



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

January 2018 1



RUNNING RESOLUTIONS: GO BIG OR GO HOME?

By Julie Pearce

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RUNNING RESOLUTIONS: GO BIG OR GO HOME?



This article is the first in a series about setting goals and achieving them. During the next few months, we will address the goal setting process and how to put yourself in the best position to reach your own goals. We also will provide expert advice and tools to help you address many running goals. Here's to a new year full of hitting those goals!

AS I WRITE THIS ARTICLE, THE CLOCK IS TICKING TOWARDS A NEW YEAR, AND THE TODAY SHOW IS ALREADY PROFILING THE “TOP RESOLUTIONS OF 2018” AND RATING THEM ON A SCALE OF “ACHIEVABILITY.” (INSERT EYE ROLL). AND LIKE MANY OF US, I FEEL THE NEED TO START MY LIST SO I’LL BE READY TO GO AT THE STROKE OF MIDNIGHT ON JANUARY FIRST.

Runners can be a competitive lot, no matter where we fit on the spectrum of speed or distance, and goal setting can be a huge part of improving our performance. But can some goals actually impede our success? How can we go about setting goals that ensure our best chance at success?

MAKE THE RIGHT RESOLUTION.

How often have you heard the old adage “go big or go home?” Lofty goals can push us, motivate us – and discourage us. Consider an incremental approach instead. Start small. In his article about how to use science to make resolutions stick, John Rampton cautions that the “go big or go home” mentality is rarely successful with New Year’s Resolutions – or any goal. Why? It’s too much, all at once. Instead, he suggests small and attainable goals that you can build on as they become a habit. For example, if your end goal is to qualify for Boston, you might start small by committing to cross-training twice a week to build strength or even committing to a more consistent sleep schedule. This approach provides a roadmap for success.

Local sports psychologist Dr. Richard Trammel describes using a “goal map” to lay out a big goal from inception to completion. A goal map is just that: a map showing the goal from inception to completion. Dr. Trammel advocates writing the goal on paper and posting it where it can be seen daily. As he described, “The act of writing it out can trigger the subconscious mind into serious action and not just hopeful thinking. Posting it reinforces the goal on a daily basis. This is called ‘Affirmational Goal Setting,’ and it is a way to program the subconscious mind into action.”

RUNNING RESOLUTIONS: GO BIG OR GO HOME?

So how does this work? Say you want to complete a marathon but have yet to complete a 5K. Saying “I want to run a marathon” is a goal, but not a realistic one just yet. The marathon is the last goal in the goal map. The first goal may be to train for 20 minutes four days a week, broken down into specific days, times to train, what to train, etc. Focusing only on the big goal (the marathon) can be detrimental because little setbacks can sabotage your incremental goals. Therefore, it is important to set daily, small goals and to accomplish them every day. Why? This builds confidence that we can achieve our goals on a consistent basis. We achieve something every day, even in the face of setbacks.

But what happens if you get injured or something interferes with your daily goal? Dr. Trammel reminds us to stay pliable and refrain from judging ourselves too harshly, knowing that these things can happen, and if they do, we will overcome them. When we do get off track, we should reset our daily goals to accommodate whatever derailed us. Maybe the sore knee that caused you to miss a couple of runs also gives you extra time to cross train or sleep, both of which are still important steps towards your big goal. Acknowledging the big goal can help us maintain focus and perspective, and knowing that you are doing something – no matter how small – towards that goal every day can be powerful.

Dr. Trammel describes a typical goal map as looking like an NCAA bracket. In our beginning marathoner example, the goal map starts with a smaller, incremental goal, say running for 20 minutes three times per week. Over a 60 day period or so, this incremental goal will change to running 30 minutes five times per week, adding a day of strength training, etc. He advocates keeping a log to monitor the progress of the intermediate goal to make sure it is reasonable (hello, Strava!). After the initial 60 days, it is important to measure the goal and your progress -- did you achieve your intermediate goal(s)? If not, why? Was the goal too lofty? Did the training not match the goal? Time to reevaluate and modify your plan. If you met your intermediate goal, it's time to set the next goal, and so on and so on.

Want to know more about setting a goal and making a goal map? Check out these resources:

Jason Fitzgerald,
[How to Set Ambitious \(But Realistic\) Running Goals.](#)

Jeff Gaudette,
[Setting Realistic Running Goals.](#)

Meb Keflezighi and Scott Douglas,
[How to Set Good Running Goals.](#)

Make your goals “**S.M.A.R.T.**” goals:

Specific
Measureable
Attainable
Realistic
Timely

NEED HELP SETTING
A SMART GOAL?
[CLICK HERE.](#)

Eventually, after achieving all of the intermediate goals on your plan, you will be ready to tackle the big goal because you have prepared over a period of time in training for it. Dr. Trammel notes that “if the training was properly mapped out, [you] can feel confident [you] will achieve that goal as well.” While the goal map is just a part of the plan, it does paint a picture for the subconscious mind to see on a daily basis. Seeing our daily achievements keep us motivated and moving forward. If the goal is too big, the mind can sabotage the big goal – this is why it is not smart to think too much about big outcomes. Thinking about training 20 minutes three days per week (or whatever the intermediate goal may be) is very doable and can make us feel as if we are moving in the right direction.

So here's your assignment for the coming month: Pick your go big or go home goal. Make a goal map – choose one or two (or three, if you must – we're a competitive lot, remember?) small things to change, to begin, or to stop doing. Write them down and share them with others. We'll fine tune these goals and build on our successes in the coming months.

And [drop me a line](#) -- let us know how you're doing and how the BTC can help you achieve your goals!

REFERENCES:

1. John Rampton, “8 ways You Can Use Science to Make Your New Year's Resolutions Stick,” December 9, 2016, www.entrepreneur.com/article/286254 (accessed 12.29.17).
1. Dr. Richard Trammel, Sports Psychology Consultant, Level 3 Sports, LLC, www.Level3Sports.com

2018

BIRMINGHAM

WINE 10K

wine10k.com

MARCH 03

\$3,000 in PRIZE MONEY



Meet New York Times best-selling author, Elyse Kopecky race weekend for a special meet and greet, book signing and cooking demonstration from her book, "Run Fast. Eat Slow"



10% off
for BTC
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**RUN
FAST.
EAT
SLOW.**
NOURISHING RECIPES FOR ATHLETES
BY ELYSE KOPECKY

PRESIDENT'S ADDRESS

By Monica Henley



Hello, BTC!

Happy New Year and welcome to 2018! Another year has come and gone, but with the start of a new year, excitement builds, resolutions are made, goals are set, and everything seems possible. And it also is time to start a new chapter in this club. I am writing my very last President's Address, which is bittersweet. I have loved being part of this wonderful group serving in many capacities. Little did I know when I took over as Long Run Coordinator in 2014 that I would end up serving as your President. It has been an honor representing our members in the community.

Before I step down there are a couple of more things to do. January 20 brings the first race in the BTC Race Series, Adam's Heart Runs. And at last, we have the **BTC ANNUAL PARTY!** I hope you will join us on January 27 at SoHo Social for what is going to be an amazing time! It is at this party that we recognize outstanding contributors to the BTC by way of the Dr. Arthur Black/Rick Melanson Award for Outstanding Member, and the Randy Johnson/Danny Haralson Award for Outstanding New Member. If you would like to nominate a member for one of these prestigious awards, please [email me](#).

We also will be awarding the coveted 1200 Mile Club jackets to those BTC members who have achieved this milestone for the first time in 2017. In

addition to all of the fun and awards, the BTC will elect officers to lead our club for 2018. The BTC will put forth a slate of officers recommended by our Nominating Committee and approved by the BTC Board of Directors, but all nominations are welcome and will be received from the floor the night of the event.

I will remain on the Board of Directors as Past President, as we elect a new President and slate of officers at the Annual Party. That means my good friend Alex Morrow will be rolling off of the Board after seven years of service (two years as Marketing Chair, two years as Vice President, two years as President, and one year as Past President). That amounts to many hours of volunteer time and devotion to the BTC. Thank you, Alex!

I want to give a huge shout out to all of the board members and committee members along with everyone who volunteered with the BTC throughout 2017. Without you, we could not accomplish what we do.

Happy Running in 2018!

Monica Henley | BTC President

BTC Annual Party!

**Soho Social
Homewood
January 27, 2018
6 p.m. until**

**Tickets are \$25
(\$15 for current BTC members)**

**Click here to join or
renew your membership!**

Food * Drinks * Dancing * Awards

*Click to
**JOIN
US!***



BIRMINGHAM TRACK CLUB PRESENTS



ADAM'S HEART RUNS

→ **JANUARY 20**

→ **10K &
10 MILE**

REGISTER AT [RUNSIGNUP.COM](https://runsignup.com)

2017 Officers



President

Monica Henley

president@birminghamtrackclub.com



Treasurer

Trey Whitt

treasurer@birminghamtrackclub.com



Vice-President

Scott Wood

vicepresident@birminghamtrackclub.com



Secretary

Julie Pearce

secretary@birminghamtrackclub.com



Past-President

Alex Morrow

pastpresident@birminghamtrackclub.com

BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Moderate Group Coordinator
Medical Director
Social Chair
Marketing/Social Media
Membership
Membership Benefits
Merchandise
"The Vulcan Runner" Newsletter
Japan Exchange Program

1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

Webmaster
IT Chair
USATF Representative

Lauren Weber	parliamentarian@birminghamtrackclub.com
Alex Morrow	longruns@birminghamtrackclub.com
Dr. Cherie Miner	moderateruns@birminghamtrackclub.com
Jennifer Andress	medical@birminghamtrackclub.com
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Brian Atkins	marketing@birminghamtrackclub.com
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Julie Pearce	benefits@birminghamtrackclub.com
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Dean Thornton	finishline@birminghamtrackclub.com
Alan Hargrave	finishline@birminghamtrackclub.com
Charles Thompson	webmaster@birminghamtrackclub.com
	itchair@birminghamtrackclub.com
	usatfrep@birminghamtrackclub.com

BTC Race Directors

Adam's Heart Run
Statue 2 Statue
Peavine Falls
Vulcan Run

Lisa Booher	adamsheart@birminghamtrackclub.com
Judy Loo	statue2statue@birminghamtrackclub.com
Brian Atkins	peavinefalls@birminghamtrackclub.com
Scott Wood	vulcan@birminghamtrackclub.com
Allison Stone	Vulcan Run Race Consultant

BTC Mission Statement

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

Contact BTC at:

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

Race Results

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

birminghamtrackclub.com
championship-racing.com



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Amy Lynne Adams

Wayne Benson

Kaki Blanton

Stan Blanton

Joe Boger

Rob Brewer

Danielle Brown

Kelsey Burton

Jennifer Cawley

Chris Colpack

Joshua Deason

John Edge

Brandon Ellis

Debbie Evans

Raley Fountain

Leann Fraka

Justin Gaither

Greg Greaves

Rosemary Greaves

Christopher Grossmann

Angela Harris

Keith Harris

Kelly Holbert

Anne Huff

Desirae Janowiak

Dawn Kane

Michael Kane

Claire Kuhn

Jimmy Kuhn

Heather Lee

Simmons Lyons

Nicole McCarthy

Christopher Michel

Nathan Miyasaki

Reginald Murchison

Scott Padgitt

Kelsee Painter

Tracey Roberts

Parker Robinson

Robert Roche

Laura Schillinger

Cecelia Sims

Erica Speegle

Jason Sweatt

Mark Targe

Christopher Vaden

Ruth Vanzandt

Jim Wallis

Laura Wallis

Lindsey Warren

Robb Williams

Vance Wooten

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!**

THE BTC RACE SERIES RETURNS FOR 2018!



PEAVINE FALLS RUN



SIGN UP AND SAVE!

MEDICATION AND MILES

Stomping the Steroid Strife

By Charlie Johnson, PharmD Candidate, Katie Greenhill, PharmD Candidate; Kim Benner PharmD, BCPS

Corticosteroids-often referred to as “steroids” - are manufactured compounds designed to act like cortisol, a naturally-produced hormone in our bodies. These corticosteroids are different than the types of illegal steroids that are too frequently abused in sports. Instead, corticosteroids are used to treat various medical conditions such as asthma, skin reactions, sinus and respiratory infections, swelling problems, and prevention of organ transplant rejection. They work to reduce inflammation in the body and relieve pain.

Corticosteroids come in oral (see Table 1), inhaled, injectable, and topical forms. However, in this article we will focus on oral steroids and how they affect our bodies in general and when we exercise.

Cortisol is often called the “stress hormone” because of its connection to our bodies’ natural stress response. This hormone is released from our adrenal glands, which sit on top of our kidneys. Our bodies release cortisol during stressful times, which cause an increase in blood sugar, help regulate metabolism, and reduce inflammation. These reactions help prepare our bodies for the natural “fight or flight response”.



As corticosteroids are made to mimic cortisol, we can expect that the corticosteroid medication will have similar effects on our body. Some patients experience side effects such as a fast heart rate, higher than normal blood pressure, difficulty sleeping, headache, and increased appetite. Although these side effects may be bothersome, corticosteroids are typically only taken for short periods of time (such as a few days to a week or so). If these medications are taken over long periods of time (months to years), additional effects may occur. These may include weight gain, stomach ulcers, bone fractures, muscle pain, or infections. Despite the potential side effects, there are ways to help manage them as they happen (Table 2).

Along with the possible side effects, it is important to be mindful of how corticosteroids affect exercise. The ability of corticosteroids to increase heart rate can cause your heart rate to be higher than it typically is during exercise. Additionally, as corticosteroids work by reducing inflammation, they may cover up regular aches and pains that you could have after exercise. Be sure to take proper care of your body before and after physical activity by warming up before, stretching after,

Table 1:

COMMONLY AVAILABLE ORAL CORTICOSTEROIDS

Brand Name	Generic Name
Hydrocortisone	Cortef
Prednisone	Deltasone
Prednisolone	Orapred, Millipred
Methylprednisolone	Medrol
Dexamethasone	Decadron, DexPak, LoCort, ZonaCort

CONTINUED ON NEXT PAGE

MEDICATION AND MILES

Stomping the Steroid Strife

Table 2:
**MANAGEMENT STRATEGIES
FOR CORTICOSTEROID SIDE EFFECTS**

Short Term Effects	Management Strategies
Difficulty falling asleep	Don't take corticosteroids within a few hours of bedtime
Upset stomach	Take with food
Elevated blood sugar	Eat a healthy diet limiting carbohydrate intake
Weight gain	Count your calories and exercise at least 30 minutes a day
Mood changes	Inform friends/family/support system about the possible side effect so they can help you recognize any behaviors that are out of character
Increased blood pressure	Eat a low sodium diet and exercise daily
Long Term Effects	Management Strategies
Eye problems	If you have cataracts or glaucoma alert your eye physician. Extra check ups may be needed
Hardening of arteries	Follow a heart healthy lifestyle: low fat diet, regular exercise, and stress management.
Bone Fractures	Take a daily calcium supplement. Foods high in calcium and vitamin D can be beneficial for maintaining strong bones
Decrease our body's immune system function	Stay up to date with all vaccines. Use proper hand hygiene technique

and drinking plenty of water throughout the day. If you are taking corticosteroids for long periods of time, you may experience muscle or joint pains from the medication that may not be associated with exercise. Always make sure to talk to your physician or pharmacist if you experience anything out of the ordinary while taking corticosteroids.

In summary, corticosteroids are not drugs of abuse like other steroids we may hear about in the media. While they can be associated with many side effects, particularly when used long term, they are typically used for short durations for acute management of different disease states. Steps can be taken to minimize these effects. Therefore, with due diligence, it is acceptable to continue running or exercising while taking corticosteroids, as long as your physician approves.

BTC Annual Party

January 27, 2018

**Click here to
purchase tickets**



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 Merchandise

By popular demand, the BTC has a fresh supply of the Arthur Black BTC logo shirts – these retro shirts sell out every time we offer them, so place your orders soon! Email [BTC Merchandise Chair Tabitha Payson](mailto:BTC_Merchandise_Chair_Tabitha_Payson) to order your Arthur Black shirts or other merchandise.

We will be placing orders for fall BTC merchandise soon. How would YOU like to sport your BTC pride? Long sleeved tech shirts? Hoodies or sweatshirts? Maybe a new logo magnet for your car? Whether you have a favorite color, brand or item, we welcome your input! Please [email your ideas to Monica Henley](mailto:monica@birminghamtrackclub.com) for consideration.



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.

BTC Race Discounts

BTC Members receive lots of discounts, including race discounts.

To access these discounts, please follow these steps:

1. Visit the BTC RunSignUp Members Only page: <https://runsignup.com/Club/BirminghamTrackClub/Page-2>
2. Sign in using the email you used to join the BTC.
3. Access the discount codes to enjoy fabulous discounts on races!

Having trouble? Please [email us](mailto:monica@birminghamtrackclub.com) for assistance.

RRCA UPDATE



Nominations for the RRCA's 2018 National Running Awards are now open. Awards are given in many categories; please [click here](#) to read more about the different award categories and to nominate a deserving BTC member. Award winners will be announced during the 2018 RRCA 60th Anniversary Celebration Dinner, which will take place during the RRCA National Convention, April 5-8, 2018.

The 2018 Convention will be held in Washington, D.C. to coincide with the Credit Union Cherry Blossom 10 Mile Run and 5K Run-

Walk race. The first 300 paid RRCA Convention attendees will receive guaranteed entry into this popular race, which has a lottery admission. Any RRCA member can attend the RRCA Convention – not only does the Convention provide great resources for race directors and club leadership, it also is a valuable resource for members who want to become more involved with their local clubs. [Read more or register here.](#)

Moderate Distance Run Group

As we kick off training for the Mercedes Marathon and Half Marathon, the Moderate Run Group will be joining the BTC Long Run Group for weekly long runs. We hope this change will give the groups more chances to interact, and the variety of distances will be appealing to many members. Sign up for the Moderate Group FB page by searching for "BTC Saturday Morning Moderate Distance Run."

If you have an interest in serving as the BTC's new Moderate Run Coordinator, please [email Monica Henley](#). Duties include coordinating 5-7 mile routes on Saturday mornings and coordinating water stops, which often overlap the Long Run Training Groups stops. Two people could share this role easily, so grab a friend and volunteer, if you'd like!



Subscribe to *The Vulcan Runner*

Have you enjoyed this issue of *The Vulcan Runner*? If you are not currently receiving issues in your email inbox, you can subscribe today -- The BTC website page now has a link on the homepage – click on the "Sign up for Email" icon in the menu on the left side of the page, or [click here](#).

And while you do not need to be a BTC member to stay in the know with *The Vulcan Runner*, why miss out on all of the fabulous perks of BTC membership? Read more on page 12 of this issue, or [click here to join!](#)



WHY RUN IN MAEBASHI?

Last spring, BTC members Sam Clemons, Mike Sloane, and Tabitha and Tommy Payson traveled to Maebashi, Japan to participate in the **Maebashi Shibukawa City Marathon** as part of the City of Birmingham's Sisters Cities program with the City of Maebashi. You can read more about their amazing experience in the [June 2017 issue of The Vulcan Runner](#).

Following are Tabitha Payson's "Top Three" reasons to run in Maebashi this year.

1. Um, hello. . .JAPAN?

When will you have another chance to visit Japan? The beautiful landscape of the country, the immense historical culture, and an opportunity to indulge in one of the top-rated cuisines in the world are just a few of the many reasons to take part in this trip.

2. Impeccable Hospitality and Friendliness

Let me guess, you don't speak, read, or understand Japanese? Maybe you're nervous about traveling across the globe? Don't be! You will have hosts to guide you every step of the way. The Japanese hosts will pick you up from the airport, take you to your hotel, to dinner, to the marathon, and to some of the most interesting and beautiful excursions you will ever experience. What better way to explore an unfamiliar city than with those who know it best. You will be their honored guests, and they do an outstanding job to make sure you are comfortable and enjoy your stay.

3. The Race

Get ready for 26.2 (or 6.2) miles of majestic rolling hills with blooming cherry blossom trees. Don't forget the thousands of volunteers, and unbelievable crowd support. At the end of the marathon, you get a special surprise (I'm not going to spoil it for you), but you will definitely want to display in your home!

To sum it up, this trip is an actual once-in-a-lifetime opportunity, and you will never forget it.

Ready for your own once-in-a-lifetime experience? [Email BTC Japan Run Coordinators Tabitha and Tommy Payson](#) for more information or to apply. Applications are due January 20, 2018, so don't delay! The 2018 races take place on April 23, 2018.

Details to Know



You must be a current BTC member to participate



Participants are responsible for airfare to Tokyo and meals



The marathon has a six hour time limit (no time limit for other races)



To be considered as a BTC representative, submit a short essay about why you would like to participate and how your trip will benefit you and the running community. **Essays are due by January 20, 2018.**



1200 MILE CLUB

Cumulative miles submitted through December 31, 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	1,108
Anderson, Adrianna	R	106
Anderson, Kerri	1	1,175
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	1	1,247
Baggett, Christopher	R	127
Barnes, Jimmie	3	1,343
Bartee, Samm	2	1,262
Bass, Andy	1	638
Beasley, Cathy	1	1,303
Belcher, Michelle	5	1,341
Benner, Kim	5	1,423
Benson, Kip	R	0
Bittle, Anna Marie	R	1,058
Black, Dylan	1	627
Boackle, Larry	1	0
Boackle, Tomie Ann	1	341
Boger, Joe T	1	1,201
Bonatz, Ekkehard	9	1,812
Booher, Lisa	6	1,423
Boswell, Ryan	1	1,238
Bowman, Brian	R	0
Bowman, Leisha	R	138
Bradley, Lee	1	1,378
Brakhage, Victoria	1	924
Bridwell, Hunter	R	0
Bromstad, Murray	1	700
Broome, Mary	R	680
Brown, Charlie	6	1,289
Brown, Dana	R	0
Brown, Michael	3	1,050
Brown, Sean	3	1,157

Participant	Years	Total
Bryant, David	4	1,565
Burks, Ross	1	1,241
Caine, Lawrence	R	1,144
Callahan, Chris	R	1,161
Callahan, Rachel	3	1,309
Carey, Christopher	4	1,629
Carlton, Bob	3	1,533
Carter, Adrienne	1	1,209
Casey, Barry	2	675
Chadha, Jennifer	1	1,232
Chambers, Gay	1	1,228
Chandler, Teresa	8	1,359
Cirilli, Katerina	R	357
Clarkson, Roy	R	832
Clay, Brad	10	2,244
Clayton, Yocunda	3	1,285
Clemons, Sam	1	0
Cleveland, Jeff	1	1,371
Cliett, Stephanie	3	1,613
Clowers, Addison	3	1,982
Collins, Helen	1	670
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	1,090
Crain, Teresa	1	1,076
Cramer, Robyn	R	629
Cramer, Steve	R	175
Crawford, Allen	2	1,402
Crawford, Kimberly	1	1,035

Participant	Years	Total
Crowson, Bill	2	1,591
Crompton, Dan	4	1,529
Crompton, Melinda	R	642
Cuthbert, Misty	R	1,146
Cutshall, Hannah	1	1,414
Darville, Nathaniel	2	1,847
Davidson, Dow	R	603
Dease, Joseph	2	1,803
Dease, Katherine	3	1,631
Deering, Anna Katherine	R	0
Deering, Chris	R	120
Dell'Italia, Pat	2	1,210
Denton, Matt	5	1,830
Deuel, Jan	R	1,100
Dortch, Cherie	6	735
Dowling, April	R	1,175
Duke, Cindy	2	1,239
Dunnaway, Roberta	2	1,262
Easterling, Natalie	1	1,187
Edge, John	1	960
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	4	1,249
Fontenot, Misty	1	1,206
Franklin, Shane	6	1,307
Frederick, Winston	9	1,850
Freeman, Sheila	R	1,103
Gann, Michael	6	1,973
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	103
Goode, Johnny	8	1,496
Graham, Jonathan	R	18

1200 MILE CLUB

Participant	Years	Total
Grammas, Marianthe	1	2,019
Graves, Brady	R	54
Grossmann, Christopher	5	1,159
Gullapalli, Satya	3	762
Haley, Jay	1	1,124
Hall, Thomas	R	1,057
Halperin, Dave	3	0
Haralson, Danny	8	1,061
Haralson, Micki	10	1,395
Harbison, Brookie	1	547
Hargrave, Alan	10	1,268
Harley, Charlotte	R	375
Harrelson, Heather	4	1,480
Harris, Ashley	R	883
Harris, Robert	R	874
Harris, Vickie	1	1,141
Harrison, Lisa	6	1,544
Harry, April	1	1,228
Hathorne, Chad	R	567
Havicus, Cari	1	540
Hayden, Brittany	1	1,464
Heaton, Bryan	3	2,297
Henley, Monica	4	1,350
Henninger, Alison	2	1,160
Hightower, Rylie	R	6
Hill, Susan	3	1,131
Hill, Tucker	2	0
Hogeland, Angie	1	607
Hogue, Kari	R	276
Holmes, Chris	R	1,075
Hoover, Alison	6	1,318
House, Beth	4	1,190
Hubbard, Stephanie	R	340
Huff, Anne	R	1,141
Hunter, Bob	R	1,129
Ingle, Brandon	R	296

Participant	Years	Total
Ingram, Joseph	4	1,038
Izard, Georgia	2	1,419
Izard, Melody	3	1,414
Jefferson, Tracy B.	1	992
Jenkins, Kaki	4	1,647
Johnson, Christy	R	0
Johnston, Latta	1	1,133
Joseph, Jeremy	R	0
Kearley, Christy	1	594
Kearley, David	R	1,086
Kearley, Stephen	1	1,140
Keefer, Herb	2	1,247
Kelley, Robin	3	0
Kemper, Tricia	3	1,548
Kendrick, Tom	R	29
Kile, Shelby	R	651
Kirchmer, Shannon	1	1,422
Knight, Diane	2	924
Kuhn, Jimmy	10	1,851
Kulp, Loren	2	1,945
Lahti, Tyler	1	1,357
Laird, Audrey	3	1,405
Langston, Aaron	2	1,150
Langston, Richard	4	1,168
Lauderdale, Beth	1	1,331
LeCroy, Sarah	1	1,532
Lee, Koren	1	1,280
Leopard, Don	1	0
Lockett, Janet	R	932
Long, Kristin	R	0
Lyle, Randy	9	2,124
Lyles, Chris	1	0
Madison, James	R	1,157
Malick, David	4	1,266
Mandy, Madeline	1	1,227
Massey, Christopher	R	1,140

Participant	Years	Total
McCombs, Chris	R	654
McNair, Kelly	4	1,541
McTune, Mark	4	318
McVey, Simon	2	1,139
Melvin, Robby	R	0
Merry, Vicki Sue	5	2,692
Mickens, Cassandra	2	1,252
Millsap, Lanier	3	1,245
Misch, Julie	R	0
Miyasaki, Nathan	2	1,775
Morgan, Cary	7	3,136
Morgan, Danielle	5	719
Morgan, Phillip	7	876
Morris, Gordon	R	988
Morris, Heather	R	1,083
Morris, Justin	4	1,583
Morris, Phil	R	282
Morrow, Alex	7	1,636
Mote, Darrell	1	695
Mount, Brian	1	1,310
Murchison, Reginald	4	2,153
Murphy, Amy	R	121
Nagy, Lisa	1	988
Nichols, Jessica	R	675
Northern, Kristie	8	1,430
O'Brien, Ebony	R	0
Oehrlein, Kimberly	R	766
Oliver, Greg	4	1,948
Oliver, John	3	1,389
Orihuela, Carlos	1	668
Ortiz, Amber	R	705
Padgitt, Scott	1	1,382
Paradiso, Michelle	1	846
Parks, Charlie	4	2,228
Parks, Melinda	R	541
Pate, Lisa-Marie	1	0

1200 MILE CLUB

Participant	Years	Total
Pavey, Cecil	R	0
Payson, Tabitha	R	409
Payson, Tommy	1	1,107
Peagler, Shana	5	515
Pearce, Julie	5	630
Pearson, Blake	3	475
Pearson, Mary Scott	2	622
Pelkey, Lauren	R	1,083
Penley, Steve	1	375
Peters, Scott	1	1,199
Plante, David	4	1,088
Poole, Greg	1	680
Portwood, Paul	2	976
Ralph, Meghan	3	1,539
Randall, Lisa	5	1,147
Renn, Deanna	2	1,339
Richards, Amy	R	245
Richardson, William	3	1,318
Roberson, Kevin	3	1,263
Roberts, Fletcher	3	1,436
Robinson, Niki	R	52
Robinson, Rod	R	897
Rocha, Roger	4	1,271
Rodgers, Jessica	R	654
Rogers, Tammy	1	366
Roper, Lynn	1	1,207
Rose, Billy	3	1,571
Rosser, Joey	1	1,442
Routman, Cynthia	1	1,021
Rutherford, Keith	10	1,261
Rutledge, Lisa	2	566
Ryan, Meaghan	1	1,092
Sanchez, Melissa	R	1,190
Schaefer, Todd	3	1,549
Schonhoff, Aubrey	R	1,062
Schor, Mike	2	1,907

Participant	Years	Total
Secor, Debi	2	1,845
Seeley, Mimi	R	75
Shaffield, Danny	4	1,840
Shaffield, Mitzi	1	1,035
Sheppard, Gretchen	2	1,080
Sherer, Jeremy	R	1,158
Shinn, Ronald	6	731
Shirley, Scott	4	1,877
Sides, Dean	3	1,276
Silwal, Suman	7	1,555
Simpson, Kevin	4	2,197
Sims, Cecelia	R	1,146
Sims, Robert	4	1,665
Sloane, Mike	2	989
Smith, Jerry P.	9	1,137
Smith, Justin	R	420
Snow, Sheri	2	1,493
Spears, Kari	R	291
Stark, Patrick	R	631
Stevens, Johnathon	1	2,253
Stockton, Rick	10	1,274
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	336
Talley, Beau	5	1,696
Talley, Shellie	1	1,253
Talley, Sydney	R	836
Thomas, Eric	4	914
Thornton, Dean	5	1,012
Trimble, Jamie	3	1,570
Tyler, Kim	R	1,017
Varnes, Vickie	4	1,676
Walker-Journey, Jennifer	2	1,112
Walker, Caroline	1	553
Wall, Ron	3	1,128
Watkins, Janet	1	1,021

Participant	Years	Total
Watson, Thomas	1	1,342
Watters, Robert	2	1,138
Wayman, Meghan	1	2,370
Weber, Amy	1	761
Weber, Lauren	1	1,309
Weeks, Lance	1	1,276
Wells, Bradley	2	1,256
Wende, Adam	2	1,185
Whillock, Amber	R	851
White, Dennis	R	301
White, Robin	R	0
Whitt, Trey	4	1,654
Wilhite, Thomas	2	1,303
Williams, Avis	1	0
Williamson, Chad	3	1,517
Windle, Dale	2	1,197
Wiseman, Steve	3	1,296
Wood, Scott	2	1,462
Woody, Bill	9	1,414
Wright, Amy	1	1,040
Wu, Xing	8	1,674
York, Gary	4	1,925
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	841
Zehnder, Justin	7	1,383

SHOW US YOUR BTC GEAR



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

STRENGTH DOESN'T COME FROM WHAT YOU CAN DO
**IT COMES FROM OVERCOMING THE THINGS
YOU ONCE THOUGHT YOU COULDN'T**



Charlie Brown featured in Rock n Roll Series ad



Dean Sides at the Rocket City Marathon



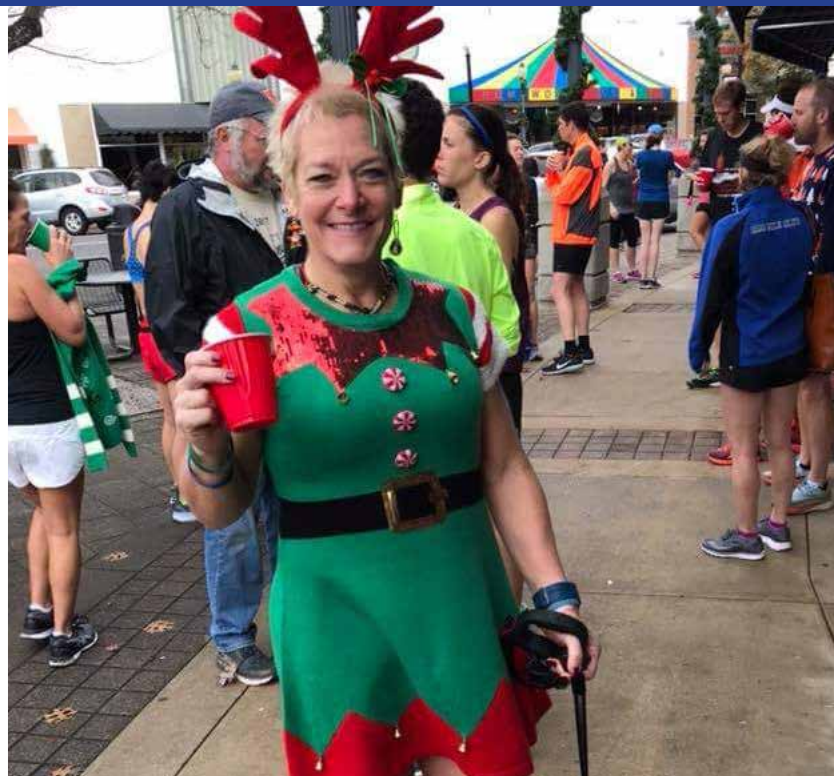
Vicky Brakhage and Scott Wood



BTC members at the Rocket City Marathon

SANTA SHUFFLE

December 23, 2017



RESOLUTION RUN

December 30, 2017



RESOLUTION RUN



FEETS OF STRENGTH



Katherine Dease



Mike Moses

Johnny Goode ran his 60th marathon on December 2, 2017. This St. Jude Marathon was also his first marathon in 2006. Congratulations, Johnny!

Congratulations are in order for first time marathoner **Katherine Dease** who ran the Rocket City Marathon. She is grateful to her husband, Joseph Dease, for pacing her throughout the race.

And look at **Mike Moses**, piling on the PRs! Just weeks after logging a PR time at the Magic City Half Marathon, Mike completed his second marathon with a big PR. Way to go, Mike!

Also running big PR times at the Rocket City Marathon were **Beth Rose, Kaki Jenkins and Michael Gann** (with his first BQ time!). Looks like the cool temperatures were ideal for fast racing. Congratulations, ya'll!

With the new year and new goals come new PR times, new race distances and new challenges to complete. [Let the BTC know](#) about your goals and when you achieve them – celebrating our successes is one of the best parts of being a member of the BTC!

Here's to great running in 2018!

BTC EXECUTIVE BOARD MEETING

December 11, 2017

Attendance: Scott Wood, Trey Whitt, Alan Hargrave, Tabitha Payson, Lisa Booher, Charles Thompson, Jamie Trimble, Kim Benner

The meeting was called to order at 6:07 PM by Vice President Scott Wood.

ADAMS HEART RUNS (LISA BOOHER)

Lisa has yard signs to put around town. She is going to give \$5 off for anyone who votes on 12/12/17 (honor system).

SANTA SHUFFLE (SCOTT WOOD)

The Trak Shak will sponsor the Santa Shuffle on December 23 in conjunction with the BTC long and moderate distance runs. Scott made a motion to approve \$300 for coffee and snacks to be provided for the social portion of the run, which the BTC is sponsoring. The motion was seconded by Alan Hargrave and approved without opposition.

RESOLUTION RUN (SCOTT WOOD)

We need a table, merchandise and a few volunteers for the run to man the BTC tent/merchandise table. There was a general agreement that the BTC needs a "step and repeat" (aka a backdrop) for these type of events - great for photo taking. Scott will price these and provide more information to the group.

BTC ANNUAL PARTY (SCOTT WOOD)

The Annual Party will be held on January 27th. Soho has been slow to respond so we are exploring other options. Tabitha is looking into a possible venue downtown as well. Details will follow as available.

MERCHANDISE (TABITHA PAYSON)

Tabitha is working on a quote for some winter gear to potentially be delivered in time for the Resolution Run. She is looking at whether we can utilize our website for online ordering but questioned if we would want to charge a flat shipping rate. Many agreed there probably wouldn't be much interest in shipping; one option could be to pick up at BTC long run on the weekends.

MEMBERSHIP (SCOTT WOOD FOR VICKY BRAKHAGE)

Vicky reported via email that our current number of members is up by 24 from last year, to 1082. Current number of memberships is 834 (up 12 from this time last year).

FINANCIAL REPORT (TREY WHITT)

Trey provided an update on club's current financial status and mentioned some outstanding payments that are due to the BTC. He is working on collecting these.

NOMINATING COMMITTEE (ALAN HARGRAVE)

Alan reminded the group that we need to be thinking about nominations for the 2018 ballot of BTC officers. Alex Morrow will chair this as past BTC president. Charles Thompson self-nominated himself for BTC president.

BHM 26.2 (SCOTT WOOD)

The BHM 26.2 expo is sponsored/hosted by the BTC. Anna Martin (not present) is concerned about having enough vendors at the expo. Scott led a discussion regarding how we can attract many high quality vendors.

Regarding our next meeting, there was discussion about if we will have a meeting on January 8 or prior to the Annual Party as we have done in the past. Details will follow once a decision is made.

Scott Wood adjourned the meeting at 6:43 pm.

Volunteer Vibes

2017 was a great year thanks to all of our fabulous volunteers - thank you!

Now, it is time to look forward to 2018 and all the volunteer opportunities that lie ahead. Our next BTC event will be the Adams Heart Runs at Oak Mountain. We will need plenty of volunteers for both packet pick up on Friday, January 19 AND for race day on Saturday January 20th. Please [click here](#) to sign up for a volunteer shift.

We also need some helpers for the BTC Annual Party on Saturday, January 27, and of course, the Mercedes Marathon Weekend is right around the corner in February - stay tuned for details! Let me know how you can help at these or any other events by emailing [Volunteer Coordinator Kim Benner](#). #weheartourvolunteers



BTC Membership application



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

First Name:

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Last Name:

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Street:

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City:

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State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

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

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

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

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

Initial:

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	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	January 6, 2018	6:00 a.m.
BTC Executive Board meeting, Vestavia Hills Library	January 9, 2018	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	January 13, 2018	6:00 a.m.
MLK Day 5K Drum Run	January 13, 2018	8:00 a.m.
Adam's Heart Runs – 10 mile and 10K *BTC RACE SERIES*	January 20, 2018	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	January 27, 2018	6:00 a.m.
Red Shoe Run – 10 mile, 5K, 1 mile	January 27, 2018	7:30 a.m.
BTC Annual Party * DISCOUNT FOR BTC MEMBERS *	January 27, 2018	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	February 3, 2018	6:00 a.m.
Roarin' Run 5K (Northport)	February 3, 2018	9:00 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.