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**BIRMINGHAM TRACK CLUB**

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**WHERE RUNNERS ARE FORGED**



# THE VULCAN RUNNER

OCTOBER 2013

VOLUME: 39

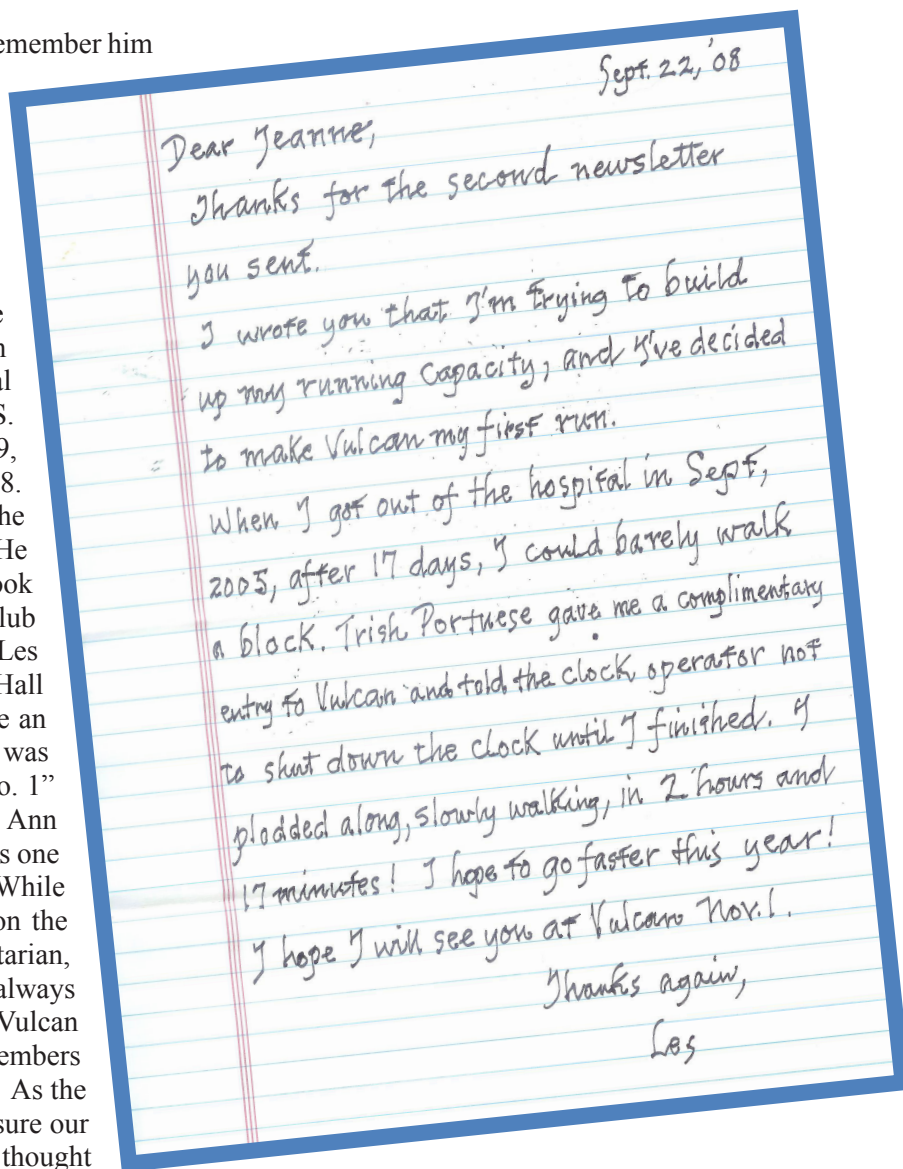
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[www.BirminghamTrackClub.com](http://www.BirminghamTrackClub.com)

## Remembering Les Longshore

-Continued on Page 2-

Les Longshore, some of you may remember him our “#1” runner. For others as one of the BTC’s original founders. Some may even remember seeing Les at Trak Shak or BTC events with a beer in hand, and a smile on his face. Our dear friend Les passed away after a long athletic career. Leslie “Les” Longshore, Jr. April 5, 1925 - Sept. 6, 2013. A renowned tennis player, he won the SEC singles and doubles championships in 1946, and he competed in the U.S. National Championships (now known as the U.S. Open) every year between 1952 and 1959, most notably reaching the round of 16 in 1958. He founded and served as president of the Southern Professional Tennis Association. He went on to coach tennis at Mountain Brook Swim & Tennis Club, Highland Racquet Club and Clemson University among others. Les was inducted into the Southern Tennis Hall of Fame in 2003. Later in life, Les became an avid runner, completing 37 marathons and was bestowed the honor of always wearing “No. 1” at the Mercedes Marathon. His late wife Ann was also very involved in the BTC, and was one of the early Vulcan Run Race Directors. While I was President of the BTC, Les served on the BTC Executive Committee as Parliamentarian, and always kept us in check. Les was always one of our favorite senior runners at the Vulcan 10K Run. Many of our “Senior” BTC members used to participate in the Vulcan 10K Run. As the Vulcan Run Race Director I always made sure our “Senior” elites were taken care of. I never thought much about it other than I wanted to make sure that the guys that started the BTC made it safely to the finish line. A few years later Jeanne Welsh gave me a letter from Les he had sent her. As Les got older, and the BTC moved to sending the newsletter via email, Jeanne would print and mail the latest newsletters to Les and the other senior BTC members. It was a very special letter. Les was always very sweet and showed how he appreciated those around him. Thinking back to that time, (2005 Vulcan Run), I remember Les had been a consistent participant in the preceding years and I felt it was important to give back and ensure he felt welcome. To me, knowing what was important, and helping Les get back on his feet was the right thing to do. The BTC seniors built the club, I wanted to be sure they had the ability to still feel part of the BTC and Vulcan Run. I would like to also call out two other people that would take time out of their day to help out Les. In the later years, Keith Mcabee and Owen Bradley would always accompany Les to BTC and Trak Shak events. They took Les to where he needed to go and helped him keep up with Les’ “Beer Count” card. One of the things Les liked to do is keep a running tally of the number of beers he consumed though the decades and same for his mileage.



Valerie McLean with the Trak Shak would also make sure Les was taken care of as well as he was always a constant figure at the Wednesday night runs from the Trak Shak. We will all miss his charm, and sweet personality and his passion for running. Though Les reached the finish line in life, we will always remember him as our sweet Les. Rest in peace my friend; I know Ann is happy to see you again.

**Trish Portuese**

**BTC Past President 2001 - 2003**

**Past Vulcan Run Race Director 2001 - 2007**





# 2013 Officers



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### "The Vulcan Runner" Editor

### Club Photographer

### Japan Exchange Program

### 1200 Mile Club

### Road Race Emeritus

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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  
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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



## Fall is here

and we have a BIG season of fun planned for you! I hope you are rested and ready because we have a lot of great events planned for our members.

We are in the middle of our Vulcan Run 10k training, being offered by our three great coaches and everything appears to be going well. One evening as my son and I were riding our bikes by the Homewood Soccer Park, I saw a group of runners coming our way and I wondered which cross-country team was out practicing. As we neared each other I saw Coach Kile Putman behind the group and realized it was our own group of BTC members training to achieve the coveted "Top 200" finisher's shirt. Wow! I know Coach Danny Haralson's "Couch to 10k" group and Coach Alex Morrow's "Achieve Your PR" group are working hard as well. It is not too late for you to train, so make sure you are signed up for the fun and beautiful Vulcan Run, which also happens to be Alabama's RRCA 10k State Championship.

Speaking of the Vulcan Run, have you seen our new campaign "I'm a Vulcan Runner?" It is a fun way to tell the world why you run! We have some wonderful pictures in this issue and on our Facebook page and BTC website. It has been a fun exercise and I have enjoyed learning about your motivations for lacing up your running shoes. Keep your eyes out for these signs at our events this month and then look for them on Facebook, Twitter, and the BTC website as we head into the Vulcan Run 10k on November 2.

Our October events are going to be a blast! We have Fat Danny's Trial by Trail at Oak Mountain on Saturday morning, October 5, brought to you by Race Director Danny Haralson. This race is designed as a way to give back to the BTC membership. If you are a member, the race is only \$5! How great is that? Plus, this is a fantastic way to get a taste of trail running if you have never done it before. For more information visit [www.birminghamtrackclub.com](http://www.birminghamtrackclub.com).

On October 19, at our BTC Saturday Morning Long Run from the Trak Shak, BTC Long Run Coordinator Natalie Ferguson will be kicking off the Mercedes training schedule. She will have giveaways for those in attendance and the Trak Shak will be open early for any of your last minute GU or shoe purchases!

On Wednesday, October 30, the BTC will once again combine forces with the Trak Shak to bring you a Halloween

Social! BTC Social Chairman Burt Chandler and his Social Committee are working on the details now, but mark your calendars. This is going to be a frighteningly good time!

Other October happenings: Be sure to check out our website (meticulously maintained by Website Coordinator Dean Thornton) for our survey of the new options for the 1200 Mile Club jacket to be awarded at the Year-End Party. Alison Hoover, together with 1200 Mile Club Coordinator Michele Parr, have brought you three options on which to vote. They are also included in this issue. Later they will present options for recognizing subsequent 1200 Mile years. Keep your eyes out for these surveys - we want to hear from you!

While we are having a lot of fun, there is also work that has been done on behalf of the BTC members. The proposed bridge at Hollywood Boulevard over Highway 280 has been on a lot of our minds. Allow me to bring you up to date if you missed any of this on our Facebook page.

The badly needed bridge is proposed to cross over Highway 280, connecting Homewood and Mt. Brook. Runners and walkers use this dangerous bridge regularly as they traverse from Trak Shak to the Jemison Trail. Representative Paul DeMarco, a BTC member, has championed this bridge project. He has secured funds from grants to provide for 80% of the funding for the cost of the bridge. Mt. Brook has voted for its 10% of the bridge. On August 24th, the Finance Committee of the Homewood City Council approved allocating the funds for its 10%. BTC Vice-President Alex Morrow, BTC Long Run Coordinator Natalie Ferguson, BTC members Karin Fecteau and Stephanie Farrington, (also representing Vulcan Triathletes) and I attended a public forum before the Finance Committee meeting last week and spoke in favor of the bridge.

On September 30th, the full Homewood City Council voted the full city budget, which included funding for the bridge, and all were in favor! Representative DeMarco and I attended the meeting and could not be more pleased with the outcome. Now that the project has been approved, there are still a few steps involving the city of Birmingham and ALDOT before construction can begin. As always I will keep you posted.

Finally, there is some sad news to report. This year has been a hard one in terms of the BTC's founding members. Earlier

this year we lost the dynamic Versal Spalding and this past month we lost our treasured Les Longshore. Trish Portuese has written a lovely article about Les. I only met him once but found him utterly charming. I read several accounts of his athletic and professional life and was so proud that Birmingham could claim such a talented man. I know many of you loved him dearly and he certainly is a legend in our running community.

I was also sad to learn, shortly after Les' passing, that longtime BTC member Jak Karn's wife passed. I met Jak earlier this year after Versal had passed. He and Trish met me over at Brookdale Retirement home to introduce me to the funny and fascinating Wallace McRoy, another BTC founder. Jak and I have checked in periodically since then and Trish always keeps me updated as well, thank you Trish! Jak, we at the BTC have you in our prayers. It is members like you that keep us motivated to keep moving the BTC forward as we honor our past. That is what makes this club so special, our incredible members.

As always, I want to thank each and every one of you. You BTC members mean the world to us! See you this month at one, or all, of our fun events coming up!

PS - I also need to apologize about last month's newsletter. An expletive slipped in one of our articles without me catching it. Thank you to the several of you that emailed me. It is now removed and I will definitely be more vigilant going forward!

# Vulcan Run 10k



**November 2, 2013**

Register by visiting:  
[www.birminghamtrackclub.com](http://www.birminghamtrackclub.com)

# PLAYLIST

## Hill Training

—By Kile Putman

# PLACEBO

## RUNNING UP THAT HILL

Composer: Kate Bush

Label: Virgin

Format: CD, Covers

Released: 2007

Genre: Rock

Style: Alternative Rock, Goth Rock

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**“If I only could, I’d be running up that hill.  
If I only could, I’d be running up that hill.**

**It doesn’t hurt me.  
Do you want to feel how it feels...”**



The Placebo cover track of Running Up That Hill is somewhat dark and difficult. It's maybe even scary. Don't be scared of running up hills as they are an excellent method to better your fitness level. When running on a hill, the elevation change requires an effort change. Effort change, or stress, is the training effect that makes running on hills an excellent workout which develops both physical and mental conditioning. The added effort also increases caloric demand which can assist those running for weight control.

Speed improvement comes from a combination of hill training. Long hills builds muscular strength and the endurance to hold the desired pace for an extended distance. Quick, short hills trains the nervous system to fire quickly and improves coordination between muscle groups.

A hill workout can be repeated over an elevated changing loop or as part of a rolling course. When rolling courses are traveled a variety of inclines can be tested. When the same hill is looped and repeated the progress of the workout as well as the progress of the training plan can be monitored. Again, running up long hills at a grinding effort assists in strength building while going up short hills aids primarily in speed enhancement. Efficiency is also improved when incorporating downhill training into the program. For the regimen to be totally effective, each type of hill training should be included in your running program with the timing and volume being determined by the structure of the training cycle.

Some geographic regions do not have an abundance of hills suitable for a beneficial workout. With creativity, alternate locations can be found. Many bridges have a walking lane where hill runs can be performed. Parking decks can also provide an up and down incline as will stadium ramps and steps. The stairwell of a tall building can be an acceptable location. Of course a treadmill will reach most elevations required for a successful hill workout.

The power required to run quickly up a long, grinding, hill requires and strengthens both slow-twitch and intermediate muscle fibers. Sprinting up a short, steep hill (8-10 seconds of work) also recruits the fast-twitch fibers thereby conditioning all three types of muscle

fibers. Similar to intervals or Fartlek workouts, a rest period should follow the work period of the run. Also like intervals, the rest portion must be tailored to meet the goals of the session. Typically hill sprints should have a full recovery period with the heart rate and breathing patterns returning to near resting levels. If longer, gradual hills are part of the endurance (long) run, there may not be a significant change in pace when going up or coming back down. A gentle jog down may be all the recovery required to start the climb again when the face of a hill is repeated as the workout.

Pay attention to your form when Running Up That Hill. Retain good erect posture and push off from the forefoot. Drive the arms with a sprinting action. Because of the slant, running up a hill requires the knees to be lifted higher. Knee lift is paramount in stride speed and length. When running uphill the surface is angling towards you shortening the distance the lead leg must travel which lowers the ground impact force.

Traveling uphill will lessen the impact significantly but running downhill will increase the shock that your legs absorb with each step, possibly increasing your risk of injury. Although the breaking force is distributed throughout the muscles, tendons, bones and joints, the quads generally take the biggest force. Relax when running down the slope, let gravity be your friend, but stay in control and maintain a good running form. Resist the urge to lean backwards while landing on the heels as this only slows the pace while increasing the pounding on the legs. Over time the body will adapt and a resistance to quad soreness will be developed. The best way to learn to run downhill is the same method you employ to improve your uphill running- lots of practice.

Like other workouts, add hill training to your program in a progressive pattern. Build intensity and volume over time. Learn to appreciate running on hills as they are not at all dark, creepy and scary.

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***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](mailto:kputman@bellsouth.net) for personalized instruction.***

# DIRTY RUNNING

—David Tosch

This summer I had the opportunity to witness two of the most famous 100 Mile trail races in the world. I spent a week in Silverton helping out with the Hardrock 100 including serving as Aid Station Captain for the Cunningham AS. In August I made a rather feeble attempt to run Leadville for the second time. (I did manage to complete Leadville in 2009.) This year I only managed 40 miles before dropping at Twin Lakes. Actually, if we hadn't been staying at Twin Lakes I would have bailed out at Half Pipe, about mile 30. The differences in the two races are dramatic in every aspect. There are the obvious differences. Leadville had 1,200 runners registered; Hardrock allows 140 in the race. The Leadville 100 is now owned by Lifetime Fitness as and is a promotional tool for the company while Hardrock is run by a board that is totally voluntary. Leadville will let just about anyone that wants to, register for the race. Hardrock will only allow runners to register if they have completed one of 20 mountain 100s in the previous two years. Leadville is relatively easy. If you can handle the average elevation of 10,200 ft. it is no harder than Pinhoti. Hardrock is one of the hardest 100 in the world and is like no other 100 on earth except, perhaps, Mont Blanc. But these differences are not the real story.

The start: This is the most striking contrast between the races. Just take a look at the pictures from both. I actually had difficulty getting through all the people into the starting corral. It looked like the start of the Mercedes Marathon with bleachers added. Hardrock! Well, everyone lines up next to "The Hardrock" and I guess someone says go. At the start last year I walked up a block to video the runners as they went by.

The pre-race meeting at Leadville





The 4:00 a.m. start at Leadville



This is actually 8 minutes before the start of the Hardrock 100.





My observations of Leadville are solely based on what I saw Thursday and Friday before the race and Saturday during the race as a runner. As a member of the Hardrock Team I had the opportunity to see the operation from the inside. I got to know all the people that put the race together. Both races are extremely organized. Hardrock has every detail of the three weeks leading up to the race outlined in great detail. I assume Leadville does the same although there is no need for runners to "Know" the course. There is trail marking everywhere. I am sure people have gotten off course but it would be difficult.

Hardrock on the other hand recommends that every runner know the course before the race. That is why the weeks leading up to the race are carefully outlined. Trail marking is sparse, critical turns are only marked by two flags, elk actually pull up the flagging, and when the clouds settle in on the mountain (or snow), especially up high, it is virtually impossible to see the markers or the trail in places. Everyone is invited to come out and help mark the course starting about 10 days before the race. Actually, all you do is carry the trail markers while one of the Hardrock Pros, usually Charley Thor, position them.

Volunteers: Well, I didn't meet any volunteers at Leadville except at the aid stations so I have formed my opinions based on what I saw at the aid stations. At the first AS at mile 13, May Queen, I seem to remember someone asking me if I needed anything. Someone did get my dropbag for me and I gave it to another volunteer when I left. At the next, Outward Bound about mile 20, the volunteers were just standing around. There was food on the tables but I had to fill my own hydration pack, I had to find my own drop bag and had to ask for soup. No one spoke to me other than when I asked for help. Many of the volunteers were young, probably high school age, and I am sure would have preferred to be somewhere else. The next AS is Half Pipe, 5 or 6 very flat miles later. Half Pipe was staffed by members of the Copper Ski Resort, near Silverton but just were not friendly. Someone did help fill my hydration pack.

The final aid station I entered was Twin Lakes. Now this was an experience. The entire town sits on about 4 blocks (2 blocks by 2 blocks.) The place was solid people. There must have been 500 people along the race route. The aid station there is located right where you come off the Colorado Trail in the Fire Station. They actually did offer help and everyone was friendly and encouraging. Unfortunately all I did was go the people checking runners in and "Drop." They did have a physician there who said he was sorry but he was going to pull me form the race. I told him that was fine, I already dropped and I walked back to our B&B one block of the race course. I sat around a while until I felt like taking a shower and rested a while. About two hours later we walked over the restaurant at the lodge next door and sat on the patio watching runners come back through Twin Lakes at mile 60. I was eating barbecue ribs and drinking a Margareta. I decided dropping was not so bad after all.



There are a total of 6 aid stations at Leadville and I only saw four and only two of those were below expectations.

Everyone in Leadville was very friendly and would go out of their way to accommodate runners. Twin Lakes was the same, thrilled to have us there. Many of the volunteers seemed to not know exactly what to do and I suspect this is the result of having to have so many volunteers to take care of the needs of 1,200 runners in a trail race. My observations were also made 30 minutes before the cutoff at the first two stops and about 45 minutes before cutoff at Half Pipe. I was at the back of the pack all the way. Maybe things were different up front where Owen Bradley was on his way to an amazing 20<sup>th</sup> place finish in 21:06:31.49.

Hardrock Volunteers are some of the most dedicated, enthusiastic volunteers anywhere. Many spent the entire week helping get everything ready. Aid Stations late in the race will be in operation for 24 hours. Many of the aid stations are accessible only by long strenuous hikes, like Engineer (1.5 miles), Pole Creek (4 miles – They do use pack horses) and Kroger's Canteen. Kroger's is in a class by itself. It is situated in a 20ft wide fin of rock on top of Virginus Pass (And yes, the spelling is correct.) 5,400ft, 11 mile climb up from Ouray in counterclockwise years like this year. The aid station crew comes up from Telluride, a mere 4,400ft, 5 mile climb. Not only do they have to carry everything, including a 5 gal Propane Tank up, there is no water up there. They must hike down to find a snow field if there is no snow at the pass like this year. Roch Horton had taken on this aid station for years. They hike up Thursday and spend two nights up there. That is dedication.

Kroger's Canteen. I hope Fredrik Marmsater doesn't mind me borrowing his image.



And for a better perspective, this is the climb up to Kroger's on the Ouray Side. It looks the same on either side.



Kroger's Canteen. I hope Fredrik Marmsater doesn't mind me borrowing his image.



And for a better perspective, this is the climb up to Kroger's on the Ouray Side. It looks the same on either side.



In summation, "In my opinion," both races are great events and both are truly world class. Leadville is fairly easy relative to other Mountain 100 and seems to have a goal to be the biggest of all. (It has a ways to go to catch up with Mont Blanc.) Hardrock is put on by a bunch of fanatical trail runners and dedicated individuals determined to make Hardrock one of the best events of its type anywhere on earth. The terrain and altitude makes it the hardest. I hate to be so critical of Leadville and perhaps my perspective was skewed after a week with the Hardrock people. Leadville was well organized and and thoroughly planned and I had a great time at the event. I do intend to go back and try it again.



# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Allison Williams and Vann Thursby at the Michigan State track, photo by BTC member and now Michigan resident Jennifer Crawford*



*Tanya Sylvan, Beau Talley, Greg Wingo, Kathleen Hamrick at the Southeastern Trail Series Free BTC Race*



*Samm Bartee At the Big South Fork State Forest near Oneida, TN for an 8 mile ride and tie event. Two people, one horse.... loads of fun!*



# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Michael Greene, Michael Brown*



*Kimberly and Eric Benner Rock and Roll half in  
Virginia Beach*

# SEND US YOUR PICTURES WITH YOUR BTC APPAREL

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

[president@birminghamtrackclub.com](mailto:president@birminghamtrackclub.com)

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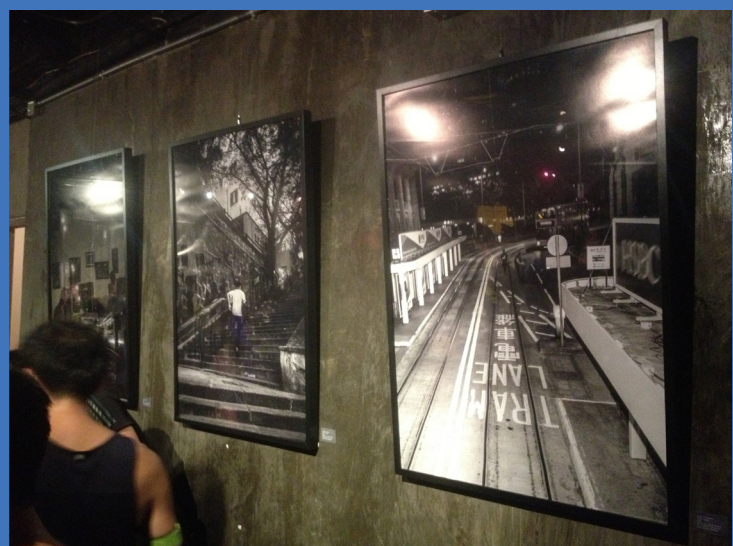


**Facebook.com/BirminghamTrackClub**



# Hong Kong Harbour Runners!

*At the We Run Our City Exhibition*

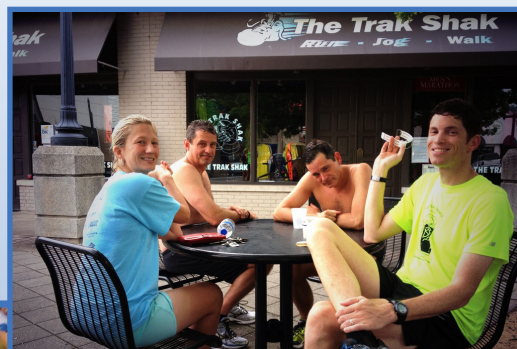
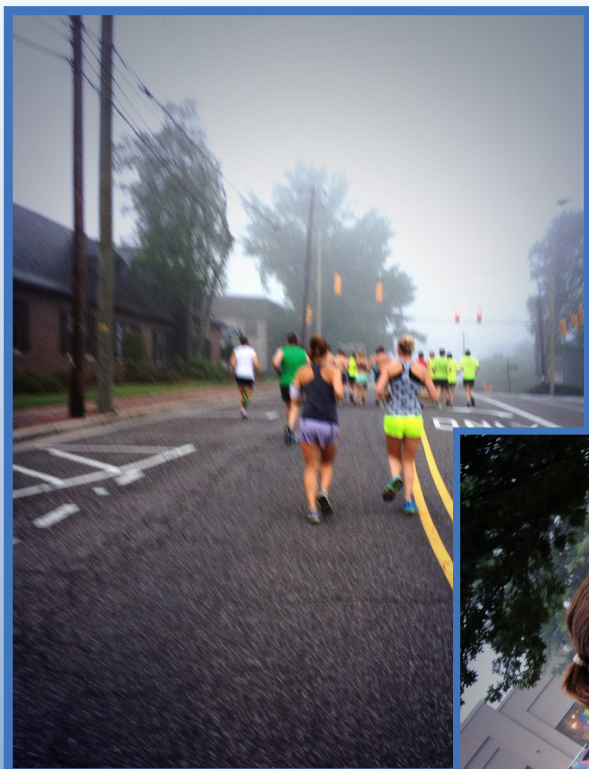




# Saturday Morning Long and Moderate Runs

Find us on FB or email Natalie  
Ferguson at [nataliezl@hotmail.com](mailto:nataliezl@hotmail.com)  
for more information

## JOIN US!



# Looking for Running Mates

Contact info: email is [Reannon1977@yahoo.com](mailto: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.

## IT'S BACK and it's **BIGGER AND BETTER-** The BTC Triple Crown Half Marathon Challenge

The **2013** edition of the **Birmingham Track Club Triple Crown Half Marathon Challenge** is back! Coming off the overwhelming success of the inaugural Triple Crown Half Marathon Challenge this year's will be bigger and better. And by bigger, we mean BIGGER medals and by better we mean better shirts. That will be hard to do because last year's shirts were awesome! We have also added a new race to the challenge.

New this year is the Montgomery Half Marathon. We have added this race to the challenge and we look forward to running through the beautiful neighborhoods and college campuses of our state capital.

To qualify for the Triple Crown all you have to do is run the following three half marathons:

1. [Talladega 21,000 Half Marathon](#) at the Talladega Motor Speedway on September 22nd.
2. [Montgomery Half Marathon](#) in Montgomery, AL on October 12th.
3. [Magic City Half Marathon](#) in Birmingham, AL on November 24th.

*The Triple Crown Half Marathon Challenge shirts and medals will be awarded at the finish line of the Magic City Half Marathon.*

Registration is **\$30.00** for the Triple Crown Half Marathon Challenge. Participants must still register for each individual race. Participation in the Triple Crown Challenge does not guarantee entry into the three races, so please register early.

This event is the only of its kind in Alabama and we hope you'll join us for a great time, three fantastic half marathons and an awesome medal and shirt! Visit <http://www.raceit.com/search/event.aspx?id=21134> to register for the 2013 BTC Triple Crown Half Marathon Challenge!

# TRIPLE CROWN HALF-MARATHON CHALLENGE



# THE 1200 MILE CLUB

## Aug 1200 Milers

Last	First	Total	Aug	July
Adams	Audrey	308.4		
Adams	Clell	994	154	82
Adams	Tammy	247		
Affuso	Olivia	820	150	86
Allen	Darnell	294.8		
Anabtawi	Sam	88		
Andress	Jennifer	996.5	127.5	131.5
Armstrong	Tommy	355.3	66	44.2
Arrington	Donna	790.2	85	112.6
Atkins	Brian	1463	210.7	242
Ballard	Bill	851.3	87.2	89.1
Barry	David	775.5	144	116
Barry	Heather	608		102
Belcher	Michelle	680.45	127	68
Benner	Kimberley	787.6	117.2	128.4
Benson	Wayne	627	103	100
Bertram	JR	811.5	164.5	162
Blankenship	Barry	996.39	140.3	144.12
Bonatz	Ekkehard	1448		
Booher	Lisa	1068.13	183.7	90.7
Bradley	John	709.2		
Bradshaw-Whittemore	Al	860.5	115.3	114.6
Brakefield	Cheryl	435.8		
Broussard	Julie	293.45		
Brown	Charlie	956.45	131	132.2
Brown	Sean	219		
Browne	Shannon	290.9		
Burke	Chad	1412	180	187
Burnette	Jack	727.8	127.4	91.5
Burris	Mark	1025	96	93
Burson	Steven	399.45		
Caldwell	Greg	538.1	66	72.2
Chandler	Teresa	847	127	106
Choat	Julie	757	76	81
Clay	Brad	1847	245	245
Coffee	Mitch	774.39	13.03	39.3
Corrin	LaRonda	208.95		
Corrin	Roger	690.09	89.52	142.32
Crawford	Jennifer	771		157
Creed	Brad	850.3	108.5	103.8
Crumpton	Dan	1096.92	182.35	190.5
Darden	Amber	177		
Davis	Wayne	1075	102	117
Dean	John	187		
Dease	Katherine	803.06	100.84	94.33
Denton	Matt	1058.12	163.12	146.75
DiMicco	Al	922	109	96
Dodson	Brooke	987	123	171
Dortch	Cherie	606.93	122.5	79.36
Dunham Atkins	Kelly	1046.2	160	153
Dunn	Wade	660.7		
Engels	John	767.8	107.7	114.2
Ensminger	Stephanie	693.48	46	51.44
Estes	Jeff	575	75	75
Evans	Debbie	1137.55	166	179.25
Evenden	Sally	946	135	120
Farrell	Meredith	107		
Fasking	Greg	901	146.8	103
Fell	Amy	895.5		
Feller	Beth	1080.4	151	146.2
Fite	Rebecca	1085.13	160.74	147.44
Fondren	Matt	1847	155	225
Ford	Joe	542		
Foster	Michelle	828	111	111
Franklin	Shane	919.43	146.33	124.41

Last	First	Total	Aug	July
Frederick	Winston	1329	200	196
Ganus	Jack	824	97	108
Gann	Michael	1001	152	155
Gash	John	839	162	133
Geisen	Jonathan	859	125	134
Givan	Marcus	688	134	125
Glaub	Chris	756	103	129
Goode	Johnny	1175	151	164
Gray	Todd	801.1	115	92
Greene	Michael	343.49		
Gremmels	Jennifer	816.76	143.34	120
Grossmann	Christopher	862.58	117.2	112.72
Guenster	Dirk	381.55		
Gullapalli	Satya	765	96.7	108.9
Hallmark	Daryl	773.8		190.5
Haralson	Danny	719		
Haralson	Micki	1195.5	149	174
Hargrave	Alan	771	106	65
Harrelson	Kitty	393.2		
Harris	Robert	244.25		
Harris	Vickie	810	88	131
Harrison	Lisa	1083.1	188.5	150
Hartfield	C. Meade	487		
Hathorne	Chad	326.74		
Haugh	Spencer	535.1		
Heaton	Bryan	967	148	123
Hedrick	Nicole	830.4	96	111.2
Hickerson	Patrick	785	100	97
Higgins	Shane	805.4	95.2	102
Hiller	Russ	820.74	154.06	142.85
Hinton	Gretchen	463		
Hollington	Kasey	976	124	143
Holman	Reannon	213.13		
Home	Greg	94.1		
Honea	Todd	864	100	105
Hoover	Alison	1044.8	149.31	147.21
House	Beth	814.55	98.55	100.45
House	Mike	75.7		
Ingram	Joseph	349		
Jackson	Terri	483.1		
James	Ryan	1048	94	95
Johnson	Mark	801	86	80
Jones	David	88.5		
Kahn	David	437.5		
Keith	Michael	808.33	106.46	72
Kirkwood	Teresa	863	123	121
Kuhn	Jimmy	1054	159	116
Langston	Richard	978.3	131.9	119.1
Lee	Shilonqua	699.86	135.2	67.63
Leek	Joshua	557		
Lester	Treva	122		
Longoria	Joseph	874.98	132	128
Losole	Liz	812	126	103
Lucas	Jane	814.5	141	128
Lupinacci	Tim	815.75	123.5	105.25
Lyle	Randy	1609	203	205.2
McCalley	Charles	117.7		
McCarthy	Nicole	598.11		
McConnell	Kim	721.9	125.5	115.25
McMahon	Mary Lee	382.6		
McShan	Kenny	1040.81	120.5	133.4
McTune	Mark	1813.78	195.7	242.69
Meadows	Bryan	797.33	124.5	105
Merry	Vicki	1577.3	240.8	227.8
Millican	Randy	906.23	114.38	117.97





*This is BTC member and Regular Runner (of the RR's) David Henry, and his marathon-running got him chosen to be featured in a Blue Cross/Blue Shield of Alabama commercial! He was not able to display any logos- note the tape over his Garmin, but all BTC'ers should recognize the 1200 Mile Club shirt he is wearing. David shares: “*

*“I can't emphasize enough the importance of the BTC and the RR (Regular Runners) group. They are what cause me to get up in the early mornings. And the BTC does an excellent job of having supporting quality races in the Birmingham community.” Thank you for sharing David, and thank you for your continued support of the BTC! The link on the BTC site to watch is:*

<http://birminghamtrackclub.com/featured-video-1200-mile-club.php>



# 1200 Mile Jacket Update

As many of you have already seen on the BTC website and Facebook sites, there is a vote underway for the new 1200 mile club jackets for the upcoming year! Be sure and visit the site before October 6th and get your vote in. There are three options available as pictured below and we would love to hear from our BTC members what everyone thinks would be the best choice.

Working closely with, and under the guidance of Michele Parr, our outstanding 1200 mile club officer, we have tried to find a jacket that both resembles the tradition of the past jacket, as well as embodying the new colors and logo of the BTC. We are also working to determine whether we should continue with the current patches for subsequent 1200 mile years (for repeat "offenders"), or go to a pin, or bar shaped badge in the future to recognize ongoing accomplishments.

All three jackets are available in gender specific options and can be ordered according to your fit choice. For those who are already members of the 1200 mile club, there will also be the option to purchase the new jackets should you wish to, and there are also some of the old model available as well, should you prefer those.

Please let us know your thoughts by placing your vote, and be sure to continue reporting your monthly mileage for the 2013 year-only 3 months left-you can do it!!

## Options:

**A) The Royal/Black jacket is made by Sport Tek. It is 100% Polyester woven shell bonded to a water resistant laminated film insert and a 100% polyester fleece lining. It has 2 outer zip pockets, and 2 inner pockets. Mens sizes xs to 4xl, and Women's xs to 4xl and contoured fit. (Sport Tek ST970 and LST 970). Sizes shown are Men's large and Women's small.**

**B) The soft Navy jacket is made by Alo and is 100% Polyester. It has no water resistance and is not lined, and has outer pockets. It comes in men's s-2xl and women's s-2xl. Women's has thumb holes. (Broder Bros-Alo 4009). Sizes shown are Men's large and Women's small.**

**C) The shiny navy/white jacket is made by Augusta Sportswear. It is a 100% polyester shell with a thin taffeta polyester lining. It is minimally water resistant and has 2 outer open pockets. Sizes shown are Men's large and Women's extra small. (Augusta Premier 3700).**





# Are you a Vulcan Runner?

To create your sign visit  
[www.birminghamtrackclub.com](http://www.birminghamtrackclub.com)!



# **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**



# Summer 2013 Training with the Team MarathonRuns

—by Kendall Harris

**R**unning summer of 2013 was an experience I won't ever forget. My name is Kendall Harris. I am a current student at Troy University. I run for the Troy University cross country and track team.

In May, I ran a conference championship race in Miami, Florida. After racing in Miami I came back home to Birmingham, Alabama. I felt a little bit sad. My sadness was a result of having to take a two-weeks break from running and not having my college team around for the next 10 weeks of training before returning back to school. My first week back I ran all alone. I did very well alone and had some great runs but it was not the same as having other dedicated runners around.

My parents often run on Sunday mornings with Team in Training (TNT) starting from the NBC bank building at Homewood, Alabama. One morning I decided to go out with my parents to a Sunday morning long run.

In the past I have run with the Team in Training group but that morning I gave the MarathonRuns group a try. I know they have been around for years. Since high school years, I ran with the group off and on for the 7 miles runs, but I never had the guts to fully train with this group. I did not feel qualified when I heard how long most of them run on Sundays. However, this summer I decided I wanted to push myself harder than ever in order to have a successful cross country season. So on that day I decided to run with the MarathonRuns training group.

Despite my lack of long run mileage compared to this group they welcomed me with open arms. Within the group, there are competitive and friendly runners named Suman, Kenny, John, Lisa, Kevin, Jamie, Bill, Bryan, Robert, Mike, and a few other people would



join this group from time to time. Each of these runners has a lot of strength in different things in the sport of distance running, and also in other endurance sports. Running in Birmingham is not exotic like it was running in Brazil a summer ago. However, having a training group of friendly competitive runners in Birmingham who love the sport made me a better and more passionate runner. Even though I grew up around the Birmingham area and ran most of my early years of running here, I had never seen parts of the city in which we ran. The group took me different part of city. I never realized Birmingham had so many hills!

Before this summer, I saw training and doing my sport of cross-country and track as a job. I did not enjoy running sometimes. Often times as a college athlete the sport can become task oriented and it's easy to forget to have fun. This summer this group has taught me that running can be fun and competitive! Since learning this my running has improved a lot. They pushed me to go beyond my limits. I found myself being able to run 15-16 miles in one run and to be happy the entire time in that

run. This group might be fast at times, but they run a reasonable pace most of the time. They are very welcoming to new comers in the sport of running. For instance this summer a local physical trainer name Ashley joined us on these runs. Her high mileage base is lower compared to most of us in the group but she was highly welcomed, and she excelled very well thanks to this encouraging group of runners. I highly recommend giving MarathonRuns training group a chance if you are looking for a group that loves running long and being friends instead of just teammates.

I am back at Troy University, busy with school and training with my college running team. Often, I think about my running group in Birmingham. I cannot wait to join them for a run on my next visit to Birmingham.

**About Team Marathon Runs:** You can find the Team Marathon Runs (mRuns.com) training group on facebook under MarathonRuns or look up Suman Silwal or Bill Woody for more information.

**Training Days and location:** Most Sunday mornings you will find them at the NBC building starting with the Team in Training group at 6:30 AM

**Trail running with the Team MarathonRuns:** A part of group also run trails regularly.





# BOO HALLOWEEN PARTY @



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**FRIDAY, 2013**  
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**SCARYOKE**  
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**BOOTH**

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**HAIRY & SCARY**  
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# 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](mailto:oaffuso@gmail.com), Tiki Curry, [tmerritt@southernco.com](mailto:tmerritt@southernco.com), or Tammy Fincher, [tmfincher@gmail.com](mailto:tmfincher@gmail.com),

Or visit [www.blackgirlsrun.com](http://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](mailto:andressk@bellsouth.net) or Tim, [timr71@att.net](mailto: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](http://www.facebook.com/groups/thevillagerunners)

or email Dave [vp@birminghamtrackclub.com](mailto:vp@birminghamtrackclub.com) or Randy [treasurer@birminghamtrackclub.com](mailto: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](http://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](mailto:rununiversity@gmail.com) or visit



[www.rununiversity.com](http://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](mailto: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](mailto: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](mailto:davidphenry@charter.net), Harry [yhbblxm@gmail.com](mailto:yhbblxm@gmail.com), or Jay [jamyoun@gmail.com](mailto: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](mailto: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](mailto:jlhaslem@yahoo.com), Shirley [shirley.gibbs@uab.edu](mailto:shirley.gibbs@uab.edu), or Patrick [packer@blackpeoplerrunbikeandswim.com](mailto:packer@blackpeoplerrunbikeandswim.com) for more information or schedule of events.

# RUNNING TIDBITS

— Compiled by Randy Lyle



## Quotes

“If you’re trying to achieve, there will be roadblocks. I’ve had them; everybody has had them. But obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.”

~ **Michael Jordan, American former professional basketball player**

“I run because it’s my passion, and not just a sport. Every time I walk out the door, I know why I’m going where I’m going and I’m already focused on that special place where I find my peace and solitude. Running, to me, is more than just a physical exercise... it’s a consistent reward for victory!”

~ **Sasha Azevedo, professional model and actor, athlete, inspirational author**

“1. Stress improvement, not perfection (or winning). 2. Don’t take yourself too seriously; laugh at yourself and have fun. 3. Set attainable goals; reach them and then set higher ones. 4. Be positive, walk tall, smile often, don’t complain or procrastinate. 5. Prepare purposely, but don’t overtrain. 6. Remember- Sports is a game and meant to be enjoyable.”

~ **Dick Gould, American tennis coach**

“Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.”

~ **Gail Devers, retired three-time Olympic champion in track and field**

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”

~ **Mark Twain, American author and humorist**

“If one can stick to the training throughout the many long years, then will power is no longer a problem. It’s raining? That doesn’t matter. I am tired? That’s beside the point. It’s simply that I just have to.”

~ **Emil Zatopek, Czech runner who won three gold medals at the 1952 Summer Olympics in Helsinki**

## Tidbits

### 10 Scenic Half Marathons

Source: <http://beta.active.com/running/Articles/Scenic-Half-Marathons.htm>

A few months ago in the June issue, I shared a list I found of the fifteen toughest marathons in the world. Recently, I ran across another list of 10 Scenic Half Marathons and thought I would share it here.

**Anthem Manchester City Half Marathon** (Manchester, New Hampshire) – This event takes runners on a scenic trip through the historic mill district of the Granite State’s largest city. The challenging course allows runners to enjoy an exhilarating climb to one of the city’s highest points for fabulous views of Queen City, surrounding areas and beautiful fall foliage. Proceeds from the event benefit non-profit organizations throughout the state of New Hampshire to help raise money for those in need. The event also includes New Hampshire’s largest marathon, which happens to be a Boston qualifier.

**Atlantic City Half Marathon** (Atlantic City, New Jersey) – At this low-impact event, more than 33% of the course runs along the Atlantic Ocean on the Boardwalk. This wonderful flat course is conducive for a PR. As part of the Atlantic City Marathon Race Series, the event also includes a marathon, 10K, 5K and kids run. The marathon is a Boston qualifier that has some history as the third-oldest marathon event in the country.

**The Brooksie Way Half Marathon** (Rochester, Michigan) – At this popular event, participants run along beautiful river trails and through quaint communities. You even get to experience those awesome Tienken Hills. This race also benefits a good cause as the proceeds help promote health and fitness in



local Rochester communities. In addition to the half marathon, the event includes a 10K and a 5K.

**4 Healdsburg Half Marathon** (Healdsburg, California) – This half marathon starts and finishes in historic Downtown Healdsburg, right in the middle of the best wine producing region of Sonoma County. The course runs past miles of award-winning wineries, some of which pour at the post-race wine and beer tent. Nice gently rolling roads provide breathtaking views of Dry Creek Valley and Alexander Valley.

**5 Honey Badger Half Marathon** (San Rafael, California) – This event takes you off the beaten path. Runners can see the sights while trudging through the trails of China Camp State Park. If you are not chasing a PR, you can take advantage of a great photo opportunity and strike a pose with the honey badgers you may see along the course. Although the race is on trails, they constructed a course that will be enjoyable to trail runners and road runners who might be a bit apprehensive about running a trail. The event also includes a 10K and a 5K.

**6 Jersey Shore Half Marathon** (Sandy Hook, New Jersey) – If you are looking for a great way to prepare for your fall marathon, this event may be just what the doctor ordered. The flat and fast USATF certified course of this historic race gives runners a glimpse of the breathtaking scenery of the New York Harbor and the Sandy Hook Lighthouse. This race is one of the oldest distance events held in New Jersey and the surrounding area. There are split times at every mile, clocks every two miles and aid stations every two miles. In addition to the half marathon, runners can also choose to run the Sandy Hook Lighthouse 5K with all the same amenities as the half marathon.

**7 Key West Half Marathon** (Key West, Florida) – A small race on a small island is one of the charms of this event. Key West's original premier running event includes a flat course, entertainment on the course, fantastic volunteers and a post-race party. Runners race through Key West's historic Old Town and waterfront areas. The flat, fast course could have you threatening a new PR. On top of all that, it was also voted one of the "Top 10 Winter Half Marathons in the USA." The event also includes a 5K.

**8 Lincoln City Half-Marathon** (Lincoln City, Oregon) – This half marathon gives you the perfect opportunity to shake the winter blues by running along the Central Oregon Coast in the early spring. The course is on two-lane country roads through lush coastal forests, past bucolic pastures and along picturesque Schooner Creek. If you are lucky, you may even spot a bald eagle, blue heron or elk on the course. A 10K is also an option for participants.

**9 Miami Beach Halloween Half Marathon** (Miami Beach, Florida) – This themed race is available to all runners (costumes not mandatory) and features stunning views of the beach and Miami's famed art deco backdrop. The course runs along Miami Beach's famous beach boardwalk. Each year features a different traditional Halloween character. The artwork for the event, the medals and the shirt all incorporate the character. A shorter event is also an option, the Halloween Freaky 4-Miler.

**10 Myrtle Beach Mini Marathon** (Myrtle Beach, South Carolina) – Located at a nationally acclaimed vacation destination, this surfing-themed run comes complete with surfboard medals. Surf-style bands and an awesome post-race party make this event a must for your race calendar. The flat, scenic course finishes on the Boardwalk right next to the Skywheel, an iconic sight of Myrtle Beach. The beneficiary of this event is the Forever Young Foundation, established in memory of Jake Young. Along with the half marathon, runners can also participate in the Eukanuba Coastal 5K or Eukanuba Doggie Dash.

There you have it! If you choose your races by destination, I hope this gives you some ideas for that scenic race. Many of these are also ideal for trying to race to a new PR. I have to admit, I am a little surprised that this list did not contain any races from the interior parts of the Southeast. I personally think we have some amazing scenery around here. Maybe it is simply that we have a number of hidden jewels around Alabama and the surrounding areas that we just take for granted.

KBR PRESENTS



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**KBR**

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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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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:

--

	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**