



★ BIRMINGHAM TRACK CLUB  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER



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

[f /BirminghamTrackClub](https://www.facebook.com/BirminghamTrackClub)

[@BirminghamTrackClub](https://twitter.com/BirminghamTrackClub)

[@RunBTC](https://www.instagram.com/RunBTC)

June 2016

⑥

## The 35th Annual Rick Melanson Peavine Falls Run

### A look into the Race and Rick Melanson

By: Alex Morrow, BTC President & Peavine Falls Race Director

**Darnell Allen and Ashley  
Dawson at last year's  
Peavine Falls Run**

▶ PEAVINE FALLS RUN

2

▶ PRESIDENT'S ADDRESS ▶

4

▶ GULF COAST RUNNING

5

▶ BEST RUNNING BOOKS

14

▶ RRCA UPDATE ▶

19

▶ 1200 MILE CLUB

21



# PEAVINE FALLS RUN

- Alex Morrow

## The 35th Annual Rick Melanson Peavine Falls Run - A look into the Race and Rick Melanson

Some call it a road race. Others say it is a trail race. But no matter what you call it, the Peavine Falls Run is definitely fun! The 3rd race in the BTC Race Series, this now legendary event began in 1981 and was originally called "The Other July 4th Race." This moniker was developed as a result of Atlanta's Peachtree 10K Road Race held every Fourth of July with upwards of 5000 runners. To compete with such a large race, the BTC came up with an event unlike anything else in town.

The Peavine Falls Run is no ordinary race, and that is why it has grown into such a popular local tradition. Why else would more than 500 people race their way up to the top of Peavine Road, only to run back down and then tackle the last 1.2 miles on single-track dirt trails? The uniqueness of the course is one of the endearing elements of the race and why hundreds of runners stay in town for the holiday.

The course was not the only unique element of the race. Founder and longtime Peavine Falls Race Director Rick Melanson ensured that your running experience would be one you never forgot. In the early days of the race, the course layout was merely a suggestion. Each year the course would be modified, and Rick may or may



not tell you if it was! Often runners would take off at the starter's pistol, return down the mountain, and find that the finish line had been moved to a different location, in Rick's opinion, "Preferably at the top of another hill."

Nowadays the course is standardized, the posted routes are followed, the race is chip-timed, and two years ago, The Peavine Falls Run served as a Road Runners Club of America (RRCA) State Championship Race. Yes, the race has grown up, but the charm of the race has not been lost. It is still a badge of honor to wear your finisher's shirt for years to come, letting your fellow runners know that you indeed raced to the top of Peavine Road and back down, braved the single track trail at the end and lived to tell about it. With the elevation profile of the race printed on the chest of the shirt in a large graphic, how could one not be proud of such an accomplishment?

Another idea not lost over the years is the belief that this race should serve as an event to give back to the running community. In an age of rising permit costs, fees, and services, many races now charge upwards of \$50 for smaller events, and well over \$100 for larger ones. Even in its 35th year, The Peavine Falls Run is only \$15 to Birmingham Track Club members who pre-register. Honestly, where else can you find a chip-timed 8.2-mile long race, with a finisher's shirt, for \$15? Our goal at the BTC is to make this race accessible to everyone, and at the \$15 price-point, we believe we have done that.

Over the years, The Other July 4th Race morphed into the Peavine Falls Run, and then in 2012 was renamed The Rick Melanson Peavine Falls Run. Then-BTC President Jennifer Andress wanted to honor Rick for his long and outstanding service to the Birmingham Track Club, the RRCA, and the many races around the state with which he worked. As discussed in a BTC Board meeting, "What better way to honor the man who has given so much to the BTC, than by renaming the race he founded after him?"



# PEAVINE FALLS RUN

Rick was one of the originating members of the BTC when the organization formed in 1975, and he was the founder of the Peavine Falls Run. Not only was Rick an amazing race director, he was an avid runner who achieved numerous accomplishments. To give you an idea of who Rick is, when he turned 40, he celebrated by running 40 miles before breakfast. In 1983, Rick clocked a 2 hour 38 minute marathon at Crazy Jim's Tupelo, MS Marathon. Not too shabby!

In addition to serving as Race Director for several BTC races, Rick worked tirelessly in numerous other capacities. As a member of the BTC Executive committee, Rick was the BTC Road Race Chairman and Equipment manager, BTC Vulcan Run Finish Line manager, and he had an 8-year stint as the RRCA Alabama State Representative.

Along that illustrious career, Rick won several major awards. He twice received the Dr. Arthur Black Service Award, once in 1980 and again in 1986. The BTC's oldest award is given annually to the most outstanding club member over the past year for continued outstanding leadership and service to the BTC. Later, the Award was renamed the Dr. Arthur Black/Rick Melanson Annual Service Award to once again further honor Rick.

Upon his retirement in 2012, Rick received the BTC's Lifetime Achievement Award. This prestigious award is presented to a member of the BTC who served the club selfishly for many years and whose service always put the interest of the club and the

running community above everything else. Those who know Rick love him -- this year when you come out to the race, stop by to say hello. Rick always has some great stories to share about the event and those who ran it.

Now you know the history of the race, you know more about the man who created it, and you know when it is being held this year. If you have made it this far in the article, you only have one more step to complete: Register! The race will begin at 7:00 a.m. from the upper picnic area on Terrace Drive. Many of you know this as the Dogwood Pavilion parking lot. There is also a 6:30 a.m. start for those who wish to walk the course. Like I said earlier, this race is for everyone!

And by the way, make sure to prepare for rainy weather! No, I do not have a crystal ball that allows me to see the weather forecast more than a month away, but for the past three years we have had an absolute downpour on race morning. The good news is the temperatures stay low; the bad news is that you may get wet! Make sure to check out our tips for running in the rain, also in this edition of The Vulcan Runner.

Rain or now rain, we are expecting another fantastic turnout, and we would love to have you join us in celebrating the 4th of July in the best way we know how: by running!

Ready to register? [Click here!](#)



## TIPS FOR RUNNING IN THE RAIN

**The training is complete. You have logged the miles, worked on your nutrition, made sure to recovery properly, and mentally prepared for your race.** Race day is almost here, and you are getting excited, but as you watch the weather forecast the day before the race, you learn there is a 95% chance of rain, and your excitement gets dampened a little (pun intended). There is no need to get down, however -- with a few modifications and tips, your rainy day race can be a successful one! Here are our five top recommendations for running in the rain.

- **Wear a hat with a brim.** Keeping the rain out of your face means you can see and won't have to squint, no matter how large the downpour.
- **Do not wear too many clothes.** Your first instinct will be to put on a running rain jacket or other layers to keep you dry. In the summertime, you are going to get wet regardless, and those extra layers will just make you hot. Leave them at home!

• **Lube Up!** Chafing is never any fun, but it can get really bad if you are wet all over. You may chafe in places you never thought possible! A little extra lubrication in all spots that might have friction is a good idea. No need to be conservative with this tip, make sure all your bases are covered.

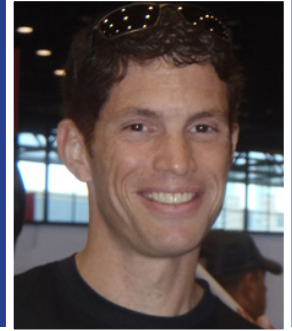
• **Protect your electronics.** Do you run with a fancy sports watch? How about an iPod? If yes, make sure your devices are either waterproof, or put them in a baggy to make sure they stay dry. Snack size baggies with slits in either end are perfect for protecting a non-waterproof watch.

• **Have fun!** Sure, you could get upset that your run is going to take place in the rain, or you can look at it as an adventure and embrace the wetness of it all. Besides, running in the rain makes you a hardcore runner and gives you better stories to tell later!



# PRESIDENT'S ADDRESS

- Alex Morrow



## Hello, fellow BTC Members

WOW! Did you attend the last BTC Saturday Run Social on May 21st at Octane Coffee in Homewood? If you missed it, you missed out! The Birmingham Track Club puts on quite a few events, but the Saturday Run Socials have turned into one of my favorites. It is hard to make a more perfect event. We get to combine running, seeing and hanging out with a hundred or more fellow BTC members, fantastic post-run refreshments, and awesome door prizes. Seriously, you would be hard pressed to find a more enjoyable Saturday morning, and our last social was no exception. Did I mention that the post-run refreshments included the amazing popsicles from Steel City Pops? Like I said, if you missed this social, you missed out!

More than 150 runners came out, and it turned into a party full of people clad in running clothes! It takes an amazing team willing to work selflessly to make these events happen, and this event was no exception. BTC Long Run Coordinator Monica Henley and Moderate Run Coordinator Mark Criswell laid out a great course for the event. BTC Social Chair Katherine Dease made sure all the necessary arrangements were made. Our Merchandise Chair Hannah Foust unveiled new BTC gear that sold like hotcakes. Not to mention, BTC Membership Chair Amy Wright actually handmade a quilt from BTC race shirts to be used as a door prize during our membership drive! When I say this was a great event, I mean it! Did I say that already?

We used this Run Social as a membership drive as well, and more than 50 people either renewed or signed up as BTC members for the first time. 1200 Mile Club Chair Addison Clowers came up with the great idea of allowing a one-day only registration for anyone who missed the 1200 Mile Club Challenge registration cut-off. The catch was you had to join or renew your membership on site. What a great idea, and boy did it work! I am happy to report that we had a large influx of runners who are now chasing those 1200 miles.

With the May Run Social behind us, our attention now turns to the third race in the BTC Race Series, the Peavine Falls Run on July 4th. Make sure to check out the cover story in this edition of The Vulcan Runner. It profiles the event, its history and the man behind the race: Rick Melanson, the founder of the event and the race's namesake. Registration has officially opened; do not delay in signing up! There are quite a few perks to being a Birmingham Track Club member, and one of them is the Peavine Falls Run. BTC members can run this amazing race for only \$15 if they pre-register. Honestly, where else can you find a quality event, that is chip-timed, and which provides a finisher's shirt, for only \$15. This race has grown dramatically in the past three years, and we are expecting another record-breaking year in 2016. Come join more than 500 of your closest friends for this great event. You can register here.

The fun in July does not end with the Peavine Falls Run. Make sure to mark your calendars for the next BTC Night at the Birmingham Barons. On July 23rd, bring your entire family out to the ballpark for a great evening of fun and baseball. This annual BTC tradition is a great chance for you to hang out with fellow BTC members, get to know them a little better, and enjoy a great game. The BTC provides the food and beverages; you simply need to provide the smiles. Stay tuned, tickets will go on sale soon. They will disappear quickly, so once you receive notice, buy them as soon as you can.

Lastly, you should have seen the social media posts or the BTC email about selecting a fall marathon and half marathon as the basis for our summer training. Each year the BTC picks a fall race around which all of our summer long training runs are targeted. While not all BTC members will run this race, it gives us a target so everyone knows the schedule and what to expect through the summer. Many people simply modify the mileage for their own purposes. We had quite a few race submissions, and we thank you for participating. We were planning to pick the top five races and put those up for a vote, but two races tied, so we picked the top six. Those are:

- **Chicago Marathon - Chicago, IL - 10/09/2016**
- **7 Bridges Marathon - Chattanooga, TN - 10/16/2016**
- **Running for the Bay Marathon - Apalachicola, FL 10/23/2016**
- **Marine Corps Marathon - Washington D.C. - 10/30/2016**
- **Soldier Marathon - Columbus, GA - 11/12/2016**
- **Pensacola Marathon - Pensacola, FL - 11/13/16**

Please vote for one of the races listed above. To do so, simply [send an email to Long Run Coordinator Monica Henley](#).

We are compiling the votes this week and will make an announcement by the end of the week.

Kindest Regards,

**Alex Morrow**  
BTC President

**July 23, 2016**

**\* Save the Date \***

**BTC Night at the Barons  
(with pre-game festivities  
at Good People)**

**Tickets will be on sale soon  
- stay tuned!**



# GULF COAST RUNNING

- Dean Thornton, BTC Webmaster

Although the calendar says that summer is still a few weeks away, warmer temperatures and the end of school means that beach season has begun! As families pile into their SUVs and station wagons (people still drive station wagons, right?), a runner may be faced with that yearly dilemma: "But how will I get my run in at the beach?"

The BTC is here to help. We have cataloged some of the best running trails along the Gulf Coast from Fort Morgan to Panama City Beach. We found a good mixture of paved and off-road trails to satisfy runners of all kinds. We have included some brief descriptions, basic information, useful links, and a few maps.

For easy on-the-go access, all of this information can be also found at Gulf Coast Running on the BTC Website: <http://www.birminghamtrackclub.com/gulf-coast-running.php>.

If you have any suggestions to add, please email: [webmaster@birminghamtrackclub.com](mailto:webmaster@birminghamtrackclub.com).

Happy Beach Running!

## GULF SHORES & ORANGE BEACH

### Hugh S. Branyon Backcountry Trail

Seven trails among six distinct ecosystems make up more than 15 miles of the Hugh S. Branyon Backcountry Trail complex through Orange Beach, Gulf Shores, Alabama and the Gulf State Park.

- Surface = paved
- Miles = 15+ total
- [Official Website](#)
- [Brochure & Map \(pdf\)](#)
- [Map - large \(pdf\)](#)

## ST. JUDE WALK/RUN to End Childhood Cancer



St. Jude Children's  
Research Hospital  
*Finding cures. Saving children.*

**Sept. 24**  
**stjude.org/walkrun**

©2016 ALSAC/St. Jude Children's Research Hospital (25282)



# GULF COAST RUNNING

## Bon Secour National Wildlife Refuge

The Refuge Office and Visitor Center is located on State Highway 180 on the Fort Morgan Peninsula in Gulf Shores, Alabama. Refuge trails give visitors an opportunity to discover different habitats of the refuge: dunes, swales, wetlands, maritime forests and scrub habitats. The trails are open year-round from sunrise to sunset and highlight the unique features of the area.

- Surface = dirt/sand
- Miles = ~ 6
- [Official Website](#)
- [Map \(pdf\)](#)



## PENSACOLA

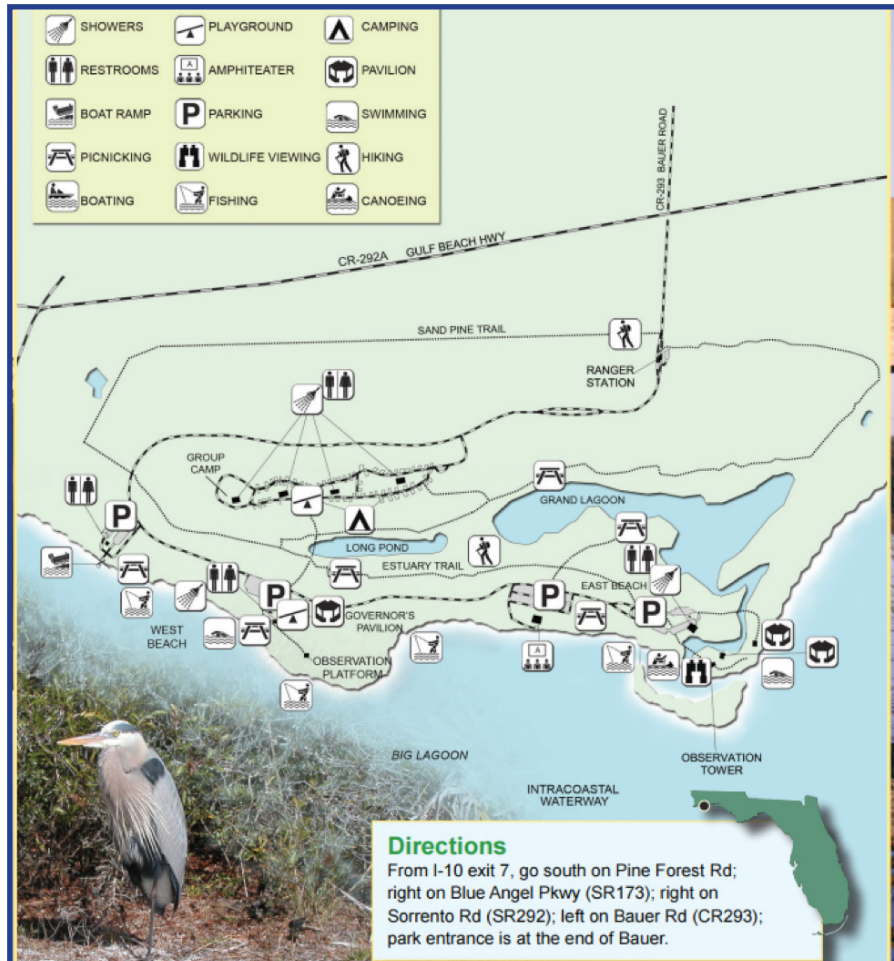
### Big Lagoon State Park

Sitting on the northern shoreline of its namesake, Big Lagoon State Park's 655 upland acres separate the mainland from Perdido Key and the Gulf of Mexico. This park offers 5 miles of hiking and nature trails.

- Surface = dirt, sand, & wooden boardwalk
- Miles = 5
- [Official Website](#)
- [Brochure & Map \(pdf\)](#)

Other Trails (Away from the Beach)

- [University of West Florida trails](#)
- Blackwater River State Park





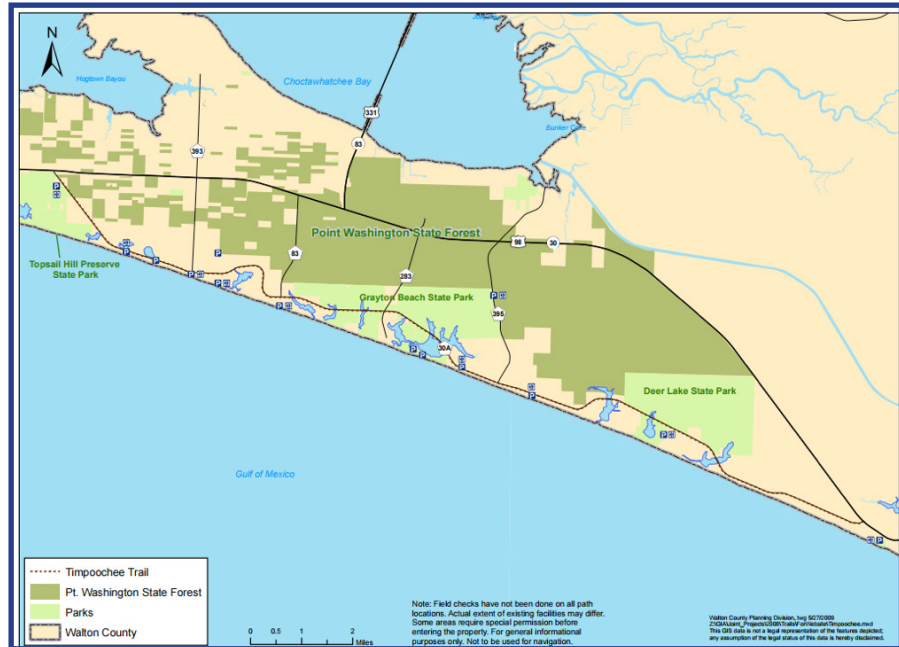
# GULF COAST RUNNING

## 30A

### Timpoochee Trail

The Timpoochee Trail is a paved 19-mile path that stretches along county road 30A. It provides a scenic view for running, walking, or bike riding and enjoying the peaceful beach communities, shops, and restaurants along the trail. The path winds through 13 distinct beach communities, including: Dune Allen, Blue Mountain, Grayton Beach, Santa Rosa Beach, Watercolor, Seaside, WaterSound, Alys Beach, and Rosemary Beach. From migrating flocks of birds to blooming wildflowers and trees, this breezy coastal ride showcases nature's beauty all year long.

- Surface = paved
- Miles = 19 (one way)
- [Official Website](#)
- [Large Map \(pdf\)](#)



### Topsail Hill Preserve State Park

Topsail Hill offers a wide variety of natural resources including 3.2 miles of secluded, white sand beaches with majestic dunes that are over 25 feet tall.

- Surface = dirt & sand
- Miles = 3.2
- [Official Website](#)
- [Brochure & Map](#)



# Hotter 'N Hell Trail Race

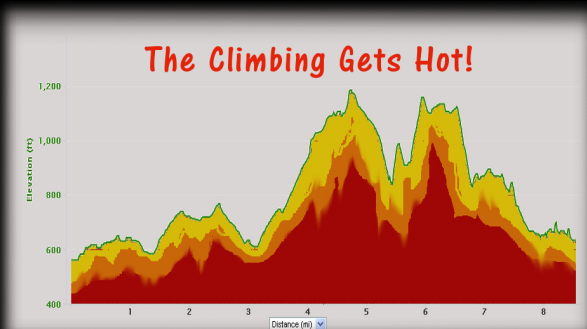
9 Mile and 18 Mile Trail Race

July 16th, Oak Mountain State Park

8:00 AM Start at the Cedar Pavilion

Register: [Ultrasignup.com](http://Ultrasignup.com)

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





# 2016 Officers



## President

**Alex Morrow**

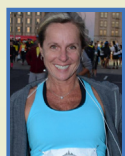
president@birminghamtrackclub.com



## 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

Membership Benefits

Merchandise

"The Vulcan Runner" Newsletter

Japan Exchange Program

1200 Mile Club

Volunteer Coordinator

Historian

Finish Line Crew

Webmaster

IT Chair

Lauren Weber

parliamentarian@birminghamtrackclub.com

Monica Henley

longruns@birminghamtrackclub.com

Mark Criswell

moderateruns@birminghamtrackclub.com

Dr. Cherie Miner

medical@birminghamtrackclub.com

Katherine Dease

social@birminghamtrackclub.com

Lauren Floyd

marketing@birminghamtrackclub.com

Amy Wright

membership@birminghamtrackclub.com

Kemper Sarrett

benefits@birminghamtrackclub.com

Hannah Foust

store@birminghamtrackclub.com

Julie Pearce

newsletter@birminghamtrackclub.com

Mary Lee McMahon

japan@birminghamtrackclub.com

Addison Clowers

1200@birminghamtrackclub.com

Kim Benner

volunteer@birminghamtrackclub.com

Trish Portuese

historian@birminghamtrackclub.com

Tanya Sylvan

finishline@birminghamtrackclub.com

Darrell Gibson

finishline@birminghamtrackclub.com

Scott Page

finishline@birminghamtrackclub.com

Dean Thornton

webmaster@birminghamtrackclub.com

Alan Hargrave

itchair@birminghamtrackclub.com

### BTC Race Directors

Adam's Heart Run

Statue 2 Statue

Peavine Falls

Vulcan Run

Lisa Booher

adamsheart@birminghamtrackclub.com

Judy Loo

statue2statue@birminghamtrackclub.com

Alex Morrow

peavinefalls@birminghamtrackclub.com

Allison Stone

vulcan@birminghamtrackclub.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

info@BirminghamTrackClub.com

### Race Results

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

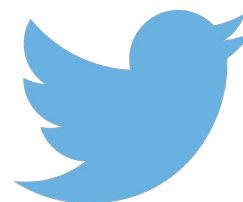
**birminghamtrackclub.com**

**championship-racing.com**



Find us on

**Facebook**



# BTC LONG RUN UPDATE

## HEAT, HUMIDITY & THE SURVIVAL OF THE MOST HYDRATED

- Monica Henley, Long Run Coordinator

The long term reward for the heat and humidity training is that when autumn arrives and the race season is here, our fitness will be high, and we will (hopefully) find that our pace per mile will likely be faster with less perceived effort. While that doesn't lessen the physical discomfort we sometimes feel on those hot July days when it feels like we're breathing through a thick fog, this so-called "poor man's altitude training" really can reap big benefits!



It's that time of year when we all start training for our fall races, which – unfortunately -- means training during the hot and humid summer months. (I sometimes think we don't have a spring season in Alabama!) Maintaining a rigorous training schedule when the temperatures and humidity begin to rise presents a challenge that must be overcome in order to race optimally when the temperatures cool.

Training in hot and humid weather can be an extremely humbling experience if you are not accustomed to hot weather. During the beginning of the season, an array of thoughts often go through runners' heads: "What has happened to me? How did I become this unfit? Am I getting sick?" While sickness and a decrease in fitness are not likely the case (absent other factors), our bodies need time to fully acclimate to the heat and increased humidity. In the short term, we may need to slow our paces, shorten our distances, and properly hydrate until we are accustomed to the new weather conditions.

When first exposed to the summer heat (and its much maligned cousin – humidity), the goal of most runners should be to simply spend time on their feet. Throw pace out the window until acclimated to the conditions. And runners at all levels must be aware of the early signals of heat exhaustion, which include dizziness, disorientation, extreme fatigue, and nausea.

As our group size increases, I will be adding a second volunteer to each water stop location and will move the water stops closer to two miles apart. This means we will need more of you helping out each Saturday. **From June 4th to July 30th, each volunteer who stocks a water stop will be entered into a drawing for several different prizes.** And, if you volunteer more than once, your name will be entered each time. Please consider helping out because we all enjoy -- and need -- these water stops on a hot and humid day.

Don't forget to check out the Birmingham and Over the Mountain Water Stops listed on the [BTC website](#) and pictured above. If you have an additional stop to add, please email [BTC Webmaster Dean Thornton](#).



# GULF COAST RUNNING

(Continued From Page 7)

## Point Washington State Forest Eastern Lake Trail

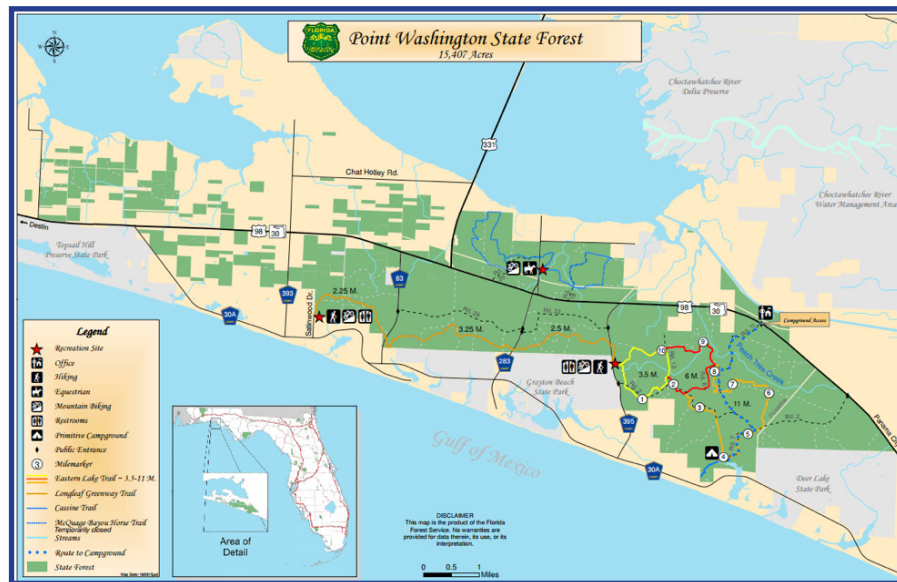
The Eastern Lake Trail System was the first trail established on the forest property. This trail system consists of three double-track loop trails. The runner or bicyclist can travel the 3.5, 6 or 11 mile loops. The Eastern Lake Bike/Hike Trail is included in the Florida Forest Service's Trailwalker Hiking Program. The trail system can be accessed at the parking lot and trailhead on County Road 395.

- Surface = trail (dirt/sand)
- Miles = 3.5 to 11+

## Longleaf Greenway Trail

In addition, a greenway trail system that crosses the forest is under development. This trail will provide connections to Grayton Beach State Park, Deer Lake State Park, Topsail Hill State Preserve, Butler Elementary School and numerous residential developments. Upon completion, this trail system will provide over 27 miles of trails for recreational use. There is a \$2.00 per person day use fee to use this parking area.

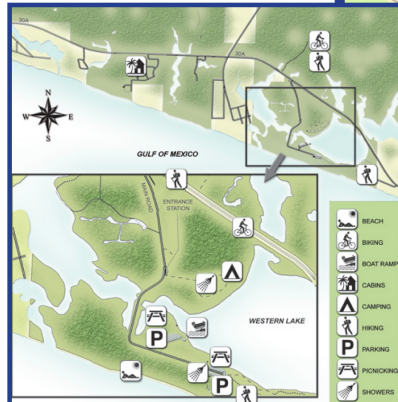
- Surface = trail (dirt/sand)
- Miles = 7 (one way)
- [Official Website](#)
- [Large Map \(pdf\)](#)



## Grayton Beach State Park

Grayton Beach consistently ranks among the most beautiful and pristine beaches in the United States. A nature trail winds through a coastal forest where scrub oaks and magnolias stand, bent and twisted by the salt winds. Hikers and bicyclists can enjoy more than four miles of trails throughout the pine flatwoods.

- Surface = dirt & sand
- Miles = 4
- Official [Website #1](#) & [Website #2](#)
- [Brochure & Map \(pdf\)](#)



# GULF COAST RUNNING

## Deer Lake Nature Trail

Deer Lake State Park offers a 1.5 mile nature trail located across from the park entrance on the north side of County Road 30-A.

- Surface = dirt & sand
- Miles = 1.5
- [Official Website](#)
- [Brochure & Map \(pdf\)](#)

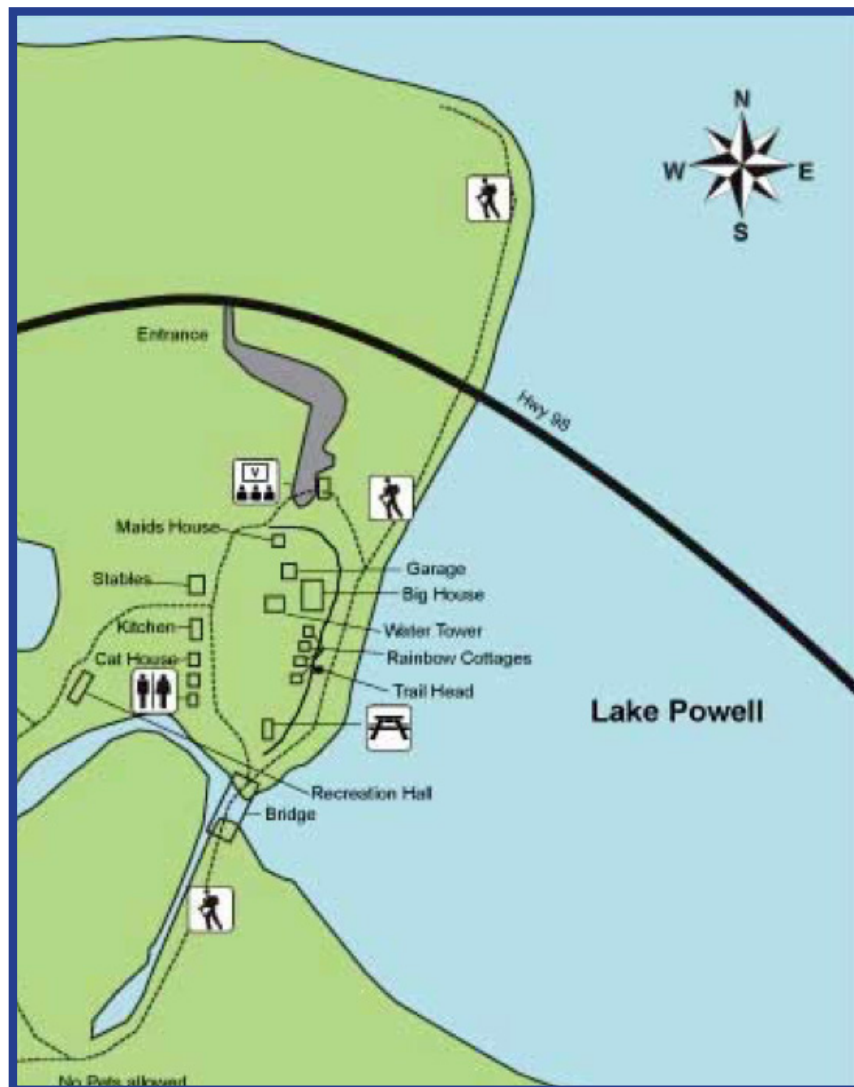


## PANAMA CITY BEACH

### Camp Helen State Park

Camp Helen is bordered on three sides by water; the gulf to the south and Lake Powell to the north and east. Lake Powell is the largest of the unique coastal dune lakes in Florida. The 183-acre park is for day use only. Activities include swimming, beach-combing, bird watching, nature study, hiking and biking on the trails, as well as both freshwater and saltwater fishing.

- Surface = paved & sand
- [Official Website](#)
- [Brochure & Map \(pdf\)](#)





## 13

# THE BEST RUNNING BOOKS

## BTC SURVEY

- Dean Thornton, BTC Webmaster

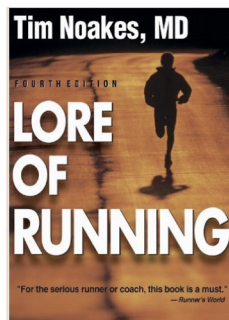
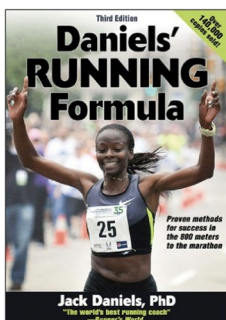
Get ready to head to your local bookstore (or your preferred online merchant)! We have tallied the results from the BTC Survey about your favorite books related to running. We asked for your input regarding the best books in three different categories: (1) Non-Fiction books about the technical side of running; (2) Non-Fiction books about the experience of running; and (3) Fiction books related to running. The top 3 books in each category (including ties) are described below with a few honorable mentions thrown in for good measure.

(And a special congratulations to Dean Sides for submitting the winning entry! We hope you enjoy your gift card to stock your summer reading list!)

### Best Non-Fiction Running Books (Technical)

BTC runners obviously like to think about the science behind training and racing. There were many submissions in this category from many outstanding authors. From training methods to nutrition to race strategy, these books are great resources for the serious and recreational runner alike.

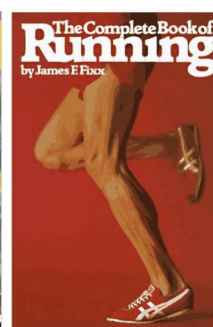
1. *Daniels' Running Formula* by Jack Daniels, PhD
2. *Lore of Running* by Tim Noakes, MD



- Get in the best shape of your running career with the help of *Daniels' Running Formula*, the book that Runner's World magazine calls the "best training book." Premier running coach Jack Daniels provides you with his legendary VDOT formula to guide you through training at exactly the right intensity to run stronger, longer, and faster.

- *Lore of Running* gives you incomparable detail on physiology, training, racing, injuries, world-class athletes, and races. Author Tim Noakes blends the expertise of a physician and research scientist with the passion of a dedicated runner to answer the most pressing questions for those who are serious about the sport.

3. *80/20 Running: Run Stronger and Race Faster by Training Slower* by Matt Fitzgerald
4. *Racing Weight: How to Get Lean for Peak Performance* by Matt Fitzgerald
5. *The Complete Book of Running* by James E. Fixx



- This revolutionary training method has been embraced by elite runners—with extraordinary results—and now you can do it, too. Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program—in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity—is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, *80/20 Running* is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances.

- *Racing Weight* is a proven weight-management program designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training.

- *The Complete Book of Running* discusses not only the physical benefits of running, but its psychological benefits as well: increasing self-esteem, acquiring a "high" from running, and being able to cope better with pressure and tension.

### Honorable Mention:

- *Aerobics* by Kenneth Cooper
- *Eat and Run* by Scott Jurek
- *How Bad Do You Want It?* by Matt Fitzgerald
- *Jogging* by Bill Bowerman
- *Marathon: The Ultimate Training Guide* by Hal Higdon
- *Meb For Mortals: How to Run, Think, and Eat like a Champion Marathoner* by Meb Keflezighi and Scott Douglas
- *Run to the Top* by Arthur Lydiard
- *Running Anatomy* by Joseph Puleo and Dr. Patrick Milroy
- *The Competitive Runner's Handbook* by Bob Glover and Shelly-lynn Florence Glover

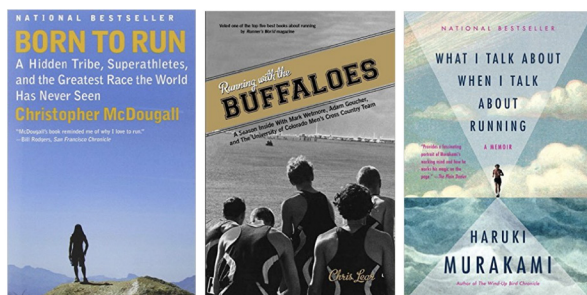


# THE BEST RUNNING BOOKS

## BTC SURVEY

### Best Non-Fiction Running Books (Experience)

BTC runners also enjoy reading about the experience of running. From investigations into the origins of human running to stories about great runners to metaphysical contemplations of the dynamic between the physical and spiritual sides of running, these books are sure to entertain and enlighten.



#### 1. *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen* by Christopher McDougall

- *Born to Run*: An epic adventure that began with one simple question: Why does my foot hurt?

Isolated by Mexico's deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets. In the process, he takes his readers from science labs at Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultra-runners are pushing their bodies to the limit, and, finally, to a climactic race in the Copper Canyons that pits America's best ultra-runners against the tribe. McDougall's incredible story will not only engage your mind but inspire your body when you realize that you, indeed all of us, were born to run.

#### 2. *Running with the Buffaloes: A Season Inside With Mark Wetmore, Adam Goucher, And The University Of Colorado Men's Cross Country Team* by Chris Lear

- In *Running with the Buffaloes*, writer Chris Lear follows the University of Colorado cross-country team through an unforgettable NCAA season. Allowed unparalleled access to team practices, private moments, and the mind of Mark Wetmore—one of the country's most renowned and controversial coaches—Lear provides a riveting look inside the triumphs and heartaches of a perennial national contender and the men who will stop at nothing to achieve excellence.

#### 3. *What I Talk About When I Talk About Running* by Haruki Murakami

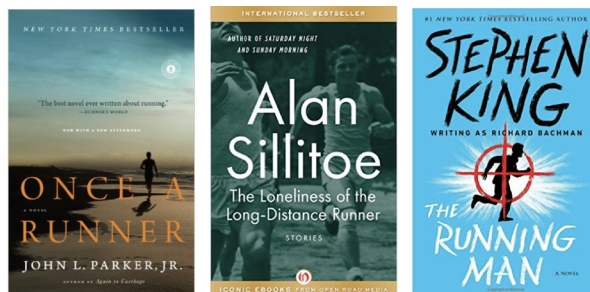
- An intimate look at writing, running, and the incredible way they intersect, from the incomparable, bestselling author Haruki Murakami. While simply training for the New York City Marathon would be enough for most people, Haruki Murakami decided to write about it as well. The result is a beautiful memoir about his intertwined obsessions with running and writing, full of vivid memories and insights, including the eureka moment when he decided to become a writer. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is rich and revelatory, both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in athletic pursuit.

#### Honorable Mention:

- *A Race Like No Other: 26.2 Miles Through the Streets of New York* by Liz Robbins
- *Bowerman and the Men of Oregon: The Story of Oregon's Legendary Coach and Nike's Cofounder* by Kenny Moore
- *Duel in the Sun: Alberto Salazar, Dick Beardsley, and America's Greatest Marathon* by John Brant
- *Running With the Legends: Training and Racing Insights from 21 Great Runners* by Michael Sandrock
- *The Essential Sheehan: A Lifetime of Running Wisdom from the Legendary Dr. George Sheehan* by George Sheehan
- *The Terrible and Wonderful Reasons Why I Run Long Distances* by The Oatmeal and Matthew Inman
- *To Be a Runner: How Racing Up Mountains, Running with the Bulls, or Just Taking On a 5-K Makes You a Better Person* by Martin Dugard
- *Two Hours: The Quest to Run the Impossible Marathon* by Ed Caesar

### Best Fiction Running Books

BTC runners overwhelmingly prefer to read non-fiction when it comes to running, but a few fiction entries were also submitted. Enjoy these books on your summer vacations!



# THE BEST RUNNING BOOKS

## BTC SURVEY

### 1. *Once a Runner* by John L. Parker, Jr.

- Inspired by the author's experience as a collegiate champion, the story focuses on Quenton Cassidy, a competitive runner at fictional Southeastern University, whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history.

A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one man's quest to become a champion.

### 2. *The Loneliness of the Long-Distance Runner*: Stories by Alan Sillitoe

- The titular story follows the internal decisions and external oppressions of a seventeen-year-old inmate in a juvenile detention

center who is known only by his surname, Smith. The wardens have given the boy a light workload because he shows talent as a runner. But if he wins the national long-distance running competition as everyone is counting on him to do, Smith will only vindicate the very system and society that has locked him up. "*The Loneliness of the Long-Distance Runner*" has long been considered a masterpiece on both the page and the silver screen.

### 3. *The Running Man* by Stephen King (writing as Richard Bachman)

- Ben Richards is a desperate man. With no job, no money, no way out, and a young daughter in need of proper medical attention, he must turn to the only possibility of striking it rich in this near-future dystopian America: participating in the ultra-violent TV programming of the government-sanctioned Games Network. Ben soon finds himself selected as a contestant on the biggest and the best that the Games Network has to offer: *The Running Man*, a no-holds-barred thirty-day struggle to stay alive as public enemy number one, relentlessly hunted by an elite strike force bent on killing him as quickly as possible in front of an audience all too eager to see that happen. No one has ever survived longer than eight days. But desperation can push a person to do things they never thought possible—and Ben Richards is willing to go the distance in this ultimate game of life and death....

## Community Corner

### Happy Summer, BTC!

I have not had much to report during the past couple of months, but the BTC Board and Executive Committee have a couple of ideas about potential projects, so stay tuned!

In the meantime, I do have a couple of updates to share. One is from Mountain Brook City Councilwoman Virginia Smith. She reports that work on the sidewalk connection on Lakeshore Drive from Jemison Trail to Brookwood Mall should begin in a month or so. That is exciting news!

The other interesting news Councilwoman Smith shared is that the city is looking at options for a new and improved bridge over Shades Creek along the Jemison Trail. As BTC Saturday morning long runners know, currently the creek must be crossed via a set of stepping-stones, at the bottom of a steep entryway on both sides. Neither the stones nor the steep steps to the stones are accessible to people with disabilities, or to parents pushing strollers. And during rainy seasons when the creek is full, the stones often are submerged, making crossing extremely unsafe.

The Mountain Brook City Council has commissioned a study to replace the stepping stones. Councilwoman Smith says that the possible bridge will most likely be a low grade cement crossing (ford) with culverts underneath to keep water moving but not permit any increase in flooding during rain, as required by FEMA. The area is a floodplain, and FEMA requires that any changes made must not raise flood levels by any amount. I will keep you posted on the results of this study.

I also caught up with Homewood Fire Chief John Bresnan. He asked me to apologize to our members that it is taking so long to research an emergency phone system for the Lakeshore Trail. His department is making progress, but they do not have a definitive way to address this need just yet. He promised to continue to investigate and will keep us posted.

Please email me at [pastpresident@birminghamtrackclub.com](mailto:pastpresident@birminghamtrackclub.com) if you have any community issues you would like for me to tackle. We have a fantastic club, and I love that we give back to our community!

**Jennifer Andress, BTC Past President**



# BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

Hunter Ballard	Doug Grabarczyk	David Neaves	Cecelia Sims
William Ballard	Dave Halperin	Greg Oliver	Chris Sims
Lashaunda Barganier	Caitlin Halperin	Josh Parvin	Beth Stokes
Tasha Beaty	Allison Halperin	Keith Parvin	Susan Swagler
Ekkehard Bonatz	Lauryn Halperin	Tabi Parvin	Jason Sweatt
Richard Brown	Sabrina Hansen Turnbull	Christina Poff	Kim Tyler
Melanie Camp	Vickie Harris	Richard Poff	Katharine Turnbull
Christopher Carey	Skip Harris	Cynthia Roatman	Richard Turnbull
Jennifer Chadha	Brittany Hayden	Jessica Rodgers	Gerald Vick, Jr.
Melissa Childers	Whittley Hopper	Beth Rose	Susan Walker
Julie Croushorn	Ali Hoover	Tynsia Rowell	Amber Whillock
Katie Dix	Jim Hoover	Lisa Rutledge	Katie White Vick
Roberta Dunnaway	Jeremiah Jarrod	Kemper Sarrett	Shanada Williams
Ellen Eaton	Aimee Johnson	Gordon Sawyer	Cary Zeanah
Chip Ferrell	Elizabeth Jones	Gretchen Sawyer	Justin Zehnder
Barbara Fields	Kat Jones	Kellan Selle	
Noah Fitzpatrick	Lucy Jordan	Danny Shaffield	
Sharon Foster	Shane Jordan	Isaac Shore	
Lisa Fuller	Joseph Longoria	Zoe Shore	
Courtney Garza	Natalie Lowrey	Madi Shore	

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!

## 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.

# BIRMINGHAM TRACK CLUB MAY SOCIAL

BTC members enjoyed a summer social run on May 21 at Octane Coffee in Homewood. Special thanks to Athleta for sponsoring the event! New BTC merchandise was available for purchase, and new members (as well as BTC members who renewed memberships) were eligible for several prizes, including a beautiful quilt handmade by **Membership Chair Amy Wright** from various BTC race shirts. Congratulations to **Bill Ballard** for winning the quilt! Door prizes included BTC merchandise, some coveted Vulcan bobbleheads and gift cards. We look forward to seeing everyone at the next BTC social!





# RRCA UPDATE

- Alex Morrow, BTC President and RRCA State Representative



Summer is here, and many of us are itching to get those fall races down on our calendars. While there is never a shortage of quality races in our area, of most any distance a runner could want, consider running an RRCA Championship Event as you plan your race schedule. The RRCA Championship is the largest grassroots organized running series in the United States, and the series attracts over 320,000 runners each year. Races that are designated RRCA Championship Events (such as our own Vulcan Run 10K in 2015 and again for 2016) have been awarded the designation through a competitive bidding process at the national, regional or state level. The races must be professionally managed, organized, and executed, and of course, should be a favorite among those who participate.

As part of his duties as Alabama State Representative for the Road Runners Club of America, BTC President Alex Morrow recently attended the Swampers 5K race in Muscle Shoals, Alabama, which was the RRCA Alabama State 5K Championship. Alex

participated in the race, taking home the title of State Champion 5K, First Place Masters. Congratulations, Alex – that's quite an honor!

And while we're offering congratulations, big "congratulations" are in order for the City of Tuscaloosa, which was just named one of RRCA's 2016 Runner Friendly Communities@! You can read more about this innovative program, as well as what makes Tuscaloosa a great place to run, on the [RRCA website](#).



## 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



# BTC Member Benefits Spotlight

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!](#)



# NEW BTC Merchandise

New for spring and summer we have Nike tanks for women in pink and purple with our BTC “Where Runners are Forged” slogan on the back. These are \$40 each. We also have Next Level mint green and lilac tanks for women. These tanks are super soft and are also a great bargain at just \$15 each. For men, we have a men’s cut Next Level t-shirt in kelly green, which also sells for \$15 each. These shirts also include our “Where Runners are Forged” slogan on the back. All shirts are available in sizes small through extra-large and fit true to size.

For our 1200 Mile Club members, we have new 1200 mile club shirts available for men and women. These Brooks podium shirts are \$25 each and come in red, gray, blue and neon green for men and gray, navy and pink for women. All shirts are available in sizes small through extra-large (Brooks shirts tend to run a little small in the women’s style).

Stock up on your BTC gear at the next BTC social event, or [email us](#) to purchase!

## Men's



## Women's





# 1200 MILE CLUB

Cumulative miles submitted through June 6, 2016 are listed below. For a complete listing of monthly totals, [click here](#).

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	590	Clowers, Addison	1	742	Haley, Jay	R	409
Anderson, Kerri	R	449	Coker, Leslie	1	496	Hall, Matthew	R	348
Arnold, Brad	R	265	Collins, Helen	R	527	Halperin, Caitlin	R	260
Austin, Andrea	R	644	Collins, Nathan	R	189	Halperin, Dave	2	698
Baggett, Christopher	R	529	Colpack, Chris	1	308	Haralson, Danny	7	311
Bahr, Ashley	R	276	Corrie, David	R	942	Haralson, Micki	8	384
Bahr, Jeff	R	268	Cowart, Britney	R	531	Harbison, Brookie	R	456
Bailey, Leslie	2	482	Cox, Damon	2	674	Hargrave, Alan	8	432
Baker, Mark	1	0	Crackel, Caroline	R	490	Harrelson, Heather	2	444
Ballard, Hunter	R	0	Crain, Teresa	1	403	Harris, Ashley	R	277
Ballard, William	5	165	Crawford, Allen	R	291	Harrison, Lisa	4	511
Barganier, LaShaunda	R	118	Crawford, Kimberly	R	619	Haslem, Jerri	R	295
Barnes, Jimmie	1	767	Crowson, Bill	R	581	Hathorne, Chad	R	268
Bartee, Samm	R	593	Crunk, Emmagene	R	405	Havicus, Cari	1	460
Bartlett, Kari	1	0	Darville, Nathaniel	R	964	Hayes, Debbie	2	574
Bass, Andy	R	489	Davis, LaJuana	R	0	Haynes, Christopher	R	0
Belcher, Michelle	3	503	Davis, Sarina	R	107	Heaton, Bryan	2	344
Benner, Kim	3	628	Dawson, Ashley	2	786	Henley, Meghan	R	431
Bissell, Kim	1	533	Dease, Joseph	R	543	Henley, Monica	2	354
Black, Dylan	1	361	Dease, Katherine	1	497	Henninger, Alison	1	471
Blain, Allan	R	391	DeBardleben, Anne	1	503	Hickerson, Patrick	4	322
Boackle, Larry	R	492	Dell'Italia, Pat	1	348	Hill, Susan	2	201
Boackle, Tomie Ann	R	385	Denton, Matt	3	720	Hill, Tucker	1	287
Bonatz, Ekkehard	7	912	DiMicco, Al	3	411	Hogeland, Angie	R	461
Booher, Lisa	4	819	Dix, Katie	R	0	Holmes, Chris	R	300
Bowman, Brian	R	368	Doran, Stan	R	461	Hoover, Alison	4	124
Bowman, Leisha	R	91	Duke, Cindy	R	542	Horton, Kate	R	0
Bridwell, Hunter	R	253	Dunnaway, Roberta	R	0	House, Beth	3	438
Bromstad, Murray	R	631	Easterling, Natalie	1	0	Housler, Philip	1	256
Brown, Charlie	4	565	Eaton, Ellen	R	0	Hudson, Temeka	R	115
Brown, Michael	2	652	Edge, John	1	256	Hunt, Leslie	1	298
Brown, Sean	2	296	Ellison, Jennifer	R	326	Hyatt, Micheal	1	478
Bryant, David	2	676	Elrod, Stacey	1	379	Ingle, Brandon	R	158
Burns, Carley	R	351	Estes, Jeff	1	399	Ingram, Joseph	3	391
Busby, Madeline	1	511	Evans, Debbie	2	635	Izard, Georgia	1	539
Callahan, Rachel	1	686	Farmer, Austin	R	813	Izard, Melody	1	459
Carey, Christopher	2	0	Feller, Beth	2	577	Jackson, Kristin	R	323
Carlton, Bob	1	356	Fields, Barbara	R	0	Jefferson, Tracy B.	R	258
Caruana, Joseph	R	603	Fleming, Juandolyn	R	43	Jenkins, Kaki	2	381
Casey, Barry	2	149	Fontenot, Misty	R	281	Jenkins, Mike	1	234
Cesar, Katie	R	399	Foust, Hannah	R	338	Joe, Heather	R	430
Chadha, Jennifer	R	586	Franklin, Shane	4	558	Johnson, Gerald	R	246
Chandler, Teresa	6	563	Frederick, Winston	7	672	Jones, Ira	3	216
Chiesa, Marco	R	0	Fuller, Lisa	R	0	Kane, Brandon	1	426
Christian, Alan	R	132	Funk, Robert	R	0	Katzman, Justin	R	226
Clarkson, Roy	R	272	Gann, Michael	4	583	Kearley, Christy	R	346
Clay, Brad	9	1,201	George, Meredith	R	152	Kearley, Christy	R	346
Clayton, Jennifer	R	0	German, Brandon	R	488	Kearley, Stephen	R	439
Clayton, Yocunda	1	411	Gibbs, Shirley	R	690	Keefer, Herb	R	133
Clemons, Sam	R	503	Gibson, Darrell	2	333	Kelley, Robin	2	562
Cliett, Stephanie	1	955	Gilbert, John	1	0	Kemper, Tricia	1	515

# 1200 MILE CLUB

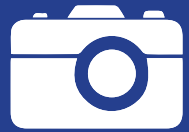
Cumulative miles submitted through June 6, 2016 are listed below. For a complete listing of monthly totals, [click here](#).

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Alexander, S Rheagan	1	590	Clowers, Addison	1	742	Haley, Jay	R	409
Anderson, Kerri	R	449	Coker, Leslie	1	496	Hall, Matthew	R	348
Arnold, Brad	R	265	Collins, Helen	R	527	Halperin, Caitlin	R	260
Austin, Andrea	R	644	Collins, Nathan	R	189	Halperin, Dave	2	698
Baggett, Christopher	R	529	Colpack, Chris	1	308	Haralson, Danny	7	311
Bahr, Ashley	R	276	Corrie, David	R	942	Haralson, Micki	8	384
Bahr, Jeff	R	268	Cowart, Britney	R	531	Harbison, Brookie	R	456
Bailey, Leslie	2	482	Cox, Damon	2	674	Hargrave, Alan	8	432
Baker, Mark	1	0	Crackel, Caroline	R	490	Harrelson, Heather	2	444
Ballard, Hunter	R	0	Crain, Teresa	1	403	Harris, Ashley	R	277
Ballard, William	5	165	Crawford, Allen	R	291	Harrison, Lisa	4	511
Barganier, LaShaunda	R	118	Crawford, Kimberly	R	619	Haslem, Jerri	R	295
Barnes, Jimmie	1	767	Crowson, Bill	R	581	Hathorne, Chad	R	268
Bartee, Samm	R	593	Crunk, Emmagene	R	405	Havicus, Cari	1	460
Bartlett, Kari	1	0	Darville, Nathaniel	R	964	Hayes, Debbie	2	574
Bass, Andy	R	489	Davis, LaJuana	R	0	Haynes, Christopher	R	0
Belcher, Michelle	3	503	Davis, Sarina	R	107	Heaton, Bryan	2	344
Benner, Kim	3	628	Dawson, Ashley	2	786	Henley, Meghan	R	431
Bissell, Kim	1	533	Dease, Joseph	R	543	Henley, Monica	2	354
Black, Dylan	1	361	Dease, Katherine	1	497	Henninger, Alison	1	471
Blain, Allan	R	391	DeBardeleben, Anne	1	503	Hickerson, Patrick	4	322
Boackle, Larry	R	492	Dell'Italia, Pat	1	348	Hill, Susan	2	201
Boackle, Tomie Ann	R	385	Denton, Matt	3	720	Hill, Tucker	1	287
Bonatz, Ekkehard	7	912	DiMicco, Al	3	411	Hogeland, Angie	R	461
Booher, Lisa	4	819	Dix, Katie	R	0	Holmes, Chris	R	300
Bowman, Brian	R	368	Doran, Stan	R	461	Hoover, Alison	4	124
Bowman, Leisha	R	91	Duke, Cindy	R	542	Horton, Kate	R	0
Bridwell, Hunter	R	253	Dunnaway, Roberta	R	0	House, Beth	3	438
Bromstad, Murray	R	631	Easterling, Natalie	1	0	Housler, Philip	1	256
Brown, Charlie	4	565	Eaton, Ellen	R	0	Hudson, Temeka	R	115
Brown, Michael	2	652	Edge, John	1	256	Hunt, Leslie	1	298
Brown, Sean	2	296	Ellison, Jennifer	R	326	Hyatt, Micheal	1	478
Bryant, David	2	676	Elrod, Stacey	1	379	Ingle, Brandon	R	158
Burns, Carley	R	351	Estes, Jeff	1	399	Ingram, Joseph	3	391
Busby, Madeline	1	511	Evans, Debbie	2	635	Izard, Georgia	1	539
Callahan, Rachel	1	686	Farmer, Austin	R	813	Izard, Melody	1	459
Carey, Christopher	2	0	Feller, Beth	2	577	Jackson, Kristin	R	323
Carlton, Bob	1	356	Fields, Barbara	R	0	Jefferson, Tracy B.	R	258
Caruana, Joseph	R	603	Fleming, Juandolyn	R	43	Jenkins, Kaki	2	381
Casey, Barry	2	149	Fontenot, Misty	R	281	Jenkins, Mike	1	234
Ceasar, Katie	R	399	Foust, Hannah	R	338	Joe, Heather	R	430
Chadha, Jennifer	R	586	Franklin, Shane	4	558	Johnson, Gerald	R	246
Chandler, Teresa	6	563	Frederick, Winston	7	672	Jones, Ira	3	216
Chiesa, Marco	R	0	Fuller, Lisa	R	0	Kane, Brandon	1	426
Christian, Alan	R	132	Funk, Robert	R	0	Katzman, Justin	R	226
Clarkson, Roy	R	272	Gann, Michael	4	583	Kearley, Christy	R	346
Clay, Brad	9	1,201	George, Meredith	R	152	Kearley, Christy	R	346
Clayton, Jennifer	R	0	German, Brandon	R	488	Kearley, Stephen	R	439
Clayton, Yocunda	1	411	Gibbs, Shirley	R	690	Keefer, Herb	R	133
Clemons, Sam	R	503	Gibson, Darrell	2	333	Kelley, Robin	2	562
Cliett, Stephanie	1	955	Gilbert, John	1	0	Kemper, Tricia	1	515



# SHOW US YOUR BTC GEAR

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



## SHOW US YOUR BTC GEAR!

Wow – the BTC is really going places! This month, we feature members in Mexico, London, Wales and Thailand. As you plan your upcoming summer travels, don't forget your BTC gear (you can stock up on some great NEW merchandise – see page 20 for more details). Let's see who can take the BTC the farthest this summer! Email your photos to:

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

Satya Gullapali and Darrell Gibson took the BTC to the woods at Red Mountain Park



Wear BTC gear, and you too will be instantly surrounded by friends!



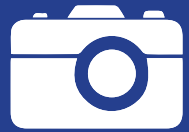
Will Andress gets a high five from Gerald Johnson at the MotherWalk 5K, May 14, 2016





# SHOW US YOUR BTC GEAR

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



Audrey Brown rocked the Shipyard Maine Coast Half Marathon on May 14, 2016



Charlie Brown and Richard Langston at the Kentucky Derby Festival Marathon, April 30, 2016



Jennifer and Will Andress at the MotherWalk5k, May 14, 2016



Kaki Jenkins got in a Memorial Day run in Bangkok, Thailand, May, 2016



# SHOW US YOUR BTC GEAR

Show us where the BTC has taken you! Email photos to:  
Newsletter@BirminghamTrackClub.com



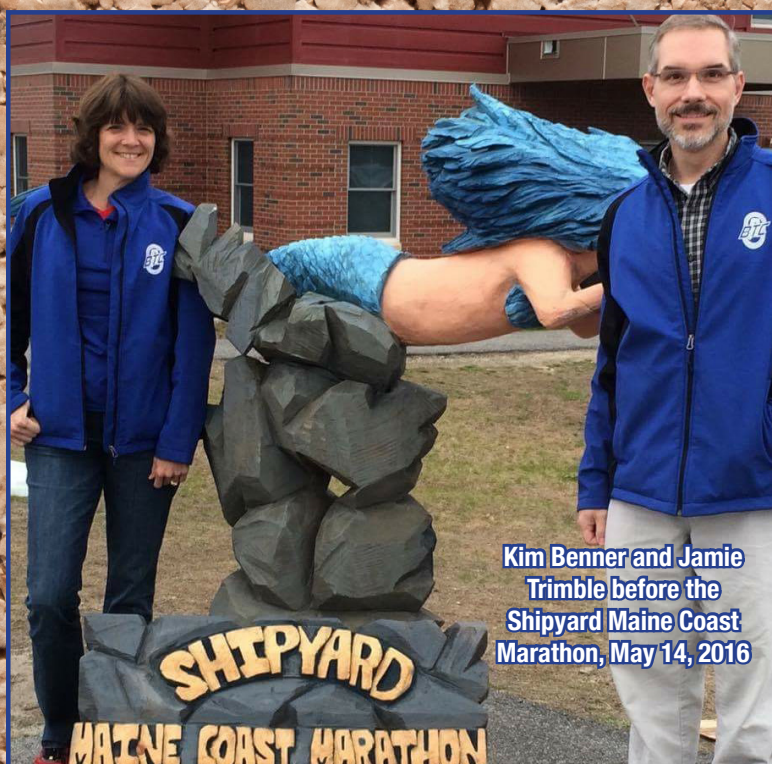
Kim Benner at Cardiff Castle in  
Wales, May 2016



Richard Langston, Eric Thomas and Charlie Brown  
took on the Kentucky Derby Festival Marathon,  
April 30, 2016



Philip "Moose" Morris ran Kensington  
Gardens in London in May, 2016



Kim Benner and Jamie  
Trimble before the  
Shipyard Maine Coast  
Marathon, May 14, 2016



## Feets of Strength

### What a great month for bragging on our members' awesome Feets of Strength!

Kudos to **Georgia Izard**, who ran her first Boston Marathon in April! Georgia finished in a time of 3:48. Way to go, Georgia!

**Wayne Qualls** completed his first Statute to Statue to Statue Run. In collaboration with the Birmingham Ultra Training Society (BUTS), members had the opportunity to run the Statute to Statute course backwards, prior to the start of the race. That's a lot of miles, folks!

Apparently, the Statute to Statute to Statute run was part of Wayne Qualls' training for the Run for Kids 50K at Oak Mountain. The Run for the Kids 50K was Wayne's first ultra-marathon, which followed his second Mercedes Marathon in February.

Also tackling the Run for Kids was **Dean Thornton**. After previously finishing a few 50K races, Dean decided to take on the Run for Kids 12 Hour Challenge and was able to run 51.53 miles -- almost 20 miles farther than his previous longest run. Dean managed to finish 4th overall and 1st Male Master, and just as impressive, he was the third highest fundraiser for Camp Smile-A-Mile, the beneficiary of all proceeds from the Run for Kids races. Dean wants to thank his teammates and friends who came to pace him: Mary Scott Pearson, Ki Shin, Jennifer Andress, and Alex Morrow.

Congratulations to **Vicki Sue Merry**, who completed the Steel City Challenge in Pittsburgh PA by running the 5K on Saturday April 30 and the marathon on Sunday, May 1. Just look at those medals. Congratulations, Vicki Sue, on becoming a Runner of Steel forged in Birmingham!

**Helen Pritchard** completed her first 10K at the UAB National Scholarship Run with a PR of 1:10:39. Way to go Helen!

**Jamie Trimble** completed the Shipyard Maine Coast Marathon with his first sub-4 finish, shattering that goal for 4 minutes with a 3:56 finish time! Congratulations, Jamie!

**Mother/son duo Carolanne Roberts and Fletcher Roberts** have been burning up the local 5K circuit lately -- after a series of podium finishes in their respective age groups, they most recently took on the Motherwalk, resulting in age group finishes for each of them. Way to go, Carolanne and Fletcher!

Let us know if you have a "feet" of strength to celebrate (remember it's not bragging if we brag for you!) We love to celebrate your victories and accomplishments with you! Here's to many more miles and smiles along the way!



BTC members at the start of the UAB National Scholarship 5K/10K (Helen Pritchard is at bottom left).



Fletcher and Carolanne Roberts



Jamie Trimble



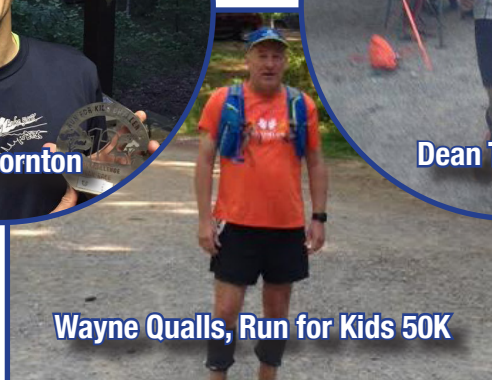
Vicki Sue Merry, MEDALS



Dean Thornton



Dean Thornton



Wayne Qualls, Run for Kids 50K



Wayne Qualls, S2S2S Run



**Attendance:**

Alan Hargrave, Amy Wright, Monica Henley, Darrell Gibson, Kemper Sarrett,, Charles Thompson, Julie Pearce, Addison Clowers, Hannah Foust, Alex Morrow, Leslie Bailey

**Minutes:**

- The meeting was called to order at 6 PM at the Tree Room of the Vestavia Hills Library.
- The minutes of the April board meeting were unanimously approved.
- Membership remains flat year over year.
- Addison Clowers is now running the 1200 mile club. Registration is closed as of March, 31.
- Alan Hargrave updated the group on "everyone@birminghamtrackclub.com." This is a feature of google docs that is available to all to use in the event you are uncertain to whom something should be addressed. He shared that there are 147 registered for the race series.
- The Peavine Falls registration site is in draft mode and ready for review. The potential launch date is Wednesday, May 11. The course map, in addition to other information is available.
- Julie Pearce updated the group on the newsletter. The next deadline is May 27. Please contact Julie if anyone has any suggestions for authors, articles, etc.
- Hannah Foust is moving back to Knoxville next month. The Next Level tees have been printed and the price point will be \$15. The Brooks shirts are in but have not been printed. They will be sold at \$25. The mock ups for the Race Series shirts are ready.
- Monica Henley updated the group on finances. Year over year balances are down to \$43,400, due, in part, to the large order of 1200 Mile Club jackets, reduction in membership and RRCA membership dues. Statue to Statue is closed and proved profitable.
- Kemper Sarrett is working with a new partner, Alchemy. Mr. Morrow asked about Athleta, who continues to show interest; however, there does not seem to be a person who follows up. Mr. Sarrett will continue to follow up.
- The May social is 5/21 at Octane in Homewood. Athleta is sponsoring the event. Steel City Pops will be provided for runners. The Baron's event is upcoming. Mr. Hargrave needs additional information to open the link on RunSignUp.
- Amy Wright is working on a membership incentive for the May social. There will be a raffle of some sort to win a quilt and/or a bobble head. More information forthcoming.
- Mr. Sarrett brought conversation to the floor around the Baron's game and how much of the event is underwritten by the club. After evaluating the expense this year, it appears the cost is sufficient and offset by the amount made in membership.
- BTC Long Run Fall Race Voting has begun. Training will start soon. Monica Henley is collecting the data and will distribute the survey soon. Current races in the running are Chicago, Pensacola, Marine Corps, Savannah, etc. There are about 15 different races that have been submitted.
- Triple Crown Challenge:
  - Hartselle Half - 9/17
  - Half Full - 10/23 / Life Without Limits in Florence 10/29
  - Magic City Half - 11/20
- Half Full is in RunSignUp and offers a group discount and is in Birmingham. Mr. Morrow is going to call the race director. Life Without Limits is a known, successful event. In the past, attendance has fallen off due to the distance and location. The course is gorgeous with much of the course off road.
- Darrell Gibson provided an update of 3 units of \$385 each, plus tax and shipping. Promotional Creations offered the estimates and already have the logo. Approximate cost is \$1300. Mr. Sarrett suggested telling them that we are not paying delivery because it is coming to their store. We also need to confirm tax.
- Mr. Gibson moved to spend \$1300 on the flags. The motion carried with unanimous consent.
- Peavine Falls registration will open on Wednesday. \$15 for members, \$20 for non-members. The week of the race it moves to \$25.
- A couple of years ago, there was a fundraiser to put the water fountain in Jemison Park. Mr. Morrow would like to do another fundraiser. The sculpture and/or bench for Rotary Trail varies from \$12,000 - \$20,000. He led a conversation to offer fundraiser ideas for water fountains for (1) Red Mountain Park or (2) Rotary Trail. Mrs. Pearce suggested combining efforts with BUTS to do both.
- The next meeting is June 13, 2016.



## BTC Membership application

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

First Name:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Last Name:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Street:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

City:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

State:

--	--

Zip:

--	--	--	--	--	--

Birthdate:

--	--	--	--	--	--	--	--

Cell:

--	--	--	--	--	--	--	--	--	--

e-mail:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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	June 11, 2016	6:00 a.m.
Take the Reins 10K	June 11, 2016	8:00 a.m.
Tallulah Half Marathon (Jasper)	June 11, 2016	8:00 a.m.
Quarry Crusher Run	June 11, 2016	8:00 a.m.
BTC Board Meeting	June 13, 2016	6:00 p.m.
BTC Saturday Long and Moderate Group Runs	June 18, 2016	6:00 a.m.
Peach Run 10K and 5K (Clanton)	June 18, 2016	7:00 a.m.
Backpacks for Birmingham 5K and Fun Run	June 18, 2016	7:30 a.m.
Sammy's Run 26 <sup>th</sup> Annual Fultondale Stampede 5K	June 18, 2016	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	June 25, 2016	6:00 a.m.
Aubie 5K	June 25, 2016	8:00 a.m.
Peavine Falls Run – BTC Race Series	July 4, 2015	7:00 a.m.
BTC Board Meeting	July 11, 2016	6:00 p.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.