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July - August 2016

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BIRMINGHAM TRACK CLUB WHERE RUNNERS ARE FORGED THE VULCAN RUNNER

Runners Giving Back

By: Kelsey Stein

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RUNNERS GIVING BACK

As runners train, we focus on mileage and elevation, splits and PRs, upcoming races and marathon medals. But what if your workouts could also provide a Birmingham teen with textbooks, support conservation efforts at Turkey Creek Nature Preserve, or provide a foster home for adoptable animals?

That's the idea behind Big Benefit Run and Ride, a nonprofit that raises money for and promotes awareness of other small, local nonprofits.

In 2012, Greg and Kathy Stein began searching for a way to combine their love of running with their desire to make Birmingham better.

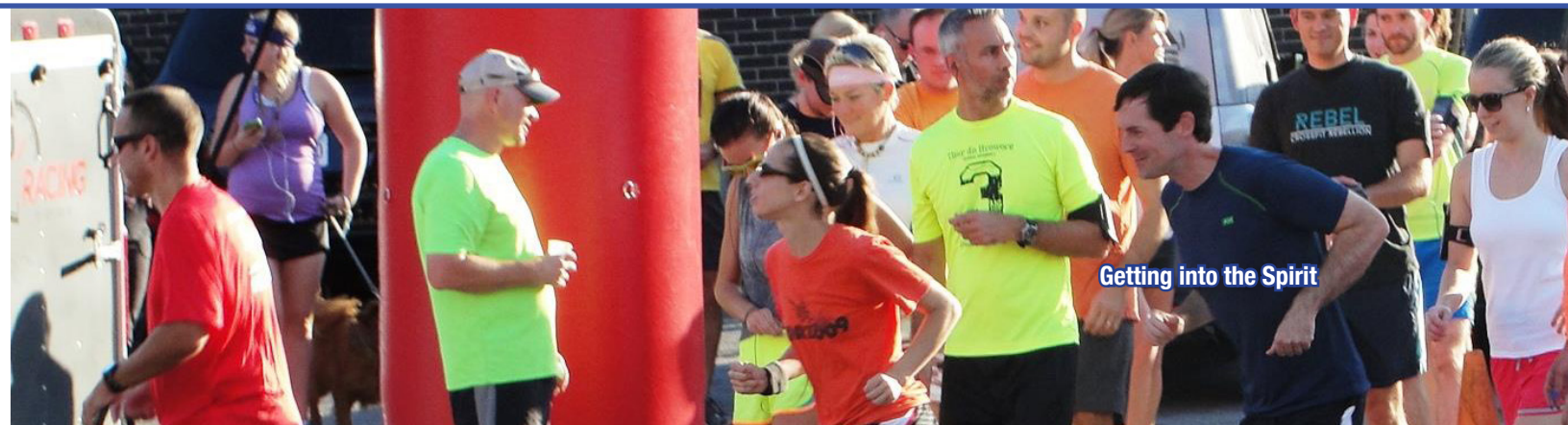
"Runners have an active lifestyle, so you can bring a large group of people together who already have something in common," Greg Stein said. "Most people have the desire to support some charities, to do something good for their community, and we wanted to support some of the smaller nonprofits that people haven't really heard of, that maybe aren't as much on the radar."

Since that inaugural run, Big Benefit has raised more than \$75,000 to aid dozens of local charities, from animal rescue groups to food pantries to veterans' support organizations.

"It's something that anybody can do," Stein said. "You don't need to go out and buy gear. No special skills are required, and so, because of that, you can get a lot of people together and people feel good about running and about helping their community."

One of the early Big Benefit runs supported Pediatric Burn Foundation of America. The Birmingham-based nonprofit's major undertaking each year is Camp Conquest, a summer camp for pediatric burn survivors.

"We don't have the name recognition or the fundraising of many larger nonprofits," said Kelly Pinion-Smith, a runner who volunteers with the foundation. "I think we got the most benefit from Big Benefit not so much in dollars and cents, but just getting our name out there, getting people to know who we are."



Big Benefit Run launched in April 2012 with a 5K fun run at Good People Brewing Company. The run supported the Freshwater Land Trust, a nonprofit focused on water quality and greenspace.

The monthly events are straightforward - \$10 gets you an entry into the 5K run, a Good People beer and a chance to win door prizes - and nearly all the proceeds go to the charity involved. Big Benefit is entirely volunteer-run, and the only major expense is insurance.

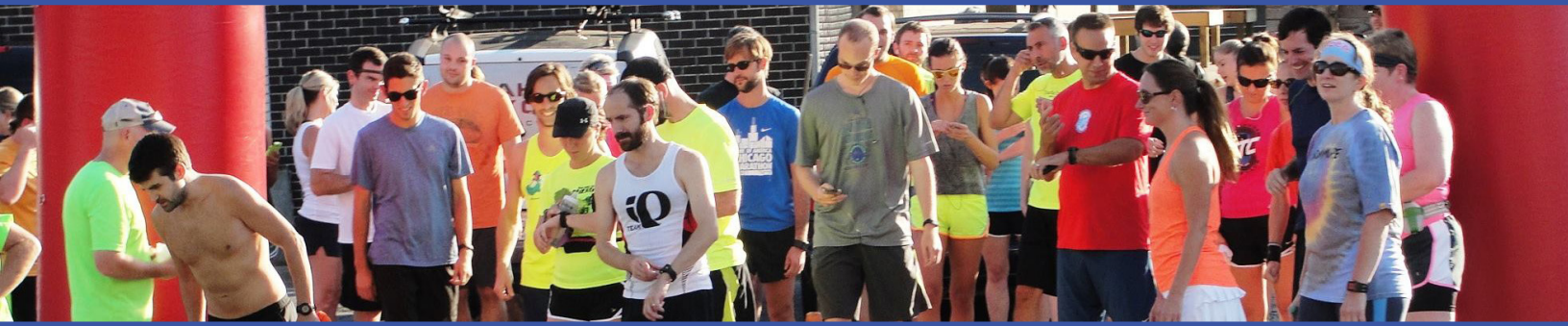
Often, runners learn about a nonprofit for the first time and donate more than the \$10 entry fee or become involved long-term as a volunteer or donor.

After the run, quite a few participants asked for more information about the foundation and the camp, wanting to contribute more money or time to the cause.

The foundation's involvement with Big Benefit Run and Ride also gave Pinion-Smith and other volunteers the chance to network with other small, local nonprofits. Several organizations have begun collaborating on fundraising events, pooling their limited resources and largely volunteer-powered efforts to support their various causes.

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"As a runner, you're always looking for some sort of social outlet," she said. "It's for a good cause, it's affordable, and everyone leaves feeling like they've done something good, that they contributed somehow to their community."

After a few successful monthly runs, Greg approached his friend Jeh Jeh Pruitt with the idea for a larger-scale event called Tour de Brewers. The 10K run, in partnership with Tin Roof and all of the city's breweries, would benefit The Dannon Project, a nonprofit run by Jeh Jeh and Kerri Pruitt.

"I thought it was a great idea because I knew the two communities - the running community and the beer-drinking community - are very loyal," Jeh Jeh Pruitt said. "Little did we know that Tour de Brewers would take off like it did. It's become a hit, a biannual event that everybody wants to come to."

The Dannon Project was named for Jeh Jeh's youngest brother, who was killed by a man who had recently been released from prison on a nonviolent offense. The Pruitts believed that offering support and reentry resources would not only prevent similar violence in the future, but would help nonviolent offenders become healthy, productive citizens. It has since become one of most successful reentry programs in the country.

"The Dannon Project appeals to everyone, whether you're liberal or conservative, because of what they do," Stein said. "They help people become consistently constructive members of the

RUNNERS GIVING BACK

community. And they don't just financially impact the community, but they contribute from a lives perspective - not just the life of each person in their reentry programs, but also the lives of anyone else those people go on to touch."

The first Tour de Brewers 10K in September 2012 attracted more than 200 runners and raised about \$4,000 for the nonprofit. Tour de Brewers has become Big Benefit's most intensive undertaking:

In March 2016, the eighth event attracted almost 900 runners and cyclists and raised more than \$10,000.

"That's 800+ people that we were able to reach and tell about what we do," Pruitt said. "If they know someone who needs these services, we say they should tell them to give us a call. We're able to reach so many people, and new people are coming to Tour de Brewers all the time."

About 95 percent of The Dannon Project's funding comes from grants earmarked for specific purposes. The money from Tour de Brewers goes toward many smaller necessities that most people take for granted, Pruitt said.

They use it for transportation to and from job interviews or workplaces, emergency housing, meals - the often overlooked things that can make the difference in helping someone find solid ground after being released from prison.

"Without [Big Benefit] there's no way we would be able to provide some of the services that we offer," Pruitt said. "I want to thank the running community because, first of all, they promote health.

Second of all, they really, really know how to create and support events that not only bring awareness to health but awareness to causes."

Big Benefit Run has grown in leaps and bounds over the last four years.

"People ask all the time, 'How can I do something like this?'" Stein said. "Take something you love to do and figure out how it can benefit other people."

In 2013, the organization incorporated cycling into its events, becoming Big Benefit Run and Ride.

In 2014, the first One.One Run was held on January 1, offering a way for Birmingham's runners to start each new year on the right foot by exercising and supporting a local charity.

The organization has held about 40 smaller monthly benefit runs and provided support for about a dozen other local races.

They also have created a running program for students at Maranathan Academy, an alternative private school for at-risk children and nontraditional students.

"Runners are incredibly generous, and they always support these different causes but very few causes directly relate back to running," Stein said. "Part of the motivation for the Maranathan running program stems out of The Dannon Project. What if we can touch somebody's life with something really positive and really adding in a good way that can make a positive impact on them for the rest of their lives?"

Some runners who volunteer with local nonprofits have made suggestions for future Big Benefit runs, while other nonprofits hear about the program on their own.

Nonprofits that have partnered with Big Benefit:

1st Foundation
The Animal League of Birmingham
Pediatric Burn Foundation of America
Two-by-Two Animal Rescue
Two-by-Two Animal Rescue
The Crisis Center
The Dannon Project
Desert Island Supply Co.
Freshwater Land Trust
Hand In Paw
Heart Gallery of Alabama
Isabella & Ross's Closet
Junior Achievement
Magic City Harvest
Maranathan Academy
Triumph Services
The Red Barn
Bici Coop

Big Benefit Run and Ride is always looking for new causes to help and more nonprofits to support. Any suggestions can be submitted through the organization's [website](#) or by calling 205.266.0549.

BTC Water Stops

Stay Hydrated, BTC!

As the weather turns even warmer and more humid as we move into August, staying hydrated during a run is a priority.

[An up-to-date list of water stops is posted on the BTC's website](#) to assist you in planning routes. If you know of other area water fountains or own a “runner friendly” business and want to host a permanent or seasonal water stop, please let the BTC know so we can update our lists.

A big BTC “thank you!” to Grille 29 for sponsoring a very welcome water stop at its Brookwood Mall location (I hear the water is always cold)! Please thank Grille 29 and the many other runner-friendly businesses in our area for making our hot runs safer and more tolerable. Remember to keep these spaces clean by throwing away your cups, gel packets, etc.

ST. JUDE WALK/RUN to End Childhood Cancer



**St. Jude Children's
Research Hospital**

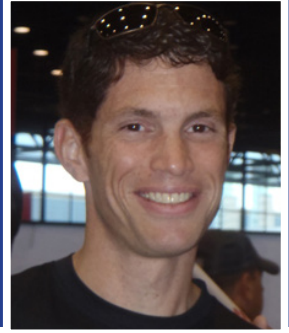
Finding cures. Saving children.

Sept. 24
stjude.org/walkrun

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

PRESIDENT'S ADDRESS

By: Alex Morrow



Hello, fellow BTC Members

I want begin my address with a HUGE thank you to every single BTC member who made this year's Peavine Falls Run such a huge success. 559 runners registered for the 35th running of this iconic race making it the second largest registration in the event's history! When you consider this 8.2-mile race, up the side of a mountain, is no cake-walk, that number is staggering! Whether you were a participant or a volunteer, you have my deepest gratitude. People often ask how I find the time to serve as BTC President and also as the Peavine Falls Race Director. The answer is simple, "Surround yourself with talented, creative, and hard-working individuals who love running as much as you do!"

This year, BTC Treasurer Monica Henley agreed to serve as the Peavine Falls Run Assistant Race Director, and she was superb! It is nice to have a person you can reach out to with any task and know it will be handled quickly and professionally. In addition, we have a fantastic Finish Line Crew. These are the folks who do all the heavy lifting and make sure our events are set-up and broken-down on time, and done well. Finish Line Crew Coordinator Darrell Gibson, along with Keith Henley and Jamie Trimble do all the heavy lifting -- both figuratively and literally -- and we would be lost without them! I also need to thank BTC Volunteer Coordinator Kim Benner who assembles a whole gaggle of smiling volunteers to make sure packet pick-up and race day run smoothly. There is not enough space to thank everyone individually, but please know that I truly appreciate the more than twenty volunteers who gave up their time on an early 4th of July morning to help out the Birmingham Track Club. You folks are what make our club amazing and so much fun!

Speaking of fun, are you ready for some baseball? July 23rd is the date for this year's BTC Night at the Birmingham Barons. This annual tradition has turned into one of the most popular events the BTC hosts. Where else can you get a baseball ticket, food, drink, and a whole lot of fun for one low cost? BTC Social Chair Katherine Dease has created another great event for the club, and I hope you will join us. This year the BTC has reserved the Third Base Party Patio, which means we all will get to stay together, under a cover (no rain issues for us!), with a great view of the field, in a family friendly venue. Tickets will sell out quickly, so get yours by visiting: <https://runsSignup.com/btc-barons>

The July fun does not stop after the BTC Night at the Barons! July 30th is the classic Retro Run 5k hosted by our friends at the Trak Shak in downtown Homewood. If you love fun, you will love this event. The theme of the race is right there in the title: Retro! Now is your chance to break out the crazy costumes, mingle with friends, run a fast 5k, and then stick around for a huge post-run block party! Dig around online and find some pictures of the event in year's past. Once you see those pictures, and all of the smiles, there will be no way you miss this race!

The BTC is a proud supporter of the Retro Run 5k, and we help by manning the most rocking, loud, and fun waterstop on the course. Why is this the best waterstop? Because it is made up of BTC members! We would love for you to join us if you are not running the race. To get in on the fun, simply [email Volunteer Coordinator Kim Benner](#).

By the way, being a BTC member has its perks. Make sure to check your email for a \$10 off BTC discount code for the Retro Run 5k. ☐

Speaking of perks, if any of you are planning to run the 5k, half marathon, or full marathon in Chattanooga on October 16, 2016, make sure to use the following code when you register: PEAVINE -- Doing so will save you 20% on registration!

Lastly, I hope all of you will join me in welcoming the newest addition to the BTC Executive Committee. Karen West has graciously agreed to take over the Merchandise Chair position, and we are thrilled to have her! If you have been to any BTC event over the past three years, you have seen Karen. She is always volunteering and doing so with a smile. Welcome Karen!

It has been a busy summer, and things are still heating up. We now turn our attention the Vulcan Run 10k, so get ready folks, this year will be one of the biggest in recent memory. Stay tuned for details!

Kindest Regards,

Alex Morrow
BTC President

BTC *Barons* SOCIAL UPDATE

Join the BTC for one of our most fun nights of the year! BTC Night Out With the Barons | July 23, 2016

The BTC has reserved the Third Base Party Patio, which is covered in the event of inclement weather. Dinner will be served (Dreamland BBQ, grilled chicken, baked beans, potato salad, chips, cookies, soda and iced tea), along with beer (two kegs provided by the BTC).

Ticket prices:

Adult BTC member: \$20; Adult non-member: \$31.00
(100% of ticket cost)

Child of a BTC member: \$15.00; Child non-member: \$27.00
(100% of ticket cost)

*You may sign up for a BTC membership or renew your membership online before ordering tickets to get the discounted rate.

Ticket pick-up: Good People Brewing 5-6:00 pm (after 6:15, pick-up by Group Ticket Will Call, at the side entrance)

Ticket prices include food and beverages and admission into the reserved Third Base Party Patio area.

This party is a sell-out each year, so don't delay! Order tickets online at: runsignup.com/btc-barons



RUNNING TOGETHER SEPARATELY

POST WORKOUT RECOVERY FOODS (AND A BIT ABOUT NUTRITION ADVICE)

By: Carrie Longoria

Normally, when I write a BTC article focused on nutrition, I do it with direction and evidence behind me. I feel very confident and solid in my messaging with answers for any questions that may come from my running friends. In this article, my focus is recovery foods: foods that we consume within 2 hours of a run or hard work out that replenish not only carbohydrates for glycogen replenishment, but also protein for muscle repair and growth. In doing my research to ensure I was giving evidenced based information, I realized what I thought was evidenced based information actually was not. Well, I should clarify – the evidence analysis showed there was not enough evidence to prove or disprove what I thought was a certain fact.

What am I talking about? The Evidence Analysis Library, or the EAL as it has become known to members of the dietitian registered nutritionist world. Anytime we want to see what the evidence says, we go to the EAL and review the findings. The Academy of Nutrition & Dietetics has committees that review studies and all the evidence on any topic you can think of and assign a grade of I, II, III, IV, or V -- Grade I: good evidence, Grade II: fair evidence, Grade III: limited evidence – not enough evidence for or against it, Grade IV: expert opinion only & not substantiated by studies, Grade V: unassignable/no evidence.

My plan was to write about recovery foods that were high in branched chain amino acids (BAA) that are thought to be more quickly absorbed post workout and lead to a quicker recovery, maintain/preserve lean muscle mass (aka keep your metabolism up), and therefore get you stronger as you push yourself while you train. Guess what? There is not enough evidence to prove or disprove that statement. I found that hard to believe, so I reached out to a couple of dietitian colleagues who specialize in sports nutrition for their input. And guess what? They knew what I wanted to write about was not necessarily evidence based and sent me some studies to help with what I could write.

Which led me to start thinking, how many of us are taking nutrition advice from non-nutrition experts (who cannot check and cross check the nutrition statements that are being made around us all the time), and we are taking them as fact? Anyone can give us nutrition advice, and as runners we get advice from other runners all the time. You may have a trainer giving you an eating plan while you train with him, or a Facebook friend who touts the latest and greatest protein shakes, supplements, and healthy eating plans. But how can you know what is evidence based advice and feel confident that the person giving it checks her facts, and is not regurgitating the latest marketing material from a pyramid scheme?

A registered dietitian nutritionist is anyone who has received a four year degree in nutrition, has done a minimum of a six month internship in the field and has passed the registration exam. Yes,

just like nurses, dietitians have to pass a registration exam. In the state of Alabama, a registered dietitian nutritionist has to have a license and maintain 30 continuing education hours every two years in order to practice. This is great because it protects you -- the consumer -- from a non-clinical person giving you or a loved one nutrition misinformation, while the real goal is to sell their latest cleanse or promise to improve your performance. (Side note: There are no food combinations that become toxic and require a cleanse. Might you want to eliminate some refined sugars and reduce carbs? Sure. Does that require a cleanse? No.)

If someone gives nutrition advice and presents himself as a registered dietitian or nutritionist or in the realm of one, and is not licensed as such, he is breaking the law. The only way someone can give nutrition advice to another person in the state of Alabama, without being a registered dietitian or registered nutritionist, is if he is working under a registered dietitian on staff who is managing that individual and is reviewing the eating plan he is distributing. So to sum up: registered dietitian nutritionist = legal and safe. Anyone calling himself a nutritionist, nutrition entrepreneur or nutrition enthusiast = be careful and leery of his advice unless he is working under the direction of a registered dietitian nutritionist. Here is the link to the practice guidelines in Alabama: <http://www.boed.alabama.gov/rules.aspx>.

So, back to my initial topic for this article. Recovery foods post workout. . . what does the evidence say? The evidence says a 3:1 carb to protein ratio is the best for glycogen and muscle recovery within two hours of a workout. So while the evidence does not show a specific kind of protein is better than another, it is important to get it. In fact, the EAL gives a Grade I to this statement: "Ingesting protein (20-30g total) during or after exercise led to increased muscle protein synthesis as well as improved nitrogen balance." This is why low-fat chocolate milk is touted as the perfect post-run recovery drink. And while it is delicious, what should you eat or drink if chocolate milk is not your thing? Here are some other ideas:

RECOVERY FOODS

- **Smoothie with low fat milk & fruit (I use Fairlife milk as it has 2x the protein of regular milk)**
- **Greek yogurt with granola**
- **Nut butter & toast (peanut butter, almond butter, cashew butter)**
- **Cottage cheese & fruit**
- **Low-fat cheese & an apple**
- **Edamame & Coconut Water**
- **Cereal with milk**
- **Protein bar**
- **Handful of nuts and raisins**
- **Oatmeal with low fat milk**
- **Orange & Probiotic (examples: Lifeway, Kerfir)**

Recipes

When you don't have time for breakfast but you need something good for recovery post run (protein) and to get your day energized, this quick five minute, five ingredient recipe can do the trick!

Avocado Toast with Sunny Side Eggs

Ingredients per serving:

1 slice whole grain bread
1 oz mashed avocado
2 eggs
Salt and pepper to taste
(I usually add hot sauce or sriracha sauce)

Directions:

Mash avocado in small bowl and add salt and pepper
Heat skillet (with oil) and cook eggs to desired doneness
Place mashed avocado over toast and top with eggs

Nutritional value:

Calories: 300
Fat: 14g
Carb: 23g
Fiber: 5g
Protein: 19g
Sugar: 4g
Sodium: 280mg
Potassium: 130mg



For our vegan friends, here's an easy and delicious way to pack in some protein. This scramble is loaded with protein, healthy fats and turmeric, which is a natural anti-inflammatory.

Scrambled Tofu with Vegetables (2 servings)



Ingredients:

1 block extra firm tofu
Diced vegetables (onions, bell pepper, mushrooms, etc.)
Thyme (fresh or dried)
Turmeric (dried)
Dried mustard
Salt and pepper to taste
Red Star nutritional yeast

Directions:

Drain water from tofu and press between two plates to remove as much water from the tofu as possible (tofu will absorb more flavor if thoroughly drained)

Heat skillet with oil (coconut oil works well), and sauté vegetables. This recipe is a great way to use leftover vegetables from another dish, or use pre-diced mixed vegetables to save time.

While vegetables are cooking, add block of tofu and crumble with spatula. Add turmeric and dried mustard to thoroughly coat tofu (it will turn a shade of yellow reminiscent of scrambled eggs). Add salt and pepper to taste, while continuing to add more turmeric and dried mustard to taste as you continue to scramble the tofu mixture. Add thyme and any other spices you enjoy – garlic is also delicious.

When tofu and vegetables begin to brown, add 2-3 tablespoons of nutritional yeast, and stir well. Nutritional yeast is a great source of protein and B vitamins that can be difficult to get on a vegan diet. Plus, it has a delicious nutty, cheesy taste.

Once nutritional yeast is thoroughly incorporated, and tofu mixture is nicely browned, serve immediately. Combine with avocado slices and toasted Ezekiel bread if you're especially hungry.

I want to hear what some of your “go to post run recovery foods are. We tend to stay in our usual food circles, and I for one love to get ideas from others! Tweet us and let us know about your favorite post run recovery foods. We will include them in our next article in The Vulcan Runner. Also, if you would like to know how to locate a registered dietitian nutritionist in your area, please go to: <http://www.eatright.org/find-an-expert>.



A quick snapshot of our favorite post run snacks & drinks

2016

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SURVIVING INJURIES

AND COMING BACK STRONG

By: Julie Pearce



I am an injury-prone runner. Even as I type this, I'm admiring the shiny new orthopedic boot on my right foot – necessary because I actually wore a hole in my old boot. Yes, really. I'm putting my orthopedic doctor's children through college and not even getting a tax write off for it. But I digress. . . .

How are some of us seemingly immune to the common ailments that plague so many runners, while others of us seem to attract tendonitis, Achilles problems and IT band issues like bees to honey? True, some of us in the "injury prone" club may have bad genes, flat arches, or a gimpy gait, but others of us simply may have bad luck. Injuries are, unfortunately, part of being an athlete at most any level, but hopefully, most will be minor blips in a long running career.

Being a veteran of a variety of injuries has brought me into contact with some of the best doctors, therapists and trainers in the business, and I have learned a great deal from each of them. Here are some of the coping mechanisms and practical tips that have helped me the most.

Facing Reality

With a serious injury, allow yourself a bit of time to mourn. Hearing the words "stress fracture" for the first time made me feel like I'd been punched in the stomach and yes, there were tears. Ugly ones. And I'll fess up to maybe eating my weight in those little chocolate bars some of our assistants keep at their desks in an effort to cheer myself up a bit. And that's okay – losing the ability to do something we dearly love hurts – sometimes a lot. But sooner or later, we have to face the reality that we may be out of commission for a while.

An important part of facing reality is to determine if the injury could have been prevented. Do not beat yourself up about every mistake you think you made in your training (it is so easy to Monday morning quarterback every run to death). But it is helpful to review your training logs to look for trends or patterns that could indicate problems. And be honest with yourself: Did you increase your mileage too quickly? Run in shoes past their prime for a few too many runs? Or maybe you failed to address a nagging injury that eventually turned into a chronic problem (umm, guilty). Knowledge is power, and knowing where issues may have originated can help prevent future problems.

But not every injury has a direct cause – sometimes, injuries just occur without any obvious cause or without any real warning signs. While there may not be a definitive answer to every "why" we ask, I am an advocate for doing what we can to try to seek those answers. "Runner friendly" healthcare practitioners understand that mentality and can be terrific educators and allies in helping you get to the bottom of your medical issues.

Planning Your Recovery

You've complained about the deferral you had to take in your latest race. Faced the reality that this – once again – might not be your BQ year. And eaten your way through your husband's secret stash of Triscuits he hides from you (oops). But gaining weight and feeling sorry for yourself every time you pass runners in your neighborhood isn't going to get you back out on the roads or trails any faster. Time to pull yourself up, take stock of the situation, and put together a recovery plan.

Top Ten Things Never to Say to a Runner in a Boot

1. Oh, six weeks will just FLY by!
2. My friend/uncle/second cousin had that EXACT same injury, and now he can't run AT ALL!
3. Maybe you should try biking/hiking/yoga/elliptical instead.
4. Just tough it out and keep running.
5. I told you all that running was bad for you!
6. But you can always swim, right?
7. Maybe this is just the universe's way of telling you to stop running.
8. But now you can spend all that extra time with your family! (As if my family really wants to hang out with me between the hours of 4:30 and 6 a.m.?)
9. Have you tried the new HOKAs/Newtons/Altras/Addias shoes? They fixed my plantar issues overnight! (when plantar issues are not even remotely close to your problem)
10. Look on the bright side – now you have an excuse to work out less!



SURVIVING INJURIES AND COMING BACK STRONG

Attack recovery with as much energy and gusto as you attack an aggressive race plan. Focus on the positives – and there ARE positives, even if they are small ones. With my last injury, I spent my first few weeks focusing on sleep, which is something that had been woefully lacking in my life. Sleep will aid recovery and helps your body heal. [Studies have shown](#) that sleep plays a critical role in muscle recovery after an injury, and sleep deprivation can impair functional recovery. So there's that, at least.

Maintain your level of fitness as well as you can, but realize that you very likely will have some "catching up" to do once you're cleared to run again. See the sidebar for a list of lower impact activities that can help maintain fitness (and in some cases, even improve it).

And finally – stay positive. Margaret Smith, PhD, a sport psychology consultant in Birmingham, says on surviving injury and the injury comeback: "There's ample research showing that athletes who are able to tell themselves 'Where I'm at right now is OK,' -- and able to look at all they're doing, like rehab exercises, intentional rest and recovery, and careful comeback progressions, as evidence that where they're at right now really is OK -- have a great likelihood of coming back stronger than before the injury. Of course, easier researched than actually done, but positive performance imagery really works. It's easy to discount all you're actually doing when you can't run the way you want to run, but taking a little time to acknowledge - and embrace - what you are doing can make a big difference." Excellent advice.



Live and Learn

Along with facing the reality of why an injury may have occurred, it is important to use that knowledge to try to prevent reoccurrences or future problems. Some are easy – my first bout with IT band syndrome likely was a result of overtraining and inexperience when I ran my first half marathon – simple to fix. Others, not so much – it took two MRI scans, bloodwork and a bone density scan to determine my multiple stress fractures were caused by bad bone density – certainly not something I ever expected. But again, knowledge is power, and now that I know my underlying issue, I can address it appropriately.

Looking for answers, even if you don't find definitive ones, can aid you in your recovery and "re-entry" by refocusing your training. Use this time to strengthen weak muscle groups that may not have done you any favors, work on your gait or form, and tweak your future training plans to allow for more rest, more cross training, etc.

Focus on What You CAN Do

Many runners are hesitant to take time away from running to cross train, but I promise, cross training is worth the effort, when you're injury free and when you're not. If your doctor approves, replace that morning run with a low impact activity that will still get your heart pumping and blood flowing. Swimming, deep water running, rowing, boxing, TRX, indoor cycling and high intensity circuit training can be good choices (depending on your injury), and once you are cleared for a bit more impact, elliptical machines, arc trainers and speed walking can provide good workouts as well. Maintaining an active lifestyle does wonders for your outlook and keeps your body used to physical activity, which makes for a smoother transition back to the running world.

Focus on the dietary changes you've been promising yourself you'd make. Losing weight or changing the way you eat can be difficult (or may not even be advisable) while training, but with a decrease in your overall activity level, this period of respite may be a good time to jump start a healthier way of eating. Recognize that your body may be shocked by the sudden decrease in activity, and – at least in my experience – it can take a while for it to realize that it doesn't need the same calories because it's not working quite as hard.

Maintain Connections

Those of us who run with groups or with a friend or two know how social running tends to be. I'd guess my running friends and I know more about each other than our spouses sometimes. We see our running friends for an hour or more once, twice, maybe six times a week. And when that outlet suddenly is gone, we're not quite sure who to tell about that quirky thing our child just did, or the random crazy thing that happened at the office. My advice? While you may not want to troll your running group's Facebook page to see what everyone else is running on a daily basis, don't cut yourself off from your running friends. During periods when I've been able to walk but not run, I made a point to start my Saturday "long walk" with the BTC long run group so I could see friends. Know other injured runners? Meet them at the pool or gym for a deep water run or a workout.

And if you're the friend of an injured runner, check in periodically to see how he's doing. Invite him to your running group's breakfast-after-a-run meets ups or ask her how her PT is working. Cross train with her sometime – it will be good for both of you. Trust me, these contacts can go a long way towards making a recovery period more bearable.

SURVIVING INJURIES AND COMING BACK STRONG

Ease Back in to Running

Have many of you have heard your doctor say you can begin doing “a little running” in three to four weeks, and found yourself going out for “an easy five or six miles” the very first day of week three (raises hand)? Runners are among the best at hearing what we want to hear and then filling in the questionable parts with our own logic. But this classic overachiever mentality isn’t the best way for our bodies to return to what we were used to doing pre-injury – trust me on this one (been there, done that, remember?). I’ve had good success with a run/walk plan as I returned to running after an injury – I’ve found it enabled me to increase my mileage faster and easier than straight running.

[Experts suggest](#) you be able to walk pain free for 30 minutes prior to returning to running. Your initial runs should take into account how long you have been off – for example, after a two week break, start at 50 percent of your prior weekly mileage; after a four week break, start at 30 percent, and so on. I highly recommend easing back into your runs cautiously – as much as I love running with friends, it is easier for me to transition back to my regular distances and paces if I run my earliest “come back” runs alone. This helps me focus on how my body is reacting and takes away the pressure to try to keep up with the group.

If you currently are on the “injured reserve” list, I wish you a speedy and solid recovery. And now that I’ve convinced myself that writing about running doesn’t quite qualify as cross training, I suppose I’d best be off to the elliptical – at least the gym is air conditioned!

CROSS TRAINING WHILE INJURED

**While nothing is quite the same as running to the runner,
here are some cross training options that will get your heart pumping and adrenaline flowing:**

- **Swimming**
- **Deep water running**
- **Rowing**
- **Boxing**
- **TRX**
- **Alter-G treadmill (anti-gravity)**
- **Indoor cycling**
- **High intensity circuit training**
- **Elliptical machines**
- **Arc trainers**
- **Walking, speed walking and hiking**
- **Barre and similar dance classes**
- **Yoga and pilates**
- **Strength Training**

Always modify all activities to accommodate your injuries, and consult your doctor before beginning a new activity. Low impact is the goal!

2016 Officers



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Alex Morrow

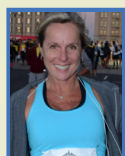
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BTC Mission Statement

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



Triple Crown Challenge

The BTC Triple Crown Challenge is back and better than ever!

This year, we will take on the **Hartselle Half Marathon** on September 17th, followed by the **Half Full Half Marathon** - a race that is brand new to Birmingham but is part of a nationwide race series emphasizing motivation and fun (sounds like a perfect fit for the BTC!). We will cap off the series with our traditional final race, the **Magic City Half Marathon** on November 20th.

Stayed tuned for **Triple Crown** registration details, which are coming soon! As a reminder, you must register for the **Triple Crown Challenge** first, after which you will receive discount codes to register individually for the three races.

Remember: The **Triple Crown Challenge** is open to BTC members only, so [join now](#) if you want to participate in the challenge!



Want to Write for The Vulcan Runner?

Love to write? Take great photographs? Or just want a fun way to get involved with the BTC?
Then join us!

As the monthly publication of the BTC, The Vulcan Runner strives to provide useful and entertaining content each month. But we need YOUR help to make that happen!

You don't need formal training or a degree in journalism – just an attention to detail (and deadlines) and a desire to help us continue to put out a great publication! Writers, photographers and those with an interest in ad sales are needed. Not sure how you can help but want to learn more? We will find a place for you!

[Contact Julie Pearce](#) for more information or to volunteer.

COMMUNITY CORNER

By: Jennifer Address, BTC Past President

Happy Summer, BTC! I have a few updates to share regarding some of our regular running routes in Homewood, as well as a follow-up on our discussions with the Rotary Club on a BTC contribution to the beautiful new Rotary Trail downtown, and a new report on sidewalks in Pelham.

Homewood Sidewalk Project I recently spoke at length with Alex Wyatt, Homewood City Councilman from Ward 4. He updated me on a meeting that was held for Ward 4 residents concerning the area's sidewalks, specifically one for Saulter Road, which had been budgeted for last year.

Councilman Wyatt explained that the terrain in the area has made this project more difficult than expected. City Engineer Greg Cobb has surveyed the entire stretch from Highway 31 all the way to the curve leading to Broadway. Some stretches, like those behind Samford University, are straightforward and would not take much money or time. Other stretches, like the curve before Broadway, have deep ravines on one side and a steep incline on the other. A connector (for example, a raised bridge) to Broadway along this stretch would cost more than double what the City had budgeted for the entire project.

Councilman Wyatt went on to explain that the City is looking at all options, including working with Samford, for some of the road. He said the city would probably divide the road into sections and take them on in order of ease and low cost. That will mean there will not be complete connectivity until the entire project is done, but anything will be an improvement over the current situation.

Other areas on the City's sidewalk agenda, which BTC Saturday morning long runners will recognize, are: Mayfair Drive, Old Columbiana Road behind the Publix on Green Springs, and Rumson Road leading from Yorkshire Drive, by the Shades Valley YMCA, out to Lakeshore Parkway. Rumson Road is also being considered for a new "one-way" designation.

For Mayfair and Rumson, and parts of Saulter, the city is considering a "road diet," where the road is narrowed and sidewalks are created from the edges of that section. An example of this in Homewood is Roseland Drive, to which sidewalks were added last year. A road diet has the added advantage of slowing down traffic -- studies have shown that drivers perceive the narrower road and slow down instinctively.

Whenever these discussions are held in Homewood, I must note that several residents always complain about paying for sidewalks, only to have runners disregard them and run in the streets. So here is my official request: use the sidewalks whenever they are available! But be careful, because they are not always as level as the street. And also run facing traffic on the left side of the road; I see young people (presumably Samford students) along Saulter Road behind the University running with their backs to traffic almost daily.

The Rotary Trail Update The BTC remains in discussions with the Rotary Club for some type of contribution to the fabulous new Rotary Trail. I love that our club is giving back to our community, so stay tuned as we continue to look for a project for which we can fundraise and contribute within our means as a non-profit. We also are continuing our discussions to partner with Birmingham Ultra Trail Society for a water fountain at Red Mountain Park. We are awaiting news from the City of Birmingham, and I will keep you posted on those developments. I do not have a current update from the City of Mountain Brook on any of its projects, but I did and will continue to ask!

Pelham Sidewalk Project Just as I was finishing up this column, I caught this update on Facebook, so the reporting is not my own but that of ABC 33/40. Two new sidewalk projects in Pelham will eventually connect Pelham High School to Pelham City Park and to Oak Mountain State Park.

The first project will connect Pelham High School to Highway 31, with sidewalks along Bearden Road. The City of Pelham is already working on moving utility pipes, and bidding for the project went out last month.

According to ABC 33/40, Pelham Council President Rick Hayes says the goal of the sidewalk project is to increase safety. He says the school's cross-country team has run along the road for years. "There was a bad accident in August of 2011 where [a student] was hit and nearly killed," said Hayes. "It was just a very tragic situation. He has recovered. But it just highlighted how dangerous the road had become and still is today."

Councilman Hayes says he expects construction to take about two months. I will follow up with Councilman Hayes before next month's column for an update.

The sidewalk will connect with a second project, which also is underway. A trail will be built along Bishop Creek, which travels parallel to Highway 31. It will end at Oak Mountain State Park.

ABC 33/40 quotes Councilman Hayes: "It's much more about added transportation opportunities where you don't have to get in your car to go from many of our neighborhoods to get to the city park, to get to our future rec center, to get to the middle school."

The city is waiting for AL-DOT to approve some contracts, and it has named an engineer to get started on the project. Councilman Hayes said he hopes the City can break ground on the trail in the next three to four months. It is very exciting for our communities to recognize the need for walkability and safety!

Stay cool and hydrated this summer, and I look forward to keeping you updated on these ongoing projects!

BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

Michael Anderson
Samm Bartee
Robert Bashinsky
Kim Blackenburg
Luvern Blackwood
Lawanda Bonner
Jessica Burnett
Lee Burnett
Laura Chaath
Morgan Chaffinch
Randy Chaffinch

Richard Chaffinch
Violet Chaffinch
Ron Chambers
Lisa Davis
Ron Dean
Stan Doran
Hannah Foust
Jonathan Graham
Dana Guthrie
Marc Guthrie
Ann Haas

Alison Henninger
Bill Host
Micheal Hyatt
Berne Irwin
Heather Joe
Herb Keefer
Elizabeth Kivus
Tracy Langley
Don Leopard
Mona Leopard
Christopher Massey

John Mccrackin
Lauren Naile
Melinda Parks
Amy Richards
Duane Robertson
Suzanne Smith
Gina Spease
Sam Vogt
Ann Elise Winn

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 or renew your membership online today!](#)

Ridge 2 Ridge Trail Race 10.5 & 21 Miles

**August 27th 8:00 AM. Oak Mountain State Park
Redbud Pavilion by the BMX Track**

BTC Discount Code - 2016BTC-10



RRCA UPDATE

By: Alex Morrow, BTC President and RRCA State Representative



On page five of this issue of *The Vulcan Runner*, we included a reference to a list the BTC maintains of area water stops. Over the years, area runners have been fortunate to have the support of many local businesses and individuals who support us by providing water, restrooms and a place to refuel during long runs. Other businesses support us by offering discounts to BTC members (read more on page __!), welcoming us for run socials and informal meet ups, and sponsoring running events.

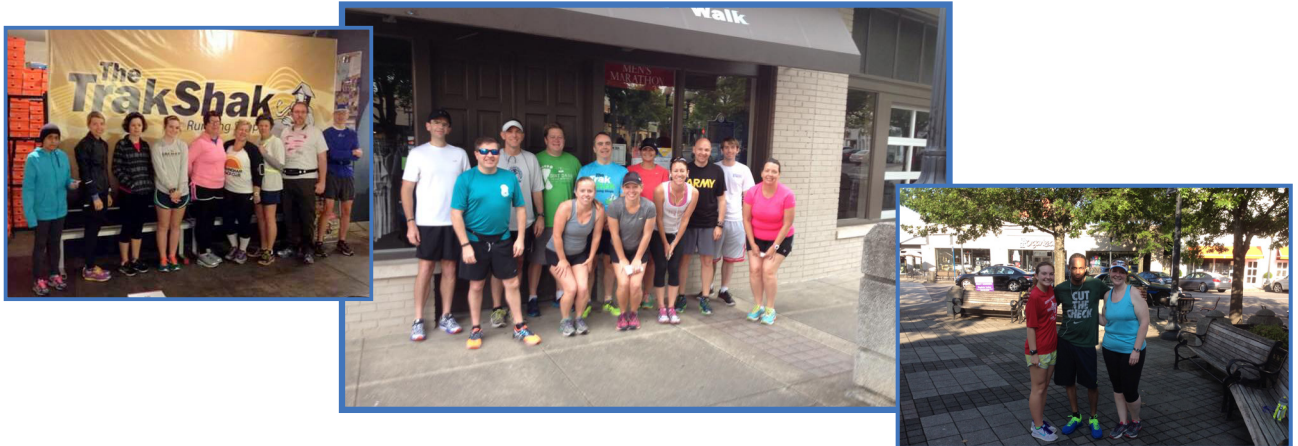
Last month, we highlighted local communities that have been designated as Runner Friendly Communities by the RRCA. But did you know that

a business also can apply for and be designed as an official “runner friendly business”? The RRCA has established a list of guidelines that runner friendly businesses should meet, including serving as a meeting spot for runners, allowing runners to use parking areas during non-business hours, etc. The Birmingham area is fortunate to have a number of local businesses who go above and beyond these guidelines – where else can you find a friendly employee ready to refill a cooler at 5 a.m. (thanks, Jack’s Shell!). Please support those businesses that make running in the ‘ham a much better, safer experience!

Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell
at mcriswell@american-usa.com
for more information

JOIN US!



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!](#)



Need to Print Your BTC Membership Card?

It's easy!

- 1) Login to RunSignUp (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.



Hope is on the line.



Thomas Jernigan
FOUNDATION

JUST A CALL AWAY 5K
BENEFITING THE CRISIS CENTER

SATURDAY, AUGUST 20, 2016
UPTOWN BIRMINGHAM

<https://runsignup.com/Race/AL/Birmingham/ACallAway5K>

1200 MILE CLUB

Cumulative miles submitted through July 20, 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	674	Clowers, Addison	1	742	Glass, Rodney	R	0
Anderson, Kerri	R	467	Coker, Leslie	1	588	Goeb, Laura	R	443
Arnold, Brad	R	345	Collins, Helen	R	600	Goode, Johnny	6	965
Austin, Andrea	R	644	Collins, Nathan	R	189	Goolsby, John	3	457
Baggett, Christopher	R	624	Colpack, Chris	1	308	Gould, Izzy	R	772
Bahr, Ashley	R	276	Corrie, David	R	942	Grabarczyk, Doug	R	0
Bahr, Jeff	R	268	Cowart, Britney	R	531	Grabeldinger, Nikki	1	465
Bailey, Leslie	2	607	Cox, Damon	2	746	Gullapalli, Satya	2	815
Baker, Mark	1	0	Crackel, Caroline	R	585	Hackney, Lindsay	R	274
Ballard, Hunter	R	0	Crain, Teresa	1	403	Hake, Philip	R	737
Ballard, William	5	165	Crawford, Allen	R	330	Haley, Jay	R	604
Barganier, LaShaunda	R	178	Crawford, Kimberly	R	707	Hall, Matthew	R	737
Barnes, Jimmie	1	819	Crowson, Bill	R	688	Halperin, Caitlin	R	260
Bartee, Samm	R	698	Crunk, Emmagene	R	405	Halperin, Dave	3	1,208
Bartlett, Kari	1	0	Darville, Nathaniel	R	1,070	Hansen-Turnbull, Sabrina	R	0
Bass, Andy	R	639	Davis, LaJuana	R	0	Haralson, Danny	7	663
Belcher, Michelle	3	610	Davis, Sarina	R	107	Haralson, Micki	8	678
Benner, Kim	3	740	Dawson, Ashley	2	1,009	Harbison, Brookie	R	644
Bissell, Kim	1	626	Dease, Joseph	R	679	Hargrave, Alan	8	644
Black, Dylan	1	361	Dease, Katherine	1	607	Harrelson, Heather	2	593
Blain, Allan	R	422	DeBardeleben, Anne	1	673	Harris, Ashley	R	459
Boackle, Larry	R	623	Dell'Italia, Pat	1	457	Harris, Vickie	1	0
Boackle, Tomie Ann	R	462	Denton, Matt	3	873	Harrison, Lisa	4	756
Bonatz, Ekkehard	8	1,432	DiMicco, Al	3	483	Haslem, Jerri	R	607
Booher, Lisa	4	1,018	Dix, Katie	R	0	Hathorne, Chad	R	441
Bowman, Brian	R	499	Doran, Stan	R	668	Havicus, Cari	1	652
Bowman, Leisha	R	180	Duke, Cindy	R	656	Hayden, Brittany	R	0
Bridwell, Hunter	R	253	Dunnaway, Roberta	R	0	Hayes, Debbie	2	1,026
Bromstad, Murray	R	831	Easterling, Natalie	1	0	Haynes, Christopher	R	0
Brown, Charlie	4	650	Eaton, Ellen	R	0	Heaton, Bryan	2	408
Brown, Michael	2	773	Edge, John	1	476	Henley, Meghan	R	707
Brown, Sean	2	410	Ellison, Jennifer	R	326	Henley, Monica	2	512
Bryant, David	2	790	Elrod, Stacey	1	379	Henninger, Alison	1	554
Burns, Carley	R	376	Estes, Jeff	1	399	Hickerson, Patrick	4	447
Busby, Madeline	1	604	Evans, Debbie	2	744	Hill, Susan	2	660
Callahan, Rachel	1	781	Farmer, Austin	R	813	Hill, Tucker	1	506
Carey, Christopher	2	890	Feller, Beth	2	702	Hogeland, Angie	R	676
Carlton, Bob	1	572	Fields, Barbara	R	0	Holmes, Chris	R	482
Caruana, Joseph	R	717	Fleming, Juandolyn	R	43	Hoover, Alison	4	502
Casey, Barry	2	177	Fontenot, Misty	R	335	Horton, Kate	R	0
Ceasar, Katie	R	399	Foust, Hannah	R	398	House, Beth	3	631
Chadha, Jennifer	R	683	Franklin, Shane	4	660	Housler, Philip	1	391
Chandler, Teresa	6	715	Frederick, Winston	7	1,000	Hudson, Temeka	R	243
Chiesa, Marco	R	0	Fuller, Lisa	R	0	Hunt, Leslie	1	624
Christian, Alan	R	132	Funk, Robert	R	0	Hyatt, Micheal	1	683
Clarkson, Roy	R	473	Gann, Michael	4	698	Ingle, Brandon	R	158
Clay, Brad	9	1,422	George, Meredith	R	152	Ingram, Joseph	3	591
Clayton, Jennifer	R	0	German, Brandon	R	553	Izard, Georgia	1	669
Clayton, Yocunda	1	534	Gibbs, Shirley	R	805	Izard, Melody	1	642
Clemons, Sam	R	593	Gibson, Darrell	2	495	Jackson, Kristin	R	534
Cliett, Stephanie	1	1,160	Gilbert, John	1	0	Jarrad, Jeremiah	R	0

1200 MILE CLUB

Cumulative miles submitted through July 20, 2016 are listed below. For a complete listing of monthly totals, [click here](#).

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Jefferson, Tracy B.	R	580	Morris, Justin	2	547	Sheppard, Marci	R	0
Jenkins, Kaki	2	802	Morris, Phil	R	499	Shinn, Ronald	5	440
Jenkins, Mike	1	234	Morrow, Abigail	R	169	Shirley, Scott	2	981
Joe, Heather	R	821	Morrow, Alex	5	1,171	Sides, Dean	1	631
Johnson, Aimee	R	0	Moss, Denise	R	455	Silwal, Suman	5	515
Johnson, Gerald	R	461	Mote, Darrell	R	667	Simpson, Kevin	3	1,664
Jones, Elizabeth	R	0	Murchison, Reginald	2	1,164	Sims, Cecelia	R	371
Jones, Ira	3	382	Nagy, Lisa	R	498	Sims, Chris	R	0
Jones, Kat	R	553	Neaves, David	R	0	Sims, Robert	2	793
Jordan, Shane	R	407	Northern, Kristie	6	689	Sloane, Mike	1	573
Kane, Brandon	1	638	O'Barr, Alexandra	R	0	Smith, Jerry P.	R	592
Katzman, Justin	R	226	Oliver, Greg	2	1,071	Snow, Sheri	R	801
Kearley, Christy	R	544	Oliver, John	1	851	Stephens, Jeff	R	646
Kearley, Stephen	R	677	Olsen, David	R	887	Stockton, Rick	8	683
Keefer, Herb	R	356	Orihuela, Carlos	R	607	Stokes, Beth	R	0
Kelley, Robin	2	948	Osborn, Stef	R	0	Straka, John	R	0
Kemper, Tricia	1	810	Oser, Rachel	R	0	Swagler, Susan	R	0
Kendrick, Tom	R	488	Paradiso, Michelle	R	658	Sweatt, Jason	R	0
Knight, Diane	1	545	Parks, Charlie	2	553	Talley, Beau	3	734
Knight, Kristen	1	428	Pate, Lisa-Marie	R	215	Tankersley, Helen	R	721
Kuhn, Jimmy	8	663	Patlolla, Sandeep	R	0	Taylor, Trey	1	63
Kulp, Loren	R	657	Patterson, Carrie	2	675	Thomas, Eric	3	1,188
Laird, Audrey	1	701	Paulk, Benjamin	R	586	Thornton, Dean	4	937
Langston, Aaron	1	565	Payson, Tabitha	R	429	Trimble, Jamie	1	829
Langston, Richard	4	637	Payson, Tommy	R	492	Tse, Freddy	R	222
Lankford, Frank	R	0	Peagler, Shana	4	598	Turnbull, Richard	R	0
Lee, Koren	R	175	Pearce, Julie	5	315	Tyler, Kim	R	349
Lee, Shilonqua	1	629	Pearson, Blake	3	1,241	Varnes, Vickie	2	823
Leopard, Don	1	375	Pearson, Mary Scott	1	793	Walker-Journey, Jennifer	1	720
Lester, Treva	R	369	Penley, Steve	R	435	Walker, Caroline	R	544
Lockett, Janet	R	77	Peters, Scott	1	366	Walker, Susan	R	497
Longoria, Joseph	3	760	Plante, David	3	808	Wall, Ron	3	153
Loo, Judy	2	185	Portwood, Paul	1	656	Warren, Tom	1	630
Love, Thomas	1	235	Qualls, Wayne	R	338	Watkins, Janet	R	476
Lowrey, Natalie	R	0	Ralph, Meghan	1	601	Watters, Robert	1	894
Lupinacci, Timothy	R	0	Renn, Deanna	R	754	Weber, Amy	1	538
Lyle, Randy	7	1,016	Richardson, William	1	1,001	Wells, Bradley	R	830
Lyles, Chris	1	0	Roberson, Kevin	2	569	Wende, Adam	1	594
Lyles, Kimberley	R	0	Roberts, Fletcher	1	813	West, Anja	R	350
Maha, Michele	R	720	Robinson, Niki	R	159	White, Robin	R	266
Malick, David	2	732	Rocha, Roger	2	592	Whitt, Trey	3	737
Mason, Erin	R	0	Rodgers, Jessica	R	0	Wilhite, Thomas	R	747
Mathews, Craig	R	467	Rodriguez, Angie	1	780	Williams, Avis	R	607
Mathews, Liza	R	524	Rogers, Tammy	R	1,020	Williams, David	R	588
Mattrella, Cheryl	R	0	Roper, Lynn	R	571	Williams, Shanada	R	151
Maughan, Kevin	1	588	Rose, Billy	1	865	Williamson, Chad	2	640
McConnell, Kim	1	599	Routman, Cynthia	1	236	Wilson, Julie	R	604
McCullough, Matthew	R	470	Rowell, Tynisia	R	0	Windle, Dale	1	883
McNair, Kelly	2	969	Rutherford, Keith	8	739	Wiseman, Steve	1	754
McTune, Mark	3	1,000	Rutledge, Lisa	1	665	Wood, Scott	R	641
McVey, Simon	1	838	Ryan, Meaghan	R	589	Woody, Bill	7	897
McWilliams, Matthew	R	155	Sallin, Bracken	R	599	Wright, Amy	R	938
Merry, Vicki Sue	3	1,130	Sawyer, Gretchen	R	0	Wu, Xing	6	999
Mickens, Cassandra	R	651	Schaefer, Todd	1	813	York, Gary	2	1,008
Miller, Bill	R	226	Schor, Mike	R	613	Zeanah, Cary	R	0
Miller, Tracy	1	548	Seeley, Mimi	R	306	Zehnder, Justin	5	608
Millsap, Lanier	1	459	Self, Travis	1	401			
Miyasaki, Nathan	R	744	Selle, Kellan	R	581			
Morgan, Cary	6	2,018	Sellers, Susan	R	279			
Morgan, Danielle	4	449	Shaffield, Danny	2	1,024			
Morgan, Phillip	6	558	Sheppard, Gretchen	1	682			

SHOW US YOUR BTC GEAR

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



Alex Morrow and David Olsen, Chattanooga Stage Race, June 17-19, 2016



Kendall Harris, Mount Saint Mary, Ljubljana, Slovenia



BTC was well-represented at the
Clanton Peach Run, June 18, 2016



Richard Langston and Charlie Brown met up with some
beauty queens at the Kentucky Derby Festival Marathon



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Jeremiah Culwell, Grand Tetons Half Marathon, June 2, 2016



Monica and Keith Henley in St. Maarten



Scott Wood, Kaki Jenkins and Satya Gullapalli at Red Mountain Park



Satya Gullapalli in Times Square, on his way to run Central Park



PEAVINE FALLS



The 35th Annual Rick Melanson Peavine Falls Run

In Birmingham, AL, when it is 80 degrees at 7:00 a.m. on the 4th of July, there is only one thing to do, sign up to run the Peavine Falls Run! These hearty souls tackled 8.2ish miles up the side of a mountain and back down. And just to make it interesting, for the last 1.2 miles, the course leaves the road and takes runners through a single-track dirt trail. It may sound horrible, but all these smiles say otherwise! It was a fantastic turnout, and we had so much fun spending the day with our fellow BTC members. We can't wait to do it again next year!



PEAVINE FALLS



The 35th Annual Rick Melanson Peavine Falls Run



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Feets of Strength

Despite the heat and humidity, BTC members have risen to a variety of challenges this season. From 5Ks to challenge races and half marathons, members have racked up some impressive Feets!

First up is **Michael Brown**, who scored a new 10K PR of 35:44 on May 14th at the Chick-fil-A 10K in Athens, AL. Michael finished first overall and won a free year of Chick-fil-A (we'll let Michael buy breakfast next time)!

Congratulations to **Alison Hoover**, who ran a new half marathon PR of 1:29:02 and placed second in her age group (as well as 16th female overall) at the Drop 13 Half Marathon in Cottonwood Heights, Utah on June 11. Way to go, Ali!

Heather White completed the Bison Double Challenge (5K and Half-Marathon) at the Yellowstone Half Marathon, June 10-11. Congrats, Heather!

Completing his first triathlon on June 11 was **Gary York** – despite having never biked or swam in a race before the Buster Britton Sprint Triathlon, Gary finished in a time of 1:24:10, which was 10th in his AG. That's fantastic, Gary!

Congrats are also in order for **Kemper Sarrett**, who placed third in his age group in the inaugural Tallulah Half Marathon in Jasper on June 11, despite blistering heat. Awesome job, Kemper!

Michael Brown also secured a 5th overall/first in age group finish at the Rainsville Freedom Run 5K on June 18. #FueledByChick-fil-A!

And finally, kudos to **Fletcher Roberts**, who won the Run Thru The Park Half Marathon in Snellville, Georgia on July 1, 2016 – this is Fletcher's first half marathon win, but we have a feeling it won't be his last. Way to go, 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!



Alison Hoover
Drop 13 Half Marathon



Kemper Sarrett
Tallulah Half Marathon



Michael Brown
Chik-Fil A 10K



Kemper Sarrett
Tallulah Half Marathon



Michael Brown
Rainsville 5K

Attendance:

Addison Clowers, Darrell Gibson, Alex Morrow, Alan Hargrave, Hannah Foust, Monica Henley, Julie Pearce

Minutes:

- The meeting was called to order at 6 PM at the Tree Room of the Vestavia Hills Library.
- The minutes of the May board meeting were unanimously approved.
- Membership is up to 1,202 members. The most recent social was a tremendous success. The blanket, made by Amy Wright, was a huge hit.
- The Race Series Shirts will be ordered prior to Hannah leaving for Knoxville. There are three options for colors (green, red, light green). Hannah will send samples to the team for review. The estimates are \$10.50 / shirt x 150 = \$1,575. Ms. Foust moved to allocate \$1,575 to move forward with the spend for Race Series Shirts. With a second, the motion moved forward and was unanimously approved.
- With Hannah's departure, we need someone who is willing to handle merchandise. Anyone interested can contact Alex Morrow. Merchandise for Peavine will be provided to Alex prior to Hannah's move.
- Monica Henley provided a financial update. Balances remain down year over year; however, there is an uptick in deposits given the registration for Peavine as well as new / renewed memberships.
- The July Baron's Social will be held on July 23, 2016. Registration will be available by the end of this week. We anticipate a large crowd as this even continues to grow each year.
- Mrs. Henley updated the group that the BTC Long Run Fall Race Voting is complete and Chicago is the chosen race. She is also exploring training groups for Vulcan.
- 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 issue will be a combined July/August issue and will be distributed on July 18. We plan to issue a mobile-friendly version as well. Please contact Julie if anyone has any suggestions for authors, articles, etc.
- Mr. Morrow confirmed the Triple Crown Challenge:
 - Hartselle Half - 9/17
 - Half Full - 10/23 / Life Without Limits in Florence 10/29 (back up)
 - Magic City Half - 11/20
- Half Full is in RunSignUp and offers a group discount and is in Birmingham. Mr. Morrow contacted the race director and reported a \$35 entry fee for BTC.
- Peavine Falls registration is open and currently has 211 runners registered. \$15 for members, \$20 for non-members. The week of the race it moves to \$25. The Trak Shak remains a sponsor; however, there are some expenses associated with the race. As such, Mr. Morrow moved that \$4,000 be allocated for race expenses. Upon receiving a second, the motion unanimously carried.
- As a follow up to the meeting last month, Mr. Morrow revisited the conversation around doing a fundraiser to put the water fountain on one of the trails in Birmingham. Currently, he is exploring the cost associated with placing a BTC water fountain on Rotary Trail, downtown.
- The next meeting is July 11, 2016.

Attendance:

Alex Morrow, Kemper Sarrett, Leslie Bailey, Darrell Gibson, Charles Thompson, Darnell Allen, Julie Pearce

Minutes:

- The meeting was called to order at 6:05 PM at the Tree Room of the Vestavia Hills Library.
- The minutes of the June board meeting were unanimously approved.
- Membership is up to 1,189 members. There was an uptick after the coffee social. We anticipate a good number at the Baron's social.
- The Race Series Shirts are ready and will be available for pick up at the upcoming socials.
- Julie Pearce updated the group on the newsletter. The next issue will be a combined July/August issue and will be distributed on July 18. The electronic version will be available for members to create a mobile friendly option. We need to remind members to wear their BTC shirts so we can publish them.
- Monica Henley was not in person but provided an update via email. Peavine books are not yet closed, but it appears to be about a \$3,000 profit.
- Kemper Sarrett wants to encourage members to look at the vendor partners and utilize their services. We want to continue to support those who support us. This allows us the ability to get feedback from the vendors -- testimonials, etc. Mr. Morrow suggested we establish a BTC Runner Friendly business sticker/static for those who support us. New member businesses could get a quarter page ad in the newsletter. Mr. Sarrett and Mrs. Pearce will work on the specifics and present to the group next month.
- The Baron's social is July 23. Last year we had 87 members registered and we anticipate a larger crowd this year. We have an upgraded space from last year.
- The Vulcan Run kickoff is generally scheduled for August. Katherine Dease will provide an update to the group.
- The Triple Crown Challenge should be open by August 1 :
 - Hartselle Half - 9/17
 - Half Full - 10/23
 - Magic City Half - 11/20
- BTC discounts will be available for all races, Hartselle and Half Full TBD. Members should not register until they receive the notification around discounts.
- Karen West is the new merchandise chair and has a committee of 3 who are working for her. She has phenomenal ideas and we are happy to welcome her to the group.
- Peavine had 559 registered and 447 finished. With the weather, the number of folks, etc. we will rethink how we position water in the future. Overall, everyone had a great time and we received good feedback. Icee pops were a huge hit.
- In an effort to improve the runner experience, Kemper is evaluating opportunities to buy / build a misting tent. Darrell will check with Mark at Special Occasions and Michelle at Promotional Creations. Until we make a decision, we may consider renting one to see if it will be as valuable as we think.
- BTC is searching for a Marketing Chair / Social Media. We need someone who is proficient with social media - one Facebook, Twitter, etc. / week.
- Lisa Booher, race director for Adam's Heart Run, wants to move forward with February 4 date. It will be the last long run before Mercedes.
- The next meeting is August 8, 2016.



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:

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	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	July 23, 2016	6:00 a.m.
BTC Barons Baseball Social	July 23, 2016	5:00 – 6:00 p.m. (ticket pick up at Good People)
BTC Saturday Long and Moderate Run Groups	July 30, 2016	6:00 a.m.
Trak Shak Retro Run 5L	July 30, 2016	7:00 p.m.
BTC Saturday Long and Moderate Run Groups	August 6, 2016	6:00 p.m.
Woodstock 5K - RRCA Southern Region 5K Championship (Anniston)	August 6, 2016	7:30 a.m.
Shake and Bake 5K	August 6, 2016	8:00 a.m.
BTC Board Meeting (Vestavia Hills Library)	August 8, 2016	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	August 13, 2016	6:00 a.m.
Boundary Waters Cross Country 5K (Douglasville, GA)	August 13, 2016	8:00 a.m.
Baby Steps Memorial Run 5K	August 13, 2016	8:00 a.m.
Midnight Run 5K (Cullman)	August 19, 2016	11:55 p.m.
BTC Saturday Long and Moderate Run Groups	August 20, 2016	6:00 a.m.
EVO 5K Fit Challenge	August 20, 2016	8:00 a.m.
Just A Call Away 5K	August 20, 2016	8:00 a.m.
R(un) for One 5K and 1 mile Fun R(un)	August 20, 2016	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	August 27, 2016	6:00 a.m.
Save the O's 5K and 1 mile Fun Run	August 27, 2016	8:00 a.m.
Ridge-2-Ridge Trail Race – 10.5 and 21 mile races	August 27, 2016	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 3, 2016	6:00 a.m.
Run for the Cause 5K and 1 mile Fun Run	September 10, 2016	8:00 a.m.
BTC Board Meeting (Vestavia Hills Library)	September 12, 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.