

THIS ISSUE: PRESIDENTS MESSAGE: 4 | DIRTY RUNNING: 13 | 1200 MILE CLUB: 25  
PLAYLIST: 6 | 17 SIGNS: 19 | HERG: 41

f /BirminghamTrackClub

BIRMINGHAM TRACK CLUB

t @BirminghamTrackClub



WHERE RUNNERS ARE FORGED



# THE VULCAN RUNNER

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

SEPTEMBER 2013

VOLUME: 39

ISSUE: 21



# A SNAPSHOT OF B.U.T.S

-Continued on Page 2-

“We got together at Good People one night with Greg Wingo and Katie Gregg and it sort of came together after a couple of beers,” said Kyle Stichtenoth, BUTS Co-Founder.

What started as a fun idea between friends, has quickly grown into a clan of over 300 runners united by a love of trails, nature, and commitment to pushing personal boundaries. The Birmingham Ultra Trail Society, known as ‘BUTS,’ is taking the local running scene by storm and exposing runners to something different.

“I think trail running is awesome and I want to encourage more people to experience it and make it better for those of us that already love it,” said Stichtenoth.

BUTS was formed to give trail runners a place to commune and introduce road runners to something other than the usual concrete jungle. The group gives members and those interested in trail running a community where one can discuss a variety of topics like shoes, technique, nutrition, and get overall support.

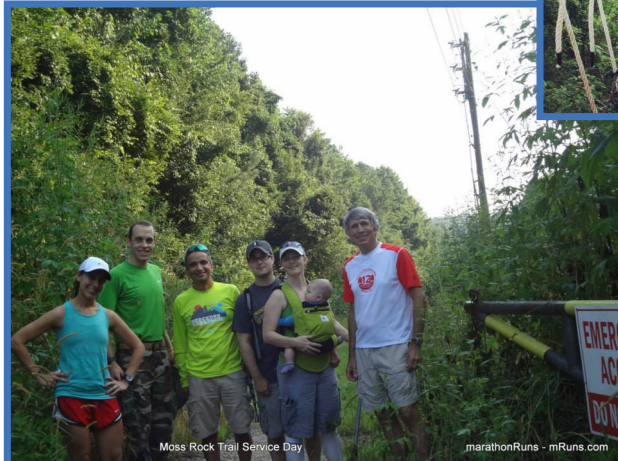
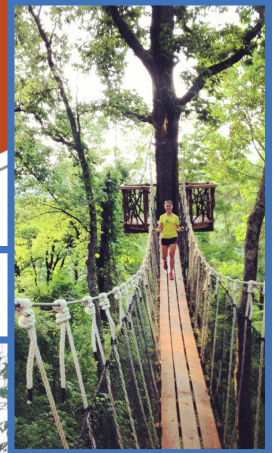
“I hope BUTS can be a huge part of our local running community, but in time we will see how big it grows and what can be accomplished through BUTS,” said Stichtenoth.

The incredible thing about trail running is that there is literally something for everyone. Some members are gearing up for their first 5k on trails. There are other members, like Vanessa Stroud, who completed the Western States 100 mile race earlier this year. No matter the distance, there is a race out there to suit your needs. More often than not, there is a BUTS member who has run the race and has an interesting story to tell.

Members of the group also believe in service and often clean up and work the trails they run. For them, it’s another way of giving back. The group usually meets 5 days out of the week with runs in the early mornings or late evenings. Training runs take BUTS members on some of the most scenic parts of Birmingham like Red Mountain, Ruffner Mountain, Moss Rock Nature Preserve, and Oak Mountain.

To learn more visit: [www.runbuts.com](http://www.runbuts.com). All are welcomed.

**Written by Larry Miller & Kathleen Hamrick**





# 2013 Officers



## President

Jennifer Andress  
president@birminghamtrackclub.com



## Vice-President

Alex Morrow  
coachalex@resoluterunning.com



## Past-President

Brad Clay  
bradclay@aol.com



## Treasurer

Randy Lyle  
randy.lyle@icloud.com



## Secretary

Mitzi Duer-Savelis  
jmduer@gmail.com

## BTC Committees

### General Council/Parliamentarian BTC Race Series Coordinators

Michael D. Tucker  
Kemper Sarrett

David Barry

dmbarry1@gmail.com

Natalie Ferguson

nataliez1@hotmail.com

Burt Chandler

burt.chandler@iberiabank.com

Jack Hasson

btcmembership@gmail.com

(205) 870-1864

### Long Run Coordinator

### Moderate Distance Run Coordinator

### Medical Director Emeritus

### Medical Director

### Marketing Chair

### Marketing/Social Media

### Membership

### Membership Benefits

### Merchandise

### Social Chair

### "The Vulcan Runner" Editor

### Club Photographer

### Japan Exchange Program

### 1200 Mile Club

### Road Race Emeritus

### Volunteer Coordinator

### Historian

### Marathon Coach

### Finish Line Crew

### BTC Race Directors

### Adam's Heart Run

### Statue 2 Statue

### Peavine Falls

### The Vulcan Run

Burt Chandler

burt.chandler@iberiabank.com

Judy Loo

judy.loo@healthsouth.com

Alex Morrow

coachalex@resoluterunning.com

Mark Burris

volunteers@birminghamtrackclub.com

Danny Haralson

newrunners@birminghamtrackclub.com

(205) 746 5450

(205) 835-0030

## 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**

# President's Message

—Jennifer Andress



## Hello BTC!

Your BTC Officers and I would like to thank you for participating in all of the recently held, super-fun, BTC Summer events. They included TWO BIG FUN Saturday morning socials in June and August, a great July night at the Birmingham Barons game, a rocking water stop at the Retro Run 5k, and a perfect July 4th Peavine Falls race. As we now move towards Fall, we have another big list of events planned for you, culminating in our best Vulcan Run 10k yet on November 2!

Before I discuss all of the amazing events we have planned, I would also like to thank each and every one of you for your membership in the Birmingham Track Club. You may have seen the post on Facebook, but our club has officially passed the 1,000 member mark! Wow! Our membership has grown 33% in 18 months! I would like to thank Membership Chairs Dirk Guenster and Jamie Witter for keeping up with all of us. In addition, this group of BTC officers, our fantastic committee chairs, and all of the wonderful people who volunteer their time to serve on those committees, and at BTC events, have been invaluable in helping grow our club. Thank you, thank you, thank you for all of your support and making my job so much fun!

Kicking off the fall, the BTC is offering for the first time ever, FREE coaching for all levels of runners training for the Vulcan Run. Coach, and Vulcan Run Race Director Danny Haralson is guiding the "Couch to 10k" group to their first ever 6.2 mile race. Coach, and BTC Vice President Alex Morrow is working with runners who are not new to the 10k but are looking for a PR with the "Achieve Your PR" program. Lastly, Coach Kile Putman, author of a popular Vulcan Runner newsletter column, is working with a group seeking to break the coveted "Top 200" with the "Achieve Elite" program. By making it into the top 200 runners receive one of the hard-earned "Top 200" custom finisher's shirts which we are once again offering the fastest 200 runners on race day. These shirts were a big hit last year, brought to you for free from the BTC and the Trak Shak. Check out our website for information about working with these three fine coaches. You must be a BTC member and registered for the Vulcan Run to qualify.

Speaking of races, we have two other races to offer BTC members this fall. First, on September 7th, David Tosch, author of the Vulcan Runner column "Dirty Running," will bring you a FREE trail race at Oak Mountain. As you can read

in our cover story about the Birmingham Ultra Trail Society (BUTS), trail running is becoming quite the phenomenon in our area. We are so lucky to have such wonderful parks and mountains to explore within a short drive of our homes. Let David show you a good time on September 7th and you will earn a finisher's shirt and medal, all for FREE!

Another trail run and BTC favorite, Fat Danny's Trial by Trail, will be held on October 5th. Fat Danny's is perfect for those new to trail running and still technical enough for the more experienced trail runners. The course is 5.5 miles and a cookout will follow. The cost to BTC members is only \$5 and you are asked to bring a side dish large enough to feed four to six people. The BTC will provide hot dogs, buns, and soft drinks. Also at Fat Danny's, the BTC will be collecting gently-used technical shirts and running shoes to donate to a local charity. So come on out BTC, the fun begins at 8:00 a.m.!

While you are running these events, be on the lookout for BTC Photographer David Christy. David has taken wonderful pictures for us since last year and now he is able to load them as a gallery onto our website. You can now purchase professional photographs for as little as \$2 a shot! Also be on the lookout for our Finish Line Crew which debuted at the Peavine Falls Run. Tanya Sylvan is now in charge of the Finish Line Crew and we welcome her to the BTC Executive Committee.

Other Fall BTC happenings include the Triple Crown Half-Marathon Challenge which kicks off at the Talladega 21000 Half-Marathon on September 22. The Challenge continues with October's Montgomery Half-Marathon and culminates at the Magic City Half-Marathon in November. This year's shirt will be as cool as last year's, and the medal will be bigger and blingier than ever!

Also at Talladega, Volunteer Coordinator Mark Burris will once again be looking for volunteers to staff our awesome water stop. Please contact him at [Volunteers@birminghamtrackclub.com](mailto:Volunteers@birminghamtrackclub.com) if you would like to be part of the fun. You will also be eligible for our Volunteer Rewards Program, with rewards increasing for each race you volunteer!

As all of you BTC members are running throughout the Fall, recording your mileage, and sending it in to Michele Parr for the 1200 Mile Club tally, 1200 Mile Club committee member



Alison Hoover is on the search for a new 1200 Mile Club running jacket to be awarded at the BTC Year-End Party. She has two jackets picked out and has ordered samples. Once they arrive, BTC Webmaster Dean Thornton will post them on our site and we will invite you to weigh-in on your favorite. Keep your eye out for that coming up in the next month!

I have 2 updates for you on our ongoing community involvement with Mt. Brook and Homewood. Mt. Brook Parks and Recreation Chair Carey Hollingsworth tells me they should be getting a price any day now for the Plaza that will surround the water fountain we funded on Jemison Parkway. They then will present it to the family whose son will be memorialized at the plaza for their approval before construction will begin.

Homewood City Councilman Peter Wright tells me the Hollywood Boulevard bridge project is expected to be formally endorsed by Mt. Brook and Homewood this last week of August and funding lined up with the state within the next 30 days. Councilman Wright says: "We are not certain of the exact design or when construction could begin. We also may have some issues mapping out the new sidewalks on both sides of the bridge. That's the latest. Thanks for your support."

I will of course keep you updated on both projects!

We have a great, big Fall ahead of us with lots of running! I can't wait to see you at one of our upcoming BTC events!

# Vulcan Run 10k



## November 2, 2013

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

# PLAYLIST

## Support Group

—By Kile Putman

Song: You've Got A Friend In Me

Artist: Randy Newman and Lyle Lovett

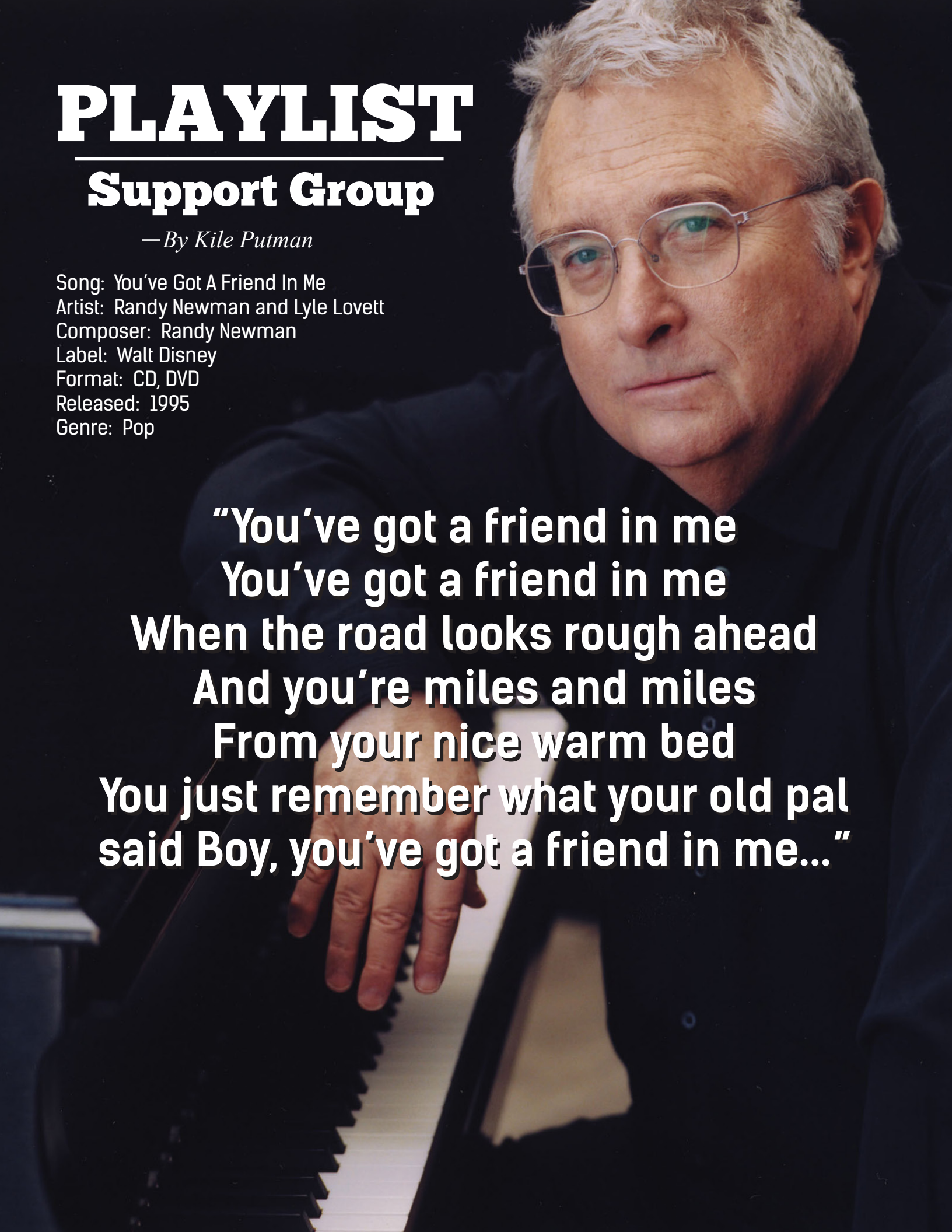
Composer: Randy Newman

Label: Walt Disney

Format: CD, DVD

Released: 1995

Genre: Pop



**"You've got a friend in me  
You've got a friend in me  
When the road looks rough ahead  
And you're miles and miles  
From your nice warm bed  
You just remember what your old pal  
said Boy, you've got a friend in me..."**

Everyone needs friends to help get down the road of life. Sometimes professional help is needed on the journey. Runners should establish a support group. This group is more than just the track club that pulls the local running community together but people to help extract the most from an individual's running activity.

All runners experience occasional aches. A key to maintaining a running program unaffected by long term injury is to distinguish between discomforts and pain. If there is a persistent pain due to running, seek professional medical help. Your general practitioner may be the first go-to for injuries. Seek a practice that creates an environment for exercise as a prescription for health and not just an office that has a pill for every problem. Your primary care doctor may even refer you to a sports med physician for more specific care. A physical therapist may then be called upon to assist with treatment. Add these groups to your circle of support.

Perhaps you have a coach that has developed a program to assist in your quest to run toward a particular goal. The most important aspect of the athlete-coach relationship is mutual trust. The athlete must trust the coach to guide them to their goals while the coach must trust the athlete to do the workouts and the other additional activities to fulfill the plan. Most all running and related activities can be done with others. Your workout partner(s) add dedication to your program. It is much easier to crawl out of bed for an early morning run knowing that someone is waiting on you.

Runners are occasionally labeled with names such as 'granola' and 'health nuts'. In an attempt to maximize caloric intake and performance expenditure a variety of foods and diets have been tried. It is not far-fetched for a runner to feast on a smoothie made from vegetables and goop from a tube. A registered dietician may be someone a runner should consult for sound nutritional advice.

According to Running USA the running shoe industry had \$2.46 billion in sales for 2011. That figure equates to a lot of shoes, and shoe designs. There are minimalist shoes, motion control shoes, heavy shoes, light shoes, drab shoes and colorful shoes. Not every shoe will work for every runner. The staff at independent running stores is knowledgeable in footwear fit and function. Develop a relationship with a professional shoe guru to assure your feet are properly shod.

Runners depend on family members for a lot. They are

wonderful as chauffeurs driving home from marathons. They easily awake and roll over to the it's-still-dark-outside alarm. They wash our stinky running cloths. They put up with our strange eating habits. In return, support their hobbies and activities.

Surprisingly the most important people in your support group may be your non-running friends. In order to provide balance in your life go outside your track of running friends and enjoy activities on the other side of life. Prove to the world that you really are not a running nerd!

Perhaps you do not need all of these individuals for your running program. Maybe you need these and others. It is the folks we surround us that makes us better as people, runners... and friends.

---

***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.***





RESOLUTE  RUNNING

# Back to School Group Fitness Special

**Purchase 7 Classes,  
Get 3 Classes  
FREE!**

**Faster,  
Farther,  
Fitter...**

**To register, visit:**

**[www.resoluterunning.com](http://www.resoluterunning.com)**



# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Jennifer Andress, Allison Hoover, Kelly Holbert  
Vancouver, BC Lululemon SeaWheeze Half-  
Marathon*



*Christina Blackmon, Atlanta 20K*

# 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)

---



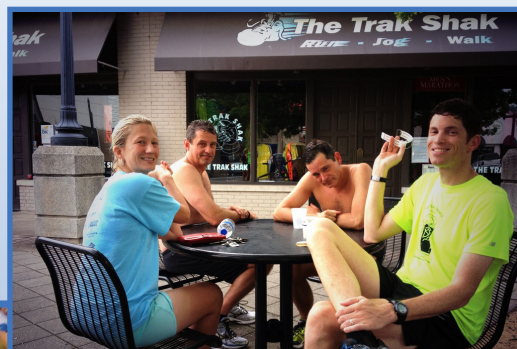
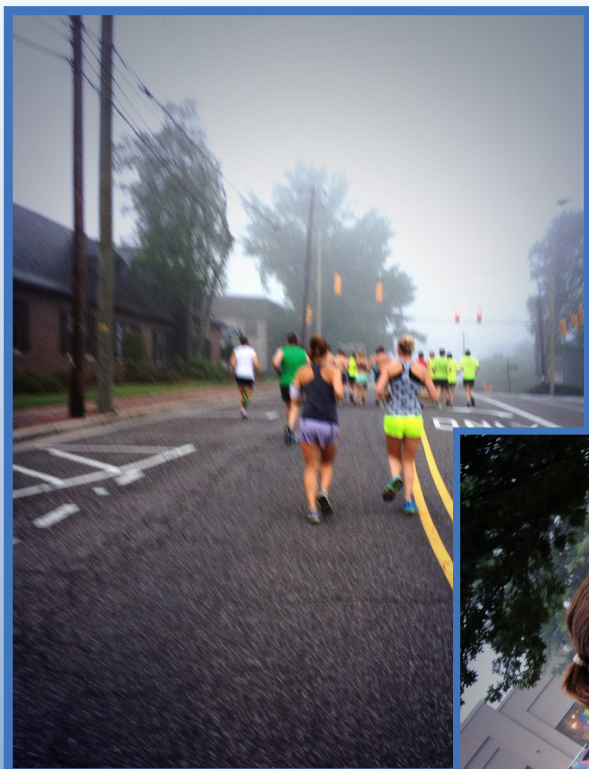
**Facebook.com/BirminghamTrackClub**



# Saturday Morning Long and Moderate Runs

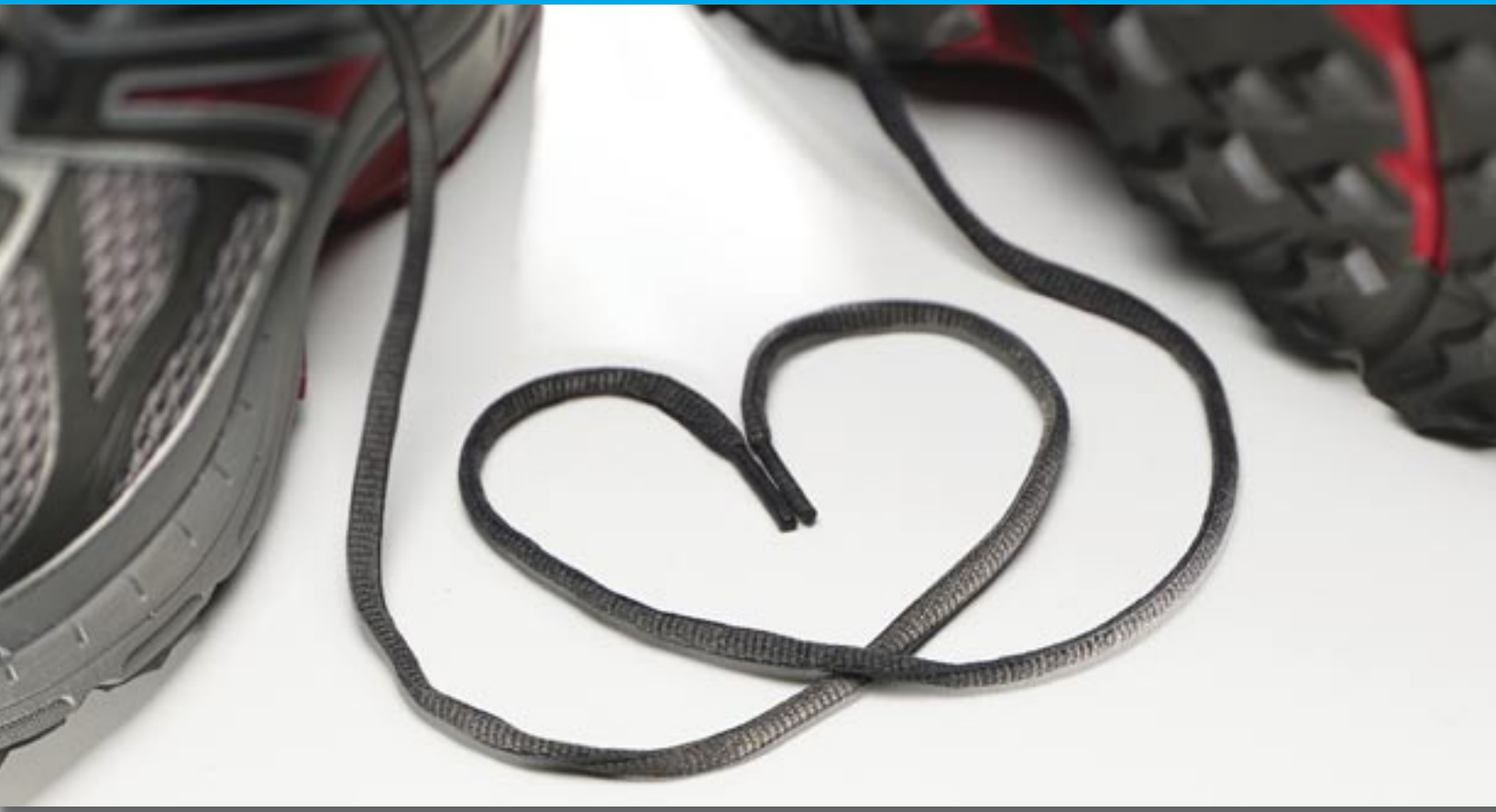
Find us on FB or email Natalie  
Ferguson at [nataliezl@hotmail.com](mailto:nataliezl@hotmail.com)  
for more information

## JOIN US!



BIRMINGHAM AIDS OUTREACH

*A Show of Heart*



22nd ANNUAL

# Magic City AIDS Walk & 5K Run

Sunday . September 22, 2013

Avondale Park • 4:00-7:00PM

**Grand Marshals ~ Marco & Elan Morosini of Silvertron Cafe**

5k Fun Run sponsored by:

Octane Coffee Company • Omega Wellness & Sports Performance Center



**5K Fun Run Start Time: 6:15 PM | Run starts and ends at Avondale Park**  
*Suggested Minimum Donation \$10*

**Visit [baoevents.org](http://baoevents.org) for registration and more information.**

Contact [jamie@birminghamaidsoutreach.org](mailto:jamie@birminghamaidsoutreach.org) or by phone at 205.322.4197 ext.20

Birmingham **AIDS** Outreach.org



# DIRTY RUNNING

—David Tosh

Since my first 100 mile race in 2008 I have learned a lot about hydration, mostly by making a bunch of mistakes. Several times I have been sure I had the whole problem of hydration and electrolytes solved only to find out, in the next race, I did not. Of course, staying hydrated is the single most critical issue facing every ultra-runner. While fueling is critical to a strong finish in shorter ultras, or finishing at all in longer ones, improper hydration can be just plain dangerous.

In 1966 I was a miler at Mesquite High School, a suburb of Dallas. We frequently ran 3 and 5 mile training runs in 100 deg. heat and never thought about carrying water. Before my senior year, 1967-68 I found a 10 mile route that I regularly ran from my home. In less than a mile I was out in the country and I didn't return to civilization until the last mile. There was no water anywhere on the run and I ran the route all summer that year. The only shade on the route was about 2.5 miles into the run where the road crossed a tiny creek. There was perhaps 50 feet of shade along the road. In Dallas, from mid-July until the end of August, the highs most days are over 100. Fifteen to twenty five days in a row with highs over 100 is the norm and more than 30 days in a row over 100 is not unusual. I remember being hot on the runs but don't ever remember being thirsty. It is amazing how much things change.

The first time I ever drank anything while running was during my first 10K road race, the Azalea Trail Run in 1979. Actually, I am not sure if I drank the water or poured it on my head or both, but I did grab a cup of water at the aid stations. A few weeks later I ran another 10K and decided I wanted to run a marathon so I started running longer training runs. I found a 12 mile loop around Mobile I liked and I always stopped for water at three gas stations along the run. I selected them because they were equally spaced along the route and two had outside water fountains. The third was the last place to get a drink before the final several miles back to my house. I remember passing a bank sign on Old Shell Rd that would read as hot as 103 in the

afternoons when I ran. I always ran in the afternoon. I was an accountant with a CPA firm and by the end of the day, I had to go out and run!



Pictured are 3 of the greats of my era. Bill Rodgers, Left, Frank Shorter and Joan Benoit. Joan was the Olympic Gold Medalist in the Marathon in 1984 at Los Angeles. Rodgers won the Azalea Trail Run in '79, my first 10K. And then there is Frank Shorter. Shorter is very likely why I run today. I will never forget sitting in front of the TV at my parent's house in 1972 watching him come into the Olympic stadium at the Munich Olympics and win the Gold. An imposter had entered the stadium just ahead of Shorter, pretending to be the winner. When the crowd realized what had happened they started booing the guy. When Frank entered the stadium he thought the crowd was booing him. Boos turned to cheers a few moments.

From 1979 until the first two 50Ks I ran in late 2007 and early 2008 I never took any kind of electrolyte during a run or race, including all the marathons I ran back then. I didn't keep up with them, but over that 29 year period I ran well over 30 marathons. Occasionally I would drink a Gatorade after a race, but that was it. When I went to



the Katcina Mosa 100K in Utah in 2008, John Bozung, RD of the race and also of the Squaw Peaks 50 Mile Trail Race in Provo, Utah, provided every entrant with Enlyten Strips for the race. I used them just like he said, "put one strip between your cheek and gums. When the first one is gone, put in the next. I never got sick at my stomach at all. Of course, I only ran 38 miles but that took me almost 13 hours. But that is where I started using electrolytes and suddenly I no longer felt sick at my stomach every time I ran a long run. I used the Enlyten strips at The Pinhoti 100 in 2008 and The Leadville 100 in 2009 and they worked great. There was one problem with the strips, which are like breath mint strips. When you use them for 25 or 30 straight hours, they burn the tissue in your mouth. For days after the 100s, strips of skin in my mouth simply came off. I decided to try something else.

The next step was NUUN tablets. They seemed a logical way to always take the exact amount of electrolytes you need. You just drop one tablet in 16 oz. of water. They seemed to work great for 50Ks and any race where I was not using trekking poles. At races like The Tahoe Rim Trail 100 with 23,000+ feet of elevation gain, I was using a Hydration Pack so I could use trekking poles. It was virtually impossible to get the ratio of tablets correct. Late in the first day I began to get sick and realized I could no longer drink my water. I probably had twice the concentration of NUUN tablets I was supposed to have. I poured all the water out and started over. All was fine. Overnight I again become sick and had to walk almost all night. Finally, near daylight I figured out I had again gotten the ration way off. I dumped out the water in my pack and took electrolyte caps the rest of the race.

At the Rocky Raccoon 100 I tried the NUUN tablets again but about half way through realized I could not keep the ratio correct even in my hand held bottles. I dumped out the water in my bottles and never used another NUUN tablet again. In 2012 I ran the Grindstone 100 in Virginia, by far the hardest 100 I have ever done. Grindstone has a 38 hour cutoff

and starts at 6:00 p.m. so I ran all night Friday night, all day Saturday and almost all night Saturday night. I ran for 35 hours and 5 minutes. I took nothing but electrolyte caps the entire race and NEVER felt sick at my stomach. I even ate several grilled cheese sandwiches and a barbecue sandwich with no problems.

In every training run I have done since Grindstone, both times I ran the Lookout Mountain 50 mile and the Chattanooga Stage Race in June, I have used nothing but Electrolyte caps. Specifically I use Carbo Pro's Thermolyte MetaSalt Caps. I take one per hour in cool conditions and more when it is hot. IF it is really hot, I take a lot more. I have no intention of ever changing to anything else, that is, unless the salt caps suddenly quit working for me.

How much water to drink?

This seems to be the \$1,000,000 question. I have heard a bunch of theories over the years on how best to determine the correct amount of water for the conditions. Everything from "drink constantly" to "drink before you get thirsty" to this: Weighing yourself, naked, before a two hour training run. Do not drink anything or pee during the run, then weighing yourself again, nude, before drinking or peeing following the run. This would give you an exact weight loss from sweat during the run. Of course, for this test to be relevant, you would have to perform it at 30, 50, 70

and 90 deg. F and possibly at 100 deg. at least here in Birmingham. There are a couple of complicating issues though. If you tried this at Oak Mountain State Park, here in Birmingham, you would probably get arrested and the 30 deg. weigh-in could be a little uncomfortable. Next, you would have to monitor the temperature during your runs and races from cool mornings, through the heat of the day and into the evening, calculate how much water you needed to drink between each aid station based on the expected temperature and, of course, remember to drink that specific amount. I have trouble remembering to add water to my Carbo Pro mix bottles at aid stations, never mind the rest.

I use a very simple system. I drink all the time. I literally drink a little water every four or five minutes. I don't time drinks; I just drink a little, constantly. I recently ran a 50K. The



***Yes I know this has nothing to do with hydration. This picture was shot as Shorter entered the Olympic stadium to boos. Actually, in a way, it does. In those days there was nothing at aid stations but water. Somehow these guys still managed to run some pretty amazing time.***

temperature was about 55 deg. at the start and warmed to 83 by the time I finished a little over 6 hours later. It was overcast and damp early and did not clear until mid-morning. Then it got hot. A little later it clouded up again although it was still hot. During the first section of the race, (start to first aid station) I covered the distance in 1 hour, 25 min and drank about 18 oz. of water plus one of my 10 oz. bottles of Carbo Pro mix. I drank 28 ounces total or about 18 oz. per hour. I reached the second aid station in another 1 and ½ hours. During that time I drank 20oz of water and another bottle of Carbo Pro mix for a total of 30 oz. of liquid. That a rate of 20 oz. per hour. By now, it was getting hot. The sun was out but the humidity seemed to be even higher than before. I reached the next aid station in 1 hour 20 minutes. During this sector I drank 35 oz. of water and 10 oz. of Carbo Pro. That is a total of 45 oz. of liquid or a rate of 34 oz. per hour. That is twice as much liquid as I consumed in the first few hours. I wish I could give you a specific way to know how much to drink. I can't. I just drink the entire time I am running. As it gets hotter I drink more. If the temperature drops, I drink less. I never allow myself to get thirsty under any circumstances. With practice, especially in the summer heat, you will get pretty good at determining just how much water you need.

What is can give you is my Hydration Schedule:

In Cold or Cool Conditions I drink about 18 oz. of water (liquid) and take one salt cap per hour. In warm temperatures, (mid 70's - mid 80's) I drink about 20 to 25 oz. but still take about 1 electrolyte cap per hour. In hot conditions (85 - 90+) I drink 35 or more oz. per hour and one salt cap about every 45 minutes. When the temperature approaches 100, I drink even more, sometimes much more and take one electrolyte capsule every 30 minutes. In reality, I only use this schedule to estimate how much water and how many electrolyte caps I will need to get from aid station to aid station, plus a few extra ounces, just in case.

In summation:

I weigh 165 lbs. The amount of water you drink and the quantity of electrolytes you require will likely be different than what I need. If you weigh 98 lbs. and try to drink as much water as I do, you will probably never reach the first aid station. If you weigh more than me, obviously, you will need to drink more and take more electrolytes. Also, everyone sweats at different rates. Experiment and figure out what works for you. Oh and there is one other critical factor related to staying Hydrated. In all trail races but especially in ultras, know how long it will take you to get from one aid station to the next. In 50Ks and up, I evaluate the race

maps and elevation charts to estimate the time between aid stations. In 50 to 100 mile races I actually create an aid station queue sheet so I don't have to make such calculations with an ultra-impaired brain. Very Important: If someone else fills your hydration pack or bottle check and make sure they put in the amount you need. I have twice run out of water in long ultras because I didn't check to see how much water I had when I left the aid station.



*I guess if you fill your bottle yourself you don't have to worry.*







# Birmingham Stage Race

**3 Days - 3 Mountains - 53 Miles  
or 2 Days - 2 Mountains - 37 Miles**

**September 27, 28 & 29**

**Stage 1 - Moss Rock Preserve**

**9:00 a.m. Start**

**Tech Shirts to all & Finisher Awards**

**5th Race in Mountain High Outfitters  
Southeastern Trail Series**

**One Tough Race!**

**3 Mountains - 3 Days - 53 Miles**

# BTC *Free Race*

**4, 8 and 14 mile Trail Races**

**Free to all BTC members**

**Saturday, September 7 th, 8:00 a.m. Start**

**Oak Mountain State Park - Redbud Pavilion (by BMX Track)**

**Finisher Awards and Tech Shirts for all Races**

**Register at: [SoutheasternTrailRuns.com](http://SoutheasternTrailRuns.com)  
or [Ultrasignup.com](http://Ultrasignup.com)**





**2013**

**An event bringing Breast Cancer Awareness and Early Detection to our community!**

**Sat. ~ September 28, 2013 ~ Legion Field  
7:00 until 10:00 AM.**

**The "Sistah Strut" is our way of coming together with kindred spirits to share our life experiences and to gather with like minds. We'll address the needs of our community, as it relates to Breast Cancer. There are runs and there are walks, but everyone knows that "Sistahs" strut! "Sistahs" are not defined by race, ethnicity, or gender ~ it's about spirit, attitude and intent.**

**This event is NOT about price; rather we are about Passion, Purpose, and Pursuit. While Registration Fee is \$25.00, those without funds will not be turned away! Bring a chair, come in a wheel chair ~ Just COME! Sit a while, chat a spell, strut a bit, run a while!**

**We need YOU to join US! We are a 501(c)(3) organization.**

**ALL Registration Fees and Donations are TAX DEDUCTIBLE!**

<b>Registration Levels</b>	<b>Fees</b>	<b>Benefits (Pls. sign-up by 09/10 to qualify)</b>
Personal ( 1 person)	\$ 25.00	Access to Strut, Tee Shirt & Booklet Recognition
Team (up to 3 people)	\$ 70.00	Access to Strut, Tee Shirts & Team Recognition
VIP Team ( 4 to 10 people)	\$200.00	Access to Strut, Tee Shirts & Special Recognition

**(205) 356-3892 ~ [icuhong@earthlink.net](mailto:icuhong@earthlink.net)**

**The City of Birmingham and the "SISTAH STRUT"/BBBB cannot accept responsibility for damages or injury to persons or property during the 2013 "SISTAH STRUT."**

**[Detach Here ~ Complete Form & Mail]**

Name: \_\_\_\_\_ Please sign-up by 09/10/13

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ [H] / (    ) \_\_\_\_\_ [O]

(    ) \_\_\_\_\_ [C] / (    ) \_\_\_\_\_ [F]

Company / Group Name: \_\_\_\_\_

Gender: \_\_\_\_\_ / Date of Birth: \_\_\_\_\_

Breast Cancer Survivor: \_\_ ? If yes, how many years as a Survivor: \_\_

Supporter: \_\_ / Person you are supporting: \_\_\_\_\_

Is this person a Survivor? \_\_ Deceased? \_\_ Male? \_\_ / Female: \_\_

Are you interested in becoming a Volunteer? \_\_\_\_\_

**We appreciate your support and trust that your experience with the "SISTAH STRUT" will be both rewarding and comforting**

**PLEASE COMPLETE FORM. ~ MAIL PAYMENT w/ Form & Make payable TO: BBBB**

**P.O. Box 310532 Birmingham, AL 35231 [Checks or money orders ~ No cash, please]**

## 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.*

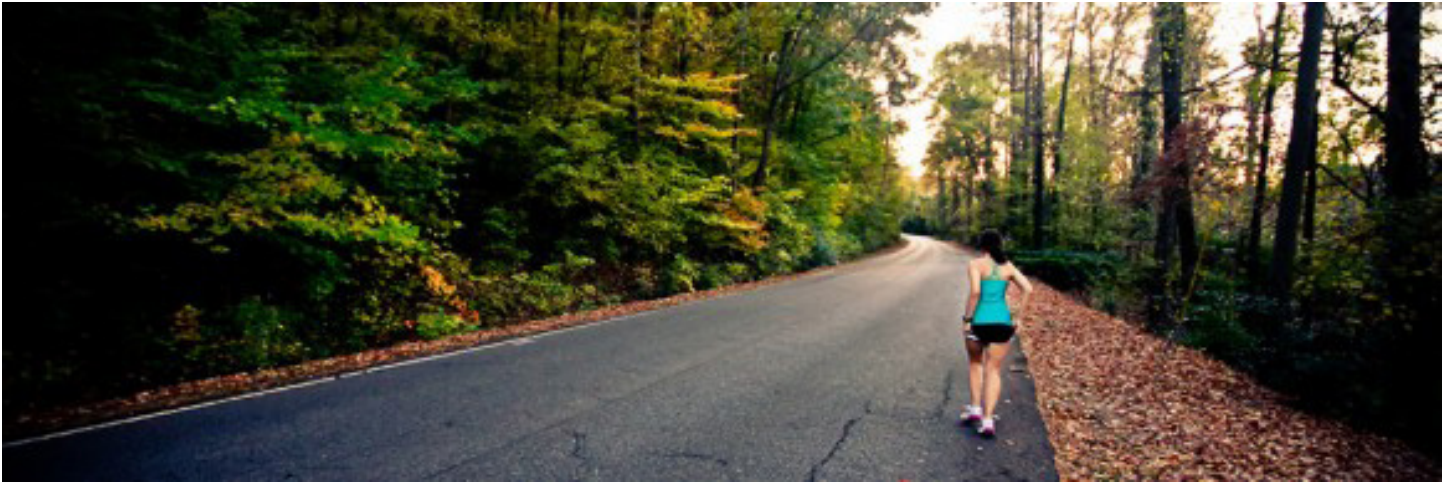
Registration is **\$30.00** for the Triple Crown Half Marathon Challenge. Participants must still register for each individual race. Participation in the Triple Crown Challenge does not guarantee entry into the three races, so please register early.

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

# 17 Signs That You're a Runner

—by Zack Sylvan



In classic BuzzFeed style, I present you with 17 Signs That You're a Runner. As with any sport or hobby, there are professionals and experts, novices, and amateurs. In my own little happy corner of the world, even if you run on a semi-consistent basis, you should call yourself a runner. If you don't see your habits on this list, it either means I'm a terrible listicle journalist, or you just have extremely weird habits. I kid. Here are some things that might reassure you that you're a dedicated runner:

## 1. You take shoe-selfies.



**2. Your laundry room has two distinct piles. Normal clothes, and running clothes. Only one will knock your ass to the ground upon entering the room.**

You know you're a runner if you separate your laundry into whites, darks, and tech.



someecards  
user card



3. You have a dedicated shoe budget. Also, a sock budget because you've learned that bloody socks tend to freak people out.



OMG THAT NEW SHOE SMELL. RIGHT?!

4. You turn down grabbing a beer with friends because your watch asked you out on a 'run date' first.



It's like a tamagotchi, but it actually serves a purpose.

5. Your iPhone alarm looks like this:



credit [www.tanyasyivan.com](http://www.tanyasyivan.com)

6. You can't get enough of that perfectly undisturbed, early morning air.

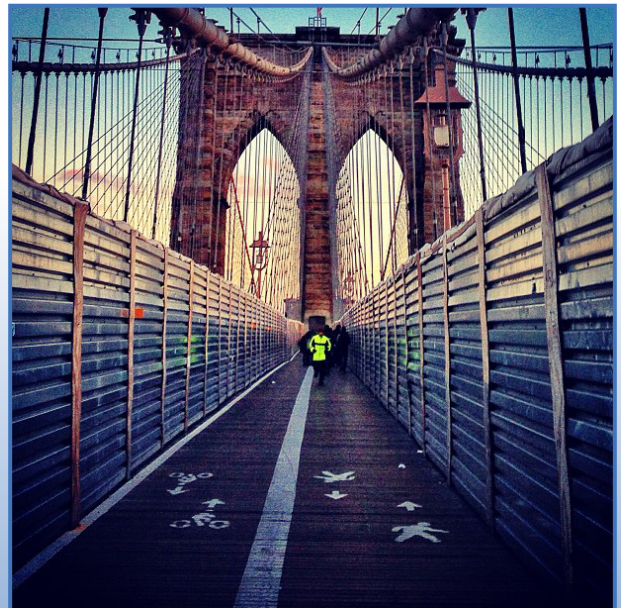


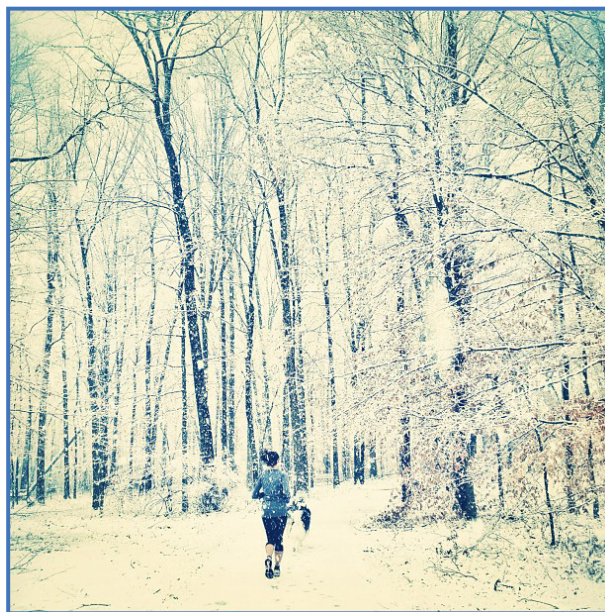
photo credit [www.tanyasyivan.com](http://www.tanyasyivan.com)



7. You carry around an over-sized jug of water everywhere you go despite your friends pleading you not to embarrass them.



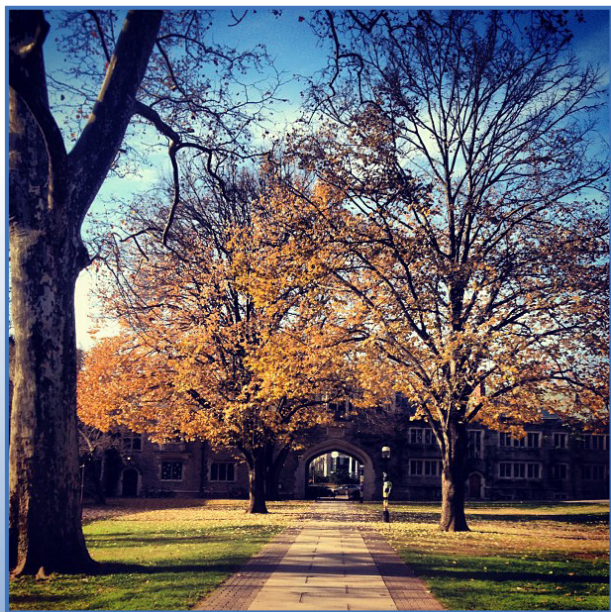
Snowy runs are pretty much the best.



With photo ops every 5 feet, coastal California runs aren't usually too productive.



8. Any of these could be your ideal run:



One of my favorite places to run – Princeton University in Autumn



9. You wear your running watch as an accessory. That electric lime green goes perfectly with... well, nothing honestly.



photo credit [www.extranet.widget.com](http://www.extranet.widget.com)

10. You could basically live off of bananas, peanut butter, and GU.



photo credit [www.3xacharmrunner.blogspot.com](http://www.3xacharmrunner.blogspot.com)

11. Carb-loading days rock.



12. You have your beliefs on the oval mileage stickers, but you commend the runner regardless.



photo credit: [www.palmettostaterunner.com](http://www.palmettostaterunner.com)

13. Your friend just posted their run on Facebook, you immediately get off the couch and lace up. Not that it's a competition or anything...



15. We act like race bling isn't important (and it isn't), but it is.



14. Running is a lifestyle and a mindset, and you take it seriously.



16. You think about how much money people waste on gym memberships, then realize you spend just as much on shoes, outfits and race entries.



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

They get you everywhere they can.  
photo credit [www.tokenrunningblog.blogspot.com](http://www.tokenrunningblog.blogspot.com)



**17. You realize that you're part of something big, and truly amazing.**



**A movement, a community of passionate, inspiring, and bad-ass individuals that you would defend in a heartbeat. (Especially when that yellow 2005 Hummer comes barreling towards you and your running compadres at 5:30 AM narrowly missing the group.)**

**photo credit [www.mruns.com](http://www.mruns.com)**

**Your running family is your second family. Who else would you sweat, stink, spit, puke and poop in front of without worrying that they think anything less of you now? Or dress up in tights, tutus or superhero garb without feeling awkward?**

**Whether your running family is 20,000 on race day, 50 for a local social, or just you and your earbuds, you are runner strong.**

# THE 1200 MILE CLUB

## July 1200 Milers

Last	First	Total	July	June
Adams	Audrey	308.4		
Adams	Clell	758		164
Adams	Tammy	247		
Affuso	Olivia	670	86	97
Allen	Darnell	294.8		
Anabtawi	Sam	88		
Andress	Jennifer	869	131.5	146.5
Armstrong	Tommy	245.1		62
Arrington	Donna	705.2	112.6	98.2
Atkins	Brian	1252.3	242	235
Ballard	Bill	764.1	89.1	57.6
Barry	David	631.5	116	95
Barry	Heather	608	102	101
Belcher	Michelle	553.45	68	62
Benner	Kimberley	670.4	128.4	101
Benson	Wayne	524	100	59
Bertram	JR	647	162	130.3
Blankenship	Barry	856.09	144.12	146.59
Bonatz	Ekkehard	1448		254
Booher	Lisa	884.43	90.7	105.3
Bradley	John	709.2		93.2
Bradshaw-Whittemore	Al	745.2	114.6	97.8
Brakefield	Cheryl	435.8		
Broussard	Julie	293.45		
Brown	Charlie	811.25	132.2	125
Brown	Sean	219		
Browne	Shannon	290.9		
Burke	Chad	1232	187	173
Burnette	Jack	600.4	91.5	53.3
Burris	Mark	929	93	102
Burson	Steven	399.45		
Caldwell	Greg	472.1	72.2	44.1
Chandler	Teresa	720	106	100
Choat	Julie	681	81	77
Clay	Brad	1602	245	255
Coffee	Mitch	722.06		84.14
Corrin	LaRonda	208.95		
Corrin	Roger	600.57	142.32	40.2
Crawford	Jennifer	771	157	132
Creed	Brad	741.8	103.8	116
Crumpton	Dan	914.57	190.5	144.1
Darden	Amber	177		
Davis	Wayne	973	117	102
Dean	John	187		
Dease	Katherine	702.22	94.33	101.25
Denton	Matt	895	146.75	147.5
DiMicco	Al	813	96	136
Dodson	Brooke	864	171	145
Dortch	Cherie	405.07		50.25
Dunham Atkins	Kelly	886.2	153	172
Dunn	Wade	660.7		
Engels	John	660.1	114.2	66.7
Ensminger	Stephanie	647.48	51.44	38.68
Estes	Jeff	500	75	41
Evans	Debbie	811.55	179.25	
Evenden	Sally	691		106
Farrell	Meredith	107		
Fasking	Greg	754.2	103	141.3
Fell	Amy	895.5		179
Feller	Beth	929.4	146.2	131
Fite	Rebecca	776.95		123.68
Fondren	Matt	1692	225	265
Ford	Joe	542		
Foster	Michelle	717	111	109
Franklin	Shane	648.69		126.43

Last	First	Total	July	June
Frederick	Winston	1129	196	162
Ganus	Jack	727	108	104
Gann	Michael	849	155	114
Gash	John	677	133	143
Geisen	Jonathan	734	134	93
Givan	Marcus	554	125	135
Glaub	Chris	653	129	105
Goode	Johnny	1024	164	139
Gray	Todd	594.1		113.6
Greene	Michael	343.49		
Gremmels	Jennifer	673.42	120	118
Grossmann	Christopher	632.66		101
Guenster	Dirk	381.55		
Gullapalli	Satya	668.3	108.9	112.7
Hallmark	Daryl	773.8	190.5	101
Haralson	Danny	719		103
Haralson	Micki	1046.5	174	135
Hargrave	Alan	665	65	119
Harrelson	Kitty	393.2		
Harris	Robert	244.25		
Harris	Vickie	722	131	109
Harrison	Lisa	894.6	150	143.5
Hartfield	C. Meade	487		
Hathorne	Chad	326.74		
Haugh	Spencer	535.1		3
Heaton	Bryan	819	123	91
Hedrick	Nicole	734.4	111.2	121
Hickerson	Patrick	685	97	119
Higgins	Shane	710.2	102	99.6
Hiller	Russ	666.68	142.85	125.89
Hinton	Gretchen	463		95
Hollington	Kasey	852	143	96
Holman	Reannon	213.13		
Home	Greg	94.1		
Honea	Todd	764	105	116
Hoover	Alison	895.49	147.21	140.65
House	Beth	615.55		104.65
House	Mike	75.7		
Ingram	Joseph	349		
Jackson	Terri	483.1		81
James	Ryan	954	95	205
Johnson	Mark	715	80	121.5
Jones	David	88.5		
Kahn	David	437.5		
Keith	Michael	701.87	72	102.3
Kirkwood	Teresa	740	121	120
Kuhn	Jimmy	895	116	109
Langston	Richard	616		
Lee	Shilonqua	299.65		
Leek	Joshua	557		
Lester	Treva	122		
Longoria	Joseph	742.98	128	73
Losole	Liz	686	103	76
Lucas	Jane	673.5	128	100
Lupinacci	Tim	692.25	105.25	108.5
Lyle	Randy	1406	205.2	195
McCalley	Charles	117.7		
McCarthy	Nicole	598.11		
McConnell	Kim	596.4	115.25	99.5
McMahon	Mary Lee	382.6		
McShan	Kenny	920.31	133.4	146
McTune	Mark	1618.08	242.69	207.55
Meadows	Bryan	672.83	105	85
Merry	Vicki	1336.5	227.8	251.9
Millican	Randy	791.85	117.97	118.96



Last	First	Total	July	June
Milsap	Lanier	742.41	127.6	109.85
Miner	Caitlin	1261	175	145
Morgan	Cary	1205		
Morgan	Danielle	631.4	87	62
Morgan	Phil	902.9	133	108.5
Morrow	Alex	1039.98	216.34	180.85
Myers	Bill	868	134	129
Noerager	Brett	440		
Northern	Kristie	946.7	149.8	100.2
Oliver	Greg	833.26	119	118
O'Neal	Alicia	71		
O'Neil	Ray	727.09	111	101
Osterbuhr	Tom	774.5	121	138
Parr	Michele	486	90	81
Pasqualini	Ellie	581	125	80
Pasqualini	Greg	48		
Patterson	Carrie	884	146	134
Patterson	Cathy	1017.3	170.5	158.5
Pattillo	Jim	608.5	114.11	97.36
Pearce	Julie	679.77		110.89
Perry	Jeff	1340.5	178	174
Pezzillo	Kate	285		
Phillips	David	110		
Phillips	Stefanie	327		116
Plante	David	948.5	131	85
Porter	Chilton	48		
Randall	Lisa	1022	147	172
Reisinger	Kaitlin	623		116
Roberts	Tim	666.3		186.8
Rose	Jamiko	202		
Russell	LaShandra	154.04		
Russell	Tom	793.45	125.6	140
Rutherford	Keith	856	136	120
Sample	Holly	576		
Shinn	Ron	587.37	211.04	92.78
Silwal	Suman	1105.6	204.4	180.3
Sims	Debbie	89.46		
Sims	Kyndle	800		
Smith	Jerry	746	101	110
Stearns	David	685.3	100	52.5
Stockton	Rick	872.53	134.7	145.6
Stroud	Vanessa	986.3	71.5	176.2
Talley	Beau	594	139	150
Taylor	Trey	774	107	65
Thomas	Eric	433.46	106.1	98.06
Thornton	Dean	924.08	166.28	128.2
Thursby	Vann	763.07		151.5
Turner	Chris	95		
Vandrell	Richard	246		
Wagnon	Bill	843.25	118	119
Wall	Ron	807.7		130.3
Washburn	Kevin	271.14		
Weisberg	Scott	544		
Whatley	Prince	1927.8	301.9	272.7
Williamsom	Chad	942.17	134.61	125.21
Wilson	Barrie	715.5	107.5	105
Witter	Jamie	713.56		
Woods	Cindy	283.3		
Woody	Bill	911		172
Wu	Xing	712.96	120.3	100.28
Yancey	Lisa	297		
Zehnder	Justin	945		141
Zenker	Chris	1007.5	148	132

Last	First	Total	July	June

# **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.

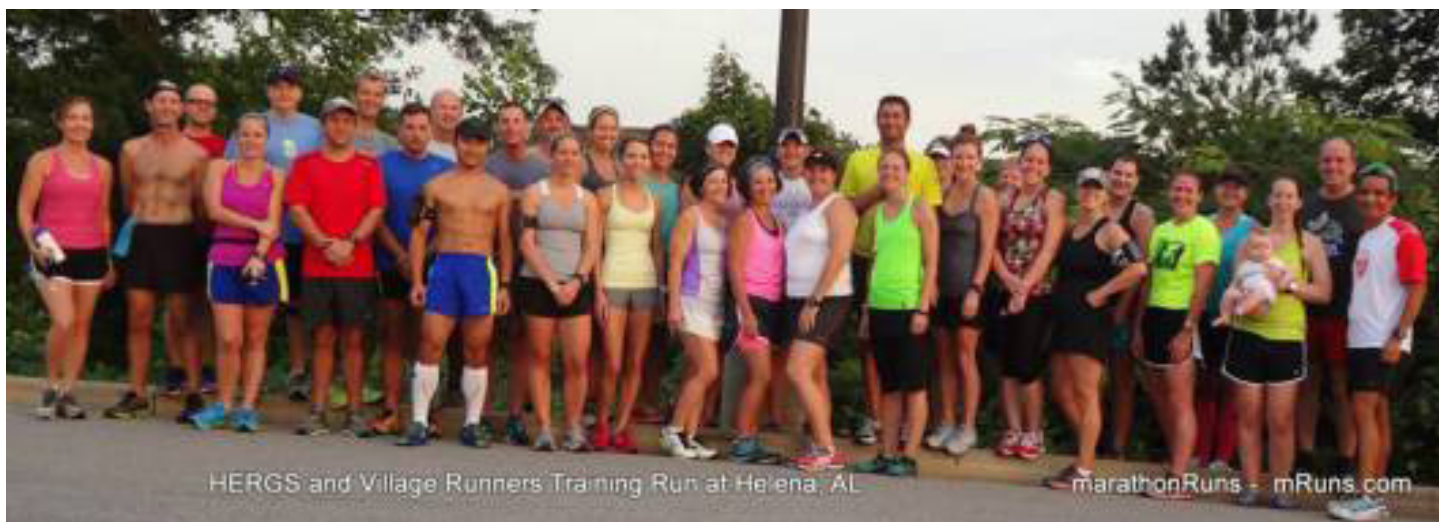
## **VOLUNTEER AT 4 RACES/EVENTS IN 12 MONTHS:**

- 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**

# The HERGS Run Helena

—by Tanya Sylvan



A few weeks ago, a group of runners from Birmingham tried something new for their long run—hit the road and traveled to Helena (a small town outside the city) to log their miles. This idea was born when I decided to make a series of posts highlighting running routes in different towns after realizing how much people liked reading my Birmingham—I Run This Town post. Helena's running group—the HERGs—immediately reached out and invited us to come explore their little slice of heaven.

The HERGs were born in July 2011 when Donnette' Hulsey decided to create a running group in Helena so that runners wouldn't have to travel all the way to Birmingham to run with others. She loved the idea of having a group for support and accountability, and so she found Helena runners through Facebook and Twitter.



## *The HERGs and BTC unite*

I loved being able to run in a different town with different runners. So often we run the same routes



*How awesome are their shirts?!*



day in and day out, for months on end. It's familiar, comfortable, safe. But doing this makes you miss out on so much—you may never explore cool places that are right next door to you.

Plus, it's fun! I think it makes a difference when you don't know what's around every twist and turn—after the run, all of the Birmingham runners agreed that the 14 miles flew by.



### *The sun put on a show for us*

We got to Helena Middle School just as the sun was rising over the new high school across the street. It was an impressive sight—that school will be nice once it's done! Introductions were made between the two groups, and we went over the route, pace groups, and best places for a photo op.



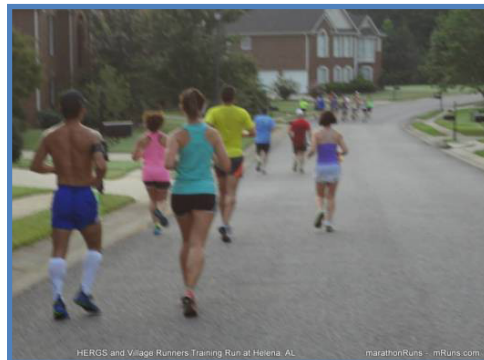
### *Off we go!*

It was awesome to see how excited the HERGs were to host us. I met one runner, Kristen, who is a fellow Jersey girl and grew up in the town next to mine! Small world, huh?



### *Pretty neighborhood*

We started out on the six mile loop first—a route with rolling hills through the Old Cahaba subdivision (neighborhood, for all you Northern folks). The houses were new and nice, and it was refreshing to not have to dodge cars coming at you at 50 mph. And before you think “neighborhood, how boring,” this area had a lake and enough hills to give you gorgeous views of the surrounding hills and ridges.



### *Proof that I am last last last – thanks mruns.com for the pic!*

Trying to be the ever-obedient student, I stayed at the very back of the pack (I'm talking DFL) with Chulwon, a Helena runner and Crossfitter. We chatted about upcoming races, his family, and how hilly Helena is. People talk about Bham hills. Let me tell you—Helena is NOT flat! We had over 1,000 ft. of elevation gain—just enough to literally keep us on our toes.



a nice, gradual climb on an out-and-back to The Lonely Cul de Sac, which sat high above the neighborhood with some gorgeous views of the hills.



### *Mmmm muffins*

At the end of the loop we came back to the school to refuel on bananas and muffins, then set out on an 8 mile loop toward Old Helena. This portion of the run was my favorite, and I'm jealous that they get to run it all the time!

We started out on the Hillsboro Path—a two-mile one-way paved trail that runs under the roadways and through the woods (to Grandma's house, of course). It was built in 2009 to connect the neighborhoods to the middle school to allow kids to bike and walk safely. Seriously! How cool! If you're from the 'Ham, think Lakeshore Trail, only more secluded and no road crossings.

### *I felt like I should be wearing cowboy boots*

After that, we ran right into Old Helena. I'd driven through here once or twice before and had always wanted to come back and walk around because it's so cute. The buildings are older and it really has a cozy, small-town feel to it. It reminds me of small western towns I've driven through in Colorado and Wyoming.



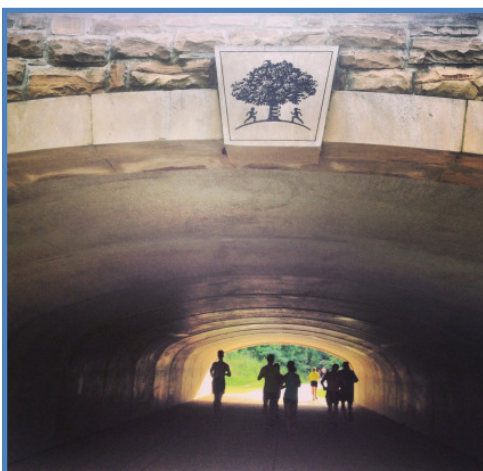
### *View from The Lonely Cul de Sac*

The end of the path brought us to the Hillsboro neighborhood, with more new houses and a lot of tall grass and wildflowers in the undeveloped parts. We had

### *Best picture ever? I think so! Thanks mruns.com for the shot*

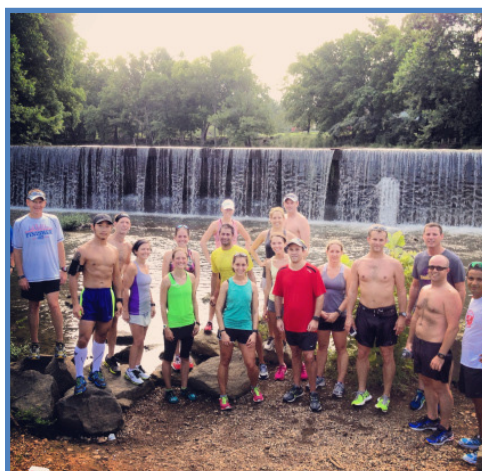
We ran past their Saturday market and onto the "beach" in front of a waterfall, where we of course stopped for photo ops and met Lily the deaf dog.





### *Helena has it right - eliminate barriers to people getting out and exercising*

Running on the Hillsboro Path back to the school, I could see why Helena was voted one of the best places to raise children. In a land of obesity, Helena took initiative and created a safe and beautiful way for kids and adults to exercise. They were also voted one of the Top 100 Places to Live in 2007, so a lot of people feel the Helena love!



### *New friends*

Overall, I had an incredible time, and I know the other Birmingham runners did too. The HERGs were so welcoming and their excitement to share their story and town with us made the morning that much better! Running with them provides a great alternative to driving all the way to Birmingham if you live out that way, so I definitely recommend checking them out. I look forward to running with my new friends again soon!



### *why I run*

The HERGs like to refuel post-run at a nearby doughnut shop, so of course we followed suit. Let me tell you, the Donut Chef is amazeballs! Cake and yeast doughnuts, smoothies, and these meat and cheese filled fried dough things. Delish!



# BTC RUNNING GROUPS

## Black Girls Run

Black Girls Run is a National Organization with a local Chapter. They have approx 500 members with all paces and levels from beginner walker to 8 minute milers. There is no fee to join and they are always taking new female members.

Contact Olivia, [oaffuso@gmail.com](mailto:oaffuso@gmail.com), Alexis, [petitlagniappe@hotmail.com](mailto:petitlagniappe@hotmail.com), or Jeralyn, [jeralynpowell@hotmail.com](mailto:jeralynpowell@hotmail.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, Harry, or Jay.

## **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 at or find them on Facebook.

## **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, Follow us on Twitter, or Email us Jerri, Shirley, or Patrick for more information or schedule of events.



# RUNNING TIDBITS

— Compiled by Randy Lyle



## Quotes

“When we got home from that race that night, Rick wrote on the computer, ‘Dad, when I run it feels like my disability disappears.’ So, that was a very powerful message to me.”

~ **Dick Hoyt**

“People often ask me, ‘What would you do if you were not disabled?’ When I was first asked, I said I’d probably play baseball or hockey. But when I thought about it some more, I realized that I’d tell my father to sit down in my wheelchair so I could push him. If it weren’t for him, I’d probably be living in a home for people with disabilities. He is not just my arms and legs. He’s my inspiration, the person who allows me to live my life to the fullest and inspire others to do the same..”

~ **Rick Hoyt**

“When we first started running, I was getting calls and letters from people with disabilities that were very upset with me and they said I was just out there looking for glory and dragging my disabled son to all these races. They didn’t know that it was him dragging his old man to these races.”

~ **Dick Hoyt**

“By competing with my father, I send the message that everyone can set a goal and they can reach it, as long as they never give up. In 2008, Dad and I were inducted into the Ironman Hall of Fame. I was inducted as the twenty-sixth member and Dad just behind me as the twenty-seventh, because, as you know, I always finish just ahead of Dad...First, as a man with disabilities, it has given me the chance to compete in one of the world’s truly special sporting events. Second, allowing me to compete, led to the establishment of the physically challenged division. Third, it gave me the stage to show all types of different people that they can set, strive for and achieve their goals. And finally, I got to go to my favorite place on earth eight times.”

~ **Rick Hoyt**

“I knew the credit went to my son. He was my motivation. Something gets into me when I’m competing along with Rick that makes us go faster. My strength comes from him, as if it moves from his body into mine. The strength that I got from my son that day enabled us to become Ironmen.”

~ **Dick Hoyt**

“...to me finishing is so important. It is a representation of my life. Mom and Dad could have quit when I was born, but they didn’t. They could have given up trying to help me learn to communicate or trying to get me into public school. They chose to continue, and because of that, I’ve had one heck of a ride. We never fail in our athletic competitions despite the fact that we have gotten lost during races and even finished with flat tires. We still continued and still finished the race. Dad and I are not quitters.”

~ **Rick Hoyt**

# Tidbits

## Two of My Running Heroes: Team Hoyt

Source: <http://www.teamhoyt.com/>

Last summer I included a story about one of my running heroes, Terry Fox. I received some positive comments about it so it seemed to be well received. This month I thought I would write about another of my running heroes, **Team Hoyt**. I decided to write this when I saw them accept the **Jimmy V Perseverance Award** at the Annual ESPY Awards on television recently. The award is given to members of the sporting world who have overcome great obstacles through perseverance and determination.

For those that know anything about Team Hoyt from Holland, Massachusetts, they certainly exemplify this award in every way. Dick (age 73) pushes his son, Rick (age 51), through each race in which they participate. Rick is restricted to a wheelchair. Using their custom-made running chair, they have completed over 1,000 races together.

### Overcoming the Odds

Rick was born in 1962. At birth, he was diagnosed as a spastic quadriplegic with cerebral palsy because of oxygen deprivation to his brain. Dick and his wife, Judy, were advised to send him to an institution because he had no chance of recovery and little chance at a "normal" life. Although he could not walk or speak, Dick and Judy soon realized that his eyes would follow them around the room. Through every period of Rick's life, the Hoyts had to fight to integrate him into society. They pushed school administrators to see beyond Rick's physical limitations to include him in the public school system. They did everything they could to give him that "normal" life, even taking him swimming and sledding. They taught him the alphabet and basic words. They even had to show concrete evidence of his intellect and ability to learn like everyone else so they could help him find a way to communicate on his own. With the help of engineers at Tufts University in Boston, an interactive computer was built for Rick. Using one letter at a time, Rick could finally communicate for himself. He even surprised everyone when his first words were, "Go Bruins!" (The Boston Bruins were in the Stanley Cup Finals that season.) As they suspected, Dick and Judy had a sports fan on their hands. At 13 years old, Rick was finally admitted to public school. After high school, he even went to Boston University where he graduated with a degree in Special Education in 1993.

### Team Hoyt's Beginning

In 1977, Rick told his dad that he wanted to participate in a five-mile benefit run for a lacrosse player that had been paralyzed in an accident. Dick agreed to push Rick even though he was not a distance runner. Although it was

difficult, Dick pushed him all five miles and they finished next to last. It was quite a struggle, partly because Dick was not a runner and partly because Rick's wheelchair was not designed for running. When they got home that night, Rick said, "Dad, when I'm running, it feels like I'm not handicapped." Thus began **Team Hoyt**. It was just the start of an athletic career that would encompass over 1,000 races of various types, including marathons, duathlons and triathlons (six being Ironman competitions). As if that is not enough, Dick and Rick biked and ran across the United States in 1992, completing 3,735 miles in only 45 days.

Triathlons may be their most amazing accomplishments from my perspective. Dick completes the swim by pulling Rick in a boat with a bungee cord attached to a vest around his waist and to the front of the boat. For the biking portion, Rick rides on the front of a special two-seater bicycle. And for the run, Dick pushes Rick in his custom-made running chair. If you have ever seen them compete, you know that Dick has to carry Rick from stage to stage as well.

### The Boston Marathon

In 2009, Team Hoyt completed The Boston Marathon for their 1,000th career race. It is Rick's favorite race. This year's marathon was to be their last together. It was their 31st consecutive running of this iconic event. After all, Dick is 73 years old and I cannot imagine pushing someone that far at any age. To commemorate their final Boston Marathon, the Boston Athletic Association honored the Hoyts by erecting a statue of the duo in front of Center School in Hopkinton where the marathon starts.

It was a beautiful day and their final race was going well. Dick said in an interview, "The race started off very good. It was awesome. We were having a good marathon run, an-hour-and-a-half faster than last year." As they neared the finish, people began to tell them about the bombs going off on Boylston Street. Like many others, they were stopped with about a mile to go. Being there with Rick, Dick began to wonder what he was going to do. A bystander suggested they take a cab, but Rick's wheelchair will not fit in a cab. Another spectator came forward with a Jeep SUV and offered to help them. The 2013 version of the marathon was supposed to be their last, but because they were unable to finish, they have committed to return in 2014 for a final run together. They want to finish the race to honor the victims and families impacted by the senseless act of terrorism.

### ESPY Awards

The Jimmy V Perseverance Award is one of the highlights of the Annual ESPY Awards. The award is named after, and inspired by, the late Jim Valvano. As the first recipient of the award in 1993 and while battling cancer, Coach Valvano gave an emotional speech that included the famous words,



## ***Tidbits cont.***

.....

“Don’t give up...Don’t ever give up!” He passed away two months later.

During this year’s ESPY Awards, Boston native Ben Affleck took the stage to pay tribute to Team Hoyt and present them with this year’s award. Before introducing a video narrated by Dennis Leary that told the story of Team Hoyt, Affleck said, “This April the country embraced the city of Boston after an act of terrorism at the marathon. Terrorism is meant to create fear and break the spirit of its victims. But the spirit of the city isn’t founded on her buildings within its landmarks, it’s found within the people who claim the city as their own and thrive despite adversity. It is found in the people of Boston. And it is especially found in people like Rick and Dick Hoyt.”

“Rick and I are grateful to be receiving this award, and learning that Jimmy Valvano’s motto was ‘Don’t Give Up... Don’t Ever Give Up!’ is amazing as we have always said there is no such word as ‘can’t’ in the Hoyt vocabulary,” said Dick Hoyt. “Our motto is ‘Yes You Can’ and we strive to always persevere even when others tell you that it cannot be done. We want to thank The V Foundation and The ESPYS for honoring us with this award.”

“Throughout their lives, Dick and Rick Hoyt have exemplified dedication and persistence, living out Jim Valvano’s famous words about perseverance,” said Maura Mandt, executive producer of The ESPYS. “The Hoyts serve as a symbol of their hometown as they consistently display strength and resilience – just like the city of Boston did in the aftermath of the marathon tragedy. Their numerous accomplishments have served as a true inspiration to many people and we’re proud to honor them with the Jimmy V Perseverance Award.”

If you have some time, I would recommend going online to search for videos of Team Hoyt. You cannot help but be inspired by them. I can watch YouTube videos about them for hours when I lose track of time. One word of warning, make sure you have plenty of tissues within reach. You will need them!

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

New member: ☐ Renewal ☐ #

Single membership: ☐ Family ☐

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender:   M     F   (Circle)

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Family member e-mail: ★ Phone: DOB: 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:

Pricing			Single	Family
August 1	through	Oct. 31	\$30	\$45
Nov. 1	through	Jan. 31	\$24	\$36
Feb. 1	through	April 30	\$18	\$27
May 1	through	July 31	\$12	\$18

Signature \_\_\_\_\_

Date \_\_\_\_\_

Yes! I'd love to volunteer! My area of interest is \_\_\_\_\_.