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# THE VULCAN RUNNER



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November 2016

11

## Blazing a Path: Meet Melinda Underwood, BTC's First Female President

By: Jennifer Andress, BTC Past President

Photo Credit: *The Birmingham News*

▶ **BLAZING A PATH**  
2

▶ **MEDICATIONS & MILES**  
9

▶ **PRESIDENT'S ADDRESS**  
4

▶ **RRCA UPDATE**  
15

▶ **WALLACE MCROY**  
6

▶ **1200 MILE CLUB**  
16



# BLAZING A PATH

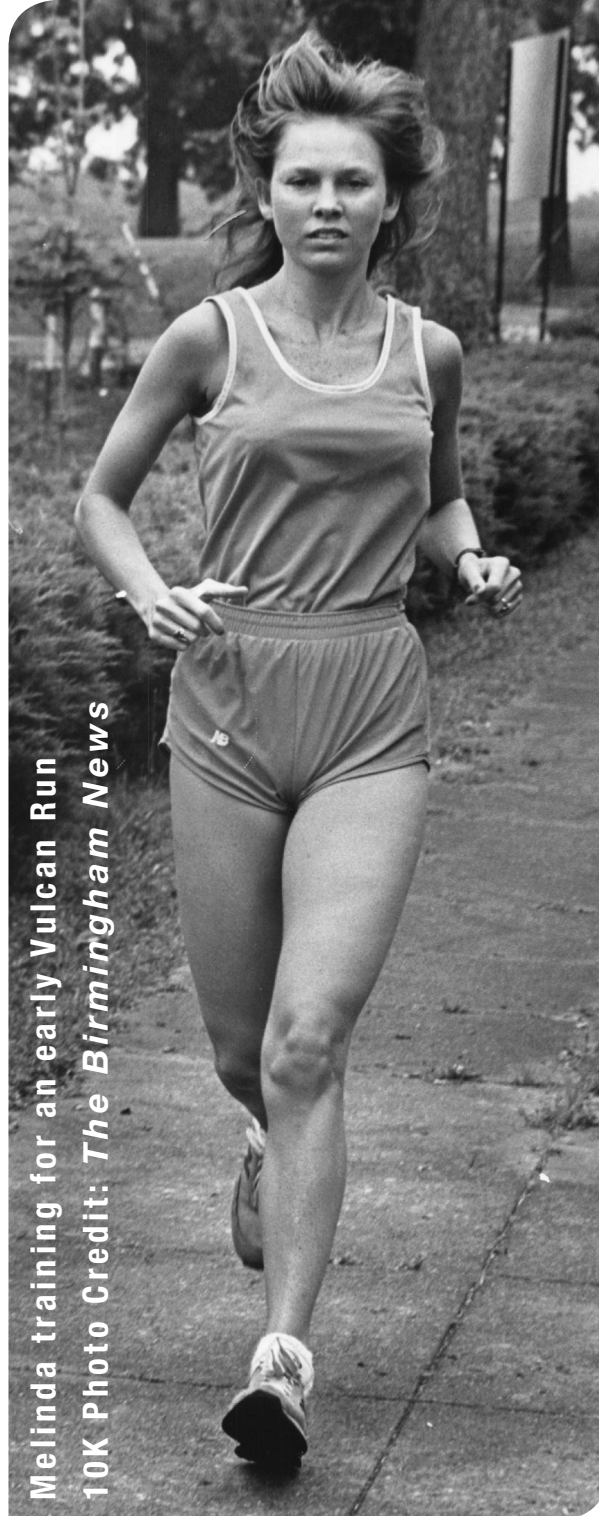
## Meet Melinda Underwood, BTC's First Female President

I recently had the pleasure of meeting a neighbor of mine, who I learned was in fact the very first female President of the Birmingham Track Club! Melinda Underwood was elected BTC President in 1982, and she shared with me some hilarious stories about her time in the early days of the BTC. I am honored to share her important story with our members today.

In 1981, Melinda started the "Lady Striders" along with a few other female friends. The Birmingham Track Club was an all-male club at the time, so Melinda and her friends took the opportunity to get more women involved in running. This was before the number of women runners equaled men, as it does today. If you remember, there was not a women's Olympic marathon until 1984. Women runners were still relatively novel. In spite of this, the Lady Striders would come to the BTC meetings, and they eventually were accepted by their male counterparts.

Melinda would go on to serve as BTC Vice-President to none other than BTC President Dr. Adam Robertson ("Adam" of Adam's Heart Runs). In 1982, Melinda ran for President of the Birmingham Track Club. The male members were not happy about having a female President, so they stuffed the ballot box by voting twice in order to defeat her. As President, Adam called for a second vote after finding out what had happened. Melinda ended up winning the vote the second time. She remembers the male members were pleasantly surprised by her presidency and her organization skills. For example, she presented many of them with notebooks outlining their duties for certain committees.

Adam tells us: "Melinda was a good runner and was interested in being



Melinda training for an early Vulcan Run  
10K Photo Credit: The Birmingham News

involved in the track club. She was a very dependable vice-president when I was president. It was an insecure time in the club. The women wanted more involvement and there was talk of separating and organizing a separate club (the Lady Striders). I knew of clubs where this had happened, and things had fallen apart and resulted in loss of organization. I promised to support Melinda for presidency and hoped that the women would not leave to form a separate club. I did everything I could to make that happen. She was a very good president and we remained one club and remain so today, very much due to her involvement."

An avid runner since 1981, Melinda participated in many 5k and 10k races, often winning age groups awards. She volunteered for BTC's historic Vulcan Run, as well many other races. Melinda was also a member of the "Johnny Montgomery" training runs at the Samford University Track on Tuesday afternoons. She remembers, "You never knew what workout Johnny had in store for us until you got there. There was a lot of fast track work in order to help get you faster for the races." These were indeed the infamous glory days of the BTC. I love the thought of Melinda and the Lady Striders being right there in the middle of it with all of our guys: Johnny, Adam, Rick Melanson, Charles Thompson!

Melinda has also been very active in the Homewood Community. She has served our schools, the Shades Valley YMCA, and Trinity United Methodist Church. She has also served our city: as a leader of the Beautification board, she had gateways to the cities built and brought lighted Christmas lights to the city and Friday night flicks to Homewood Park.

# BLAZING A PATH

## Meet Melinda Underwood, BTC's First Female President

Melinda is married to Jeff Underwood, President and CEO of Lakeshore Foundation, an Olympic and Paralympic training site in Homewood. They have two daughters, Anna, a Pharmacist at Walgreens, and Maria Davis, employed by Swell Fundraising, and living in D.C. with her husband Zach.

I am so happy I crossed paths with Melinda, and I only wish I had met her sooner. I love hearing about the history of the BTC--- it is always a fascinating embodiment of the culture around us, and that continues to be true today. As we all know, running is a microcosm of life itself. That's why we run, that's why we live our lives as runners, and that is how we apply what we learn from running to our everyday lives. Let me say to Melinda and the Lady Striders: THANK YOU for your early and important contributions to this amazing club! Here we are, 35 years later, stronger because of you!

**Jennifer Andress served as BTC President from 2012 to 2014. Since Melinda's trailblazing turn in office, the BTC has had six female presidents.**

Melinda with Rick Melanson and Ray Giles



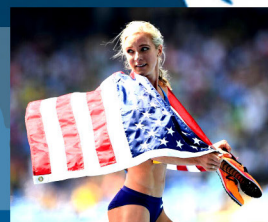
2017 BIRMINGHAM  
**WINE 10K**  
MARCH 11

wine10k.com

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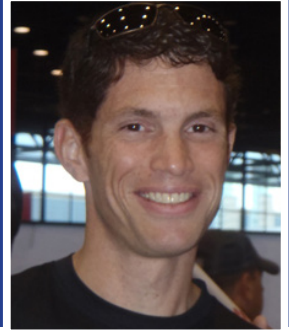


Meet and Run with Rio Olympics  
Bronze Medalist  
**EMMA COBURN**



# PRESIDENT'S ADDRESS

By: Alex Morrow



## Hello, fellow BTC Members

Wow, what a weekend! As I write this, I am reflecting on the 42nd running of the Vulcan Run 10k, Birmingham's oldest and largest 10k, as well as this year's RRCA (Road Runners Club of America) Alabama State 10k Championship. The race was held on November 5, 2016 and was simply spectacular! There is a common saying when you are making big plans, "Plan for the worst and hope for the best." At this year's race we made sure to plan for the worst, but there was no need, because all we saw was the best!

**Race Director Allison Stone**, in her second year, continues to make the Vulcan Run 10k one of the premiere events in the country. I make it a point to interact with as many people as possible on race day to solicit feedback. From the participants, to the volunteers, to the vendors, I want to hear thoughts and comments about the event, what is working, what is not, and how we can improve. This year I experienced something I did not think possible, I did not hear a single complaint. Shocking, I know! Instead I heard a steady stream of compliments about the event and how well it was run. Thank you, Allison, for your passion, expertise, and tireless energy in making this race happen!

I also want to extend a special thanks to **Elite Athlete Coordinator Kile Putman**. For this year's race, Kile assembled a spectacular field of both male and female runners. The field was deep and fast, and the finish times reflected the strength of the athletes the Vulcan Run 10k attracts. The winning time was 29:31, and the winning female time was 34:15. While both are fantastic finishes, even more impressive was how strong the top ten finishes were. When you finish in tenth place with a time of 31:40, you know you are running with a fast bunch!

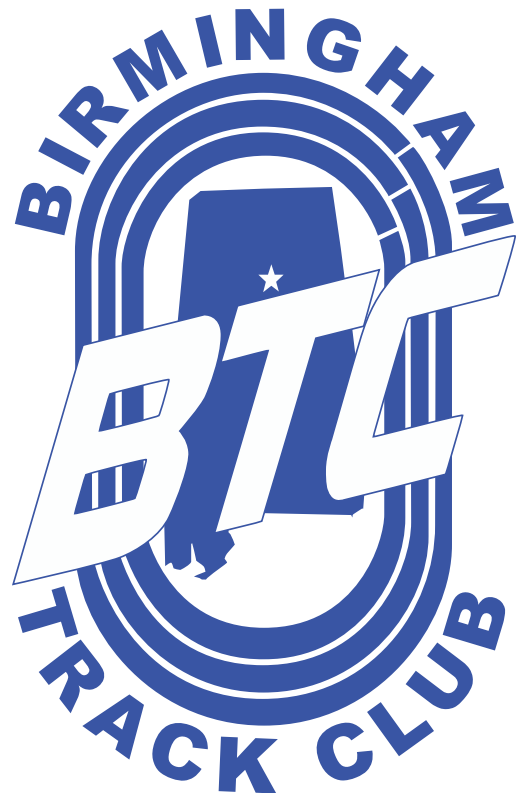
A heartfelt thank you also goes out to all of the amazing volunteers who answered **BTC Volunteer Coordinator Kim Benner's** call for help. From packet pick-up, to equipment load out and set up, to water stops, to registration, to working the finish line, all of you are fantastic and exemplify the best of what our club is about. This club, these events, and all of the amazing experiences that are created would not be possible without our BTC volunteers. I would love to list all of you by name, but there are simply too many of you!

Lastly, a HUGE thank you to every single person who signed up and ran the race! On a perfect fall day, all of you participated in one of Alabama's iconic races. As you toed the line with your fellow runners, you participated in a ritual that has taken place for 42 years. How cool is that?! The Vulcan Run 10k truly is one of my favorite races, and I was excited and honored to share the road with all of you. I hope to see all of you out there again next year.

Now that Vulcan is behind us, the action does not stop for the BTC! We will next close out the BTC Triple Crown Half Marathon Challenge at this year's Magic City Half Marathon on November 20, 2016. Following that, look for a special December run social being planned by BTC Social Coordinator Loren Traylor. This one is going to be exciting and fun! I can't wait to share the details next month. One other item to put on your calendar will be the next BTC Resolution Run hosted with our friends at the Trak Shak and Red Mountain Park. Because January 1, 2017 falls on a Monday this year, we will host the Resolution Run on Saturday, December 31. What a perfect way to end the year! Get in a great run with friends, make a few resolutions, then go out and celebrate the new year that night. The key is to remember those resolutions the next day! Stay tuned, we will have more details out soon.

Kindest Regards,

**Alex Morrow**  
BTC President



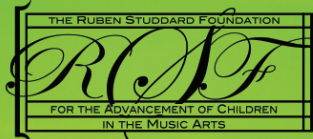


2016

# MAGIC CITY

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# WALLACE MCROY

## NOT AN OBITUARY, BUT A CELEBRATION OF LIFE!

By: Dr. Adam Robertson



### **Wallace died last week. . .finally! We began to think it would never happen! After almost 102 years.**

Wallace started running a long, long time ago. He ran cross-country at Mississippi State University. Later, after moving from Meridian, Mississippi, to Birmingham, he became a charter member of the Birmingham Track Club with Dr. Arthur Black (BTC founder), and he kept on running. He never professed to be a great runner; he just loved running, and he loved running with others, especially women. Wallace always said women were more fun to run with. He held a national (over 60) age group record in the 10K and had over 100 1st place trophies in his age group (many times, in later years, he was the only one left in his age group – attrition is a hollow victory, but a victory nonetheless!)

But winning races was not what Wallace was all about. Getting people to run and get healthy was his goal. He started the “Build a Better Club” program in the BTC. If you joined or got someone to join the BTC, ran in or volunteered in a BTC race, you got points. If you got enough points, you could get into Heaven, or something like that. He (with help of his wife Virginia) and another BTC founder, Gordon Seifert, hosted the BTC Mini Track Meet at the Vestavia track on Sunday afternoons. He and Gordon also coached the cross-country team at Samford one year, and for many years, they coached the John Carroll High School cross-country track team. One year the team won the 5A State Championship, not as much due to individual talent, but to group effort, comradery and good coaching.

Wallace showed up at almost all BTC races, even after he was no longer able to run, handing out Build a Better Club cards, encouraging his friends. He was so much a figure at the Homewood Run, they staged a “We Love Wallace” day. I still have the T-shirt.

He volunteered at the Shades Valley Y and would take new runners and coach them through the aches, injuries and questions of starting a running life. Wallace’s purpose was not to make them winners, but to help them become better people, more complete and healthy individuals. He said “runners are the best people. Church people are good too, but there’s always someone at church that rubs you the wrong way, but runners are just good people!”

Wallace seldom criticized others. He ran to encourage others, to help them adopt healthy habits, to stop smoking, lose weight and live longer. His gentle nature and quiet wit was so much fun to witness. He inspired many, young and old, and he made the world a better place. Wallace touched so many lives for so many years that it is impossible to include names and details. But even if you did not have the good fortune to know Wallace personally, know that he was instrumental in shaping the Birmingham running community into what it is today.

He ran, he never smoked, he never tasted alcohol, he promoted a healthy lifestyle and he lived a full life for almost 102 years. There’s a lesson here, for sure. Thank you, Wallace, and forever may you run.





# 2016 Officers



## President

**Alex Morrow**

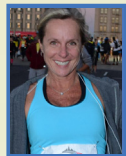
president@birminghamtrackclub.com



## Treasurer

**Monica Henley**

treasurer@birminghamtrackclub.com



## Vice-President

**Darnell Allen**

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## Secretary

**Leslie Bailey**

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## Past-President

**Jennifer Address**

pastpresident@birminghamtrackclub.com

## BTC Committees

### General Counsel/Parliamentarian

Long Run Coordinator

Moderate Group Coordinator

Medical Director

Social Chair

Marketing/Social Media

Membership

Membership Benefits

Merchandise

"The Vulcan Runner" Newsletter

Japan Exchange Program

1200 Mile Club

Volunteer Coordinator

Historian

Finish Line Crew

Webmaster

IT Chair

Lauren Weber

Monica Henley

Mark Criswell

Dr. Cherie Miner

Loren Traylor

Lauren Floyd

Amy Wright

Kemper Sarrett

Karen West

Julie Pearce

Mary Lee McMahon

Addison Clowers

Kim Benner

Trish Portuese

Tanya Sylvan

Darrell Gibson

Scott Page

Dean Thornton

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webmaster@birminghamtrackclub.com

itchair@birminghamtrackclub.com

## 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

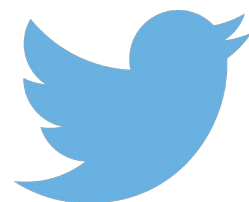
Find the latest and most complete local race results at the following:

**birminghamtrackclub.com**

**championship-racing.com**



Find us on  
**Facebook**



# BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

Carlyn Angelette	Richard Bottsford	Sarah Comer	Carley Ezzell	Dolores Johnson
Brian Atkins	Amanda Bradley	Kimberly Crawford	Kelly Garner	Gerald Johnson
Kelly Atkins	Michael Brown	Jim Dargan	Vincent Graffeo	
Mary Caroline Atkins	Charles Browning	Kim Dargan	Satya Gullapalli	
Evan Baggett	Majul Bussey	Pat Dell'Italia	Jenn Hale	
Russ Bailey	Tori Cantavespre	Dodie Driscoll	Jonathan Hay	
Laine Barnes	Harris Caraballo	Patrick Driscoll	Bryan Heaton	
Lisa Battaglia	Octavio Caviedes	John Edge	John High	
Jennifer Beall	Marco Chiesa	Benjamin	Liz Hyde	
Gia Bivens	Dan Chu	Etheriedge	Russell Hyde	
Jean Marie Bottsford	Rafe Cloe	Caroline Etheriedge	Christina Johnson	

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!**



# MEDICATION AND MILES

## ARE STATINS CRAMPING YOUR STYLE?

By: Brandon Haarer, Pharm.D. Candidate 2017; Anna Cochrane, Pharm.D. Candidate 2017;  
Kim Benner, Pharm.D.

Cholesterol is a “waxlike substance” that is used as a building block for your cells and is essential for proper function of your body. Cholesterol is used in the formation of hormones such as estrogen and testosterone, and it helps make bile acids, which break down fat in the intestines. Cholesterol serves a vital role in making sure our bodies function properly. In excess, however, cholesterol can start to build up in arteries, restricting blood flow to vital organs like the heart.

While high cholesterol can be influenced by lifestyle choices, other types of cholesterol, such as familial cholesterol, can be passed down through genetics. High cholesterol is managed first with lifestyle changes such as a proper diet and exercise regimen. Often times, however, diet and exercise may not be enough to lower the cholesterol. High cholesterol that does not improve significantly with lifestyle changes needs to be managed by medications to reduce the risk of cardiac complications like heart attack, heart disease and stroke.

### STATINS SUMMARIZED:

Cholesterol can be both good (HDL) & bad (LDL).

Statins are the primary medications used for treating high cholesterol that is not responding to lifestyle changes

Statins should be used in conjunction with diet and exercise to treat high cholesterol

Statins can cause a side effect known as myalgia (muscle pain) that may impact runners

Do not stop taking your medications without first consulting a your physician

### CURRENTLY AVAILABLE STATINS

TRADE/BRAND NAME		GENERIC NAME
Pravachol		Pravastatin
Zocor		Simvastatin
Lipitor		Atorvastatin
Crestor		Rosuvastatin
Livalo		Pitavastatin
Mevacor		Lovastatin
Lescol		Fluvastatin
Caduet		Atorvastatin and Amlodipine
Liptruzet		Atorvastatin and Ezetimibe
Vytorin		Simvastatin and Ezetimibe
Juvisync		Simvastatin and Sitagliptin

“Statins” are a class of medications that can be used, alone or in combination with other medications, to treat high cholesterol. Statins, also known as HMG-CoA reductase inhibitors, are effective at reducing bad cholesterol (known as LDL), and increasing the amount of good cholesterol, known as HDL. Statins help decrease cholesterol by reducing the production of cholesterol and increasing the amount of bad cholesterol that can be broken down by the body. While statins are fairly well tolerated, they are not without potential side effects including nausea, diarrhea, insomnia and increased liver enzymes.

One of the primary adverse reactions of statins that can impact runners is muscle pain, or myalgia, that can be severe enough to affect ones ability to walk or exercise. While this side effect may resolve on its own, often times it requires a dose decrease to alleviate the adverse effect. This effect has varying degrees of intensity; one medication in the statin class may not have as severe side effects as another. Due to their chemical properties, the three statins that are proven to affect the muscles least are fluvastatin, rosuvastatin, and lovastatin.

# MEDICATION AND MILES

## ARE STATINS CRAMPING YOUR STYLE?

By: Brandon Haarer, Pharm.D. Candidate 2017; Anna Cochrane, Pharm.D. Candidate 2017;  
Kim Benner, Pharm.D.

Statins also can increase creatine kinase, a marker that indicates inflammation in the body, which can increase the risk for muscle pain. Statins have been shown to affect people who engage in aerobic exercise, such as running, swimming or hiking, more so than those who engage in anaerobic exercise, such as weight lifting. Creatine kinase increases more during aerobic activities than non-aerobic activities; therefore, the additive increase can predispose runners to muscle pain from statins. If you are taking a statin and experience muscle aches or pain that does not subside with ample amount of rest, you may be experiencing a side effect of the medication.

This risk for myalgia does not impact everyone equally. The patient and his physician must weigh the benefits of statin therapy compared to that of exercise. Statins are not a substitute for exercise and diet and should be used in conjunction with healthy lifestyle choices. Do not discontinue statin therapy without first consulting your physician or pharmacist. The benefits of statins and their effectiveness have been established through years of well-documented research. If you experience muscle pain with statin use, decreasing the strength of statin

therapy may provide relief from any muscular symptoms you may experience. If you experience muscle related symptoms while taking statins, please consult your physician to discuss the options you may have to manage high cholesterol if exercise and diet are not enough.

**Brandon Haarer and Anna Cochrane are students at the Samford University McWhorter School of Pharmacy where Kim Benner is a Professor of Pharmacy Practice. Kim is a distance runner and current Volunteer Coordinator for the BTC. When she's not running the streets of Birmingham, she is a clinical pharmacist at Childrens of Alabama and a mother of two non-running (but soccer and lacrosse playing) boys.**

#### References:

Kim GK. The Risk of Fluoroquinolone-induced Tendinopathy and Tendon Rupture: What Does The Clinician Need References  
Thompson PD, Parker B. Statins, Exercise, and Exercise Training. J Am Coll Cardiol. 2013;62(8):715-716.  
Parker BA, Augeri AL, Capizzi JA, Ballard KD, Troyanos C, Baggish AL, D'Heemecourt PA, Thompson PD. Effect of statins on creatine kinase levels before and after a marathon run. Am J Cardiol. 2012 Jan 15;109(2):282-7.

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Cryotherapy is a **drier, more comfortable, more advanced** version of the ice bath. **Just 3 - 4 minutes** of exposure to the cold, dry vapor is the stimulus that **jump starts your systemic recovery** and speeds up the natural healing process.

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# USATF JUNIOR OLYMPICS

## VETERANS PARK TO HOST THE 2016 USATF JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

The USA Track & Field National Junior Olympic Cross Country Championships will be held at Veterans Park in Hoover on December 10, 2016. Young athletes ranging in age from seven to eighteen will compete in five age divisions, following qualifying rounds held across the country. Approximately 4,000 athletes are expected to compete.

The USATF Junior Olympic program is a progression series of meets consisting of preliminary, Association, Regional and National meets. An athlete's advancement in the program is based on performance. All athletes must begin their journey at an Association meet. Interested athletes should visit the [USATF website](#) for information about upcoming Association meets and for more information about the National Championships on December 10.

Spectators are welcome to attend the Championships – you may see some up and coming stars in the making!



## Need to Print Your BTC Membership Card?

It's easy!

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

## 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](#).



## Life Without Limits

**A large group of BTC members recently traveled to Florence for the UCP Life Without Limits Half Marathon. As the second race in the BTC Triple Crown Challenge, participants could not have asked for a better event: beautiful weather, a well-organized run, and fun times with friends!**





# COMMUNITY CORNER

By: Jennifer Andress, BTC Past President

**Greetings, BTC!** I am so excited to tell you we have some developments regarding the bridge going over Highway 280 at Hollywood Boulevard! Now, if there is one thing I have learned since I began this column, and especially now that I am about to be sworn in as an elected official, it is that things do not move as quickly as I would like. But they are indeed moving forward as of today!

I recently had an outstanding meeting with two Homewood City Councilmen, Peter Wright (my upcoming partner in Ward 5 and an original leader in this project) and the outgoing Fred Hawkins; two Mountain Brook City Councilpersons, President Virginia Smith and Lloyd Shelton; former Mountain Brook City Councilmen Jesse Vogtle (another original leader of this project); Libba Vaughn, Executive Director of the Freshwater Land Trust; and Alabama State Representative David Faulkner.

We identified several funding options, and Representative Faulkner told us of his discussions about a potential new bridge with ALDOT. We are scheduled to meet with ALDOT Eastern Director Lance Taylor to proceed with these discussions and preliminary plans. We are looking at the 2020 fiscal year for funding, but both cities should have all feasibility studies completed by that time. I truly believe this project is going to happen!

In other, more immediate news, Mountain Brook City Council President Virginia Smith, via City Manager Sam Gaston, recently provided an update about the connector between Jemison Trail and Brookwood mall: "They have already begun removing and moving some of the utility poles along Lakeshore. [We] should see some actual construction on the Lutheran Church end this week or next." That is huge news as well!

Finally from Homewood, we have approved funding for many sidewalk projects that will go to the Finance Committee the first of November for final approval. Once that is approved, we should start to see engineering work done, most notably on Saulter Road. This is a long-term project to be done in sections, but the city knows it is a necessity for us runners, and we are looking to complete the majority of it in 2017!

Monthly reminder: use the sidewalks when you have them, watch for uneven sections, and run facing traffic! See you next month!



CHILD  
SURVEY

ARE

**Childcare needs?** Hi! My name is Dorothy and I am a fellow BTC member. I am thrilled to have the opportunity to speak about a business I would like to start in Birmingham. Sidecar would be a mobile, child-care facility that can be set up at virtually any race site. You could drop your children off before the race begins, and pick them up when the celebration ends (and you have a chance to catch your breath!) Your children can safely play inside a temperature controlled space located near the finish line. It is challenging to find childcare first thing on a Saturday morning -- let us take care of that for you.

Please follow the link below to take a short survey. My hope is that Sidecar could inspire moms and dads to run more and maybe even enjoy a race together. Thank you for your time and feedback. I look forward to seeing you out there!

<https://www.surveymonkey.com/r/KB3JDSJ>



**BIRMINGHAM**  
SATURDAY, DECEMBER 3

IN SUPPORT OF MOVEMBER

*Mustache*  
**DACHE**

Women and Children Welcome



**5K<sup>of</sup> REVELRY**

**MUSTACHEDACHE.COM**



# RRCA UPDATE

## REGISTRATION IS NOW OPEN FOR THE 59TH ANNUAL RRCA NATIONAL CONVENTION

The RRCA will host its 59th annual National Convention in Detroit on March 9-12, 2017. All RRCA clubs and members are invited to attend. The National Convention provides a chance for RRCA running clubs, events and coaches from across the country (including the BTC) to send representatives to not only meet other representatives, but to attend a variety of educational seminars.

The Convention will host over eighteen different education session opportunities for club leaders, event directors, and coaches to learn about best practices and critical issues facing the running community. Keynote speakers will inspire and motivate participants during luncheons and dinners scheduled throughout the Convention. The Convention culminates with the National Running Awards Reception and Banquet on Saturday evening and the RRCA National 5K Championship, the Corktown Races 5K.

Any member with an interest in attending the Convention may do so. For more information, or to register, see the RRCA [website](#).



## Moderate Distance Run Group

**Looking for a fun group run opportunity with a few less miles than the BTC Long Run routes?** The Moderate Distance Run Group is for you! The group meets at 6:30 a.m. each Saturday and typically runs routes ranging from 5-7 miles. These routes often are similar to the Long Run routes.

Mark Criswell does a fabulous job coordinating routes and water stops – so fabulous, in fact that the group runs have continued to attract larger and larger groups. Mark now needs a partner to assist with coordinating the Moderate Group, which would entail coordinating water stops and selecting routes as appropriate. Please contact [Mark Criswell](#), Moderate Group Coordinator, to volunteer. Help us keep this group running strong!





# 1200 MILE CLUB

Cumulative miles submitted through November 7, 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	998	Clowers, Addison	2	1,776	Glass, Rodney	R	0
Anderson, Kerri	R	1,000	Coker, Leslie	1	680	Goeb, Laura	R	443
Arnold, Brad	R	675	Collins, Helen	R	1,002	Goode, Johnny	7	1,434
Austin, Andrea	R	1,034	Collins, Nathan	R	189	Goolsby, John	3	712
Baggett, Christopher	R	973	Colpack, Chris	1	563	Gould, Izzy	1	1,283
Bahr, Ashley	R	592	Corrie, David	1	1,459	Grabarczyk, Doug	R	0
Bahr, Jeff	R	458	Cowart, Britney	R	984	Grabeldinger, Nikki	1	465
Bailey, Leslie	2	1,124	Cox, Damon	2	1,038	Gullapalli, Satya	2	1,199
Baker, Mark	1	0	Crackel, Caroline	R	1,014	Hackney, Lindsay	R	274
Ballard, Hunter	R	0	Crain, Teresa	1	997	Hake, Philip	R	1,144
Ballard, William	5	165	Crawford, Allen	R	1,016	Haley, Jay	R	988
Barganier, LaShaunda	R	488	Crawford, Kimberly	1	1,231	Hall, Matthew	R	1,067
Barnes, Jimmie	2	1,492	Crowson, Bill	1	1,293	Halperin, Caitlin	R	260
Bartee, Samm	1	1,230	Crunk, Emmagene	R	405	Halperin, Dave	3	2,102
Bartlett, Kari	1	0	Darville, Nathaniel	1	1,709	Hansen-Turnbull, Sabrina	R	0
Bass, Andy	1	1,209	Davis, LaJuana	R	0	Haralson, Danny	7	1,098
Belcher, Michelle	3	1,155	Davis, Sarina	R	107	Haralson, Micki	9	1,218
Benner, Kim	4	1,300	Dawson, Ashley	3	1,608	Harbison, Brookie	R	1,057
Bissell, Kim	1	978	Dease, Joseph	1	1,340	Hargrave, Alan	8	1,065
Black, Dylan	1	629	Dease, Katherine	1	1,110	Harrelson, Heather	2	1,094
Blain, Allan	R	580	DeBardeleben, Anne	2	1,276	Harris, Ashley	R	965
Boackle, Larry	1	1,457	Dell'Italia, Pat	1	916	Harris, Vickie	1	0
Boackle, Tomie Ann	R	1,012	Denton, Matt	4	1,622	Harrison, Lisa	5	1,353
Bonatz, Ekkehard	8	2,297	DiMicco, Al	3	752	Haslem, Jerri	R	897
Booher, Lisa	5	1,618	Dix, Katie	R	0	Hathorne, Chad	R	441
Bowman, Brian	R	993	Doran, Stan	R	975	Havicus, Cari	1	974
Bowman, Leisha	R	313	Duke, Cindy	R	1,147	Hayden, Brittany	R	0
Bridwell, Hunter	R	253	Dunnaway, Roberta	R	1,080	Hayes, Debbie	3	1,483
Bromstad, Murray	1	1,286	Easterling, Natalie	1	0	Haynes, Christopher	R	0
Brown, Charlie	4	1,180	Eaton, Ellen	R	0	Heaton, Bryan	2	865
Brown, Michael	3	1,278	Edge, John	1	937	Henley, Meghan	1	1,376
Brown, Sean	2	1,000	Ellison, Jennifer	R	484	Henley, Monica	2	1,000
Bryant, David	3	1,404	Elrod, Stacey	1	379	Henninger, Alison	1	1,027
Burns, Carley	R	600	Estes, Jeff	1	573	Hickerson, Patrick	4	447
Busby, Madeline	1	848	Evans, Debbie	3	1,301	Hill, Susan	2	968
Callahan, Rachel	2	1,254	Farmer, Austin	R	813	Hill, Tucker	2	1,216
Carey, Christopher	3	1,529	Feller, Beth	2	966	Hogeland, Angie	R	1,070
Carlton, Bob	1	1,045	Fields, Barbara	R	0	Holmes, Chris	R	890
Caruana, Joseph	R	1,104	Fleming, Juandolyn	R	43	Hoover, Alison	4	502
Casey, Barry	2	177	Fontenot, Misty	R	589	Horton, Kate	R	0
Ceasar, Katie	R	399	Foust, Hannah	R	657	House, Beth	3	1,096
Chadha, Jennifer	R	829	Franklin, Shane	4	1,040	Housler, Philip	1	391
Chandler, Teresa	7	1,218	Frederick, Winston	8	1,517	Hudson, Temeka	R	283
Chiesa, Marco	R	0	Fuller, Lisa	R	0	Hunt, Leslie	1	1,021
Christian, Alan	R	132	Funk, Robert	R	0	Hyatt, Micheal	1	874
Clarkson, Roy	R	672	Gann, Michael	5	1,447	Ingle, Brandon	R	158
Clay, Brad	9	2,537	George, Meredith	R	152	Ingram, Joseph	3	1,043
Clayton, Jennifer	R	0	German, Brandon	R	1,001	Izard, Georgia	1	890
Clayton, Yocunda	1	1,090	Gibbs, Shirley	1	1,226	Izard, Melody	1	1,123
Clemons, Sam	R	1,058	Gibson, Darrell	2	495	Jackson, Kristin	R	534
Cliett, Stephanie	2	1,968	Gilbert, John	1	0	Jarrad, Jeremiah	R	0

# 1200 MILE CLUB

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Jefferson, Tracy B.	R	1,018	Murchison, Reginald	3	1,870	Stephens, Jeff	R	927
Jenkins, Kaki	3	1,376	Nagy, Lisa	R	823	Stockton, Rick	8	1,192
Jenkins, Mike	1	234	Neaves, David	R	0	Stokes, Beth	R	0
Joe, Heather	1	1,268	Northern, Kristie	6	1,120	Straka, John	R	0
Johnson, Aimee	R	0	O'Barr, Alexandra	R	0	Swagler, Susan	R	0
Johnson, Gerald	1	1,338	Oliver, Greg	3	1,500	Sweatt, Jason	R	0
Jones, Elizabeth	R	0	Oliver, John	2	1,361	Talley, Beau	4	1,342
Jones, Ira	3	382	Olsen, David	1	1,447	Tankersley, Helen	1	1,219
Jones, Kat	R	776	Orihuela, Carlos	R	1,005	Taylor, Trey	1	63
Jordan, Shane	R	407	Osborn, Stef	R	0	Thomas, Eric	4	2,028
Kane, Brandon	2	1,257	Oser, Rachel	R	0	Thornton, Dean	5	1,324
Katzman, Justin	R	226	Paradiso, Michelle	R	1,087	Trimble, Jamie	2	1,399
Kearley, Christy	R	1,001	Parks, Charlie	3	1,291	Tse, Freddy	R	310
Kearley, Stephen	1	1,361	Pate, Lisa-Marie	R	215	Turnbull, Richard	R	0
Keefer, Herb	R	847	Patlolla, Sandeep	R	0	Tyler, Kim	R	696
Kelley, Robin	2	948	Patterson, Carrie	2	1,078	Varnes, Vickie	3	1,353
Kemper, Tricia	2	1,509	Paulk, Benjamin	R	953	Walker-Journey, Jennifer	1	1,108
Kendrick, Tom	R	570	Payson, Tabitha	R	429	Walker, Caroline	R	1,033
Knight, Diane	1	1,051	Payson, Tommy	R	1,001	Walker, Susan	R	665
Knight, Kristen	1	592	Peagler, Shana	4	1,035	Wall, Ron	3	490
Kuhn, Jimmy	9	1,206	Pearce, Julie	5	588	Warren, Tom	1	1,016
Kulp, Loren	1	1,236	Pearson, Blake	3	2,098	Watkins, Janet	R	943
Laird, Audrey	2	1,318	Pearson, Mary Scott	2	1,266	Watters, Robert	2	1,508
Langston, Aaron	1	1,023	Penley, Steve	R	899	Weber, Amy	1	833
Langston, Richard	4	841	Peters, Scott	1	805	Wells, Bradley	1	1,279
Lankford, Frank	R	0	Plante, David	4	1,410	Wende, Adam	1	976
Lee, Koren	R	465	Portwood, Paul	1	994	West, Anja	R	350
Lee, Shilonqua	1	958	Qualls, Wayne	R	514	White, Robin	R	266
Leopard, Don	1	375	Ralph, Meghan	1	1,169	Whitt, Trey	4	1,467
Lester, Treva	R	369	Renn, Deanna	1	1,415	Wilhite, Thomas	1	1,340
Lockett, Janet	R	77	Richardson, William	2	1,664	Williams, Avis	R	1,155
Longoria, Joseph	4	1,426	Roberson, Kevin	2	824	Williams, David	R	716
Loo, Judy	2	185	Roberts, Fletcher	2	1,512	Williams, Shanada	R	151
Love, Thomas	1	235	Robinson, Niki	R	311	Williamson, Chad	2	1,020
Lowrey, Natalie	R	0	Rocha, Roger	2	1,030	Wilson, Julie	R	1,011
Lupinacci, Timothy	R	0	Rodgers, Jessica	R	0	Windle, Dale	2	1,432
Lyle, Randy	7	1,016	Rodriguez, Angie	2	1,211	Wiseman, Steve	2	1,219
Lyles, Chris	1	622	Rogers, Tammy	1	1,615	Wood, Scott	R	1,151
Lyles, Kimberley	R	0	Roper, Lynn	R	764	Woody, Bill	8	1,519
Maha, Michele	1	1,254	Rose, Billy	2	1,535	Wright, Amy	1	1,458
Malick, David	3	1,214	Routman, Cynthia	1	560	Wu, Xing	7	1,650
Mason, Erin	R	0	Rowell, Tynisia	R	0	York, Gary	3	1,703
Mathews, Craig	R	1,010	Rutherford, Keith	8	1,091	Zeanah, Cary	R	0
Mathews, Liza	R	1,008	Rutledge, Lisa	1	1,095	Zehnder, Justin	5	1,117
Mattrella, Cheryl	R	0	Ryan, Meaghan	R	1,112			
Maughan, Kevin	1	790	Sallin, Bracken	R	1,054			
McConnell, Kim	1	797	Sawyer, Gretchen	R	0			
McCullough, Matthew	R	632	Schaefer, Todd	2	1,401			
McNair, Kelly	3	1,466	Schor, Mike	1	1,388			
McTune, Mark	4	1,828	Seeley, Mimi	R	306			
McVey, Simon	2	1,344	Self, Travis	1	776			
McWilliams, Matthew	R	155	Selle, Kellan	R	1,057			
Merry, Vicki Sue	4	1,983	Sellers, Susan	R	279			
Mickens, Cassandra	R	1,198	Shaffield, Danny	3	1,685			
Miller, Bill	R	226	Sheppard, Gretchen	2	1,232			
Miller, Tracy	1	812	Sheppard, Marci	R	0			
Millsap, Lanier	1	459	Shinn, Ronald	5	983			
Miyasaki, Nathan	1	1,417	Shirley, Scott	3	1,441			
Morgan, Cary	6	3,395	Sides, Dean	1	1,136			
Morgan, Danielle	4	925	Silwal, Suman	5	515			
Morgan, Phillip	7	1,224	Simpson, Kevin	3	2,749			
Morris, Justin	3	1,357	Sims, Cecelia	R	713			
Morris, Phil	R	871	Sims, Chris	R	0			
Morrow, Abigail	R	169	Sims, Robert	3	1,352			
Morrow, Alex	6	1,779	Sloane, Mike	1	1,023			
Moss, Denise	R	455	Smith, Jerry P.	8	1,032			
Mote, Darrell	R	1,110	Snow, Sheri	1	1,379			



# SHOW US YOUR BTC GEAR

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





## Feets of Strength

Wow! Each month, I am amazed at the accomplishments of our fellow BTC members. From first marathons to huge PRs and crazy adventure races, you guys are an impressive bunch! We love celebrating each of your accomplishments, but we can't do that without your help. While we try hard to catch members' social media posts and photographs, we occasionally miss one (hey, we get sidetracked by funny cat videos too!) – we don't want to miss celebrating YOU! Please submit your feet of strength via the BTC [website](#) (scroll down on the home page), or email them to Membership Chair, [Amy Wright](#). Let's keep those virtual high fives coming!

**Stephanie Cliett** has had a busy month! In addition to placing third in her age group at the Southern Tennessee Power Classic Marathon on October 1, 2016., Stephanie also completed her first 50K at the Running for the Bay Marathon and 50K on St. George Island, Florida on October 23, 2016. Congratulations, Stephanie!

A big “you go, girl!” to **Stacy Williams**, who won second place in her age group in the Coosa River Challenge race on October 1, 2016. This adventure race (her first!) consisted of trail running, trail biking, and kayaking, along with multiple “adventures” including rappelling, orienting and cliff diving. Way to go, Stacy!

This year's Chicago Marathon was a golden ticket for BTC members! Congratulations to first time marathoners **Cassandra Mickens, Meghan Ryan, Kim Tyler, Janet Watkins and Caroline Walker**, who completed 26.2 for the first time – welcome to the marathon club, ladies! Perfect weather conditions in Chicago resulted in a huge PR times for **Michael Gann** and **Monica Henley** – way to go, Michael and Monica! **Audrey Laird** and **Mary Scott Pearson** had 10+ minutes PRs at the race and qualified for the Boston Marathon. **Jennifer Andress** also ran a Boston qualifying times at the race. That's awesome, ladies!

**Russell Williams** finished sixth overall and first overall in the Masters category at the XTERRA 9 mile race at Red Mountain Park on October 16, 2016. Awesome finish, Russell!

**Samm** also completed the XTERRA 9 mile race, finishing as Grandmaster Female. Way to go, Samm! And not being one to rest on her laurels, Samm Bartee completed 100 miles during the Endless Mile race at Veteran's Park in Alabaster just a week later on October 21-22, 2016. **Jeffrey Purvis** (pictured with Samm) completed 103 miles. HUGE props, y'all!

**Suman Silwal** (aka MRuns) finished first in his age group (and 19th overall) at the Seven Bridges Marathon in Chattanooga on October 16, 2016. This was ultrarunner Suman's first time to place in a road marathon.

Congratulations to **Karen West**, who completed the Seven Bridges Marathon -- her first! Way to go, Karen! Also completing the Seven Bridges Marathon was **Kim Oehrlein**, who did so

after completing the Chicago Marathon just seven days prior. That's impressive, Kim!

And speaking of multiple marathons, kudos also go to **Teri Chandler**, who completed two marathons in eight days: the Darkside Distance Festival and the Guntersville Mainly Marathon! Way to go, Terri!

Deep in the Amazonian rainforests of Brazil, **Kathleen Hamrick** and **Susanne Moore** competed in the 2016 Jungle Marathon, a 157 mile race billed as the “World's toughest endurance race.” Not only did these tough ladies finish the race, Kathleen finished as the 3rd overall female and Susanne was 4th overall female. Way to go, ladies!

**Jamie Trimble** knows how to celebrate a birthday! He set a new sub-50 PR and placed third in his age group at the McGuire's Halloween Run 10K in Destin, Florida on October 29, 2016. Awesome, Jamie!

Congratulations to **Mary Ann Smith Janas**, who completed her first marathon! MaryAnn ran the Cape Cod Marathon in Falmouth, Massachusetts on October 29, 2016. Awesome job, Mary Ann!

And last but certainly not least, congratulations are also in order for **Lloyd Shelton**, who completed the Marine Corps Marathon on October 30, 2016. This was Lloyd's first marathon, and from the looks of it, he had a blast! We're proud of you, Lloyd!

[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!



**Photos Continued on Pages 18 & 19**



## Feets of Strength



Terri Chandler with members of the Darkside Running Club



Russell Williams



Stacy Williams



Susanne Moore/Kathleen  
Hamrick (Jungle Marathon)  
Photo Credit:  
Fabio Andrade, SportArt



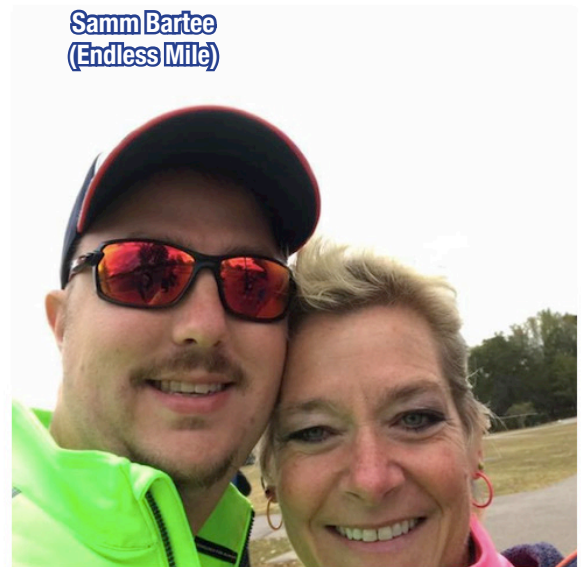
Lloyd Shelton



Susanne Moore



Michael Gann



Samm Bartee  
(Endless Mile)



Stephanie Cliett 50K





Stephanie Cliett



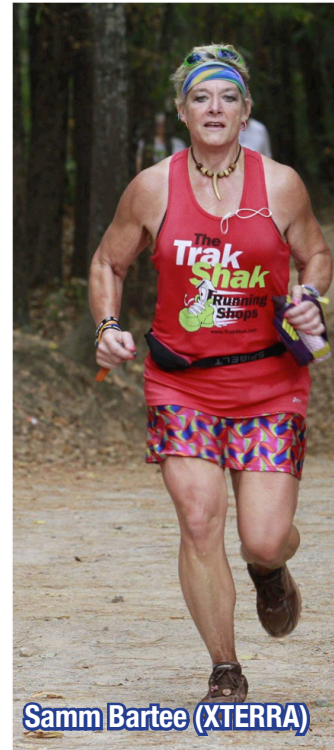
Mary Ann Smith-Janus



Jamie Trimble



Karen West



Samm Bartee (XTERRA)

## BTC MINUTES

Nov. '16

Due to unavoidable technical difficulties, we regret that minutes taken at the October 10, 2016 meeting were not preserved. The agenda for the meeting is included below. Please contact BTC President Alex Morrow with any questions or concerns.

### BTC Executive Committee Agenda 10.10.16

1. Approval of last month's minutes
2. Membership Update: 1109 Members / 882 memberships
3. Vulcan Run Course Preview Recap: **Monica**
4. Newsletter - Deadlines - Ads: **Julie**
  - 4a. Designer requesting price increase. (Justified?)
  - 4c. Ad revenue dollars year to year
5. Vulcan Run Update: **Allison**
  - 5a. 510 current registrations
  - 5b. Status of Elite Housing Program
  - 5c. Current needs
  - 5d. All hands on deck. Would like to see strong showing of volunteers from Executive Committee.
6. Financial Update: **Monica**
7. Social Event Planning: **Loren**
  - 7a. December social, tie in with Trak Shak Tacky Sweater Run?
  - 7b. Search for Year End Party location.
  - 7c. Barons update
8. Wallace McRoy Passed – Founding member of BTC. Check out the BTC Facebook page for a nice tribute. Article will be provided for November newsletter.
9. Open BTC business...
10. Date of next meeting 11/8/16





## BTC Membership application

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

First Name:

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Last Name:

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Street:

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City:

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State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

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

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

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

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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

# UPCOMING EVENTS

Event	Date	Time
BTC Saturday Long and Moderate Run Groups	November 12, 2016	6:00 a.m.
5K At The Junction (and 1 Mile Fun Run)	November 12, 2016	8:30 a.m.
Run to the Son 10K, 5K and 1 Mile (Brookside)	November 12, 2016	8:00 a.m.
Race for the Grace Place 5K Run/Walk	November 12, 2016	8:00 a.m.
Samford Homecoming Patriotic 5K/Fun Run	November 12, 2016	8:30 a.m.
Purple Pumpkin Fun Walk	November 12, 2016	9:00 a.m.
Moonlight Bootlegger 5K	November 12, 2016	5:15 p.m.
BTC Board Meeting (Vestavia Hills Library)	November 14, 2016	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	November 19, 2016	6:00 a.m.
Blood Rock 50 Mile, 50K and 25K	November 19, 2016	6:30 a.m.
Magic City Half Marathon and 5K (BTC Triple Crown Race #3)	November 20, 2016	8:00 a.m.
Thankful Run 5K and 1 Mile Fun Run	November 19, 2016	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 26, 2016	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 3, 2016	8:00 a.m.
St. Jude Memphis Marathon Weekend	December 3, 2016	8:00 a.m.
Rocket City Marathon (Huntsville)	December 10, 2016	7:00 a.m.
Jingle Bell 5K Run/Walk for Arthritis	December 10, 2016	9:00 a.m.
Dash Away 5K	December 10, 2016	9:00 a.m.

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