BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

August 2017 ⑧

BRINGING BIRMINGHAM HOSPITALITY TO THE VULCAN RUN

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BRINGING BIRMINGHAM HOSPITALITY TO THE VULCAN RUN

As the Vulcan Run Elite Coordinator, BTC member and local run coach Kile Putman has been instrumental in recruiting a solid group of elite athletes to our recent Vulcan Runs. Following the example of similar sized races in other parts of the country, Kile has created a "host an athlete" program that is winning rave reviews from runners and BTC members alike.

Matthew Hammersmith, Victoria Hammersmith, and other elite runners with Kile Putman and Race Director Allison Stone

Skip and I have been BTC members for many years. We are average social runners who enjoy making friends who share our love for running. As empty nesters, we recently sold our suburban home and moved to an urban home close to the city. Our urban home is empty most of the time, with all three of our children away in college. Last year, when Kile Putman began seeking host homes for elite runners coming to Birmingham to race The Vulcan Run, we jumped at the opportunity.

It was Kile's goal to engage BTC members with elite-level runners with the ability and courage to chase their athletic dreams. The program's goal is to connect elite runners with the Birmingham community, not just invite them to come to town, collect a win and leave. Programs similar to this are used by other races around the country.

Skip Harris, Matthew Hammersmith, Victoria Hammersmith and Vickie Harris at J. Clyde

Skip and I hosted Victoria Voronko Hammersmith and her husband/coach Matthew Hammersmith.Victoria had raced Vulcan the year before and was set to return. She is a Russian citizen who previously ran track for Eastern Michigan College and currently lives in Greenville, SC with Matthew. Packet pick-up was during dinner at J. Clyde on Cobb Lane along with the other elite runners, Kile and Race Director Allison Stone. This was a great opportunity not only for the elite runners to pick up their racing packets, but to mingle with the other elite runners and "average" local runners like us. Victoria went back to rest at our house to be race ready, so Skip, our son Jacob and I took Matthew out to see Birmingham and enjoyed time at a local brewery.

We really enjoyed hosting this young couple. It was fun to see how Victoria fueled herself in our kitchen before the race: oatmeal, bananas, honey and peanut butter. We became friends and have enjoyed staying in touch with the Hammersmiths. Matthew is the race director of Upstate Ultras, and he invited me to run a 50K race: The Forest Freak at The Knock On Wood Running Festival. So this past May, with Matthews's encouragement, I ran my first 50K at his race in Greenville, SC where he gave me a high five at the finish line! Hosting Victoria and Matthew provided an opportunity to expand my running horizons and brought our families together. We would encourage you to volunteer!

-- Vickie Harris

5/13/17 Vickie Harris Knock On Wood 50k, Greenville, SC

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BRINGING BIRMINGHAM HOSPITALITY TO THE VULCAN RUN

Julie Pearce and Joan Aiyabei

My family is almost always up for a cultural experience to expand our horizons, so when I mentioned hosting a runner from Kenya for last year's Vulcan Run, my husband and son were game. Joan Aiyabei is a citizen of Kenya, and like many Kenyan elite runners, she spends part of the year in the United States running races. She trains in Michigan with a group of other runners, and each weekend finds the members of the group traveling to different race venues that are selected by their coach based on their chances of success. Joan hoped to have a strong showing last season so she could have more sponsorship opportunities this fall. The Vulcan Run was indeed a great course for her, and she came away with a win.

We loved getting to know Joan. Her life in Kenya is quite different from our lives in the U.S., and it was interesting to all of us to learn new words, practice geography and talk about our training (well, maybe not so much for my non-running husband and son!). It was fun introducing Joan to some of our favorite foods (post-race, of course!) -- she was particularly fond of hummus, but wasn't such a fan of barbeque. Our then-10 year old son was enthralled with Joan's stories of Kenya, and we promised to keep in touch when the weekend ended.

Joan enjoyed her time in Birmingham, and she told us how interesting it was for her to get to know how ordinary Americans live in this part of the country. We encouraged her to return, and she did – running an impressive race at the Mercedes Half Marathon last February (she finished second overall, less than a minute behind the winner, who set a new course record). I have enjoyed staying in touch with Joan and following her career as she has continued to excel at the middle distance races. Joan shared that she has hopes of running a marathon one day. I can't want to cheer her on when she tackles 26.2!

-- Julie Pearce

Interested in hosting an athlete for this year's Vulcan Run? Please **contact Kile Putman**; we can promise you a unique, fun experience you won't soon forget! You'll receive a complimentary entry for the Vulcan Run, admission to the elite athlete packet pickup event, and the opportunity to get to know some great runners and genuinely nice folks. Kile Putman especially recommends that "parents of eager middle and high school runners host an athlete through this program to let their children see the determination and focus it takes to compete at a national level."

Kile also notes that many of the runners the BTC hosts are "chasing the Olympic dream" as their job. Supporting them as a host is a great way to support the sport of running. "Every four years in this country we gather around screens and watch the Olympics, cheering Americans to medal. Unlike most other countries, there is no governmental funding for these athletes. Sure, those on the team get a stipend from the USOC but that is a standalone non-profit and not an agency of the government." Kile says, also acknowledging that "the athletes are very appreciative of the generosity of Birmingham Track Club families. They want to learn about our local community and its culture. It's a great way to showcase our southern charm." The Harris and Pearce families couldn't agree more!

PRESIDENT'S ADDRESS

By Monica Henley

Hello, BTC!

July was a fantastic month for the BTC. The Rick Melanson Peavine Falls Run on July 4th was a huge success. I would first like to thank all of our runners who came out for the run -- it was, in the words of Race Director Alex Morrow, a perfect day. What a wonderful way to kick off the Independence Day weekend, and we couldn't have done it without our BTC Volunteers and our runners. So thank you all, and see you at Oak Mountain, same time next year!

The BTC also is a proud supporter of the Retro Run 5k, and we help by manning the most rocking, loud, and fun water stop on the course. Why is this The. Best. Waterstop? Because it is made up of BTC members! Thanks to all who volunteered. I loved seeing all of the crazy costumes, mingling with friends, running a 5k, and hanging out for a huge post-run block party – you can't get much better than that!

And speaking of the Retro Run 5k, we are now at the half way mark of the BTC Sizzling Summer 5k Challenge. We have enjoyed seeing all of you out there on the roads. Big thanks to our sponsor Therapy South for making this race series possible! Our next race is Just A Call Away 5k on August 19th. **Click here** to see the current race standings.

The overall male and female are still in the age group standings but will be moved out at the end of the series. Then those age groups will be recalculated for the age group winners. Thanks to BTC IT Chair Alan Hargrave for keeping up with the results for us.

We are setting our sights on the Vulcan Run 10km on November 4th! Once we again the BTC's premier race will be the RRCA State 10km Championship. The BTC is excited to partner with Cadence Race Consulting this year as we continue to grow this race. Registration is now open; **sign up today**!

To create a level of fun and engagement with the BTC running community, we are once again looking for people willing to host runners on Friday, November 3, 2017. This year's field will again include sub-4 minute milers, Olympic Trials competitors, and athletes with local connections, as well as international athletes, and this is your opportunity to get involved!

You need only to provide a warm bed, a hot shower, possible airport pickup on Friday and Birmingham Track Club hospitality. In turn, you will receive a complimentary (yes, FREE!) entry into the Vulcan Run 10K, Entry to the private elite athlete packet pickup party, use of the elite bag drop area near the race start, and the opportunity to make some new friends.

If you have young runners in your family, hosting an athlete can be a great educational experience for them. You can read about the wonderful experiences of two of our BTC families when they hosted some of the elite runners who traveled to Birmingham last year. This is a great program, and I would love for you to consider getting involved. Please **contact Vulcan Run Elite Coordinator Kile Putman**.

As we begin to run through the heat and humidity of August, here's to unexpected cool snaps and plentiful water stops for all of us!

Happy Running!

Monica Henley
BTC President

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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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Race Results

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

birminghamtrackclub.com
championship-racing.com

The Vulcan Runner Designed By: Ryan Boswell, rboswelldesign@gmail.com

Find us on Facebook

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Jonie Eileen Adams	Alison Hoover	Don Leopard	Danny Shaffield	Tasha Smith
Cristina Almanza	Jim Hoover	Donald Leopard	Mitzi Shaffield	Julianne Steele
Sara Collins	Laura Hoover	Mona Leopard	Isaac Shore	Evan Thomas
Dale Cordel	Allen House	Amy May	Madison Shore	Rachel Underwood
Mary Craig	Donna Huggins	Mike Morris	Zoe Shore	John Wagner
David Downs	Berne Irwin	Pamela Moser	Brad Smith	Janet Watkins
Paulette Farquhar	Bill Jacka, Jr.	Janis Posey	Helen Smith	William Webster
Robert Gaines	Melanie Jackson	Billy Rose	Hoke Smith	Gwen Williams
Fontaine Haskell	Herb Keefer	Joey Rosser	Nick Smith	Jim Williams
Chad Hathorne	Judy Lee	Hayley Scheer	Sara Lane Smith	Ann Elise Winn
Virginia Holloway	Koren Lee	Chloe Shaffield	Skeet Smith	Brian Wright

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!

REGISTER TODAY!

MEDICATION AND MILES

Catching the Creatine Craze

By Aubrey Utley and Stephanie Brennan, 2018 PharmD Candidates, and Kim Benner, PharmD

Workout supplements have become increasingly popular in recent years. One of the most popular supplements used by athletes to enhance performance is creatine. While creatine has gotten some bad press in the past, more recent studies have supported the notion that creatine supplementation can improve exercise performance, increase lean body mass, and reduce muscle soreness after exercise. [1]

Creatine is a dietary supplement similar to a natural compound found stored in your muscles called creatine phosphate. The natural compound is made by the kidneys, liver and pancreas and can also be found in meats and fish.[2] This compound is important because it supplies muscle cells with energy. By supplementing your body with creatine, you are increasing the body's potential to produce more energy.

Research has shown creatine is most effective in high-intensity exercises like weight training and sprinting. There is less evidence supporting creatine's benefits in endurance type activities.[3] So if long distance running is your primary form of exercise, it is possible you may not experience as much of a benefit from creatine. One study examined the use of creatine in marathoners and their levels of inflammation and muscle soreness post-race. The researchers analyzed markers of cell injury and inflammation after a 30km race and found that the runners who took creatine had statistically lower inflammatory markers. Inflammation occurs as part of the body's repair process after exercise and contributes to the muscle soreness often experienced after a workout. When there is less inflammation, the body can perform for a longer period of time and one may experience less soreness afterwards.[4]

Creatine has been shown to be a well-tolerated substance with few side effects. The most common side effect seen is weight gain. Paul Greenhaff, Ph.D., professor of muscle metabolism at the University of Nottingham in England remarks, "While the initial gain [from creatine] is water, subsequent gains are muscle due to the increase in workload you can handle."[3] Other common side effects include headache, fatigue, anxiety, diarrhea, and rash.[2]

Creatine may have a significant effect on insulin, therefore decreasing blood sugar. This has led to research in creatine's role in improving control of blood sugar, however more studies are needed before recommending creatine for this purpose.[5] It is important to talk with a health care provider before taking creatine if you are taking medications that lower your blood sugar or have been diagnosed with diabetes.[7] There have been reports of creatine causing kidney damage, however research has not been able to conclude that creatine negatively affects kidney function.[1] The risk of kidney damage may be increased if you take medications that affect the kidneys like ibuprofen (Motrin/Advil), naproxen (Aleve/Naprosyn), or acetaminophen (Tylenol). Diuretics (a.k.a. "water pills" such as hydrochlorothiazide, furosemide [Lasix] and others) are other medications that could negatively interact with creatine. They both influence water movement in the body and put one at an increased risk of dehydration and kidney damage.[6] Creatine may also negatively influence liver function and caution should be used if you have liver damage. If you have kidney or liver dysfunction or are taking these medications that can interact, consult with your health care provider before starting creatine to discuss the risks and benefits of taking this supplement.[7]

Creatine is naturally found in food such as beef, pork, salmon and tuna. Therefore, creatine supplementation is not considered doping and is not banned by most sports organizations. There are many different types of creatine found on the market today, but creatine monohydrate currently is the most researched form and is considered the safest and most effective option for athletes. There are different formulations of creatine, but the liquid form and the creatine ethyl ester powder form are broken down in the blood stream before they can exert their full effect. The best option is generally considered to be 100% pure creatine powder.[3] Table 1 lists some of the most commonly used creatine powders currently available on the market.

To begin taking creatine, it is recommended to ingest 20-25 grams/day for the first 5-7 days, then decrease to 5-10 grams/day to maintain creatine stores.[2] Creatine powder may be mixed with almost any liquid, although fruit juice remains one of the most popular choices. The sugar found in fruit juice will raise insulin levels, which aids creatine uptake into muscles. Dr. Greenhaff suggests that to get the full benefit of creatine supplementation, take 70 grams of simple sugars for every 5 grams of creatine.[3]

Creatine does not work for everyone. Some people will not respond to supplementation at all simply because of their genetics. If your training volume has not increased within about a week of starting creatine it is probably not going to significantly benefit your exercise routine. Those who eat more meat may see less of a change since their diet already provides them with a higher creatine intake. That being the case, vegetarians that supplement with creatine tend to see greater response. An important point to remember is that creatine should only be used as

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MEDICATION AND MILES

Catching the Creatine Craze

an addition to healthy diet and exercise. Chad Kerkisick, PhD, assistant professor of exercise physiology at the University of Oklahoma put it best: "It's better to eat good sources of carbohydrates and lean protein [than add creatine]."[3]

As with any supplement or medication, it is necessary to weigh the risks and benefits of the product. Creatine has been shown to be effective in enhancing exercise performance and generally has few side effects. However, there are some concerns about creatine's effects in people who have a history of kidney or liver disease or are taking certain medications. If you have any concerns about whether creatine supplementation is right for you talk with your healthcare provider, such as your physician or pharmacist. He or she may be able to help in weighing those risks and benefits and determining whether creatine is a good option for you.

Commonly Used Creatine Supplements[8]

BRAND NAME	FORMULATION
Optimum Nutrition Creatine Powder	Micronized Powder
MuscleTech Platinum 100% Creatine	Micronized Powder
Bulk Supplements Creatine Monohydrate Powder	Micronized Powder
Optimum Nutrition Creatine Capsules	2500 mg Capsules
Musclepharm Creatine	Micronized Powder

RESOURCES

1. Kreider RB, Kalman DS, Antonio J, et al. International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine. Journal of the International Society of Sports Nutrition. 2017;14(1)
2. Creatine. Clinical Pharmacology. http://clinicalpharmacology.com/. Accessed July 12, 2017.
3. Creatine: What It Is, What It Does, and Its Side Effects. Men's Health. Men'sHealth, 25 Aug. 2016. Web. 30 July 2017.
4. Santos R, Bassit R, Caperuto E, Rosa LC. The effect of creatine supplementation upon inflammatory and muscle soreness markers after a 30km race. Life Sciences. 2003;75(16):1917-1924.
5. Gualano, Bruno, De Salles Painneli, Vitor, Roschel, Hamilton, et al. "Creatine in Type 2 Diabetes." Medicine & Science in Sports & Exercise, vol. 43, no. 5, 2011, pp. 770–778.
6. Watkins, Emma. "10 Things to Avoid When Taking Creatine." LIVESTRONG.COM. Leaf Group, 21 Oct. 2013. Web. 30 July 2017.
7. Creatine Interactions. Mayo Clinic. Mayo Foundation for Medical Education and Research, 01 Nov. 2013. Web. 30 July 2017.
8. Amazon. Best sellers in creatine nutritional supplements. https://www.amazon.com/Best-Sellers-Health-Personal-Care-Creatine-Nutritional-Supplements/zgbs/hpc/3773431. Accessed July 27, 2017.

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!

RUN TO LIVE!

By Terri Vu

With hundreds of members, the Birmingham Track Club is full of interesting runners from all walks of life. Our "#WhyIRun" series will introduce you to some of your fellow runners and motivate you with their stories – some dramatic, some funny, but all of them inspiring in some way.

I am often asked why I run. The obvious answer is that I run for my health. Like many of you, what I enjoy the most are the friendships I have made while logging in those miles every morning before the sun rises. I love to listen to my running friends' stories on how they became runners. No two stories are the same, but each one is just as inspirational as the next. Here is my story.

I was born to run. I ran from danger. I ran towards freedom. I ran to live! In August of 1975, my family set out to flee our home in Vietnam in pursuit of freedom. My father was among those who had privileged access to the US evacuation efforts, but he was not going to leave without his family. Dad left Saigon and went home to Dốc Mơ to collect my mother, my sisters and me. I was two years old at the time and the youngest. My sisters Leah, Liz, and Becky were eight, six and five. Dad was determined to keep our family together.

The trip to Saigon was chaotic. The roads were over crowded with thousands of people who were forced to flee the country or face death. My family of six was crammed onto Dad's little motorcycle because a larger vehicle was not able to weave through the traffic. And so we raced to Saigon and the hope for survival. All access points to the airport and ports were closed by the time our family reached Saigon. Fortunately, Dad had his government documents with him and gained access to a cargo port. When the barbwire barricade was opened to allow my family to enter, hundreds of men, women and children rushed in behind us, desperate and fighting for their lives.

Dad commandeered a cargo barge and managed to get our family over a six foot wall of sand bags. The people continued to follow and stampeded onto the barge as well. Bodies were falling down on us as they clawed their way over the wall of sand bags. Dad and Mom (who was seven months pregnant at the time) had to shield my sisters and me with their own fragile bodies. Dad urged the barge crew to launch before too many people boarded, killing all of us.

The barge drifted out to sea with the current where we waited for three long days and four dark nights with very little food and only rain for water. We were picked up by a Navy 7th Fleet ship and remained at sea for another several days while more people were being rescued. The ship was not equipped to support the thousands of evacuees. The galley operated 24 hours a day to produce barely enough undercooked rice to provide one plate per family. Each day, Dad stood in the food line for hours, praying that there would be enough for him to get our share of rice. Mom and Dad went without food so that my sisters and I could eat and not starve to death, like many people did during this tumultuous journey. Thankfully the rain continued to come down while we were out at sea to provide us with water to drink.

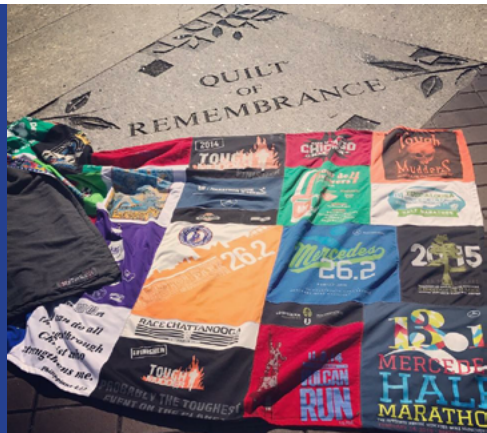
Once we landed in Subic Bay, Philippines and were decently fed, Dad and Mom knew then that we had survived. After three days, we were transported to Guam where we stayed for three more weeks while waiting for paperwork to enter the U.S. Our first home in the U.S. was in Fort Indiantown Gap, Pennsylvania. After 2.5 months, we were adopted by the Grace Lutheran Church of Albert Lea, Minnesota and taken under the wings of Carmen Yocum and her family. We stayed in Minnesota for three years, but the cold weather caused my mother's health to suffer, and we later moved to Florida.

As a young girl, I always wanted to play sports and take up physical exercise but our culture did not support girls doing those kinds of activities. I took up running later in life, once I was an adult and on my own. In the seven years since I began running, I have run six marathons and over thirty half marathons. Running has been empowering to me because it reminds me, like our journey all those years ago, that I can persevere, I can work hard, and I can succeed.

Our journey to the U.S. had been difficult; we left our home with nothing and many times, my parents were uncertain of our survival. Acclimating to a new country with a very different culture was new to all of us, even though I was very young when we left our home. But with strength and perseverance, we never lost hope. Every time I lace up my shoes to go for a run, I am thankful that I can. Every mile that I run and every race that I take on is about survival, hope, and freedom. Forty two years ago I ran to live. Today, I live to run.

One of my sisters, who is a gifted seamstress, recently offered to make a quilt for me out of old t-shirts. As a runner, of course, I had many race shirts that languished in my closet. Because each of those shirts came with memories – of runs, of friends, of successes or reminders of things I want to improve -- I knew she could turn them into something meaningful and inspiring. Now that my quilt is complete, I am reminded every day of where I came from and the hard work it takes to succeed.

Preserve your running memories by turning your race t-shirts into a beautiful custom-designed quilt by www.myteequilt.com. BTC members will receive a 20% discount.



MEET LAURA BOACKLE

At 10 years old, Laura is the youngest runner in the BTC Summer Sizzling 5k Challenge. She is the daughter of Tomie Ann and Larry Boackle and is looking forward to starting 5th grade at St. Francis Xavier Catholic School this year. But don't let this sweet smile fool you – Laura takes her running seriously!

Why did you start running?

I started running in kindergarten for the Mercedes Marathon Kids Races. It was fun to run at school to prepare for the races and then to run the last mile during the marathon weekend. I also like to run because Mom and Dad and my Granddaddy love running and I want to run and train with them.

What do you find most rewarding about running?

When I train and run a race it is very rewarding because I feel like I have accomplished something. I also love to be first and to win!

Is there anyone in the running community (locally or nationally) that you look up to?

I look up to my mom and dad. They both love to run. They especially love to run marathons together. I also look up to Jeff Galloway as a national running coach. He teaches how to win with run/walk/run, and he is the RunDisney running trainer.

Are there any specific races that you would like to run in your lifetime?

I want to run a Disney Princess race and also qualify for the Boston Marathon. I like to swim and bike too so maybe I can finish an Ironman race one day.

Which race has been your favorite (not limited to BTC series)?

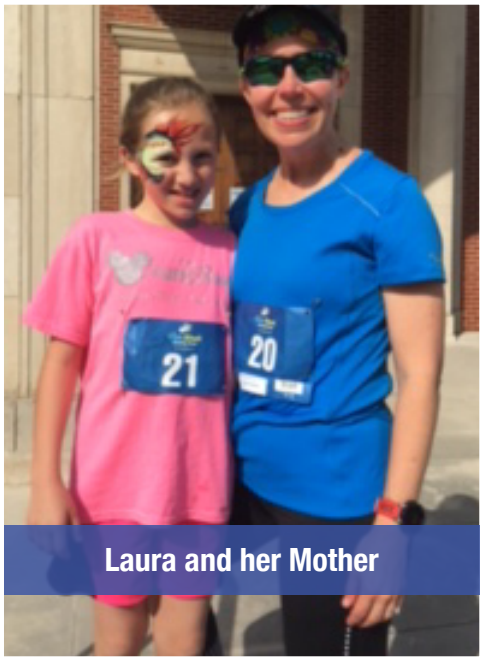
My favorite race was the St. Elias Cedar Run 5K. I won 1st place in my age group and St. Elias is my church.

Have you enjoyed the BTC race series? Do you have a specific goal for the series?

I have really enjoyed the BTC race series. My mom and I are both in the challenge. My goal for the series is to run all four races and to win my age group.

Congratulations, Laura – it looks like you're off to a great start!

Fultondale Stampede



Laura and her Mother

Laura with BTC President Monica Henley

The BTC Needs YOU!

The BTC is an all-volunteer organization, and as we continue to grow our membership, we need more volunteers to help our club be the best it can be! As always, please contact the BTC Volunteer Coordinator to help with races and special events, or to indicate a general interest in future volunteer opportunities, We also need volunteers for several of our committees – take a look, and let us know of your interest!

General Counsel / Parliamentarian This appointed position sits on the BTC Executive Board. A law degree or strong knowledge of parliamentary procedure and experience with non-profit organization governance is needed. Contact **BTC President Monica Henley** to volunteer.

Writers and Advertising Coordinator for ***The Vulcan Runner*** newsletter The BTC's monthly newsletter publishes articles, news and information about local events. While experience is helpful, it is not required – we will teach you what you need to know! Contact ***The Vulcan Runner* Editor Julie Pearce** to volunteer.

Marketing Coordinator The BTC Marketing Coordinator works with the BTC Executive Board to coordinate all marketing efforts in conjunction with the BTC's Social Media Coordinator, Webmaster and various committees. Contact **BTC President Monica Henley** to volunteer.

Social Committee The BTC Social Committee is responsible for coordinating social activities throughout the year. Volunteers are needed to help set up socials and serve as ambassadors for the BTC. Contact **Social Chair Loren Traylor** to volunteer.

Southeastern Trail Runs.com

RIDGE TO BLAZING RIDGE

MOUNTAIN HIGH Outfitters

10 & 20 Mile Trail Race

Oak Mtn State Park - August 26th

7:30 AM Start - Redbud Pavilion

Don't Forget, BTC Members save 10% - "BTC-17STR"

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.

Volunteer Vibes

Thank you to ALL the volunteers who helped make the July 4th Peavine Falls race and the July 29th Retro Run BTC water stop such a success! Ginger Reeves was our randomly chosen winner of a gift card for her volunteering efforts at Peavine Falls – thank you Ginger and AL of the volunteers for both events!

Our next big event will be the Vulcan Run on November 4th. This race will need many volunteers prior to and on race day so please contact BTC volunteer coordinator Kim Benner to let us know how YOU would like to be involved! #weheartourvolunteers

RRCA UPDATE

By Alex Morrow, Alabama RRCA State Representative

The 2017 Woodstock 5K in Anniston, which served as the RRCA Alabama 5K State Championship, was held on August 5. The RRCA is proud to partner with such an amazing event. This race is professionally run, extremely well-organized, well attended, and quite simply – lots of fun! Those attributes were all taken into consideration when the 2018 Woodstock 5K recently was named the RRCA National Championship 5K. We look forward to seeing many BTC members at the race in 2018!

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!

RETRO RUN 5K RACE

BTC members had a great showing at the Retro Run 5K race, which was the second offering in the Summer Sizzling 5K Series.

RETRO RUN 5K RACE

PEAVINE FALLS

All photos courtesy of Chris Guilliand Photos

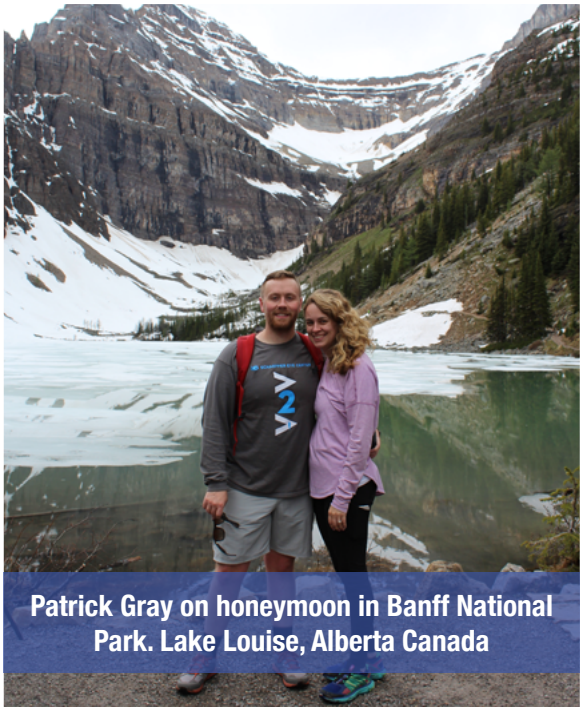
SHOW US YOUR BTC GEAR

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

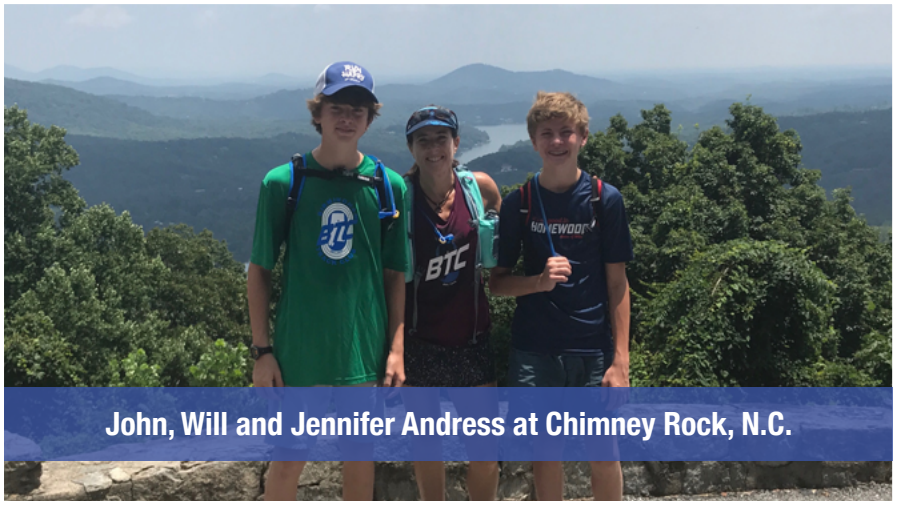
We love seeing where the BTC takes you on your travels – we've seen BTC shirts in the Artic, Japan and at least a dozen island nations. . .BTC mugs on the beach and hats in the mountains. Let's have a little fun and see how far the BTC can go this summer! Here are the rules:

- **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**.



Patrick Gray on honeymoon in Banff National Park. Lake Louise, Alberta Canada



John, Will and Jennifer Andress at Chimney Rock, N.C.

Jennifer Andress, Lisa Booher and Alex Morrow with Coach Jack Daniels

Bennett Pearce at Carmacks, Yukon Territory

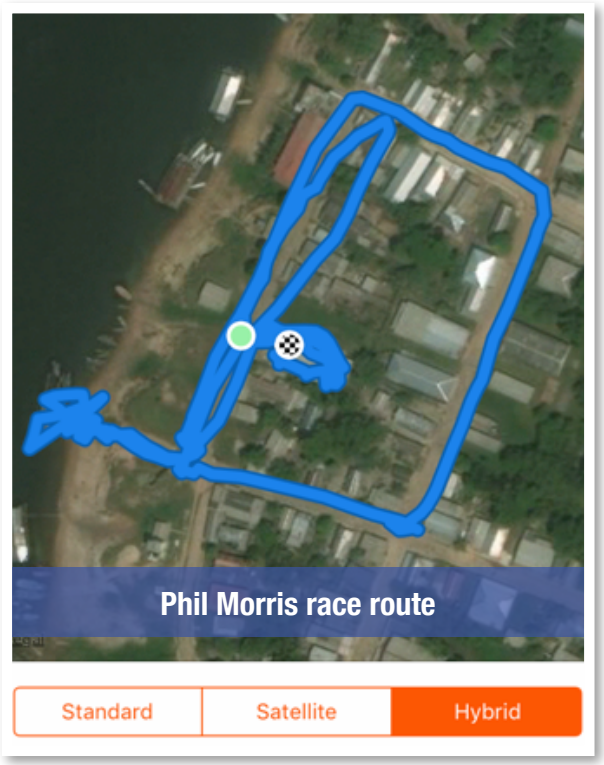
SHOW US YOUR BTC GEAR

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

I was on a mission trip to the Amazonas region of Brazil. After flying to Manaus Brazil and riding a boat 28+ hours on the Amazon, Madeira and the Conuma Rivers we made it to a large village. While working with the adults sharing the Gospel and doing eyeglass clinics. They needed some of us to distract kids. So after losing at soccer the boys challenged me to a race. 1st race was straight forward speed race. They chose an elite athlete that was a whopping 6. He ran and looked sideways at me like Usain Bolt does people. The next race I decided to throw distance at them, because let's face it, I am not built for speed. So I challenged 20 of them to a race around the city, they misunderstood and only did the 1st block, so I almost ran over one little guy when he went to turn, I had to pick him up to keep from both of us falling. Needless to say i can officially say I have come in last on multiple continents. The kids did talk me into going for a swim in the river after the race. I am kinda sure they were not trying to feed me to the piranha or crocodiles as they also swam with me.

I met and made friends with a couple of the local police officers that day and worked out a trade for shirts. My race Series shirt along with my BUTS CAP is now with my friend Raimundo Martins and I have a uniform shirt that belonged to him in trade.

-- Phil Morris



Phil Morris race route

Phil Morris and Raimundo Martins

FEETS OF STRENGTH

Races and PR's may be in short supply during the hot, humid Alabama summer, but don't forget to send in your accomplishments so we can celebrate them! We look forward to giving a shout out to many more of you as the weather turns cooler and race season gets underway! Send in your "feets" **via email** or via the **BTC website link**.

Let's share the #BTCLove!

Congratulations to **BTC USATF Representative Charles Amos Thompson** who recently won five gold medals at the June 17, 2017 Alabama Sports Festival track meet in the 70-74 age group category. Charles competed at the 100m (18.96), 200m (41.90), 400m (1:52.15), 800m (4:34.40) and 1500m (9:05.91) distances. What an inspiration -- Congratulations, Charles!

BTC EXECUTIVE BOARD MEETING July 10, 2017

Attendance: Brian Atkins, Kim Benner, Vicky Brakhage, Darrell Gibson, Alan Hargrave, Monica Henley, Alex Morrow, Julie Pearce, Charles Thompson, Trey Whitt, Scott Wood, as well as guests Chris Gilliand, David Gotlieb and Jeremy with DG Racing and Anna Martin and Amy Cowling with Magic Moments.

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

The minutes of the June meeting were approved unanimously, on Trey Whitt's motion, as seconded by Scott Wood.

PHOTOGRAPHY (CHRIS GILLIAND): Chris Gilliand of Chris G Photo has offered to do professional race photography for BTC races at no cost to the BTC. He handled photography at Peavine as a test run; this seemed to go well. He proposes a similar arrangement for future BTC races, at a cost of $250 per race (although he would continue to handle Peavine at no charge). Photos would be available on a searchable (by bib number) website for easy viewing and available for purchase at a cost of $7.99 each, with the BTC receiving a percentage of the proceeds from photos purchased. Alan mentioned that RunSignUp also has a new photo platform that we can investigate further as well. Monica made a motion that we use Chris G Photo as the official race photographer for the Vulcan Run under this arrangement; motion was seconded by Brian. Approved unanimously. We can reevaluate future races after the Vulcan Run.

BHM262: David Gotltieb and Jeremy with DG Racing, along with Anna Martin and Amy Cowling of Magic Moments, gave a presentation about the new marathon and half marathon in Birmingham on April 15, 2018 to benefit Magic Moments, a non-profit that grants wishes to terminally ill children in Alabama. The course is designed to showcase the city of Birmingham and will be focused on the children Magic Moments serves. They already have lots of support from corporate sponsors and would like the BTC to be involved. They are offering the BTC sponsorship of the Expo (a $5,000 sponsorship) at no cost, in exchange for BTC involvement in helping to recruit running related vendors, assisting with Expo logistics (where to place vendors, shirt design, etc.) and providing volunteers. BTC can staff a water stop as well (fee waived), and BTC members will be offered a discount on race registration. The race organizers are very receptive to BTC feedback regarding what we would like to see at a race. Following the presentation and a lengthy discussion, Alan Hargrave made a motion to accept the proposal to be a title sponsor for the expo and a partner for the race at no cost to the BTC. Vicky Brakhage seconded the motion, which was approved by a majority with one "no" vote from Charles Thompson.

PEAVINE RUN RECAP (ALEX MORROW)
Thanks to Brian Atkins for his work as assistant race director. The Race had 551 registrants and 479 finishers, which was on par with past years. Expenses were down this year. No major issues – only one minor injury.

VULCAN RUN (SCOTT WOOD)
Allison Stone has presented a preliminary budget, but we need clarification on several items. Due to the short timelines and upcoming deadlines, the budget will be circulated to the board upon receipt and if appropriate, a motion will be made via email for approval.

MEMBERSHIP REPORT (VICKY BRAKHAGE)
Emails have been sent to members whose memberships have expired since January. We currently have 1,005 members (-180 from same time last year). Vicky and Loren Traylor have spoken about making our next BTC social a membership drive. Brian suggested a referral system for members who refer new members.

FINANCIAL REPORT (TREY WHITT)
Trey will have a financial recap for Peavine after all bills are paid and receipts are in. Financial report circulated for review. Largest expenditures this month have been for Peavine. The 5K Challenge has brought in almost $765.

VOLUNTEERS (KIM BENNER)
Kim will reach out to Jeff Martinez about the BTC water stop for Retro Run.

USATF (CHARLES THOMPSON)
The Birmingham City Schools will host a track meet on Saturday, July 15 at Carver High School.

NEWSLETTER (JULIE PEARCE)
July 24 is the deadline for the August issue.

OTHER
Alan Hargrave
This is the 10th year for the 1200 Mile Club

Other upcoming events:
July 29 – Trak Shak Twilight 5K Retro Run (Race #2 in the Summer Sizzling 5K Series)
August – Potential membership "open house"
October -- Social with the Vulcan Tri Club
November 4 -- Vulcan Run

The meeting was adjourned at 7:45 pm. Our next board meeting is on August 14, 2017.

Addendum: A revised/updated Vulcan Run budget was circulated to the Executive Committee for review on August 5, along with a motion to approve same by Monica Henley. The motion was seconded by Scott Wood and approved unanimously by the Executive Committee without further discussion.

1200 MILE CLUB

Cumulative miles submitted through August 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	746
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	R	780
Baggett, Christopher	R	127
Barnes, Jimmie	2	696
Bartee, Samm	1	856
Bass, Andy	1	638
Beasley, Cathy	R	750
Belcher, Michelle	4	993
Benner, Kim	4	836
Benson, Kip	R	0
Bittle, Anna Marie	R	649
Black, Dylan	1	418
Boackle, Larry	1	0
Boackle, Tomie Ann	1	341
Boger, Joe T	R	746
Bonatz, Ekkehard	8	1,015
Booher, Lisa	5	809
Boswell, Ryan	R	763
Bowman, Brian	R	0
Bowman, Leisha	R	21
Bradley, Lee	R	0
Brakhage, Victoria	1	441
Bridwell, Hunter	R	0
Bromstad, Murray	1	700
Broome, Mary	R	456
Brown, Charlie	5	820
Brown, Dana	R	0
Brown, Michael	3	445
Brown, Sean	3	679
Bryant, David	3	950
Burks, Ross	R	852
Caine, Lawrence	R	749
Callahan, Chris	R	761
Callahan, Rachel	2	905
Carey, Christopher	3	827
Carlton, Bob	2	854
Carter, Adrienne	R	520
Casey, Barry	2	459
Chadha, Jennifer	R	761
Chambers, Gay	R	790
Chandler, Teresa	7	788
Cirilli, Katerina	R	357
Clarkson, Roy	R	285
Clay, Brad	9	969
Clayton, Yocunda	2	688
Clemons, Sam	1	0
Cleveland, Jeff	R	797
Cliett, Stephanie	2	1,053
Clowers, Addison	3	1,347
Collins, Helen	1	367
Collins, Nathan	R	0
Connors, Michael	R	210
Constant-Jones, Michelle	R	0
Cornelius, Jeff	R	446
Corrie, David	1	810
Corrin, LaRonda	R	472
Corrin, Roger	1	693
Crain, Teresa	1	423
Cramer, Robyn	R	317
Cramer, Steve	R	121
Crawford, Allen	1	740
Crawford, Kimberly	1	581
Crowson, Bill	1	953
Crumpton, Dan	3	954
Crumpton, Melinda	R	423
Cuthbert, Misty	R	706
Cutshall, Hannah	R	902
Darville, Nathaniel	2	1,362
Davidson, Dow	R	180
Dease, Joseph	1	1,065
Dease, Katherine	2	858
Deering, Anna Katherine	R	0
Deering, Chris	R	120
Dell'Italia, Pat	1	776
Denton, Matt	4	1,071
Deuel, Jan	R	670
Dortch, Cherie	6	332
Dowling, April	R	756
Duke, Cindy	1	774
Dunnaway, Roberta	1	657
Easterling, Natalie	1	620
Edge, John	1	611
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	3	416
Fontenot, Misty	R	758
Franklin, Shane	5	804
Frederick, Winston	8	1,054
Freeman, Sheila	R	689
Gann, Michael	6	1,269
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	103
Goode, Johnny	7	718
Graham, Jonathan	R	18

1200 MILE CLUB

Participant	Years	Total
Grammas, Marianthe	1	1,219
Graves, Brady	R	54
Grossmann, Christopher	5	532
Gullapalli, Satya	3	532
Haley, Jay	1	613
Hall, Thomas	R	662
Halperin, Dave	3	0
Haralson, Danny	8	649
Haralson, Micki	9	746
Harbison, Brookie	1	547
Hargrave, Alan	9	510
Harley, Charlotte	R	375
Harrelson, Heather	3	886
Harris, Ashley	R	512
Harris, Robert	R	511
Harris, Vickie	1	791
Harrison, Lisa	5	945
Harry, April	R	724
Hathorne, Chad	R	146
Havicus, Cari	1	458
Hayden, Brittany	R	671
Heaton, Bryan	3	1,297
Henley, Monica	3	973
Henninger, Alison	2	707
Hightower, Rylie	R	6
Hill, Susan	3	588
Hill, Tucker	2	0
Hogeland, Angie	1	374
Hogue, Kari	R	276
Holmes, Chris	R	452
Hoover, Alison	5	0
House, Beth	4	714
Hubbard, Stephanie	R	340
Huff, Anne	R	1,141
Hunter, Bob	R	516
Ingle, Brandon	R	296

Participant	Years	Total
Ingram, Joseph	4	291
Izard, Georgia	1	800
Izard, Melody	2	888
Jefferson, Tracy B.	1	647
Jenkins, Kaki	3	1,000
Johnson, Christy	R	0
Johnston, Latta	1	660
Joseph, Jeremy	R	0
Kearley, Christy	1	352
Kearley, David	R	559
Kearley, Stephen	1	654
Keefer, Herb	1	835
Kelley, Robin	3	0
Kemper, Tricia	2	981
Kendrick, Tom	R	29
Kile, Shelby	R	492
Kirchmer, Shannon	R	752
Knight, Diane	2	474
Kuhn, Jimmy	10	1,334
Kulp, Loren	1	1,118
Lahti, Tyler	R	871
Laird, Audrey	2	939
Langston, Aaron	2	455
Langston, Richard	4	654
Lauderdale, Beth	R	718
LeCroy, Sarah	R	1,075
Lee, Koren	R	739
Leopard, Don	1	0
Lockett, Janet	R	385
Long, Kristin	R	0
Lyle, Randy	8	528
Lyles, Chris	1	0
Madison, James	R	767
Malick, David	3	840
Mandy, Madeline	R	744
Massey, Christopher	R	731

Participant	Years	Total
McCombs, Chris	R	317
McNair, Kelly	3	986
McTune, Mark	4	318
McVey, Simon	2	788
Melvin, Robby	R	0
Merry, Vicki Sue	5	1,653
Mickens, Cassandra	1	587
Millsap, Lanier	2	545
Misch, Julie	R	0
Miyasaki, Nathan	1	905
Morgan, Cary	7	1,945
Morgan, Danielle	5	431
Morgan, Phillip	7	560
Morris, Gordon	R	784
Morris, Heather	R	724
Morris, Justin	3	1,122
Morris, Phil	R	282
Morrow, Alex	6	957
Mote, Darrell	1	543
Mount, Brian	R	788
Murchison, Reginald	4	1,347
Murphy, Amy	R	121
Nagy, Lisa	1	373
Nichols, Jessica	R	484
Northern, Kristie	7	892
Obrien, Ebony	R	0
Oehrlein, Kimberly	R	448
Oliver, Greg	4	1,290
Oliver, John	2	705
Orihuela, Carlos	1	603
Ortiz, Amber	R	480
Padgitt, Scott	R	819
Paradiso, Michelle	1	319
Parks, Charlie	4	1,390
Parks, Melinda	R	188
Pate, Lisa-Marie	1	0

1200 MILE CLUB

Participant	Years	Total
Pavey, Cecil	R	0
Payson, Tabitha	R	409
Payson, Tommy	1	656
Peagler, Shana	5	515
Pearce, Julie	5	283
Pearson, Blake	3	404
Pearson, Mary Scott	2	622
Pelkey, Lauren	R	288
Penley, Steve	1	292
Peters, Scott	1	394
Plante, David	4	600
Poole, Greg	1	563
Portwood, Paul	2	564
Ralph, Meghan	2	984
Randall, Lisa	5	579
Renn, Deanna	1	784
Richards, Amy	R	245
Richardson, William	2	790
Roberson, Kevin	2	848
Roberts, Fletcher	2	746
Robinson, Niki	R	52
Robinson, Rod	R	587
Rocha, Roger	3	846
Rodgers, Jessica	R	271
Rogers, Tammy	1	366
Roper, Lynn	R	747
Rose, Billy	2	1,157
Rosser, Joey	R	874
Routman, Cynthia	1	581
Rutherford, Keith	9	976
Rutledge, Lisa	2	180
Ryan, Meaghan	1	611
Sanchez, Melissa	R	609
Schaefer, Todd	2	828
Schonhoff, Aubrey	R	390
Schor, Mike	1	1,150
Secor, Debi	1	1,114
Seeley, Mimi	R	75
Shaffield, Danny	3	1,170
Shaffield, Mitzi	1	481
Sheppard, Gretchen	2	574
Sherer, Jeremy	R	747
Shinn, Ronald	6	310
Shirley, Scott	4	1,285
Sides, Dean	2	778
Silwal, Suman	6	0
Simpson, Kevin	4	1,602
Sims, Cecelia	R	625
Sims, Robert	3	1,060
Sloane, Mike	2	640
Smith, Jerry P.	9	700
Smith, Justin	R	316
Snow, Sheri	1	870
Spears, Kari	R	291
Stark, Patrick	R	567
Stevens, Johnathon	1	1,282
Stockton, Rick	9	610
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	336
Talley, Beau	4	1,162
Talley, Shellie	R	795
Talley, Sydney	R	591
Thomas, Eric	4	369
Thornton, Dean	5	475
Trimble, Jamie	2	916
Tyler, Kim	R	463
Varnes, Vickie	3	1,117
Walker-Journey, Jennifer	2	682
Walker, Caroline	1	553
Wall, Ron	3	372
Watkins, Janet	1	771
Watson, Thomas	R	802
Watters, Robert	2	520
Wayman, Meghan	1	1,619
Weber, Amy	1	563
Weber, Lauren	R	629
Weeks, Lance	R	797
Wells, Bradley	1	577
Wende, Adam	2	844
Whillock, Amber	R	220
White, Dennis	R	301
White, Robin	R	0
Whitt, Trey	3	931
Wilhite, Thomas	1	766
Williams, Avis	1	0
Williamson, Chad	2	844
Windle, Dale	2	764
Wiseman, Steve	2	848
Wood, Scott	1	990
Woody, Bill	8	799
Wright, Amy	1	388
Wu, Xing	7	1,002
York, Gary	4	1,309
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	509
Zehnder, Justin	6	870

BTC Membership application

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

First Name:

Last Name:

Street:

City:

State: Zip: Birthdate:

Cell:

e-mail:

Family member	e-mail:	Phone:	Born	Gender:
2.				M F
3.				M F
4.				M F

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waiver 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
	August 12, 2017	6:00 a.m.
Historic Lincoln Alabama Run/Walk	August 12, 2017	7:30 a.m.
A Midsummer Night's Run (Oneonta)	August 12, 2017	6:00 p.m.
BTC Board Meeting	August 14, 2017	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	August 19, 2017	6:00 a.m.
Save the O's 5K and 1 mile fun run -- BTC Discount Offered	August 19, 2017	8:00 a.m.
Just a Call Away 5K -- BTC Race Series Race	August 19, 2017	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	August 26, 2017	6:00 a.m.
Ridge to Blazing Ridge -- 20 mile and 10 mile -- BTC Discount Offered	August 26, 2017	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	September 2, 2017	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	September 9, 2017	6:00 a.m.
Race to the Courthouse	September 9, 2017	8:00 a.m.

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