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THE VULCAN RUNNER

May 2017

5

HARASSMENT IN BIRMINGHAM?

A wake up call

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RUNNING SAFETY AND HARASSMENT IN BIRMINGHAM

By Dean Thornton

"I was running alone midday on Jemison Trail, a place one would think would be very safe. I was approached by a female, who told me to turn around because there were several men at the end of the trail harassing women as they ran by. This day in time, you have to be conscientious of all surroundings. I turned around and completely changed routes. I did not want to put myself in a dangerous situation." - Anonymous female

Lying back on my beach chair, I pulled out the December 2016 issue of *Runner's World* (RW) that I had saved to read while on vacation. I expected the usual entertaining and uplifting stories, a few humorous anecdotes, and a big dose of motivation to re-energize my stagnant running. I did not expect to be shocked and mortified.

The December issue featured a special report on the scourge of harassment entitled ["Running While Female"](#). As I read the anecdotes from readers and reports from the journalists, I was dumbstruck by the magnitude and pervasiveness of the problem of harassment faced by female runners. I immediately turned to my wife in the chair beside me to ask: "Have you ever been harassed while running?" She replied: "One time, some guys in a work van cat-called me near Jemison Trail."

I have always been alert to issues of safety. In college, I was the guy who walked girls home across campus. I encourage fellow runners to stay on the left side of the road and to wear reflective clothing and lights in the dark. But it never occurred to me that my fellow female runners – my friends – did not always feel safe when running, especially when running alone. I needed to find out more.

"I particularly hate intersections where the cars and I have to come to a stop, that's usually where I have the worst verbal issues. The rest of the road is typically just people honking while I'm on the sidewalk. I have stopped just running in shorts and a sports bra during the summer, and have started having to have baggy running shirts, because even on the trails there are always people making comments. I've seen people on bikes or cars double back and follow my route, so I immediately called my husband to tell him about being followed and had to cut my run short to get back to my car." - Anonymous female

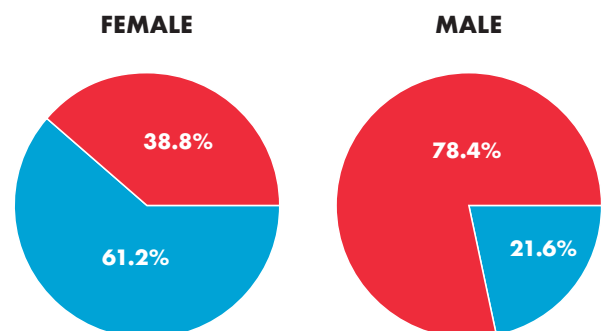
A big part of the "Running While Female" story was a [survey conducted by Runner's World](#) that received 4,670 responses. I

wanted to see if we could replicate the results for the Birmingham community. I wondered to myself if we had the same problems here (or would it be even worse?). To this end, the BTC conducted its own online survey from March 6-11, 2017. As I began to check the statistics and read the responses, I realized our community was not much different than the nation at large.

"A neighbor once told me that he knew the time that I typically run because someone 'is always watching.' I changed the time that I run." - Anonymous female

When you run outdoors, which one of the following best describes the time of day you run?

- I only run when it's light outside.
- I run outside at any time, and how light or dark it is does not affect my choice of route.



In less than one week, we received 258 responses from 170 females and 88 males. Females in Birmingham are more likely to be aware of the time and place that they run. 76% of females think about the safety of the place they plan to run while 33% consider the likelihood of receiving unsolicited attention; 65% of males don't think about either of those scenarios. This result plays itself out in the results of the rest of the survey over and over again: females are careful about where and when they run, not because of paranoia, but because something has happened to a relative, a friend, or to themselves. Males, on the other hand, are largely clueless or unconcerned.

RUNNING SAFETY AND HARASSMENT IN BIRMINGHAM

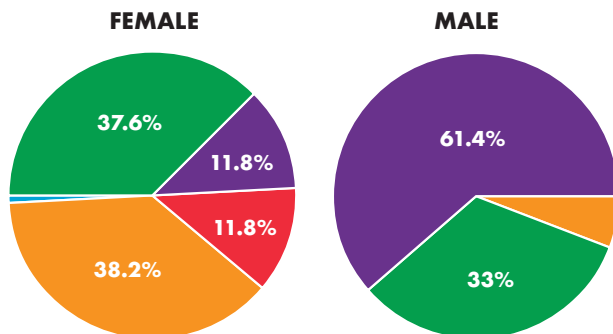
As a male runner who works long hours, many of my runs are done before dawn and often solo. Most men are the same: 78% of males do not consider whether it is dark or light when they run. Conversely, 61% of females said that they only run during daylight hours, which is more than the 42% reported in the *RW* survey. Consider how limiting this would be when trying to fit a long run into a busy schedule especially during the short days of winter.

the 43% reported by *RW*. Males, on the other hand, report such attention only 6% of the time (almost equal to the 4% in *RW*).

Concern over such unwanted attention forces women to do things men are less likely to even consider. At least two-thirds of women report running with a phone, informing someone of their route, limiting runs to daylight hours, and running with other people due to concerns about safety and harassment. Less than one-quarter of men report doing any of these things.

It should not be surprising that this unsolicited attention is distressing to female runners. 72% of females stated they were bothered somewhat or a lot by remarks or other attention experienced during a run (*RW* reported 79%). Only 8% of males in Birmingham reported being bothered (interestingly, *RW* found a much higher 33% rate among males).

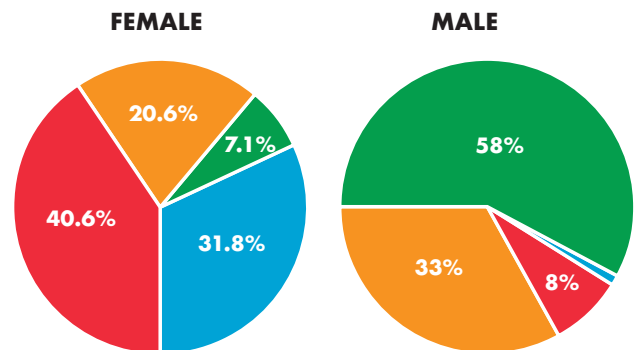
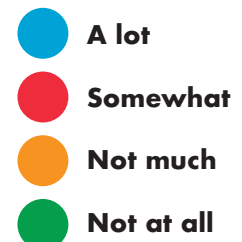
When you're running, how often, if ever, does a stranger whistle at you, comment on your body, needlessly honk at you, or give you other similar unsolicited sexual attention or make sexist remarks?



"Run[ning] at 5 am alone. Two men walking on route. I changed direction, but felt afraid." - Anonymous female

Women far and away receive more unsolicited attention while running than their male counterparts. When asked "How often, if ever, does a stranger whistle at you, comment on your body, needlessly honk at you, or give you other similar unsolicited sexual attention or make sexist remarks?" the contrast is quite stark. A startling 51% of Birmingham female runners reported always, often, or sometimes receiving this unwanted attention. This figure is slightly higher than

How much, if at all, does receiving unsolicited attention or remarks during your run bother you?



"Honking, whistling, extra attention...has happened on a trail, sidewalks, and a park track." - Anonymous female

Harassment of female runners is not confined to cat-calls and car horns. More serious and disturbing forms of harassment are also common. 32% of our female runners reported being followed during a run; 22% have been sexually propositioned. These numbers almost

RUNNING SAFETY AND HARASSMENT IN BIRMINGHAM

perfectly match the *RW* survey (30% and 18% respectively). 15% of males said they had been followed at some point on a run; only 2% have been propositioned. Put another way, female runners in Birmingham are twice as likely to be followed on a run and 11 times more likely to be sexually propositioned.

Given the above results, women are naturally more worried about receiving unwanted physical contact (or even assaulted) during a run. 56% of female runners reported sometimes, often, or always having these concerns during a run (again matching the 54% in the *RW* survey). A mere 11% of our male runners shared these same concerns (*RW* reported 7%).

“I’ve been grabbed, mugged, slammed against a wall, followed, and once had a guy expose himself. People suck.” - Anonymous female

The survey and subsequent article in *Runner’s World* sparked a national and international debate and raised awareness even in the non-running world. Numerous additional articles have appeared online and in print. *Runner’s World* has also covered

this topic in [Episode 28 of its podcast, “The Runner’s World Show”](#). This awareness movement even has its own hashtag: #HarassedMidrun. Many posts with this hashtag can be seen on [Twitter](#) and [Facebook](#).

Additional articles about female runner harassment:

[Running While Female \(UK\)](#)

[The Problem is Not Women Running Alone](#)

[An Open Letter from Men from Female Runners](#)

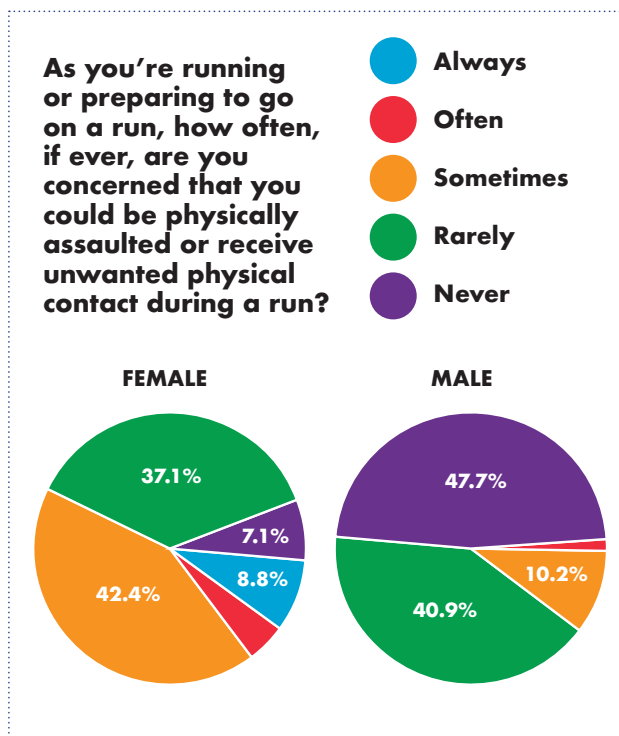
[Out There: Cat Calls Are Not OK](#)

[How Female Runners Are Coping With Street Harassment Even Olympic Runners Face Street Harassment](#)

Now that we know the scope of the problem nationwide and in our own community, what can be done about it? This question can be broken down into two separate questions. How do we keep our runners safe, particularly our female runners? Perhaps even more important yet daunting is the question: How do we prevent harassment from happening in the first place?

I don’t pretend to hold the answers. And of course, this is a problem not limited to runners. Certainly, females (and males) face harassment in their everyday lives apart from running. Anti-harassment organizations such as [stopstreetharassment.org](#) provide education, advice, and resources to help combat and prevent harassment. Female runners can take precautions (as they already do) to limit the likelihood of unwanted attention. Men especially need to understand this issue and acknowledge its effect on women. Men and women should fight against the normalization of harassment. Most of all, we runners need to watch out for each other. If we see harassment or even the potential for harassment, we need to be ready -- ready to escape, ready to intervene, ready to respond, ready to stand up for what is right.

Editor’s Note: The BTC is committed to keeping runners safe and free from harassment. Should you have suggestions or ideas, please [let us hear from you!](#) We will continue to investigate this issue and work with local officials to make running in Birmingham safer for everyone.



PRESIDENT'S ADDRESS

By Monica Henley



Hello, fellow BTC Members

Is racing season wrapping up for most of you as spring and summer approach along with the rising heat and humidity? Ready to take it easy for a while before your fall half and full marathon training begins? As a runner, what does this time of year mean to you? How do you stay motivated in the upcoming months? For most runners, our training and racing have seasons just like the calendar year, and in the South, the heat can shorten those seasons.

For the BTC, we strive to provide events to our members throughout the year, and spring and summer are no different. This year we are planning a Summer Sizzling 5K challenge. So what is this you ask? We are working with local races and race directors to put together four or five local 5K races to run as a challenge this summer. We are working to secure BTC member discounts for our members who sign up for the challenge. We will be using a points system based on finish times for awards (both overall and age group awards). Be on the lookout in a week or so for an email and/or social media posts with details and registration instructions. We hope you sign up for the challenge and stay motivated over the summer!

Also as a reminder, maintaining a rigorous training schedule when the temperatures and humidity begin to rise presents a challenge that must be overcome in order to race optimally when the temperatures cool. Training in hot and humid weather can be an extremely humbling experience if you are not accustomed to hot weather. In the short term, we may need to slow our paces, shorten our distances, and properly hydrate until we are accustomed to the new weather conditions. When first exposed to the summer heat (and its much maligned cousin – humidity), the goal of most runners should be to simply spend time on their feet. Throw pace out the window until acclimated to the conditions. And runners at all levels must be aware of the early signals of heat exhaustion, which include dizziness, disorientation, extreme fatigue, and nausea.

Looking ahead, on Saturday June 3, I hope you and your family will join the BTC for our annual BTC night at the Barons event. Your BTC membership has its perks! For just \$20 you can purchase a ticket to the game, and included in that cost are food and drinks plus entry into the private BTC area. You honestly cannot find a better deal than this! It will be another

fun-filled evening as the Barons take on the Chattanooga Lookouts. [Click here to register.](#)

The fun does not stop with baseball, however. On July 4, more than 500 runners will once again participate in the 35th annual running of the Rick Melanson Peavine Falls Run. There is something special about celebrating our country's Independence Day with a challenging, yet fun run. Not to mention, after a challenging 8.2-mile race, it's easy to justify eating BBQ and hotdogs for the rest of the day! Make sure to register early to take advantage of the incredibly low \$15 registration fee and to be guaranteed a shirt. [You can register here.](#)

Happy running!

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!

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! And yes – we will have plenty of chocolate milk for post-run refueling!



NOVEMBER 19 • 2017

THE MAGIC CITY HALF MARATHON & 5K

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BENEFITS THE RUBEN STUDDARD FOUNDATION
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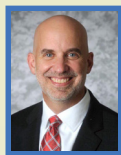
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Vulcan Run	Allison Stone	vulcan@birminghamtrackclub.com

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:

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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



OLYMPIC MEDALIST EMMA COBURN'S VISIT TO THE MAGIC CITY

By Michael Gann and Emma Coburn



Photo courtesy of
MRuns.com

Emma after completing the Wine 10K

On March 10, the National Center for Sports Safety hosted The Wine 10K and Olympic bronze medalist, Emma Coburn. During her stay in Birmingham, Emma attended an autograph session and meet and greet at the New Balance store on 280, made a surprise appearance for some lucky runners at packet pick-up and attended a dinner in her honor at The Club hosted by the NCSS Board of Directors, Dr. Larry Lemak and several members of the local running community. On Saturday, Emma ran in the Wine 10K as a pacer, taking countless photos, handing out awards and having fun at the post-race party with a constant smile! Her overwhelming favorite was the grilled cheese station hosted by our friends at Lululemon. After all the festivities and excitement, we sat down to a relaxing lunch with Emma to discuss her training, racing, cooking (one of her favorite things to do) and get her unique perspective on her visit to the Magic City and our local running community.

What was your overall opinion on the weekend in Birmingham and the overall experience with the running community?

I really enjoyed the weekend in Birmingham. I found the running culture to be energetic and passionate. I was pleasantly surprised with how vibrant the running scene was and very impressed with all the strong finishes in the race.

Discuss your experience at the New Balance store and any examples of fans that you met that you would want to mention – Here I'm thinking of the 12-year-old girl that drove over from Atlanta to meet you. But, please feel free to mention any memorable moments from that autograph session.

There is always some apprehension with autograph sessions when in a new place because I'm never sure what the turnout will be. I was blown away at how many people showed up to the store. I love hearing about other people's running and what their goals are. As runners, we all share a bond. We all have our challenges and our hopes and our dreams. Sharing them with each other can bring us together and can help motivate us. I know I am always motivated to keep working hard after meeting with other runners. The NCAA DII championships were that weekend, so several runners who were competing or cheering for their teammates came into the store. I loved hearing about what their race strategies were and where they hoped to finish in the meet. I also met a 12-year-old girl who was racing in the Wine 10k. She competed in the Junior Olympics last year and ran with me for a few miles the following day at the race.

Thoughts concerning the race itself and any comments from Joe regarding the field? Also, your thoughts on pacing the 40-minute group. Was there anything that sticks out in your mind? (Joe Bosshard is Emma's fiancé and was second overall in 29:51).

First, while I didn't "race", this was my first road 10k since I was a little kid. Joe has done a few road races around the country and always tells me how much he enjoys them. There is a lot of comradery and excitement that you don't get in track races. The town gets excited about it. You



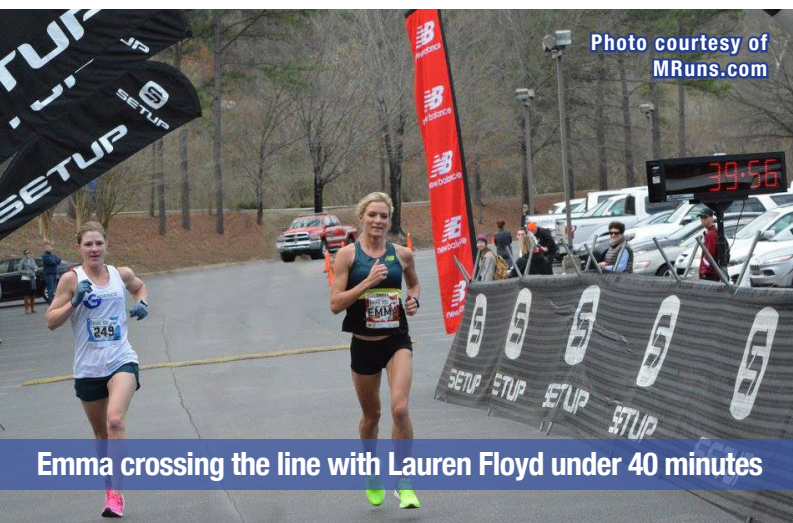
Photo courtesy of
MRuns.com

Emma at the post-race with
some young fans

OLYMPIC MEDALIST EMMA COBURN'S VISIT TO THE MAGIC CITY

see a lot of advertising and hype before the race. You have hundreds of people, all at different levels, running hard and pushing themselves. Anytime you bring people together over a common cause and goal it ends up being a powerful, inspiring thing.

The weather was pretty much perfect. The first half of the race was rolling hills, and I was happy to see the downhill at about half way. I was trying really hard to keep us on even 6:25 splits (40-minute pace) and was looking at my New Balance IQ watch several times each mile to be sure. Pacing is a tough job! I had a few people around me as we entered the final quarter mile and it was really cool to see them flying towards the finish line to hit their goal of Sub 40. I crossed the line in 39:58, just in time!



Emma crossing the line with Lauren Floyd under 40 minutes

The main benefactor of the race is NCSS (National Center for Sports Safety). How important is their work educating coaches and the youth sports community?

NCSS mission is to make sports safer for children through education and research. When coaches and parents are properly trained with how to prevent and deal with injuries, then kids can fully enjoy what they are doing. Having a safe athletic environment does not inhibit the level of play, in fact, I believe it does the opposite. When proper techniques, protocols, and standards are followed the foundation is set for kids to go full speed ahead while limiting the potential for injury and keeping them safe. I was fortunate to get to know some of the people working at NCSS including the founder, Dr. Lemak, and they

are a great group of individuals who believe in the power of sports. Sports have changed my life for the better as it has for countless others. With the work from NCSS the next generation of youth athletes will be able to enjoy sports for many, many years.



At The Club with: Kile Putman, Dr. and Mrs. Larry Lemak, Carrie and Joey Longoria, Justin and Brooke Kaplan, Michael and Ginger Gann, Cary and Micah Morgan, Michael Johnston, Jeremy Davis and Allison Stone

Are there any closing comments about your weekend in Birmingham?

I want to thank all the volunteers who worked the Wine 10k for helping put on such a fun and successful race. Thank you to Joey Longoria, Dr. Lemak, and everyone at NCSS for being such welcoming, energetic hosts. And lastly, thank you to those who raced! Your energy was contagious. Thank you!

What's next for Emma? Coming off a distance medley world record, which she set with fellow New Balance teammates during the indoor season, Emma starts her outdoor season in Doha, Qatar on May 5, running the 3000-meter steeplechase against all the top finishers and medalists from the Rio Olympics. In closing, NCSS executive director, Joseph Longoria said, "Emma and the National Center for Sports Safety are looking at a partnership to bring youth sports safety education to Boulder, Denver and other areas throughout Colorado. We are so thankful for the time and impact Emma made on her visit to Birmingham, and we look forward to having her back soon!"

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Leslie Bailey	Christopher Carey	Michael Gann	Clayton Lewallen	Mona Sansom
Erin Bishop	Dorothy Casey	Andrew Herring	Andrew Machtloff	Al Schlosser
LaWanda Bonner	Cathy Colburn	Brandon Hill	Larry Maynor	Amy Weeks
Ryan Boswell	Jeff Cornelius	Brandon Ingle	Dewayne Morris	Lance Week
Tori Cantavespre	Timothy English	Sarah Jones	Jo Morris	

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

Energy Drinks and Exercise

By Jade Peoples, PharmD Candidate 2017, and Kim Benner, PharmD



Energy drink consumption has increased in recent times, especially in athletes, due to advertising and marketing efforts touting its effect on improved active performance. Caffeine is the primary ingredient of energy drinks, and it is one of the most widely consumed drugs in the world. Caffeine is considered to be ergogenic, which means it enhances physical performance. Energy drinks may also contain carbohydrates, amino acids, herbs and vitamins, but there is insufficient evidence to suggest that these ingredients improve performance. The amount of caffeine contained in energy drinks varies greatly, but it can range from 75 mg to 286 mg (Table 1); in comparison, the standard cup of coffee contains from 40 to 150 mg of caffeine.

Most studies investigating energy drink use in athletes suggest that ingesting caffeine in amounts of 3 to 6 milligrams (mg) per kilogram (kg) of body weight -- 210 mg to 420 mg in an average 70 kg (154 lb.) adult -- can improve mental and physical performance. The most benefit for use was seen in endurance sports and high intensity exercise, and only if it was consumed 60 minutes or less before the activity. Some energy drinks contain "anhydrous" caffeine, which has less water than the natural caffeine found in coffee, and it also elicits a stronger stimulant response than natural caffeine.

Although caffeine can be beneficial in some performance situations, it can also have serious side effects if consumed in higher doses. Healthy adults who ingested caffeine in amounts of 9 mg per kg of body weight (630 mg in an average 70 kg adult) or more experienced significantly more side effects and did not further increase their performance compared to the adults who consumed 3-6 mg per kg of body weight. Common side effects of caffeine can include: upset stomach, insomnia, anxiety, increased blood pressure and increased heart rate. Some of the more serious and rare side effects are liver and

kidney damage, seizures, very fast heart rate, cardiac arrhythmias, hypertension and sudden death. Most health concerns about energy drinks stem from concomitant use of alcohol and caffeine. It is possible to overdose on caffeine, but the average lethal dose in adults is about 5,000 mg, which would be equal to 25 energy drinks, each with 200 mg of caffeine.

CAFFEINE CONTENT OF COMMON ENERGY DRINKS	
Energy Drink	Caffeine Content
Red Bull	80 mg per 8.46 oz
Amp Energy	142 mg per 16 oz
Rockstar	160 mg per 16 oz
Monster	160 mg per 16 oz
Java Monster	188 mg per 15 oz
5 Hour Energy	200 mg per 2 oz

The side effects of energy drinks and caffeine are typically minimal if consumed in moderate doses by healthy adults, but there are some populations that should use caution and seek approval from their physician before consuming energy drinks. Individuals with known heart disease should avoid energy drinks because of the potential for increasing blood pressure and heart rate, which could further damage their hearts. Diabetics and those at risk for diabetes should avoid the high calorie versions of energy drinks because they contain a large amount of carbohydrates. Children, adolescents and the elderly may also be more sensitive to the unfavorable side effects of energy drinks, so caution should be used in these populations. Caffeine is known to have a diuretic effect (increased urination and sodium loss), but this effect seems to be diminished during active exercise. Nevertheless, athletes should make sure they are replenishing their electrolytes with other drinks.

The long term effects of continued use of energy drinks are unknown, so athletes should take this into consideration when deciding how often they want to use them. Athletes should practice restraint when consuming energy drinks and should take care not to consume too much caffeine and carbohydrates.

CONTINUED ON NEXT PAGE

Energy Drink Extras

- Caffeine is a common ingredient in energy drinks, and it can enhance physical performance.
- Athletes' sensitivity to the performance enhancing effects of caffeine is related to their normal daily intake.
- Other ingredients of energy drinks can include carbohydrates, amino acids, herbs, and vitamins.
- Caffeine, particularly in high doses, can have serious side effects such as increased blood pressure and heart rate, anxiety, tremors, seizures, arrhythmias or even sudden death.
- Athletes should use these products on a limited basis because the long term effects of habitual energy drink use are unknown.

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Race Discounts for BTC Members

BTC Members! Did you know a number of races offer exclusive race discounts for BTC members? To review a list of current race discounts, [log on](#) to the BTC page on the RunSignUp website, click on the "Members Only" link, and voila! If you have trouble accessing the page, log out of RunSignUp, and make sure to log back in under the email address associated with your BTC account. Once you are signed in to RunSignUp, you may also access the Members Only page [here](#).

Southeastern Trial Runs also offers a 10% discount to BTC members on all of its races. The code is good as long as registration is open, even during late registration period. The code is: BTC-17STR, and registration for all races is available on Ultrasignup.com (the code is also good when using the printable form on the Southwestern Trail runs [website](#)).

Southeastern Trail Runs' next races are:

Run for Kids Challenge - 10K, 50K and 12 Hour - May 6
Memorial Day Trail Race - 6 & 12 Mile, Saturday - May 27

Remember, you must be a current BTC member to access these discounts! If you have questions about your membership status, contact [Membership Chair Vicky Brakhage](#), or you can activate or renew your membership [here](#). BTC membership has its privileges!

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!](#)



Volunteer Vibes

Thank you to ALL of the volunteers who helped us make Statue to Statue such a success! Carly Cole was our randomly chosen winner of a gift card for her volunteering efforts at S2S! Our next big event will be Peavine Falls on July

4th. As always, please reach out to BTC Volunteer Coordinator [Kim Benner](#) to and let us know how YOU can be involved! #weheartourvolunteers

BTC Merchandise

Spring is here, and so is a new stash of BTC merchandise! Represent your club at home and especially when you travel to out of town races. Email [BTC Merchandise Chair Karen West](mailto:BTC_Merchandise@birminghamtrackclub.com) to purchase, or look for the BTC table at our next social run. New for spring are color block tech shirts for men and women, as well as a limited edition tech shirt in a unique footprint design – grab these before they're gone!

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



Need to Print Your BTC Membership Card?

It's easy!

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

The 2017 Southeastern Trail Series

10% off all Races with BTC Discount

Birmingham Track Club discount code, good for all races "BTC-17STR"

Register at: Ultrasignup.com

Website: SoutheasternTrailRuns.com

Run for Kids Challenge and BOO Run for Down Syndrome are Excluded. These are Charity Races with 100% of Proceeds going to Camp Smile-A-Mile and Down Syndrome Alabama.

Register for the Full Series and save over \$100 compared to signing up for each race individually.

*Lake Martin 100, BOO Run for Down Syndrome and Endless Mile are not part of the Trail Series.

STATUE 2 STATUE

April 1st was a great day for a 15k run. Statue to Statue was awesome -- Great runners! Great weather! Great Sponsors! And GREAT VOLUNTEERS!

Congratulations to the Top 3 Overall Male Winners: **Griffin Oaks, Jiri Vlach** and **Jeff Clark**, and the Top 3 Overall Female Winners: **Mary Craig, Alison Hoover** and **Ashley Dawson**!

I want to thank our wonderful sponsors for making the South's Toughest 15k a race to remember: Liberty Animal Hospital, Village Pet Care P.C., the J. Clyde, Orange Theory, Piggly Wiggly, BTC, The Trak Shak, Brooke Dodson on behalf of Smithfield, and Cryotherapy Birmingham.

Save the date for April 7, 2018 -- same place, same great race!
See you next year!

Judy Loo, Michele Parr and **Debbie Cleghorn**



RRCA UPDATE

Do you happen to think your city is incredibly runner friendly? If yes, now is your chance to receive national recognition through the RRCA Runner Friendly Community. This designation is designed to shine a spotlight on communities, both large and small, that are committed to making running accessible and safe for all residents.

There are three primary areas applicants should consider: (1) community infrastructure, (2) community support, and (3) local government support. The goal is for applicants to prove that their community works together to promote running as healthy exercise while ensuring runners' safety.

Applications for the first round of 2017 Runner Friendly Community designations are due by June 30, and can be found [here](#).

It is considered a great honor to receive this designation -- just ask one of our past winners, Tuscaloosa! If you should have any questions, please feel free to reach out to [Alex Morrow, Alabama State RRCA Representative](#).



Looking for volunteer opportunities for yourself or older children and teenager this summer? [The National Senior Games](#) are coming to Birmingham June 2-15, and many [volunteers are needed](#). As the world's largest multi-sport competition for senior athletes, the National Senior Games will bring a host of athletes to our city – let's help make it a great experience!



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 April 30, 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	106
Anderson, Kerri	1	342
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	R	350
Baggett, Christopher	R	127
Barnes, Jimmie	2	360
Bartee, Samm	1	253
Bass, Andy	1	388
Beasley, Cathy	R	298
Belcher, Michelle	4	517
Benner, Kim	4	387
Benson, Kip	R	0
Bittle, Anna Marie	R	270
Black, Dylan	1	249
Boackle, Larry	1	0
Boackle, Tomie Ann	1	258
Boger, Joe T	R	306
Bonatz, Ekkehard	8	272
Booher, Lisa	5	238
Boswell, Ryan	R	211
Bowman, Brian	R	0
Bowman, Leisha	R	21
Bradley, Lee	R	0
Brakhage, Victoria	1	202
Bridwell, Hunter	R	0
Bromstad, Murray	1	590
Broome, Mary	R	223
Brown, Charlie	5	373
Brown, Dana	R	0
Brown, Michael	3	173
Brown, Sean	3	262
Bryant, David	3	373
Burks, Ross	R	358

Participant	Years	Total
Caine, Lawrence	R	325
Callahan, Chris	R	341
Callahan, Rachel	2	368
Carey, Christopher	3	348
Carlton, Bob	2	363
Carter, Adrienne	R	308
Casey, Barry	2	0
Chadha, Jennifer	R	208
Chambers, Gay	R	288
Chandler, Teresa	7	294
Cirilli, Katerina	R	185
Clarkson, Roy	R	285
Clay, Brad	9	374
Clayton, Yocunda	2	325
Clemons, Sam	1	0
Cleveland, Jeff	R	325
Cliett, Stephanie	2	499
Clowers, Addison	2	635
Collins, Helen	1	89
Collins, Nathan	R	0
Connors, Michael	R	160
Constant-Jones, Michelle	R	0
Cornelius, Jeff	R	130
Corrie, David	1	631
Corrin, LaRonda	R	217
Corrin, Roger	1	311
Crain, Teresa	1	0
Cramer, Robyn	R	270
Cramer, Steve	R	86
Crawford, Allen	1	376
Crawford, Kimberly	1	310
Crowson, Bill	1	430
Crumpton, Dan	3	502
Crumpton, Melinda	R	203
Cuthbert, Misty	R	368

Participant	Years	Total
Cutshall, Hannah	R	362
Darville, Nathaniel	1	565
Davidson, Dow	R	152
Dease, Joseph	1	344
Dease, Katherine	2	491
Deering, Anna Katherine	R	0
Deering, Chris	R	120
Dell'Italia, Pat	1	335
Denton, Matt	4	394
Deuel, Jan	R	361
Dortch, Cherie	6	0
Dowling, April	R	318
Duke, Cindy	1	321
Dunnaway, Roberta	1	340
Easterling, Natalie	1	215
Edge, John	1	221
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	3	300
Fontenot, Misty	R	336
Franklin, Shane	5	352
Frederick, Winston	8	547
Freeman, Sheila	R	344
Gann, Michael	5	590
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	103
Goode, Johnny	7	349
Graham, Jonathan	R	0
Grammas, Marianthe	R	389
Graves, Brady	R	54
Grossmann, Christopher	5	305
Gullapalli, Satya	3	296
Haley, Jay	1	317
Hall, Thomas	R	331

1200 MILE CLUB

Participant	Years	Total
Halperin, Dave	3	0
Haralson, Danny	8	189
Haralson, Micki	9	341
Harbison, Brookie	1	266
Hargrave, Alan	9	318
Harley, Charlotte	R	268
Harrelson, Heather	3	366
Harris, Ashley	R	79
Harris, Robert	R	257
Harris, Vickie	1	323
Harrison, Lisa	5	390
Harry, April	R	305
Hathorne, Chad	R	146
Havicus, Cari	1	266
Hayden, Brittany	R	330
Heaton, Bryan	2	462
Henley, Monica	3	441
Henninger, Alison	2	314
Hightower, Rylie	R	6
Hill, Susan	3	285
Hill, Tucker	2	0
Hogeland, Angie	1	160
Hogue, Kari	R	0
Holmes, Chris	R	356
Hoover, Alison	5	0
House, Beth	4	280
Hubbard, Stephanie	R	340
Huff, Anne	R	241
Hunter, Bob	R	304
Ingle, Brandon	R	89
Ingram, Joseph	4	209
Izard, Georgia	1	381
Izard, Melody	2	325
Jefferson, Tracy B.	1	328
Jenkins, Kaki	3	399
Johnson, Christy	R	0
Johnston, Latta	1	337

Participant	Years	Total
Joseph, Jeremy	R	0
Kearley, Christy	1	228
Kearley, David	R	54
Kearley, Stephen	1	375
Keefer, Herb	1	371
Kelley, Robin	3	0
Kemper, Tricia	2	404
Kendrick, Tom	R	29
Kile, Shelby	R	261
Kirchmer, Shannon	R	297
Knight, Diane	2	198
Kuhn, Jimmy	9	425
Kulp, Loren	1	377
Lahti, Tyler	R	344
Laird, Audrey	2	393
Langston, Aaron	2	209
Langston, Richard	4	331
Lauderdale, Beth	R	290
LeCroy, Sarah	R	414
Lee, Koren	R	279
Leopard, Don	1	0
Lockett, Janet	R	185
Long, Kristin	R	0
Lyle, Randy	8	528
Lyles, Chris	1	0
Madison, James	R	397
Malick, David	3	348
Mandy, Madeline	R	310
Massey, Christopher	R	310
McCombs, Chris	R	217
McNair, Kelly	3	363
McTune, Mark	4	218
McVey, Simon	2	289
Melvin, Robby	R	0
Merry, Vicki Sue	4	630
Mickens, Cassandra	1	153
Millsap, Lanier	2	0

Participant	Years	Total
Misch, Julie	R	0
Miyasaki, Nathan	1	0
Morgan, Cary	6	760
Morgan, Danielle	5	138
Morgan, Phillip	7	173
Morris, Gordon	R	304
Morris, Heather	R	290
Morris, Justin	3	453
Morris, Phil	R	251
Morrow, Alex	6	426
Mote, Darrell	1	274
Mount, Brian	R	337
Murchison, Reginald	3	534
Murphy, Amy	R	121
Nagy, Lisa	1	257
Nichols, Jessica	R	284
Northern, Kristie	7	371
Obrien, Ebony	R	0
Oehrlein, Kimberly	R	192
Oliver, Greg	3	561
Oliver, John	2	294
Orihuela, Carlos	1	114
Ortiz, Amber	R	251
Padgitt, Scott	R	421
Paradiso, Michelle	1	211
Parks, Charlie	3	285
Parks, Melinda	R	86
Pate, Lisa-Marie	1	0
Pavey, Cecil	R	0
Payson, Tabitha	R	215
Payson, Tommy	1	295
Peagler, Shana	5	306
Pearce, Julie	5	185
Pearson, Blake	3	404
Pearson, Mary Scott	2	622
Pelkey, Lauren	R	288
Penley, Steve	1	256

1200 MILE CLUB

Participant	Years	Total
Peters, Scott	1	244
Plante, David	4	100
Poole, Greg	1	94
Portwood, Paul	2	249
Ralph, Meghan	2	387
Randall, Lisa	5	219
Renn, Deanna	1	405
Richards, Amy	R	245
Richardson, William	2	382
Roberson, Kevin	2	356
Roberts, Fletcher	2	130
Robinson, Niki	R	52
Robinson, Rod	R	193
Rocha, Roger	3	370
Rodgers, Jessica	R	271
Rogers, Tammy	1	141
Roper, Lynn	R	267
Rose, Billy	2	442
Rosser, Joey	R	310
Routman, Cynthia	1	122
Rutherford, Keith	9	478
Rutledge, Lisa	2	180
Ryan, Meaghan	1	280
Sanchez, Melissa	R	0
Schaefer, Todd	2	417
Schonhoff, Aubrey	R	227
Schor, Mike	1	638
Secor, Debi	1	494
Seeley, Mimi	R	75
Shaffield, Danny	3	514
Shaffield, Mitzi	1	257
Sheppard, Gretchen	2	232
Sherer, Jeremy	R	270
Shinn, Ronald	6	192
Shirley, Scott	3	595
Sides, Dean	2	339
Silwal, Suman	6	0

Participant	Years	Total
Simpson, Kevin	3	780
Sims, Cecelia	R	327
Sims, Robert	3	493
Sloane, Mike	2	286
Smith, Jerry P.	9	295
Smith, Justin	R	166
Snow, Sheri	1	294
Spears, Kari	R	291
Stark, Patrick	R	231
Stevens, Johnathon	R	575
Stockton, Rick	9	295
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	204
Talley, Beau	4	447
Talley, Shellie	R	179
Talley, Sydney	R	87
Thomas, Eric	4	178
Thornton, Dean	5	207
Trimble, Jamie	2	410
Tyler, Kim	R	111
Varnes, Vickie	3	547
Walker-Journey, Jennifer	2	311
Walker, Caroline	1	234
Wall, Ron	3	330
Watkins, Janet	1	320
Watson, Thomas	R	349
Watters, Robert	2	149
Wayman, Meghan	R	766
Weber, Amy	1	464
Weber, Lauren	R	404
Weeks, Lance	2	327
Wells, Bradley	1	334
Wende, Adam	2	371
Whillock, Amber	R	220
White, Dennis	R	159
White, Robin	R	0

Participant	Years	Total
Whitt, Trey	3	411
Wilhite, Thomas	1	269
Williams, Avis	1	0
Williamson, Chad	2	489
Windle, Dale	2	325
Wiseman, Steve	2	339
Wood, Scott	1	427
Woody, Bill	8	410
Wright, Amy	1	202
Wu, Xing	7	416
York, Gary	3	416
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	165
Zehnder, Justin	6	354

APRIL BTC SOCIAL



FEETS OF STRENGTH



Kristin Osborne (far right) was Third Overall Female in Central High School's recent Cougar Crawl 5K in Coosa County. Way to go, Kristin!



Big congratulations to **Jennifer Address**, who was First Overall Female at the Tranquility Trail Run on April 8, 2017. **Madeline Mandy** was Third Overall Female at the three mile distance. Congratulations, ladies!



On a recent trip to Germany, **Julie Croushorn** and **Ekkehard Bonatz** made a splash on the international circuit – Julie placed third overall (first in her age group) and Ekkehard placed second in his age group in an 8.4 km race in Bad Bergzabern. Way to represent!



Also taking it international was BTC member **Sheila Freeman**, who recently completed the Paris Marathon. Great job, Sheila!

BTC EXECUTIVE BOARD MEETING

April 10, 2017

Attendance: Brian Atkins, Vicky Brakhage, Darrell Gibson, Alan Hargrave, Monica Henley, Judy Loo, Julie Pearce, Dean Thornton, Charles Thompson, Loren Traylor, Karen West, Trey Whitt, Scott Wood

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

The minutes of the March meeting were approved unanimously, on Loren's motion, as seconded by Trey.

SPECIAL REPORT (DEAN THORNTON):

Dean was contacted by a runner from Memphis who has started a website called Taproute – the premise behind it is to advertise safe water stops. Dean will discuss with him further.

Dean has compiled the results of the Runner Safety poll – 258 responses (88 males, 170 female). The response was eye-opening. He is writing an article about the survey results to include in the May newsletter. The take away is that we need to determine how we can impact the community to make changes.

MEMBERSHIP REPORT (VICKY BRAKHAGE)

We currently have 1026 members/808 memberships. Vicky will draft an email to send to members whose memberships recently have expired. Alan explained the process for sending renewal and reminder emails via RunSignUp. Discussion followed regarding email lists in RunSignUp and how to handle.

RACE REPORTS: STATUE TO STATUE (JUDY LOO)

463 registrants, which is lower than usual. Total number of finishers was 390. Next year's date will be the first Saturday in April (April 7). 49 people did not pick up bibs (24 of those were race series participants). Participants seemed to enjoy the race, especially the beer truck provided by the J. Clyde. Judy would also like to provide orange vests for volunteers assisting with traffic. Alan complimented the "race in progress" signs that were on Mountain Brook streets; Judy will follow up with the city about where these were purchased.

SOCIAL (LOREN TRAYLOR)

Loren had lots of food left over from the April social at Homewood Park – she donated all left overs to Jessie's Place; they were most appreciative. Loren has created an event page for the next social on May 6 – this social is in partnership with the Vulcan Tri Club. The Barons game will be on June 3. Peavine Falls Race is on July 4, August – potential open house; Sept. – Vulcan Run Social/Preview Run October – Social with Vulcan Tri and BUTS. November – Vulcan Run. Chez Lulu is interested in hosting a social event with the BTC as well. Brian mentioned that the New Balance rep (Patrick Connor) wants to help sponsor a social.

FINANCIAL REPORT (TREY WHITT)

Financial report circulated for review. Total assets as of 4.4.17 are \$53,976.35. Trey will provide a full report concerning S2S after all receipts are in and have been paid. Numbers are down financially.

NEWSLETTER (JULIE PEARCE)

April 17 is the deadline for the May issue.

Julie discussed discounts for ads. Alan suggested a prepay option, e.g., pay for a year, get a month free, etc. Julie will come up with some options to circulate to the group.

MEMBER BENEFITS (BRIAN ATKINS)

Brian would like to streamline member benefits and focus most on merchandise and runner-specific services. He has spoken with Trak Shak and New Balance, both of whom are interested in working with us. Fleet Feet is interested in hosting a social with us as well. He is interested in BTC VIP areas at larger races (Mercedes, etc.). Brian has also spoken with others about a "grand prix" type of system to accumulate points and increase participation.

PRESIDENT'S REPORT

Monica will follow up with Karen about Race Series shirts.

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 – Potential membership "open house"

October -- Social with the Tri Club

November -- Vulcan Run

Race Series/Triple Crown (Scott Wood)

Participation was down last year (38 people). Monica and Scott have discussed discontinuing the series for this year but hosting a summer 5K series for a nominal fee, with discounts for race fees. Monica suggested awards for age group and overall winners. Brian suggested a team award as well.

Scott recommended shaking things up with what we offer. He would like to host something that lasts the entire year. Rather than just awarding winners, this could be based on a points system – i.e., showing up for a BTC long run = 1 point, volunteering for water stop = 2 points, placing in a race = 5 points, etc. Alan described the system that was in place several years ago – Randy Lyle and Brad Clay may have details they could share with us. This could be a great opportunity for corporate sponsorship as well. The consensus was to host a 5K series in 2017 and gauge results before committing to a 2018 series.

OTHER

Monica has looked into Vulcan Run and why numbers may be down. We don't have volunteers who have the expertise or time to market Vulcan Run the way it needs to be marketed. We have received a proposal from Cadence to handle all marketing for Vulcan Run. Discussion followed about BTC bylaws and whether we can hire specialized services such as marketing. All BTC races would still have a volunteer race director; however, this would be a distinct role that would be well beyond what volunteers typically have done. Financially, such a proposal likely would entail paying a marketing firm a percentage per runner over a certain number.

Brian mentioned having a unique component to the race that would be a bigger draw. Monica mentioned hosting a "race an elite" program. The group discussed forming a committee to work on promoting the Vulcan Run and some creative ways we can do that.

NEW BUSINESS

Julie will add Charles Thompson to the list of officers on masthead and on website – he is the USATF Representative to the BTC. Charles made a motion to sanction BTC races through USATF, if this can be handled at no cost to BTC. Motion was seconded by Monica. Motion approved unanimously (3 officers; 7 total attendees). Can review what "sanctioned" means on the USATF website, per Alan.

The meeting was adjourned at 7:30 pm. Our next board meeting is on May 8, 2017.



BTC Membership application

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

First Name:

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Last Name:

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Street:

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City:

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State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F

3. _____/_____/_____/_____/ M F

4. _____/_____/_____/_____/ M F

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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

Upcoming Events

EVENT	DATE	TIME
BTC Social with Vulcan Triathletes (Oak Mountain State Park)	May 6, 2017	6:30 a.m.
Run for Kids Challenge (10K, 50K and 12 hour trail races) BTC Member Discount Offered	May 6, 2017	7:00 a.m.
We Love Homewood 5K	May 6, 2017	7:30 a.m.
Fight the Bite 5K trail run and 1K fun run	May 6, 2017	8:00 a.m.
BTC Board Meeting	May 8, 2017	6:00 p.m.
UAB Scholarship Run 5K/10K	May 12, 2017	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	May 13, 2017	8:00 a.m.
Motherwalk/Run – 5K and 10K	May 13, 2017	8:00 a.m.
Steel Strides 5K for MDA (Mt. Laurel) BTC Member Discount Offered	May 13, 2017	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 20, 2017	6:00 a.m.
Band Together 5K and 1m Color Fun Run (Pinson)	May 20, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups BTC Member Discount Offered	May 27, 2017	6:00 a.m.
Memorial Day Trail Races (6 and 12 mile)	May 27, 2017	8:00 a.m.
School House Run 8K (Panama City Beach, FL)	May 29, 2017	6:00 p.m.

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