated the BTC Membership and BTC Race registrations over

to a new platform called RunSignUp.com. With the Vulcan Run this year we have some features you might want to take advantage of: RunSignUp.com allows each participant being able to manage their own registration by logging in and making any necessary changes, such as T-shirt size, (up until October 31st when we prepare you bib number). Anyone can also see who else is running the Vulcan Run by clicking on the "Find a Participant" tab online registration page. A new feature we are going to use with RunSignUp.com is searchable results with the inclusion of video. What that means is you can go to the RunSignUp.com results page, search on your name and then click on the Video and see yourself crossing the finish line. It may take a day or two to get all the video loaded to YouTube. Best Times will be timing our event, so be sure to look for their checkered tent at the end of the finish line area and get your printed finish time. We will announce race results inside Boutwell Auditorium at 9:45am. If you are one of the fast runners there is \$5000 in cash award prize money, all thanks to the Trak Shak. Back again

by popular demand, the Top 200 shirts for the first 200 that finish the Vulcan Run.

We are planning to have Pre-Race registration and packet pickup at the Trak Shak in Homewood Thursday – Friday, November 6th & 7th 10:00am – 6:00pm. We have some pretty cool swag for the runners goodie bag too. You can register online or walk up and we will get your registration all taken care of. We have a really nice gender specific soft Tee for every participant that signs up. We will have a limited number of blue tech shirts available on a first come first serve basis for \$10. Those that pre-ordered their Tech shirt will be able to pick them up with their registration race packet.

We also still could use volunteers for the Vulcan Run, check www.vulcanrun.com for the Volunteers. Lots of key spots still available race day or even the days prior. The Vulcan Run is an all volunteer event and would certainly like to have you volunteer with us for this or other BTC events.

We will have the Vulcan Park “V” mascot, so be sure to get your picture made with him race day!!

Key Points to remember about the Vulcan Run:

Pre-Race Packet Pickup & Registration:

Thursday, November 6th - 10:00am - 6:00pm

Friday, November 7th - 10:00am - 6:00pm

Trak Shak Homewood

2839 18th St. South

Homewood, AL 35209

Race Day Packet Pickup & Registration:

Boutwell Auditorium

1930 Reverend Abraham Woods Jr Blvd.

Birmingham, AL 35203

Race Day- November 8, 2014

6:30am - Registration & Packet Pickup Opens

7:45am - Registration & Packet Pickup Closes

8:00am - 10K (2 Hour Course Limit)

8:30am - 11:00am - Post Race Food and Fun

9:30am - 1 Mile Fun Run Starts

9:45am - 10K Awards Ceremony

Post Race Activities:

DJ to play while results are tabulated

Adult refreshments - while it lasts

Please be sure to wear your Bib Number on the Front of your shirt.

Bib Number must be visible at all times during the race.

Race will be Chip Timed, so No bib Number equals No finish time.

Everyone Must wear a Bib Number, No Bandits!

There are **NO** refunds of registration fees. There are **NO** bib number transfers of registration after **October 31st**.

This event will occur rain or shine, warm or cold. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds, rather, your entry fee will be used as a donation to Vulcan Park & Museum, Girls on the Run and Birmingham Track Club (501c3).

Questions? email Trish at vulcanrun@bellsouth.net.

BTC would like to thank our
biggest sponsor for our
Vulcan Run 10km!



The
TrakShak
Running Shops

www.TrakShak.com

PRESIDENTS ADDRESS

—Jennifer Andress



START



Greetings, BTC!

It's almost here! The Vulcan Run 10km is a little more than a week away! This issue of The Vulcan Runner is all-things-Vulcan! We will get back to our regularly scheduled newsletter next month. If you have sent me a picture with your BTC gear, I have it ready to roll next month. This month we are focusing entirely on our premier race. This year marks the 40th Anniversary of the Vulcan Run 10km, and we are dedicating it to the memory of our founder, Dr. Arthur Black.

Once again, Race Director Danny Haralson and our Vulcan team, Race Coordinator Trish Portuese and Assistant Race Director Allison Stone, have brought you a first class event. Once again, this year's race is the RRCA Alabama State 10km Championship. Once again, Elite Athlete Chair Erica Speegle has brought us some phenomenal runners to compete against our own hometown heroes. Once again, our Number One Sponsor Trak Shak is providing us with Top 200 shirts for the first 200 runners across the Finish Line. Once again our race will be benefitting local charities Vulcan Park & Museum and Girls on the Run. Once again we will have V the Vulcan mascot at the Start and Finish line for pictures. Once again we are giving away Vulcan Bobbleheads in the week before the race (so stayed tuned to Facebook!) And once again we will have a bang-up Post Race Party at Boutwell Auditorium.

What's new this year is the return of the Kids Fun Run, and a bouncy house inflatable. Waffle House is joining us to an even bigger degree this year. Our Age

Group Awards are bigger and better.



And this year we have opted to go with a very nice fashion tee, in a women's cut and unisex (pictured here with BTC Vice President Alex Morrow). Our talented Newsletter Editor Andrew Nuckols did the artwork.

We know some of you would also like a tech shirt, so we have one for sale for \$10. We took pre-orders during registration, and have ordered additional shirts in each size. Also look for the Vulcan Run debut of our BTC Finish Line arch as you cross that finish line!

This year we are having a fun and festive packet stuffing on Monday November 3 at 5:30 at Good People Brewery. Please contact our BTC Volunteer Coordinator Katie Pezzillo at volunteers@birminghamtrackclub.com if you would like to volunteer then, or at any point during the Vulcan Run 10km weekend.

Next month we will be back with a Triple Crown Half-Marathon Challenge recap, a Pinhoti 100 Miler write-up, and all of your BTC Gear pictures! But until then, we will see you Vulcan Run 10km Race Weekend!

2014 Officers



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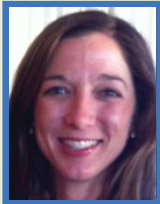
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BTC Mission Statement

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.

Contact BTC at:

Birmingham Track Club
P.O. Box 530363
Birmingham, AL 35253
info@BirminghamTrackClub.com

Race Results

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

birminghamtrackclub.com

trakshak.com

run42k.com

Join Us!

Join the Trak Shak and Birmingham Track Club for a 20 week marathon and half marathon training program that starts on October 6 and ends February 22, 2015 at one of Birmingham's premier events, the Mercedes Marathon. Seasoned coach Al DiMicco and second year coach Natalie Ferguson have designed a training schedule to get you to the finish line. They will also provide you with weekly information and encouragement about Marathon training and are available throughout the training to answer questions. This is a free group. Join us for an information session on September 25, 2014 at 6 p.m. at the Trak Shak in Homewood. E-mail NatalieZL@hotmail.com or Jeff@trakshak.com for more information.

It can also be modified since this is specifically directed at folks in the community who might not be familiar with BTC already. This is the piece that's going out to OTMJ and al.com.

Vulcan Kids Fun Run!

It is not too late to register your little runners and future BTC members for the Vulcan Run 1 Mile Fun Run. A small registration fee of \$20.00 will ensure your little runner will receive a bib with their number, a t-shirt and a Vulcan finisher medal. And, we will have water, donuts and bouncy house for them after their run. Don't miss this opportunity to foster the love of running in your child, grandchild, or neighbor. The race will start promptly at 9:30.

Here is the map and the site to register.

Map: <http://www.gmap-pedometer.com/?r=6458266>

Register: <https://runsignup.com/Race/Register/?raceId=10038&eventId=27308>



THANK YOU VOLUNTEERS!

Good Afternoon Everyone -

I just wanted to take a moment to thank everyone who's volunteered their time this year to help make BTC and local running events a success. Unfortunately I haven't been out to every event myself but each time I do I meet a few new faces. It's genuinely a pleasure to work with our BTC members and the community to pull events together. Some of the best qualities of runners (and the friends and family that put up with us) are their ability to be cheerful at 6 am and their willingness to help another runner.

What volunteers have accomplished so far:

Adam's Heart Run, BTC Race Series, Feb 8, 2014

Mercedes Marathon Weekend, BTC Booth at Expo and BTC sponsored water stop, Feb 16, 2014 - Sun, Feb 22, 2015

Statue to Statue 15k, BTC Race Series, Apr 19, 2014

Retro Run 5k, BTC sponsored water stop, July 26, 2014

Peavine Falls Run, BTC Race Series, July 4, 2014 - Sat, July 4, 2015

Talladega 21K, BTC sponsored water stop, Sept 13, 2014

Still to come:

Vulcan Run 10k, BTC Race Series, Sat, Nov 8, 2014

Magic City Half Marathon and 5k, BTC sponsored water stop, Sun, Nov 23, 2014

So far this year we've completed 3 of the 4 BTC Race Series Races. The last event, the Vulcan Run 10k and Kids Fun Run, is coming up on Saturday, November 8. There will be a number of opportunities to help on race day and during the week so whether you plan to run or not, please consider donating your time to this event. We've created a page through RunSignUp.com to register volunteers. Access it here: <http://birminghamtrackclub.com/vulcan-run---volunteer.php>. Please consider signing up for more than one slot, especially on race day. For instance, if you volunteer to help set-up at Linn Park or work the registration table, consider shifting over to hospitality, the kids fun run, or other post race duties. Encourage your friends and family who might come out to the race with you to volunteer on race day to help support the race and their runner.

We'll also be at the Magic City Half Marathon to sponsor a water stop again this year although with course changes I don't know where our stop will be.

In addition to the good feelings you get from volunteering, remember our BTC Volunteer Rewards program too: <http://birminghamtrackclub.com/volunteers.php>

We've also given away a gift to one random volunteer from each event, including apparel and gift cards. I have several of these still to hand out (see table below - names highlighted in green - and a forthcoming email).

Three volunteers have already earned a free race entry to a BTC Series Race of their choice (Yes, you can use it for Vulcan 2014, send me an email) by volunteering 3 times in 2014 and two more have earned a race and free membership renewal by volunteering 4 times in 2014! Keep scrolling below to review a list of volunteers and rewards tracking. If I've missed someone or don't have you down for all the events you've helped with please reply so we can credit you.

If you have a specific goal in mind, you have two more opportunities to help out this year. You can earn two or more credits by helping on multiple days during Vulcan Run week.

Thanks!

Kate Pezzillo
BTC Volunteer Coordinator
volunteers@birminghamtrackclub.com



POWER TO THE SHE

"We believe that a woman athlete is her most powerful, most beautiful self when she is fully in the moment. When she finds her strength. Her focus. Her power. When she reaches that runner's high, that inner calm, that sense of invincibility, that place of vulnerability that can only be experienced when she's in it.

We design performance apparel for women who live for and thrive on those moments.

Apparel that lives up to the challenges those moments bring and makes her look as amazing as she feels.

Because we understand fitness is her oxygen and, for her, the joy is always- ALWAYS- in the doing."

Fueling Amazing



11.8.14



VULCANRUN.COM



VULCAN

RUN



SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Kevin Lane at the Blazer Bolt 5k



Scott Shirley at the Florence Half Marathon



Jennifer Andress with Paul DeMarco at Vulcan Run signup

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*BTC at Life Without Limits
Half Marathon in Florence*

*Xing Wu and Joby Coombs
at the Vulcan Run signup*



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*](mailto:president@birminghamtrackclub.com)



Facebook.com/BirminghamTrackClub

Saturday Morning Moderate Runs

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

JOIN US!



Vulcan Run 10km!

SPONSORS



Final Race of the 2014 Southeastern Trail Series

Enter coupon code "BTC-50K" at Checkout
for a 10% Discount

Tranquility Lake 50K

Tranquility Lake 20K

50K and 25K Trail Race

Oak Mountain State Park - Saturday, November 22 - Birmingham Alabama

Presented by: SoutheasternTrailRuns.com



The #1 Thing to Do in Birmingham

—by Danny Haralson

The Vulcan Run has gone through a number of transitions over the years. It started out as a 10K celebrating the Bicentennial, and later grew to become the Vulcan Weekend consisting of a 5K, 10K on Saturday and a Half Marathon, Marathon on Sunday. It was the thing to do back then - find a race and run it.

One year at a pasta dinner we had the noted runner and author Hal Higdon speak and the next year we had Tawni Gomes share her inspirational story.

It was the thing to do, come hear a great speaker, carb up, run a race.

Eventually it was decided it was too much and Vulcan returned to her roots as a 10K. By then the world had turned, a lot! The Running Boom of Bill Rogers and Jim Fixx was a distant memory and the US was headed into Y2K.

Steadily Vulcan regained her footing as a race and running, as an activity, began to rebound and attendance again was on the rise.

Vulcan was becoming an interesting thing to do.

When Vulcan was founded there maybe was one or 2 other races a month, now there's at least two or 3 races each weekend; and that's not necessarily a bad thing. Running has regained its foot hold and we find ourselves in the midst of a Second Running Boom - not sure if it'll be as explosive as the dot com boom of the late 90's, but it certainly seems to have staying power.

In this era where running seems to be the 'new golf' and 'delayed onset athletes' are fueled as much by health concerns as PR's, Vulcan has experienced a steady increase in participation over the last 10 or so years. Not, every year, but the over all trend has been up as the Birmingham Track Club has worked diligently to improve the experience for the participants.

The 'experienced' participants (AKA the 'insiders') know the course, its beauty, organization and prestige. The newer participants are now drawn by the challenge of running 6.2 miles and the post race party featuring food, music and local craft beer; virtually something for everyone.

The Vulcan Run has become the thing you should do! Colorful race shirts, a colorful course touring the Magic City allows the Vulcan Run to show Birmingham visitors and natives alike the best of our town.

This year we'll once again be featuring Cahaba Brewing at the post race and the addition of Waffle House! For the race participants post run it will be Breakfast with Vulcan as they experience a true post run 'Breakfast of Champions' with waffles, sausage, Cahaba Beer or Coca-Cola product - and I case you didn't know (or remember) all 3 (Waffle House, Coca-Cola, and Cahaba Brewing) were born Southern and are Southern staples or an their way to becoming such.

It's a great time to celebrate the best of your city by making the best of yourself - meet the challenge of running a 10K. Come for the run, stay for the party and if you're not quite ready for this challenge then volunteer! Get a look at it from the inside and hopefully it will whet your appetite for 2015.

Vulcan Run has been around long enough for itself to at least be considered a Birmingham staple, if not a Southern one - in fact on all these lists of 'X number of things you MUST do to experience Birmingham' - the Vulcan Run for all the right reasons really should be #1.

Yep - the # 1 thing to do to experience Birmingham - taste it, see it, feel it, enjoy it...LIVE it - the Vulcan Run. C'mon.....

RUNNING RAMBLINGS

— Compiled by Randy Lyle



Quotes

“You can actually suffer a little bit more going slowly than when you’re going really fast. A faster marathon might even be easier than a slow one, in terms of what it takes out of you mentally.”

~ **Frank Shorter, Gold Medalist in the 1972 Olympic marathon, a catalyst for the start of the first running boom in America**

“You do what you are capable of doing and don’t worry about the other people. If they have something go wrong that’s their problem. You didn’t beat them, they beat themselves. I call it concentrating on the task at hand.”

~ **Jack Daniels, two-time Olympic Medalist in the Modern Pentathlon, world-renowned exercise scientist and running coach**

“We may train or peak for a certain race, but running is a lifetime sport.”

~ **Alberto Salazar, former world record-holder in the marathon and coach of the Nike Oregon Project**

“Running gives you freedom. When you run, you can determine your own tempo. You can choose your own course and think whatever you want. Nobody tells you what to do.”

~ **Nina Kuscsik, first woman to officially run the Boston Marathon, co-founded first women’s only road race**

“Like the marathon, life can sometimes be difficult, challenging, and present obstacles, however, if you believe in your dreams and never give up, things will turn out for the best.”

~ **Meb Keflezighi, 2004 Olympic marathon Silver Medalist, 2009 New York City Marathon winner and 2014 Boston Marathon champion**

“Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us find out what we’re made of. This is what we do. This is what it’s all about.”

~ **PattiSue Plumer, two-time Olympian and track and cross country coach at Stanford University**

Ramblings

What to Pack for a Marathon

Source: <http://www.runnersworld.com/getting-started/what-to-pack-for-a-marathon>

We are in the heart of marathon season. We all know people that have already run the Chicago Marathon, Marine Corps Marathon, Berlin Marathon or some other race. Depending on when you are reading this, you also probably know someone that is about to run or just ran the New York City Marathon. (I am one of those people who will be running in New York on 2 November.)

Every time I travel for a race, I repeatedly go over the stuff I have laid out to pack before I put it in my bags. The last thing I want to do is forget something. If you are like me, you probably know someone who got to a destination race and then realized they forgot some critical item such as running shoes, shorts or gels. That is when panic sets in for the forgetful packer. I looked online and found numerous lists of what to pack. However, I prefer something simple. I ran across the following advice and thought I would share it this month. The article I read contains general advice, but I found it to be sound.

The author of the article noted that it was completely appropriate to over-pack because you want to include anything and everything that you might possibly need. She suggested that you break your packing into three parts: pre-race, race day and post-race. Lay everything out before you start putting it into your bags. Visualize going through the motions you will undergo while you dress on your trip. That exercise will help you remember what you might need.

The following are the tips suggested in the article:

Tip #1 – Pack everything: As previously noted, it is suitable to pack any and everything. This includes clothing for all types of weather. We all know that forecasts can change without notice. Be prepared for rain, cold, heat, wind, etc. Do not forget your running hat, gloves or sunglasses too. Dress for comfort, not fashion. Keep in mind that bigger races will shuttle you to the start area well before the race begins. You often have to wait in open areas where you are subject to an early morning chill with wind and/or rain. Plan to bring something warm to wear that you can toss just before the race starts. It should go without saying that you should wear running clothes that you know are comfortable and

will not rub or chafe you. Layers are helpful when it will be cooler at the start but warm up before you can finish. Just remember to layer in the proper order so you can strip down relatively easily. Top layers should be items you do not mind losing so that you are content tossing them during the race. Of course, you can tie shirts or jackets around your waist. Most races collect the tossed clothing and donate it to shelters so it should make you feel better about where your discarded items go. If you put your name on the front of your shirt, spectators can cheer for you by name. Hearing your name during the race can give you a boost, especially late in run.

Tip #2 – If you are flying, pack a carry-on: Pack your race day gear in a separate bag that you will carry onto the plane. You will want to keep this bag with you at all times. Remember to pack everything you expect to need on race day such as your running shoes, race day clothing, orthotics, socks, contact lens or glasses, sunglasses, nutrition, medications, body glide, wipes, etc. Do not check anything you need or plan to wear on race day. If something happens to your checked bag, at least you will be ready for the race. Although probably uncommon, airlines have lost a bag or two.

Tip #3 – Wear compression socks: When traveling, whether flying or driving, wear compression socks. The full foot socks are preferable. Compression socks assist with the venous return of blood so they prevent blood from pooling in your lower legs when sitting for long periods. Compression socks can also help you avoid “dead legs” on race day. Even while you are walking around the expo, it is a good idea to wear them.

Tip #4 – Nothing new: For those that have ever trained with Coach Danny Haralson, you have heard him say “Nothing new on race day” at least one hundred times. He always emphasizes that if you have not worn it, eaten it, drank it, etc., in your training, do not decide that race day is the time to try it. You never know where those new shorts, shirt or shoes will rub that your others did not, thus creating a chafing situation that can wreak havoc on you during the race. You could jeopardize all your training with a situation that could possibly get bad enough to prevent you from finishing. When it comes to the expo, be sure to check out all of the newest, latest and greatest products, gear and nutrition. You should even feel free to buy something that catches your eye. However, do not wear or use anything new during the race. Always try out new things on a training run first before using it in a race. If you have a sensitive stomach, avoid sampling the various food and drink items at the expo the day before the race. Gastrointestinal issues can ruin a race. I do not think I need to elaborate on that.

Tip #5 – Gear check bag: Pack your gear check bag with the items you will need post-race to hold you until you can make it back to your hotel or car. Ideally, you want to include a complete change of clothes, a towel, wet wipes for a quick cleaning and some comfortable shoes. Because many runners feel a chill after the race, an extra shirt or jacket is also recommended. Since you may be walking a relatively long distance back to your car or hotel, or using public transportation, plan your post-race wardrobe accordingly to keep you comfortable and warm during this time. It is best

to carry valuable items (i.e., phone, keys or medication) with you during the race because they could fall out of your gear check bag.

Although these tips are not necessarily a checklist, they do provide sound advice to help plan what you will take with you. When you travel for a race, you just want to enjoy the entire event. The last thing you want is to add unnecessary anxiety because you forgot something you really need. If you were hoping for an actual list of items to bring and are now disappointed that I did not include one (assuming you are still reading), you can find some checklists at www.runnersworld.com/races/runners-race-checklist. The lists provided are based on whether you are participating in a local race, one that requires a substantial drive or a big race in an unfamiliar city. These lists also break down the items by pre-race, race day and post-race as suggested above. I hope everyone traveling to run a race finds this information helpful to remove one potential area of stress.

Race Date: November 8, 2014

Alabama RRCA 10K State Championship

Race Web Site:

www.VulcanRun.com

Race Day Registration:

Boutwell Auditorium

1930 Reverend Abraham Woods Jr Blvd.

Birmingham, AL 35203



Pre-Race Packet Pick-up:

November 6th - 7th from

11am - 6pm

Trak Shak Homewood

2839 18th St. South

Homewood, AL 35209

\$5,000 Cash Awards to

Winners in the 10K

Top 200 runners get

additional Finishers Shirt

Race Date: November 8, 2014

6:30am - Registration & Packet Pickup Opens

7:45am - Registration & Packet Pickup Closes

8:00am - 10K Starts

8:30am - 11:00am - Post Race Food and Fun

9:30am - 1 Mile Fun Run Starts

9:45am - 10K Awards Ceremony

Vulcan Run 10K

Race Date: November 8, 2014

Race Location: Boutwell Auditorium

Benefits:

Vulcan Park & Museum & Girls on the Run

Online Registration:

www.RunSignUp.com

	Post Marked by: August 31st	Post Marked by: September 30th	Post Marked by: November 5th	Nov. 6th - Race Day	XXL Shirt Add On cost	BTC Member Discount	Total:
<input type="checkbox"/> 10K	\$25	\$30	\$35	\$40	+\$3	-\$3	
<input type="checkbox"/> 1 Mile Fun Run / Walk	\$20	\$20	\$20	\$20	+\$3	-\$3	
<input type="checkbox"/> I am going to Sleep In, But I still want the T-shirt				\$20	+\$3	-\$3	
<input type="checkbox"/> Additional Donation to Vulcan Park & Museum							
<input type="checkbox"/> Additional Donation to Girls on the Run							
<input type="checkbox"/> I would like to receive information about the Birmingham Track Club							
Make Checks Payable and Mail to: Vulcan Run P.O. Box 59349 Birmingham, AL 35259							Total:

Participant Information:

Last Name: First Name:

Street Address: City:

State: Zip: ☐ Male ☐ Female Age: DOB:

Phone Number: Email:

Gender Specific Tech Shirts: ☐ W-Small ☐ W-Medium ☐ W-Large ☐ W-X-Large ☐ W-XX-Large (\$3 add-on)

All Adult Sizes ☐ M-Small ☐ M-Medium ☐ M-Large ☐ W-X-Large ☐ M-XX-Large (\$3 add-on)

Emergency Contact Information:

Contact Name: Phone Number:

Release Waiver:

I know that running a road race is a potentially hazardous activity. I should not enter and run the Vulcan Run unless I am medically able and properly trained. I agree to abide by any decision of a race official or Police relative to my ability to safely complete the run. I assume all rights associated with running the event including but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic and conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing the risks and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Birmingham Track Club, the City of Birmingham, all sponsors, volunteers, together with their employees, contractors, subcontractors, directors, officers, agents, attorneys, and representatives from all claims of liabilities of any kind or character arising from my participation in this event or any related activity even though liability may arise from negligence or carelessness on the part of the persons or organizations named in this waiver and release. I also am fully aware, whether same be caused by negligence or fault, that baby strollers, baby joggers, wheels of any kind (except competitive wheelchairs), animals and headphones are strictly prohibited and I agree not to have them on the course. I consent to the use of photographs, video, film and sound recordings of all Vulcan Run events for all legitimate purposes. I give permission to be contacted by interested media. I understand that the entry fee is non-refundable and non-transferable. I have read the entry information provided for the event and certify my compliance by signature below. **This is a Release of Liability Waiver.**

Signed By or Guardian signature if under 18

Date:



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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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