

BTC

THE VULCAN RUNNER

VOL. 32

★ APRIL 2008 ★

ISSUE 3

Mercedes Marathon Relay Report

"The last leg on my last leg"

— By Susan McCullum (aka Susie Mc)

One definition of the term 'humble' is as follows: "To destroy the power, independence, or prestige of."

I have participated in the Mercedes Marathon and Half Marathon every year since the inaugural "run" of the event in February 2002. I have run the full marathon three times, and I have run the half marathon three times.

This year, I opted to participate in a relay for the event, due to an injury I have been nursing for some time. I could not bear to

break my tradition of participating in Mercedes. However, I guess I went a little too far in pretending I was "the little engine that could." In races, it's important to recognize where you might be physically as well as mentally.

I ran a race one time several years ago with a strong mental urgency. I had been through a difficult time emotionally, and I decided that a strong win and time in a particular race would make me "feel better." Well, that over-confident hard-headed mentality landed me in the hospital from a heat stroke suffered on the course. I pushed my body more than it could possibly extend...

and that could have been my last race, and my last breath.

At the Mercedes Relay recently, I was determined to run the 7.5 mile last leg with a comfortable finish. WRONG...I literally was on my "last leg" hobbling to the finish line. I trotted, I hopped, I stretched, I walked, I hop-scotched, I struggled, I grimaced. I put all the weight on my healthy right leg, because the pain in my left leg began almost immediately. Whereas six to nine months ago I could run a fast 7.5 miler in my sleep (and I did run half asleep many times since

RELAY <continued on Page 2>



(L to R) Amanda Miller, Susan McCullum, Hal Youngblood, Lori Smith, and Jeanette Curlee in Boutwell Auditorium after finishing Mercedes.

SUSAN MCCULLUM PHOTO

RELAY <cont. from Page 1>

my group run begins at 5:10 am..ugh), this last leg seemed like an eternity to my miserable screaming calf and hamstring. This is an example of being over-confident physically. A course that at one time I could master in an hour took me one hour and eighteen grueling minutes...did I mention grueling?

Both examples are experiences I never want to repeat. All of us have good days and bad days. But...with some common sense and good judgment, it is possible to have more good days than bad days. One thing I have learned is that it pays to listen to your body. I also mean that literally. Between doctors appointments and massage therapy and a handy device called "the stick" my pocketbook is the main muscle screaming.

It's quite humbling to be on this side of the running arena. I may never again see a 1:33 in a half marathon (Nashville 2006) or a 3:31 in a marathon (Chicago 2006) ever again. However, my hopes are high enough to see the light at the end of the tunnel.....I see a bright future with running healthy again, enjoying camaraderie, and releasing all the stress that this set-back has caused.

Lesson Learned

I cannot do this on my own. My God is responsible for my eyes opening to each day I have been blessed. Power, prestige, strength, and dependence are from His hand. When I start to depend on my own strength to get me to the finish line.....I might as well throw in the towel. My Coach is the one to determine my steps....and He will carry me when necessary. Water breaks and rest stops are essential to the nourishment of running.....but more critical in the race of life.

"I can do all things through Christ who strengthens me." – Philippians 4:13

Special Note

– **Thank you to my dear team-mates:** Hal, Lori, Jeanette, and Amanda (your patience is appreciated.)

– **Thank you to my "angel" on the course:** Travis (I am grateful for your attention and timing.)

– **Thank you to all of my friends concerned about my injuries and my health.** Your encouragement and support mean more than you know!•

susiemc_68@yahoo.com

**VIEW MORE
PHOTOS ONLINE:**
birminghamtrackclub.com/gallery



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1. Susan McCullum poses with Rick Melanson, BTC Road Race Chairman. 2. (L to R) NBC personalities Wendy, Stephanie, and Brooke. 3. Runners gather for the traditional pre-Mercedes BTC group photo inside Boutwell. 4. (L to R) Sid Miller and Rob Mahurin are all smiles at the race after-party. 5. (L to R) Johnaca Kelley helps Bentley Sloan and Amy Hix with showing off their medals.



April BTC

President's Message

— Mark Baggett

For those of you who have been readers of 'The Vulcan Runner' over the past 17 months, you have seen it blossom into a truly wonderful publication (not trying to blow my own horn). However, since I volunteered to take over as Editor/Designer it has been both an honor AND a headache monthly.

This month's issue (the one you are reading now) is the largest one I've put together, at **25 pages**. Phew!! And let me tell you, it DOES take time to put something like this together (at least 20-25 hours a month, more-or-less). Unfortunately, due to me not having access to a capable computer at home that can support **InDesign** and **Photoshop**, the two graphic programs I use to layout/design this newsletter, I am forced (literally) to go to work early, or stay late, or come in on my off day, to put it together. Yes, in a way, I'm openly complaining but when I get compliments on how much members look forward to reading it, that truly does help the headache become more manageable. It doesn't make it go away but it does help. But it's not all me. If it weren't for others submitting items, these pages would be blank with nothing for you to look at.

Here are the other people that help make this newsletter happen, as well as some new additions you'll be noticing in upcoming issues. To all of those listed below, I deeply **THANK YOU** for helping make this newsletter one of the best running club newsletters in the Nation (yes, you read that right, Nation).

• **Rick Melanson** compiles/submits the 'Race Calendar' each month. Rick also took photos and wrote 'Race Notes' but unfortunately he has decided to stop doing that. So, when you see him out running finish lines, tell him how much you have enjoyed reading his 'Race Notes' monthly and encourage him to rethink his decision. *Rick, we miss it!!*

• **Michele Parr** writes the new and very popular 'View from the Back of the Pack'. As many of us know, running isn't just about speed, but more about covering the distance and she offers some great insight from, literally, the back of the pack. Michele volunteered to write this column last

year and has done a wonderful job and I always look forward to reading it. She also is my *official* proof-reader and I always appreciate her help as I tend to miss many typos and errors. Michele is also our Club Treasurer and can be seen at most every BTC event.

• **Judy Loo**, our Membership Chair, submits a list for our 'Newest Members' section. Don't look for it this month though but it will be back in the May issue – I opted to keep it out this month due to space issues.

• **Tim O'Brien** compiles 'Running Tidbits' that is a fairly new feature. Tim also serves as our Media Relations head and keeps our MySpace page (www.myspace.com/birminghamtrackclub) up to date. Check it out if you have access.

• **Danny Haralson** has volunteered to write 'Coach's Corner,' with this issue being his second time. Many of you know Danny, or have met him before, and he also heads up the now famous 'Coucher' program that takes new runners off of the couch and puts them running on the roads. Danny is also a RRCA Certified Coach, one of only two active in the state of Alabama. He also heads up our Speed Clinics. Visit Danny's website at www.rununiversity.com, he has a new Coucher group starting at the end of April so spread the word!

• **Amy Hix**, our new BTC Secretary, will be submitting minutes from our monthly BTC Executive Meetings to keep everyone informed of what goes on with the direction of Alabama's largest running club.

• **Johnaca Kelley**, Merchandise Chair, has done a wonderful job of making our club wearables available to runners at many BTC events. She also submits the monthly 'Item of the Month.' Many of you also know Johnaca as being our club Vice-President.

• **Tim Roberts** will be compiling a monthly item called 'Double Trouble' which features two BTC members answering the same questions, so we as a club can get to know others better. I was used as a guinea pig this month, as was Tim O'Brien, so in upcoming issues, we'll be seeing

other members spotlighted, don't be shy!

• Starting with the May issue, hopefully we'll be having a monthly **Nutrition column**, where members can submit questions and have them answered by a local, certified Nutritionist. I really want to see nutrition become an important part of this club, for obvious reasons, and I think this is a step (or shall I say stride?) in the right direction.

That being said, I ask that ALL of you take the time to read over the ENTIRE newsletter, front to back. **Make sure you have a calendar handy so you can take note of groups runs, club sponsored races, club socials and other important club announcements.** Everything that is in 'The Vulcan Runner' is there for a reason. I often cringe when I hear members say "I didn't know about that race (or event)" or "Ya'll need to keep members informed." I mean, come on, the majority of the time items ARE here, easily readable, in this newsletter, as well as posted on the BTC website, AND sent out in mass-emails. I'm not sure what more we can do to keep everyone informed. It's the members responsibility to stay in the loop, we put it out there but it's up to members to take note.

If you take time to REALLY read this issue, you'll find out the BTC has lots of events happening for EVERYONE: **High Country 5K** is this weekend, **Statue to Statue 15K** is April 19th, **BTC 'First Fridays'** and **'Thirsty Third Thursday Runs'** are coming up (monthly), **BTC Classic** is June 7th, the **'Item of the Month'** is a short-sleeved BTC polo, Danny is organizing a **Food and Shoe Drive** on May 7th and 13th, we have a **Town Hall Meeting** on Monday, May 12th and more...just take the time and you'll find something for YOU!

If you don't run, you'll rust!

president@birminghamtrackclub.com
www.myspace.com/bamaspyder

2008 BTC Executive Meetings

BTC Executive meetings are open to the membership and we encourage attendance.

'Town Hall' formatted meetings will give time to members to make their voices heard and bring up discussion topics, with food & drinks provided by the BTC.

***BTC Merchandise will also be available at 'Town Hall' formatted meetings, including the featured item of the month.**

May 12th (Town Hall format*)
Monday, OutTakes Deli, 6:30 p.m.

June 1st

Sunday, Cosmo's Pizza, 2:30 p.m.

July 13th

Sunday, Jackson's Bistro (upper floor), 2:30 p.m.

August 4th (Town Hall format*)

Monday, OutTakes Deli, 6:30 p.m.

September 7th

Sunday, Cosmo's Pizza, 2:30 p.m.

October 5th

Sunday, Jackson's Bistro (upper floor), 2:30 p.m.

November 3rd (Town Hall format*)
Monday, OutTakes Deli, 6:30 p.m.

December 7th

Sunday, Cosmo's Pizza, 2:30 p.m.

All dates/times/locations are tentative and those planning on attending should check future issues of 'The Vulcan Runner', watch their email or check the BTC website calendar for possible updates:

www.birminghamtrackclub.com/cal

president@birminghamtrackclub.com



Dr. Arthur Black/ Rick Melanson Annual Service Award Winners:

- 1977: **Ray McKinnis**
1978: **Ann Randle**
1979: **Victor Cohen**
1980: **Rick Melanson**
1981: **Adam Robertson**
1982: **Larry Boots**
1983: **Bobbie Wright**
1984: **Red Hamilton**
1985: **Wallace McRoy**
1986: **Rick Melanson**
1987: **Charles Amos Thompson**
1988: **Gordon E. Seifert**
1989: **Bill Crow**
1990: **Carl Howard**
1991: **Alice Biggs**
1992: **Cathy McCain**
1993: **Jeff Tesnow**
1994: **Jim Taylor**
1995: **Jack Karn**
1996: **Al DiMicco**
1997: **Valerie McLean**
1998: **Norman & Jane Thomas**
1999: **Jennifer Kyle**
2000: **Peggy Heal**
2001: **Trish Portuese**
2002: **Helen Tankersley**
2003: **Susan Hales & Judy Loo**
2004: **Danny & Micki Haralson**
2005: **Susan McCullum**
2006: **Jeanne Welsh**
2007: **Maria Cecil**

Randy Johnson Annual Service Award Winners:

- 2006: **Meredith Farrell
& Mark Baggett**
2007: **Phil Min**

BTC 2008 Officers



President

Mark Baggett
president@birminghamtrackclub.com
(205) 422-7055



Vice President

Johnaca Kelley
vpresident@birminghamtrackclub.com
(205) 540-1372



Secretary

Amy Hix
secretary@birminghamtrackclub.com



Treasurer

Michele Parr
treasurer@birminghamtrackclub.com
(205) 910-4895



Past President

Danny Haralson
past-president@birminghamtrackclub.com
(205) 380-1779

BTC Committees

Build A Better Club	Susan McCullum	babc@birminghamtrackclub.com	(205) 368-5058
Historian	Arthur Black	historian@birminghamtrackclub.com	(205) 822-1993
Marathon Coach	Al DiMicco	262coach@birminghamtrackclub.com	(205) 822-0499
Marketing	Micki Haralson	marketing@birminghamtrackclub.com	(205) 972-1258
Masters Events	Frank Newland	mastersevent1@birminghamtrackclub.com	(205) 271-7553
Medical	Jack Hasson		(205) 612-8780
Media Relations	Tim O'Brien	timoalabama@aol.com	(205) 870-1864
Membership	Judy Loo	membership@birminghamtrackclub.com	
Merchandise	Johnaca Kelley	vpresident@birminghamtrackclub.com	(205) 540-1372
Mini Track Meets	Brent Cotton	cotton9394@bellsouth.net	(205) 447-9223
New Runner's Society	Meredith Farrell	newrunners@birminghamtrackclub.com	(205) 873-1214
Parliamentarian	Phil Min	pemin@mac.com	(205) 849-6840
Road Race Chairman	Rick Melanson	rrc@birminghamtrackclub.com	(205) 979-1731
Social Events	Katie Hannigan	social@birminghamtrackclub.com	(205) 914-5233
Vulcan Run Director	Danny Haralson	past-president@birminghamtrackclub.com	(205) 380-1779
V. Run Assis. Director	Johnaca Kelley	vpresident@birminghamtrackclub.com	(205) 540-1372
'Vulcan Runner' Editor	Mark Baggett	newsletter@birminghamtrackclub.com	(205) 422-7055
Walking/Race Walking	Jim Richey	walking@birminghamtrackclub.com	(205) 870-3977
Webmaster	Brink of Design	webmaster@birminghamtrackclub.com	

Race Results Find the latest and most complete local race results at the following:
birminghamtrackclub.com trakshak.com run42k.com

BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health and recreation.

Contact BTC at: *Birmingham Track Club*
P.O. Box 530363, Birmingham, AL 35253
(205) 879-LEGG

ATTENTION BTC MEMBERS!

'Vulcan Runner' is available MONTHLY in color!!

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo at **membership@birminghamtrackclub.com** so that you can receive (via email) the monthly **password** in order to download the newsletter (.pdf format) from the below webpage link (including past issues which require NO password):

<http://www.birminghamtrackclub.com/vulcan-runner-newsletter>

BTC Executive Meeting Minutes

– Submitted by Amy Hix, Secretary



**2:30 p.m.
Jackson's Bistro
April 6, 2008**

Executive Member's Attending:

- | | |
|----------------------------------|---|
| – Mark Baggett, President | – Johnaca Kelley, V-President |
| – Michele Parr, Treasurer | – Amy Hix, Secretary |
| – Danny Haralson, Past President | – Meredith Farrell, New Runners Society |
| – Katie Hannigan, Social | – Phil Min, Parliamentarian |
| – Judy Loo, Membership | – David Livingston |

Items discussed:

- **BTC's April "First Friday"** was a success, and was held on the 20th Floor at the City Federal Building on April 4th. It appears that we have at least 3 new members due to the event. **(SEE PAGE 8 FOR FUTURE 'FIRST FRIDAY' DATES/LOCATIONS)**
- Judy reported that we have a total of **947 members**.
- Judy reported that she is having issues with too much **spam email** to the birminghamtrackclub.com email addresses. The group echoed Judy's concern. Mark stated that he would work with Carol to see how we could better control this. Amy suggested changing the email addresses to an abbreviation or first name as the spammers are spamming on the position title such as "president" or "secretary"
- **High Country 5K** is 4/12. Jack Karn is the race director. Danny stated this is a BTC race. Of BTC races, the BTC gets \$2 per runner for providing the race services such as finish line, clock and results. There are "other" races where the sponsor will pay the BTC a flat fee of \$300 for those same services. **(SEE PAGE 15 FOR RACE APPLICATION)**
- **Ellis Porch Statue to Status** race presented by State Farm will be held 4/19. Judy stated that all is going well. Packet Pickup will begin Friday before the race. Tom Scales has volunteered to help Judy with the finishing touches including packet pickup. Judy stated that Seattle Drip coffee has volunteered free coffee for the race and coupons for the packets. Johnaca offered to work the registration booth Wednesday 4/16 at the Trak Shak. Danny will bring some of the shirts so that folks can see how nice they are (tech shirts!!) Danny will also create verbiage for the front page of the website and will send to Mark and Amy (for email list). Mark stated that we have a "banner" section on the homepage and he would see who might be interested in helping with graphics so that that section is always showing something up coming. **(SEE PAGE 16 FOR RACE APPLICATION)**
- **Vulcan Run** is scheduled for 11/1. Danny stated that they are working to move the Vulcan items from Trish Portuese's to public storage near Johnaca on 5/17 @ 10 a.m. CST. Danny is working to put together committees for different tasks such as finish line, food, aid stations, packet pickup. Danny also mentioned the idea of using Vulcan as the kickoff first mile of the Mercedes Kids Marathon. The children would run their first mile at Vulcan, run 24.2 at school then the finish mile would be Mercedes as it is today. That would heighten the participation in the childrens race. Danny stated that the goal to have the registration begin and the main details complete for Vulcan is 6/1.
- **Laptop** – Mark presented a proposal for a new laptop (plus graphics software) for creation of "The Vulcan Runner" newsletter. Danny stated that we have no asset list for the other things that BTC has purchased. We have at least one PC and one camera somewhere out there. Mark stated that this laptop could be used for the races also if needed by the B-team. Danny asked if the race software would work. Mark stated he thought so. Amy stated that typically Windows and Mac are licensed separately. Mark stated he would verify. Danny made the motion, Michele seconded and the motion was approved.
- **RRCA headphone ban** – Mark stated that RRCA has implemented a ban on headphones during races. Due to the fact that RRCA is involved in our insurance, we will keep the statement that headphones are banned on the race applications, enforcement of this ban up to the race director. This should be properly stated on the race applications for all BTC races held after 6/1, 2008. **(SEE PAGE 23 FOR MORE INFO.)**
- **Speedwork** – Danny stated that Speedwork on Tuesdays in the month of March was a success and may be back by popular demand.
- **Shoe and Food drive** – Danny brought up the idea to have a show drive for the inner city track kids. Mark Everette, B-SCs track coach would work with us to pick up the shoes. We would need coordination to ensure that the shoes are grouped by size. Danny will head up this effort with the Trak Shak. In addition, Dnany mentioned doing a quarterly food drive. It was recently reported that the Birmingham area food banks are dry. It was suggested to lump the 2 activities together. Amy suggested doing a Wednesday and Saturday in the same week. The committee stated that 5/7 & 5/10 should be the target dates. **(SEE PAGE 14 FOR EVENT DETAILS)**
- **RRCA National Convention** – Danny stated that he will be participating in the RRCA convention around the first part of May in Cincinnati. Danny's trip will be sponsored by Vulcan Run. Danny asked that the committee elect Micki as the BTC rep to attend. Micki's goal would be to determine if it is still feasible to be the headquarters of the RRCA 5K and 10K events for Alabama. The committee approved sponsoring Micki's trip at approximately \$350. Micki will make a report and present it to the club, possibly in "The Vulcan Runner" newsletter.
- **Merchandise** – Johnaca stated that she is looking to order tanks for the spring / summer. The BTC round logo would be on the front and the cityscape on the back. She is planning to order unisex and women's sizes. The womens colors include black shirt with pink text, yellow shirt and red shirt. Amy stated that we might want to order fewer of the black than other colors as not many females want to run in dark colors in the summer. The committee approved the purchase of the new shirts at approximately \$2350 (\$8/shirt).

Advertise in THE VULCAN RUNNER

Do you own a business you'd like to advertise in The Vulcan Runner? Do you have a race or business you want the rest of the BTC community to know about? If so, below are our monthly rates* for placing ads, along with approx. sizes available:

1/5 page (1.5 in. x 10 in.) – **\$15** **1/2 page** (7.5 in. x 5 in.) – **\$50** **Full page** (7.5 in. x 10 in.) – **\$100**
1/4 page (3.7 in. x 5 in.) – **\$25** **1/2 page** (3.7 in. x 10 in.) – **\$50**

*Advertisers who pay for an entire year in advance will get 12 months for the price of 10 months (ex. a Full page for 12 months would cost \$1,000, instead of \$1,200).
Deadlines are the 1st of each month for the following month.

To place an Ad or for more info:
newsletter@birminghamtrackclub.com

The 2007 BTC Arthur Black / Rick Melanson Award Winner: **Maria Cecil**

– Submitted by Trish Portuese

The **Dr. Arthur Black/Rick Melanson Annual Service Award** is the BTC's oldest award and is annually given to the most outstanding club member over the past year or for continued outstanding leadership and service to the BTC. At the BTC annual awards and business meeting held Jan. 11th, 2008, **Maria Cecil** was presented the award with a standing ovation from the BTC members attending.

During my time as President of the BTC, I had the opportunity to work with Maria as the BTC Treasurer, so, I know first hand she worked hard to keep our financials straight. Maria has been instrumental in ensuring the BTC taxes have been accurately reported to the IRS for the past five years. For the years 2005-2007 Maria has updated individual transactions received from the BTC treasurer into an accountants application in order to produce the BTC taxes for the IRS. Maria has long been the unsung hero for the BTC for many years. Maria was the BTC Treasurer from 2003 -

2005. During her tenure, she accurately maintained and reported to the BTC a detailed monthly treasurer's report. Maria then continued to serve as the BTC's Tax Accountant for 2003 - 2007, clearly demonstrating her dedication to the BTC by offering her services to ensure the BTC had accurate tax reporting. Her volunteer professional services as Tax Accountant saved the BTC an estimated \$1,000 per year, an estimated \$5,000 saved as a direct result of Maria's dedication to the BTC.

Maria and her family have been long time BTC members, active in the running community and encouraging her kids to participate in BTC running events. Being a prior Arthur Black/Rick Melanson Award winner, it brings me great pleasure to have Maria Cecil win this prestigious award. She truly represents what all other volunteers should aspire to. As of 2008 Maria has elected to retire as the BTC tax accountant.

So, on behalf of the BTC, thank you Maria, for you volunteer time as our accountant! •



The 2007 BTC Randy Johnson Award Winner: **Phil Min**

– Submitted by Mark Baggett

The **Randy Johnson Annual Service Award** is given annually to a 'newer' member who has demonstrated outstanding leadership and freely given of his or her time in volunteering capacity in ways that help further the mission of the BTC.

Phil Min is the recipient of the 2007 award, which was presented to him at the BTC annual awards and business meeting held January 11th, 2008.

Phil is always available to run if someone doesn't have a partner, day, night, regardless of whether he's ran already that day. He also cares more about getting people through a run or to the finish line that getting a PR for himself.

Phil in his own unique way has the ability to inspire and motivate his fellow runners, new runners and veterans alike. He is able to pull out potential you never knew you had. Phil makes going that extra mile easier, he can convince you that even you

can run a marathon and he is most importantly a very dependable running partner. Phil has helped so many of us achieve our goals by pacing, loaning books, giving marathon reviews and just being at most every group run.

Phil's occupation as a teacher holds him to the 'no child left behind' principal however when running Phil has his own principal he lives by, no runner left behind. He willingly sticks back with slower runners but can keep up with the faster guys too.

Phil is dedicated to the BTC and dedicated to his fellow runners. He volunteers at BTC functions and gives one on one mentoring to those of us who need that extra push. Plus he is a super-nice guy! •



For a complete list of previous winners, see Page 4

Vulcan Run 2007 Volunteer of the Year Winners

– Submitted by Trish Portuese, 2007 Vulcan Run Race Director

The BTC annual awards and business meeting took place January 11th to honor and thank volunteers for their help, hard work, and volunteer efforts that went towards the Birmingham Track Club, and Track Club races. Keeping with that tradition, I would like to personally thank all of the volunteers of the Vulcan Run and especially the Vulcan Run Managers. With the help of these dedicated volunteers they helped bring the Vulcan Run back from near extinction to National Championship status over the last 7 years. The Vulcan Run is now the 3rd largest road race in Birmingham, and the Largest 10K in Birmingham. The Vulcan Run was also named the RRCA Road Race of the Year. All of this would not have been accomplished with out volunteers, and the support of sponsors.

Please congratulate these two outstanding Vulcan Run Volunteers as they both provided volunteer services above beyond for the 2007 Vulcan Run.



Jim Taylor

10K COURSE MANAGER

- The Vulcan Run added a new water stop and moved water stop #2 to a new location. Jim coordinated all the location searches, and negotiations with building managers, and a dry run of the water stop locations.
- Did a lot of the moving of the 90 barricades (45 lbs each), moving of our 28 water coolers, 50 cases of soda, 3 pallets of t-shirts, set up of registration area at the Trak Shak.
- Equipment delivery coordination and set up of three on course race day water stops.
- Marked the 10K course with the arrows prior to the race.
- Overall Jim had the "Can Do attitude" – "Yep, I will be there" every time he was asked to help with an area.



Tamie McManus

VOLUNTEER MANAGER & DATA ENTRY MANAGER

- Tamie maintained our volunteer database and getting volunteer to sign up to help race day.
- Tamie performed the duties of data entry of paper entry forms.
- Tamie also secured getting cash sponsors to sign up as well as several in-kind and food sponsors to provide food for the post race party.
- Put labels on over 2000 bib numbers.
- Helped at packet stuffing.
- Helped at volunteer party.
- Helped at the 4 days of on-site registration at the Trak Shak and Boutwell.

RUNNING TIDBITS

– Compiled by Tim O'Brien

Running Quotes

"There is no such thing as bad weather, just soft people."

– **Bill Bowerman**

"I tell our runners to divide the race into thirds. Run the first part with your head, the middle part with your personality, and the last part with your heart."

– **Mike Fanelli**

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

– **Fred Lebow** (co-founder of NY Marathon)

"Those who say that I will lose and am finished will have to run over my body to beat me."

– **Said Aouita** (Morrocan Middle Distance Runner)

"Having a true faith is the most difficult thing in the world. Many will try to take it from you." – **Steve Prefontaine**

Did you know??

A 150 pound person jogging at a 10 minute pace will burn roughly 750 calories per hour. A 100 pound person would burn 1/3 less and a 200 pound person would burn 1/3 more.

SOURCE: NIH AND STAYINSHAPE.COM

Treadmill World Record? Yup...read on!

The world record for most miles on a Treadmill in 24 hours is 153.9 miles set by Erwin Valdebenito of Chile on April 12 and 13 of 2007. The previous record holder was Christopher Bergland of the United States who in 2004 ran 153.75 miles in the 24 period.

SOURCE: GUINNESS BOOK AND RECORD HOLDERS.ORG

The 10k World Record Holder is Sammy Kipketer of Kenya with a time of 27:11 at the Crescent City Classic in 2002. On the road, not a treadmill.

SOURCE: RUNNINGUSA.ORG

BTC First Fridays

Come mingle with your fellow BTC members on the 1st Friday of each month from 4:30 to 7:30 p.m. Stop by after work or on your way out for the evening. **No run.** Locations & times are tentative*

May 2nd

Zydeco (Five Pts. South)

2001 15th Avenue South

4:30 - 7:30 p.m.

www.zydecobirmingham.com

June 6th - Salsarita's (Homewood)

August 1st - Billy's (English Village)

September 5th - Jackson's (Homewood)

October 3rd - Rare Martini (Lakeview)

November 7th - Fox & Hound (U.S. 280)

December 5th - Icon (Tutwiler Hotel)



BTC Thirsty Third Thursday Runs

Join us for Pub/Java Runs, held on the 3rd Thursday of each month at 6 p.m. **Bring cash & I.D. for optional Pub/Java stops.** Locations/times TBA*

April 17th

The J. Clyde

6:00 p.m. meetup (1312 Cobb Lane, B'ham 35205)

Bring dry clothes for after run. www.jclyde.com

May 5th (Monday) - Cinco de Mayo Run
at Zona Rosa in Liberty Park

May 15th - Golden Rule (Lakeview)

June 19th - Jackson's (Homewood)

July 17th - Cosmo's Pizza (Five Pts. South)

August 21st - B'ham Baron's B.B. Game

Sept. 18th - Dave's Pub (Five Pts. South)

October 3rd - TBA

November 7th - TBA

December - Annual X-Mas Lights Run

*All dates are tentative. Please read the monthly 'The Vulcan Runner', watch your BTC email and also check www.birminghamtrackclub.com/cal closer to the scheduled event date for confirmed times/locations.



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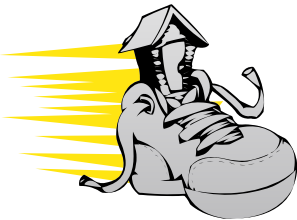
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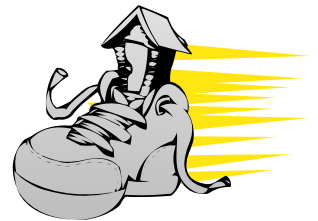
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April Coach's Corner

— By Danny Haralson

Remember, the second most important thing to choosing the right shoe, is choosing the left one.

Only slightly more important to a successful training plan is one simple word that can be so difficult: *CONSISTENCY!*

Even in recreational running without an immediate goal, consistency is tremendously important. Each run has a purpose, even if it's a 'recovery jog' because through the recovery phase you're still building strength, still aiding the cardio/pulmonary systems and helping your muscles through 'active recovery'. Now I'm not advocating this type of running in lieu of rest days and days off, no sir, not at all; I'm just saying don't confuse the two.

What I am saying is that if you are following a training plan laid out with a specific target race in the dated future than each run has a purpose and it's important that you stick with the schedule *consistently*.

Oftentimes when starting a new 'Running 101' program and always in the beginning of coaching an individual new to running 'distance', I get asked if they can do this on less than 5 days a week of running, and the short answer is no. Many have heard the anecdotal story of someone's sister's husband's cousin who trained for a marathon in 3 weeks with a long run of 11 miles and did *great!* I've heard that more than once but have yet to meet any of those people. Not saying it hasn't been done, I've just never met anyone who did it and in truth for 99.999% of the population, it can't be done. Fact of the matter is that person (if they exist) missed out on the joy of the training runs, conquering new distances, running with others, making friends and knowing when the Finish Line was crossed that they, in their own race, *won!*

The reason for a minimum of 4 days maximum of 6, with 5 being close to perfect is that amount of running to rest ratio permits enough runs to continually build strength while the rest days allow the runner to recover. The oddity of rest is that's when your muscles strengthen so rest days are critical as are running *enough* to build strength.

The main point is to have a training *plan* and execute it *consistently* so that when race day arrives you can start with confidence and cross the finish line smiling, posing, and wanting to do another one!

Real life is bound to happen along the way, people get sick, babies get sick, job demands and so forth and if you miss a day, then just switch the schedule around and let it be your off day. If you miss a couple of days that's no reason to quit, just handle the real life situations and climb back on the horse. If it's so dire that it totally interrupts your training and puts the race in doubt, that's one thing, but I'm talking about (as so many did heading towards Mercedes) for ex. coming down with the flu (or whatever illness). If that happens, treat your recovery like part of your training – rest, drink fluids, start feeling human again, then ease back into your training. If you've missed a week out of an 18 – 20 weeks schedule, then that's still pretty consistent.

Even during your 'down time', your 'fun time' of running with no schedule; each run helps you get stronger, keeps you lean, burns calories, and strengthens your heart. Still picking running days willy nilly and distances in the same way will lead to a slew of bad runs and disappointing (daily) performances so that it becomes less fun and more of a struggle.

So let's keep the consistency during the fun times too so that when you decide to pursue a goal (faster 10K, half marathon, marathon) the increase in training/running won't be so precipitous. It's not as critical as when you have a schedule, simply because *not* having a schedule can be a part of training as well. No pressure, no stress, easy pace and fun running...ahhh! Soon enough, though, you'll want a challenge and if you've kept your running fun and *consistent*, when you get your schedule from your coach (or wherever) it won't be so intimidating.

Running is fun and running *well* is a blast! The way to run well is to run consistently or in the words of Aristotle, "We are what we repeatedly do. Excellence then is not an act, but a habit." Consistency..... ●

Danny is an RRCA Certified Coach and can be reached at:
danny@rununiversity.com

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The View from the BACK OF THE PACK

— By Michele Parr

Habits, patterns, traditions, rituals. Part of the beauty of running is that while it's always different it's also always very much the same. We may try to do some things to shake up our training occasionally, but I think most of us find some comfort in settling into a routine.

One run last year found someone who wasn't part of our usual Saturday morning run trotting along beside us. It wasn't until he commented that I realized we'd developed some unwritten rules on certain routes. Without saying a word to each other, my buddies and I would run to a certain mark and then slow to a walk. It was a pattern we'd developed over time that worked for us by providing a reward for meeting the goal of having run a certain portion of the route. Strangers might think it was strange mind-melding or voodoo. It's really just tradition. Likewise, not everyone who heard me ask, "Tunnel or Frog-

ger?" on the final stretch of Hollywood would understand the question, but my regular buddies know exactly what I mean.

After my first Mercedes, I had to shift from a vague intention of running a certain number of days every week to a definite pattern of days that I run. Without the structure of that ritual, I found myself drifting from the fold and losing my running habit.

I have a preferred race-eve meal. Geoff Gottlieb swears by Chinese food. Maybe that would make me faster than the hamburger I choose. I've got a set pre-race breakfast, and I know which mile markers call for Gu during a half marathon. Either I'm becoming an experienced racer or I'm developing some really odd quirks and superstitions. Maybe it's both.

Seeing what habits I've developed made me wonder about their origin. I can track it all back to my very first target race as part of the Couch to 10K pro-

gram. We were instructed in the basics of what every new racer should know. Besides discussions of where to park and where to pin our bib numbers (I still snicker "newbie" under my breath when I see someone with one on the back), we got the sage advice to do nothing new on race day. Following that rule has surely saved me some skin and some time in port-a-potty lines.

Further contemplation made me realize it's not just me. Maybe it's a runner thing.

Consider the migratory patterns of the local runners. As cold weather approaches, evening routes shift to Highland Avenue. Along with spring, the runners return to Lakeshore just like geese bound for Canada.

And how about race attire? I've spotted racers who always wear the same shorts or the same shoes, even though they're obviously circa 1980. They've found something that works for them and they've

stuck with it.

It's okay if critics scoff at my running weirdness. The way I figure it, whatever keeps us lacing them up and hitting the road is a good thing. •



treasurer@birminghamtrackclub.com

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A Mardi Gras Marathon finish for the RR's

— By Jay Young

The Regular Runners of Birmingham continue their road trips in 2008! We enjoy ourselves to the max on our travels as we participate in the various marathons of our choosing. Most recently, New Orleans was hosting the Mardi Gras Marathon and we couldn't refuse. Off we went, lodging at the host hotel, The Hilton Riverside. The packet pick up and expo were on the property which made our registration easy. As always, the expo was filled with must-have items and we didn't go away empty-handed.

The run began at the Super Dome, first running through the French Quarter, out to Audubon Park, then through the Garden District and back to the Super Dome for the first half. The revelers actually stepped out of the beverage establishments to encourage us along shortly after the 7 am start. Audubon Park was almost in full bloom which is common for a New Orleans February and the Garden District has lost none of its charm even following the aftermath of Hurricane Katrina just a few years ago.

We then headed out to City Park and back for the second half. Following Katrina, City Park was 6 feet under water with one school building on the route showing a water line on the exterior as the evidence. We were pleasantly surprised that the trees and grounds apparently suffered no long term ef-



(L to R) Harry Coleman, Charlene Young, Jay Young, Linda Cook and Craig Cook.

PHOTO COURTESY OF JAY YOUNG

fects. As you might expect, the temperature and the humidity began to climb as the clock continued to tick but we persevered to the finish.

Our ultimate reward on these road trips is to treat ourselves royally following an event. To that end, dinner at Commander's Palace was the perfect finish to the race day. A great run, with great friends followed by great food. It just doesn't get any better than this! •

JYoung5472@aol.com

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Race Calendar

April thru May 2008

– Compiled by Rick Melanson

Note: Race information is taken from several different sources and is subject to change and or writer's mistakes. Call Race Director or contact person, especially if you are traveling out of town. ( = BTC race/run/event)

APRIL 5

Casey's Cause 5K

– Trussville, AL, 8:00 AM
Trussville Chamber of Commerce next to Trussville Middle School. USATF CERTIFIED COURSE. (MAPLE LEAF RUN course). Register online at active.com.
Info: Kari Self (966-6635)
Email: raceinfo@caseyscause.org

Regions 5K Run & Fun Run

– Brookside, AL, 8:00 AM
Brookside Greenway Festival.
Info: Dennis Love (631-7392 or 427-3366) or Francesca Gross (264-8464)

Scholarship 8K Race & Fun Run

– Huntsville, AL, 9:00 AM.
Info: Tab Barnett (256-883-5124)

5-A-Day 5K Trail Run

– Dothan, AL, 8:00 AM
Westgate Park.
Info: Beth Battle (334-794-5000 x-7393)

Sunset 5K Run

– Panama City, FL, 5:00 PM
Oaks by the Bay Park, St. Andrews.
Info: (850-522-6666)

APRIL 6

BTC Executive Meeting

– Jackson's Bistro, Homewood, 2:30 p.m.
All members are welcomed to attend. Jackson's is located in SOHO Square.
Info: president@birminghamtrackclub.com

APRIL 12

BIRMINGHAM TRACK CLUB RACE

High Country 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 AM
Shades Crest Baptist Church at 452 Park Ave. USATF CERTIFIED COURSE. Free pasta dinner for runners and their family on Friday night at 6:00PM. Free pancake breakfast after the awards ceremony. **Race application on Page 15.**
Info: Jack Karn (870-4504) or Family Life Center (822-1750)

Run/Walk by Faith 5K

– Birmingham, AL, 8:30 AM.
Info: Joel Simmons (601-0954)
Email: joel.simmons@triadhospitals.com

4th Annual Run for Ronald 5K Run/Walk

– Florence, AL, 8:15 AM
University of North Alabama's Flowers Hall on Pine Street. USATF CERTIFIED COURSE.
Info: Alpha Delta Pi, UNA Box 5354, Florence AL 35632

Minuteman 5K Trail Run

– Dothan, AL, 9:00 AM
Email: minuteman5k@hotmail.com

APRIL 13

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Samford University Track. All ages, children and adults. Awards for the children.
Info: trackmeets@birminghamtrackclub.com
Web: birminghamtrackclub.com/btc-track-meets

APRIL 19

BIRMINGHAM TRACK CLUB RACE

Ellis Porch Statue To Statue 15K Run

– Birmingham, AL, 8:00 AM
Starting on 18th St. (Montgomery Hwy) just below Vulcan Statue and ending at "River Village" off Overton Rd. just below "Miss Liberty." Park at finish and ride bus to start (or make your own arrangements). 1st bus leaves @ 6:30 and last bus leaves @ 7:30. USATF CERTIFIED COURSE.
Race application on Page 16.
Info: Judy Loo (612-4335)

Re-Creation 5K Run

– Huntsville, AL, 8:00 AM.
Info: Kim Foss (256-232-5659)

APRIL 25

Dollars for Scholars 5K/10K, 1 Mile Fun Run

– Birmingham, AL, 6:00 PM
Starts and ends at "Pepper Place" on 2nd Ave. S. and 28th St. USATF CERTIFIED COURSES.
Info: Ali Louis (934-3555)
Web: www.alumni.uab.edu

APRIL 26

The Mayor's Cup Race

– Tuscaloosa, AL, 8:00 AM
City Hall
Info: Sedell Bullard (205-248-5230)
Web: http://tuscaloosa.com

Physicians Who Care 5K Run/Walk

– Gadsden, AL, 9:00 AM
Info: Carroll Crane (256-547-3124)

MAY 3

FBC 5K

– Hueytown, AL, 8:00 AM
Chandler Family Life Center at the 1st Baptist Church in Pleasant Grove.
Info: Staci Owen (744-0100)

We Love Homewood 5K Run

– Birmingham, AL (Info. to follow)

MAY 10

Birmingham Zoo 5K Run

– Birmingham, AL, 7:30 a.m.
New courses, prizes and a day at the Zoo!
More info. on Page 17.
Info: www.birminghamzoo.com
Email: aazk@birminghamzoo.com

MAY 11

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Samford University Track. All ages, children and adults. Awards for the children.
Info: trackmeets@birminghamtrackclub.com
Web: birminghamtrackclub.com/btc-track-meets

MAY 12

BTC Town Hall Meeting

– OutTakes Deli, Homewood, 6:30 p.m.
All members are welcomed to share their opinions and see what the BTC is up to. Food & beverages provided, 2901 18th St. So. in Homewood. BTC Merchandise will also be available.
Info: president@birminghamtrackclub.com

MAY 17

E2 5K Run and Fun Run

– Trussville, AL, 8:00 AM
NorthPark Baptist Church in Trussville.
USATF CERTIFIED COURSE.
Info: Rhona Clark (332-9243)
Email: clayclarks@bellsouth.net

8th Annual Vision Run 5K, 1 Mile Fun Run

– Alabaster, AL 8:30 AM
Thompson Intermediate School on Hwy 119 going toward Montevallo, 1.5 miles from Hwy. 31.
USATF CERTIFIED COURSE.
Info: Steve Crainich (915-6237)

MAY 23

Spring Scramble 5K

– Birmingham, AL (Info. to follow)

MAY 26

Mercedes Benz Cotton Row Run 10K

– Huntsville, AL
10K at 7:00 AM, 5K at 9:00 AM, & 1 Mile Fun/Walk at 10:00 AM.
Info: Dink & Suzanne Taylor, 2722 Carl T. Jones Dr., Suite 2B, Huntsville, AL 35802 (256-650-7063).
Email: suzanne@fleetfeethuntsville.com

MAY 31

Vestavia Fireman's 5K for MDA

– Birmingham, AL 8:00 AM
Liberty Park at Vestavia Hills Elementary Liberty Park, 17051 Liberty Pkwy. (LIBERTY PARK RUN course).
Info: Scott Phillips (529-5240)
Email: spfire@alltel.net

MONDAYS (weekly)

BTC Lakeshore Group Run

– Birmingham, AL, 6:00 p.m.
Email: newrunners@birminghamtrackclub.com

TUESDAYS (weekly)

BTC Sunrise or Hill Group Run

– Birmingham, AL, 5:30 a.m.
Mountain Brook YMCA, meet in lobby area. Free showers and lockers available.

WEDNESDAYS (weekly)

Trak Shak Group Runs

– Homewood, AL, 5:30 p.m.
Trak Shak store in downtown Homewood.
Web: www.trakshak.com

SATURDAYS (weekly)

Red-Eye-Run – 6.2 miles

– Birmingham, AL – 7:00 a.m.
Mountain Brook Village in front of Western Super Market. Varied pace to suit anyone.

FUTURE 2008 EVENTS (local only)

06-07 – BTC Track & Field Classic
06-07 – Big Brothers' Big Sister's 5K
06-21 – Stampede 5K Run
07-04 – Peavine Falls Run – 8.3 mi
09-06 – Fat Danny's Trial by Trail 5 mi
09-13 – Run For Sobriety 5K
09-20 – ERA Oxford Realty 8K
09-27 – Are UABLE 5K
10-04 – Hueytown 5K/10K
11-01 – Vulcan Run 10K
11-08 – North Jefferson Charity Run 8K
11-22 – Iron Bowl Run 5K

FOOD AND SHOE DRIVE

BTC/running community gives back

Mark your calendars for **Wednesday, May 7 (5:30 – 7:00 p.m.)** and **Saturday, May 13 (10:00 – 12:00 a.m.)** for a 'Food and Shoes Drive' in front of the Trak Shak in Homewood. Members of the Birmingham Track Club will be on hand to receive the donations, size them, and place them in the proper bins.

Please bring your old SERVICEABLE running shoes – NOT grass cutting shoes – and know the size please. We will donate these to inner city youths who are enjoying running and track but due to a variety of reasons can't afford or are not provided with running shoes.

So please make sure they are **serviceable**, because they will be used for running again. It's a great chance to donate something we seldom give a second thought about to someone who can genuinely use and appreciate them. Plus it can only help spread the gospel of running and fitness and help provide them with the confidence to work hard and achieve their dreams.

AREA FOOD BANKS ARE RUNNING 'DRY' so please drop by the Trak Shak (same times as above) with **non-perishable food items**. It is a sad fact that many of our area food banks are running out of food and we are so blessed that we can sometimes take a meal for granted, so let's share our blessings with those who aren't so fortunate. I guess a different way of saying it is let us be the blessing. So please bring what you can for those in need. We will donate the food items to area food banks so they can re-stock and continue to feed those in need. In a country such as ours, no one should ever go hungry.

Again BTC volunteers will gladly accept your donations – so please be generous with your SERVICEABLE running shoes and non-perishable food items. This might be a good time to replace your shoes and donate the old ones to some kids who would really be grateful.

If you'd like to volunteer or have questions, please contact Danny Haralson at danny@rununiversity.com

HIGH COUNTRY 5K

APRIL 12TH, 8 A.M.

Shades Crest Baptist Church at 452 Park Ave. USATF CERTIFIED COURSE. Free pasta dinner for runners and their family on Friday night at 6:00PM. Free pancake breakfast after the awards ceremony. **BTC RACE!**

Info: Jack Karn, Race Director (870-4504) or Family Life Center (822-1750)

(Race Application available on Page 15)

THE ELLIS PORCH STATUE TO STATUE 15K

APRIL 19TH, 8 A.M.

Starting on 18th St. (Montgomery Hwy) just below Vulcan Statue and ending at "River Village" off Overton Rd. just below "Miss Liberty." Runners should park at finish and ride bus to start (or make your own arrangements). USATF CERTIFIED COURSE. 1st bus leaves at 6:30 a.m. and last bus leaves @ 7:30 a.m. **BTC RACE!**

Info: Judy Loo, Race Director (612-4335)

(Race Application available on Page 16)

BTC CLASSIC

JUNE 7TH, 8 A.M.

Shades Crest Baptist Church at 452 Park Ave. USATF CERTIFIED COURSE. Free pasta dinner for runners and their family on Friday night at 6:00PM. Free pancake breakfast after the awards ceremony. **BTC RACE!**

Info: Jack Karn, Race Director (870-4504) or Family Life Center (822-1750)

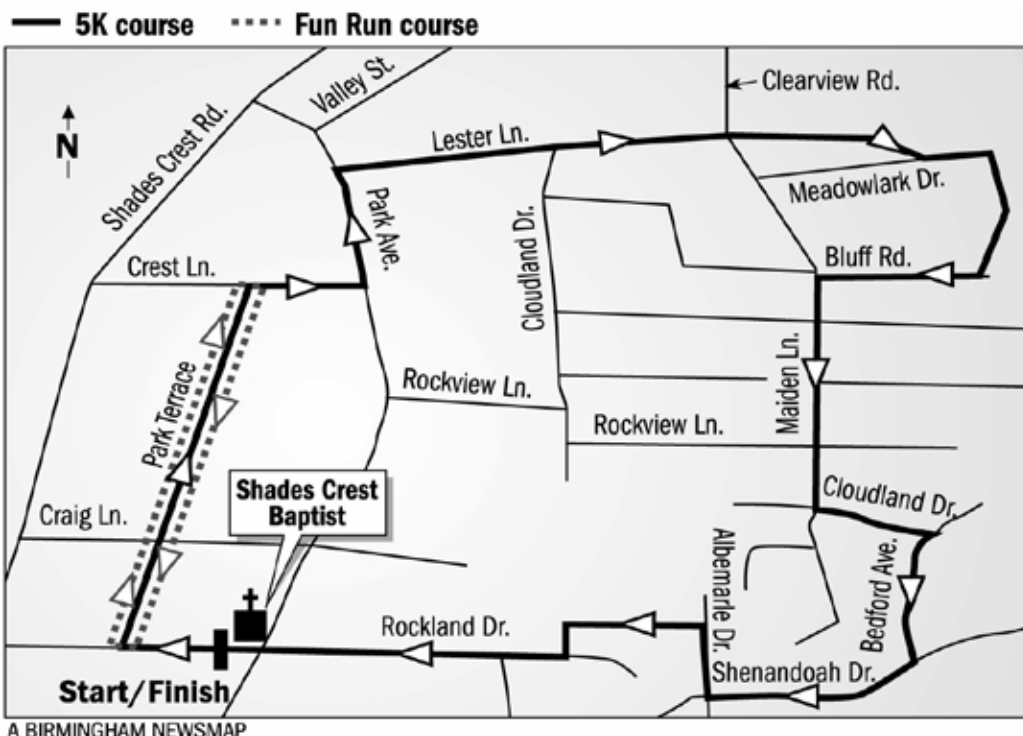
(Race Application available on Page 18)

Seventh Annual High Country 5K

**Saturday,
April 12, 2008
8:00 a.m.**

**Shades Crest
Baptist Church
452 Park Ave
Hoover, AL
(822-1750)
www.shadescrest.org**

**Register Online
at active.com**



To Enter High Country 5K Run, please fill in the information below and mail as indicated. Please use a separate form for each entrant.

5K Run: **\$13.00** (pre race day) **\$20.00** (day of race)

Registration is not required for the free 1 Mile Fun Run. Race t-shirts will be available for \$10 each.

Family max (must reside at same address) **\$30.00** (pre race day) **\$50.00** (day of race)

☐ Male ☐ Female Age as of 4/14/07 _____ D.O.B. ____/____/____ BTC member yes __ no __

Do you plan to attend the **FREE PASTA DINNER** for you and your family on Friday, April 13 at 6:00 PM?

If yes, how many will attend _____

Do you plan to attend the **FREE PANCAKE BREAKFAST** after the run? If yes, how many will attend _____

Last Name _____ First Name _____ M.I. _____

Address _____ City _____ State _____ Zip _____

Phone: Work _____ Home _____

Circle T-Shirt size (All sizes are adult sizes) Small Medium Large X-Large XX-Large

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless Shades Crest Baptist Church, the city of Hoover, the Birmingham Track Club or any other sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video tape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Entrant's Signature _____ Date _____

Parent/Guardian Signature if entrant is under 18 _____ Date _____

**Make checks payable to Shades Crest Baptist Church.
Mail to: High Country 5K, 452 Park Avenue, Hoover, AL 35226.
Mail-in registration forms must be postmarked no later than April 6,**



18th Annual

ELLIS PORCH STATUE TO STATUE 15K

BTC Managed, RRCA Sanctioned, USATF 15K Certified Course

Saturday, April 19, 2008 at 8:00 am

Transportation

Transportation will be provided from the River Village parking lot (by Miss Liberty) to Vulcan Park for the start of the race. Please be there early (FIRST BUS LEAVES LIBERTY PARK AT 6:30 am. LAST BUS LEAVES AT 7:30 am.) Baggage transportation is provided to the finish area.

NOTE: THERE WILL NOT BE ANY TRANSPORTATION BACK TO VULCAN PARK AFTER THE RACE.

Registration

For entries received by 4/15/08 - \$20.00

All entries day of race and those received after 4/15/08 - \$25.00

On-line Registration: Active.com

(There will be no refunds)

Registration will be at the River Village parking lot starting at 6:15 a.m.

Post-Race Party/ Awards

Refreshments/Tunes/Food! Awards will be presented at approximately 10:30 a.m. in the parking lot of the River Village. Awards and shirts will NOT be mailed.

Sponsors by:

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For more information: call Judy Loo at 205-970-5835

Also, check the web site for more information

www.birminghamtrackclub.com



Statue to Statue 15K RUN ENTRY FORM

Make check payable to: BTC Statue to Statue Run

Mail Entry to: Statue to Statue 15K Run, 1235 Parliament Lane, Birmingham, AL 35216 or drop off entry form at the Trak Shak (Homewood store)

Print Last Name: _____ Print First Name: _____

Address: _____ Zip: _____ City: _____

State: _____ Sex: _____ D.O.B. _____ Age: _____ T-Shirt: _____ Phone: _____

RELEASE

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless the Birmingham Track Club or any sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Signature: _____

Date: _____

ATTENTION ALL RUNNERS it's time again for your local Zoo Run!!!



This year we will be enjoying a 5k morning run at 7:30 to give participants a full day at the zoo following the event. With new courses, prizes and a day at the zoo, this year's Zoo Run will be the most successful yet! So rise and shine with us and enjoy a great day at the 3rd Annual Zoo Run! For more information, please visit www.birminghamzoo.com

We Need Volunteers!!!

If you can't run but want to help out, we have plenty of ways you can volunteer before, during and after the event. Please visit the Birmingham Zoo's website, www.birminghamzoo.com for more information or email the AAZK Zoo Run Committee at aazk@birminghamzoo.com. Please include "Zoo Run Volunteer" in the subject line. Adult volunteers only.



The Birmingham Track Club presents
The Birmingham Track Club
2008 Track and Field Classic
 Saturday, June 7, 2008
 Hoover High School
 Hoover, Alabama



Entry Fees: \$17.00 first event, \$8.00 each additional, \$20/relay. Pre-Register by: June 2, 2008 . Late fee: \$15.00		Directions: I-65, Take I-459 South to Tuscaloosa. Take AL-150 (exit 10-Hoover Met Stadium), Turn Left off Exit Ramp, Right on Stadium Trace Pkwy, Left on Learning Lane, Left on Buccaneer Dr.																																																																
Age Divisions: Open and Masters (Age 30+), M&F On-Line Registration: www.active.com Contact: Frank Newland –205-621-9912 newlafr@yahoo.com, www.btcclassic.com USATF Membership required. Membership forms will be available day of race. You may obtain membership application at www.usatf.org .		Awards: Medals to top 3 finishers in each age group. \$100-1st Place: KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m) \$100-1st Place: Phil Mulkey Mini-decathlon (Enter as many decathlon events as you want. We will score and age-grade your top five performances.) Team Competition: Winner based on top 3 age graded performances: 5,3,1 points. Winning Team will receive Bill McClure Award.																																																																
Track Events: 50m, 100m, 200m, 400m, 800m, 1500m, 5K, 80H, 100H, 110H, 300H, 400H, 4x400Relay		Field Events: HJ, LJ, TJ, PV, Shot, Discus, Javelin, Hammer																																																																
Schedule of Running Events: (To Be Determined)		Schedule of Field Events: (approximate): Implementation Certification: Booth opens at 7:00am Central. Triple Jump: 8:00-11:00am, report to venue when ready to compete.																																																																
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Send Completed form and entry fee to: **BTC Classic, Frank Newland, 234 King Arthur PI, Alabaster AL 35007**

Name: _____ DOB: ____/____/____ Age: _____ Sex: _____ USATF# _____

Address: _____ City: _____ St: _____ ZIP: _____

Phone: _____ E-mail: _____ Shirt Size: S M L XL

	Events	Entry Fees:	Cost:
1		First Event: \$15.00	\$
2		2 nd +Events x \$ 6.00	\$
3		Relays x \$20.00	\$
4			\$
5		Late Fee \$15.00	\$
6		T-Shirts x \$10.00	\$
	Make Check Payable to: BTC Classic	Total Due:	\$
	Remit completed application to: BTC Classic Frank Newland 234 King Arthur PI Alabaster, AL 35007		

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2008 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns, hereby release and discharge any and all claims against the BTC, Hoover High School, USATF, and the Knights of Columbus, agents or representatives arising from my participation in the 2008 BTC Track and Field Classic.

Signed: _____ Date: _____

What's the **BIG** idea? – By Sally Young

How bad was it?

Certain words shouldn't be tossed around concerning running events: "Dave almost died. It was a year before he recovered," and "wet, soft feet, being slow-baked for hours at 150 plus degrees." Or, for the physically impaired, "I haven't taken my leg off because I know the stump is in tatters."

Yet athletes from all over the world vie to challenge themselves to this extreme, hoping to be among the 90 entrants to receive an invitation to run the 135 mile **Badwater Ultramarathon**.

The Badwater Ultra starts in the Death Valley National Park at the lowest point in the Northern Hemisphere, 282 feet below sea level, near the eponymous undrinkable saltwater basin. Temperatures are known to climb to 130 F at 6 feet off the ground, and 200 F a few inches above the blacktop.

Stitching their footprints across some of America's harshest terrain, runners cover three mountain ranges for a total of 13,000 feet of cumulative vertical ascent and 4,700 feet of descent. The finish line is at the Mt. Whitney Portal, the trailhead to the summit. Runners who complete the course in 60 hours receive a com-



PHOTO FROM BADWATER.COM

memorative medal; 48 hours, a belt buckle. There have been no fatalities.

Fans can follow this year's 31st race, July 14-16, through a web cast produced by AdventureCORPS at www.badwater.com

Sally Young is a published freelance writer (Running Times, Footnotes, Fitness Runner) and is also an Artist.

Email her at yo-sal@cox.net



Offer good till 4/30/08

**Available
at May 12th
Town Hall
Meeting**

April Merchandise Item Of The Month

**FREE BTC
window
decal with
order!**

SHORT-SLEEVE POLO SHIRT

\$15 each*

(Regularly \$25) Offer good till 4/30/08

More BTC Merchandise available at:
www.birminghamtrackclub.com/merchandise

Item Details:

- Women's cut available in S, M, L, XL
- Men's cut available in S, M, L, XL
- Embroidered BTC logo on front
- 100% cotton
- Royal Blue (color)

Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Phone _____ Email Address (print clearly) _____

Quantity	Item Description	Size

Send orders/payments, made payable to Birmingham Track Club, to:

Johnaca E. Kelley, BTC Vice President
c/o EBSCO Creative Concepts
825 5th Avenue South
Birmingham, AL 35233

*Please add \$6 per polo for UPS ground shipping

merchandise@birminghamtrackclub.com

Reminder: Always set a good example

“IF YOU ARE PART OF THE CLUB REPRESENT IT WELL”

– Submitted by Natalie Lockhart

Nearly four years ago, after a multiple-year hiatus from running, I decided it was time start again. So that March, I ordered a new pair of [trail] shoes and started running [on the road]. And so my daily routine began:

5:00 p.m. – Leave work

5:15 p.m. – Change in the car at intersections along Hwy 11

5:30 p.m. – Park in front of Trussville’s Middle school

5:35 p.m. – Run a 2.5 mile portion of the Maple Leaf course

6:00 p.m. – Get back in the car and go home for dinner

If I were feeling especially creative, I’d run it backwards. And once, I ran it twice.

No one told me I was going too fast. No one said I was going too slow. No one suggested that trail shoes on pavement were silly. There were no dinner invitations, no Friday Socials, Karaoke outings and no one to see at Saturday morning races. I didn’t sign up for races.

By August, after 5 tireless months on the same hamster wheel, I got bored and wanted company.

BTC and Trak Shak advertised multiple runs throughout the week in Black and White and on their respective web sites. So one night, I channeled my inner kindergartener, and approached a massive group of people socializing in front of the Trak Shak. I asked someone if I could play.

Lucky for me, the person I interrupted was Micki Haralson – the (then) club president’s wife. It was her duty to help me. The problem? I couldn’t give her any information to place me with a group. I had no concept of my pace per mile. I only knew I could run 2.5 miles in Alabama’s August heat.

She had little to work with and introduced me to the 10 minute mile pace group leader. I started with them until she came speeding by at Mile 2. She asked how I was doing AND remembered my name! I told her I thought I could go faster and she invited me along with her. By the end of that evening, I knew I was an 8:20 pace, met three new running partners and had a date to run with people on Saturday morning. Oh, and I committed to my first marathon.

Had it not been for that welcome, I would still be running a 2.5 mile circle around Trussville. Maybe that’s an exaggeration, but it’s hard to approach a group of strangers and even harder to get ignored by them! Since then, I have tried to return the favor in school, in work, and in running. Unfortunately, this year, I was involved in a situation that did not turn out that way.

In January, during a Tuesday morning [advertised] group run, a new runner showed up. He approached two of us, asking about the club, the group run that morning, and other runs during the week.

He told me that he drove 45 minutes into town because he wanted to find people to run with. I filled him in on Wednesday

nights, Meredith’s sub-group of Marathoners, and how easy it is to find people of all different paces.

After chatting for a few minutes, he told me he ran a 10 minute mile. I looked around and picked out a very familiar track club face who I knew ran that pace and would be a good resource.

I took the new runner over and introduced him. “Hey, [????], this is [????]. He’s new... about a 10 minute mile. How far are you guys going this morning?”

[????] looked at me and quickly said, “Oh, we’re doing our own thing.” Then, she turned around and walked away. This happened in front of a potential new member and I haven’t seen him show up there since then.

Last week, another new runner showed up to the same group run. She asked if she could run with us. With just six people showing up on the 34-degree morning, she didn’t have many options. Three had already left and the rest of us were planning an 8:00 six-miler. She was a 10-minute miler.

So we modified our plan, showed her the route and made sure she wasn’t left alone on Southside in the dark. She told us she was new to Birmingham. She moved here two months ago and ran her first marathon one month ago. She was slowly finding her way around the city but still drove to Tuscaloosa on Saturday morning for her long runs. She wanted to meet local people to train with.

We probably weren’t those people, but let her know if she came on a Wednesday or a Saturday there would be a bigger selection. It’s possible we scared her off too, but we made an effort. No one used foul language or talked about body functions. At the very least, she had a good run and we made a decent impression.

I hope that what happened to me, and the Tuscaloosa woman is more common than the “doing our own thing,” situation, but I fear that it’s not.

I hope this serves as a reminder to set a good example. Sure, we all have cliques, favorites, and have separated ourselves amongst friends, but keep your eyes peeled for loners. Help a new person. If you’re part of the club, represent it well. If you’re not part of the club, join (Mark made me put that part in).

I didn’t write this to identify anyone (except Micki, because she made an exemplary first lady). I’m also the first to acknowledge when I have off-days. Sometimes, I just don’t feel like being pleasant at 5:30 a.m. (or 5:30 p.m.). Thankfully, there are three people who tolerate my whining, complaining and crude comments throughout the week. As long as the bad days don’t outnumber the good, I think I have a pretty good chance of holding onto them. But we’re not so tight-knit that we can’t make room for one more. AND, we’ll hold the dirty-talk until at least the third run with you. •

natalie.lockhart@gmail.com

Double Trouble

Welcome to what will hopefully become a monthly feature here in our club's monthly newsletter. The idea here is to take two people, BTC members, and have them complete the same questionnaire and then review their answers. It will give you a chance to get to know some members better and it's just fun to compare and contrast people. Our first two victims, I mean volunteers, are current BTC President Mark Baggett, and former Vulcan Runner "shirtless" cover boy Tim O'Brien. Thanks for participating guys!

– Compiled by Tim Roberts



Mark Baggett

Age: 36

Status: Single

Hometown:
Natural Bridge, VA

1. Last movie you liked so much, you watched it twice?

"Hedwig & The Angry Inch"...anyone who has come to my place to view flicks in my theater room has probably been exposed to this. I've compared it to Pink Floyd's "The Wall" meets "Rocky Horror Picture Show." It was adapted from an off-broadway musical.

2. Name one guilty pleasure? Fresh Krispy Kreme donuts...pure sin. I've even been known to ask for a cup of hot creme on my way out. Nothing like seeing that "Fresh, Hot, Now" sign lit up!

3. Favorite place on earth? At home walking my 14½-year-old dog Stanley. She's my best-bud...and yes, SHE has a guy's name.

4. Worst place on earth? The bathroom at The Nick. It reminds me of the bathroom in the movie "Trainspotting."

5. One item you'd want with you on a desert island?
My dog Stanley (see Question #3)

6. Most interesting person you've ever met?

Jim Koch, founder and CEO of Sam Adams beer (Boston Beer Co.) I worked there for 2 years before moving to Birmingham in 1998.

7. Coolest trophy or prize you ever won?

A Maebashi Dance Troupe red, black & white jacket after dancing with them during the B'ham Athlete's welcome reception in Japan.

8. Favorite TV show?

FOX's "Family Guy"

9. Favorite fast-food joint?

Chick-Fil-A

10. Who would play you in a movie?

David Spade - I'm often told he looks like me but I'm sexier (ha!).

11. Something unique about the town you grew up in?

Natural Bridge, Virginia...It's one of the Seven Natural Wonders of the World. Growing up in the Shenandoah Valley and running the back roads holds so many great memories for me, what beauty!

12. If you could play an instrument, what would it be?

I can play Alto Sax but wish I knew how to play guitar. I'm just now trying the video game "Guitar Hero" but it isn't the same.

13. Scariest thing that ever happened to you?

Being stuck in a double-wide trailer during a horrendous hail storm while a tornado passed by. I was literally running around in circles.

14. Favorite book? Any book by fantasy author Terry Brooks. "Sword of Shannara" was the first 'big' book I read as a teenager.

15. Favorite meal?

Chicken enchiladas with a side of rice at Pepito's Mexican Restaurant in Jasper. This would be my last meal were I on Death Row.

16. Why do you run?

To keep fit and spend time with running friends. It also helps me deal with depression and loneliness that I encounter every now and then. And being BTC President...I think it's required (haha).

17. When did you start?

I ran track in High School (1,600 and 3,200 meter distance). I hated it due to only going in circles and not being the fastest. However, now I love running roads...no more circles! And now the only person I'm competing against is myself.

18. What's your biggest running accomplishment?

Finishing the Marine Corps Marathon in October 2007.

19. Favorite BTC story? Traveling to Japan for 9 days in April 2007 to run in the Maebashi City Marathon with fellow BTC members Tim O'Brien, Johnaca Kelley, and Tom & Margaret Riser.

20. Words to live by or favorite running mantra?

"If you don't run, you'll rust" – Tom Petty



Tim O'Brien

Age: 35

Status: Single

Hometown:
Springfield, IL

1. Last movie you liked so much, you watched it twice?

"3:10 to Yuma"...what a great western. Made me want to see a lot of the old westerns like "Shane" and "The Man Who Shot Liberty Valance" that I saw when I was young and couldn't appreciate all of it. Also made me want to see Blazing Saddles again!

2. Name one guilty pleasure? Cigars. So terrible for a runner, but every now and then I have a top end Ghurka with some scotch or good Irish whiskey.

3. Favorite place on earth? Sounds cheesy, but I love it down here. Yankee by birth, but Southerner by choice.

4. Worst place on earth? Those terrible places where citizens are suppressed.

5. One item you'd want with you on a desert island?

A solar powered iPod loaded with punk music.

6. Most interesting person you've ever met?

John Reznik of Goo Goo Dolls. To be able to pick his mind about songwriting and to hang out with him was very cool time.

7. Coolest trophy or prize you ever won?

I was thinking of making a trophy for my Men's 231st place in Mercedes last year. Won't cost too much.

8. Favorite TV show?

"The Simpsons" (smart, goofy, fun, stupid) just like me.

9. Favorite fast-food joint?

Welcome to Moe's!

10. Who would play you in a movie?

Emilio Estavez.....they already say I look like him.....poor sap.....

11. Something unique about the town you grew up in?

The Horseshoe...A piece of Texas toast with a hamburger patty on top of it, huge amount of fries on top of that, and then melted cheese poured over the entire thing. Haven't seen that anywhere else.....

12. If you could play an instrument, what would it be?

I already play in Dirty Curtain Room.....so the only thing else I would love to do in that vein is conduct the Boston Symphony Orchestra.

13. Scariest thing that ever happened to you?

Either being drug under the rapids when I was kayaking, or coming to in an ambulance after passing out in a race.

14. Favorite book? "Focal Point" by Bryan Tracy. Really got my butt in gear concerning business, goals and life in general.

15. Favorite meal? Thai food and sushi....any of it is my favorite.....along with a great beer like Abita, Dogfish or Fat Tire.

16. Why do you run? I run alone sometimes to think and focus. I run with others for the social aspect. Mainly I love to set a goal and work towards it, plus a huge benefit is getting to eat and drink not so healthy food sometimes and not worry about getting too fat.

17. When did you start? My dad was and is a huge runner. Grew up with it and started in seriousness 2 1/2 years ago pretty much because I wanted to see if I had the discipline to train and run a marathon. I did, and I am hooked.

18. What's your biggest running accomplishment?

The friendships I have developed because of it.

19. Favorite BTC story? Way to many to list! Hunt me down and run with me, I will be happy to share many of them.

20. Words to live by or favorite running mantra?

"Iron rusts from disuse; water loses its purity from stagnation...even so does inaction sap the vigor of the mind." – Leonardo da Vinci

TOWN HALL MEETING

WHERE: OutTakes Deli (in Homewood)

2901 18th Street So., Homewood www.birminghammenu.com/outtakes

WHEN: Monday, May 12th, 2008, 6:30 p.m.

FOOD/DRINKS/MERCHANDISE:

Food and drinks provided by the BTC. Club merchandise will also be available, including the featured "Item of the Month" (see page ??).

Make your voice heard!

The BTC is YOUR club and we want to hear your ideas, suggestions, complaints, praises — all of it. Do you want to get involved with the BTC but don't know how? Do you like or dislike what we are doing? This is a GREAT opportunity to make opinions heard...so get involved!

All are welcomed!!!

RUNNING 101: Couch to 5K

Informational meeting:

Saturday, April 26th, 9:30 a.m. at the Trak Shak in Homewood (No run - just info. followed by Q&A)

This program is for...

- ...the beginning runner.
- ...those new to running.
- ...those who have tried running in the past but for whatever reason didn't stay with it.
- ...those who have run in the past and want a safe, effective way to 're-start'

With this program we offer:

- Numerous group runs
- Informational and motivational weekly e-mails
- Direct and friendly support from veteran runners, most who completed this same running program
- Diet, nutrition and clothing tips designed to enhance your running experience and achieve your goals
- The opportunity to make running and health a part of your life.



Target races:

YMCA's Race to the Courthouse 5K on June 28th

Cost:

Cost of the program is \$50.00.

Questions:

www.rununiversity.com or birminghamtrackclub.com

Danny Haralson at 205/862-6607 or email him at danny@rununiversity.com

Advertise in THE VULCAN RUNNER

Do you own a business you'd like to advertise in The Vulcan Runner? Do you have a race or business you want the rest of the BTC community to know about? If so, below are our monthly rates* for placing ads, along with approx. sizes available:

1/5 page (1.5 in. x 10 in.) – \$15 **1/2 page** (7.5 in. x 5 in.) – \$50 **Full page** (7.5 in. x 10 in.) – \$100
1/4 page (3.7 in. x 5 in.) – \$25 **1/2 page** (3.7 in. x 10 in.) – \$50

*Advertisers who pay for an entire year in advance will get 12 months for the price of 10 months (ex. a Full page for 12 months would cost \$1,000, instead of \$1,200).
Deadlines are the 1st of each month for the following month.

To place an Ad or for more info:
newsletter@birminghamtrackclub.com

ALABAMA RRCA State Representative Newsletter

MARCH 2008

ANNISTON RUNNERS CLUB TAPPED FOR PAIR OF RRCA AWARDS

CONGRATULATIONS, to Anniston Runners Club and president, Brooke Nelson, for being chosen to receive a pair of 2007 Road Runners Club of America (RRCA) National Awards! Anniston's Woodstock 5K, the 2007 Alabama RRCA 5K State Championship, was chosen RRCA Road Race of the Year. Alabama is now two-for-two in this category, with Birmingham's Vulcan Run 10K winning the inaugural award last year. Nelson, who is Woodstock 5K co-race director with John Moore, was selected RRCA Scott Hamilton Club President of the Year. Nelson will accept both awards at the 2008 RRCA National Convention.

RRCA TO CELEBRATE 50TH ANNIVERSARY IN CINCINNATI

The RRCA 50th Anniversary Convention in Cincinnati is May 1-4, hosted by the Flying Pig Marathon. Running legend, Dick Beardsley, best known for his "Duel in the Sun" with Alberto Salazar in the 1982 Boston Marathon, will be the keynote speaker during the "Birthday Bash" National Grassroots Running Awards Banquet. Alabama running clubs are encouraged to send at least one delegate to the convention. Remember, conventions are not just for club officers! For full convention details, visit the following Web site: <http://www.rrcaconvention.org/>. The Flying Pig Marathon is also celebrating a milestone of its own—10 years. In addition to the marathon, other Flying Pig races are half marathon, 10K, and the 2008 RRCA National 5K Championship. For information on the entire Flying Pig Race Weekend, visit the following Web site: <http://www.flyingpig-marathon.com/>.

ALABAMA RUNNING SPOTLIGHTED IN MAGAZINE AD & CHAMPIONSHIP FLIER

A half-page ad that RRCA is running in the May issue of Running Times to promote the convention features three Alabama running photos out of the four used in the ad. Two of the photos are different angle shots of the start of the 2006 Vulcan Run. The other is a picture of Brooke Nelson and me at the 2007 Woodstock 5K. Meanwhile, an RRCA Championship flier being included in race packets for 2008 RRCA Championships across the nation also features a 2006 Vulcan Run start photo. We must have some photogenic runners in Alabama!

ALABAMA RRCA CHAMPIONSHIP SEASON RESUMES IN MAY

There were 850 finishers in the BE&K 5K, the 2008 Alabama RRCA 5K State Championship, held on February 9 during the Mercedes Marathon Weekend in Birmingham. Thanks, to Valerie McLean, race chairperson, and Justin Joffrion, race director, for getting the championship season off to a great start. The race was the first of nine RRCA Championships scheduled in the state this year. A snowstorm forced the cancellation Huff 'N Puff on the Bluff 15K, the Alabama RRCA 15K State Championship slated for March 8 in Sheffield. The Tennessee River Athletic Club has rescheduled the race for June 7. Next up are three championships during Memorial Day Weekend. Montgomery Track & Running Club hosts both the Alabama RRCA 8K & 2-Mile State Championships for the second time ever, with the Jubilee CityFest 8K and Jubilee CityFest 2-Mile on May 24 in Montgomery. The Alabama RRCA State 10K Championship is Cotton Row 10K in Huntsville on Memorial Day, May 26, hosted by Huntsville Track Club. For the full Alabama RRCA Championship calendar, check out the RRCA Web site, <http://www.rrca.org/>, and click on CALENDARS at the top of the homepage, then click on Alabama on the map of the United States. By the way, any Alabama road race may be listed on this calendar for free, so take advantage of this opportunity to promote your races.

MARCH RRCA 'FOOTNOTES' MAGAZINE AVAILABLE ONLINE

The March 2008 edition of FOOTNOTES, the RRCA online quarterly membership magazine, is accessible on the RRCA Web site homepage at <http://www.rrca.org/>. Just click on the "miniature" FOOTNOTES front page in the lower left hand corner.

INSURE CLUB RUNNING EVENTS ARE COVERED BY RRCA INSURANCE

Alabama running club officers will find some valuable information regarding RRCA Insurance at the following link: <http://www.rrca.org/news/index.php?article=2256>. This is an excellent overview of the requirements for RRCA Insurance coverage of a club event. Also, be advised that RRCA discourages triathlons and track & field events, and it is strongly recommended that USA Triathlon/USATF insurance/sanctions are obtained for those type events.

GET SERIOUS ABOUT BANNING HEADPHONES DURING RACES

A new universal "NO Headphones" symbol has been designed for use on race entry forms and other run-related materials. The symbol sends a message to runners that wearing headphones during RRCA-insured races will not be allowed. Further details and a look at the black, red, blue, and green symbol are available at the following link: <http://www.rrca.org/news/index.php?article=2265>.

DISTRIBUTE STATE REPRESENTATIVE INFORMATION

Since my e-mail address list contains a limited number of Alabama RRCA club contacts, please share RRCA information you receive from me with as many club members as possible, through whatever means you find appropriate, including newsletters, Web site, e-mails, and club meetings. Please let me know if you would like additional club members added to my e-mail list (or removed, for that matter). As always, I appreciate all you do to make Alabama one of the premier states for grassroots running in the nation! All the best in running throughout 2008!



Ron Macksoud

Alabama RRCA State Representative
6021 Bolingbrook Dr.
Montgomery, AL 36117
AlaRRCAStateRep@knology.net
Ron.Macksoud@dir.alabama.gov
334-242-8616 (day)
334-354-7867 (nights & weekends)



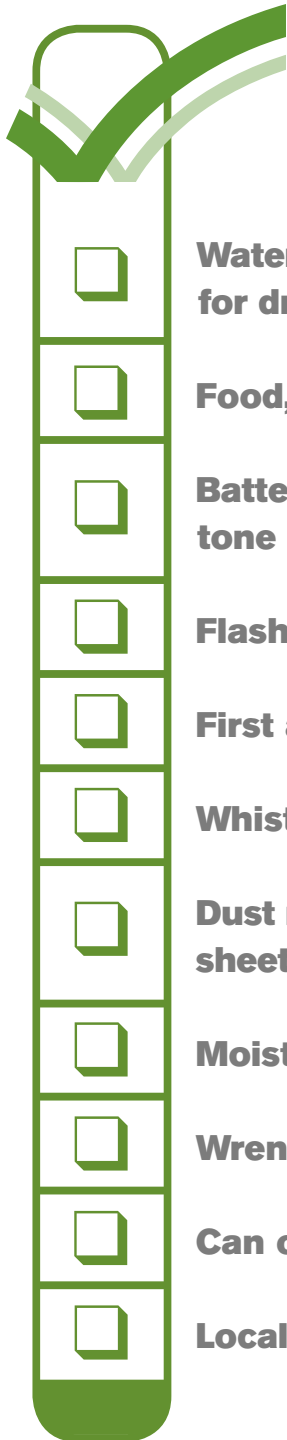
PREPARE. PLAN. STAY INFORMED.

Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: **1)** Get an emergency supply kit **2)** Make a family emergency plan **3)** Be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Recommended Items to Include in a Basic Emergency Supply Kit:



- ☐ **Water, one gallon of water per person per day for at least three days, for drinking and sanitation**
- ☐ **Food, at least a three-day supply of non-perishable food**
- ☐ **Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**
- ☐ **Flashlight and extra batteries**
- ☐ **First aid kit**
- ☐ **Whistle to signal for help**
- ☐ **Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- ☐ **Moist towelettes, garbage bags and plastic ties for personal sanitation**
- ☐ **Wrench or pliers to turn off utilities**
- ☐ **Can opener for food (if kit contains canned food)**
- ☐ **Local maps**

www.READY.gov

Birmingham Track Club

MEMBERSHIP APPLICATION

www.birminghamtrackclub.com
www.myspace.com/birminghamtrackclub



We would like to take this opportunity to invite you to be a member of the Birmingham Track Club or to renew your existing membership. The Club sponsors or sanctions many local races and keeps members informed of upcoming races, training runs, results, socials, etc. through our monthly newsletter 'THE VULCAN RUNNER'. Additionally, BTC Members receive merchandise discounts at local merchants. It's a great way to meet other runners and stay informed of running events in the area. Again, thanks for your participation and we hope that you will join us as we promote individual and community fitness through running.

PLEASE check one:

☐ **New Member application** ☐ **Renewal** ☐ **Change of Address**

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ ☐ Male ☐ Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

_____ ☐ Male ☐ Female
Last Name First Name M.I. Birth Date

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities, and as a member I assume all risks involved. Therefore I hereby, for myself and anyone entitled to act on my behalf, do waive and release the Birmingham Track Club, Road runners Club of America, USA Track and Field, all sponsors and any others involved from any claims or liabilities arising out of my participation in these activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of such events for any legitimate purpose.

Signature (Parent's signature if under 18 years of age) _____

Date _____

YEARLY MEMBERSHIP (please circle one): **\$25** (single) **\$35** (family)

Send this signed application and check made payable to the BTC to the following address:

Birmingham Track Club
P.O. Box 530363 Birmingham, AL 35253

(205) 879-LEGG membership@birminghamtrackclub.com

You can also join online at
WWW.ACTIVE.COM
(Event I.D. # 1397208)