



★ BIRMINGHAM TRACK CLUB  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER



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April 2016

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## Pacing With Paws

By: Kristen S. Osborne



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# PACING WITH PAWS

- Kristen S. Osborne

**Unless you have pet hair allergies, adopting a dog into your family is one of the best choices you can make for your health.** There is no shortage of scientific evidence showing the benefits of owning a dog. In 2010, the American Journal of Public Health found that kids with dogs engaged in more vigorous physical activity than households without a pet. More studies show similar results of increased activity among adult dog owners. After all, when your furry best friend is begging for a walk, it's hard to say no.

Although every dog loves a good walk, some even enjoy running with us. We have no shortage of dogs within the Birmingham running community. Some are regular fixtures at BTC events. Walker Wonder Dog Blakney is a black lab who appears frequently in BTC races, assisted in his efforts by owner Ronnie Blakney.

"If I say 'you know what?' his ears go up and his head tilts," Ronnie says. "He knows that is the phrase for 'we are going to run.'"

Walker's first race was the 2010 Paws for the Cause 5k. Since then, he has participated in over 200 5ks and 10ks. He even ran the Mercedes practice route. Walker has become famous enough to require his own Facebook page, which is very active.

If you are at a dog-friendly local race, you may very well see, or hear, Walker, especially at the starting line.

"As he sees everyone getting packed in to start, he gets down in a runners stance and starts barking like crazy to get started," Ronnie explains.

As the weather gets warmer, and we see more people out with their pups, the inspiration may strike to hit the pavement with your own puppy pal.

But before you charge out there, make sure you're ready... Just like their human companions, our dogs need the right training and equipment to be ready for the road or trail.

## Health Check

First things first. Is your dog healthy enough to run? As with humans, our pooches may need a vet checkup to assess their readiness for training. If your dog has ever had a leg or hip injury, heart issues, or other health problems, you certainly should consult with your vet before starting a running program. Dogs can't voice their pain like we do, and they will often want to be with us so badly that they will hurt themselves trying to keep up.

Age is another import factor to consider. Dogs who are younger than a year to 18 months shouldn't run just yet. Walking is encouraged, but the impact of running, especially on a hard surface, can hurt their developing bones. Elderly dogs also need

special consideration. If they haven't been running regularly before, a vet visit is in order. While physical activity can prolong and improve an older dog's life, you don't want to cause pain to any arthritic joints.

The American Veterinary Medical Association also cautions running with short-nosed dogs like pugs, boxers, or bulldogs. The differences in their airways, particularly in their shorter noses and throats, can make it hard for them to breath under exertion. This can significantly increase their risk of heatstroke as well because a dog's primary method of cooling off is through panting.



Walker and Ronnie Blakney with Valerie McLean



# PACING WITH PAWS

## Breeds Best for Running

As the AVMA points out, some breeds are just not meant for running. But there are exceptions. If your Corgi has vet clearance and can run a half-marathon, do it, and show everyone that short little legs can still go the distance. But know your dog and his capabilities. Love him for what he is.

If you are looking for your perfect running partner, you should keep some breeds and their characteristics in mind.

**Short Distances:** Small but energetic dogs. Terriers, like Jack Russells, Poodles, and Airdales, are going to be great for fun runs, maybe even a cool 5k.

**Fast Short Run or Slower Long Run:** Active 'working dogs' like Labrador Retrievers and Golden Retrievers, both extremely popular breeds, are easily trained. They can keep up with you but may not have the natural endurance of other breeds.

**Long Distance:** Think about breeds that are known for their agility and stamina. Australian Shepherds and Border Collies are favorites for agility competitions and would be a great friend to do an obstacle course race. Siberian Huskies can obviously go long distances, as long as it's not too hot outside. German Shepherds are strong-willed, but they can join you on your marathon plan if you train them correctly. German Shorthair Pointers, Weimaraners, and Vizslas also are long-distance trainable.

That said, there are PLENTY of furry friends in animal shelters who will run miles for you if you just take them home! If you are looking for a specific breed, Petfinder.com is a great resource for searching shelters and rescues all over the country. A quick internet search can also put you in contact with breed-specific rescue groups. Ask your local shelter to help you keep an eye out for the perfect friend.









## The Basics

The hardest part is getting started. When running with a dog, you aren't just training for the distance. If you haven't done much running or walking with your pal before, there's a lot that goes into a good leash relationship.

Most dogs will not know how to act on a leash unless you teach them. That goes for humans on our end of the leash too. If the dog is going to follow, we have to lead properly! For everyone's safety, YOU – the human with supposedly superior reasoning skills – need to be in charge. The good news is that running can help you assert yourself as the pack leader.

Pick a side for your dog, right or left. It doesn't matter which side, but you'll need to stick with it. Allowing them to run front of you isn't a good idea. Just wait until they suddenly stop to smell that interesting spot in the road. If you can't stop on a dime, it may hurt you both. Additionally, the dog in front is the dog in charge. As the leader, you need to be leading the run.

Whichever side you choose, your dog's front legs should be relatively even with yours, and the leash should have slack in it. Don't allow the dog to pull at the leash. It's a bad habit that will get very annoying, very fast. Your dog should be close to you, but not too close to trip you or the dog. You don't want to be a road hog, especially in a race or if you're sharing the road with cars.

BEST FOR	BREED	KEY TRAITS
<b>Long Steady Runs</b> (More Than 10 Miles)	 <ul style="list-style-type: none"> <li>• Weimaraners</li> <li>• Goldendoodles</li> <li>• German shorthaired pointers</li> <li>• Vizslas</li> <li>• Jack Russell terriers</li> </ul>	A medium build, well-muscled hind quarters, not too heavy
<b>Brisk Shorter Runs</b> (Less Than 10-K)	 <ul style="list-style-type: none"> <li>• Greyhounds</li> <li>• Pit bulls</li> <li>• English setters</li> <li>• Beagles</li> <li>• Golden and Labrador retrievers</li> </ul>	A muscular and lean build, and a mind for sprinting rather than slogging
<b>Going Fast</b> (7-Minute Miles or Faster)	 <ul style="list-style-type: none"> <li>• Vizslas</li> <li>• German shorthaired pointers</li> <li>• Weimaraners</li> <li>• Greyhounds</li> <li>• Whippets</li> </ul>	A medium-size, lean build, and a mental aptitude for running
<b>Long Slow Runs</b>	 <ul style="list-style-type: none"> <li>• Catahoulas</li> <li>• Labrador retrievers</li> <li>• Standard poodles</li> <li>• Dalmatians</li> </ul>	A bigger body that can handle the distance—if you go slow
<b>Running in the Heat</b>	 <ul style="list-style-type: none"> <li>• Rhodesian ridgebacks</li> <li>• Vizslas</li> <li>• Airedale terriers</li> <li>• Fox terriers</li> </ul>	A long nose, a short, sleek coat, and a svelte body
<b>Running in the Cold</b>	 <ul style="list-style-type: none"> <li>• Malamutes</li> <li>• German shepherds</li> <li>• Swiss mountain dogs</li> <li>• Siberian huskies</li> </ul>	A thick coat and a stockier body type
<b>Running on Trails with Obstacles</b>	 <ul style="list-style-type: none"> <li>• German shorthaired pointers</li> <li>• Vizslas</li> <li>• Weimaraners</li> <li>• Border collies</li> <li>• Belgian sheepdogs</li> </ul>	Sure-footed and quick to react (such as herding and hunting dogs)
<b>Most Obedient on Heavily Used Trails</b>	 <ul style="list-style-type: none"> <li>• Golden and Labrador retrievers</li> <li>• Standard poodles</li> <li>• Labradoodles</li> <li>• Border collies</li> </ul>	Nonaggressive, people-oriented, and obedient; has a calm personality

Breed Chart Courtesy: <http://www.runnersworld.com/running-with-dogs/top-running-dogs>

# PACING WITH PAWS

Training a good running companion is an ongoing process. If you stick with it, and practice regularly, everyone will stay trained and happy, including you. Going to obedience school or consulting with a trainer may be a good idea if you want to streamline the process. You'll learn as much as the dog! Ronnie Blakney agrees that Walker benefitted from it when the pair started their running journey.

## For more on training your dog to walk (and run) properly on a leash:

<https://www.cesarsway.com/dog-training/walking/teaching-pup-to-accept-leash>

<http://www.nylabone.com/dog-101/training-behaviors/leash-training/>

## Socialization

There are a number of dog-friendly, or even dog-centric, races or group runs in the Birmingham area. Running with a group or at a race can be a great experience for your dog, if he's ready.

Before even thinking about the distance issue, you need to consider the environment. Has your dog been around large, loud groups of people before? Is she afraid loud noises, like a starting gun or a loud speaker? You may need to introduce her to race situations slowly. Choose a small race in a familiar area to begin, and work up from there.

Jennifer Andress has a small lab mix rescue named Savannah who loves to run with her, her son, and her small 5k groups. Savannah is skittish around large groups, so she prefers to be a good training buddy and let her humans do the big races.

Jennifer Andress With Savannah



Jennifer is conscious of being a good partner to Savannah, keeping her safe and happy.

"Being a rescue pup, we do not know what is in her background to make her so skittish around other people," Jen explains. "I am always very careful when we approach other dogs or runners, and tighten my hold on her and head to the extreme side of the trail."

This polite behavior ensures a relaxing run for Jennifer, Savannah, and everyone they pass on the way.

All dogs have different past experiences and different personalities. Your pooch may need some behavioral work, both for his own safety and the safety of others. Be a responsible dog owner and heed your instincts on this. Not all dogs are meant for large social groups. It doesn't mean your dog is a 'bad dog.' For example, my own large male German Shepherd is naturally protective of me and our smaller female shepherd. In large groups of people and other dogs, he gets very stressed out trying to stay vigilant. He just doesn't have fun at large events like our other dog. He prefers to stay at home and chase squirrels while our small female shepherd performs in the Muttcracker to a packed crowd at the BJCC. Same breed. Different personalities. Be kind to your dog and learn their preferences for what makes them happiest.

## Getting Ready for the Race

Are you starting from scratch? Find a couch to 5k app, training schedule, or program. They are designed to step you up slowly to build endurance and avoid injury. If it's a good idea for humans, it's a good idea for dogs!

If you're training for a longer distance, find a training program that fits. You may find yourself doing less mileage or a slower pace than you normally do alone, but you need to take one for the team. This is about avoiding injury for your best buddy, not about getting a PR. At least not yet.

Chris Calderon and his dog Ginger, lovingly nicknamed Gigi, run races regularly, and WIN. Chris, a Field Tech for Brooks Running, and his German Shorthair Pointer, have won the Mutt Strut four times in a row, as well as other Birmingham and Atlanta dog races.



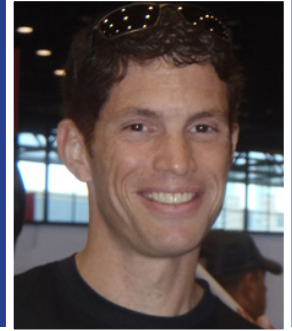
Chris Calderon with Ginger

(Continued on page 21)



# PRESIDENT'S ADDRESS

- Alex Morrow



## Hello, fellow BTC Members

While spring has not officially arrived, the blooming flowers, amount of pollen in the air, and the rising temperatures say otherwise. Runners have their favorite time of year to run, and spring is one of mine. Sure, acclimating to the warmer temps is not always fun, but watching the landscape come to life after months of dreary, colorless backdrops is always a treat. As we emerge from winter into this next season, the Birmingham Track Club continues to move full steam ahead with races, socials, and a whole lot of fun!

The past several months have been incredibly busy for the BTC, and the next few months will bring more of the same. For instance, I recently attended the 58th Annual Road Runners Club of America (RRCA) National Convention in Dallas, and learned a great deal of new information about the best practices of managing a running club and race management. I am now taking this information and sharing it with members of the BTC Executive Committee for implementation. You can read more about that in an article later in the newsletter.

Fast forward a couple of weeks, and the BTC hosted its spring social in Vestavia Hills. We try to move the socials to different locations so everyone has an opportunity to experience different parts of the metro area. If you truly want to get to know an area, you should run it, and that is just what we do! I think one thing everyone who attended the social will agree on, is that Vestavia Hills is aptly named! Whew! Now that was a good workout. ;-) As always, BTC Social Chair Katherine Dease organized a great event with not only refreshments and door prizes for the adults, but a bouncy house and Easter egg hunt for the children. I also want to thank BTC Long Run Coordinator Monica Henley, BTC Moderate Run Coordinator Mark Criswell, and BTC volunteer extraordinaire Jamie Trimble for creating the routes and making sure everyone had a chance to experience some scenic views.

In addition, by the time you read this, the BTC will have held the second race in the Birmingham Track Club Race Series, the Statue 2 Statue 15k. This iconic race is billed as the "South's Toughest 15k" for a reason, but regardless of the hills, this race is one not to be missed. At the time of this writing, more than 500 runners had already signed up and registration was hopping at packet pick-up. A special thank you to Race Director Judy Loo, Co-Race Directors Michele Parr and Debbie Cleghorn, and the countless volunteers who help put on this race. Judy, Michele, and Debbie organize an exceptional race year and after year, and we could not do it without them! In addition, they have some of the best finisher's shirts!

The fun is just beginning, and as the temps heat up, we have several big events still to come, especially in July! The BTC will celebrate the 4th of July with our Annual Peavine Falls Run. This

memorable race has grown every year for the past three years, and this year promises to be the same. Registration will open very soon, so keep an eye out!

Also in July will be the BTC's Night at the Barons. This annual tradition is a favorite and sells out each year. Where else can you hang out with all your running friends, bring your family, and do so for an incredibly affordable price? Once we announce that tickets are on sale, do not delay in purchasing yours -- they will sell quickly!

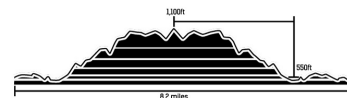
For the sake of brevity, I am only touching on two of the highlights of what is coming this summer, but there is a great deal more happening at the BTC. To make sure you stay informed, please "like" the Birmingham Track Club Facebook page, and subscribe to the BTC email newsletter. By doing so you will have the most up to date information on event and local happenings.

Lastly, I hope all of you will join me in welcoming Amy Wright to the BTC Executive Committee. Amy has graciously agreed to become the BTC Membership Chair, and we are thrilled to have her! Be on the lookout, because in the next edition of *The Vulcan Runner* I bet she'll have an article about our amazing membership!

Kindest Regards,

**Alex Morrow**  
BTC President

**P.S. – Save the date for  
Peavine Falls on Monday,  
July 4, 2016!**



The Rick Melanson  
**PEAVINE  
FALLS RUN**  
Oak Mountain State Park

# BIRMINGHAM TRACK CLUB SOCIAL UPDATE

**BTC members enjoyed a fun Spring Social on March 26, complete with an Easter egg hunt, prizes, and a challenging new route through the hills of Vestavia.**



Danny and Mitzi Shaffield



# SPRING SOCIAL

Post-Run Coffee



14-Mile Group



8-Mile Group



Thanks for a  
great social

# TEAMMATES. NOT INDIVIDUALS.

- Dean Thornton

**Running is often described as an individual sport,** and it certainly can be. There are few other sports in which an athlete can pit himself or herself against the entire field as well as against other individual competitors. More often than not, however, runners toe the starting line to compete against only one other person -- themselves. Most runners do not compete against other people; they compete with them. Increasingly, running is becoming a team sport. This is true nationally and locally.

The day before the Mercedes Marathon, I watched the Olympic Marathon Trials in Los Angeles as eventual winner, Amy Cragg, worked hard to keep her friend and teammate, Shalane Flanagan, by her side as the race came to a close. Flanagan was fading, but Cragg refused to let her slow down or quit. Only when it was clear that Flanagan would finish in the top 3 to make the Olympic team did Cragg take off on her own to break the tape and claim the victory. At the end, Cragg was there to catch Flanagan in her arms as she collapsed across the finish line. Teammates, not individuals.



Locally, there has been a recent increase in the number of people banding together to run. The number of local Group Runs in Birmingham has increased. Groups like the Birmingham Ultra Trail Society ([BUTS](#)), the Village Runners and BRATS can become more family than friends. More and more people are signing up to train with running coaches such as [Cadence Run Coaching](#), [Resolute Running](#), and [Run University](#). Runners get more than coaches when they sign up; they also get teammates. These teammates can help each other tough out a long run. They can help each other complete a speed work session they never thought possible. And they can help each other get through a difficult race.

When you become a teammate, you come to appreciate the give

and take, the reciprocal nature of the relationship. In the times that you need help, someone is there to lend a hand. In the times you reach a goal, someone is there to celebrate with you. But in those times when a teammate is striving or struggling, you can be there to lend a hand.

One of my recent weeks of running could not have been more emblematic of this dynamic. On Tuesday, our team had speed work at the track. The morning was unusually warm and humid for this time of year. No one was hitting their paces, and almost everyone was struggling mightily. But, through encouragement and laughter, no one quit or gave up. We got through it together. As teammates.

On Thursday, I joined several teammates for a trail run at Red Mountain Park. I was still feeling the effects of the speed work session from two days before, so I was not feeling my best. Within our small, merry band of trail runners were three people who had run or qualified for the Boston Marathon. For the record, I have not in the past nor will I ever even dream of qualifying for Boston. These faster and more gifted runners ran alongside the rest of us. They never complained about our "moderate" pace. They took turns dropping back to make sure our slowest runner never felt alone at the end of the pack. Teammates, not individuals.

On Friday, the following day, I had the honor of paying it forward for a friend who is trying to get into running. He is attempting to run his first 5K without walking. We met for his scheduled training run (short for me, but long for him). Just as my teammates had done for me the day before, I slowed my pace to match my friend. I tried to make sure he had the best experience possible. He persevered through a tough run, and I had the best of times. And I'll be there by his side on race day.

Running so often crystallizes the human experience. There are those who are fast and those who are slow, but we all run the race. We achieve more than we ever thought possible by following those who have done it before. The process is more manageable together than alone. We receive the most joy in helping others. Teammates, not individuals.





# 2016 Officers



## President

**Alex Morrow**

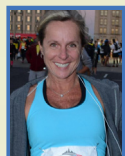
president@birminghamtrackclub.com



## Treasurer

**Monica Henley**

treasurer@birminghamtrackclub.com



## Vice-President

**Darnell Allen**

vicepresident@birminghamtrackclub.com



## Secretary

**Leslie Bailey**

secretary@birminghamtrackclub.com



## Past-President

**Jennifer Address**

pastpresident@birminghamtrackclub.com

## BTC Committees

### General Counsel/Parliamentarian

Long Run Coordinator

Moderate Group Coordinator

Medical Director

Social Chair

Marketing/Social Media

Membership Chair

Membership Benefits

Merchandise

"The Vulcan Runner" Newsletter

Japan Exchange Program

1200 Mile Club

Volunteer Coordinator

Historian

Finish Line Crew

Webmaster

IT Chair

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Dean Thornton

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Alan Hargrave

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### BTC Race Directors

Adam's Heart Run

Statue 2 Statue

Peavine Falls

Vulcan Run

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adamsheart@birminghamtrackclub.com

Judy Loo

statue2statue@birminghamtrackclub.com

Alex Morrow

peavinefalls@birminghamtrackclub.com

Allison Stone

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## BTC Mission Statement

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

### Contact BTC at:

Birmingham Track Club

P.O. Box 530363

Birmingham, AL 35253

info@BirminghamTrackClub.com

### Race Results

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

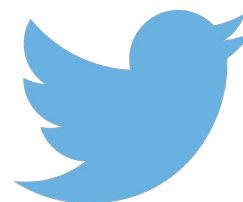
**birminghamtrackclub.com**

**championship-racing.com**



Find us on

**Facebook**



# BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

Please welcome the following new and returning members to the Birmingham Track Club:

Darnell Allen  
Emily Allen  
Gavin Allen  
Mary Allen  
Pete Allen  
Andrea Austin  
Ramond Banks  
Christopher Carey  
Susan Colpack  
Amy Edgerton  
Ian Edgerton  
Austin Farmer  
Elizabeth Gallagher  
Kate Horton  
Lauren Howell  
Jack Jacobs  
Tracy B. Jefferson  
Christopher King  
Sarah Kluth  
Shilonqua Lee  
April Mack  
Jabe McCoy

Andre McShan  
Bridgett Moore  
Rachael Nichols  
Alexandra O'Barr  
Stef Osborn  
Lisa-Marie Pate  
Blake Pearson  
Mary Scott Pearson  
Christian Pegouske  
Jeremy Pegouske  
Madison Pegouske  
Stacie Pegouske  
Harrison Pow  
Bracken Sallin  
Mike Schor  
Jerry O. Smith  
Kyle Tennant  
April Thompson  
Robert Thompson  
Bucky Wood  
Christy Wood  
Leslie Wright

If you are a prospective member, welcome! We hope you will decide to join the BTC – the benefits are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. Visit the BTC website for more information.

**Amy Wright**  
Membership Chair

[Join today – the benefits last a lifetime!](#)

Already a member? Remember to renew your membership online today!



# BIRMINGHAM TRACK CLUB LONG RUN TRAINING GROUP

The BTC Saturday long run group is now focusing our training runs for the [Kill Cliff Destin half and full marathons](#). For those of you interested in going to Destin don't forget that as a BTC member you are entitled to a substantial discount. Check your weekly BTC emails for the discount codes.

The BTC Long Run Group meets each Saturday at 6:00 a.m. in front of the Trak Shak in Homewood. Come join your fellow BTC members as we get ready for these two races. Each weeks mileage, routes and water stops can be found at <http://birminghamtrackclub.com/member-events.php> or on our Facebook page, BTC Saturday Morning Long Run.

For those of you who are not accustomed to training with a group (or those who haven't trained with our group, specifically), give us a try! Visit the [Group Runs Page](#) on the BTC website, or join the BTC Saturday Morning Long Runs Facebook page for updates and routes.

Happy running, y'all!

See you on the roads!



**15th Annual**

The logo for the 15th Annual HighCountry5K. It features a yellow and black mountain range graphic above the text "HighCountry5K" in a bold, black, sans-serif font. To the right of the text is a silhouette of a runner with arms raised in a "V" shape, set against a light, hazy background.

Presented by  
**Shades Crest Baptist Church**  
Saturday, April 9, 2016  
8:00am start  
Free kids' Fun Run at 9:00am

*Pre-registration costs are the following:*

- \$25 from March 26 to April 8
- \$30 on Race Day
- Rain or Shine: No Refunds

*Entrance fee includes:*

- T-shirt (guaranteed only to first 300 registered runners)
- Pre-race pasta dinner on Friday night, April 8th
- Post-race pancake breakfast

REGISTER at [Active.com](http://Active.com) or <https://shadescrest.org/Pages/HighCountry5K/>

# RUNNING TOGETHER SEPARATELY

## RUNNING INJURED - PART 2: HOW TO HANDLE COMMON RUNNING INJURIES

- Carrie and Joey Longoria

**Contributors:** Drs. Kavita Iyengar, James Sedlis and Jordan Case of Lemak Sports Medicine and Orthopedics.

### Runner's Knee (or patellofemoral pain syndrome)

#### Dr. Case:

Runner's knee, or patellofemoral pain syndrome, is actually caused by weakness and poor running form through the hips. When the abductor muscles of the hips fatigue, the tendency is for the leg and knee to come across the body so that the angle the leg makes with the pelvis is more acute. The end result of this change in form is increased stress between the patella and the femur. Treating this injury requires building up your core strength, hip strength, and improving the flexibility of the quadriceps and hamstring muscles. If you're trying to come back from this injury, the focus should remain on keeping good form and to avoid running with heavy legs.

#### Dr. Sedlis:

Preventing Runner's Knee can be done with proper footwear, training plan, surface terrain, stretching and strengthening. The body is all connected so fixing any imbalances in the kinetic chain can prevent this injury from occurring. It is important to strengthen the hip. Because running is a forward motion, runners like myself tend to have overly strong quadriceps and weak hamstrings. Correcting the muscle imbalance by strengthening the hamstrings should be part of one's training. A whole body-stretching program will loosen any tightness in the hips, back and abdominal muscles that stabilize the lower extremities and prevent strain on the knees.

### Plantar Fasciitis

The plantar fascia is the ligament that connects your heel bone to your toes and supports your arch. Typically, this overuse injury leads to pain in the heel when you stand or walk.

#### Dr. Iyengar:

Common causes of plantar fasciitis are a tight Achilles tendon, flat or high arches, poor shoe support, and a sudden increase in activity. With that, avoiding this problem includes keeping the Achilles tendon stretched out, using arch support inserts, and gradually increasing training. Common treatments include temporarily decreasing training, stretching the Achilles tendon, ice massage, inserts, night splints and anti-inflammatories.

#### Dr. Sedlis:

Plantar fasciitis can be avoided with a program of stretching of the calf muscles and wearing proper shoes, as well as by avoiding overdoing hill or speed workouts, running on hard surfaces or wearing high heels when not running. Treatment includes stretching, orthotics if needed, night splints, anti-inflammatory medications and physical therapy, or for more prolonged cases either the Tenex Fast Procedure or regenerative medicine such as Platelet Rich Plasma (PRP).

### Iliotibial (IT) Band Syndrome

The IT band stretches down the outside of the leg, from the hip to just below the knee joint. When irritated — usually due to overuse or a substantial increase in training, such as adding volume, speed, hills or challenging terrain — it can cause inflammation and pain in either the hip or knee (or both).

#### Dr. Sedlis:

Because IT Band Syndrome occurs with activities that causes the leg to turn inward repeatedly it can be avoided by buying proper footwear and changing shoes before they wear out. Additionally, IT band Syndrome can be prevented by avoiding running on banked surfaces or downhill or running too many track workouts in the same direction. Treatment consists of decreasing mileage, cross training, side stretches, ice, physical therapy with ultrasound, electrical stimulation or Iontophoresis.

#### Dr. Case:

IT band syndrome is generally caused by friction between a tight IT band and the bump on the outside area of the knee known as the femoral condyle. The best way to prevent and treat this pain is to focus on stretching the IT band and tensor fascia latae muscles.

### Stress Fracture

#### Dr. Iyengar:

Stress fractures can be prevented by slowly increasing any new sport activity and keeping a rotation of shoes with good tread. If symptoms of pain or swelling occur, immediately stop the activity and rest. If you do get a stress fracture, treatment begins with stopping the aggravating activity and usually includes time in a protective boot or cast.

**LOOK! Monthly Recipe on Page 13**



### Dr. Sedlis:

A stress fracture is an overuse injury caused either by suddenly increasing a workout (volume or intensity), trying a new exercise that the body is not accustomed too or surface changes. These kind of injuries can be avoided by a healthy diet rich in calcium/ Vitamin D, consistent and proper conditioning, starting a new activity slowly, maintaining good running form, running on softer surfaces, wearing proper shoes and not running through pain. Treatment depends on the location of the injury, as different bones will take a different amount of time to heal. Some stress fractures

may require surgery to heal properly but most can be treated without an operation. Initial treatment may begin with non-weight bearing (crutches) or even casting. Non-impact cardiovascular exercise can be utilized during the healing process. Once cleared by your physician, it is important to slowly ease back into running.

We hope this advice will help prevent future injuries or will help you get back to running with your awesome run groups as soon as possible! Happy running -- spring is right around the corner!

## MONTHLY RECIPE: Homemade Chicken Fried Rice

**This homemade Chicken Fried Rice recipe is not your local high sodium fast food version. After a long run, you typically need to replace more than 1500 calories. This recipe packs 600 calories per serving in a healthy and satisfying comfort food manner while getting a great balance of nutrition to your body. Enjoy your food!**



### Ingredients:

**1 tablespoon minced garlic (about 2 cloves)**

**2-3 green onions, diced or thinly sliced**

**3 eggs**

**2 tablespoons low-sodium soy sauce**

**COOKED 2 cups cooked rice (day old leftover steamed rice works best, trust me)**

**COOKED 1 cup boneless chicken thighs (2-3 pieces), you can use store bought rotisserie chicken too!**

**1 cup frozen peas and corn**

### Directions:

Bring a lightly oiled sauté pan to medium/high heat. Add the garlic and green onions and sauté for about one minute. In a small bowl, beat the eggs and soy sauce and pour into the hot pan. The pan should be hot enough to cause the eggs to fluff. Stir the eggs to cook them quickly. Add the rice and cooked chicken thighs and fry the mixture for five to six minutes. Add the peas and corn and cook until the vegetables heat through and are vibrant in color.

## BTC Member Benefits Spotlight

A great big BTC “Thank You!” to Athleta, which offered a generous team discount day for BTC members last month.



Remember, as a member of the BTC, you are entitled to a whole host of benefits from area retailers – see a complete list on the BTC website. Remember to show your BTC membership card, which you can download to your phone for your convenience, and thank our wonderful partners for supporting the BTC. Membership has its privileges!

### Missed out this time?

[Join the BTC or renew your membership today!](#)

## Need to Print Your BTC Membership Card?

It's easy!

- 1) Login to RunSignUp ([runsignup.com](http://runsignup.com)).
- 2) Click on “Profile”. On a desktop browser, you’ll find this among the links at the top of the page. On a mobile browser, you may have to click the icon to expand the menu to see the Profile link.
- 3) Click “My Club Memberships” under Account Links. You’ll see your BTC membership listed.
- 4) Click on “Membership Card”. The page displayed is a PDF file that you can either print or save to your computer or smart phone. If you have a family membership, cards for the entire family will be displayed on one page.



# COMMUNITY CORNER

— Jennifer Address, BTC Past President

## **The sidewalk project connecting the Birmingham Zoo, Mountain Brook Village and the YMCA is moving forward.**

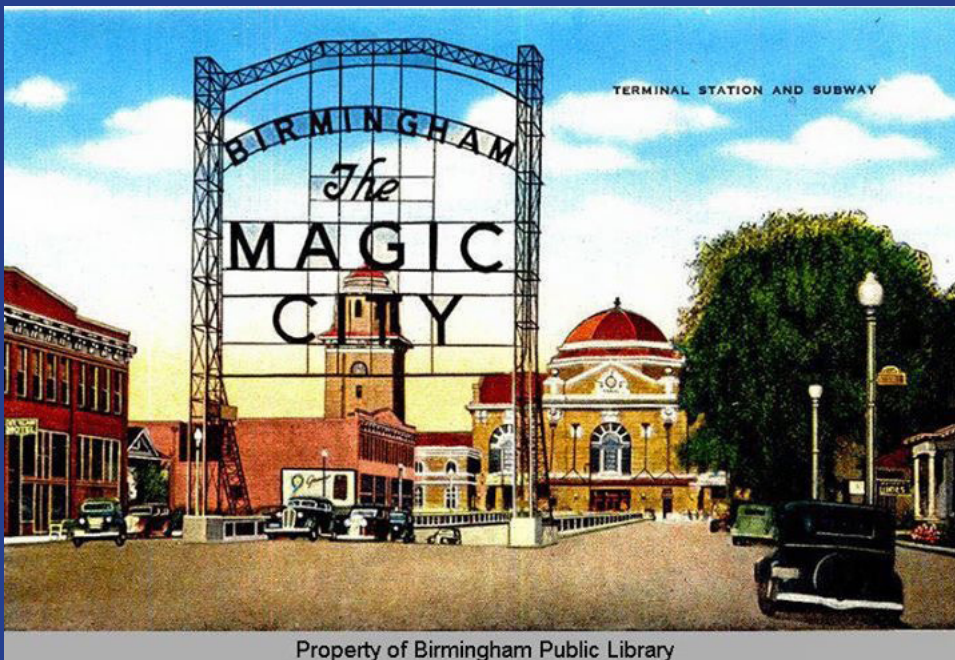
Because this project involves the cities of Birmingham, Homewood and Mountain Brook, all three municipalities must approve the plan. Homewood City Councilman Fred Hawkins recently told me that the Birmingham City Council has approved sidewalks for the area stretching from Poinciana to Mountain Brook Village. This is an important step in the right direction!

## **Rotary Trail**

By now, many of you have seen the new Rotary Trail in downtown Birmingham. Work began earlier this month on the steel framework for the Rotary Trail sign, which was inspired by the historic Magic City sign that once graced Birmingham's Terminal Station. The iconic sign was a well-known fixture in the downtown area, located near the present day site of the central post office. Sadly, Terminal Station and the sign were demolished in 1969. The trail will be dedicated later this spring as an important anchor for the Jefferson County Red Rock Ridge and Valley Trail System. Great things are happening in the Magic City!



Photo Credit: Ginnard Archibald



Property of Birmingham Public Library

**The Rotary Trail is bringing  
“magic” back to the Magic City.**

# VOLUNTEER VIBES: INTRODUCING NEW BTC VOLUNTEER REWARDS

For years, the BTC has been fortunate to have hard working volunteers at races and social events – we could not put on these great events without our volunteers! We appreciate our volunteers so much, and we want to ensure their continued support. Even though our volunteers don't just work for rewards, it is nice to be able to offer them!

The former volunteer appreciation system was problematic for a variety of reasons. Although a free race entry was a great perk for some volunteers, because many of our members take advantage of the BTC Race Series, a free entry wasn't as valuable of a reward to them. A similar conflict would occur with a member who had rightfully earned an honorary or lifetime membership – earning a free membership was not fruitful for that person.

Again, we appreciate and value our volunteers and want to continue to utilize your talents to support our races and events! Please [let us know](#) what questions you have and when YOU will start earning your BTC bucks!!

**Next opportunity: The Peavine Falls run in July 2016. . . stay tuned!**

Kim Benner  
BTC volunteer coordinator

**P.S.** All volunteer hours that have already been completed during 2016 will be rewarded using the above system.

## Tier System for BTC Bucks

Tier	Volunteer:	Earn:	Receive* (awards are cumulative)
Tier 1	work 3 shifts/2 "events"	6 bucks	BTC bucks reward item
Tier 2	work 6 shifts/3 "events"	12 bucks	BTC short sleeve shirt
Tier 3	work 8 shifts/4 "events"	16 bucks	BTC single 1 year membership
Tier 4	work 12 shifts/6 "events"	24 bucks	BTC fleece/1/4zip/pullover

\*actual reward items are subject to change and based on availability

Therefore, to continue to reward our hard working volunteers and remove a confounding variable or two, the BTC Board decided to develop a "tiered" system for rewards that involved tangible items that we all appreciate – BTC branded items! And to add a fancy name to it, VP Darnell Allen came up with "BTC Bucks"! Volunteers won't actually earn real bucks, but they will reach tiers based on how many "shifts" or "events" they work. Because some volunteers work an entire event while others work a shorter shift, we have assigned credit accordingly.

A "shift" is defined as a two to three hour volunteer session as determined by the Volunteer Coordinator and can include (but is not limited to): packet pickup/packing, working registration table, food set up, race set up or breakdown. An "event" is defined as the entire "day" session of a race event or packet pickup (all shifts on that one day). This new system will rely on the Volunteer Coordinator/Race Director to document time spent for the purposing of earning bucks and climbing the tier! Lastly, as you volunteer, please make sure you utilize Run Sign Up (if available), which is the system we use to track volunteer rewards.

Rewards can be earned at BTC sponsored events and include the Resolution Run, Adams Heart Run, Statue to Statue, Peavine Falls, The Vulcan Run, social events and any other events where BTC volunteers are solicited.





# RRCA UPDATE

- Alex Morrow, BTC President and RRCA State Representative



I recently attended the 58th Annual Road Runners Club of America (RRCA) National Convention in Dallas, Texas. The event, held March 17-20, is a chance for members of running clubs, event management companies, and race directors from across the country to come

together to learn best practices for club management, event management policies, the latest insurance guidelines, and much more. This was my third time attending the convention, and each time I walk away with a wealth of new knowledge that I bring back and apply to our local club's management.

For those of you not familiar with the RRCA, its mission is to champion the development of community-based running clubs and events that serve runners of all ages and abilities in pursuit of health and competition. The Birmingham Track Club is an RRCA Club, which means that we follow its guidelines, we are able to purchase club insurance at a reasonable rate, and the club is kept informed of the latest trends, issues, and new topics in the world of running.

Each year the event offers attendees a slew of educational sessions targeted to a variety of topics. This year's topics ranged far and wide including; Best Practices for Social Media, Working with Municipalities, Youth Running, Keeping the Sport Clean, and Recognizing Medical issues, to name just a few.

In addition to the educational components, special speakers are brought in for the luncheons, and the Convention closes with the RRCA Gala on Saturday night. At this year's luncheons, we had a chance to listen to Ben Rosario, Head Coach/President of the Northern Arizona Elite training group, as well as Gilbert Tuhabonye, an amazing runner who overcame terrible hardships to achieve success. The social highlight of the event is the RRCA Gala where national awards are presented, as well as the induction of this year's newest members into the RRCA Hall of Fame. Two very recognizable names were Shalane Flanagan and legendary Coach Bob Larson.

My attendance this year was a bit different as this was my first year to attend not just as a representative of the Birmingham Track Club, but also as the State of Alabama RRCA Representative. This new position afforded me a chance to attend RRCA closed-door meetings that discussed the RRCA's goals and initiatives, the running industry as a whole, and the state of the sport. I am very pleased to report that the RRCA now has more running clubs under its umbrella than ever before, and the sport we all love so much continues to boom.

Next year's RRCA Convention is being planned for Detroit, MI, so if you have any interest, I encourage you to attend. You will

Alex Morrow (left) and Coach Bob Larson (far right)



Gilberty Tuhaboyne



Ben Rosario



# STATUE TO STATUE

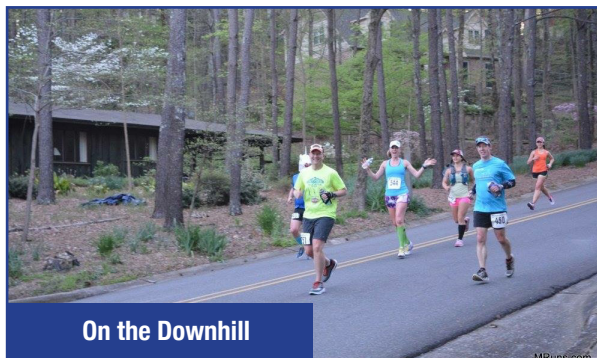
Once again, the “South’s Toughest 15K” was a great success. Perfect weather, a challenging course, and a running unicorn made for a memorable race that is a perennial favorite. Thanks to Race Director Judy Loo, Michele Parr and Debbie Cleghorn, as well as all of the terrific volunteers for their hard work!



Every Race Needs a Unicorn



Best Finish Line Photo Ever



On the Downhill



Glad to Finish the Hills



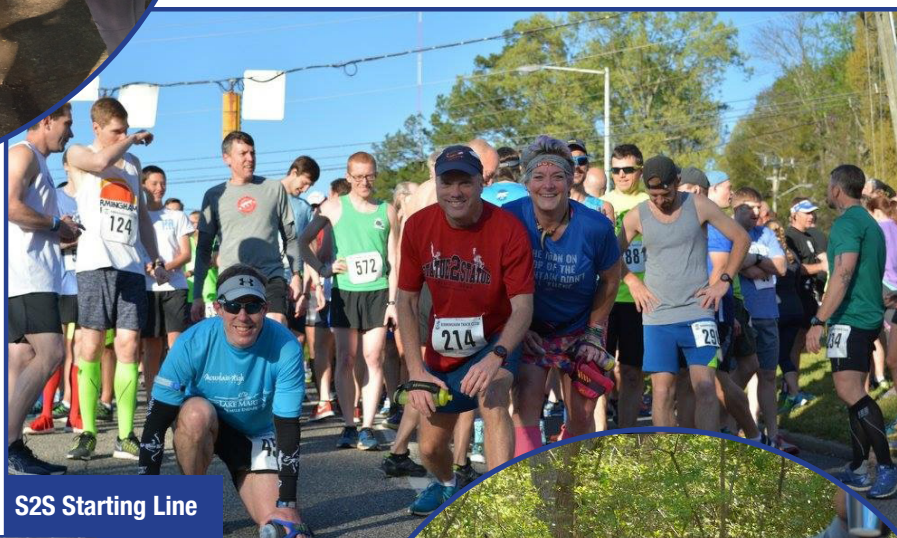
# STATUE TO STATUE



Scott Woods Knows The Importance of Hydration



S2S After Party



S2S Starting Line



Waiting on the Busses



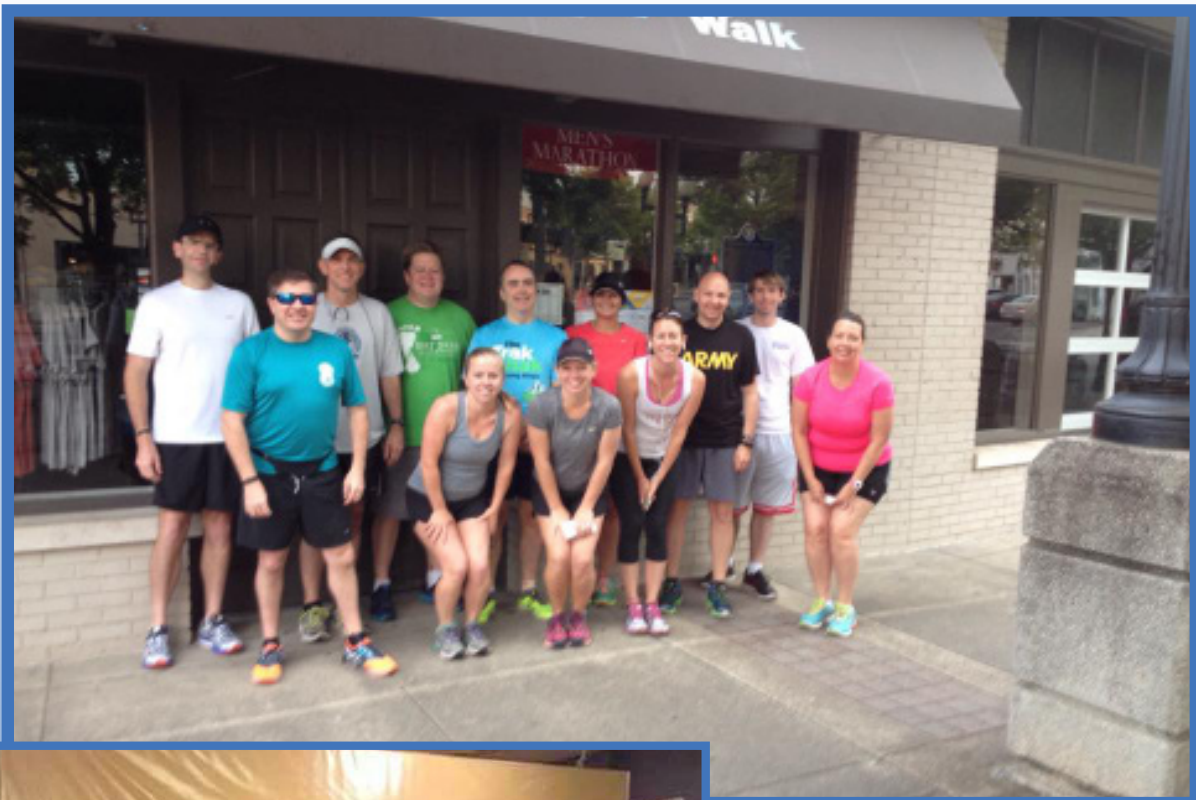
Water Stop Fun



# Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell  
at [mcriswell@american-usa.com](mailto:mcriswell@american-usa.com)  
for more information

## JOIN US!





# PACING WITH PAWS

(Continued from page 4)

Chris did his research on breeds when looking to adopt a running pal. Ginger, a smaller female GSP, was the perfect match. They began training together once she was old enough.

"Once the dog is full grown, it's just like training a human. You give it small bits until it can handle the running task," Chris said. "No more than 10% mileage increase per week."

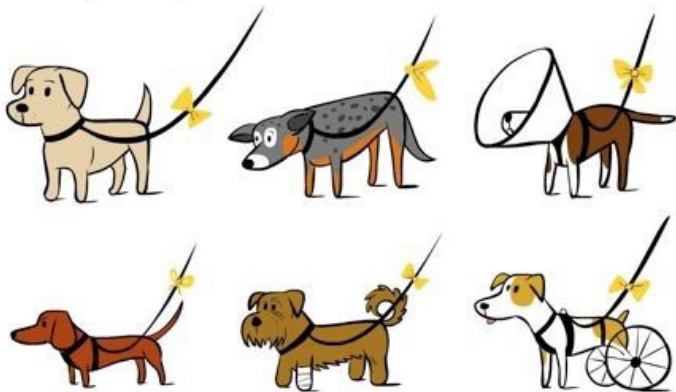
While work has pulled Chris to the Boston Marathon this year, Gigi will still be running the Hand In Paw Mutt Strut on April 16. She will be escorted by Jonathan Bergeron and is eagerly seeking her fifth victory. May the best paws win!

## Running Gear

One of the ways Chris and Ginger have an advantage is by using a hands-free leash running system. He uses Alpine Outfitters gear, both for running and biking with Ginger. There are various options on the market, but most involve a belt for the human's waist and a leash that connects to the belt. If you're looking into the concept, check for relevant safety features. Strong construction, a bungee leash that stretches slightly, a safety clip that will break free from your belt if the leash is pulled to hard, and reflective material are important.

## THE YELLOW DOG PROJECT.com

If you see a dog with a **YELLOW RIBBON** or something yellow on the leash, **this is a dog who needs some space**. Please do not approach this dog with your dog. Please maintain distance or give this dog and his/her person time to move out of your way.



There are many reasons why a dog may need space:

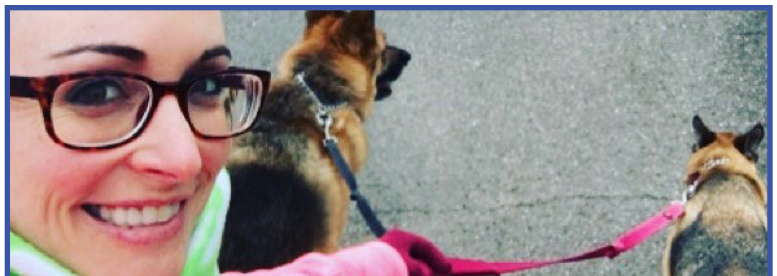
HEALTH ISSUES  
IN TRAINING  
BEING REHABILITATED  
SCARED OR REACTIVE AROUND OTHER DOGS

## THANK YOU!

Those of us who own these dogs  
appreciate your help and respect!



Illustrated by Li Chin www.doggydrawings.net



The author and her shepherds

You may want to consider a special running collar or harness as well. On the collar side, popular choices include the Martindale collar or a pinch collar. Both of these collars constrict equally on all sides of the neck when pulled, as opposed to just putting pressure on the front of the trachea if the dog were pulling against a regular collar. While it sounds scary, it actually confirms your role as the leader, especially with headstrong dogs, as it mimics the nip to the neck that an alpha would give to a pack dog. It works as a force-multiplier too. You do not have to pull hard for the dog to notice that you are giving it a direction, making the run easier on both you and the dog. Ronnie and Walker use a similar collar.

"This was provided by Les Tippen, the outstanding trainer who taught the obedience school Walker attended," Ronnie says. "It doesn't hurt him at all, but it does make sure he doesn't go where he isn't supposed to go."

I personally have used pinch/pressure collars for multiple dogs and have had wonderful experiences with them. I would not be able to safely control a combined 200 pounds of dog without them. The jingling noise that occurs when I pick up their collars make my dogs ecstatic as it's a signal for their favorite activity. Just don't touch them if you aren't prepared to go on a walk that instant.

Headcollars and walking harnesses also may be a good option for your dog. A headcollar may work well if your dog has a pulling problem. If you opt for a harness, make sure it is one that contracts across the dog's chest when you pull on the leash. A traditional harness may encourage the dog to pull harder, like he is towing a sled.

# PACING WITH PAWS

Once you've got the front end covered, you still need to think about the back end. Unless you can train Fido to use the race porta-potties, you'll need to carry a baggie or two. This is NOT optional if you want to keep your running friends. No one will want to run with you if they risk stepping in it because you refuse to pick up after your pup. This is a great way to reuse plastic grocery sacks -- stick one in your pocket, or tie it on the leash. If you are looking for something more streamlined, you can pick up a roll of thin plastic baggies at any pet or variety store. The Lakeshore Trail has installed a dispenser of bags just for this purpose, but you may want to carry your own anyway. You can't really tell them to hold it until you get to the dispenser.

## Watch the Heat

In our warm climate, you need to consider the coat and the natural climate of the dog. Dogs with thicker coats, heavy undercoat, and breathing issues will need to be winter runners only.

You'd be surprised what qualifies as too warm. A 2 mile jog on a pleasant 75 degree spring day with our extremely furry male Shepherd ended in an expensive emergency vet bill and a diagnosis of heat stroke. Imagine yourself running in a coat. If that would be unbearable for you, you may not want to bring the pooch.

If you need water, your dog does too! Chris Calderon makes sure he runs Ginger near fountains or ponds in case she needs a quick dip to cool off. He watches her hydration with a nifty trick: "The way I check is to grab the nape of her neck," Chris explains. "If it takes more than a few seconds for the skin to stretch back, your dog may be dehydrated."

While most dogs will drink out of a bottle, it often wastes water. Foldable travel dog bowls can be found at any pet store for just a few dollars.

Jennifer Andress prefers the Jemison Trail during the summer for Savannah. "I won't run her in extreme heat. If it is a summer run, we will go on the Jemison Trail early, for tree coverage." Staying cool means Savannah can help Jennifer's son John train for the Homewood Middle School Cross Country team.

## Join the Fun (Run)

As mentioned above, Hand In Paw holds its annual Mutt Strut on April 16 at the Green at UAB. You can run or walk the 5k, or just join in for the 1 mile fun run. There's a race and a pace for everyone. The race benefits Hand In Paw's animal therapy and assistance services.

If you need a little more time to train, you can get ready for The Animal League of Birmingham's Paws for the Cause, held annually in the fall. This dog-centric 5k also features a pet walk for kids and non-running dogs. The Animal League of Birmingham raises funds for non-profit rescues and shelters in the greater Birmingham area.

If you have another race selected, make sure to check with the race officials whether dogs are allowed. Sometimes the venue or liability issues will bar even the most well behaved dogs from entering the race.

BTC Saturday morning training runs are dog-friendly! Just remember to bring a doggy bag!



# 1200 MILE CLUB

Cumulative miles submitted through April 3, 2016 are listed below. For a complete listing of monthly totals, [click here](#).

Missed out on the 1200 Mile Club last year? Or ready to continue your 1200 mile yearly streak? Be sure to sign up for the BTC's 1200 Mile Club. Rules and instructions are located on [the BTC website](#). You must be a BTC member in order to participate.

Please remember to submit your miles early in the month so that they are reported correctly in The Vulcan Runner. Reporting miles is easy: simply click on the link provided in the email you will receive at the end of each month, select your name from the drop down menu, and hit "submit" – done!

[Register to participate](#) in the 2016 edition of the 1200 Mile Club, and start logging those miles!

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Alexander, S Rheagan	1	290	Collins, Nathan	R	110	Hall, Matthew	R	0
Arnold, Brad	R	100	Colpack, Chris	1	163	Halperin, Caitlin	R	200
Austin, Andrea	R	498	Corrie, David	R	484	Halperin, Dave	2	698
Baggett, Christopher	R	192	Cowart, Britney	R	346	Haralson, Danny	7	199
Bahr, Ashley	R	177	Cox, Damon	2	463	Haralson, Micki	8	251
Bahr, Jeff	R	169	Crackel, Caroline	R	298	Harbison, Brookie	R	340
Bailey, Leslie	2	410	Crain, Teresa	1	0	Hargrave, Alan	8	325
Baker, Mark	1	0	Crawford, Allen	R	177	Harrelson, Heather	2	390
Ballard, William	5	0	Crawford, Kimberly	R	0	Harris, Ashley	R	205
Barnes, Jimmie	1	284	Crowson, Bill	R	360	Harrison, Lisa	4	388
Bartee, Samm	R	195	Crunk, Emmagene	R	194	Haslem, Jerri	R	192
Bartlett, Kari	1	0	Darville, Nathaniel	R	596	Hathorne, Chad	R	178
Bass, Andy	R	173	Davis, LaJuana	R	0	Havicus, Cari	1	344
Belcher, Michelle	3	214	Davis, Sarina	R	107	Hayes, Debbie	2	574
Benner, Kim	3	367	Dawson, Ashley	2	468	Haynes, Christopher	R	0
Bissell, Kim	1	331	Dease, Joseph	R	311	Heaton, Bryan	2	344
Black, Dylan	1	208	Dease, Katherine	1	188	Henley, Meghan	R	218
Blain, Allan	R	210	DeBardeleben, Anne	1	293	Henley, Monica	2	260
Boackle, Larry	R	152	Dell'Italia, Pat	1	169	Henninger, Alison	1	346
Boackle, Tomie Ann	R	202	Denton, Matt	3	0	Hickerson, Patrick	4	218
Bonatz, Ekkehard	7	439	DiMicco, Al	3	171	Hill, Susan	2	201
Booher, Lisa	4	451	Doran, Stan	R	102	Hill, Tucker	1	287
Bowman, Brian	R	178	Duke, Cindy	R	320	Hogeland, Angie	R	245
Bowman, Leisha	R	91	Easterling, Natalie	1	0	Holmes, Chris	R	237
Bridwell, Hunter	R	0	Edge, John	1	66	Hoover, Alison	4	124
Bromstad, Murray	R	0	Ellison, Jennifer	R	144	Horton, Kate	R	0
Brown, Charlie	4	354	Elrod, Stacey	1	167	House, Beth	3	338
Brown, Michael	2	402	Estes, Jeff	1	0	Housler, Philip	1	256
Brown, Sean	2	84	Evans, Debbie	2	272	Hudson, Temeka	R	115
Bryant, David	2	446	Feller, Beth	2	346	Hunt, Leslie	1	211
Burns, Carley	R	185	Fleming, Juandolyn	R	43	Hyatt, Micheal	1	241
Busby, Madeline	1	101	Fontenot, Misty	R	166	Ingle, Brandon	R	158
Callahan, Rachel	1	414	Foust, Hannah	R	150	Ingram, Joseph	3	279
Carlton, Bob	1	158	Franklin, Shane	4	327	Izard, Georgia	1	539
Caruana, Joseph	R	310	Frederick, Winston	7	339	Izard, Melody	1	368
Casey, Barry	2	0	Funk, Robert	R	0	Jackson, Kristin	R	220
Cesar, Katie	R	334	Gann, Michael	4	195	Jefferson, Tracy B.	R	258
Chadha, Jennifer	R	341	George, Meredith	R	110	Jenkins, Kaki	2	252
Chandler, Teresa	6	220	German, Brandon	R	271	Jenkins, Mike	1	234
Chiesa, Marco	R	0	Gibbs, Shirley	R	0	Joe, Heather	R	311
Christian, Alan	R	0	Gibson, Darrell	2	0	Johnson, Gerald	R	214
Clarkson, Roy	R	179	Gilbert, John	1	0	Jones, Ira	3	136
Clay, Brad	8	507	Glass, Rodney	R	0	Kane, Brandon	1	214
Clayton, Jennifer	R	0	Goeb, Laura	R	153	Katzman, Justin	R	226
Clayton, Yocunda	1	212	Goode, Johnny	6	341	Kearley, Christy	R	301
Clemons, Sam	R	288	Goolsby, John	3	0	Kearley, Christy	R	301
Cliett, Stephanie	1	564	Gould, Izzy	R	0	Kearley, Stephen	R	321
Clowers, Addison	1	226	Grabeldinger, Nikki	1	0	Keefer, Herb	R	133
Coker, Leslie	1	290	Gullapalli, Satya	2	375	Kelley, Robin	2	355
Collins, Helen	R	268	Hackney, Lindsay	R	0	Kemper, Tricia	1	248
Collins, Nathan	R	110	Haley, Jay	R	209	Kendrick, Tom	R	189



# 1200 MILE CLUB

Cumulative miles submitted through April 3, 2016 are listed below. For a complete listing of monthly totals, [click here](#).

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Knight, Diane	1	287	O'Barr, Alexandra	R	0	Simpson, Kevin	2	589
Knight, Kristen	1	197	Oliver, John	1	212	Sims, Robert	2	408
Kuhn, Jimmy	8	0	Olsen, David	R	362	Sloane, Mike	1	262
Kulp, Loren	R	337	Osborn, Stef	R	0	Smith, Jerry P.	R	299
Laird, Audrey	1	338	Oser, Rachel	R	0	Snow, Sheri	R	230
Langston, Aaron	1	318	Paradiso, Michelle	R	334	Stephens, Jeff	R	315
Langston, Richard	4	286	Parks, Charlie	2	0	Stockton, Rick	8	215
Lankford, Frank	R	0	Pate, Lisa-Marie	R	0	Straka, John	R	0
Lee, Koren	R	60	Patlolla, Sandeep	R	0	Sweatt, Jason	R	0
Lee, Shilonqua	1	0	Patterson, Carrie	2	358	Talley, Beau	3	112
Leopard, Don	1	211	Paulk, Benjamin	R	204	Tankersley, Helen	R	280
Lester, Treva	R	369	Payson, Tabitha	R	195	Taylor, Trey	1	63
Lockett, Janet	R	77	Payson, Tommy	R	226	Thomas, Eric	3	425
Loo, Judy	2	185	Peagler, Shana	4	187	Thornton, Dean	4	477
Love, Thomas	1	235	Pearce, Julie	5	36	Trimble, Jamie	1	454
Lupinacci, Timothy	R	0	Pearson, Blake	2	506	Tse, Freddy	R	124
Lyle, Randy	7	534	Pearson, Mary Scott	1	414	Varnes, Vickie	2	426
Lyles, Chris	1	0	Penley, Steve	R	264	Walker-Journey, Jennifer	1	364
Lyles, Kimberley	R	0	Peters, Scott	1	0	Walker, Caroline	R	157
Maha, Michele	R	231	Plante, David	3	287	Wall, Ron	3	0
Malick, David	2	396	Portwood, Paul	1	259	Warren, Tom	1	331
Mason, Erin	R	0	Qualls, Wayne	R	180	Watkins, Janet	R	154
Mathews, Craig	R	291	Ralph, Meghan	1	0	Watters, Robert	1	437
Mathews, Liza	R	291	Renn, Deanna	R	369	Weber, Amy	1	353
Mattrella, Cheryl	R	0	Richardson, William	1	442	Wells, Bradley	R	332
Maughan, Kevin	1	422	Roberson, Kevin	2	0	Wende, Adam	1	315
McConnell, Kim	1	230	Roberts, Fletcher	1	371	West, Anja	R	165
McCullough, Matthew	R	240	Robinson, Niki	R	84	White, Robin	R	235
McNair, Kelly	2	0	Rocha, Roger	2	330	Whitt, Trey	3	452
McTune, Mark	3	493	Rodriguez, Angie	1	381	Wilhite, Thomas	R	413
McVey, Simon	1	386	Rogers, Tammy	R	508	Williams, Avis	R	227
McWilliams, Matthew	R	155	Roper, Lynn	R	245	Williams, David	R	404
Merry, Vicki Sue	3	630	Rose, Billy	1	420	Williams, Shanada	R	51
Mickens, Cassandra	R	0	Routman, Cindi	R	96	Williamson, Chad	2	111
Miller, Bill	R	226	Rutherford, Keith	8	267	Windle, Dale	1	428
Miller, Tracy	1	271	Rutledge, Lisa	1	355	Wiseman, Steve	1	356
Millsap, Lanier	1	191	Ryan, Meaghan	R	286	Wood, Scott	R	0
Miyasaki, Nathan	R	418	Sallin, Bracken	R	333	Woody, Bill	7	323
Morgan, Cary	5	1,008	Schaefer, Todd	1	284	Wright, Amy	R	410
Morgan, Danielle	4	106	Schor, Mike	R	259	Wu, Xing	6	547
Morgan, Phillip	6	146	Seeley, Mimi	R	230	York, Gary	2	651
Morris, Justin	2	151	Self, Travis	1	178			
Morris, Phil	R	221	Sellers, Susan	R	185			
Morrow, Abigail	R	132	Shaffield, Danny	2	515			
Morrow, Alex	5	0	Sheppard, Gretchen	1	227			
Moss, Denise	R	176	Sheppard, Marci	R	0			
Mote, Darrell	R	355	Shinn, Ronald	5	183			
Murchison, Reginald	2	566	Shirley, Scott	2	514			
Nagy, Lisa	R	238	Sides, Dean	1	196			
Northern, Kristie	6	321	Silwal, Suman	5	0			



# SHOW US YOUR BTC GEAR

Show us where the BTC has taken you! Email photos to:  
[Newsletter@BirminghamTrackClub.com](mailto:Newsletter@BirminghamTrackClub.com)



Linda Banks & Gail Lee, Age Group Winners  
at the Wine 10K, March 23, 2016



John Gash at the Inaugural  
Wine 10K, March 12, 2016  
Photo Credit: MRuns



Annalise Nagy at the San Diego Half Marathon,  
March 13, 2016



BTC members Gather at the Auburn Half Marathon on March 5, 2016

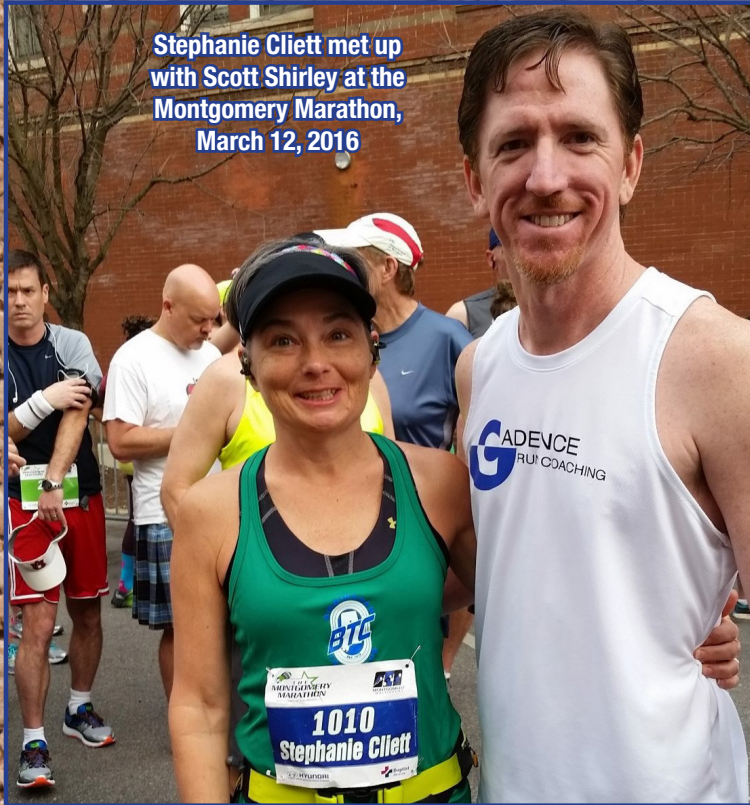


# SHOW US YOUR BTC GEAR

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Stephanie Cliett met up  
with Scott Shirley at the  
Montgomery Marathon,  
March 12, 2016



Roy Clarkson at the  
Publix GA Half Marathon,  
March 20, 2016



Satya Gullapalli at  
Publix GA Marathon,  
March 20, 2016



BTC Members at the Tuscaloosa Half Marathon, March 5, 2016





## Feets of Strength

In this month's **Feets of Strength**, we celebrate our distance runners – we've had lots of folks trying out (and excelling at) new distances! [Keep sending in your "feets" and photos](#) so your BTC friends can share in your accomplishments!

First up is a group of friends who decided, somewhat on a whim, to try something new: their first ultra!

**Leslie, Bailey, Shilonqua Lee, Mary Scott Pearson, Ki Shin and Stacy Williams** tackled the Oak Mountain 50k on March 19, 2016. Despite what Stacy described as "minimal trail training," each successfully completed the race, turning this crew of "burned out road marathoners" into trail ultramarathoners. Stacy credits BTC member Dean Thornton for coaching them along the course and helping make what was a first trail race for several of them into a memorable, fun experience. That's teamwork for you!

The BTC also had several members running various distances at the Lake Martin 100 Endurance Trail Race Series, also on March 19, 2016. Congratulations to **Ashley Dawson**, who completed the Lake Martin 27 mile Fun Run with a 38 minute PR and finished as First Female Masters runner. What makes this "feet" even more impressive is the fact that Ashley was just two months out from a broken foot, which had her out of training for five long months. Way to go, Ashley!

**Michael Gann** completed his first 50 mile race at Lake Martin as well. His first foray into the 50 mile distance was a celebration of his 50th birthday – a "celebration" only the most diehard of runners will appreciate! The Lake Martin 50 capped off Michael's five week series of races including the Mercedes Marathon and the Seaside Half Marathon (where he was a Top 100 finisher). Awesome, Michael!

Also completing her first 50 mile race was **Ann Thomas**, who completed the course at Lake Martin in a blazing time of 9 hours and 23 minutes, coming in as the second overall finisher and First Female. The Lake Martin race was Ann's first ultra and first trail race of any kind. Wow!

Not all "feets of strength" involve long distances, however. As BTC member **Phil Teninbaum** reminds us, runners can sometimes be prone to "feets of ignorance and stupidity" (his words, not mine) as well. Phil recalled his difficulties completing the 1989 Vulcan Marathon, during which he had shortness of breath he attributed to asthma. He didn't worry when his wife later told him he looked "terrible," assuming that nothing could be wrong with him because he was a marathoner. Two weeks later, he had major chest pain during a run and very smartly, decided to see a doctor. To his surprise, his main artery was 90% block, requiring an angioplasty. The moral of Phil's story? Just because you're a runner, don't ignore health issues. Be strong, be healthy, and live to run another run!

**Here's to many more miles and smiles along the way!**



Ashley Dawson



Ann Thomas



Michael Gann



Oak Mountain 50K Crew



# 2016 Southeastern Trail Series



## Tranquility Lake Trail Race - April 9

3 or 6 mile options - Oak Mtn State Park



## Run for Kids Challenge - May 7

10K, 50K or 12 Hour Trail Races - Oak Mtn Park



## Memorial Day Trail Race - May 28

6 Mile or 12 Mile Options - Oak Mtn State Park



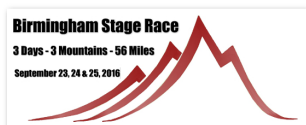
## Hotter 'N Hell Trail Race - July 16

8 or 16 Mile Choice - Oak Mtn State Park



## Ridge 2 Ridge Trail Race - August 27

10 or 20 Mile Options - Oak Mtn State Park



## Birmingham Stage Race - Sept 23, 24 & 25

3 Mountains - 3 Days - 56 Miles (or 2 Day Option)

Ruffner Mtn Preserve - Red Mtn Park - Oak Mtn State Park



## Blood Rock 50Mile & 50K Trail Race - Nov 19

& 25K Options - Oak Mountain State Park

Presented by: [SoutheasternTrailRuns.com](http://SoutheasternTrailRuns.com)

BTC members use code "2016BTC10" and save 10%

Sign up for all 7 Races by April 4th and save up to \$160.00. Details on website.

**Attendance:**

Attendance: Alex Morrow, Darnell Allen, Alan Hargrave, Leslie Bailey, Hannah Foust, Kemper, Katherine Dease, Julie Pearce, Kemper Sarrett, Darrell Gibson, Charles Thompson

**Minutes:**

- The meeting was called to order at 6 PM at the Tree House Room of the Vestavia Hills Library. A quorum was represented.
- The minutes of the February, 2016 Board Meeting were approved with amended with Mrs. Kim Benner being present for the February meeting.
- A membership update was provided. Amy Wright is the new chair of membership. We are at 1,202, down from 1,262. Last year, the Ambassador Program was moved under membership. Mrs. Allen suggested we revisit this as a topic. Mr. Morrow would like to combine BTC/ Ambassador or social function.
- The Race Series continues to increase, up to 142 participants. We topped at 202 last year. This is estimated to pick up as S2S draws closer.
- The next social will be held March 26 at the Vestavia City Hall (aka City Center). Distances are 4, 7 and 14. Start times: 6, 6:30 and 6:45 a.m. Mrs. Dease would like to encourage folks to start the longer route at an earlier time so long run participants will have an opportunity to participate in the social. This is Saturday of Easter weekend. There will be a hidden egg on each route that allows for a prize at the end of the run. Mr. Morrow suggested Mr. Sarrett reach out to our existing sponsors / partners to obtain some nominal door prizes.
- Newsletter
- Statue 2 Statue
- Online Merchandise Store
- Status of BTC Flag
- BTC Bucks update
- WEPOWER Corporate 5k
- The Finish Line Crew needs additional volunteers. Special BTC Merchandise will be ordered for the crew so they are easily recognizable.
- The date of the next meeting is 4/11/16.
- With no other business, the meeting was adjourned.







## BTC Membership application

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

First Name:

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Last Name:

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Street:

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City:

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State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

3. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

4. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

**Waiver:** I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

--

	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

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

# UPCOMING EVENTS

Event	Date	Time
BTC Saturday Long and Moderate Run Groups	April 9, 2016	6:00 a.m.
Cedar 5K and 1.5 mile Cedar Shake Fun Run/Walk	April 9, 2016	8:00 a.m.
Sole to Soul 5K and 1 mile Fun Run	April 9, 2016	8:00 a.m.
High Country 5K	April 9, 2016	8:00 a.m.
Brenda Ladun Conquer Cancer Run – 5K and 1 mile Color Fun Run	April 9, 2016	8:00 a.m.
eCO Foundation Charity Trail Run	April 9, 2016	8:00 a.m.
I am Second Trail 5K/10K/Fun Run	April 9, 2016	8:30 a.m.
Tranquility Trail Run – 6 mile and 3 mile	April 9, 2016	8:45 a.m.
BTC Executive Board meeting – Vestavia Hills Library, Treehouse Room	April 11, 2016	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	April 16, 2016	6:00 a.m.
Walk for Autism and 5K Race to Solve the Puzzle	April 16, 2016	7:30 a.m.
Miracles in Motion 5K	April 16, 2016	8:00 a.m.
Cougar Band Jammin' Jaunt 5K	April 16, 2016	8:00 a.m.
Chickamauga Chase 15K (Chickamauga, GA)	April 16, 2016	8:30 a.m.
Hueytown Elementary 5K/Fun Run	April 16, 2016	9:00 a.m.
Spring Scramble 5K and Fun Run	April 16, 2016	5:30 p.m.
Destin Marathon and Half Marathon (Destin, FL)	April 17, 2016	6:00 a.m.
Boston Marathon	April 18, 2016	Various
BTC Saturday Long and Moderate Run Groups	April 23, 2016	6:00 a.m.
Restoration Run 5K and 15K Trail Run	April 23, 2016	8:00 a.m.
Steeple to Steeple Run 5K	April 23, 2016	8:00 a.m.
Full Belly 5K	April 23, 2016	8:00 a.m.
Feet to Faith 5K and Fun Run	April 23, 2016	8:00 a.m.
Sozo Children Run for a Reason 5K	April 23, 2016	10:00 a.m.
BTC Saturday Long and Moderate Run Groups	April 30, 2016	6:00 a.m.
No Longer 5K	April 30, 2016	8:00 a.m.
Raeleigh's Run (Troy)	April 30, 2016	8:00 a.m.
Corporate 5K	May 5, 2016	7:00 p.m.
UAB Scholarship 5K/10K Run	May 6, 2016	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	May 7, 2016	6:00 a.m.
Run for Kids Challenge: 10K, 50K, 12 hour	May 7, 2016	7:00 a.m.
We Love Homewood 5K	May 7, 2016	7:30 a.m.
Thin Mint Sprint 5K and Fun Run	May 7, 2016	8:00 a.m.
Girls on the Run 5K	May 7, 2016	9:00 a.m.

Submit races and other running-related events to [Webmaster Dean Thornton](#) to be included on the BTC Events page in *The Vulcan Runner* and online.