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WHERE RUNNERS ARE FORGED



USA TRACK & FIELD

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October 2016

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THE VULCAN RUN

A BIRMINGHAM TRADITION LIKE NO OTHER

By: Kile Putman, Vulcan Run Elite Athlete Program Coordinator

On a recent run with friends, our group conversation bounced from topic to topic. Folks inserted random thoughts and comments that would segue into other topics. I mentioned how the day reminded me of Mrs. Gibbons' high school science class and how easy it was to distract her onto other topics. As I sat down later that day to ponder the 42nd Annual Vulcan Run to be held on November 5, my mind again bounced along the course, turn by turn and topic to topic, runner to runner. Doing the math, I realized I was in that science class in 1975, the same year as The Bicentennial Run, a 10K run that would later become The Vulcan Run.

Birmingham's first year World Football League franchise, the Birmingham Americans, was reorganized and renamed the Birmingham Vulcans in 1975. Not only did the 10K survive its first year, it continues to last while professional football still struggles to gain acceptance in the Magic City. At least the Birmingham Vulcans were declared league champions when the ill-fated league folded in the middle of the season.

College football however presented a small speedbump for the race. The Birmingham Track Club was forced to change the traditional third weekend of November date when the Southeastern Conference added a championship football game in 1992. Traditionally, Alabama and Auburn football teams had that day off as they prepared to play the following Saturday (somewhat fitting the Vulcan Run course passes the site of the first 'Iron Bowl' near the three-mile mark). While both the Iron Bowl and the SEC championship have left Birmingham, the Vulcan Run remains.

The location of the start line and finish line has been changed a bit over the years, but the majority of the course is the same. The long, flat early stretch on 2nd Avenue South remains, as does the twisty, scenic Highland Avenue stretch. And the big downhill. Gravity is your friend as you turn north onto 20th Street at the corner that was once the home of Louie-Louie's (1982-1997). The beloved bar is closed and now even the Barber's Milk clock that hung outside the building is gone. The Vulcan Run can outlive time!



The finish was on 20th Street at the front door of what is now The Regions Center that was named the AmSouth Center, and before that was known as the AmSouth-Sonat Tower, although it originally was called the First National-Southern Natural Building. Vulcan runners just called it the Sonat Building. There was no left turn at Linn Park with a quick right turn to finish in front of city hall like the current finish line. Straight down 20th Street to the Sonat, which was the title sponsor for many years. The Vulcan Run has weathered the corporate climate of mergers, buyouts, closures and hostile takeovers.

The Iron Man movie franchise starring Robert Downey and Gwyneth Paltrow among others has had two sequels thus far -- Iron Man 2 and Iron Man 3. For The Vulcan Run 10K, this is sequel number 42!

When Ozzy Osbourne first heard the opening riff of the Black Sabbath song Iron Man, he said it sounded "like a big iron bloke walking about". Our big iron bloke doesn't walk about but stands atop a pedestal on Red Mountain and overlooks the streets of Birmingham in the valley below. In 1975, the first running of the Vulcan Run (known then as the Bicentennial Run), started near the feet of the statue. Those 221 runners did not know then that 42 years later, hordes of runners would still be chasing them.

Another song that receives classic rock station airplay is Bruce Springsteen's Born to Run. Not only is this song still played on the radio, streamed online, and covered by bar bands, it is played before practically every road race in every city across the nation. Born to Run was released in 1975 -- the same year as that first race in Birmingham. Over four decades later, "The Boss" is still rocking and so is the Vulcan Run.

Participants in the early races could find their names in the list of finishers printed by *The Birmingham News*. Once the title sponsor of the race, The News went from a daily paper to now just being printed three days a week. During this partnership a finisher booklet also was prepared and mailed -- but that is considered old-fashioned with electronic mail

THE VULCAN RUN

A BIRMINGHAM TRADITION LIKE NO OTHER



and other sources of digital and social media being so popular today. Even The Vulcan Runner has discontinued print copies. Running Journal was a popular paper publication that kept athletes abreast of races and results from around the southeast. That magazine also was the sponsor of a Grand Prix series that brought in racers from around the nation to run the streets of Birmingham. It appears that road racing can outlive the print media!

Buffalo Rock joined The Birmingham Track Club for several years as title sponsor of the Pepsi Vulcan Run. Jim Burke Automotive gave away a car during the Friday night pasta dinner catered by Rossi's. The additional lanes added to Highway 280 through Mountain Brook forced that restaurant building to be bulldozed.

In 1987, the Birmingham Turf Club opened in the Irondale area. It was to be the home of the high-class horse racing crowd. For Birmingham's taste, the more athletic bodies have two legs and not four. The last horserace at the facility was held in 1995 but runners are still in the streets of Southside, Highland Park and Five Points South.

The addition of a marathon on the Sunday following the 10K (and 2 Mile) in 1979 paved the way for the Vulcan Run Weekend. In 1996, the 2 Mile event was replaced with a 1 Mile, a 5k, and a marathon relay. That proved to be too many options, and the Vulcan Run returned to focus only on the original 10K distance in 2000.

The Vulcan statue was taken down from its perch overlooking the city in 1999. Restored, it was returned to its pedestal in 2003, and the refurbished park was reopened in 2004 for Vulcans 100th birthday celebration. Here's to hoping that the Vulcan Run 10K makes it to celebrate 100 years!



Join the BTC in celebrating a true Birmingham tradition at the 42nd running of the Vulcan Run!
November 5, 2016



BOO HALLOWEEN PARTY

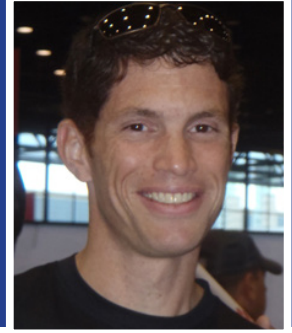


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MIDNIGHT COSTUME CONTEST. \$1,000.00 CASH & PRIZES
FREE PHOTOS. WWW.BOOHALLOWEENPARTY.COM . FREE T-SHIRT**

PRESIDENT'S ADDRESS

By: Alex Morrow



Hello, fellow BTC Members

By the time you read this, the BTC will have held our October 1, 2016 Vulcan Run 10k course preview and run social. If you were not in attendance you missed a fantastic event! More than 150 BTC members turned out on a beautiful morning for a great run, a lot of laughs, door prizes, and fantastic post-run refreshments, including coffee from our hosts, Revelator Coffee. Make sure to check out some of the pictures later in the newsletter from the event. A special thanks goes out to BTC Treasurer, and interim Social Chair, Monica Henley for all of her hard work in making the event such an amazing success. Monica is also thrilled to have a new social chair in place so she can hand those duties over. ☐ More on that in just a moment.

The run social gave everyone a chance to preview the Vulcan Run 10k course as we all prepare for this iconic race. The event on November 5, 2016 is less than one month away, and we want you there! Race Director Allison Stone has been working tirelessly to make Alabama's premiere 10k another fantastic race. In addition, we will once again have a strong elite field with athletes from across the country competing. Elite Athlete Coordinator Kile Putman has assembled a quality field of runners, which will guarantee an exciting front pack and an exciting finish. Speaking of the elite field, how would you like to be involved and receive a free entry in the race?

To create a level of fun and engagement with the BTC running community, we are looking for people willing to host runners on Friday, November 4, 2016. This year's field will again include sub-4 minute milers, Olympic Trials competitors, and athletes with local connections, as well as international athletes, and this is your opportunity to get involved!

If you can provide:

- A warm bed
- A hot shower
- Possible airport pickup on Friday
- Birmingham Track Club hospitality

You will receive:

- Complimentary entry into the Vulcan Run 10K
- Entry to the private elite athlete packet pickup party
- Use of the elite bag drop area near the start

This is a great program, and I would love for you to consider getting involved. There are very few opportunities that allow BTC members to become acquainted with elite runners, but this is one of those programs. If you are interested in getting involved, please contact Kile Putman at: kputman@bellsouth.net.

As you can imagine, you are going to hear a great deal about the Vulcan Run 10k in the coming weeks. Once again serving as the RRCA Alabama State Championship 10k, it is an event everyone should consider running. Make sure to check out this month's cover story for an in-depth look at the race and why you need to join us on November 5, 2016.

Before I close out this address, I mentioned the position of Social Chair in my first paragraph. It was with much sadness that we learned BTC Social Chair Katherine Dease was stepping down from the position, but as she explained, her work travel made fulfilling her responsibilities rather tough. Over the past two years Katherine has done an amazing job, and she deserves the majority of the credit for many socials, parties, and events. She left some rather large shoes to fill, but we are very excited to welcome in our new BTC Social Chair.

I hope all of you will join me in welcoming Loren Traylor to the BTC Executive Committee. In just her first two week as Social Chair, the amount of energy, ideas, and excitement she has brought to the position has been infectious. We know Loren will be fantastic in her new role, and we are thrilled to have her.

I also want to welcome Vicky Brakhage to the BTC Executive Committee. Vicky is joining us in the role of Co-Membership Chair. Our BTC membership has grown so large that the position now requires a great deal of time and effort. By having Vicky join Amy Wright as Co-Chair, we believe we will be able to more effectively manage, and continue to grow, our membership!

Welcome to the team you two!

Kindest Regards,

Alex Morrow
BTC President

BTC SOCIAL UPDATE

VULCAN COURSE PREVIEW RUN

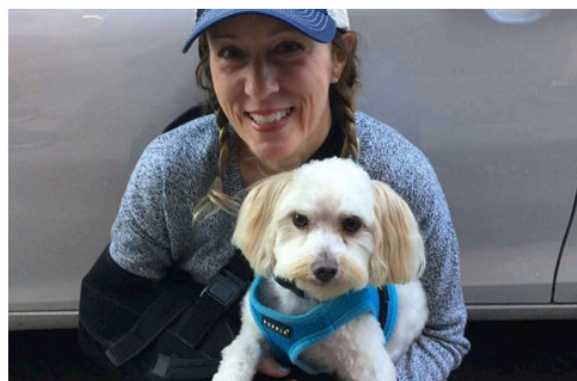
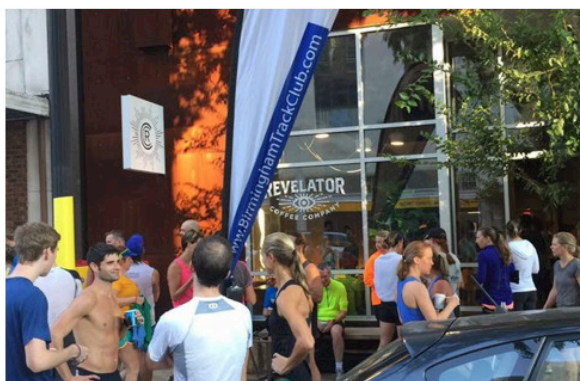
Wow! What a great crowd the BTC hosted for our Vulcan Run Preview Social on October 1st!

Fall was in the air, and our friends at Revelator provided delicious post-run coffee. BTC merchandise, great door prizes and plenty of post-run eats made for a great morning!



BTC SOCIAL UPDATE

VULCAN COURSE PREVIEW RUN



VULCAN'S LOCAL ELITES

LOCAL ELITES RETURN HOME FOR VULCAN RUN 10K

The elite field of the 42nd annual Vulcan Run 10K will feature several male and female athletes with a connection to the Birmingham area. Kile Putman, Vulcan Run Elite Athlete Program Coordinator, said "The resurgence of the competitive American distance running scene is fantastic. Once again the Birmingham Track Club through The Vulcan Run is providing Alabama athletes an opportunity to run fast at home while competing with runners from around the world."

The local contingent will include talented individuals who competed for local high schools and colleges before moving into the road racing scene. These up-and-coming runners hope to achieve the same success past local legends like Cheryl Boessow, Steve Bolt, Scott Strand, and Roger Jones enjoyed in the streets on the southside of Birmingham on their way to national success.



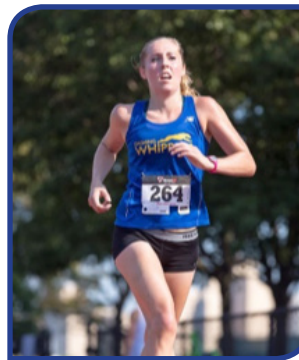
Sean Brown took time out from his training preparation for the 2016 Olympic Marathon Team Trials to race the 2015 Vulcan Run where he finished seventh. Having recently completed physical therapy school, the Hoover, Alabama native is now living in Nashville, Tennessee. He looks forward to returning home for this year's Vulcan Run.

Austin Duckworth currently lives in Austin, Texas while he pursues his PhD in Sport History. A native of Vestavia Hills, Austin competed in Track & Field and Cross-Country at the University of Alabama. Austin was a top ten performer in last year's race.

Jeff Rhodes grew up in Florence, Alabama and competed in Track & Field at Jacksonville State before moving to Troy University to compete and obtain a master's degree in sport management. He now works in the sporting goods industry in Birmingham.



Jennifer Dunn of Decatur, Alabama spent her summer traveling across the United States with the Bike and Build program that provides labor to assist with the construction of affordable housing for people across the United States. Jennifer competed for Florida State University where she was an All American in the steeplechase event.



Elizabeth Laseter spent more than a year in Birmingham while serving an internship at Time, Inc. Now running for the Dashing Whippets club of New York City, she will return in an attempt to improve upon her ninth place finish of 2015. The Charlotte, North Carolina native raced collegiately for Johns Hopkins University.

Lauren Scott, a former UAB Blazer Track & Field athlete, is looking forward to the November race. "Last year I was sick when I ran Vulcan, and it was my first time racing it. This year I'm much more fit and healthy and ready to run a fast time. This year I have something to prove." She now runs attached to the Sketchers Performance brand.



THE FULL FIELD OF ELITE WOMEN AND MEN WILL BE ANNOUNCED DURING THE FIRST WEEK OF OCTOBER. THE 42ND ANNUAL VULCAN RUN 10K WILL BE HELD ON SATURDAY NOVEMBER 5. PEOPLE OF ALL ABILITIES ARE WELCOME TO RACE THE STREETS OF BIRMINGHAM ALONGSIDE THESE AND OVER 1,500 OTHER RUNNERS.

VULCAN RUN



★ BIRMINGHAM, AL ★

NOVEMBER 5TH, 2016

42ND ANNIVERSARY VULCAN RUN 10K ALABAMA STATE 10KM CHAMPIONSHIP



WWW.VULCANRUN.COM

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Alex Morrow

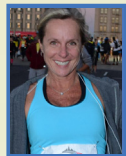
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Past-President

Jennifer Address

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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

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Historian

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Addison Clowers

Kim Benner

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BTC Race Directors

Adam's Heart Run

Statue 2 Statue

Peavine Falls

Vulcan Run

Lisa Booher

Judy Loo

Alex Morrow

Allison Stone

adamsheart@birminghamtrackclub.com

statue2statue@birminghamtrackclub.com

peavinefalls@birminghamtrackclub.com

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



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BIRMINGHAM
SATURDAY, DECEMBER 3

IN SUPPORT OF MOVEMBER

Mustache
DACHE

Women and Children Welcome



5K^{of} REVELRY

MUSTACHEDACHE.COM

BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

Susannah Baker	Elizabeth Harvey	Meredith Mooney	Sydney Talley
Will Baker	Edward Hinton	Brian Mount	Jamie Thomas
Brianna Barnett	Bob Hunter	Darrin Nold	Nick Toth
Jennie Barnett	Julianna Hunter	Zoe Penko	Bill Uhrig
Becky Byrd	James Jackson	David Robinson	Ashley
Jim Byrd	Christy Johnson	Danielle Rousseau	Werchanowskyj
Matthew Byrd	Janet Kavinoky	Freddy Rubio	Prince Whatley
Roy Clarkson	Sara Langston	Ronald Shinn	Lynn Wilkins
Brandon Collins	Joseph Malek	Ivan Skripnik	
Jeremiah Culwell	Paul Mathews	Beau Talley	
Nathaniel Darville	Cassandra Mickens	Shellie Talley	

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!](#)

Long Run Training Group

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

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

Happy running, y'all!

See you on the roads!

2016

MAGIC CITY

HALF MARATHON & 5K AND 1 MILE FUN RUN

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NOVEMBER 20 • 2016
THE MAGIC CITY HALF MARATHON & 5K
AT BEAUTIFUL REGIONS FIELD
REGISTRATION IS NOW OPEN!



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MEDICATION AND MILES

COULD ANTIBIOTICS BE TEARING YOU APART?

By: Anna Cochrane and Brandon Haarer, 2017 Pharm.D. Candidates and Kim Benner, Pharm.D.

Regular exercise is known to have many health benefits; however, athletes and those who exercise regularly may still require antibiotics to treat an infection. Fluoroquinolones (FQ) are a specific class of antibiotics, first discovered in the early 1960s, that are considered broad spectrum and thus can be used to treat many different types of infections. They are most commonly used to treat infections such as community-acquired pneumonias and urinary tract infections (UTIs). While these medications generally are well tolerated, they do carry a warning beyond that of other antibiotics. One of the more rare side effects of fluoroquinolones is an increased risk of tendon rupture, which is a tearing of the tissue connecting a muscle to a bone.

Tendon rupture was first reported as a side effect of FQ in the early 1980s and continues to be reported by patients. To increase awareness of this potential serious side effect, in July of 2008 the U.S. Food and Drug Administration (FDA) issued a strong warning, called a Black Box Warning, to be included on all FQ product labels. Since the initial change to the labeling requirements, the FDA has extended the warning to include worsening symptoms of myasthenia gravis, thyroid disease, and the potential for irreversible nerve damage. The FDA released its most recent update on July 26, 2016, stating that FQ should not generally be used as first line treatment for less serious infections such as acute bacterial sinusitis, acute bacterial exacerbation of chronic bronchitis, and uncomplicated urinary tract infections because of the risk of tendon rupture.

The most common type of damage associated with FQ use has been shown to be Achilles tendonitis or rupture. Causes of rupture include Achilles or calf tightness, heel bone spurs (potentially painful calcium

deposits on the bottom of the heel), and chronic wear and tear often seen in athletes. Since there is usually no specific trauma or injury that causes these types of tendon rupture, it is important to be aware of some of the signs and symptoms patients can experience. When

the tendon becomes inflamed, the pain is generally localized to the affected area behind the ankle. The pain can be accompanied by a bump in the middle of the patient's tendon or behind the heel bone; the position of the bump could indicate

Fluoroquinolone Facts

- Fluoroquinolones can increase the risk for tendon rupture.
- Localized pain surrounding tendons could indicate damage. If symptoms such as these are noted around the time of starting a FQ or persisting past normal soreness, contact your physician.
- Advanced age and exposure to corticosteroids could further increase the risk for tendon rupture.
- Do not stop taking any antibiotic for an infection without consulting a healthcare provider.

the specific type of rupture. Many patients experience pain when running, climbing stairs, or after the joint has been immobile for an extended time. These symptoms often occur approximately 2 weeks before the actual rupture of the tendon. While Achilles tendon rupture was the most frequent injury reported with FQ use, one study also listed biceps, triceps, patellar tendon (knee), quadriceps, and rotator cuff (shoulder) as sites of potential rupture.

There are certain individual factors that can put a patient at an increased risk of experiencing tendon rupture during and after FQ exposure. Anyone over the age of 60 has a higher risk of tendinopathy or tendon rupture associated with FQ. In addition, patients who have recently taken corticosteroids by mouth (prednisone) or as a topical cream (hydrocortisone and many others), could be more likely to experience these side effects. Ciprofloxacin (Cipro) has been reported to be the agent most frequently associated with tendon rupture. In addition to knowing these risk factors, be sure that your health care provider is aware of your athletic activities. It is important to complete the entire course of antibiotics prescribed by your healthcare provider, so do not stop taking your medication before talking with your physician.

References:

Kim GK. The Risk of Fluoroquinolone-Induced Tendinopathy and Tendon Rupture: What Does The Clinician Need To Know?. J Clin Aesthet Dermatol. 2010;3(4):49-54.

Achilles Tendinosis. FootCareMD. <http://www.aofas.org/footcaremd/conditions/ailments-of-the-ankle/pages/achilles-tendinosis.aspx>. Accessed August 14, 2016.

FDA updates warnings for fluoroquinolone antibiotics. U.S. Food and Drug Administration. <http://www.fda.gov/newsevents/newsroom/pressannouncements/ucm513183.htm>. Published July 26, 2016. Accessed August 2, 2016.

Anna Cochrane and Brandon Haarer are students at Samford University. Kim Benner is a distance runner and current Volunteer Coordinator for the BTC. When she's not running the streets of Birmingham, Kim is a clinical pharmacist at Children's of Alabama, a Professor of Pharmacy Practice at Samford University and a mother of two non-running boys.

AVAILABLE FLUOROQUINOLONES

BRAND NAME

GENERIC NAME

CIPRO	CIPROFLOXACIN
LEVAQUIN	LEVOFLOXACIN
AVELOX	MOXIFLOXACIN
FLOXIN	OFLOXACIN
FACTIVE	GEMIFLOXACIN

THE BTC NEEDS YOU!

Volunteering with the BTC is fun, rewarding, and a great way to give back to the organization that serves the running community so well! Whether you are a whiz at social media or great with people, the BTC will find a place for you! We currently have openings for the following volunteer positions:

Marketing and Social Media Chair

Facebook, Twitter and Instagram are primary means of communicating, and we want the BTC to be at the forefront! If you have a strong interest in social media and marketing and want to help the BTC grow, we could use your help. [Contact Alex Morrow, BTC President](#), for more information or to volunteer.

Member Benefits Coordinator

Some of the best “perks” of being a member of the BTC are the discounts members receive from area businesses. The BTC Executive Board would like to grow our member benefits program to continue providing members with the best discounts and other benefits around. [Contact Alex Morrow, BTC President](#), for more information or to volunteer.

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, Editor, The Vulcan Runner](#) for more information or to volunteer.

Not sure how you can help, but want to learn more about getting involved with the BTC?
Contact us -- we will find a place for you!

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!](#)



BTC Merchandise

As the weather turns cooler, it's time to restock your shelves with the latest in BTC tech gear! Represent your club at home and especially when you travel to out of town races. BTC Merchandise Chair Karen West will keep us outfitted in style! [Email us to purchase](#), or look for the BTC table at the Vulcan Run and all upcoming social runs.

Have a great idea for BTC logo merchandise? [Share your ideas with Karen](#).



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.

RUNNING TOGETHER SEPARATELY

FALL IS IN THE AIR — TIME TO PREPARE

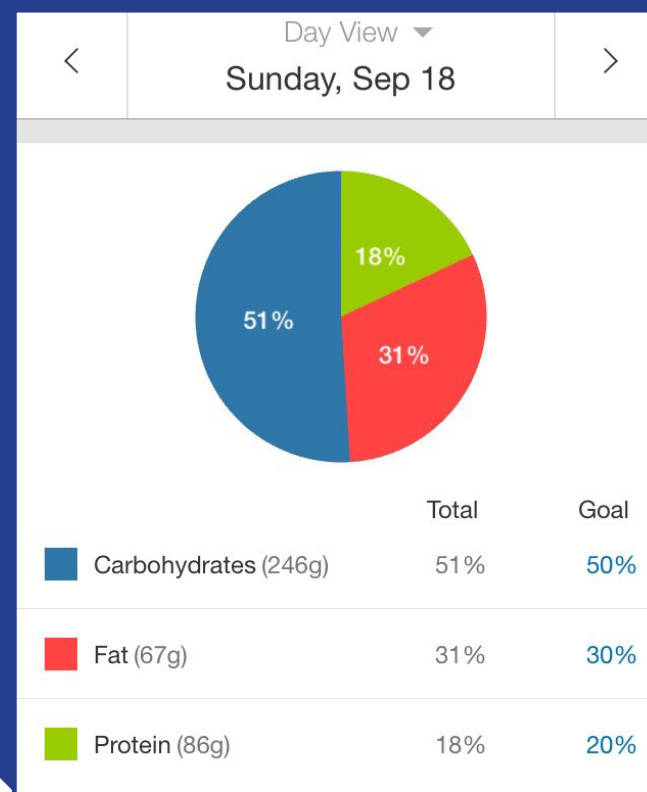
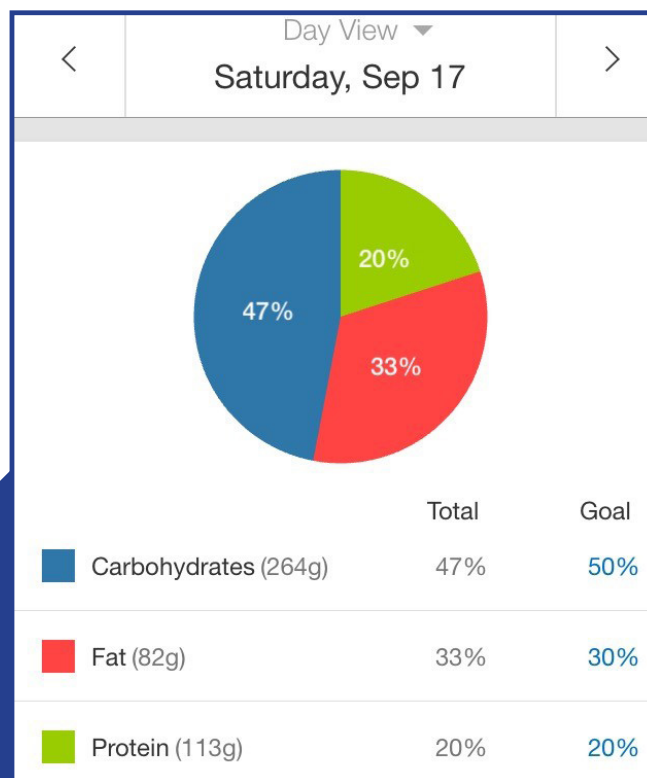
By: Joey Longoria & Carrie Longoria, MS, RD, LD

When it comes to temperature, fall running can't be beat. We have all endured months of heat and humidity and deserve some cool, crisp weather! Unfortunately, summer is playing evil tricks on us. As I write this, I am attempting to rehydrate after another 13 mile run that started at 5:30 a.m. – with 75 degrees and 98% humidity. Carrie is doing TRX in the garage, and I know it is at least 85 degrees in there. It's like fall is laughing and teasing us and summer is plain evil hanging around without an invitation. Seriously. Bye, Felicia! I mean, SEC Football has started. That means half zip long sleeves and the smell of fireplaces burning as we trek through our favorite running routes, right? I know it's almost here. I hope. Please, I'm begging.

Well, enough fanaticizing. The real reason most of us love fall is because fall and winter races are right around the corner. Hooray! All of those long summer miles are about to pay off big time! The Chicago Marathon is just around the corner, and many of you probably are tapering as you read this. I think half of the Birmingham Track Club is running it this year. It is an amazing race, and I'm excited for all who will be running it for the first time -- enjoy! Other great local races are drawing near as well. The Vulcan 10K and Magic City Half Marathon are always well attended and supported by BTC members. Not to mention training for the Mercedes Marathon and Half Marathon and other winter races starts on October 1 with the BTC Saturday morning long run social.

Time to prepare! So, how do you prepare for your marathon training cycle? Or, perhaps a half-marathon? Maybe a 10k is your ultimate goal. Either way, there are things we all do differently when there is a goal race at hand. In this article, I will write about some of the things I am currently doing in my training. I hope this will get you thinking about what you currently do or what you can be doing in order to get the best from your goal race. Personally, my biggest concentration becomes nutrition because of how much fluid I lose during runs. Everything feeds off of that (pun intended), from hydration and strength for long runs, muscle recovery after tempo runs and the smell of soups and stews simmering on the stove and trying new recipes in the kitchen – the best form of recovery! I am lucky that Carrie, with her seemingly infinite knowledge of nutrition, does all of the hunting and gathering. It is easy to cook well when you start off with good groceries. Although I shouldn't be at this point, I am still amazed at how my body responds to real, good-for-you food what it does for my running. My approach is general in nature in that my daily and weekly goal is to hit my target for carbohydrates, fat, and protein, while staying around my calorie goal of 2400 calories per day. That caloric intake will increase as mileage volume increases.

Here are my last two days >>>



RUNNING TOGETHER SEPARATELY

FALL IS IN THE AIR — TIME TO PREPARE

Other aspects that we are trying this training cycle involve sessions of cryotherapy and a product called HOTSHOT. Either or both of these may be new to you. Or perhaps you are curious about feedback from someone who is not a product ambassador and who wasn't set up to give a rave review. I am neither. So, here are my experiences and opinions of both. First, the cryotherapy treatment was suggested to me by Dr. Larry Lemak. There are a couple of places in Birmingham where you can do this. Be ready to get cold like you've never been before, unless you regularly go naked around the Arctic Circle. It is cold. But for me, it seems to work. I always have a little soreness in my left knee when I start ramping up my mileage or running heavy paces. I've had two treatments in the past six days, and I don't feel the slightest soreness or tightness. I'm a believer, and at this point, I'll continue doing it at least once a week. You can read more about cryotherapy [here](#)

The next thing I have experimented with is a product called HOTSHOT, which promises to alleviate cramping – something I know all too well! This product was developed by Nobel prize-winning neuroscientist and endurance athlete, Dr. Rod MacKinnon. In short, it treats your nerves, rather than your muscles. As an endurance athlete, Dr. MacKinnon asked: Why do we cramp? What is the cause? What is the cure?

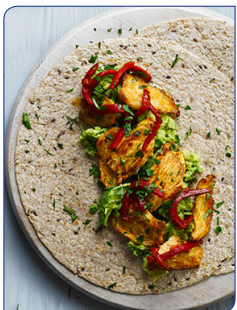


The Team Hotshot website explains: “Over a period of five years, [Dr. MacKinnon] worked to unravel the mystery, to separate misguided assumptions from scientific reality and discovered this surprising truth: When it comes to preventing muscle cramps, it's not about treating the muscle, it's about treating the nerve.” The website describes the 1.7 fl oz. Hotshot sports shots as “the first scientifically proven formula to prevent and treat muscle cramps by stopping them where they start — at the nerve.”

As someone who has endured serious cramping on long runs and in marathons, I am determined to find anything that can help. I tried it, and to my surprise, it has worked. The instructions say to drink some before, during and after an endurance activity. I've only tried it before a run and after. When I tried it before, it was mostly to see how my body would react to it. I was fine and I didn't cramp. I tried it after a run when I felt a calf cramp coming on. I drank it and it went away. Instantly. I'm not saying this stuff will work for everyone, but so far, it has worked for me. You can learn more [here](#).

Best of luck with your training cycles and your goal races this fall and winter! We would love to hear about the things you do in preparation for and during your marathon training cycles! See you on the roads.

MONTHLY RECIPE: SPICY CHICKEN AND AVACADO WRAPS



Ingredients

- 1 chicken breast (approx. 180g), thinly sliced at an angle
- ½ lime, juiced
- ½ tsp. mild chili powder
- 1 garlic clove, chopped
- 1 tsp. olive oil
- 2 seeded wraps
- 1 avocado
- 1 roasted red pepper from a jar, sliced
- A few sprigs of cilantro, chopped

Cooking Directions

1. Mix the chicken with the lime juice, chili powder and garlic.
2. Heat the oil in a non-stick frying pan then fry the chicken for a couple of minutes – it will cook very quickly so keep an eye on it. Meanwhile, warm the wraps following the package instructions.
3. Mash half an avocado onto each wrap, add the peppers to the pan to warm them through then pile onto the wraps with the chicken, and sprinkle over the cilantro. Roll up, cut in half and enjoy!

Nutrition: Calories: 403, Fat: 16g, Carbs: 32g, Sugars: 2g, Fiber: 5g, Protein: 29g

HARTSELLE HALF MARATHON

TRIPLE CROWN LEG #1



The BTC hosted a large contingent of runners who participated in the inaugural Hartselle Half Marathon on September 17, 2016. The race was the first race in the 2016 Triple Crown Challenge, but it proved so popular, it sold to capacity. The BTC has designated the Little River Canyon Half Marathon on October 8, 2016 as an alternate race for those who still want to participate in this year's Triple Crown Challenge. [Click here for more details or to sign up for the Challenge!](#)



HARTSELLE HALF MARATHON

TRIPLE CROWN LEG #1



COMMUNITY CORNER

By: Jennifer Andress, BTC Past President

Greetings, BTC! I have only a brief update from Homewood for this month, but I have a couple of meetings scheduled over the next few weeks for the long-needed and desired pedestrian bridge at Hollywood Boulevard. I will have much more to report next month!

I will be sworn in to the Homewood City Council on November 7th. My counterpart in Ward 5 is longtime Councilman Peter Wright, and he and I are committed to seeing this project happen. My other two goals for my term are safe crosswalks over Lakeshore Drive from my Ward (which includes the Shades Valley YMCA) to Brookwood Mall and the Lakeshore Trail, and a crosswalk at Ventura Boulevard over Highway 31 (where BTC members cross quite frequently, by the TCBY Yogurt shop).

This week, significant progress was made towards sidewalks on Mayfair. The BTC runs this road regularly, and it is a narrow and busy thoroughfare connecting Ridge Road on the west all the way to Highway 31.

The Mayfair Drive sidewalk project was passed out of the Finance Committee on a 5-0 vote and was approved by the full council on September 26th. The project is currently in designated as a two phase project, with a third phase designated for future consideration.

Phase One runs on Mayfair on the north side of the street, from Highway 31 to Roxbury Road. Phase Two involves Roxbury, from Mayfair to Huntington (towards downtown Homewood and Trak Shak). The plan includes removing the triangle at Roxbury/Mayfair, to minimize the impact on terrain and improve the flow of this intersection, turning it into a true three-way stop. The committee approved up to \$70,000 for the project, which City Engineer Greg Cobb believes should be more than enough.

It was noted that the neighborhood had spoken decisively about their desire to have this completed and it was ultimately passed.

A future Phase 3 will run on the south side of Mayfair from Roxbury, across Overton Park, to Ridge Road, connecting with sidewalks installed there in the last year.

The other development that the BTC will be interested in is that the Planning Committee approved turning Rumson Road into a one-way street going north between Yorkshire and Windsor Drive. This now needs to be approved by the Finance

Committee (any project where the city spends money has to be ultimately be approved by Finance) before the full council can approve it, likely in three weeks.

This sets us up for future plans for Rumson Road, which I will be involved with: sidewalks from Yorkshire to Lakeshore. Councilman Wright and I hope this will be a starting point for a crosswalk from the Shades Valley YMCA to the Lakeshore Trail.

Homewood will also be undertaking a massive road-paving project soon, so those early-dark-thirty runs will be less treacherous!

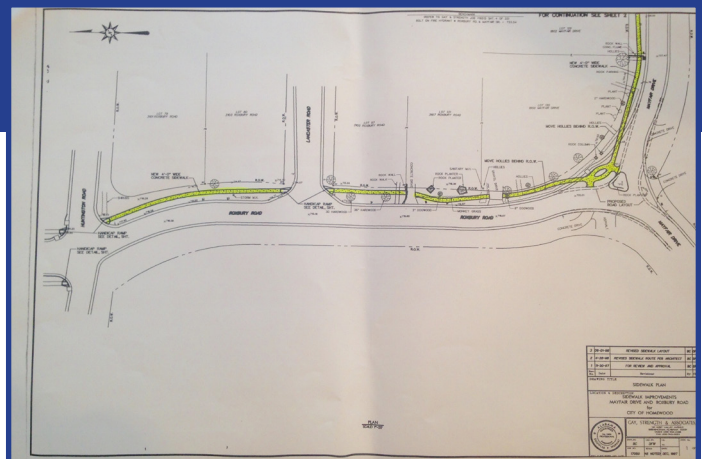
Here is my monthly plea for BTC runners to use sidewalks when provided while running and walking (but carefully and mindfully, as not all are in perfect condition). And run facing traffic, without headphones. Especially on Saulter Road!

Have a wonderful running month, and here's hoping for cooler temperatures!

Sidewalk rendering of Mayfair and Roxbury

(Phases One and Two of proposed project).

Roxbury runs north-south from downtown Homewood to Mayfair, and Mayfair east-west to Highway 31.



VOLUNTEER VIBES

#WEHEARTOURVOLUNTEERS

Want to be a part of the one of the greatest local race events?

Join us to volunteer for the Vulcan Run on Saturday, November 5th. The Vulcan Run is one of the BTC's biggest races, so we will need lots of help with packet pick up on Friday November 4th as well as on race day. Please [reach out to Kim Benner, BTC Volunteer Coordinator](#), Kim Benner, to let us know how YOU can be involved!



Call for Shoes

For the past year, BTC members have been donating used running shoes to the Clothes Closet at Grace Episcopal Church in Woodlawn. This project provides free clothing and shoes to anyone in need, focusing on participants in the church's soup kitchen, food pantry, emergency shelter, and Nar-Anon ministries. So far, more than 130 pairs of cast off BTC running shoes have been adopted and given a new life on the streets of Woodlawn. The next collection will be at the BTC Saturday Morning Long Runs on October 8 and 15, or contact [Rheagan Alexander](#) to arrange pickup.

Thank you for helping the BTC help others in need! The organizers have been overwhelmed with the generosity of the BTC and the sheer number of shoes that have been donated – every single pair has found a new home. In addition to used athletic shoes (larger men's sizes are particularly in need), gently used men's athletic clothing and loungewear, new athletic socks, new t-shirts and individually-sized toiletry items are needed and may be donated through the BTC.



The Endless Mile

12, 24 & 48 Hour Run & Relay

Oct 21 - 23, Veteran's Park, Alabaster



Run Solo or Build a Relay Team

Most of us know about those relay races, like Ragnars, that have become so popular in the Western US. Finishing one of those events, covering as much as 200 miles over two days and a night is quite an accomplishment, but the real allure of these races is not the distance covered it's the experience. A team of 4 to 16 runners all working together, night and day, encouraging each other, pushing each other, struggling together and succeeding together as a team, that's the unforgettable experience of these relays. You accomplish what no individual team member could ever do alone. That's what makes the relays such an incredible experience. Many of us would love to try one, but if you are like me, spending thousands of dollars in travel expenses, registration fees, vehicle rental fees and other expenses just isn't practical. Well, the Endless Mile Relay is a chance to find out what it's all about for less than the entry fee of a marathon. And the best part, the race takes place right here in the B'ham area.

Details at SoutheasternTrailRuns.com

Register at Ultrasignup.com - Use discount code "2016BTC-10"

RRCA UPDATE

By: Alex Morrow, BTC President and RRCA State Representative



By the time this issue of *The Vulcan Runner* is published, I've been assured by the local weather men and women that we will have had some crisp mornings for early fall runs (fingers crossed!) As the early days of fall turn into shorter days, it is important that we be mindful of safety, particularly while running in the early morning or evening hours, when it is more likely to be dark. Wear reflective gear, lights and headlamps if you'll be running in

the dark. Run with a friend, and carry a cell phone, especially if you're running alone. The BTC website is a wonderful resource for group runs all across the Birmingham area – you can almost always find someone willing to run in any part of town at most any hour. Find a group or a scheduled run [here](#).

The importance of running with a friend (or having a cell phone) hit home recently while I was on a run with a friend during the dark

“vampire hours” we frequently prefer. Neither of us had a phone, because we'd planned an easy pace and didn't anticipate any issues. We stepped up onto a median to get out of the way of an approaching bus, and my friend took a nasty spill. We ended up at the Homewood Fire Station where the wonderful men on duty were able to assess and treat her quickly (a huge “thank you” to Homewood Fire and Rescue Service Station 1).

Ironically, we had talked earlier during our run about the importance of knowing our friends' medical histories, so that we will know how to react in case of an emergency -- someone should know if you have a deathly allergic or a medical history that could impact the type of treatment you need. We also need to know our friends' “ICE” (in case of emergency) numbers so that we can notify a spouse or loved one if an accident or medical emergency should occur. We all should get in the habit of wearing identification with this information as well.

Review these [comprehensive safety tips](#) on the RRCA website, and take them to heart. Be alert, be seen, and run safe, friends!

Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell
at deltayw@gmail.com
for more information

JOIN US!



1200 MILE CLUB

Cumulative miles submitted through October 2, 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!

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Alexander, S Rheagan	1	891	Clowers, Addison	2	1,562	Glass, Rodney	R	0
Anderson, Kerri	R	830	Coker, Leslie	1	680	Goeb, Laura	R	443
Arnold, Brad	R	555	Collins, Helen	R	910	Goode, Johnny	7	1,309
Austin, Andrea	R	1,034	Collins, Nathan	R	189	Goolsby, John	3	572
Baggett, Christopher	R	915	Colpack, Chris	1	443	Gould, Izzy	R	1,137
Bahr, Ashley	R	592	Corrie, David	1	1,265	Grabarczyk, Doug	R	0
Bahr, Jeff	R	458	Cowart, Britney	R	830	Grabeldinger, Nikki	1	465
Bailey, Leslie	2	1,014	Cox, Damon	2	958	Gullapalli, Satya	2	1,095
Baker, Mark	1	0	Crackel, Caroline	R	910	Hackney, Lindsay	R	274
Ballard, Hunter	R	0	Crain, Teresa	1	707	Hake, Philip	R	1,067
Ballard, William	5	165	Crawford, Allen	R	604	Haley, Jay	R	800
Barganier, LaShaunda	R	408	Crawford, Kimberly	R	1,116	Hall, Matthew	R	847
Barnes, Jimmie	2	1,281	Crowson, Bill	R	1,144	Halperin, Caitlin	R	260
Bartee, Samm	R	1,040	Crunk, Emmagene	R	405	Halperin, Dave	3	1,909
Bartlett, Kari	1	0	Darville, Nathaniel	1	1,514	Hansen-Turnbull, Sabrina	R	0
Bass, Andy	R	1,021	Davis, LaJuana	R	0	Haralson, Danny	7	870
Belcher, Michelle	3	1,035	Davis, Sarina	R	107	Haralson, Micki	8	1,077
Benner, Kim	3	1,177	Dawson, Ashley	3	1,608	Harbison, Brookie	R	957
Bissell, Kim	1	947	Dease, Joseph	R	975	Hargrave, Alan	8	957
Black, Dylan	1	519	Dease, Katherine	1	860	Harrelson, Heather	2	977
Blain, Allan	R	580	DeBardeleben, Anne	1	1,056	Harris, Ashley	R	790
Boackle, Larry	1	1,287	Dell'Italia, Pat	1	823	Harris, Vickie	1	0
Boackle, Tomie Ann	R	911	Denton, Matt	4	1,403	Harrison, Lisa	4	1,193
Bonatz, Ekkehard	8	1,913	DiMicco, Al	3	700	Haslem, Jerri	R	799
Booher, Lisa	5	1,480	Dix, Katie	R	0	Hathorne, Chad	R	441
Bowman, Brian	R	866	Doran, Stan	R	975	Havicus, Cari	1	937
Bowman, Leisha	R	253	Duke, Cindy	R	1,012	Hayden, Brittany	R	0
Bridwell, Hunter	R	253	Dunnaway, Roberta	R	919	Hayes, Debbie	2	1,026
Bromstad, Murray	R	1,009	Easterling, Natalie	1	0	Haynes, Christopher	R	0
Brown, Charlie	4	1,018	Eaton, Ellen	R	0	Heaton, Bryan	2	529
Brown, Michael	2	1,100	Edge, John	1	869	Henley, Meghan	R	1,190
Brown, Sean	2	794	Ellison, Jennifer	R	484	Henley, Monica	2	896
Bryant, David	3	1,264	Elrod, Stacey	1	379	Henninger, Alison	1	898
Burns, Carley	R	468	Estes, Jeff	1	573	Hickerson, Patrick	4	447
Busby, Madeline	1	722	Evans, Debbie	2	1,000	Hill, Susan	2	660
Callahan, Rachel	1	1,134	Farmer, Austin	R	813	Hill, Tucker	1	866
Carey, Christopher	3	1,370	Feller, Beth	2	966	Hogeland, Angie	R	983
Carlton, Bob	1	800	Fields, Barbara	R	0	Holmes, Chris	R	674
Caruana, Joseph	R	1,015	Fleming, Juandolyn	R	43	Hoover, Alison	4	502
Casey, Barry	2	177	Fontenot, Misty	R	489	Horton, Kate	R	0
Ceasar, Katie	R	399	Foust, Hannah	R	511	House, Beth	3	846
Chadha, Jennifer	R	829	Franklin, Shane	4	949	Housler, Philip	1	391
Chandler, Teresa	6	1,007	Frederick, Winston	8	1,335	Hudson, Temeka	R	283
Chiesa, Marco	R	0	Fuller, Lisa	R	0	Hunt, Leslie	1	928
Christian, Alan	R	132	Funk, Robert	R	0	Hyatt, Micheal	1	824
Clarkson, Roy	R	672	Gann, Michael	5	1,447	Ingle, Brandon	R	158
Clay, Brad	9	2,237	George, Meredith	R	152	Ingram, Joseph	3	861
Clayton, Jennifer	R	0	German, Brandon	R	789	Izard, Georgia	1	890
Clayton, Yocunda	1	924	Gibbs, Shirley	R	988	Izard, Melody	1	977
Clemons, Sam	R	945	Gibson, Darrell	2	495	Jackson, Kristin	R	534
Cliett, Stephanie	2	1,741	Gilbert, John	1	0	Jarrad, Jeremiah	R	0

1200 MILE CLUB

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Jefferson, Tracy B.	R	899	Mote, Darrell	R	914	Smith, Jerry P.	R	689
Jenkins, Kaki	3	1,226	Murchison, Reginald	3	1,757	Snow, Sheri	R	922
Jenkins, Mike	1	234	Nagy, Lisa	R	750	Stephens, Jeff	R	751
Joe, Heather	1	1,268	Neaves, David	R	0	Stockton, Rick	8	770
Johnson, Aimee	R	0	Northern, Kristie	6	998	Stokes, Beth	R	0
Johnson, Gerald	R	1,088	O'Barr, Alexandra	R	0	Straka, John	R	0
Jones, Elizabeth	R	0	Oliver, Greg	3	1,355	Swagler, Susan	R	0
Jones, Ira	3	382	Oliver, John	1	1,090	Sweatt, Jason	R	0
Jones, Kat	R	623	Olsen, David	1	1,447	Talley, Beau	3	951
Jordan, Shane	R	407	Orihuela, Carlos	R	899	Tankersley, Helen	R	833
Kane, Brandon	1	933	Osborn, Stef	R	0	Sheppard, Marci	R	0
Katzman, Justin	R	226	Oser, Rachel	R	0	Shinn, Ronald	5	773
Kearley, Christy	R	854	Paradiso, Michelle	R	936	Shirley, Scott	3	1,248
Kearley, Stephen	R	1,145	Parks, Charlie	2	1,033	Sides, Dean	1	974
Keefer, Herb	R	704	Pate, Lisa-Marie	R	215	Silwal, Suman	5	515
Kelley, Robin	2	948	Patlolla, Sandeep	R	0	Simpson, Kevin	3	2,476
Kemper, Tricia	2	1,292	Patterson, Carrie	2	973	Sims, Cecelia	R	713
Kendrick, Tom	R	533	Paulk, Benjamin	R	798	Sims, Chris	R	0
Knight, Diane	1	925	Payson, Tabitha	R	429	Sims, Robert	3	1,245
Knight, Kristen	1	523	Payson, Tommy	R	841	Sloane, Mike	1	927
Kuhn, Jimmy	8	919	Peagler, Shana	4	797	Smith, Jerry P.	8	906
Kulp, Loren	R	1,058	Pearce, Julie	5	481	Snow, Sheri	R	1,078
Laird, Audrey	2	1,202	Pearson, Blake	3	1,927	Stephens, Jeff	R	887
Langston, Aaron	1	895	Pearson, Mary Scott	2	1,266	Stockton, Rick	8	892
Langston, Richard	4	763	Penley, Steve	R	684	Stokes, Beth	R	0
Lankford, Frank	R	0	Peters, Scott	1	581	Straka, John	R	0
Lee, Koren	R	325	Plante, David	3	1,082	Swagler, Susan	R	0
Lee, Shilonqua	1	786	Portwood, Paul	1	919	Sweatt, Jason	R	0
Leopard, Don	1	375	Qualls, Wayne	R	433	Talley, Beau	4	1,204
Lester, Treva	R	369	Ralph, Meghan	1	971	Tankersley, Helen	R	1,104
Lockett, Janet	R	77	Renn, Deanna	1	1,283	Taylor, Trey	1	63
Longoria, Joseph	4	1,200	Richardson, William	2	1,498	Thomas, Eric	4	1,868
Loo, Judy	2	185	Roberson, Kevin	2	577	Thornton, Dean	5	1,260
Love, Thomas	1	235	Roberts, Fletcher	1	1,173	Trimble, Jamie	2	1,264
Lowrey, Natalie	R	0	Robinson, Niki	R	311	Tse, Freddy	R	295
Lupinacci, Timothy	R	0	Rocha, Roger	2	933	Turnbull, Richard	R	0
Lyle, Randy	7	1,016	Rodgers, Jessica	R	0	Tyler, Kim	R	516
Lyles, Chris	1	622	Rodriguez, Angie	1	997	Varnes, Vickie	3	1,215
Lyles, Kimberley	R	0	Rogers, Tammy	1	1,464	Walker-Journey, Jennifer	1	1,004
Maha, Michele	R	1,104	Roper, Lynn	R	638	Walker, Caroline	R	932
Malick, David	2	1,098	Rose, Billy	2	1,367	Walker, Susan	R	665
Mason, Erin	R	0	Routman, Cynthia	1	456	Wall, Ron	3	490
Mathews, Craig	R	845	Rowell, Tynisia	R	0	Warren, Tom	1	830
Mathews, Liza	R	849	Rutherford, Keith	8	975	Watkins, Janet	R	686
Mattrella, Cheryl	R	0	Rutledge, Lisa	1	865	Watters, Robert	1	1,197
Maughan, Kevin	1	632	Ryan, Meaghan	R	1,019	Weber, Amy	1	743
McConnell, Kim	1	720	Sallin, Bracken	R	841	Wells, Bradley	R	1,039
McCullough, Matthew	R	593	Sawyer, Gretchen	R	0	Wende, Adam	1	935
McNair, Kelly	3	1,466	Schaefer, Todd	1	1,117	West, Anja	R	350
McTune, Mark	4	1,646	Schor, Mike	R	1,047	White, Robin	R	266
McVey, Simon	1	1,185	Seeley, Mimi	R	306	Whitt, Trey	4	1,300
McWilliams, Matthew	R	155	Self, Travis	1	776	Wilhite, Thomas	1	1,204
Merry, Vicki Sue	4	1,779	Selle, Kellan	R	947	Williams, Avis	R	607
Mickens, Cassandra	R	964	Sellers, Susan	R	279	Williams, David	R	598
Miller, Bill	R	226	Shaffield, Danny	3	1,513	Williams, Shanada	R	151
Miller, Tracy	1	740	Sheppard, Gretchen	1	921	Williamson, Chad	2	977
Millsap, Lanier	1	459	Sheppard, Marci	R	0	Wilson, Julie	R	907
Miyasaki, Nathan	1	1,298	Shinn, Ronald	5	527	Windle, Dale	2	1,328
Morgan, Cary	6	3,083	Shirley, Scott	2	984	Wiseman, Steve	1	1,113
Morgan, Danielle	4	609	Sides, Dean	1	731	Wood, Scott	R	901
Morgan, Phillip	6	858	Silwal, Suman	5	515	Woody, Bill	8	1,358
Morris, Justin	2	1,169	Simpson, Kevin	3	1,981	Wright, Amy	1	1,315
Morris, Phil	R	853	Sims, Cecelia	R	466	Wu, Xing	7	1,306
Morrow, Abigail	R	169	Sims, Chris	R	0	York, Gary	3	1,514
Morrow, Alex	6	1,631	Sims, Robert	2	941	Zeanah, Cary	R	0
Moss, Denise	R	455	Sloane, Mike	1	700	Zehnder, Justin	5	992

SHOW US YOUR BTC GEAR

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



Amy Wright, Michelle Parr and Terri Chandler relax after a long run



Monica and Keith Henley ran with the Wednesday Night Run Club while vacationing in the Cayman Islands



Katherine Pezzillo and Mario Santana know that BTC gear is appropriate for any occasion!



Richard Langston perfects his coffee drinking after a long run



Will Andress celebrates his birthday week in BTC style

Feets of Strength

"Feets of Strength" has quickly become one of my favorite columns in *The Vulcan Runner*. We have such a wonderful, supportive running community in Birmingham. While our competitive streaks may run deep, BTC members have always been quick to celebrate the successes of our fellow runners – that's what makes our club so special! [group hug!]

Keep sending in your "feets" and photos so your BTC friends can share in your success!

First up this month is **Xing Wu**, who completed the 23rd annual Rocketman Challenge Olympic Distance Triathlon at Ditto Landing in Huntsville on August 28, 2016 – way to go, Xing!

Kevin Simpson completed the Two Bear Marathon in Montana on September 18, 2016, taking home an age group award. Sounds like his "humidity training" in Alabama was successful!

Billy Rose, Adam Lindsey, Michael Brown, Russell Williams and Austin Farmer had strong finishes at the St. Jude 5K Walk/Run on September 24, 2016 – Billy, Adam, Russell and Austin all placed in their respective age groups, and Michael Brown came away with the overall win! Billy's second place AG finish was all the more impressive considering he took a wrong turn and ran an extra .2 miles. Russell's first place AG finish (he also was the 7th overall finisher and the first Master's

finisher) was a smokin' fast PR. And although Austin's 5th overall place finish wasn't a PR time, he was fresh off of a 67 mile training week for the upcoming Indianapolis Monumental Marathon. Congratulations, guys!

Kudos to **Lauren Wing**, who completed her first half marathon at the Hartselle Half Marathon on September 17, 2016. Lauren is training for her first full marathon, the Mercedes Marathon, in February. You're off to a great start, Lauren!

Also completing the Hartselle Half Marathon with an impressive second in his age group finish was **Alan Hargrave**. Awesome finish, Alan!

Meanwhile, on the other side of the world, **Ekkehard Bonatz** completed the Berlin Marathon on September 27, 2018. Although he has completed a number of marathons, this race held special meaning for Ekkehard, a native of Germany.

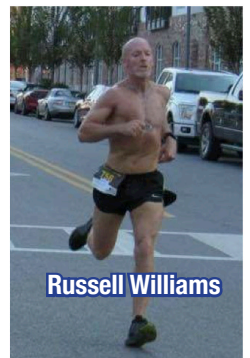
Let us know if you have a "feet" of strength to celebrate (remember it's not bragging if we brag for you!) We love to celebrate your victories and accomplishments with you! Here's to many more miles and smiles along the way!



Alan Hargrave



Austin Farmer



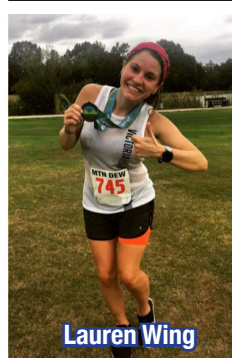
Russell Williams



Ekkehard Bonatz



Kevin Simpson



Lauren Wing



Xing Wu

Attendance:

Alex Morrow, Darnell Allen, Monica Henley, Alan Hargrave, Loren Traylor, Julie Pearce, Kim Benner, Addison Clowers, Charles Thompson, Allison Stone, Kile Putman, and Kemper Sarrett

Minutes:

- The meeting was called to order at 6:06 PM at the Treehouse Room of the Vestavia Hills Library.

- The minutes of the July board meeting were unanimously approved, with the addition of Charles Thompson's name on the attendance list.

- Alex Morrow announced the BTC's new Co-Membership Chair, Vicky Brakhage. Vicky is researching what other RRCA Tier One running clubs (clubs with over 1,000 members) do to recruit and maintain members. We hope to continue to grow our membership (we currently have 1132 members, down from 1293 at this time last year).

- Julie Pearce reported deadlines for the October and November issues of The Vulcan Runner are September 19 and October 24, respectively. Julie asked that the board discuss whether to offer discounts to advertisers who advertise for multiple months. The group recognized that ad prices currently are very low, but there may be some value to offering discounts to advertisers who place the same ad in multiple issues (changing ads creates more work, so it would not be beneficial to offer a discount in that scenario). This discussion led to a broader discussion on the potential for corporate sponsorships and our member benefits program, which raises multiple issues (particularly with the potential for cannibalizing race sponsors for BTC races). Allison will post Vulcan sponsorship packages on the board's Google Docs drive for review. Because of the desire to flesh out these issues further, the group did not vote on whether to offer incentives to advertisers at this time but will continue to discuss actively.

- Kemper Sarrett is unable to devote the time needed to the Member Benefits program, so he is resigning from that position at this time. Alex thanked him for his service. Kemper will stay involved with BTC leadership in other capacities. The group discussed tying ad sales into our Member Benefits program (participants can purchase discounted ads, etc.), which the group was in favor of exploring. Julie and the new Member Benefits chair (once appointed) will work on a proposed package for Member Benefits sponsors (i.e., small discount, opportunity for an advertorial in The Vulcan Runner, etc.)

- Monica Henley circulated a financial report for review.

- A lengthy discussion was held regarding the upcoming Vulcan Run. Alex explained that Race is now charged \$17k for permitting and police services – this is a huge increase from 2 years ago, when these services were complimentary. Alex is working to get in front of the proper people to try to negotiate a better rate. Allison reported that race planning is going well. She used the 2015 budget to compile a proposed budget for 2016. The numbers from last year have some inaccuracies due to paper applications compared to RunSignUp, so we don't know the exact amount of profit. She is compiling timing numbers to compile a more accurate runner participation number and more accurately determine 2015 profit.

- For 2016 budget, Allison is proposing a budget of \$54,600 (approximately \$51,000 spent last year). The group discussed ways to make cuts in the budget, including the singer, D.J., refunds (and add the ability to defer), but primarily, working with the city to try to reduce the logistics costs will be the best way to save expenses. Currently, we are at 287 registrants through RunSignUp (down

from last year). Last year, most registrants were at the \$45 price point, so at 1,200 registered runners, revenue would be \$53k. Darnell Allen made a motion to approve budget of \$54,650; Monica Henley seconded. There was no further discussion, and the motion was approved without opposition.

- Vulcan Run needs:

1. Allison needs a dedicated person to handle marketing. Alex raised the possibility of retaining a professional fundraiser who would work on a commission of sponsorship money raised. A discussion was held about various options, including potential contacts board members and others may have. Loren Traylor will consult with the committee concerning possible options.

2. Allison also needs a volunteer to be in charge of registration and someone to handle awards. Monica Henley volunteered to handle awards.

Alex announced that Loren Traylor has been appointed the new Social Chair for the BTC –welcome, Loren! Katherine Dease has resigned due to increased job responsibilities. Katherine did a fabulous job and will be missed. Alex has asked Loren to assist with some marketing efforts with the Vulcan Run, as will Vicky Brakhage. We also need to appoint a new social media chair. Any interested candidates should contact Alex. Loren will assist with social media as well.

- Kile Putman is putting together an elite program for Vulcan. Last year, 9 nationalities were represented at the race. Thus far, 8 females and 11 males have responded to his inquiries favorably (qualifying standards: 33 min. for men; 40 min. for women); prize money incentives help bring in elites. Kile has looked into several programs that provide host homes for local athletes. Host families would get comped entry into the Race and free entry into elite packet pickup area (food/drink, etc.). Hosting would be for just one night – a bedroom, bathroom and possibly transportation would be needed. Kile would need approximately six host homes. Monica mentioned donating hotel and airline points, which prompted a discussion of broadening the scope of what we could do for elites. Addison Clowers will discuss with the Sheraton the possibility of serving as a hotel sponsor for the race. Kile's solicitation email to the elite athletes specifies that priority goes to the first to respond.

- Alex reported on the Vulcan Social Run, which is scheduled for October 1st at Revelator Coffee downtown. 4m, 6m and 10m routes will be offered. Revelator will provide coffee; we will provide food. Door prizes will be awarded, and the BTC will sell merchandise. Alan Hargrave moved that we approve a \$500 budget. Darnell Allen seconded the motion, which was approved without opposition or further discussion.

- Alex reported that the Triple Crown Challenge starts this weekend in Hartselle at the Hartselle Half Marathon. The race is now sold out; however, we have added an alternate race for race #1 of the series: the Little River Canyon Half Marathon on October 8, 2016. This race will count towards the Triple Crown as well. Currently, 23 BTC members are signed up for the Triple Crown.

- Due to many inquiries, Alex wants to set up some 3-5 mile weekday routes to encourage participation in the BTC. Routes will be set and posted on the website, Facebook, etc. Darrell Gibson has talked with a few people who may have an interest in leading the groups; he will keep the board posted.

- The BTC has an opening for a Marketing Chair – contact Alex with recommendations or suggestions. This will be sent out via an email blast as well.

- Charles Thompson announced that the National Junior Olympics Championship cross country meet will be held at Spain Park on December 10, 2016.

- The next meeting will be held on October 10 at the Vestavia Hills Library.



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	October 8, 2016	6:00 a.m.
AORTA Tough Ten & Tough Two (Auburn)	October 8, 2016	7:30 a.m.
Ruffner Mountain Crusher Ridge (42K, 21K, 5K)	October 8, 2016	8:00 a.m.
Little River Canyon Half Marathon (BTC Triple Crown Race #1 [alternate due to Hartselle sell-out])	October 8, 2016	8:00 a.m.
Paws for the Cause 5K	October 8, 2016	8:30 a.m.
Run for Resilience Ostomy 5K	October 8, 2016	9:00 a.m.
BTC Board Meeting (Vestavia Hills Library)	October 10, 2016	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	October 15, 2016	6:00 a.m.
XTERRA Alabama Red Mountain Park Trail Race – 9 and 4.5 mile	October 16, 2016	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 22, 2016	6:00 a.m.
Blazer Bolt for Brain Cancer	October 22, 2016	8:00 a.m.
Kid One Trick or Trot 5K	October 22, 2016	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 29, 2016	6:00 a.m.
Life Without Limits Half Marathon (BTC Triple Crown Race #2)	October 29, 2016	8:00 a.m.
Hometown Hero's 5K	October 29, 2016	6:00 a.m.
Dirt Dash 5K Fun Run/Walk	October 29, 2016	8:30 a.m.
Vulcan Run 10K – BTC Race Series	November 5, 2016	8:00 a.m.

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