



USATRACK & FIELD

BIRMINGHAM TRACK CLUB  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

April 2017

4

## KIWANIS CLUB BRINGS EXCITING CHANGES TO VULCAN PARK

By Jennifer Andress



Photographs courtesy of  
Kiwanis Club of Birmingham

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# KIWANIS CLUB BRINGS EXCITING CHANGES TO VULCAN PARK

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

**The Kiwanis Club of Birmingham celebrates one hundred years of service this year, and to celebrate, it is doing what it does best: giving back to our community.**



The service organization is kicking off its 100-year anniversary by undertaking the Kiwanis Centennial Project, designed to invest in and improve our city's landmark statue, Vulcan, and his surrounding park. Most notably to BTC members, the Kiwanis Club will be improving and extending a two-mile trail that will reach the new sidewalks on Green Springs Highway. This trail will serve as a future hub for 750 miles of planned trails all throughout the Birmingham area, known as the Red Rock Ridge and Valley Trail System.

Other aspects of the Kiwanis Centennial Project include a new plaza and entrance on the north side of the iconic statue connecting the park from downtown, an event space, and dramatic, multi-colored lighting illuminating the big man himself (think of the lighting at the Empire State Building or Eiffel Tower).

Kiwanis Club President Tom Thagard says, "Major improvements are nothing new to the Kiwanis Club of Birmingham. We have a rich

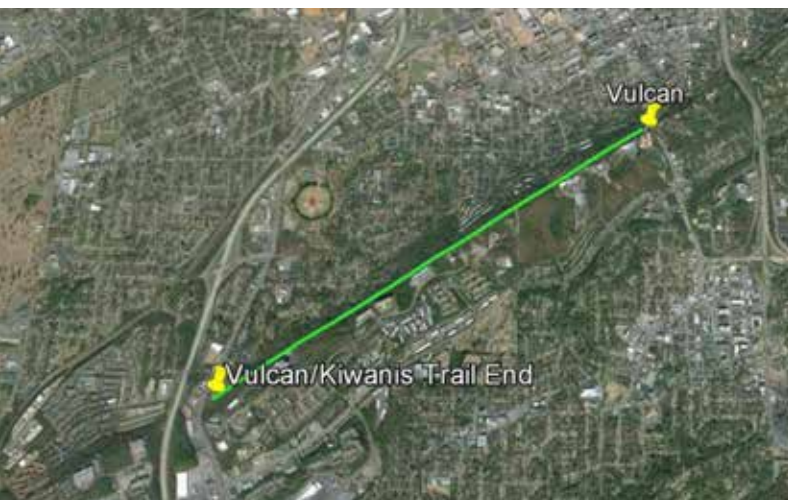


history of advancing the civic spirit and improving the infrastructure of our city."

In fact, it was the Kiwanis Club that facilitated the creation of many of Birmingham's green spaces, dating back to the 1920s. The club brought in the landscape design firm of the Olmstead Brothers, whose father, Frederick Law Olmstead, had designed New York's Central Park. The firm created a comprehensive park system to connect Birmingham neighborhoods. These public green spaces include Avondale Park, Linn Park, the Birmingham Zoo and the Birmingham Botanical Gardens.

In the 1930s, the Kiwanis Club also was instrumental in bringing Vulcan to the top of Red Mountain. It secured the land and created Vulcan Park, and our iron icon became a unifying symbol of the Magic City's can-do spirit as it overlooked the landscape.

Now, after one hundred years of serving Birmingham, the Kiwanis Club is ready to celebrate that milestone by investing \$4 million worth of improvements to Vulcan Park. With full support from the City of Birmingham, Kiwanis is partnering with Freshwater Land Trust, a non-profit organization that has been an innovative driver of transformative land conservation, park, and trail projects in Greater Birmingham and Central Alabama. Some of the better-known Freshwater Land Trust projects include the Turkey Creek Nature Preserve in Pinson, Red Mountain Park in Birmingham, and the visioning plans for the 750-mile Red Rock Ridge and Valley Trail System in Jefferson County, to which this trail is central.



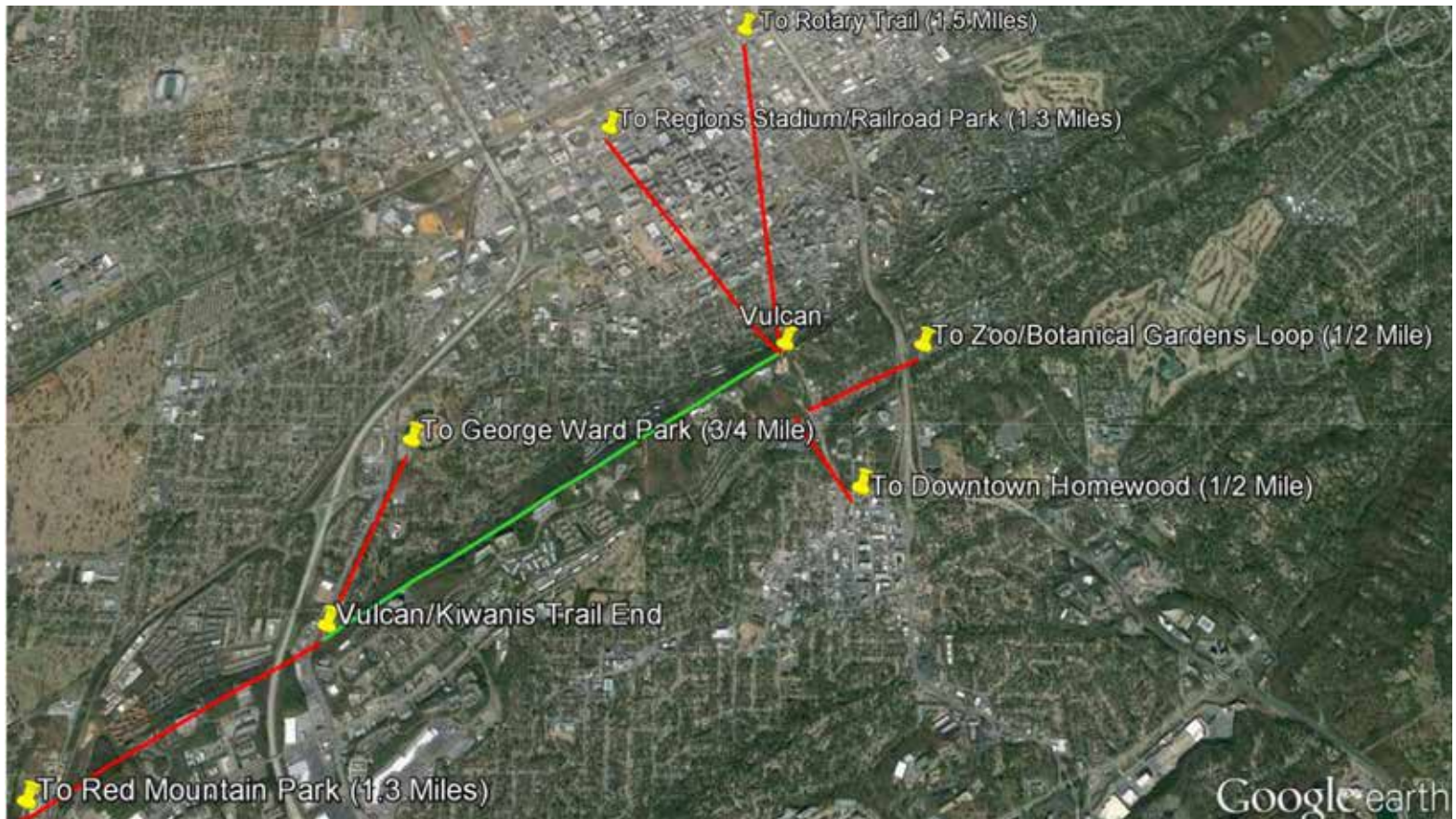
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# KIWANIS CLUB BRINGS EXCITING CHANGES TO VULCAN PARK

Libba Vaughan, Freshwater Land Trust Executive Director, said: “Kiwaniis’ Centennial Project enables us to be a better connected community. The trail connection from Vulcan Park to Green Springs Highway is the vital backbone of the Red Rock Ridge and Valley Trail System, and it is so important to many runners and walkers. We are grateful to the Kiwanis Club of Birmingham for their vision and gift of a project that not only highlights our beloved Vulcan, but also gives us a way to be outdoors, together.”

All of us at Birmingham Track Club couldn’t agree more, and we can’t wait to hit the new trail upon its completion. Thanks to the Kiwanis Club of Birmingham and its Centennial Project, our city will be a lovelier and more connected one, with our iconic Vulcan statue

taking center stage. As Birmingham Mayor William Bell said, “We are thankful for the Kiwanis Club’s dedication to community service. Vulcan Park is a significant attraction for our city and we look forward to laying the groundwork for the next 100 years of Kiwanians, Vulcan visitors and the residents of the City of Birmingham.”



# PRESIDENT'S ADDRESS

By Monica Henley



## Hello, fellow BTC Members

I recently attended the 59th Annual Road Runners Club of America (RRCA) National Convention in Detroit. Part of the Convention consisted of some great sessions dealing with various aspects of managing and growing a running club. One take away from the Convention is that we truly have an awesome club in the BTC. Our organizational skills and effective communication with our club members can cut the mustard to any club out there. I also had the opportunity to meet and network with many club presidents and RRCA leaders.

During the Awards Dinner our very own **Julie Pearce** received the award for Excellence in Running Journalism. Julie puts a lot of time and effort into producing the best running newsletter around. Congratulations, Julie and a huge thank you for all you do! And to top off the convention, we got to hear from **Olympian Desiree Linden** – not only was she entertaining, but she shared great advice and anecdotes from her running career. It was interesting to learn that when she first started running, she was not fond of it but she continued to run because she was good at it. Thank goodness her coaches kept encouraging her and kept convincing her to try the longer distance races. This year she has her eyes set on Boston. Good luck, Des -- I will be watching and cheering!

By the time you read this, the BTC will have held the second race in the Birmingham Track Club Race Series, the Statue 2 Statue 15k. The race was held on April 1st this year and wow, it was a huge success! Race Directors **Judy Loo**, **Michele Parr** and **Debbie Cleghorn**, along with dozens of volunteers, did a fantastic job and put on exceptional race.

BTC Social Chair **Loren Traylor** has organized our next social, which will be held on April 8th at Homewood Park. After the run, we will have an inflatable for the kids, a kids' run complete with finishers' medals, lots of coffee, and food! Bring the family and enjoy the fun, food and fellowship. We would love for you to bring a friend and introduce him or her to the BTC and the Saturday run groups. Hope to see you there.



*Keith and Monica Henley and Julie Pearce at the 2017 RRCA Convention*

We always love hearing from our members, and we welcome your involvement in your club. If there are any areas in which you wish to volunteer or any suggestions you might have, please [email me](#) or any member of the BTC Executive Board – we are here to serve all members, and we want to make the BTC the best it can be. We are all volunteers, so every person's contributions are greatly appreciated! We look forward to seeing all of you soon at one of our upcoming events, and as always, we thank you for your membership!

Happy running, BTC!

**Monica Henley**  
BTC President

# BIRMINGHAM TRACK CLUB SOCIAL UPDATE

**SAVE  
THE  
DATE!**

## IT'S HERE AGAIN!

### The Birmingham Track Club's Annual Barons Baseball Social June 3, 2017 | Game time: 6:30 p.m.

Join the BTC at Regions Field as we watch our very own Birmingham Barons take on the Chattanooga Lookouts in a Southern League matchup.

#### Your ticket includes:

- ✓ Admission to the game
- ✓ Reserved seats in the 3rd base Party Patio (the patio is covered)
- ✓ Dreamland BBQ or grilled chicken with baked beans, potato salad, chips and cookies
- ✓ Soft drinks, iced tea and two kegs of beer

This annual event is great fun for the whole family, so pack up the kids and join us for a great evening! Tickets are \$20 for BTC members (\$15 for children 12 and under), or \$31 for non-BTC members (\$26 for children 12 and under), so this is a great time to [renew your BTC membership](#) as well!

[Purchase tickets here](#) – this popular event will sell out, so don't delay!



## BIRMINGHAM TRACK CLUB

# SOCIAL UPDATE

**SAVE  
THE  
DATE!**

**Mark your calendars for two upcoming BTC social runs!**

### Saturday, April 8

Join the BTC for long and moderate distance routes beginning at 6 a.m. from Homewood Park. After the run, we'll have plenty of food, fellowship, fun and games for the entire family, including a bounce house and a kids' fun run, complete with medals. The social will last from 8 until 11 a.m.

### Saturday, May 6

The BTC is excited to partner with our friends from Vulcan Triathletes for a run, bike and/or swim – take your pick, or participate in all of the events beginning at 6:30 a.m. We will have plenty of food and social time following the events. This is a great chance to “tri” some new events and get some advice from the veterans of the Vulcan Tri group!

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

### 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 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**

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**Mark Criswell**

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**Dr. Cherie Miner**

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historian@birminghamtrackclub.com

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**Jamie Trimble**

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**Dean Thornton**

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**Alan Hargrave**

itchair@birminghamtrackclub.com



Find us on

**Facebook**



## BTC Race Directors

**Adam's Heart Run**

**Statue 2 Statue**

**Peavine Falls**

**Vulcan Run**

**Lisa Booher**

adamsheart@birminghamtrackclub.com

**Judy Loo**

statue2statue@birminghamtrackclub.com

**Alex Morrow**

peavinefalls@birminghamtrackclub.com

**Allison Stone**

vulcan@birminghamtrackclub.com

## BTC Mission Statement

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

## Contact BTC at:

Birmingham Track Club

P.O. Box 530363

Birmingham, AL 35253

info@BirminghamTrackClub.com

## Race Results

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

**birminghamtrackclub.com**

**championship-racing.com**



## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Frank Barry	Katie Dix	Julie Maharrey	Madison Pegouske	Adam Wende
Alyce Beasley	Tucker Hill	Ebony O'Brien	Stacie Pegouske	Steve Wiseman
Sarah Briley	Bruce Korf	Lisa-Marie Pate	Steve Ponte	Dorothy Young
Bob Carlton	Catherine Lamb	Mary Scott Pearson	Dean Sides	Eric Young
Christine Caughran	Wyatt Lamb	Blake Pearson	Silwal Suman	
Teresa Chandler	Zachary Lamb	Christian Pegouske	David Tosch	
Susan Colpack	Janet Lockett	Jeremy Pegouske	Ron Wall	

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.

**Vicky Brakhage**  
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

## Glucosamine and Chondroitin

By Austin Crocker, 2017 PharmD Candidate, Ashley Buksa, 2017 PharmD Candidate, Kim Benner, PharmD

A common ailment of athletes, and runners particularly, is persistent joint pain. Joint pain can be minor or so severe that it prevents the athlete from competing. While there is no shortage of medications and non-medicinal remedies on the market, many questions exist about these products. One such product that is readily available for patients to use for joint pain is glucosamine and chondroitin.

Glucosamine and chondroitin are natural components in the body that help form cartilage. Cartilage is the tissue between bones that helps provide cushioning in the joint space. Over time, cartilage can wear down, reducing the amount of cushion between bones. This loss of cushioning causes the bones to rub together, which creates the common swelling, stiffness and loss of motion that manifests as joint pain. Joint pain can affect knees, hips, or the spine. Glucosamine and chondroitin sulfate counter the loss of cartilage in the body by helping restore cartilage in the joints. In a large, multicenter trial published in 2006, researchers found some evidence that glucosamine and chondroitin lessened pain in patients with moderate to severe knee osteoarthritis, the most common type; subsequent studies have not confirmed that finding. Treatment guidelines issued in May 2013 by the American Academy of Orthopaedic Surgeons do not recommend glucosamine and chondroitin supplements, citing lack of efficacy.

If the pain is believed to be from cartilage breakdown or a decreased amount of cartilage, then these agents may be of benefit. If the pain is due to inflammation, then glucosamine and chondroitin may not be the best option; an anti-inflammatory agent such as ibuprofen or naproxen would be preferred. Refer to the dosing table for patients weighing less than or over 100 pounds; patients weighing over 200 pounds, or who are obese, should consult a healthcare professional to determine a correct dose.

Glucosamine Chondroitin Sulfate Dosing		
Combo Supplement	Patients weighing less than 100 lbs	Patients weighing 100 -200 lbs
Glucosamine	1,000 mg	1,500 mg
Chondroitin Sulfate	800 mg	1,200 mg

Glucosamine and chondroitin have shown a good safety record in studies of up to three years, is generally well tolerated and does not have any known serious side effects. The most common side effects include upset stomach, heartburn, and diarrhea. However, taking this medication with food can reduce the occurrence of these side effects.

Despite the low overall risks of taking this medication, there are a few important considerations that must be addressed before taking glucosamine and chondroitin. Patients taking daily blood thinners, such as aspirin or warfarin (Coumadin), are at an increased risk of bleeding and should not take glucosamine and chondroitin sulfate containing products. Glucosamine can alter the body's response to dietary sugar, insulin, and other diabetic medications. Therefore, patients with diabetes (both type 1 & 2) should monitor their blood sugars closely. Finally, the glucosamine component of the medication is extracted from shellfish, so patients with a shellfish allergy should not use glucosamine and chondroitin.

Glucosamine and chondroitin sulfate is available at many different stores marketed under differing brand names such as Osteo Bi-Flex and Joint Juice. Also available are store brands such as CVS, GNC and The Vitamin Shoppe. It is available in tablets, capsules, caplets, softgels and liquid formulations. Some brands cost less than \$1 a day.

In summary, a glucosamine and chondroitin combination has the potential to be an effective supplement for the right group of patients. If joint pain is believed to be of inflammatory origin, then this supplement has not shown to be effective. However, in patients with joint pain stemming from cartilage breakdown, glucosamine and chondroitin may be a potential treatment option. If no improvement is seen after three months, it is unlikely that further improvements will occur. As with any medication, it is important for patients to consult with a pharmacist or physician before starting any new medication, and to tell all healthcare providers about any medications or supplements they take.

**Austin Crocker and Ashley Buksa are students at Samford University in the Pharm.D. program. Kim Benner is a distance runner and the 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.**

# BTC COMMUNITY CORNER

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

**Happy Spring, BTC!** I hope this finds you well, running healthy and happy. Spring is here, which means longer days, warmer temperatures, and more miles on the roads. I have a few updates to share concerning some of our more popular running routes.

A regular thoroughfare for BTC is Central Avenue in Homewood. In mid-March, a runner was hit by a car on 28th Court South. She was leaving Studio Fitness, in the early morning as the sun was rising higher into the sky. She was in front of the fire station, with her back to traffic, and the driver had the sun in his eyes and could not see her.

The fire department responded, and she left in an ambulance, talking and responsive. She ended up with a broken foot and a concussion, and she will miss several weeks of work.

Please be careful out there! We continue to receive complaints about runners in Homewood. The City of Homewood will be making some changes in the next few months to Central Avenue; these changes are designed to add more parking and calm traffic through that area.

The City will be adding slanted parking spaces in front of the new sporting goods store, Caliber, as well as sidewalks. Filling in the medians with vegetation is also under consideration, and a crosswalk will added near Little Donkey. All of this is designed to narrow the road, thereby slowing traffic. But in the meantime, use caution and run facing traffic, on the sidewalks where they are provided.

I have an update on the sidewalks behind the zoo as well. The City of Birmingham has the agreement from ALDOT to execute construction, and that should begin in the next 60 days. A consultant will then be brought on board to design the project; this is expected to occur in early May. This phase of the project should be under construction by May 2018, so here's hoping! From Homewood, sidewalk construction on Mayfair is imminent; this project should be underway very soon. This project will result in the elimination of the triangle at Roxbury and the construction of a true three-way stop.

That's all for now, BTC....see you on the roads!

**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**

[WWW.GIRLSONTHERUNBHAM.ORG](http://WWW.GIRLSONTHERUNBHAM.ORG)

**THE FINISH LINE IS JUST THE BEGINNING.**

[WWW.GIRLSONTHERUNBHAM.ORG](http://WWW.GIRLSONTHERUNBHAM.ORG)

# 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!](#)**



## 2017 Southeastern Trail Series



**BTC Members use Discount Code "BTC-17STR" & save 10%**

\*Run for Kids & BOO Run for Down Syndrome are not included. All proceeds go the Camp Smile-A-Mile and Down Syndrome Alabama

**Register for the "Full Southeastern Trail Series" and save as much as \$110**

Register at: [Ultrasisgmap.com](http://Ultrasisgmap.com)

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

\*Lake Martin 100, Endless Mile & BOO Run for DSA are not part of the Southeastern Trail Series.

## 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](#).



## Volunteer Vibes

**Thank you to ALL of the many volunteers who helped make Statue to Statue such a success!** Whether you assisted with packet pick up, manned a water stop, or grilled hotdogs, you were a vital part of the race, and we truly could not do it without you!

For all the volunteers who logged many hours in 2016, a heartfelt thank you again. We are proud to announce that while over 30 volunteers achieved the "Tier 1 and 2" rewards, four lucky

volunteers from all of the 2016 volunteers were selected randomly to receive a one year membership to the BTC: congratulations to **Bob Sims, Pat Dell'Italia, Audrey Brown** and **Xing Wu**! Thank you for all of your volunteering efforts!

Thank you again to all our great volunteers. Our next big event will be Peavine Falls on July 4. As always, please reach out to BTC Volunteer Coordinator [Kim Benner](#) to let us know how YOU can be involved! #weheartourvolunteers



# STATUE 2 STATUE

Race conditions could not have been more perfect for this year's iconic Statue to Statue race! Thank you to the many sponsors and volunteers who continue to make this race a fun Birmingham tradition, year after year. Congratulations to the top three male finishers: **Griffin Oaks, Jiri Vlach and Jeff Clark**, and to the top female finishers: **Mary Craig, Ali Hoover and Ashley Dawson**.



Showing off this year's S2S shirts



Run University group



Age group winners with Race Director Judy Loo

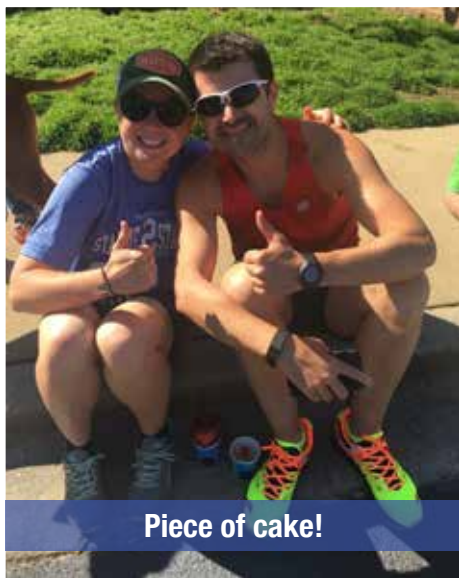


Resolute Running team



J. Clyde beer truck

# STATUE 2 STATUE



## 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!



# 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	93
Anderson, Adrianna	R	71
Anderson, Kerri	1	233
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	R	230
Baggett, Christopher	R	62
Barnes, Jimmie	2	209
Bartee, Samm	1	253
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	176
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	112
Bridwell, Hunter	R	0
Bromstad, Murray	1	174
Broome, Mary	R	154
Brown, Charlie	5	243
Brown, Dana	R	0
Brown, Michael	3	136
Brown, Sean	3	167
Bryant, David	3	227
Burks, Ross	R	206

Participant	Years	Total
Caine, Lawrence	R	206
Callahan, Chris	R	214
Callahan, Rachel	2	228
Carey, Christopher	3	222
Carlton, Bob	2	216
Carter, Adrienne	R	207
Casey, Barry	2	0
Chadha, Jennifer	R	124
Chambers, Gay	R	156
Chandler, Teresa	7	38
Cirilli, Katerina	R	136
Clarkson, Roy	R	0
Clay, Brad	9	374
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
Cornelius, Jeff	R	0
Corrie, David	1	432
Corrin, LaRonda	R	134
Corrin, Roger	1	211
Crain, Teresa	1	0
Cramer, Robyn	R	204
Cramer, Steve	R	53
Crawford, Allen	1	277
Crawford, Kimberly	1	249
Crowson, Bill	1	276
Crumpton, Dan	3	360
Crumpton, Melinda	R	78
Cuthbert, Misty	R	253

Participant	Years	Total
Cutshall, Hannah	R	241
Darville, Nathaniel	1	0
Davidson, Dow	R	124
Dease, Joseph	1	198
Dease, Katherine	2	0
Deering, Anna Katherine	R	0
Deering, Chris	R	120
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	208
Fontenot, Misty	R	225
Franklin, Shane	5	245
Frederick, Winston	8	361
Freeman, Sheila	R	248
Gann, Michael	5	0
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	55
Goode, Johnny	7	214
Graham, Jonathan	R	0
Grammas, Marianthe	R	253
Graves, Brady	R	54
Grossmann, Christopher	5	190
Gullapalli, Satya	3	207
Haley, Jay	1	205
Hall, Thomas	R	197

# 1200 MILE CLUB

Participant	Years	Total
Halperin, Dave	3	0
Haralson, Danny	8	189
Haralson, Micki	9	199
Harbison, Brookie	1	160
Hargrave, Alan	9	318
Harley, Charlotte	R	0
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	174
Hayden, Brittany	R	232
Heaton, Bryan	2	350
Henley, Monica	3	301
Henninger, Alison	2	206
Hightower, Rylie	R	6
Hill, Susan	3	187
Hill, Tucker	2	0
Hogeland, Angie	1	107
Hogue, Kari	R	0
Holmes, Chris	R	121
Hoover, Alison	5	0
House, Beth	4	161
Hubbard, Stephanie	R	0
Huff, Anne	R	241
Hunter, Bob	R	0
Ingle, Brandon	R	0
Ingram, Joseph	4	135
Izard, Georgia	1	211
Izard, Melody	2	208
Jefferson, Tracy B.	1	228
Jenkins, Kaki	3	276
Johnson, Christy	R	0
Johnston, Latta	1	219

Participant	Years	Total
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	163
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	223
Lauderdale, Beth	R	199
LeCroy, Sarah	R	245
Lee, Koren	R	177
Leopard, Don	1	0
Lockett, Janet	R	0
Long, Kristin	R	0
Lyle, Randy	8	0
Lyles, Chris	1	0
Madison, James	R	268
Malick, David	3	225
Mandy, Madeline	R	0
Massey, Christopher	R	181
McCombs, Chris	R	134
McNair, Kelly	3	144
McTune, Mark	4	163
McVey, Simon	2	200
Melvin, Robby	R	0
Merry, Vicki Sue	4	408
Mickens, Cassandra	1	87
Millsap, Lanier	2	0

Participant	Years	Total
Misch, Julie	R	0
Miyasaki, Nathan	1	0
Morgan, Cary	6	515
Morgan, Danielle	5	138
Morgan, Phillip	7	173
Morris, Gordon	R	214
Morris, Heather	R	181
Morris, Justin	3	288
Morris, Phil	R	184
Morrow, Alex	6	426
Mote, Darrell	1	169
Mount, Brian	R	227
Murchison, Reginald	3	341
Murphy, Amy	R	121
Nagy, Lisa	1	198
Nichols, Jessica	R	147
Northern, Kristie	7	238
Obrien, Ebony	R	0
Oehrlein, Kimberly	R	192
Oliver, Greg	3	363
Oliver, John	2	201
Orihuela, Carlos	1	114
Ortiz, Amber	R	186
Padgitt, Scott	R	291
Paradiso, Michelle	1	116
Parks, Charlie	3	136
Parks, Melinda	R	0
Pate, Lisa-Marie	1	0
Pavey, Cecil	R	0
Payson, Tabitha	R	132
Payson, Tommy	1	222
Peagler, Shana	5	179
Pearce, Julie	5	185
Pearson, Blake	3	404
Pearson, Mary Scott	2	382
Pelkey, Lauren	R	192
Penley, Steve	1	203

# 1200 MILE CLUB

Participant	Years	Total
Peters, Scott	1	148
Plante, David	4	100
Poole, Greg	1	0
Portwood, Paul	2	169
Ralph, Meghan	2	232
Randall, Lisa	5	219
Renn, Deanna	1	282
Richards, Amy	R	180
Richardson, William	2	249
Roberson, Kevin	2	236
Roberts, Fletcher	2	130
Robinson, Niki	R	52
Robinson, Rod	R	118
Rocha, Roger	3	238
Rodgers, Jessica	R	179
Rogers, Tammy	1	0
Roper, Lynn	R	165
Rose, Billy	2	357
Rosser, Joey	R	200
Routman, Cynthia	1	0
Rutherford, Keith	9	300
Rutledge, Lisa	2	82
Ryan, Meaghan	1	247
Sanchez, Melissa	R	0
Schaefer, Todd	2	265
Schonhoff, Aubrey	R	131
Schor, Mike	1	398
Secor, Debi	1	315
Seeley, Mimi	R	75
Shaffield, Danny	3	341
Shaffield, Mitzi	1	164
Sheppard, Gretchen	2	128
Sherer, Jeremy	R	181
Shinn, Ronald	6	153
Shirley, Scott	3	453
Sides, Dean	2	226
Silwal, Suman	6	0
Simpson, Kevin	3	533
Sims, Cecelia	R	209

Participant	Years	Total
Sims, Robert	3	348
Sloane, Mike	2	194
Smith, Jerry P.	9	207
Smith, Justin	R	91
Snow, Sheri	1	161
Spears, Kari	R	0
Stark, Patrick	R	85
Stevens, Johnathon	R	410
Stockton, Rick	9	214
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	134
Talley, Beau	4	276
Talley, Shellie	R	179
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	206
Walker, Caroline	1	152
Wall, Ron	3	0
Watkins, Janet	1	205
Watson, Thomas	R	244
Watters, Robert	2	142
Wayman, Meghan	R	465
Weber, Amy	1	268
Weber, Lauren	R	256
Weeks, Lance	2	206
Wells, Bradley	1	234
Wende, Adam	2	189
Whillock, Amber	R	140
White, Dennis	R	104
White, Robin	R	0
Whitt, Trey	3	310
Wilhite, Thomas	1	221
Williams, Avis	1	0
Williamson, Chad	2	305

Participant	Years	Total
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

# SHOW US YOUR BTC GEAR



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

**Congratulations to Dr. Ekkehard Bonatz and Julie Croushorn**, who recently got engaged! Ekkie popped the question just after Julie finished the Wine 10K on March 11, 2017. We can think of no better attire for such a momentous occasion than your BTC half zip, Ekkie! Best wishes to you both! #LuckyShirt



BTC was well represented at the Wine 10k



BTC Crew at the Run Hard Columbia Marathon and Half Marathon

# SHOW US YOUR BTC GEAR



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



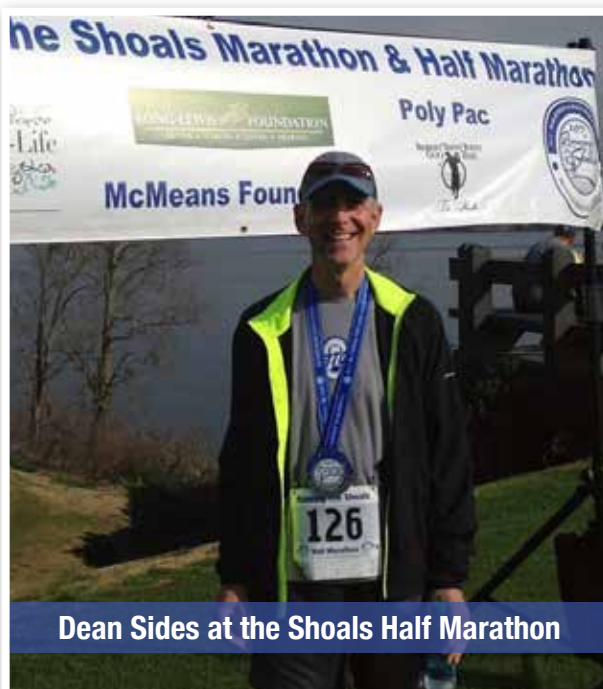
Scott Padgitt in Raleigh, NC



BTC at the Greenville Half Marathon



Lance Weeks in Big Sky, Montana



Dean Sides at the Shoals Half Marathon

# FEETS OF STRENGTH



Lots of PR and “firsts” to report this month – it must be racing season!



BTC Vice President **Scott Wood** recently ran a half marathon PR (1:48:25) at the Greenville Half Marathon on February 25, 2017. Way to go, Scott!



Also running a half marathon PR was **Meghan Ryan**, who logged her first sub-2:00 finish at the Tuscaloosa Half Marathon on March 4, 2017. That’s awesome, Meghan!



Big congratulations to **Marianthe Grammas** and **Kevin Simpson** who each finished first in their respective age groups with impressive finishes in the Tuscaloosa Half Marathon!



**Annelise Nagy** won the Judy M. Merritt 5K on March 4, 2017. Congratulations, Annelise!



**Melody Izard** placed third in her age group at the Wine 10K on March 11. **Kellan Selle** and **Vickie Harris** also had impressive races, running PR times at the 10K distance. Way to go, ladies!



Also logging impressive races at the Wine 10K were power couple **Katherine and Joseph Dease, pictured with Olympian Emma Coburn**. Katherine ran a 51:59, and Joseph finished 4th in his age group with an impressive 41:33 time. Fantastic, guys!



A big shout out to *The Vulcan Runner's* own graphic designer, **Ryan Boswell**, for his impressive debut finish at the Wine 10K, with a time of 46:09. Congratulations, Ryan! We have a feeling we’ll be seeing lots more of you!



**Rod Robinson** recently completed the 27 mile “fun run” during the Lake Martin 100 on March 18 – we think he’ll be ready to tackle the full distance soon! Way to go, Rod!

# FEETS OF STRENGTH



Congratulations to **Tabitha and Tommy Payson** for their great races at the Tobacco Road Marathon in Raleigh, NC on March 19, 2017. Tabitha made her marathon debut, and Tommy ran a PR race – way to go, guys!



**Scott Padgitt** also completed his first marathon at the Tobacco Road Marathon with a smoking fast 3:37:52 time! Wow, Scott – we're impressed!



Congratulations to **Katherine Dease**, BTC President **Monica Henley** and **Lauren Weber**, all of whom completed their first ultramarathon, the Oak Mountain 50K on March 19, 2017. Congratulations, ladies!



Kudos to the BRATS Mens Team, winners of the Fastest Team (Male) award at the Rumpshaker 5K. Congratulations also to **Loren Kulp**, **Joseph Dease**, and **Joey Longoria** for placing 1st, 2nd and 3rd in their age group!

And although it's not a "feet of strength" per se, the BTC would like to send a hearty "bon voyage" to long time members **Greg and Kathy Stein**. The Steins, who are moving to St. John in the U.S. Virgin Islands at the end of April, have contributed so much to the Birmingham running community, both personally and through their popular nonprofit, Big Benefit Run and Ride. [Read more](#) about the Steins' contributions in the July/August issue of *The Vulcan Runner*. And if you happen to be visiting St. John, look up Greg and Kathy for a run!

Did you recently run a new distance? Set a new PR or place in a race? [Let the BTC know](#) about it – we love to celebrate our members' accomplishments!



## BTC EXECUTIVE BOARD MEETING

March 13, 2017

**Attendance:** Kim Benner, Vicky Brakhage, Addison Clowers, Darrell Gibson, Monica Henley, Judy Loo, Alex Morrow, Julie Pearce, Charles Thompson, Loren Traylor, Karen West, Trey Whitt

The meeting was called to order at 6:00 PM by President Monica Henley.

The minutes of the February meeting were approved unanimously, on Addison's motion, as seconded by Vicky.

### MEMBERSHIP REPORT

We currently have 1032 members/811 memberships.

Due to Amy Wright's work schedule, Vicky will become chair of the membership committee but Amy will continue to be involved.

**Race Reports:** Statue to Statue: We are now at 279 registrants, including Race Series registrants. 25 people have signed up for the S2S2S through BUTS. Judy is continuing to receive registrations every day. Volunteers are needed – Kim Benner and Michelle Parr are coordinating. Piggly Wiggly, Liberty Animal Hospital, Orange Theory and J. Clyde are sponsoring (J. Clyde will provide servers for beer). Judy wants separate volunteers to handle BTC and race series registrations; she will coordinate with Kim. Loren, Vicky and Monica volunteered to be course sweepers.

### MERCHANDISE

We need to order Spring merchandise. We have a new shoe tread design for limited edition shirts (black heather for men and purple heather for women), as well as shirts with our regular logo. All will ready in time for S2S. Price estimate is approximately \$1,700. Loren moved to approve spending up to \$1,700 to order merchandise, Trey seconded and the motion was approved without opposition. Addison inquired about hats/visors; Karen will look into ordering.

### NEWSLETTER

March 20 is the deadline for the April issue.

Ryan Boswell was retained in December 2016 on a 3 month trial basis to handle newsletter graphic design. Julie reported that he is very easy to work with and has done an excellent job. She made a motion that we approve retaining Ryan for the remainder of 2017 at the same rate of \$200/issue. Motion seconded by Loren and approved without further discussion.

Dean Thornton posted a safety and harassment survey on the website, which we promoted in the newsletter and via social media. The response was overwhelming (over 250 responses, from men as well as women). Discussion followed regarding the best use of this data – we will summarize in The Vulcan Runner, but this is a bigger issue than we initially realized. Consensus was that we should look into ways to use this data in a productive way – possibly compiling a report for local law enforcement/officials for awareness or possibly hosting a community-wide seminar sponsored by the BTC? Julie will look into this, talk with other BTC members and report back at the April meeting.

Ad sales – currently monthly average is \$441.67 per issue, which is more than double 2016 averages. Trey can accept credit card payments via Square; Julie will advise advertisers of this option when confirming ads.

### FINANCIAL REPORT

Financials are steady. Current balance in all accounts is in excess of \$51,000. Expenditures are consistent with past years. Profit for Adam's Heart Runs totaled in excess of \$2,000.

Monica reported that our insurance rates will remain the same for 2018.

### SOCIAL UPDATE

The next social will be on April 8 at Homewood Park, sponsored by Alabama Media Group. We will have a bounce house for kids until 10 a.m., as well as a kids' fun run – Katherine Dease is handling the Fun Run. We will have chocolate milk, bagels, fruit and pastries.

Other upcoming events:

May 6 is a duathlon/triathlon partnership with the Vulcan Tri Club – they will provide food.

June 3 -- Barons game/social.

July 4 – Social following Peavine.

August -- Vicky is considering hosting a membership "open house".

October -- social with the Tri Club

November -- Vulcan Run.

Let Loren know if you have any ideas for sponsors and/or social ideas.

Door prizes for events – please let Loren know if you have ideas, and especially sponsors, for great door prizes.

### FINISH LINE CREW

Jamie Tremble is now part of the Finish Line Crew.

### VOLUNTEERS

Kim wants to tweak the tiers of volunteer service. It is very difficult to track volunteers if they don't sign up via RunSignUp; we need to encourage all volunteers to do so. Kim made a motion to award a total of 4 BTC individual memberships to volunteers at the end of the year via a drawing; Loren seconded. Motion approved without opposition. Addition suggested that volunteers' number of chances to win in the drawing could increase by the number of times volunteered; Kim will try to implement this.

Julie mentioned that we've had inquiries about promoting events for our volunteers (National Senior Games, USATF events, etc.) – these are events at which BTC members may be interested in volunteering, but would not be things the BTC would track, count towards volunteer hours, etc. Brief discussion about whether to list these as opportunities for members and the importance of making sure they wouldn't conflict with a BTC event or wouldn't be promoting a non-BTC race. Essentially, we would be providing a list/basic information only as a service to members. No decisions made, but we will continue to look at this issue. Paid ads in The Vulcan Runner are available to promote races, volunteer opportunities, etc.

### RACE SERIES/TRIPLE CROWN

Monica reported that Scott is looking at possible fall races to round out the Triple Crown Challenge. Race options are limited in September, so we may look at adding a later fall race.

### IT/WEBSITE

Currently, all general website inquiries/requests go through the secretary email address. Julie will route these to the appropriate person – please follow up on these if you receive one. Julie will follow up with Alan about requests to be added to the "general information" email – she is willing to add these to the Constant Contact in a "non-member" database and suggested Membership send a "benefits of joining the BTC" type email to people who want more information about the BTC.

### 1200 MILE CLUB

Addison will look into ordering additional 1200 Mile Club jackets for those who missed the cut off/did not receive the email to order.

### OTHER/NEW BUSINESS

Monica discussed forming a committee to work on promoting the Vulcan Run and some creative ways we can do that.

The meeting was adjourned at 7:30 p.m. Our next board meeting is on April 10, 2017.

# BTC Membership application



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

First Name:

Last Name:

Street:

City:


State:

--	--

Zip:

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

Birthdate:

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

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	April 8, 2017	6:00 a.m.
5K Race to Solve the Puzzle	April 8, 2017	7:30 a.m.
eCO CU Foundation Charity Trail Run – 10K, 5K, 1 mile	April 8, 2017	8:00 a.m.
Tranquility Trail Run – 6 mile and 3 mile	April 8, 2017	8:00 a.m.
High Country 5K	April 8, 2017	8:00 a.m.
Walk for Autism and 5K race (Cullman)	April 8, 2017	8:00 a.m.
Crimson Couch to 5K/10K (Tuscaloosa)	April 8, 2017	9:00 a.m.
Bridge Street Half Marathon (Huntsville)	April 9, 2017	7:00 a.m.
BTC Board Meeting	April 10, 2017	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	April 15, 2017	6:00 a.m.
Hometown Hero Superhero 5K	April 15, 2017	8:00 a.m.
Run for Their Lives 10K, 5K and 1 mile Fun Run	April 15, 2017	8:00 a.m.
Mutt Strutt 5K	April 15, 2017	9:00 a.m.
Night Light 5K @ Utopia (Springville)	April 21, 2017	7:00 p.m.
BTC Saturday Long and Moderate Run Groups	April 22, 2017	6:00 a.m.
Steeple to Steeple Run (5K)	April 22, 2017	8:00 a.m.
St. Elias Cedar Run 5K	April 22, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	April 29, 2017	6:00 a.m.
Restoration Run 5K and 15K Trail Run	April 29, 2017	8:00 a.m.
Girls on the Run Birmingham 5K	April 29, 2017	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 6, 2017	6:00 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.