



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
★ WHERE RUNNERS ARE FORGED ★

THE VULCAN RUNNER

March 2017

3



STATUE TO STATUE: The South's Toughest 15K

By Loren Traylor

Photo courtesy of
MRuns.com

www.BirminghamTrackClub.com

 /BirminghamTrackClub

 @BirminghamTrackClub

 @RunBTC

2 Statue to Statue

4 President's Address

8 Medication and Miles

11 BTC Community Corner

15 Rumpshaker 5k

18 1200 Mile Club

STATUE TO STATUE:

The South's Toughest 15K



"It's supposed to be hard. The hard is what makes it great!"

How many times have runners said that to themselves as they pushed through the infamous runner's wall during a race? That wall can appear at any time, during any distance, to any runner -- it does not discriminate. However, in Birmingham, the number of minds that tweet that thought goes up exponentially during the running of the infamous Ellis Porch Statue 2 Statue 15K race, which takes place on April 1 this year.

For the past 27 years, April has been reserved for the "South's Toughest 15K" -- this is the second year that the race has been held on the first Saturday of the month, and the change has been a welcome one. On any given race day, upwards of 500 dedicated runners take up the challenge and set out to conquer one of our region's most talked about courses. Their reasons vary.

"I just wanted a challenge," said Judy Loo when asked about why she ran it the first time. She enjoyed the experience so much, Loo took over as race director 17 years ago, and considers it an honor to bring this race to novice and experienced runners alike. Loo and her team, Michelle Parr, Debbie Cleghorn and Terri Chandler, are on a mission to make each year's race better than the year before for everyone who participates.

"The conditions and the course for this 15K race are the toughest around and for me and many other runners, that's the motivation and allure of this race," said Joey Longoria, local runner and Executive Director of the National Center for Sports Safety. "It gives me such an incredible sense of accomplishment after finishing."

For Loo, this is a labor of love in which she continues a race tradition that started years ago as a training run for several bored, local runners. From humble beginnings to a nationally renowned race, its history is the stuff of which legends are made. Michael Jolley and other members of the Old Farts Running Club (OFRC)



Photo courtesy of
MRuns.com

STATUE TO STATUE:

The South's Toughest 15K



became burned out with the same route they ran every Sunday during their marathon training season. Jolley, who had a brilliantly diabolical mind, devised the current Statue 2 Statue route to ease their boredom and add a little fun to the mix. After several runs, the group found a sponsor to help promote it to the local running community, and the rest, as they say, is history.

Loo simplified the logistics for runners after taking over as race director. One major change was parking. Today, race participants park at the finish and load a bus that takes them to the starting line near Vulcan Park. According to Loo, the busses will be on time and on schedule, so do not miss the final bus, which leaves at 7:30 sharp!

Racers will find the first four to five miles relatively easy, familiar even, but just as complacency sets in...BAM...runners hit Stone River Road, and its long, steady climb. After a short downhill recovery, a longer and steeper leg up Crosshill Road hill begins – a hill so steep that even strong runners have been seen walking (some sheepishly) to the top. But walkers are in good company on Crosshill Road! The course ends on one of the best, longest downhill segments known to man, woman or child – as local runner

Julie Pearce describes it, “that last downhill is what we all expect to feel like when we run (but rarely do) – it’s like flying, or the best runner’s high you could have!” The finisher’s reward includes one of the best after-race parties around surrounded by the craziest of your running pals.

For those who want just a little extra punishment (umm. . .I mean challenge), there is an “unorganized, organized” option that starts at the finish line at 6:00. Runners can take up the gauntlet for the Statue 2 Statue 2 Statue challenge, which entails running from the finish line to the start and then running the nine-mile course with everyone else. The reward...a pretty cool tech shirt and the chance to run with members of the crazy (but fun) BUTS running group. Just [contact Loo](#) to make sure you get that special shirt.

The BTC would like to thank this year’s race sponsors: J. Clyde, Piggly Wiggly and Liberty Animal Hospital for their support. There is still time to sign on as a sponsor for the South’s Toughest 15K – [contact Judy Loo](#) for more information and available sponsorship opportunities.



Dean Karnazes, endurance athlete, NY Times bestselling author, and one of Time magazine’s Top 100 Most Influential People in the World says, “Run when you can, walk if you have to, crawl if you must; just never give up.” No quote captures the essence of Statue 2 Statue better than that. We hope to see all of you on April 1!

PRESIDENT'S ADDRESS

By Monica Henley



Hello, fellow BTC Members

February was a busy month for the BTC, starting off with our Adam's Heart Runs at Oak Mountain then straight into Mercedes Marathon weekend. As always, **Race Director Lisa Booher** and her team did a remarkable job with Adam's Heart Runs. Thanks to all of you who came out to race and to those who volunteered. Next up was Mercedes Marathon. The BTC had a booth at the expo, and we were busy the entire time. We handed out 1200 Mile Club jackets, sold merchandise and took in many new members during the two day expo. Thank you to **Volunteer Coordinator Kim Benner** and her volunteers, who did a wonderful job with the BTC water stop at Regions Park.

On March 4, **Social Chair Loren Traylor** along with **Long and Moderate Run Coordinators Alex Morrow and Mark Criswell** set up a fantastic Saturday morning run from Starbucks in downtown Birmingham. We had a great run exploring the Rotary Trail and downtown Birmingham. And it's always a blast sharing stories and catching up afterwards with coffee and snacks. Thanks to Starbucks for hosting and sponsoring the run. Loren has been busy and is quickly filling up our social calendar for 2017. Check out the "Save the Date" list on page 5 and make sure to update your calendar so you don't miss out on the fun!

Next up we have the race everyone is talking about, the Statue 2 Statue 15k. **Race Director Judy Loo** and her crew are working hard on what will once again be the premiere 15K in the Southeast on April 1. This iconic race is billed as the "South's Toughest 15k" for a reason, but regardless of the hills, this race is one you will not want to miss. Registrations have been going through the roof, and we are on pace for a record attendance this year! My plan is to tackle the hills this year. It will be the weekend after my first ultra, so look for me at the back of the pack but I'm sure I will have an amazing time with my fellow BTC members. Hope to see you out there whether you are racing or volunteering. Make sure to register soon for this amazing event and join in on all the fun. Once again our friends at BUTS (Birmingham Ultra Trail Running Society) will also be running Statue 2 Statue, but with a twist. That crew is running from the finish, to the start, and then back to the finish!

I want to welcome **Brian Atkins** to the BTC Executive Committee. Brian is joining us in the role of Member Benefits coordinator. Brian has been busy seeking new retailers for our BTC members to enjoy at a discount. For a list of businesses offering benefits and discounts to you, please see our [website](#). And if you are a retailer, a runner-friendly restaurant or other business, [contact Brian](#) about partnering with the BTC – it's a great way to increase your visibility to a targeted, supportive audience!

BTC Vice President Scott Wood will be heading up the Triple Crown Challenge this year. He is currently searching for the 3 half marathons we will run for the challenge. If you have any suggestions for races, please let him [know](#).

Also in April is the BTC trip to Birmingham's sister city, Maebashi, Japan for the Maebashi Marathon and 10km. The three runners chosen to go to Japan and represent Birmingham in the Maebashi Marathon are **Tabitha Payson, Sam Clemons** and **Mike Sloane**. We know that they will make the city and the club proud while in our friendship city of Maebashi, Japan. I would also like to thank **Mary Lee McMahon** for her work as committee lead for our Japan runners and organizing the orientation meeting with Scotty Colson in the Economic Development Department of the Mayor's Office.

As always, please contact [me](#) with any questions or concerns you may have – we want the BTC to be all about our members, so we value your input!

Happy running, BTC!

Monica Henley
BTC President

BIRMINGHAM TRACK CLUB

SOCIAL UPDATE

**SAVE
THE
DATE!**

Add these dates to your calendar, and join your fellow runners for great conversation and post-run entertainment!

April 8

Homewood Park: BTC Group run at 6:00, with social immediately following.

May 6

Oak Mountain Social with the Tri Club. Run, bike and/or swim and meet new friends immediately following. 8:00 run, bike or swim start.

June 3

Meet the BTC at the Ballpark. Party starts at 5:30, and then stay to watch the Barons play!

July 4

Peavine Falls Run and Social. Details to follow.



2017 BIRMINGHAM
WINE 10K
MARCH 11

wine10k.com

PRESENTED BY



**LEMAK
HEALTH**

Meet and Run with Rio Olympics
Bronze Medalist

EMMA COBURN



2017 Officers



President

Monica Henley

president@birminghamtrackclub.com



Treasurer

Trey Whitt

treasurer@birminghamtrackclub.com



Vice-President

Scott Wood

vicepresident@birminghamtrackclub.com



Secretary

Julie Pearce

secretary@birminghamtrackclub.com



Past-President

Alex Morrow

pastpresident@birminghamtrackclub.com



BTC Committees



General Counsel/Parliamentarian
Long Run Coordinator
Moderate Group Coordinator
Medical Director
Social Chair
Marketing/Social Media
Membership
Membership Benefits
Merchandise
"The Vulcan Runner" Newsletter
Japan Exchange Program
1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

Webmaster
IT Chair

Lauren Weber	parliamentarian@birminghamtrackclub.com
Alex Morrow	longruns@birminghamtrackclub.com
Mark Criswell	moderateruns@birminghamtrackclub.com
Dr. Cherie Miner	medical@birminghamtrackclub.com
Loren Traylor	social@birminghamtrackclub.com
Jennifer Andress	marketing@birminghamtrackclub.com
Amy Wright	membership@birminghamtrackclub.com
Brian Atkins	benefits@birminghamtrackclub.com
Karen West	store@birminghamtrackclub.com
Julie Pearce	newsletter@birminghamtrackclub.com
Mary Lee McMahon	japan@birminghamtrackclub.com
Addison Clowers	1200@birminghamtrackclub.com
Kim Benner	volunteer@birminghamtrackclub.com
Trish Portuese	historian@birminghamtrackclub.com
Darrell Gibson	finishline@birminghamtrackclub.com
Keith Henley	finishline@birminghamtrackclub.com
Dean Thornton	webmaster@birminghamtrackclub.com
Alan Hargrave	itchair@birminghamtrackclub.com

BTC Race Directors

Adam's Heart Run	Lisa Booher	adamsheart@birminghamtrackclub.com
Statue 2 Statue	Judy Loo	statue2statue@birminghamtrackclub.com
Peavine Falls	Alex Morrow	peavinefalls@birminghamtrackclub.com
Vulcan Run	Allison Stone	vulcan@birminghamtrackclub.com

BTC Mission Statement

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

Contact BTC at:

Birmingham Track Club
P.O. Box 530363
Birmingham, AL 35253
info@BirminghamTrackClub.com

Race Results

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

birminghamtrackclub.com
championship-racing.com

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Mary Adamy	Misty Cuthbert	Ronnie Harbison	Axel Misch	Todd Schaefer
George Anderson	Betsy Darnall	Heather Harrelson	Brynna Misch	Jenee Schrule
Tampia Anderson	Cherie Dortch	Ashley Harris	Julie Misch	Dean Sides
Andrew Bean	Stephanie Eddy	Jack Hasson	Mia Misch	Kevin Simpson
Christopher Bean	Jane Emmerth	Meghan Henley	Stephanie Mullen	Charlotte Smart
Joshua Bean	Valerie Esposito Brock	David Hogue	Amy Murphy	Justin Smith
Kerry Bean	Bob Evans	Hayes Hogue	Harris Nickoles	Sheri Spencer
Kristin Beason	Andrea Fannin	Kari Hogue	Ricky Nickoles	Danny Sullivan
Alison Beazley-Webber	Casey Fannin	Stacy Kadle	Sarah Nickoles	Sue Ellen Summers's
Lee Bradley	Leigh Foote	John Klehm	Elizabeth Palazzo	Marilyn Thomas
Georgia Brennan	Brandon German	Kelly Klehm	Irma Palmer	Marye Jo Tosch
Matthew Brennan	Izzy Gould	Jenn Kuklinski	Michelle Paradiso	Jamie Trimble
Dana Brown	Casey Graham	Beth Lauderdale	Sean Pathasema	Jesse Weisberg
Andrew Buck	James Graham	April Lawrence	Cecil Pavey	Scott Weisberg
Ross Burks	Brady Graves	Matthew Litz	Sally Pavey	James Williams
Lawrence Caine	Dennis Graves	David Malick	Scott Peters	Scott Wood
Alan Christian	Kathryn Graves	Cheryl Mattrella	John Porterfield	Jim Wyatt
Jeff Clark	Nathan Graves	Chris McCombs	Jason Priecko	Nicole Wyatt
Addison Clowers	Sarah Graves	Bryan Meadows	Leigh Priecko	Kim Yarboro
Michelle Constant-Jones	Jennifer Hall	Robby Melvin	Jose Reina	
Diana Crawford	Brookie Harbison	Andrew Miller	Niki Robinson	

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

Antihistamines Are Nothing to Sneeze About

By Rachel R. Miller, Pharm.D. Candidate 2017; Katie Greenhill, Pharm.D. Candidate 2018; and Kim Benner, Pharm.D.

Over 19 million adults are diagnosed with allergies every year in the United States.¹ One study showed that athletes who regularly run over 800 meters have about a 3-fold increased risk of having allergy symptoms compared to non-athletes.² These symptoms of seasonal allergies, also known as allergic rhinitis or hay fever, are frequent this time of year and may include sneezing, runny nose and itchy or watery eyes. While the best treatment is to avoid the allergens such as ragweed or grass pollen, this can be difficult for runners who are constantly outdoors.³ Instead, there is a safe medication option for runners who suffer from seasonal allergies.

Antihistamines often are used to treat allergic rhinitis during this time of year. They come in many different forms, including tablets, liquids, nose sprays and eye drops.⁴ Physicians recommend taking oral antihistamines such as cetirizine or fexofenadine to combat seasonal allergy symptoms.³ It is best to start taking them at least a week before the season begins and to continue taking them throughout the allergy season.

Histamine is a compound in your body that is released in response to an allergic trigger such as pollen. It causes your throat to become itchy, your eyes to water and your nose to run. Antihistamines work by blocking a receptor responsible for these unwanted symptoms. In other words, it dries you out. This can affect your ability to sweat, so stay hydrated to prevent overheating. Other important side effects to be aware of include dry eyes, dry mouth, headache and going to the bathroom less, but certain types can also cause fatigue.

There are two main types of antihistamines, and it is important to know which type to take during exercise. The first generation antihistamines include diphenhydramine, which is commonly sold under the brand name Benadryl. They affect an area of your brain that causes drowsiness and can subsequently affect running performance, so they are not recommended for use during exercise or strenuous activity.⁵ The second generation antihistamines (Table 1) cause little to

TABLE 1: Non-drowsy and less drowsy second generation antihistamines*

Generic Name	Brand Name
Azelastine	Astelin, Astepro
Cetirizine	Zyrtec
Desloratadine	Clarinx
Fexofenadine	Allegra
Levocetirizine	Xyzal
Loratadine	Claritin

*This is not a complete list of all antihistamines.

no drowsiness and are preferred during this time of year for runners.⁵ Few studies exist on the effects of taking them during exercise. One of these studies shows that fexofenadine causes the least amount of drowsiness and has the least effect on reaction times compared to other antihistamines, making it the most optimal choice for runners requiring seasonal allergy treatment.⁶ This suggests that there are no significant effects of the second-generation antihistamines on improving or worsening running performance.

TABLE 2: Facts and tips for runners with seasonal allergic rhinitis

Fact	Tip
Ragweed pollen is most prevalent during the morning hours between 5:00 AM and 10:00 AM, while grass pollen is highest in the evening.	Switch your running time to best avoid your specific allergies. Run in the morning if you are sensitive to grass pollen. Run in the evening if you have a ragweed allergy.
While cetirizine is a less sedating antihistamine, it still causes drowsiness in about 10% of people.	Use an alternative antihistamine if you experience drowsiness. They have a lower prevalence of fatigue.
Many people with asthma may also suffer from allergy-induced breathing problems during exercise.	Call your physician or pharmacist for more information about having the proper medications for your asthma treatment.
Children can be more sensitive to antihistamines than adults.	Always read the product labeling to ensure that the medication is safe in children and is given at the correct dose.
Antihistamines dry you out. This can affect your ability to sweat during exercise.	Drink plenty of fluids and take precautions to prevent overheating.

Athletes with asthma and seasonal allergic rhinitis may also experience exercise-induced asthma symptoms such as wheezing, shortness of breath and chest tightening.⁷ Medications such as oral cetirizine or loratadine have no significant effect on alleviating exercise-induced asthma.⁷⁻⁸ You should always consult a physician if you have asthma to ensure that you have the proper medications to prevent and treat asthma worsened or caused by exercise.

CONTINUED ON NEXT PAGE

MEDICATION AND MILES

Antihistamines Are Nothing to Sneeze About

In conclusion, the non-drowsy or less drowsy second generation antihistamines shown in Table 1 are most helpful while running. Many of these medications are available over-the-counter and should be taken as directed by the manufacturer's FDA-approved labeling. Asthma and seasonal allergies are different and require different treatments, so always consult a physician for proper treatment of asthma because symptoms can be more severe during the allergy season. If you have any questions about antihistamines, be sure to contact your pharmacist or physician.

Rachel R. Miller and Katie Greenhill are students at Samford University in the Pharm.D. program. 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 (but soccer and lacrosse playing) boys.

REFERENCES:

1. Summary health statistics: national health interview survey, 2014, Table A-2. Centers for Disease Control and Prevention website. <https://www.cdc.gov/nchs/fastats/allergies.htm>. Updated July 6, 2016. Accessed December 28, 2016.
2. Helenius IJ, Tikkanen HO, Sarna S, Haahtela T. Asthma and increased bronchial responsiveness in elite athletes: atopy and sport event as risk factors. *J Allergy Clin Immunol*. 1998;101(5):646-652.
3. Seidman MD, Gurgel RK, Lin SY, et al. Clinical practice guideline: allergic rhinitis executive summary. *Otolaryngol Head Neck Surg*. 2015;152(2):197-206.
4. Allergy relief for your child. U.S. Food and Drug Administration. <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm273617.htm>. Updated May 26, 2016. Accessed January 2, 2017.
5. Stump M. The effects of drugs on exercise. In: Micheli LJ, ed. *Encyclopedia of Sports Medicine*. Thousand Oaks, CA: SAGE Publications; 2011.
6. Naicker P, Anoopkumar-Dukie S, Grant GD, Kavanagh JJ. The effects of antihistamines with varying anticholinergic properties on voluntary and involuntary movement. *Clin Neurophysiol*. 2013;124(9):1840-1845.
7. Helenius I, Haahtela T. Allergy and asthma in elite summer sport athletes. *J Allergy Clin Immunol*. 2000;106(3):444-452.
8. Ghosh SK, De Vos C, McIlroy I, Patel KR. Effect of cetirizine on exercise induced asthma. *Thorax*. 1991;46(4):242-244.

Achy knees? Sore back? Fatigued muscles?

Whole Body Cryotherapy can help! Choose the therapy more and more professional athletes are using to improve performance and get back to their sport faster.

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.

Stop in today and see what Whole Body Cryotherapy can do for you! And mention this BTC ad for **15% off** your first purchase.



1816 28th Ave S, Ste E * Homewood 35209 * 414-0404 * cryotherapybirmingham.com



www.rumpshaker5k.com

“Funny Name ... Serious Cause”

Benefiting Colorectal Cancer Awareness

New Location : Regions Field / 3 . 25 . 17

BTC COMMUNITY CORNER

By Jennifer Andress, Homewood City Council Representative, Ward 5, BTC President 2012-2014

Spring is almost here BTC! And one of our most beautiful trails just became even more lovely and inviting for a run!

Thanks to the city of Mountain Brook for its work on the Jemison Trail and the trail along Watkins Creek. As of this writing, the bridge over Watkins Creek is almost complete.

I spoke with City Manager Sam Gaston and he explained how this new passage way will work. The city is moving the current crosswalk on Mountain Brook Parkway a little further to the west. The new crosswalk will connect to a trail that leads both to the new bridge, taking you back over Watkins Creek to what we call the CSI trail and onto the Mountain Brook Elementary soccer fields, or it will lead you to Cahaba Road, where you will cross over to the new sidewalks being built along Shades Creek Parkway.

These sidewalks are still under construction along the Protective Life building and Shades Valley Lutheran Church. Construction has been a bit delayed due to an unforeseen issue with outdated pipes that are in Jefferson County and the City of Birmingham (real estate in this area gets tricky because it involves three municipalities and unincorporated Jefferson County). Once complete, these sidewalks will take you over to the light in front of Macy's at Brookwood Mall and the sidewalks that will deliver you to the Lakeshore Trail.

That's all for this month, but look for a lot of exciting news coming our way this spring! Stay tuned for updates, and WEAR REFLECTIVE CLOTHING AND LIGHTS IN THE DARK! Run on sidewalks when they are available, and if not, run facing traffic in a single file formation! Be smart and safe, runners!



BTC RACE SERIES

Back again for 2017 is the ever popular BTC Race Series.

For the low price of just \$75, you will receive entries into each of the BTC's four signature races:

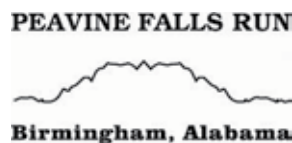
Adam's Heart Runs
February 4, 2017



Statute to Statute 15K
April 1, 2017



Peavine Falls Run
July 4, 2017



Vulcan 10K
November 4, 2017



This is a savings of at least \$40 off of the best early registration prices you would pay to register for each race individually! You must be a BTC member to register for the BTC Race Series, but this discount alone is well worth the membership, if you are not currently a member. Sign up for a BTC membership [today!](#)

In addition to your entries into each of these popular races, you will receive a BTC Race Series tech shirt with your entry fee. Read more about the BTC Race Series, the individual races, and sign up to participate on the [BTC website](#).

The Lake Martin 100

100 & 50 Mile Endurance Race Run

27 Mile Iron Run

March 18 & 19 Russell County, Alabama

The race is entirely on private land in the Russell County Forest Trail System
3 mile Kowalski bridge on Boatman's Lake Martin



Use the BTC discount code "BTC-LM17" and save 10%

[Ultrasignup.com](#)

[SoutheasternTrailRuns.com](#)

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

Our unpredictable weather may still yield some cold snaps, so there's still time to restock your shelves with the latest in BTC cool weather 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](#).



GIRLS ON THE RUN 5K

OPEN TO THE COMMUNITY!



SATURDAY, APRIL 29TH
8:30AM

Girls on
the run
birmingham
2017
5K

RAILROAD PARK
BIRMINGHAM, AL

Volunteer Vibes

Thank you to ALL the volunteers who helped us make Adam's Heart Runs and the Mercedes-Benz Marathon weekend such a success!

We had almost 50 volunteer shifts covered during Adam's Heart Runs packet pick up/race day and at the Mercedes expo and water stop! Did you see/hear our BTC water stop at Regions park on Mercedes race day? It was full of energy, smiling faces and high fives! A special thanks to Kim Tyler for heading up the water stop in my place on race day.

In continuing with the tradition of awarding one lucky volunteer from each race, I am happy to announce that Koren Ann Lee (for working a water stop at AHR) and Ki Shin (for Mercedes expo) have won a gift card for their work. Thank you, ladies, and to ALL who helped us for those back-to-back events!

More opportunities to come soon as we will need volunteers for Statue to Statue on Saturday, April 1 – mark your calendars, and stay tuned!



Lastly, **THANK YOU** to all the volunteers who logged many hours in 2016 – a final tally reveals 87 volunteers for 6 races. The following list was compiled from the RunSignUp online volunteer registration – please remember to sign up when you volunteer so we can acknowledge your assistance!

Kabeer Ahmed
Darnell Allen
Jennifer Address
Jenny Barry
Nicole Behnke
Kim Benner
Vicky Brackage
Audrey Brown
Madeline Busby
Mary Campbell
Jennifer Chadha
Susan Chandler
Terri Chandler
Debbie Cleghorn
Stephanie Cliett
Chris Colpack
Helen Collins
Callie Cole
Jody Coombs
LaRonda Corrin
Roger Corrin
Addison Clowers
Katie Grace Criswell

Mark Criswell
Jeremiah Culwell
Katherine Dease
Pat Del Italia
Al Dimicco
Tony Fiore
Hannah Foust
Michael Gann
Nikki Grabeldinger
Lisa Harrison
Keith Henley
Monica Henley
Kaki Jenkins
Darrell Gibson
Noel Graham
Bill Greenwald
Squire Gwin
Katie Hannigan
Keith Henley
Georgia Iazard
Elena Kidd
Diane Knight
Greg Knight

Linda Lazar
Shilonqua Lee
Janet Lockett
Judy Loo
Edwin Melton
Kim McConnell
Adrienne Moore
Philip Morris
Alex Morrow
Kim Oliver
Melinda Parks
Michelle Parr
Julie Pearce
Kate Pezzillo
David Plante
Andrea Powell
Niki Robinson
Angie Rodriguez
Beth Rose
Meghan Ryan
Joe Saffold
Kemper Sarrett
Ki Shin

Jim Shoaf
Dean Sides
Robert Sims
Jerry Smith
Vastine Stabler
Jim Taylor
Dean Thornton
Jamie Trimble
Kim Tyler
Vickie Varnes
Mary Beth Vines
Jennifer Walker-Journey
Amy Weber
Jeanne Welsh
Amber Whillock
Amy Wright
Xing Wu
Amy Weber
Frank Weber
Karen West
Rebecca Yerby

Look for some changes to come in our reward program as we continue to seek ways to say “Thanks” to all of ur great volunteers. As always, [please contact BTC Volunteer Coordinator, Kim Benner](#) to let us know how YOU can be involved! #weheartourvolunteers

RUMPSHAKER 5K:

A New Race Venue and Historic Race Route

By Amanda Vandegrift,
Rumpshaker 5K Race Director



2016 Rumpshaker Start Line

On March 25, the Rumpshaker 5K and 1 Mile Fun Run will debut a new race venue, taking runners through Regions Field, and offering views of the downtown skyline, UAB, Children's Hospital, Vulcan and Red Mountain. This new venue will provide a 360° post-race area allowing spectators to see the finish line from the comfort of a stadium seat via a live video feed on the jumbotron. But our favorite feature is the finish line - participants will enter the warning track of the baseball field in the outfield, round first base and cross the finish line near home plate!

With the new venue comes a new flat and fast 5K course. Runners will begin in the west shadows of Regions Field just beneath the notable



2017 Race Committee at Regions Field

Baptist Church, Birmingham Civil Rights Institute, Carver Theatre, Lyric Theatre, Alabama Theatre, McWane Science Center, the newly revitalized Pizitz Building, Holy Trinity Greek Cathedral, Greek Orthodox Cathedral, and finishing near home plate. The 1 Mile Fun Run also finishes near home plate.

Believe That What You Do Matters

Rumpshaker, Inc. is the non-profit organization behind the Rumpshaker 5K and 1 Mile Fun Run. The founders, board of directors and race committee all agree that raising awareness about colon

cancer matters. It matters because colon cancer has the potential to affect all of us. It is equally common in men and women, it can develop without any symptoms and it can develop at any age. By increasing awareness about this disease we hope to increase the screening rates. Colon cancer is one of the most treatable and beatable cancers if diagnosed early. Sadly, many people delay routine colonoscopies, and their cancer is found in a later stage when treatment options and success rates are minimized.

Our organization was created in memory of Lisa Martz. Lisa was diagnosed with colon cancer at the age of 48; the only symptom she had was fatigue. Lisa was not the type of person who liked to bring attention to herself, but during her nearly 4 year fight with this disease, she was the true symbol of hope, faith and determination. Those around her took notice of her extraordinarily positive attitude and strength despite her circumstances.

Lisa's powerful influence on her family and friends lead them to create an organization that continues her fight by giving back to others. The funds raised by your participation in the Rumpshaker 5K support various outreach programs, prevention efforts, and patient services including but not limited to:

"Believe that what you do matters and will make a difference in people's lives. You don't have to save the world in one stroke but you can make a difference one person at a time." ~unknown



Our Semi-Colon Club
colon cancer
survivors

- The Semi-Colon Club, a support group for those affected by colorectal cancer
- The Lisa Martz Hope Scholarship, awarded to college students whose families have been affected by colorectal cancer
- Rumpshaker at Work, a corporate health education program
- The Lisa Martz Hope Fund, which provides short term financial assistance to patients
- Partnership with organizations like the Alabama Department of Public Health and the American Cancer Society to promote colorectal cancer awareness and increase screening rates

Visit www.rumpshakerinc.org for more information, or stay in touch via [Facebook](#), [Instagram](#) and [Twitter](#). Register for the race at www.rumpshaker5k.com.

RRCA UPDATE

Registration is now open for the 59th Annual RRCA National Convention



The BTC will have several representatives in attendance at the 59th RRCA National Convention in Detroit from March 9–12. We look forward to reporting back to the membership about all that we learn.

We have reported in our Community Corner column over the past several months about the importance of following the rules of the road and wearing reflective gear or lights during non-daylight runs, especially when road traffic may be heavier (after work hours). Our communities are making efforts to keep runners and all pedestrians safe by installing additional sidewalks and safe thoroughfares throughout the areas commonly frequented by runners, but we have to do our part to be safe too. Here are some additional safety tips courtesy of the RRCA:

- Don't wear headphones (or keep volume low so you are fully aware of your surroundings).
- Run against traffic (and run single file if necessary). Many of the complaints received by the BTC involve groups of runners who

don't yield to traffic or who spread out across the road. Courtesy works both ways – please share the road.

- Carry identification on your runs, as well as information about any medical conditions you may have and an emergency contact.
- When running alone or even in small groups, trust your intuition about a person you may encounter or an area that may seem unsafe.
- Alter your running routes if you often run alone. Predictability could make you a target. Let someone know your intended route and expected time of return.
- Practice memorizing license tags numbers or identifying characteristics of strangers or vehicles.
- When using multi-use trails (such as Jemison or Lakeshore), follow the rules of the road. For example, if you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or another runner.

Running Safety and Harassment in Birmingham

A recent article in Runner's World magazine ("Running While Female," December 2016) detailed how often female runners encounter unwelcome attention and frank harassment while running. Runner's World conducted a survey gathering thousands of responses. This article and the results of that survey have been published at <http://www.runnersworld.com/running-while-female>.

This article caused us at the BTC to wonder about the experience of runners in the Birmingham metro area. What have our local runners encountered on the roads and trails?

Please take a few moments to take the following survey. Once the surveys have been collected and analyzed, we will report the results in an upcoming issue of The Vulcan Runner. Our goal is to keep our roads safe for everyone.

[Click this link if you are FEMALE.](#)

[Click this link if you are MALE.](#)



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.

Interested in fun volunteer position with the BTC? Moderate Distance Run Coordinator Mark Criswell could use a partner to assist him with coordinating the group, which would entail coordinating water stops and selecting routes as appropriate. Please contact [Mark](#), to volunteer. Help us keep this group running strong!



ADAM'S HEART RUNS

This year marked the 40th anniversary for Adam's Heart Runs, and the races continue to grow bigger and better each year! This year, we were excited to welcome our first hand cyclist competitor, Jack Donovan, who competed in the ten mile distance. In addition to the rockin' water stops and the hula hoop antics of Race Director Lisa Booher and crew, the races featured a popular post-race massage tent courtesy of The Farm. Competitor Josh Whitehead of Madison, Alabama set not only a new course record, but also a new Alabama state age group (32-38) record for the ten mile distance, completing the course in 53:03. Join us next year for one of the most fun, versatile races of the season!

CONGRATULATIONS TO THIS YEAR'S OVERALL WINNERS!

Ten Mile

Josh Whitehead / Debi Secor

10K

Owen Bradley / Kerri Frazier

5K

Charlie Hamilton / Tasha Beaty



1200 MILE CLUB

Cumulative miles submitted through March 3, 2017 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
Abernathy, Darrin	R	0
Anderson, Adrianna	R	71
Anderson, Kerri	1	233
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	R	115
Baggett, Christopher	R	62
Barnes, Jimmie	2	0
Bartee, Samm	1	0
Bass, Andy	1	261
Beasley, Cathy	R	210
Belcher, Michelle	4	314
Benner, Kim	4	229
Benson, Kip	R	0
Bittle, Anna Marie	R	186
Black, Dylan	1	108
Boackle, Larry	1	0
Boackle, Tomie Ann	1	170
Boger, Joe T	R	196
Bonatz, Ekkehard	8	162
Booher, Lisa	5	128
Boswell, Ryan	R	110
Bowman, Brian	R	0
Bowman, Leisha	R	21
Bradley, Lee	R	0
Brakhage, Victoria	1	43
Bridwell, Hunter	R	0
Bromstad, Murray	1	174
Broome, Mary	R	54
Brown, Charlie	5	243
Brown, Dana	R	0

Participant	Years	Total
Brown, Michael	3	136
Brown, Sean	3	167
Bryant, David	3	227
Burks, Ross	R	206
Caine, Lawrence	R	206
Callahan, Chris	R	214
Callahan, Rachel	2	228
Carey, Christopher	3	121
Carlton, Bob	2	216
Carter, Adrienne	R	102
Casey, Barry	2	0
Chadha, Jennifer	R	0
Chambers, Gay	R	156
Chandler, Teresa	7	0
Cirilli, Katerina	R	0
Clarkson, Roy	R	0
Clay, Brad	9	205
Clayton, Yocunda	2	220
Clemons, Sam	1	0
Cleveland, Jeff	R	206
Cliett, Stephanie	2	314
Clowers, Addison	2	451
Collins, Helen	1	39
Collins, Nathan	R	0
Connors, Michael	R	135
Constant-Jones, Michelle	R	0
Corrie, David	1	432
Corrin, LaRonda	R	134
Corrin, Roger	1	211
Cramer, Robyn	R	204
Cramer, Steve	R	28

Participant	Years	Total
Crawford, Allen	1	277
Crawford, Kimberly	1	249
Crowson, Bill	1	276
Crumpton, Dan	3	360
Crumpton, Melinda	R	32
Cuthbert, Misty	R	253
Cutshall, Hannah	R	241
Davidson, Dow	R	124
Dease, Joseph	1	0
Deering, Anna Katherine	R	0
Deering, Chris	R	72
Dell'Italia, Pat	1	211
Denton, Matt	4	244
Deuel, Jan	R	242
Dortch, Cherie	6	0
Dowling, April	R	208
Duke, Cindy	1	212
Dunnaway, Roberta	1	230
Easterling, Natalie	1	215
Edge, John	1	156
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	3	106
Fontenot, Misty	R	225
Franklin, Shane	5	109
Frederick, Winston	8	0
Freeman, Sheila	R	248
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	0
Goode, Johnny	7	107

1200 MILE CLUB

Participant	Years	Total
Graham, Jonathan	R	0
Grammas, Marianthe	R	129
Graves, Brady	R	54
Grossmann, Christopher	5	83
Gullapalli, Satya	3	207
Haley, Jay	1	205
Hall, Thomas	R	197
Halperin, Dave	3	0
Haralson, Danny	8	108
Haralson, Micki	9	199
Harbison, Brookie	1	0
Hargrave, Alan	9	216
Harrelson, Heather	3	232
Harris, Ashley	R	44
Harris, Robert	R	131
Harris, Vickie	1	219
Harrison, Lisa	5	255
Harry, April	R	199
Hathorne, Chad	R	146
Havicus, Cari	1	90
Hayden, Brittany	R	232
Heaton, Bryan	2	187
Henley, Monica	3	301
Henninger, Alison	2	206
Hightower, Rylie	R	6
Hill, Susan	3	0
Hogeland, Angie	1	107
Holmes, Chris	R	121
House, Beth	4	161
Hubbard, Stephanie	R	0
Huff, Anne	R	241
Ingram, Joseph	4	85
Izard, Georgia	1	69

Participant	Years	Total
Izard, Melody	2	208
Jefferson, Tracy B.	1	228
Jenkins, Kaki	3	276
Johnson, Christy	R	0
Johnston, Latta	1	219
Joseph, Jeremy	R	0
Kearley, Christy	1	127
Kearley, David	R	54
Kearley, Stephen	1	243
Keefer, Herb	1	0
Kelley, Robin	3	0
Kemper, Tricia	2	252
Kendrick, Tom	R	29
Kile, Shelby	R	0
Kirchmer, Shannon	R	222
Knight, Diane	2	149
Kuhn, Jimmy	9	180
Kulp, Loren	1	210
Lahti, Tyler	R	216
Laird, Audrey	2	258
Langston, Aaron	2	209
Langston, Richard	4	106
Lauderdale, Beth	R	199
LeCroy, Sarah	R	245
Lee, Koren	R	81
Leopard, Don	1	0
Long, Kristin	R	0
Lyles, Chris	1	0
Madison, James	R	268
Malick, David	3	0
Massey, Christopher	R	181
McCombs, Chris	R	0
McNair, Kelly	3	144

Participant	Years	Total
McTune, Mark	4	163
McVey, Simon	2	200
Melvin, Robby	R	0
Merry, Vicki Sue	4	204
Mickens, Cassandra	1	87
Millsap, Lanier	2	0
Misch, Julie	R	0
Miyasaki, Nathan	1	0
Morgan, Cary	6	262
Morgan, Danielle	5	138
Morgan, Phillip	7	173
Morris, Gordon	R	214
Morris, Heather	R	0
Morris, Justin	3	288
Morris, Phil	R	93
Morrow, Alex	6	217
Mote, Darrell	1	169
Mount, Brian	R	227
Murchison, Reginald	3	341
Murphy, Amy	R	121
Nagy, Lisa	1	115
Nichols, Jessica	R	147
Northern, Kristie	7	238
Oehrlein, Kimberly	R	102
Oliver, Greg	3	363
Oliver, John	2	128
Orihuela, Carlos	1	114
Ortiz, Amber	R	186
Padgitt, Scott	R	291
Paradiso, Michelle	1	116
Parks, Charlie	3	136
Pate, Lisa-Marie	1	0
Pavey, Cecil	R	0

1200 MILE CLUB

Participant	Years	Total
Payson, Tabitha	R	132
Payson, Tommy	1	222
Peagler, Shana	5	74
Pearce, Julie	5	185
Pearson, Blake	3	404
Pearson, Mary Scott	2	382
Pelkey, Lauren	R	149
Penley, Steve	1	0
Peters, Scott	1	0
Plante, David	4	100
Portwood, Paul	2	169
Ralph, Meghan	2	232
Randall, Lisa	5	219
Renn, Deanna	1	282
Richards, Amy	R	0
Richardson, William	2	249
Roberson, Kevin	2	236
Roberts, Fletcher	2	0
Robinson, Niki	R	52
Robinson, Rod	R	49
Rocha, Roger	3	238
Rodgers, Jessica	R	100
Roper, Lynn	R	165
Rose, Billy	2	357
Rosser, Joey	R	200
Rutherford, Keith	9	300
Rutledge, Lisa	2	82
Ryan, Meaghan	1	247
Schaefer, Todd	2	265
Schonhoff, Aubrey	R	131
Schor, Mike	1	398
Secor, Debi	1	315
Seeley, Mimi	R	75
Shaffield, Danny	3	341

Participant	Years	Total
Shaffield, Mitzi	1	98
Sheppard, Gretchen	2	0
Sherer, Jeremy	R	181
Shinn, Ronald	6	80
Shirley, Scott	3	255
Sides, Dean	2	226
Simpson, Kevin	3	533
Sims, Cecelia	R	209
Sims, Robert	3	348
Sloane, Mike	2	194
Smith, Jerry P.	9	0
Smith, Justin	R	0
Snow, Sheri	1	0
Spears, Kari	R	0
Stark, Patrick	R	85
Stevens, Johnathon	R	410
Stockton, Rick	9	107
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	134
Talley, Beau	4	276
Talley, Shellie	R	87
Talley, Sydney	R	87
Thomas, Eric	4	134
Thornton, Dean	5	120
Trimble, Jamie	2	241
Tyler, Kim	R	111
Varnes, Vickie	3	380
Walker-Journey, Jennifer	2	104
Walker, Caroline	1	152
Watkins, Janet	1	205
Watson, Thomas	R	244
Watters, Robert	2	128
Wayman, Meghan	R	465

Participant	Years	Total
Weber, Amy	1	134
Weber, Lauren	R	256
Weeks, Lance	2	206
Wells, Bradley	1	234
Wende, Adam	2	106
Whillock, Amber	R	140
White, Dennis	R	48
White, Robin	R	0
Whitt, Trey	3	310
Wilhite, Thomas	1	221
Williams, Avis	1	0
Williamson, Chad	2	305
Windle, Dale	2	204
Wiseman, Steve	2	219
Wood, Scott	1	298
Woody, Bill	8	248
Wright, Amy	1	42
Wu, Xing	7	256
York, Gary	3	290
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	112
Zehnder, Justin	6	211

BTC LIFETIME ACHIEVEMENT AWARD

to Charles Thompson

In addition to the awards presented during our Annual Meeting and Party, the BTC does, on rare occasions, present the BTC Lifetime Achievement Award. This is not an annual award, but rather, is presented only when the BTC Executive Board believes a long-time member deserves special recognition for his or her long term service and dedication to the BTC over many years. The 2016 BTC Executive Board was very pleased to award a Lifetime Achievement Award to **Charles Thompson**.

Charles has been a member of the BTC for as long as anyone can remember, and he has been one of its steadfast supporters. He attends most every board meeting and BTC event, and he is a dedicated volunteer at BTC races. Charles also devotes a significant amount of his time as a volunteer race official for USATF (case in point: the Executive Board planned to present Charles with this award at the Annual Party in January, but Charles was busy officiating a race and had to miss the party). Congratulations, Charles!



Presented By
Shades Crest Baptist Church
Saturday, April 8, 2017
8:00 am start
Free kids' Fun Run at 9:00 am

Pre-registration costs are the following:

- \$20 prior to March 23
- \$25 from March 24 to April 7
- \$30 on Race Day
- Rain or Shine: No Refunds

Entrance fee includes:

- T-shirt (guaranteed only to first 300 registered runners)
- Pre-race pasta dinner on Friday night, April 7th
- Post-race pancake breakfast (medal ceremony)

REGISTER ONLINE at active.com or print forms at:
<http://shadescrest.org/family-life-centerrecreation/>



SHOW US YOUR BTC GEAR



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



Xing Wu and Kim Tyler Working the Mercedes Expo



Jamie Trimble and Sataya Gullapalli
at Mercedes Expo



Phillip Moose Morris in Chicago

FEETS OF STRENGTH



Running may be a solitary sport, but the support of our fellow runners keeps us motivated, enthusiastic and ready to push for new PRs! And while your co-workers, family and non-running friends may not entirely understand the thrill of a new PR or completing a new distance, your BTC friends certainly do! [Let us know](#) about those accomplishments so we can celebrate with you!



Samm Barteo ran a half marathon PR at the Mercedes Half Marathon. Rumor has it, her big PR is directly related to all those push-ups she's been doing lately. . . Way to go, Samm!



BTC President Monica Henley paced her daughter, **Sarah Beth Jones**, for a 5K PR at Adam's Heart Runs. The dynamic duo finished as 2nd and 3rd overall females in the 5K race. Like mother, like daughter – congratulations, ladies!



BTC EXECUTIVE BOARD MEETING

February 13, 2017

Attendance: Brian Atkins, Kim Benner, Vicky Brackage, Addison Clowers, Darrell Gibson, Alan Hargrave, Monica Henley, Mary Lee Mahon, Alex Morrow, Charles Thompson, Loren Traylor, Trey Whitt

The meeting was called to order at 6:02 PM by President Monica Henley.

PRESIDENT'S REPORT

The minutes of the January meeting were approved unanimously, on Alan's motion, as seconded by Vicky, with the exception of the word "statute," which should be spelled as such, rather than "statute."

Loren and Brian need gmail accounts. Alan will handle.

MEMBERSHIP REPORT

We currently have 1023 members under 805 memberships. Loren suggested a way to publicize benefits to non-members. Vicky will create something we can share on social media to show the benefits of membership.

JAPAN UPDATE (MARY LEE)

Five members applied, three are going. They leave in a few weeks. Tabitha Payson, Sam Clemmons, and Michael Sloane were chosen. They have had their orientation meeting. Discussed what can we send with them - BTC logowear? Mary Lee will go to Trak Shak to find apparel to put BTC logo on in time for them to take with them.

Addendum: Motion made by Monica via email on 2.17.17 to approve purchase of 3 shirts at cost of \$22 each + printing for the race participants. Julie seconded, approved by the Executive Board w/o further discussion.

RACE REPORTS

Adam's Heart Runs: Numbers are right on target -- 236 (last year, 247). Trey and Lisa will provide final numbers on race financials at next meeting.

S2S: Now at 89 registrants, now plus a few more recent registrations so numbers are up this year.

FINANCIAL REPORT

Trey shared financial report. BTC income up. Motion was made, seconded and approved without further discussion to pay USTF dues of \$50.

SOCIAL UPDATE

Loren reported that the new downtown Starbucks is hosting a BTC social on March 4. The next social will be on April 8. She made a motion to approve spending \$300 a month/per social. Addison seconded the motion, and it was approved unanimously without further discussion.

Other upcoming events:

May 6 is a duathlon partnership with the Vulcan Tri Club - they will provide all the food!

June 3 -- Barons game/social.

We do not currently have events planned for August or September; please give ideas to Loren.

October will be another social with the Tri Club, and November will be the Vulcan Run. Loren will follow up with Athleta and Lululemon for potential sponsorships. Let Loren know if you have any ideas for sponsors. We should put events on the webpage with links to signup (Dean).

FINISH LINE CREW

Darrell reported that they need a gas can, PVC to help flags stay up, bungees, etc. He made a motion to approve the purchase of finish line crew supplies not to exceed \$200; motion was seconded by Alex and approved unanimously without further discussion.

VOLUNTEERS

Kim made a motion that only BTC members can receive BTC bucks. Anyone can volunteer at any race but to earn/redeem BTC bucks, one must be a BTC member. The motion was approved without further discussion.

Addendum:

Kim made a motion via email on 2.17.17 to approve \$100 expenditure to buy five \$20 gift cards to random volunteer winners from each of the five major races BTC staffs with volunteers: Mercedes, Adams heart, Statue to Statue, Peavine, and Vulcan. Monica Henley seconded the motion, and it was approved by the Executive Board without further discussion.

MERCHANDISE

Karen needs to order items for the upcoming socials. If you have ideas, send to Karen. Karen will provide amounts.

NEWSLETTER

February 20 is the deadline for the March issue. Julie needs a STS article, as well as volunteers to write articles/content for upcoming issues. Loren and Vicky volunteered to write.

1200 MILE CLUB

Addison has only 6 jackets left to distribute.

LONG RUN GROUP

Alex reported that the BTC will need to vote on a fall race to train for in mid-march.

The group discussed whether we should have a long run on these weekends where we have planned events. People miss the long runs regardless if it is Mercedes weekend, etc. Discussion followed regarding whether we should have a static run that is same every week (standard BTC routes) - no decisions made.

OTHER/NEW BUSINESS

Scott will be over the BTC Race Series and the Triple Crown. He will find a fall race to include in the Triple Crown.

BTC Dog miles: Madeline Mandy has suggested a "1200 mile club for dogs". She has proposed a collar/bandana/leash if they achieve the goal; the costs will depend on item rewarded. Many suggested names, including the BTC Paw Pack was suggested. It was also suggested that members not keep up with miles but more how many days a week they run. Alan, Monica and Madeline will get it started.

Alex presented Charles Thompson with the BTC Lifetime Achievement Award. Congratulations, Charles!

The meeting was adjourned at 7:19 pm. Our next board meeting is on March 13, 2017.

BTC Membership application



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

First Name:

Last Name:

Street:

City:

State:

--	--

Zip:

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

Birthdate:

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

Cell:

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

e-mail:

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

Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F
 3. _____/_____/_____/_____/ M F
 4. _____/_____/_____/_____/ M F

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	March 11, 2017	6:00 a.m.
Montgomery Half Marathon	March 11, 2017	7:00 a.m.
Village 2 Village 10K	March 11, 2017	7:30 a.m.
Birmingham Wine 10K	March 11, 2017	8:00 a.m.
Perseverance 5K and 1 mile Fun Run	March 11, 2017	8:00 a.m.
Miracles in Motion 5K	March 11, 2017	7:30 a.m.
ASYO Beat Beethoven 5K Trail Race and 1 Mile Fun Run (Red Mountain Park)	March 11, 2017	9:00 a.m.
BTC Board Meeting	March 13, 2017	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	March 18, 2017	6:00 a.m.
Lake Martin 100 mile, 50 mile, 27 mile Fun Run	March 18, 2017	6:30 a.m.
Running the Shoals Marathon and Half Marathon (Muscle Shoals)	March 18, 2017	7:00 a.m.
Auburn Running Festival Half Marathon, 10K, 5K and Fun Run	March 18, 2017	7:10 a.m.
Fitness N Motion 5K Walk/Run	March 18, 2017	8:00 a.m.
Brenda Ladun Conquer Cancer Run	March 18, 2017	8:00 a.m.
Helene High Mustache Run 8K, 5K, Fun Run/Walk	March 18, 2017	8:00 a.m.
Oak Mountain Color Run 5K	March 18, 2017	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 25, 2017	6:00 a.m.
Oak Mountain 50K	March 25, 2017	7:30 a.m.
Rumpshaker 5K	March 25, 2017	8:00 a.m.
Statue to Statue 15K *BTC Race Series Race	April 1, 2017	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.