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THE VULCAN RUNNER

June 2017

6



THE 36TH ANNUAL RICK MELANSON PEAVINE FALLS RUN

By Alex Morrow

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THE 36TH ANNUAL RICK MELANSON PEAVINE FALLS RUN

By Alex Morrow, BTC Past-President and Peavine Falls Race Director



Some call it a road race. Others say it is a trail race. No matter what you call it, the Peavine Falls Run definitely is fun!

The 3rd race in the BTC Race Series, this now legendary event began in 1981 and was titled "The Other July 4th Race." This moniker was developed as a result of the Peachtree 10K Road Race held in Atlanta every Fourth of July (which now boasts upwards of 50,000 runners). To compete with such a large race, the BTC came up with an event unlike anything else in town.

The Peavine Falls Run is no ordinary race, and that is why it has grown into such a popular local tradition. Why else would more than 500 people race their way up to the top of Peavine Road, only to run back down and then tackle the last 1.2 miles on single-track dirt trails? The uniqueness of the course is one of the endearing elements of the race and why hundreds of runners stay in town for the holiday.

The race has continually grown over the years and is a bit more standardized than in year's past. Long gone are the days of the finish line being set only after runners began running. Imagine your surprise to return to the finish only to learn that it had moved and you had farther to go! In addition, the event is now chip-timed providing accurate finish times to the runners. Until 2014 it was more a guesswork system. Because of those changes, three years ago the Peavine Falls Run served as a Road Runners Club of America (RRCA) State Championship Race.

Yes, the race has grown up, but the charm of the race has not been lost. It is still a badge of honor to wear your finisher's shirt for years to come, letting your fellow runners know that you indeed raced to the top of Peavine Road and back down, braved the single track trail at the end and lived to tell about it. With the elevation profile of the race printed on the chest of the shirt in a large graphic, how could one not be proud of such an accomplishment? Plus, while most races now offer tech shirts, the Peavine Falls Run continues to produce fantastic cotton t-shirts for our runners. Shockingly good cotton finisher's shirts are hard to come by nowadays!

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THE 36TH ANNUAL RICK MELANSON PEAVINE FALLS RUN



Rick was one of the originating members of the BTC when the organization formed in 1975 and the founder of the Peavine Falls Run. Not only was Rick an amazing race director, he was an avid runner who achieved numerous accomplishments. To give you an idea of who Rick is, when he turned 40, he celebrated by running 40 miles before breakfast. In 1983, Rick clocked a two hour 38 minute marathon at Crazy Jim's Tupelo, Mississippi Marathon. Not too shabby!

Now you know the history of the race, you know more about the man who created it, and you know when it is being held this year. If you have made it this far in the article, you only have one more step to complete: [Register!](#) The race will begin at 7:00 a.m. from the upper picnic area on Terrace Drive. Many of you know this as the Dogwood Pavilion parking lot. There is also a 6:30 a.m. start for those who wish to walk the course. Like we said earlier, this race is for everyone!

Another idea not lost over the years is the belief that this race should serve as an event to give back to the running community. In an age of rising permit costs, fees, and services, many races now charge upwards of \$50 for smaller events, and well over \$100 for larger ones. Even in its 36th year, The Peavine Falls Run is only \$20 for Birmingham Track Club members who pre-register. Honestly, where else can you find a chip-timed 8.2-mile long race, with a finisher's shirt, for \$20? Our goal at the BTC is to make this race accessible to everyone, and at the \$20 price-point, we believe we have done that.

Over the years, "The Other July 4th Race" morphed into the Peavine Falls Run, and then in 2012, it was renamed The Rick Melanson Peavine Falls Run. Then-BTC President Jennifer Andress wanted to honor Rick for his long and outstanding service to the Birmingham Track Club, the RRCA, and the many races around the state with which he worked. As the group discussed in a BTC Board Meeting, "What better way to honor the man who has given so much to the BTC than by renaming the race he founded after him?"



PRESIDENT'S ADDRESS

By Monica Henley



Greetings BTC!

Summer is here, and I hope you are ready to hang out with the BTC because we have several exciting events planned this summer!

The news from the upcoming [National Senior Games](#) just got bigger! Running and cultural icon **Katherine Switzer** is coming to Birmingham to run in the June 10th 10k! WOW! The first female to run the Boston Marathon as a registered runner, Katherine ran the event again in April to celebrate the 50th anniversary of this milestone. And now she will be here in Birmingham! The BTC is putting together the event's water stop and would love to have you join us. If you are interested in volunteering, please [contact me](#). We have a great group of volunteers already. If we get enough we made do both of the water stops!

How about the BTC's Sizzling Summer 5k Challenge! Kicking off at the June 17 [Stampede 5K Run](#), this unique contest will keep your #rungoals front and center alllllllll summer long! [Check it out here](#), and get ready for a fast, fun, 5k throw-down! The other 5ks in the series are the ever popular [Retro Run](#) on July 29, [Just a Call Away](#) on August 19 and [St Jude 5k](#) on September 23. So for \$10 you get a soon-to-be coveted BTC towel, entry into the challenge, and the chance for a cash prize. We also have worked with the race directors for all four races and have secured a discount to each race. Sign up now – you don't want to miss the fun, or the chance to improve your 5K times (no matter your level) with a little friendly competition.

Race Directors Alex Morrow and Brian Atkins are hard at work planning the 3rd race in the BTC Race Series, the [Rick Melanson Peavine Falls Run](#) on July 4 at Oak Mountain. The Peavine Falls Run is no ordinary race, and that is why it has grown into such a popular local tradition. Why else

would more than 500 people race their way up to the top of Peavine Road, only to run back down and then tackle the last 1.2 miles on single-track dirt trails? The uniqueness of the course is one of the endearing elements of the race and why hundreds of runners stay in town for the holiday. [BTC race series](#) shirts will be ready at Peavine packet pick up so make sure to get yours if you signed up for the series.

So a lot is going on with your club, BTC members! We look forward to seeing you at one (or more!) of our summer events, as well as at our upcoming races!

Happy Running!

Monica Henley
BTC President



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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.

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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:

Elise Barron	Hannah Coffin	Kristi Healy	Tracy Leeth	Cheryl Ross
Brenda Benavidez	Julie Croushorn	Keith Henley	Andrea Luckett	Nate Ross
Rolando Benavidez	Cindy Cutchen	Monica Henley	Barbara Luckett	Kayla Sanford
Anil Chadha	Roberta Dunnaway	Morgan Hipps	Sarah Malcom	James Shoaf
Jennifer Chadha	Chip Ferrell	Gladys Isbell	John Oliver	Jiri Vlach
Nina Chiappetta	Noah Fitzpatrick	Lucy Jordan	Candace Peters	Heather Wadsworth
Blake Childers	Robert Funk	Elena Kidd	Madilyn Peters	Amber Whillock
Kristi Childers	Chad Gagnier	Jake Kidd	Christina Poff	Cary Zeanah
Melissa Childers	Bob Harrison	Davis Leeth	Richard Poff	
Diane Coffin	Tracie Harrison	Kate Leeth	Jim Poh	

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

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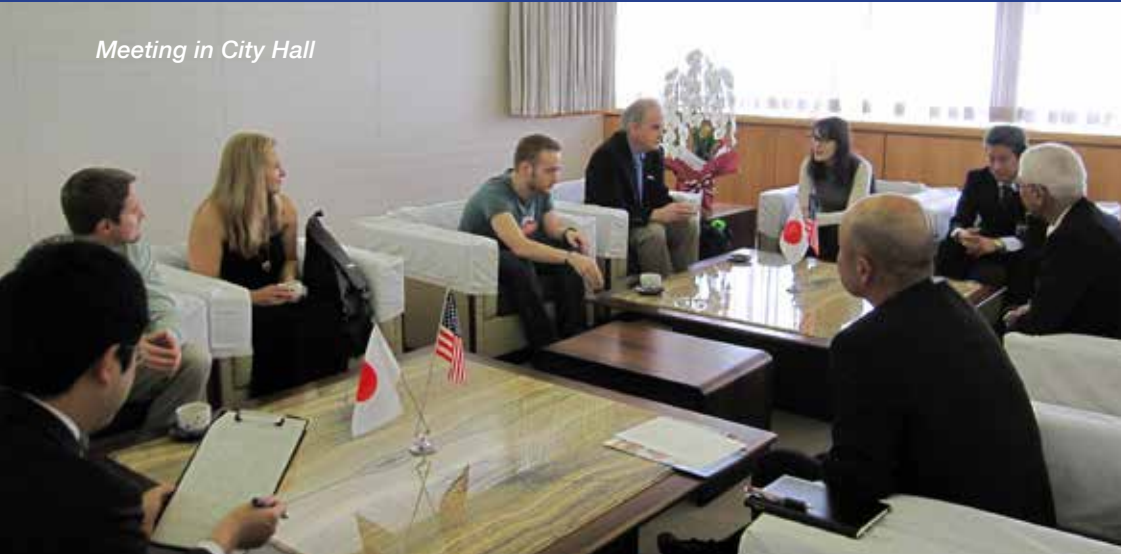
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2017 TRIP TO MAEBASHI

By Sam Clemons, Tabitha and Tommy Payson and Mike Sloane

Meeting in City Hall



Each spring, Birmingham Track Club members are invited to run in the Maebashi Shibukawa City Marathon as part of the City of Birmingham's Sisters Cities program with the City of Maebashi, Japan.

This year's participants in the April 23, 2017 race were Sam Clemons, Tabitha and Tommy Payson and Mike Sloane. The following is a day-by-day account of the BTC delegation's trip, as told by Sam, Tabitha, Tommy and Mike.

After learning we were selected to travel to Japan, our group attended an orientation dinner in early February with Scotty Colson (Birmingham Sister Cities Commission, Mayor's Office), Mark B. Jackson (Honorary Consul General of Japan) and Mary Lee McMahon (BTC's Japan Exchange Coordinator). The group shared stories, photos, advice, and protocol tips with us – we could feel the excitement mounting as we started to learn more about what awaited us in Japan.

Race Week, April 2017

Wednesday and Thursday: Our group coordinated travel plans and met up at the Birmingham airport on Wednesday, April 19 for a short hop to Atlanta before a 14+hour direct flight to Tokyo Narita International that arrived on Thursday at 2:45pm. We met our delightful and attentive hosts Laura Di Croce (Coordinator

for International Relations) and Norishige Shiozawa (Subsection Chief), both of the Cultural and International Affairs Division of the Maebashi City Office. After a visit to currency exchange and a quick pit stop (our first encounter with the intricacies of Japanese bathrooms!), we were taken by bus to Maebashi (pop. about 350,000) located in, and the capitol of, the Gunma Prefecture, one of Japan's 47 prefectures.

On our way to Maebashi, we passed the colossal Buddha statue, 'Buddha of Infinite Light,' while travelling through a mixture of agricultural land and industrial

areas. The wide expanses of rice fields in various stages of flooding were particularly interesting and novel. Solar panels and an odd wind turbine dotted the landscape. After a stop at a large truck/bus commercial rest stop, where all the products in the shops and vending machines were a major reminder that we were immersed in a totally different culture, we arrived in Maebashi a few hours later, and settled into the city-owned Hotel Terrsa, nicely located in the center of town. After dropping off our bags, our hosts took us to dinner at Intimano, a wonderful Italian restaurant very close to the hotel, where we were treated to a range of wonderful dishes in a quiet, third-floor dining area. Getting sleepier by the minute, we got back to our rooms and crashed.

BTC group at the Gunma Prefecture Building



2017 TRIP TO MAEBASHI

Friday: During a great 'Western-style' (loosely interpreted!) breakfast, we enjoyed relaxing and watching school kids of all ages, decked out in their school uniforms, walking or biking by our hotel. At 10 am, we walked with our hosts to the Maebashi City Hall building where we were given a tour of the Cultural and International Affairs Division, which was a large open area with lots of desks – no cubicles or private offices here as workers, bosses, and division chiefs work side-by-side in a large, open office space – an interesting reminder of the more collectivistic Asian culture. This was followed by a formal visit with the Vice Mayor, several Division chiefs and a photo-journalist, who was doing a story on our visit for the regional newspaper. After introductions and a brief Q & A, the final part of this exquisitely-timed and well-choreographed meeting was an exchange of gifts and a formal photo-op. We were then given a preview of the Marathon course, at least the portions accessible by bus (a substantial part of the course is on a walking/biking trail), which essentially goes north along the Tone river to the city of Shibukawa (a co-sponsor), and then back to Maebashi, crossing the river a total of four times. The course is mostly flat with some elevation around mile 16. The overall time limit was 6 hours with five intermediate time-check points that were strictly enforced (only 1,708 of the 2,204 participants finished the race that Sunday).

We were treated to lunch at a quaint traditional Japanese restaurant, Mizuho, located in the Kami-Izumi neighborhood. Shoes had to be removed at the entrance, the wooden floors were heated, and slippers were provided on entry to the tiled bathrooms.

After lunch we headed to higher elevation on the south side of Mt. Akagi, past the Gunma Flower Park (where the tulips were in full bloom) to visit the Akagi-Nanmen Senbonxakura Park, a true natural treasure for the people of Maebashi and the surrounding area. This free park, which attracts over 100,000 visitors each year especially during cherry blossom season (most of April), has thousands of cherry trees of many different varieties from many different countries, including trees gifted by the United States. On our return trip down the mountain, we visited the Miyosawa Akagi Jinja shrine tucked away in a heavily forested area, with

trees of about 250-300 years old. It provided a wonderfully serene experience, and one couldn't help but be absorbed in the spirituality of the natural setting, stone and wooden structures. It definitely was one of the highlights of our trip.



Tabitha and Tommy Payson, Mike Sloane and Sam Clemons at Rinkokaku House

On Friday evening, we were honored and toasted at a formal dinner organized by the Maebashi International Association (MIA) back at the restaurant in the hotel. The sixteen attendees consisted of employees and division chiefs from the Cultural and International Affairs Division, some corporate CEOs, and some Maebashi citizens, who had previously been involved with the construction of the Tea House in Birmingham's Japanese Gardens, or who had participated in the 2010 BTC's Vulcan 10k run as part of the Maebashi delegation. After an exchange of gifts, we finished the night with a traditional song from a member that incorporated a ritual clapping, uniting all those present in a fitting end to a wonderful dinner and day.

Saturday: We started the day with a short training run along a lovely trail path by the Hirose River that runs through the center of town. After a lovely breakfast (some of us chose the more adventurous 'Japanese-style' option), we met our hosts at 11 am and took a bus to visit the Maebashi City Museum of Literature, where a major exhibit is devoted to Sakutarō Hagiwara (1886-1942), one of the most prominent figures in Japanese modern poetry. We then took a stroll to the Prefecture Building (the equivalent of the state capital building) and had lunch at the Kuromatsu restaurant on the 32nd floor. We later enjoyed a panoramic view of Maebashi from the observation deck on the top.



The Paysons in Akagi-Nanmen Senbonxakura Park

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2017 TRIP TO MAEBASHI

We then walked to Maebashi Park, an expansive park in downtown Maebashi on the banks of the river Thone. Nearby was the staging and start area for Sunday's marathon as well as the magnificent Rinkokaku building and its surrounding Japanese Gardens. We then visited a special exhibit of flower arrangements (the Japanese are world famous for their artistry in this genre) at Shimin Bunka Kaikan (Municipal Culture Hall). In an adjacent exhibition hall, there was an exhibit of the paper cutting art of "kirie," and Tabitha and Sam tried their hands at it as part of an ongoing workshop. Before dinner our hosts took us grocery shopping for Sunday breakfast supplies, and we had dinner at Joyfull, a family restaurant chain, that wasn't unlike a Western diner, where we indulged in some heavy carb loading.

Sunday: Race Day! We awoke around 4 or 5 am, had breakfast on our own and donned our BTC race gear. Temperatures were in the high 50s to low 60s as we were transported to the race start at 6:50 am. We were on the stage at a speech-laden formal

the midpoint had bananas while later stops had sugar candies, cookies, gels, muscle sprays and much-welcomed throwaway sponges soaked in ice-water.

The marathon finished at the end of the Chuo-ohashi Bridge, which crosses the Tone River for the fourth and last time close to the entrance of the Yamada Green Dome stadium. We were greeted with a commemorative Finisher's towel, had our race chips removed and went through a kiosk where a volunteer printed our gun times as well as overall and age category places on a nice certificate. Mission accomplished! On Sunday night, we relaxed at a Japanese

BBQ place called Nundaimon, where we enjoyed sitting on the floor at a traditional low table and grilling meats and vegetables on the grill embedded in the center of the table. It was a long and thoroughly relaxing meal that restored our bodies and spirits after the grueling marathon. We presented our hosts with gifts and finished the meal with some delicious gelato before heading back through deserted streets to Hotel Terrsa. We left Maebashi on Monday, Mike to the Tokyo airport, Tabitha, Tommy, and Sam to Tokyo to spend a few days exploring. We had a wonderful trip and an experience of a lifetime.

We wholeheartedly recommend that BTC members apply for this unique opportunity in the coming years. We would like to extend our sincere thanks and gratitude to the BTC, especially Mary Lee McMahon, and Monica Henley who worked with us closely, and to the BTC leadership team. Also, many thanks to Scotty Colson of Mayor Bell's office and Mark Jackson, our Honorary Consul General. We will be forever grateful to our hosts, Laura and Norishige, for being so kind and thoughtful about every little detail that made our trip to Maebashi, and the entire experience, such a wonderful and memorable one.



Post marathon with a Japanese friend in his Vulcan Run Shirt



Race Day!

Opening Ceremonies where we each were introduced to those in attendance. The air was crisp, the Tone River was running fast and the surrounding mountains offered the clearest view since we had arrived. The wind was a major factor on the outward leg as it was mostly in our face. Some of the water stops even before

PREPARING THE COLLEGIATE ATHLETE

By Matt Esche, Head Cross Country Coach, Associate Head Track and Field Coach, UAB



So, your son or daughter aspires to continue a running career in college? Wonderful and very exciting, now continually encourage them (it's not always an easy road). Then give them the tools to do it themselves. As the Head Cross Country/Associate Head Track and Field Coach at UAB, I am looking for many attributes when sifting through recruit after recruit to add to my family for the upcoming recruiting class. As the class begins to take shape, here are a few of the things I look for when recruiting the next Blazer (and what you can expect from other coaches as well).

1 ACADEMICS: Your athlete needs to have an education after running. Some will have the tremendous opportunity to go pro in running after college, but the sad truth is that there are over 450,000 student-athletes in the country, and almost all of them will be going pro in something other than sports. Does your athlete have the grades to get in to school at UAB or at whatever college or university he's interested in attending? And does the school offer the major or degree of study she hopes to attain? Part of retaining a student athlete is having the right academic setting for her to achieve and succeed.

2 FIT: Will your athlete fit into the team athletically? Suggest to your athlete that he research the times of the other athletes at the schools he is interested in attending. Would he fit in with those times? Would she be the fastest athlete, or would she even make the top 10? If your athlete would be a top 10 contender, suggest she email the coach directly to express her interest. Not all coaches may respond to

emails, but reaching out in this manner can be a good way to collect information and get your athlete's name out there to the right people.

3 PERSONALITY: If your athlete has the grades, can be a top 10 athlete on my team, and has that little something extra that excites me, I look at how well they get along with me - if they get along well with me, chances are they will get along with the rest of our team. When he talks to me, is the conversation all about his PRs, his runs and his training, or do I get a sense that he respect his coached, enjoys the comradery of his high school teammates and is interested in learning and progressing? These factors make for a more coachable - and therefore a more successful - athlete.

4 INTANGIBLES: What separates him from the other guys who have run 4:20 and 9:30 or makes her stand out from the other girls who have run 5:10 or 11:15? There are many student-athletes in the country who have run just as fast -- why should a college recruit him in particular? Is there something extra she would bring to the team?

5 CONTACT: Any interest for UAB, or any institution your athlete wants to attend, should come from your athlete. We strongly prefer not to receive emails from parents raving about how their athlete - these have little to no impact on our decisions. But, a thoughtful, genuine email of interest from the athlete can reap strong benefits.

SUMMER RUNNING AND THE STUDENT ATHLETE

No question about it, it is hot in the summer, and going through the miles of trials and trials of miles can take a toll on any athlete's body. Here are a few tips to help keep your athlete going...

- Run in the early morning or in the cool of the night. Get up and out the door and out of the heat of the mid-day sun or go out night as the sun is going down.
- Shade. Find trails with shade, yes it might still be humid, but you will stay out the harmful rays of the sun.
- Recovery. Bring chocolate milk, water, a small snack, trail mix -- something to replenish the nutrients you just lost during your run. You will feel better throughout the day and be ready for the next run!
- Never stop drinking...water! Juices and Gatorade help, but there is truly nothing better than quality H2O. The less sugary drinks, soda, Gatorade, sweet tea, etc., the better.
- Pace. This is overlooked regarding summer training. It is okay to slow down running in the Alabama summers. The heat and sun work in mysterious ways - it is better to get the mileage in at a slower pace than struggle to get a run in and question whether your summer training is going well.

PREPARING THE COLLEGIATE ATHLETE

When I have the privilege to be invited into your living room, sit down at a table and share a meal, or come watch your athlete run, I already know what I am getting as an athlete. I want to see the person we are recruiting. I already know how good your athlete is, and I am aware of how he may rank in the state, but if he doesn't fit in with my team, or you and/or your athlete are set in how he should be coached, these red flags likely will preclude your athlete from a spot on our team. What can help? Be openminded -- coaching styles and philosophies may differ, but running at the collegiate level is different from high school also. Be a team player – obviously, a competitive spirit is important, but respect your teammates and coaches.

What can you do as a parent in this process? Encourage your athlete. Ask questions about what he would like to major in and whether she wants to stay close to home or leave the state or region. Have a healthy dialogue with your son or daughter, and do not close the door on any school at the start. If he or she does not have interest in a particular school, find out why, and determine if it's valid. Your alma mater might not be the right school (sorry!)

Remember -- if your athlete is not happy at the school, it will make for a miserable experience for not only her, but for your family, the coach and the team. None of us want that. Allow your athlete to talk and ask questions, prefacing your questions with 'Now these are concerns I have.' We know you are proud, and this does not mean you need to be quiet during the visits, but make sure your athlete has a chance to speak.

Looking for a place to have your athlete learn even more about running, motivation, team building and get excited for the cross country season coming up? Consider the [BLAZER DISTANCE RUNNING CAMP](#), held on the campus of UAB. You can [register online here](#).

Coach Matt Esche is a former Division One athlete at the University of Iowa. This article is based on his experiences of going through the recruiting process on both sides.



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The camp is open to any and all entrants (limited only by age grade level, and/or gender).

BTC COMMUNITY CORNER

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



Happy Summer, BTC! I have several updates from Homewood and Mountain Brook on some of our ongoing projects and improvements. I did not submit a column last month because.... have I mentioned things move slower in government than I would like ;-)? But I am learning as I go, and I do have some forward progress to report.

I will start in the eastern part of Homewood for updates and make my west, then head over to Mountain Brook. First up is the bridge study at Hollywood Boulevard over Highway 280. We are finally---FINALLY---underway! There seemed to be some delay getting started once we selected the firm that we are using, but on May 12, I delivered the agreement to the Regional Planning Commission (RPC) to officially begin. Some preliminary data has already been collected, including some pedestrian counts, but the full-blown study is now ongoing and should last six to nine months. We will then hear about the findings, possible solutions, and available funding, and then the real work begins! But at least we have a plan in place and are underway.

The sidewalk projects on Mayfair and Roxbury are set to begin the first week of June. We approved the contractor at the May 22 Council meeting and have submitted our final plans. The sidewalks will run down the western side of Roxbury, and the triangle at Mayfair will be removed. The intersection will become a true three-way turn, and sidewalks will run down the north side of Mayfair up to Highway 31. This project should be complete by the end of July.

Friday, May 19 was the official groundbreaking at Vulcan Park for the Kiwanis Club's Centennial Project, as we covered in the [April issue of The Vulcan Runner](#).

This project will include a north-facing plaza, a new trail and a light show. Homewood will connect to the park with sidewalks, and a new entrance into the city from Valley Avenue/Red Mountain Expressway. We have drawings for a narrower road on 18th Street, with trees and more parking. This will be decidedly more attractive and functional, and safer for us as we run this route!



Agreement for Bridge Study at Regional Planning Commission with Greg Cobb from City of Homewood, Mike Kaczorowski at RPC and Jennifer Andress

Improvements should also begin immediately on Central Avenue. The Homewood City Council approved funding for this project at the May 22 Council meeting. This project will include more sidewalks, wider medians, another crosswalk and more parking. The hope is that this will slow traffic down through this busy thoroughfare. Remember: PLEASE use the sidewalks when they are available!

Another exciting project Homewood is undertaking is a large renovation at Patriot Park and West Homewood Park. We will be installing a brand new pool at Patriot Park, which will free up land at West Homewood Park. We are also renovating the ball fields at West Homewood Park and adding additional fields, a gymnasium and batting cages. I approached our Park Board for a walking/running trail to run throughout the new and expanded property, and the idea was very well received. BTC member Jimmy Harrison (who came up with this idea originally) and I met with Homewood High School's head Cross-Country Coach, Lars Porter, and we drove the property, making notes for a trail that could also be used for future high school and middle school cross-country meets. As I write this we are still in the design phase, but I have seen preliminary plans to connect Patriot Park to West Homewood Park and the new trail there. Hopefully, all of this eventually will connect to Phase III of the Shades Creek Greenway. Stay tuned for news on this exciting possibility!

I checked in with our friends in Mountain Brook and got some updates on the improvements to the Shades Creek bridge on the Jemison Trail. According to Mountain Brook City Council President Virginia Smith, this bridge will be relocated further down the creek (away from Overbrook Road) to get away from the s-curve in the

BTC COMMUNITY CORNER

creek. This will ease access and better anchor it to the ground beneath the creek bed.

And this brings us full-circle back to the Hollywood Boulevard bridge, as Mountain Brook is studying installing two roundabouts in Mountain Brook Village. One would be on Culver road, down from this bridge, and the other would be at the end of where Highway 280 joins to Cahaba Road and Lane Parke. This project is five to six years from completion, which is about the same projected finish time for a new bridge!

That's about it from our regular running routes. I have been invited to join the RPC's Active Transportation Committee. This Committee will oversee the B-Active Plan, which according to the RPC, is "intended to help establish a clear vision for short- and long-term projects that are needed to build a safer, more connected, and equitable active transportation system for the region. The Plan will serve as a resource for the Metropolitan Planning Organization (MPO) to plan, fund, and ultimately build more bicycle and trail facilities, and will provide guidance for the region's local municipalities when developing their bicycle and pedestrian elements. The Plan will describe how the region is working together to connect and support active transportation."

I am extremely excited about this opportunity and hope to have many updates for the BTC once we begin our meetings this month!

**Until then, happy and healthy running!
And use those sidewalks!**



Groundbreaking for Kiwanis Centennial Project at Vulcan Park, including new north-facing plaza, trail and light show



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!**

BTC Member Benefits Spotlight

Remember, as a member of the BTC, you are entitled to a whole host of benefits from area retailers – see a complete list on the BTC website. Remember to show your BTC membership card, which you can download to your phone for your convenience, and thank our wonderful partners for supporting the BTC. Membership has its privileges!



Missed out this time?

[Join the BTC or renew your membership today!](#)

BTC Merchandise

Our unpredictable weather may still yield some cold snaps, so there's still time to restock your shelves with the latest in BTC cool weather tech gear! Represent your club at home and especially when you travel to out of town races. BTC Merchandise Chair Karen West will keep us outfitted in style!

[Email us to purchase](#), or look for the BTC table at Peavine Falls and all upcoming social runs.

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

Need to Print Your BTC Membership Card?

It's easy!

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



RRCA UPDATE

We often publish information about hot weather running, but in the heat and humidity of Alabama, it bears repeating. Far too many fellow runners – including yours truly – have suffered the effects of dehydration. . . it's not pretty, and it can even be deadly.

[Visit the RRCA website](#) for some great tips about running in hot weather.

Staying hydrated is a crucial component to safe running in hot weather. The BTC maintains a list of water stops along common routes – [click here for an interactive map](#). If you know of a local runner friendly business that is willing to maintain a water stop for local runners, please advise [Webmaster Dean Thornton](#) so he can add it to our list.

Looking for volunteer opportunities for yourself or older children and teenagers this summer? [The National Senior Games](#) are coming to Birmingham, 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!



Volunteer Vibes

Our next big volunteer need will be at Peavine Falls on July 4th; after that we will work at the Retro Run on July 29th. If you can help out at either event, please reach out to [Kim](#)

[Benner, BTC Volunteer Coordinator](#), and let us know how YOU can be involved! #weheartourvolunteers

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 June 1, 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	543
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	R	458
Baggett, Christopher	R	127
Barnes, Jimmie	2	469
Bartee, Samm	1	650
Bass, Andy	1	533
Beasley, Cathy	R	387
Belcher, Michelle	4	667
Benner, Kim	4	610
Benson, Kip	R	0
Bittle, Anna Marie	R	458
Black, Dylan	1	314
Boackle, Larry	1	0
Boackle, Tomie Ann	1	341
Boger, Joe T	R	540
Bonatz, Ekkehard	8	458
Booher, Lisa	5	531
Boswell, Ryan	R	467
Bowman, Brian	R	0
Bowman, Leisha	R	21
Bradley, Lee	R	0
Brakhage, Victoria	1	228
Bridwell, Hunter	R	0
Bromstad, Murray	1	700
Broome, Mary	R	317
Brown, Charlie	5	482
Brown, Dana	R	0
Brown, Michael	3	430
Brown, Sean	3	391

Participant	Years	Total
Bryant, David	3	511
Burks, Ross	R	629
Caine, Lawrence	R	543
Callahan, Chris	R	558
Callahan, Rachel	2	654
Carey, Christopher	3	659
Carlton, Bob	2	510
Carter, Adrienne	R	520
Casey, Barry	2	230
Chadha, Jennifer	R	314
Chambers, Gay	R	542
Chandler, Teresa	7	566
Cirilli, Katerina	R	243
Clarkson, Roy	R	285
Clay, Brad	9	449
Clayton, Yocunda	2	432
Clemons, Sam	1	0
Cleveland, Jeff	R	560
Cliett, Stephanie	2	828
Clowers, Addison	2	805
Collins, Helen	1	262
Collins, Nathan	R	0
Connors, Michael	R	210
Constant-Jones, Michelle	R	0
Cornelius, Jeff	R	332
Corrie, David	1	810
Corrin, LaRonda	R	304
Corrin, Roger	1	413
Crain, Teresa	1	423
Cramer, Robyn	R	278
Cramer, Steve	R	99
Crawford, Allen	1	481
Crawford, Kimberly	1	442

Participant	Years	Total
Crowson, Bill	1	649
Crompton, Dan	3	756
Crompton, Melinda	R	293
Cuthbert, Misty	R	564
Cutshall, Hannah	R	630
Darville, Nathaniel	1	980
Davidson, Dow	R	180
Dease, Joseph	1	523
Dease, Katherine	2	576
Deering, Anna Katherine	R	0
Deering, Chris	R	120
Dell'Italia, Pat	1	568
Denton, Matt	4	554
Deuel, Jan	R	576
Dortch, Cherie	6	0
Dowling, April	R	533
Duke, Cindy	1	548
Dunnaway, Roberta	1	450
Easterling, Natalie	1	266
Edge, John	1	316
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	3	416
Fontenot, Misty	R	540
Franklin, Shane	5	480
Frederick, Winston	8	706
Freeman, Sheila	R	452
Gann, Michael	5	749
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	103
Goode, Johnny	7	447
Graham, Jonathan	R	0

1200 MILE CLUB

Participant	Years	Total
Grammas, Marianthe	R	788
Graves, Brady	R	54
Grossmann, Christopher	5	421
Gullapalli, Satya	3	356
Haley, Jay	1	393
Hall, Thomas	R	503
Halperin, Dave	3	0
Haralson, Danny	8	304
Haralson, Micki	9	631
Harbison, Brookie	1	367
Hargrave, Alan	9	352
Harley, Charlotte	R	375
Harrelson, Heather	3	623
Harris, Ashley	R	274
Harris, Robert	R	427
Harris, Vickie	1	458
Harrison, Lisa	5	646
Harry, April	R	518
Hathorne, Chad	R	146
Havicus, Cari	1	401
Hayden, Brittany	R	536
Heaton, Bryan	2	785
Henley, Monica	3	648
Henninger, Alison	2	532
Hightower, Rylie	R	6
Hill, Susan	3	390
Hill, Tucker	2	0
Hogeland, Angie	1	268
Hogue, Kari	R	276
Holmes, Chris	R	452
Hoover, Alison	5	0
House, Beth	4	491
Hubbard, Stephanie	R	340
Huff, Anne	R	629
Hunter, Bob	R	304
Ingle, Brandon	R	158

Participant	Years	Total
Ingram, Joseph	4	291
Izard, Georgia	1	630
Izard, Melody	2	449
Jefferson, Tracy B.	1	543
Jenkins, Kaki	3	685
Johnson, Christy	R	0
Johnston, Latta	1	449
Joseph, Jeremy	R	0
Kearley, Christy	1	308
Kearley, David	R	366
Kearley, Stephen	1	497
Keefer, Herb	1	509
Kelley, Robin	3	0
Kemper, Tricia	2	708
Kendrick, Tom	R	29
Kile, Shelby	R	364
Kirchmer, Shannon	R	536
Knight, Diane	2	288
Kuhn, Jimmy	9	914
Kulp, Loren	1	548
Lahti, Tyler	R	612
Laird, Audrey	2	679
Langston, Aaron	2	369
Langston, Richard	4	434
Lauderdale, Beth	R	472
LeCroy, Sarah	R	756
Lee, Koren	R	390
Leopard, Don	1	0
Lockett, Janet	R	285
Long, Kristin	R	0
Lyle, Randy	8	528
Lyles, Chris	1	0
Madison, James	R	607
Malick, David	3	483
Mandy, Madeline	R	435
Massey, Christopher	R	501

Participant	Years	Total
McCombs, Chris	R	260
McNair, Kelly	3	363
McTune, Mark	4	297
McVey, Simon	2	543
Melvin, Robby	R	0
Merry, Vicki Sue	4	830
Mickens, Cassandra	1	348
Millsap, Lanier	2	0
Misch, Julie	R	0
Miyasaki, Nathan	1	905
Morgan, Cary	6	874
Morgan, Danielle	5	275
Morgan, Phillip	7	369
Morris, Gordon	R	543
Morris, Heather	R	491
Morris, Justin	3	889
Morris, Phil	R	282
Morrow, Alex	6	426
Mote, Darrell	1	361
Mount, Brian	R	569
Murchison, Reginald	3	943
Murphy, Amy	R	121
Nagy, Lisa	1	257
Nichols, Jessica	R	484
Northern, Kristie	7	660
O'Brien, Ebony	R	0
Oehrlein, Kimberly	R	287
Oliver, Greg	3	932
Oliver, John	2	578
Orihuela, Carlos	1	351
Ortiz, Amber	R	370
Padgitt, Scott	R	516
Paradiso, Michelle	1	319
Parks, Charlie	3	865
Parks, Melinda	R	150
Pate, Lisa-Marie	1	0

1200 MILE CLUB

Participant	Years	Total
Pavey, Cecil	R	0
Payson, Tabitha	R	288
Payson, Tommy	1	425
Peagler, Shana	5	418
Pearce, Julie	5	206
Pearson, Blake	3	404
Pearson, Mary Scott	2	622
Pelkey, Lauren	R	288
Penley, Steve	1	256
Peters, Scott	1	244
Plante, David	4	462
Poole, Greg	1	328
Portwood, Paul	2	365
Ralph, Meghan	2	726
Randall, Lisa	5	454
Renn, Deanna	1	567
Richards, Amy	R	245
Richardson, William	2	520
Roberson, Kevin	2	492
Roberts, Fletcher	2	130
Robinson, Niki	R	52
Robinson, Rod	R	393
Rocha, Roger	3	617
Rodgers, Jessica	R	271
Rogers, Tammy	1	301
Roper, Lynn	R	368
Rose, Billy	2	778
Rosser, Joey	R	597
Routman, Cynthia	1	177
Rutherford, Keith	9	752
Rutledge, Lisa	2	180
Ryan, Meaghan	1	377
Sanchez, Melissa	R	0
Schaefer, Todd	2	555
Schonhoff, Aubrey	R	240
Schor, Mike	1	785

Participant	Years	Total
Secor, Debi	1	799
Seeley, Mimi	R	75
Shaffield, Danny	3	850
Shaffield, Mitzi	1	257
Sheppard, Gretchen	2	345
Sherer, Jeremy	R	525
Shinn, Ronald	6	196
Shirley, Scott	3	1,003
Sides, Dean	2	544
Silwal, Suman	6	0
Simpson, Kevin	3	991
Sims, Cecelia	R	425
Sims, Robert	3	768
Sloane, Mike	2	380
Smith, Jerry P.	9	494
Smith, Justin	R	261
Snow, Sheri	1	421
Spears, Kari	R	291
Stark, Patrick	R	469
Stevens, Johnathon	R	850
Stockton, Rick	9	399
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	336
Talley, Beau	4	783
Talley, Shellie	R	347
Talley, Sydney	R	309
Thomas, Eric	4	327
Thornton, Dean	5	399
Trimble, Jamie	2	639
Tyler, Kim	R	347
Varnes, Vickie	3	849
Walker-Journey, Jennifer	2	398
Walker, Caroline	1	348
Wall, Ron	3	372
Watkins, Janet	1	582

Participant	Years	Total
Watson, Thomas	R	583
Watters, Robert	2	294
Wayman, Meghan	R	1,049
Weber, Amy	1	555
Weber, Lauren	R	519
Weeks, Lance	2	576
Wells, Bradley	1	577
Wende, Adam	2	679
Whillock, Amber	R	220
White, Dennis	R	246
White, Robin	R	0
Whitt, Trey	3	703
Wilhite, Thomas	1	403
Williams, Avis	1	0
Williamson, Chad	2	622
Windle, Dale	2	588
Wiseman, Steve	2	600
Wood, Scott	1	564
Woody, Bill	8	532
Wright, Amy	1	304
Wu, Xing	7	714
York, Gary	3	820
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	320
Zehnder, Justin	6	507

VULCAN TRI SOCIAL



Big thanks to our friends from Vulcan Triathletes for a fun joint social on May 6. BTC and Vulcan Tri members enjoyed some run, bike and swim time at Oak Mountain State Park. Look for more joint events soon!



ANNUAL BARONS SOCIAL



BTC members and friends enjoyed a fun night out celebrating a Barons win on June 3. Despite threatening rain clouds, the weather cooperated, and the sell-out crowd had a blast!



HOW ABOUT A CONTEST?

We love seeing where the BTC takes you on your travels – we've seen BTC shirts in the Artic, Japan and at least a dozen island nations. .BTC mugs on the beach and hats in the mountains. Let's have a little fun and see how far the BTC can go this summer! Here are the rules:

- **Send your photos** of BTC gear from your vacation travels this summer – shirts, towels, hats – any BTC gear goes. Don't forget to include your name and location! We'll share your photos in The Vulcan Runner.
- You must be a BTC member to enter. Not a BTC member? That's an easy fix – [click here to join](#).
- A group of highly qualified geography experts from our panel of Map My Run aficionados (well, okay – the BTC Executive Board) will determine the “furthest from the 'ham” winner from the photos submitted.
- Photos must have been taken between May 1 and August 31, 2017 and must be submitted by September 1, 2017 to be considered.
- Our winner will receive a gift card and, naturally, the accolades and admiration of your fellow runners.

Who knows – we may even give some awards for most creative BTC photos, so start planning those photo ops today! Questions? Or need to send us your entries? [Email Julie Pearce, The Vulcan Runner Editor](#).



FEETS OF STRENGTH

“Feets of Strength” will be back next month!

Have a recent running-related accomplishment? A new PR, distance completed or bucket list accomplishment? Share it

with the BTC, and let's celebrate you! [Submit your “Feets”](#) via the BTC website, or [send them to Vicky Brakhage, BTC Membership Chair](#).

BTC EXECUTIVE BOARD MEETING

May 8, 2017

Attendance: Brian Atkins, Kim Benner, Lisa Booher, Vicky Brackage, Darrell Gibson, Monica Henley, Alex Morrow, Charles Thompson, Trey Whitt, Karen Wood, Scott Wood

Trey Whit made a motion to approve minutes from the last meeting; Brian Atkins seconded, and the motion was approved without opposition.

Karen showed towel samples for the 5K race series. There was some concern that the towels were too small. Karen will get prices on a bigger towel. Alan suggested a lighter blue print. Vickie made a motion to spend approximately \$1,000 for 100 towels, Brian seconded the motion, and it was approved without opposition.

Karen also showed us a sample cotton t-shirt for the BTC standard race series. It will be heather red. Next Level type softness but another brand. \$12 for front and back print with two-color. A majority voted for heather red t-shirt. Scott made a motion to approve race series shirts, to be in hand by Peavine Falls Race, at a cost of \$1,400. Darrell seconded the motion, and it was approved without opposition.

ALAN:

Julie is getting lots of messages about being added to the email list. Constant Contact has a form that we can use for that. The member list is at a little over 900 email addresses. We have about 300 others. Alan would like to purge some of those by sending out an email that asks them to fill out a form to continue being sent BTC emails. Some people who have complained they are not getting emails, but they have unsubscribed to our emails.

ABBY LUTZENKIRCHEN WITH NAT'L SENIOR GAMES.

30th anniversary. About 10,500 athletes to come compete in June. They would like BTC to come out for track and field at Samford (June 7-11), 10K road race (Linn Park, June 10), and the triathlon at Oak Mountain (June 11). This is the first time this event has been held in the South in a very long time. Kathrine Switzer will be there. Invite any other groups to volunteer by contacting abby@knighteady.com. They need 3,000 volunteer shifts filled. Shifts run in 4-5 hour shifts. Or one long shift for 10K. Can we commit to a water stop at the 10K? We would need approximately 10 people. Julie will send an email to BTC membership to gauge interest in volunteering for the water stop on Saturday June 10.

ALEX:

The BTC Long Run group voted for the fall race to be Soldier's on Nov. 18th in Columbus, GA. Training will start July 3. Four Bridges will be launched until we start Soldier's training.

PEAVINE FALLS RACE:

Alex noted that the race generated a profit of \$3,937 in 2016. He presented a motion for a \$5700 budget for the 2017 Peavine Falls Race. Monica seconded the motion, and it was approved without opposition. Charles suggested more ice for the water at Peavine Falls.

TREY:

Financial update. Filed BTC tax returns last week. Got accounts receivable cleaned up. Only have receivables of \$200. Cash position is good. Almost \$45,000 in the bank. It was \$43,000 last year. Cash in to cash out on Statue to Statue, \$16,400 came in, \$14,900 went out (without toilet and buses paid for yet). Revenue was down \$3,900. Down 11% on membership coming in (about \$900). Race income is up about \$2,000 (a little behind there, part of that is from a Vulcan sponsorship from last year). Trey set up so that advertisers can pay through Quickbooks, via email from BTC, instead of getting paid via check or through a phone call and Square.

JULIE'S NOTES (READ BY MONICA):

May 22nd is the deadline for the next newsletter. Peavine Falls will be the cover article. We will include an article about the BTC Japan trip, and the UAB cross-country coach is writing an article about what it takes to run collegiately. Ad sales revenue is falling or at least flat (might be seasonal due to fewer races). Do we want to give a discount if advertisers buy a year or 6 months' worth of ads with payment up front? A year is 20% off, or 10% off for prepayment for six months. Group voted unanimously to authorize a discounted rate. Julie will circulate to current advertisers as well as to the Board for distribution to potential advertisers.

VICKIE:

Current members is 1030, memberships 807. Down 125 members. She will be sending out a mass email to expired members.

BRIAN:

Meeting with Dean on getting things cleaned up online for membership benefits. BTC exclusive bathroom at Mercedes is still in the works.

SCOTT:

5K Challenge, competitive four-month 5K series. Four races: Fultondale Stampede -- June 17, July 29 Retro Run, August 19 Just a Call Away. September 23 St. Jude. Point system. Award idea: have front runners, middle, and DFL. With \$10 fee to the BTC to sign up. Long runs will be on location.

VULCAN:

Numbers are down. Investigating what we would be able to improve 2017. This was discussed at the last board meeting. Reached out to Cadence Consulting for a bid. Monica got bids from other marketing firms as well. Continue to meet/get bids from potential marketing firms. Fresh marketing will help. Top 200 shirt is not as much of an incentive anymore.

CHARLES:

USATF sanctioned for \$50, Peavine and Vulcan still open for that. Southern Conference Championship May 11-12. May 15-16 AHSAA multi-championship at Hewitt-Trussville High, May 25-27 championship in Gulf Shores.

SCOTT AND MONICA:

Met with UAB coach who wants to team with BTC to do night events on the track. They will be getting a new track. We are giving them an ad in the newsletter in exchange for a water stop at Vulcan, manned by their UAB team. He is willing to do a Q&A or panel discussion.

The meeting was adjourned at 7:30 p.m. The next meeting will be held at 6:00 p.m. on June 12, 2017 at the Vestavia Hills Library.

BTC Membership application



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

First Name:

Last Name:

Street:

City:

State:

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Zip:

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

Birthdate:

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

Cell:

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e-mail:

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

Family member

e-mail:

Phone:

Born

Gender:

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

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

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

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

Initial:

--	--

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

Signature

Date

Mail this signed application and a signed check to:

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

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	June 10, 2017	6:00 a.m.
Tallulah Half Marathon (Jasper)	June 10, 2017	7:00 a.m.
Cahaba River Ramble Trail Race (West Blocton)	June 10, 2017	7:30 a.m.
BTC Board Meeting	June 12, 2017	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	June 17, 2017	6:00 a.m.
Fultondale Stampede 5K Run – Sizzling Summer 5K Challenge Race	June 17, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	June 24, 2017	6:00 a.m.
Running for HIS purpose Freedom 5K (Sumiton)	June 24, 2017	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	July 1, 2017	6:00 a.m.
Peavine Falls Run – BTC Race Series Race	July 4, 2017	7:00 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.