



USATrack & Field

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

February 2018 (2)

TWO MILLION MILES, AND COUNTING...

By Alan Hargrave



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TWO MILLION MILES, AND COUNTING...



The year 2017 marked the tenth year of the 1200 Mile Club Challenge. That means it's a good time for a little reflection. The title of the article will be explained shortly (if you haven't already guessed its meaning) but first a little history is in order.

The 1200 Mile Club Challenge began in 2008 and was the brainchild of Goeff Gottlieb. The idea was to keep people active by creating a goal of running 100 miles per month which, of course, leads to 1200 miles for a year. That first year, fifty-four individuals met the 1200-mile goal and became "Charter Members" of the 1200 Mile Club. They each received 1200 Mile Club jackets that included the Charter Member designation in bold letters on the back of the jacket. You may even notice some of those being worn from time to time as they are styled differently than the current jackets. Ten years later, seven of those Charter Members are still active (more on them later).

Since that first year, participation in the 1200 Mile Club Challenge has grown considerably. A typical year sees about

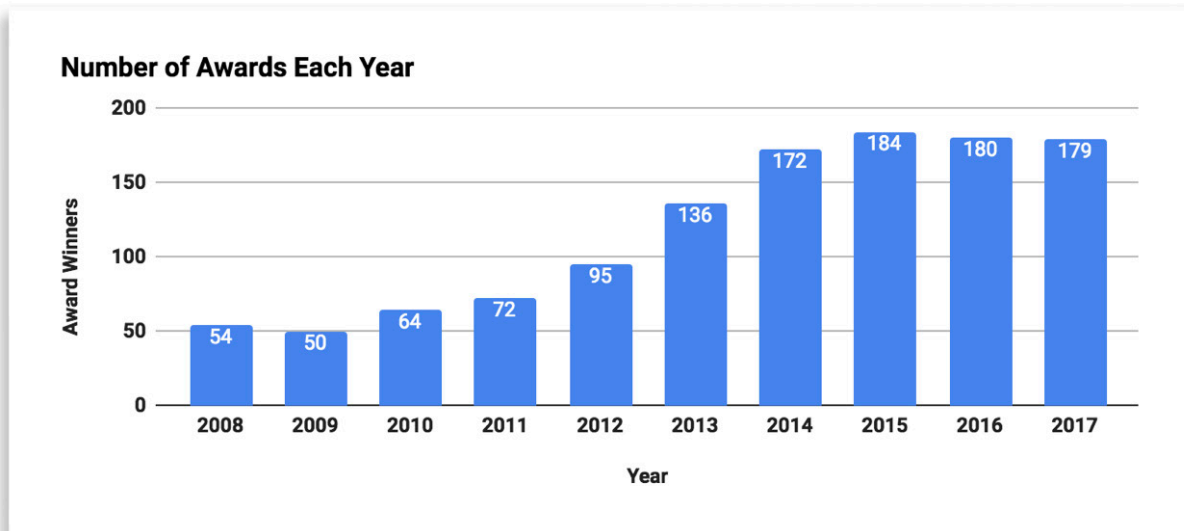
three hundred participants, with nearly two hundred completing the 1200-mile goal. First-time finishers earn their entry into the 1200 Mile Club and the privilege to wear the coveted 1200 Mile Club jacket. Many BTC members proudly sport BTC-branded merchandise, but there's a special sense of accomplishment when one gets to wear this jacket. To date, 529 individuals have earned the 1200 Mile Club jacket. You'll find a complete list of every person who has completed the challenge on the [BTC website](#).



So much for the history lesson. Let's get back to the title of this article. Since the 1200 Mile Club Challenge began, participants have logged 2,136,413 miles (that we can confirm. We know it's more.). Putting that into perspective, that's about 86 times around Earth's equator. If that's still a lot to comprehend, how about four trips to the moon and back with some to spare! In the last few years, participants have averaged over 330,000 total miles per year. That's over 13 trips around Earth's equator every year.

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TWO MILLION MILES, AND COUNTING...



The number of people who have completed the 1200-mile goal for each year of the 1200 Mile Club Challenge.

Several individuals have completed the 1200 Mile Club Challenge more than once. Repeat winners are rewarded with an embroidered patch that is suitable for adding to their jackets. Through 2017, there are 251 people who have completed the challenge at least twice. In other words, almost half of those who have completed the challenge have done so more than one time. This shows that meeting this challenge often helps people develop a consistent running lifestyle. Those who complete 1200 miles for five consecutive years are awarded a special medallion to recognize the accomplishment. Forty-seven individuals have been recipients of the five-year medallion. A complete list of these medallion award winners is on the [BTC website](#).

Ten years. That's a lot of time to log a lot of miles. Remember those still-active Charter Members mentioned earlier. Seven people have completed the 1200 Mile Club Challenge for all ten years of its existence. Together, this group has logged over 112,000 miles (an average of 16,000 miles per person) or about four and a half times around the earth. Those individuals are: **Brad Clay, Micki Haralson, Alan Hargrave, Jimmy Kuhn, Keith Rutherford, Jerry P. Smith, and Rick Stockton.**



Kudos to everyone who has participated in the 1200 Mile Club Challenge. Whether or not you met the 1200-mile goal, you still contributed to your own fitness and to the success of the challenge. If you have completed the goal, a hearty congratulations to you. If you have not yet participated, why not sign up today? Complete information about the 1200 Mile Club Challenge, along with much of the information contained in this article and a [link to sign up](#), is available on the [BTC website](#).

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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PRESIDENT'S ADDRESS

By Scott Wood

Hello, fellow BTC Members!

It is hard to believe we are already in the second month of 2018! Along with the new year comes a new batch of BTC officers, and I am humbled and honored to serve as your 2018 President. We have an amazing and talented group of officers this year and I am excited about the continued direction of our club. Your 2018 officers are Hunter Bridwell, Vice President; Julie Pearce, Secretary; and Trey Whitt, Treasurer. I would like to say a big thanks to Monica Henley as I try to fill her shoes as President. I saw firsthand how hard Monica worked in 2017 for the BTC and the Birmingham running community. Twelve months ago, I'm sure she was wondering who this guy was who would be serving as her Vice President! I believe we made a pretty good team, and I'm certainly thankful for her friendship. Monica's leadership will be missed, but thankfully she will still work closely with the BTC Executive Committee in her role as Past President as we strive to make 2018 another amazing year.

February and the next couple of months are packed with events and races. Before I get to those items, I want to take a moment to thank everyone who came out to the BTC's Annual Party on January 27 at Soho Social in Homewood. Not only did everyone have a great time, we also recognized several BTC members for their contributions to the club, and we held our election for BTC Officers. Congratulations to our award winners (read more about them on page 7)

- **Dr. Arthur Black/Rick Melanson Annual Service Award:** Lisa Booher
- **Randy Johnson/Danny Haralson Annual Service Award:** Keith Henley and Jamie Trimble
- **BTC Lifetime Achievement Award:** Jim Taylor

Did I hear someone say they had been training for a race?!?!? The BTC has you covered! I hope everyone had as much fun on the hills of Oak Mountain running Adam's Heart Run as I did -- that 600 feet of elevation is no joke! Race Director Lisa Booher did a fantastic job as always, the weather was great, and everyone had a great time at the first of four BTC Race Series events. Next up, the easiest 15K in the Southeast, the very popular Statue 2 Statue! I promise, it's not that hilly, trust me on this, you can do it!

February also brings out Birmingham's finest race, **MERCEDES!**

I LOVE MERCEDES WEEKEND! It was my first half marathon, and last year I made it my 50th Half Marathon. Festivities begin on Friday, February 9 as packet pickup begins, and continue on

Saturday, February 10 with the Regions Super Hero 5K and the increasingly popular Kids Marathon Race, followed by the Half and Full Marathons on Sunday, February 11. The BTC will once again have a booth at the expo all weekend long. You will be able to join or renew your membership, purchase BTC merchandise, and pick up your 1200 Mile Club jackets and patches if you missed the party. Then on Sunday while you are racing, make sure to say "hi" as you run through the BTC's official water stop. You will know it from all the BTC flags, the encouraging words, and the crazy amount of screaming taking place. Make sure to represent in your BTC gear, and we will make sure to show you some extra love to keep you moving! If you cannot run the event, please consider volunteering to work at the BTC booth or water stop. We would love to have you join us! Click here to [let BTC Volunteer Coordinator Kim Benner know your availability](#). A list of volunteer opportunities can be found on page 17 of this issue.

Following Mercedes, we have so many great races to point your way. There's the Wine 10K, the Village to Village 10K, and a new Half Marathon and Marathon coming to Birmingham on April 15. The BHM26.2 will benefit Children's of Alabama and Magic Moments here in Birmingham, and their team is working tirelessly to put on a great event. And, the post-race features a concert inside Railroad park with Black Jacket Symphony as the headliner! Awesome!

And finally, we have an exciting announcement. As you know, TherapySouth sponsored a series of four 5K races over the summer of 2017. They have happily agreed to sponsor a year-long race series in 2018. The first of those races was Adam's Heart Run on January 20 (sorry I did not get the announcement out earlier; we were finalizing some details). If you are a BTC Member, you are automatically enrolled in the year-long series – there is no entry fee. A door prize will be given away at each race to a BTC member, and points will be accumulated based on performance and race distances. Our point system will be posted on the website soon.

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PRESIDENT'S ADDRESS

The races are:

Mercedes	5k, Half, and Full	February 10 and 11
Wine 10k	10K	March 3
Village to Village	10K	March 10
Statue 2 Statue	15K	April 7
BHM26.2	Half and Full	April 15
*Social		May 12
Peavine Falls	7 Miles	July 4
Trak Shak Retro Run	5K	July 28
Just a Call Away	5K	August 18
St. Jude 5k	5K	September 22
Vulcan Run	10K	November 3
Magic City Half	Half	November 17

Thank you, TherapySouth -- we are so excited to have you on board with the Birmingham Track Club!

Here's to a great 2018! I'm excited, I'm a little nervous, but I'm sure looking forward to running with you, BTC!

Scott Wood

17th Annual HighCountry 5K

Presented By
Shades Crest Baptist Church
Saturday, April 7, 2018
8:00 am start

Free kids' Fun Run at 9:00 am

NEW this year
CHIP TIMING

Pre-registration costs are the following:

- \$20 prior to March 22
- \$25 from March 23 to April 6
- \$30 on Race Day
- Rain or Shine: No Refunds

Entrance fee includes:

- T-shirt (guaranteed only to first 300 registered runners)
- Pre-race pasta dinner on Friday night, April 6th
- Post-race pancake breakfast (medal ceremony)

REGISTER ONLINE at active.com or print forms at:
<http://shadescrest.org/family-life-centerrecreation/>

2018 Lake Martin 100

100 & 50 Mile Endurance Race, 27 Mile Fun Run

March 17th and 18th, Russell Crossroads, Alabama



Voted best 100 mile race and
Best Ultra in North America
by our runners. Thank you.

On a RunUltra.com online magazine survey

Use the BTC discount code "20BTC18" & save 10% on registration at Ultrsignup.com

BTC ANNUAL PARTY

BTC members came out in full force to celebrate another great year on January 27 at SOHO Social. Many thanks to Monica Henley for planning a fantastic party, and to all of the volunteers who assisted with registration, awards, and other behind-the-scenes planning – you all make the magic happen!

We also took care of a little BTC business during the festivities. Congratulations to the new members of the BTC Executive Board:



President: **Scott Wood**
Vice-President: **Hunter Bridwell**
Treasurer: **Trey Whitt**
Secretary: **Julie Pearce**
Immediate Past President: **Monica Henley**

In keeping with tradition, Outgoing BTC President Monica Henley presented the Club's annual service awards for outstanding contributions to the BTC.

- The recipient of the **Dr. Arthur Black/Rick Melanson Annual Service Award** was **Lisa Booher, Race Director of Adam's Heart Runs**. The BTC's oldest award, the Dr. Arthur Black/Rick Melanson Annual Service Award is given annually to the most outstanding club member over the past year for his or her continued outstanding leadership and service to the BTC. Lisa has done an outstanding job growing this race, attending to every detail and even adding her signature dose of fun and whimsy (who doesn't love hula hoops at the finish line and face painting for the kids?). Congratulations, Lisa!



Lisa Booher

- The **Randy Johnson/Danny Haralson Annual Service Award** was created to honor the "newer" BTC member who has demonstrated outstanding leadership and given freely of his or her time in a voluntary capacity in ways that help further the mission of the BTC. This year's recipients of the award were **Keith Henley and Jamie Trimble, BTC Finish Line Coordinators**. Keith and Jamie enthusiastically took on this often thankless role and have ensured our BTC races and events have come off without a hitch. Much of the work of the Finish Line Crew occurs behind the scenes as they are responsible for putting up and breaking down the finish lines at BTC races, and keeping an inventory of BTC all supplies and equipment. The BTC could not function smoothly without you -- thank you, Keith and Jamie!



Jamie Trimble and Keith Henley

- Periodically, the BTC will the **BTC Lifetime Achievement Award**. This is not an annual award, but rather, is presented only when the BTC Executive Board believes a long-time member deserves special recognition for his or her long term service and dedication to the BTC over many years. The 2017 BTC Executive Board was very pleased to award a Lifetime Achievement Award to **Jim Taylor**.



Jim Taylor and past president Trish Portuese

- Jim has been a BTC member for many, many years. He is the former Race Director of the Hog Jog Half Marathon and 5K, and has served as the Vulcan Run Course Manager for an untold number of years. Jim has been a member of both Team Magic and Championship Racing, where he has worked with many triathlons and road races, and he was the BTC President from 1992-1993. Jim also was the recipient of the Dr. Arthur Black/Rick Melanson Annual Service Award in 1994. Congratulations, Jim! We so appreciate your service and dedication to the BTC!

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BTC ANNUAL PARTY

Congratulations are also in order to all BTC members who achieved 1200 Mile Club status in 2017! A complete list is available on the [BTC website](#) and at the end of this newsletter, but we would like to extend special congratulations to our first time recipients:

Darrin Abernathy	Gay Chambers	James Madison
Brad Arnold	Misty Fontenot	Christopher Massey
Cathy Beasley	Marianthe Grammas	Scott Padgitt
Joe T. Boger	Brittany Hayden	Melissa Sanchez
Ross Burks	Chris Holmes	Lauren Weber
Lawrence Caine	Bob Hunter	Lance Weeks
Chris Callahan	Shannon Kirchmer	
Jennifer Chadha	Janet Lockett	

Seven BTC members were recognized for attaining 1200 Mile Club status for all ten years of the Club's existence (read more about these members in our cover story). Congratulations once again to: **Brad Clay, Micki Haralson, Alan Hargrave, Jimmy Kuhn, Keith Rutherford, Jerry P. Smith, and Rick Stockton.** These members received a special plaque to commemorate their achievements.



Monica Henley and Alan Hargrave



5 Year 1200 Mile Club Medallion Winners

Congratulations also are in order for those BTC members who attained 1200 Mile Club status for five consecutive years, 2013-2017:

Michelle Belcher	Beth House	Beau Talley
Kim Benner	Vicki Sue Merry	
Matt Denton	David Plante	

We hope 2017 was a great year for all of you. Here's to an even better 2018!



BTC Past Presidents

2017 Officers



President

Scott Wood

president@birminghamtrackclub.com



Treasurer

Trey Whitt

treasurer@birminghamtrackclub.com



Vice-President

Hunter Bridwell

vicepresident@birminghamtrackclub.com



Secretary

Julie Pearce

secretary@birminghamtrackclub.com



Past-President

Monica Henley

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

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Jamie Trimble	finishline@birminghamtrackclub.com
Dean Thornton	webmaster@birminghamtrackclub.com
Alan Hargrave	itchair@birminghamtrackclub.com
Charles Thompson	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:

Robin Abel	Britney Cowart	Gracie Harry	Lee Martin	Debi Secor
Bryant Adams	Teresa Crain	Jamie Harry	David Massey	Travis Self
Kabeer Ahmed	Jennifer Croker	Matt Harry	Nils Maurer	Finn Sherer
Mark Baker	Bill Crowson	Alison Henninger	Pamela Miller	Jeremy Sherer
Michelle Belcher	Melinda Crumpton	Angie Hogeland	Gordon Morris	Ryland Sherer
Carrie Bell	Emmagene Crunk	Bethany Hogeland	Abigail Morrow	Randall Simpkins
Jacob Bell	Hannah Cutshall	Ethan Hogeland	Darrell Mote	Kent Slemmons
Lilli Bell	April Dowling	Jeff Hogeland	Jorge Munoz Moya	Wendy Smith
Marc Bell	Natalie Easterling	Angela Hoskins	James Murphy	Chester Soileau
Angelean Bibb	Andrea Eckelman	Creig Hoskins	Shana Nicholson	Zeb Stewart
Charlie Brown	Matthew Ennis	Beth House	Griffin Oaks	Elana Swiney
Sean David Brown	Sonya Farrior	Mike House	Kate Oatman	Andrea Taylor
Jason Bryant	Tony Fiore	Stephanie Hubbard	Ray ONeil	Eric Thomas
Ali Callahan	Misty Fontenot	Bob Hunter	Melinda Parks	Lynsey Tibbs
Chris Callahan	Rebecca Franklin	Joseph Ingram	Steve Penley	Joseh Tichnell
Noah Callahan	Sheila Freeman	Bradley Jackson	Joel Piotrowski	Thomas Turner
Rachel Callahan	Katie Gibson	Kaki Jenkins	Robert Pless	Christpher Vaden
Melinda Camp	Gaytan Glover, Sr.	Michael Jenkins	Meghan Ralph	Dennis Vandegrift
Adrienne Carter	Doug Grabarczyk	Gerald Johnson	Brent Rawson	Caroline Walker
Hernando Carter	Jonathan Graham	Pamela Jones	David Redden	Lauren Weber
Christine Caughran	Matt Grainger	Jerry Keith	William Richardson	Dan Wentz
Robert Centor	Jennifer Dewees Hale	Susan Keith	Joseph Ritchie	Dennis White
Anil Chadha	Matthew Hall	Sophia Lal	Lauren Ritchie	Hal Whitsitt
Jennifer Chadha	Will Hammonds	Sara Langston	Josh Roberie	Trey Whitt
Gay Chambers	Robert Harris	Sarah LeCroy	Rod Robinson	Thomas Wilhite
Daniel Chaplin	Javacia Harris Bowser	Kristin Long	Jessica Rodgers	Heather Wood
Israel Clark	Emily Harrison	Chas Ludt	Christy Ross	Scott Wood
Stephanie Cliett	Jimmy Harrison	Carlos Luzuriaga	Taylor Rowell	Carlos Zapata
Tim Coleman	Lisa Harrison	Ron Macksoud	Tammy Ruff	Mauricio Zapata
Helen Collins	Mary Elizabeth Harrison	Sabrina Macksoud	Rob Russell	Melissa Zapata
Michael Connors	April Harry	James Madison	Keith Rutherford	
Brent Cotton	Blake Harry	Cary Martin	Meaghan Ryan	

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 POWER OF ATHLETIC SELF-TALK

By Richard Trammel, PhD.

Every minute of every day we talk to ourselves. Whether with deliberate, vocal commands or with subtle whispers, our minds are always at work. The athletic mind is no different, but it also is tasked with maintaining focus, eliminating fear and doubt, continuing a training routine, and a hundred other things that are required in the pursuit of becoming a successful athlete on top of everyday life. This article will focus on self-communication or self-talk, as it relates to the athlete.

In the athletic realm, self-talk can be defined as internal dialog that is either instructional or motivational, depending on purpose. Instructional self-talk describes language that is used in the physiology of movement commonly seen in training (i.e., heel to toe, breath every five steps, eyes forward, etc.). Motivational self-talk can act as a catalyst for continuing motivation or it can destroy confidence with whispers of self-defeating, negative comments only heard by you. Not all negative self-talk is detrimental to performance; some athletes thrive when challenging themselves with tough self-talk. But for the most part, positive self-talk is more productive to success than harsh, internal criticism.

How can you control your internal dialog to make it work best for you during training and competition? Consider the following:

1. Become more aware of your dialog. We talk to ourselves so much every day, sometimes we aren't aware of the things we say. If your internal dialog tends to be negative, start becoming more aware of what you're saying, when you are saying them, and -- most importantly -- why are you saying the words. Many times the question of "why" is linked to high expectations or unrealistic goal setting. You might tell yourself, "I knew you weren't good enough" if an unmet goal was set too high or your expectations were unrealistic. If you tend to be overly self-critical, think about how would you feel if another person said the things you say to yourself. You might be highly offended if the words were insulting. If that is the case, why will you allow those things to be directed towards yourself in self-talk? The lesson here is you must become your own best friend and encourage yourself. Stay away from harsh, self-criticism. If you make an enemy of yourself, you will indeed have a very powerful adversary. Be kind to yourself.

2. Turn negative into positive. If you are using negative self-talk, make a note of when and where it happened and try to replace (reframe) the negative words into positive. "Man, is it hot today! I'm going to have a heck of a time finishing this race in this heat!" You can reframe that into: "Boy, it is hot today but thankfully I was aware

of this situation beforehand and have taken steps to prepare. I'm in a great position to win this thing." If you do catch yourself using negative self-talk, try saying the word "STOP" when it is happening. "You can't compete with....STOP!!!" This action sends a signal to your subconscious mind that you are re-wiring your attitude to eliminate current or future negativity. You are simply not going to put up with it any longer. For example; "You idiot! You know you can't keep up with that guy! Why try?!!" You can reframe that kind of comparison talk into: "Yes, that runner is faster than me at this moment, but I will remain focused on MY pace." Making comparisons to superior athletes is a good way to lose motivation. You can look at others who may have more ability than you as a spring board for motivational purposes to increase self-efficacy, but shy away from making comparisons to either a superior or inferior athlete. Focus on your thing.

3. Focus on what you want; NOT what you want to avoid. "I am not going to get tired today!" "OK, just another four miles to go. This pain is not real". The pain is real and probably will get worse in the remaining four miles, so trying to talk yourself out of reality or ignoring your body is not an example of effective self-talk. You can reframe that kind of talk by replacing it with something that motivates you to endure the pain like: "Keep Pushing" or "The Price" or "One Foot" -- whatever elicits a positive, uplifting emotional response with you. In golf, saying to yourself on the tee, "Don't hit it in the bunker" is the best way to hit it in the bunker. Your mind tends to focus on what the eyes see or the nouns, as I like to say to clients. "Yes the bunker is in range, but my target is the right center of the fairway." Using this kind of language acknowledges reality, but focuses the mind on immediate goals. In this case, the "Fairway" is the goal and the right side of it is the micro-goal.

4. Know when to be "In the Zone." Lastly, there are times when you might consider not using any internal dialog. This scenario points to the overly used term "In the Zone," which describes a mindset of total freedom from thought allowing the subconscious mind to take over control. If you feel that you need to use some sort of verbal cues in competition, keep it short and linked to a feeling you had in training or a picture in your mind. That way you don't clog up the sub-conscious mind with conscious language road blocks. Try not use instructional self-talk in competition. Why? Many times, the words are moving much slower than the actual movements, which can cause timing issues. It is better to see (visualize) or feel the movements (kinetic) without the words so that the subconscious mind, using procedural memory, can take over. Use instructional dialog after mistakes in training instead of critical language to include what you did not do right. If you have mastered a well-learned task and have tested it in competition, trust yourself and let go. In competition, it is too late to worry if you have done your best up to that point. Just let go and let it happen. That is when you might have a chance to enter into the so-called zone. In today's language, we call that utilizing

THE POWER OF ATHLETIC SELF-TALK

mindfulness. Some marathoners have reported that when they experience a “runner’s high” it is sometimes coupled with a feeling of anxiety free euphoria. You can also experience that without the endorphins by training your mind with the kind of self-talk that can hopefully enhance your performance.

About the Author:

Dr. Richard Trammel is a sports psychology consultant with Level 3 Sports, LLC in Birmingham. As a young man, he played professional golf eventually moving into the instructional side of the sport. He owned and operated 2 golf stores in Florida where he invented and manufactured 15 golf training products. He is a US Patent holder (The Trammel Golf Boots), and published author. Dr. Trammel returned to college (Roll Tide) at the age of 45, eventually earning his doctoral degree in Sport and Performance Psychology in an effort to learn more about how the athletic mind works. He works with a number of local high school and college athletes as well as private clients. He still competes in tournament golf. Dr. Trammel is also an MBA student at Auburn University.

WANT TO READ MORE?

Dr. Trammel recommends the works of Dr. Judy Van Raalte, who is considered one of the most accomplished researchers in the field of athletic self-talk. Search Amazon for the title “Exploring Sport and Exercise Psychology” for the latest editions of her work.



RESOLVE TO WORK OUT SMARTER THIS YEAR!

Congratulations on making a resolution to improve your health this year! Before you plunge into that new workout schedule, visit your PT at TherapySouth and let us assess your readiness. We can show you techniques to help you avoid injury and get the most out of your workouts. No referral is needed for your initial visit!

TherapySouth is an outpatient physical therapy practice with a fun, family-oriented environment. Our experienced physical therapists know our patients by name and strive to help you achieve your physical goals. We know you have a choice for your healthcare, and we'd love for one of our great people to be your physical therapist!

We have 18 convenient locations around Metro Birmingham, including two in the Hoover area.

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3421 South Shades Crest Road, Suite 107
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**WHO IS
YOUR
PT?**

MEDICATION AND MILES

Staying on TOP of Pain Control With Topicals

By Clay Bolton and Stetson Pevear, 2018 PharmD candidates, Kim Benner, PharmD



Muscle pain, joint pain, pulled muscles and muscle stiffness are unpleasant or even painful experiences most of us have had to cope with at one time or another. Topical pain relievers are solutions that have become more common because they can treat some problems less invasively than oral medications or other means.

Given the variety of products available, it is easy to become overwhelmed when looking for an over the counter topical for pain relief. This article will review some of the more popular topical analgesics and list the common active ingredients. It is important to note that many of the name brand OTC products contain the same active ingredient. Table 1 categorizes some of the common brand topical analgesics based on active ingredient.

**Table 1:
COMMONLY TOPICAL ANALGESICS**

Menthol	Methyl Salicylate	Capsaicin
Bengay	Bengay	Capzasin
Theragesic	Theragesic	Capsagesic
Salonpas	Salonpas	Zostrix
Dragon	Dragon	Tiger Balm patches
Icy Hot	Icy Hot	HEET
BioFreeze	Aspercreme	
	Blue Emu	
	HEET	

The first active ingredient commonly found in nonprescription topical analgesics is *menthol*. Biofreeze, which lists menthol as its active ingredient, is a well-known OTC topical that can be used for temporary treatment of general muscle and joint pain. Menthol containing products are characterized by their distinct peppermint scent. Due to the higher concentration of menthol in Biofreeze and some similar products, it should only be used by those who are 12 years and older, unless physician approved. Products such as Vicks Vaporub contain a lower concentration of menthol and thus can be used in children younger than 12. Menthol acts as a 'counter irritant' and provides a cooling sensation when combined for pain relief. It is best not to combine the use of menthol with ice because it can lead to skin irritation.

Another medication commonly used for topical analgesia is methyl salicylate. This agent is similar to aspirin and works in a similar way to help decrease pain and inflammation. Due to its relation to aspirin it is important to ensure that the person using it does not have a history of stomach ulcers or high blood pressure, and is not currently taking an NSAID (non-steroidal anti-inflammatory drug) such as Advil/Motrin (Ibuprofen) or Aleve (naproxen). It also is important to avoid topical pain relievers

MEDICATION AND MILES

Staying on TOP of Pain Control With Topicals

containing this medication if the patient is on anticoagulation (blood clotting) medications, such as Coumadin (warfarin), without first consulting a health care professional.

A derivative of the capsicum pepper plant, capsaicin preparations also are popular for pain relief. Capsaicin is best understood to work by decreasing pain signals that are sent from the area of irritation. Capsaicin based products come in different formulations such as creams, gels, liquids, and patches. They can be used for muscle and joint pains as well as neuropathic pain. One special note about this active ingredient is that it may require at least a month of daily applications for the user to notice pain relief because it can take that long for the capsaicin to adequately decrease pain signals sent from the injured area. Because the capsaicin can be an irritant, it is important to wash hands before and after application, and to be aware of possible skin irritation or burning. Do not cover the area with a bandage or dressing after applying capsaicin, and do not breathe in this drug after it has dried, as it can cause nose or throat irritation.

Many topical pain relievers contain multiple active ingredients and may contain combinations of these three active ingredients. It is important to check the labeling of each medication to make sure the active ingredients will be well-tolerated. With all topical pain relievers, remember that these agents are for external use only, should never be taken orally and should be kept out of the

reach of children. They should never be applied to any open cuts, nor should they be used on mucosal membranes, such as eyes, lips, or inside the nose. It is also important to never use an external heat source (such as a heating pad) on the same location where the topical pain reliever has been applied – adding heat can make the topical less effective because it can cause more of the ingredients to be absorbed into the body (and thus increase the potential for side effects) and will leave less of the drug to act locally at the site of pain.

Typically, one should not use a topical pain reliever for more than seven days. If the symptoms have worsened or have not improved after seven days, it is important to consult a health care provider, as there may be a more serious problem at hand. Lastly, some patients may be sensitive to other active or inactive ingredients in these topical preparations. Any new rash that appears after use of these medications should prompt discontinuation of these products.

In summary, topical analgesics may be useful for short term muscle pain but they should be limited in amount and duration of use. As always, never underestimate the importance of an appropriate warm up and cool down, stretching and good hydration with any workout regimen.



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 COMMUNITY CORNER

Jennifer Andress, Homewood City Councilor and BTC President 2012-2014

Greetings, BTC!

I have several updates from our regular running routes, but the REAL news will be next month! That's because this coming Monday night (as I write this), January 29, the Regional Planning Commission (RPC) and Sain Associates will be presenting their findings on.....drumroll please...the Hollywood Bridge over 280!

This is what we have been pursuing since 2012! This is only the first step of a very long process, but it is a BIG step. The presentation will be to Homewood City Council Planning & Development Committee, with Representative David Faulkner in attendance. I hope we will also have a representative from the City of Mountain Brook in attendance as well, but its Council meets on Monday nights. I will visit with Mayor Welch and any Mountain Brook Councilors later in the week to present our options.

The presentation will be the findings of the study done by Sain last year (May-November), and will present data indicating usage of the bridge by cars, pedestrians (runners) and cyclists. It will propose potential solutions to improve safety and more efficient travel. It will address the existing barriers, such as the cemetery in Homewood, and the lack of sidewalks both in Homewood and Mountain Brook leading up to the bridge. It will also identify funding options such as federal grants we can pursue.

Other news from Homewood: we have set a target date for Fall 2018 to receive bids for construction of Phase II of the Shades Creek Greenway. The Greenway was also just named an Alabama Birding Trail. The Birding Trails include more than 270 spots across Alabama for prime bird watching, including the Birmingham Botanical Gardens and Ruffner Mountain Nature Preserve. This is the first Birding Trail location in Homewood and will be part of the Appalachian Highlands region. The Birding Trail is a partnership with the Alabama Department of Conservation and Natural Resources, University of Alabama Center for Economic Development and Birmingham Audubon Society. Look for signage on the trail soon!

The City of Homewood is also looking at purchasing exercise equipment for outdoor training, such as boxes, push up handles, benches and bars. This will be part of Phase II of the Greenway. We are also looking to purchase equipment for better, quicker and easier clean-up of the post-rain mud under the bridge at Homewood High School.

ALDOT has approved a crosswalk on Lakeshore Drive at the Marriott. This will be contingent on Homewood installing sidewalks on the north side of Lakeshore, but the city has priced those and added them as a high priority to its Master Sidewalk list. The city has stepped up its commitment to sidewalks for 2018, and will meet on February 12 to continue this work.

We have added a bike lane to Central Avenue, and are considering turning Reese Street into a one-way, from Central Avenue to downtown (most of you are very familiar with Reese Street, which is part of the Trak Shak three and five mile loops). The city would also add a sidewalk on the north side of Reese. These changes will allow for more parking and safer foot traffic between these two sections of our city.



RPC presentation at Vulcan Park of the proposed Greenway/ sidewalks/bike lanes. Photo by Homewood City Councilor Mike Higginbotham (Ward 2)

We have long-term plans for an 18th Street beautification coming over Red Mountain from downtown Birmingham, which will tie in nicely with the newly proposed bike lane/sidewalk going past Vulcan in the Birmingham city limits. The RPC has put together two proposals for a safer passage over Red Mountain for bikes and pedestrians, and introduced them to the public last week. They were very well received. They will also connect to the new Vulcan Trail under construction by the Kiwanis Club, which will eventually connect all the way out to Red Mountain Park (shout out to our friends with Freshwater Land Trust for their behind-the-scenes work on a lot of these projects).

Finally, our friends in Mountain Brook have several updates to their ongoing projects. Perhaps the most exciting for us is.....bathrooms at the Mountain Brook soccer fields! YES! The bathrooms will be at the Heathermoor/Cahaba Road intersection, due to the flood plain. This is the same issue we have with our Lakeshore Trail, but I am determined to keep looking at it for Homewood!

Other updates from Mountain Brook: the bridge over the creek on Jemison Trail has delayed due to the high cost of the bids received. They are starting the bid process over and expect a delay of one year. But Lane Parke is ahead of schedule by one year, and we should expect a roundabout at its completion at the 280/Culver Road/Cahaba Road intersection.

Speaking of Cahaba Road, look for improvements at the Mountain Brook Parkway and Cahaba Road intersection, and expect Canterbury to remain closed off from Cahaba Road while the City continues to study the impact of this closure. Finally, the City will be installing a sidewalk on Vine Street in Crestline.

That's all for now, but I look forward to reporting back next month! Until then, you know I have to say it: use sidewalks where they are available, run facing traffic and wear reflective gear!

Advertise in *The Vulcan Runner*

Want to advertise your race or runner-friendly business to a large, targeted audience?

Contact us about placing an ad in *The Vulcan Runner*!

Competitive rates * Package discounts available



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](#) for assistance.

Got (gently used) Shoes?

Bring them to the BTC Long and Moderate Distance Runs on February 17!

Representatives from Fagan Sports Medicine will be at the Saturday morning runs on February 17 to take donations from the Birmingham Track Club. Fagan Sports Medicine is also collecting shoes in the lobby of their office through March 1, if you are unable to join us on February 17.

All donated shoes are redistributed through the Funds2Orgs network – they are shipped to secondhand stores in developing parts of the world where they are sold at steep, steep discounts in areas where shoes are hard to come by. The proceeds from the sale go back into the community, providing economic sustainability. We love that this project benefits those who need those, the communities in which they live.

So clean out those closets and bring those running shoes from previous training cycles! All kinds of shoes or boots can be donated, from athletic shoes to dress shoes in all sizes.



Please contact [Michael Brown](#) at Fagan Sports Medicine (205.879.8206) with any questions. Thank you for your support!

MAEBASHI RUNNERS SELECTED

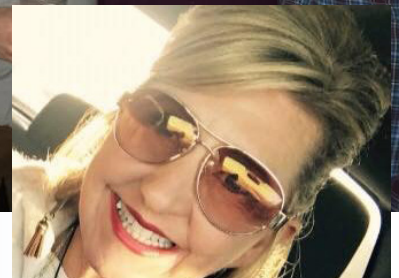
By Tabitha and Tommy Payson, Japan Run Coordinators

The BTC is excited to announce this year's participants for the Maebashi-Shibukawa City Marathon: **Bradley Wells, Micheal Brown** and **Angela Jo Harris**. These three individuals have demonstrated a great passion for running and understand the responsibility of representing the BTC. We are excited to follow them on their journey and wish them luck in their upcoming races. Congratulations you three! Look for updates on their training and their preparations for the trip in upcoming issues of *The Vulcan Runner*.

"My short running career has already been a whirlwind and I can't imagine it any other way. I can't imagine myself NOT running now and I have hard time when people tell me they can't! Why, because I have had a team behind me, willing to push me and help me succeed. That is the magic of Birmingham and our track club. We are a strong group, nay a family, who like to see each other succeed and make each other better. I see it on every run, during every mile! That is the joy and passion I want to share with Maebashi if I am given the opportunity to participate in the 2017 marathon."

– Bradley Wells

Michael Brown and Bradley Wells with Japan Run Coordinators Tabitha and Tommy Payson.



Angela Jo Harris

Volunteer Vibes

Thank you to ALL of the volunteers who helped to make 2017 a very successful race year! There are too many of you to name individually (which is a good thing!), but I do want to mention one special volunteer – Sheila Freeman – who won the volunteer drawing for her work at the recent Adams Heart Runs. We appreciate you, Sheila and all the volunteers who helped to make AHR such a success!

Next up is Mercedes Marathon Weekend, February 9-11th. We will need plenty of volunteers to staff the BTC booth at the Expo Friday and Saturday and our rockin' water stop at Regions on race day, Sunday, February 11. You can sign up to [volunteer here](#) (note that this link is different from the official Mercedes race website; the race recruits their own volunteers to work packet pick up, the race and other water stops. This link above is specific to the BTC water stop and booth at expo and will earn BTC bucks.) Thank you and hope to see you race weekend!

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



ASSESSING THE IMPACT OF RUNNING SHOES ON AN ATHLETE'S RUNNING STYLE WITH ViPerform at



The Problem

An athlete wanted to find the optimal running shoe that would maximize his running performance and reduce the risk of injury. He was interested in finding out how a shoe's weight, structure and support affected his ability to achieve an optimal running style. To help him select the right running shoe, ViPerform was used.

ViPerform's Running Live Training

Using ViPerform's Running Module, the athlete ran on a treadmill for two minutes in three different types of running shoe. Shoe 1 had a lot of structure and support, Shoe 2 was a neutral shoe and Shoe 3 was a lightweight racing shoe. During his treadmill run the athlete ran at 10 mph and the data was recorded using ViPerform's Live Training assessment.

Results

After the athlete performed a ViPerform Running assessment with each shoe, the data was collected and analyzed. The table below lists the results of the athlete's ViPerform Running assessment.

SHOE	STRIDE	^a ASI	MEAN GRF ^b	IPA ^c (LEFT / RIGHT)	^d GCT
Shoe 1	171st/m	10%	1590N	5g / 7g	231ms
Shoe 2	173st/m	3%	1663N	6g / 6g	226ms
Shoe 3	177st/m	5%	1622N	6g / 7g	225ms

Discussion

As the runner changed from a structure and support running shoe (Shoe 1) to a lightweight racing shoe (Shoe 3), his stride frequency increased and his biomechanics improved. As stride frequency increased, his tibia landed more vertically and producing a mid / forefoot landing as opposed to a heel strike pattern. Furthermore, his ground contact time reduced slightly. This indicates an improvement in running mechanics as he is making better use of the stiffness in the lower limb and elastic recoil mechanism of the soft tissue to help increase his speed.

Of particular interest was the athlete's feedback; his preferred shoe was that which produced the most symmetrical running patterns according to the ASI results (Shoe 2). However, the preferred shoe produced the highest average GRF values compared to the lightweight racing shoe (Shoe 3), which indicates more loading force on the lower limb. This may have been due to an improvement in gait efficiency produced by wearing the lightweight racing shoe over the preferred shoe.

Conclusion

ViPerform wearable sensor technology is able to identify sensitive changes in running symmetry, GRF, IPA, stride frequency and ground contact time during an individual's run. This information is crucial for runners who want to improve technique, maximize performance and reduce the risk of injury from running.

To learn more about ViPerform visit

www.therapysouth.net/locations/colonnade-altadena or call 205-783-5270

Ryan Hunt DPT, CSCS



^a Absolute Symmetry Index: Percentage of asymmetry between GRF values of left and right legs.

^b Ground Reaction Force: Average vertical force applied to the ground during the mid-stance phase of the gait cycle.

^c Initial Peak Acceleration: Vertical acceleration and loading rate through the tibia when the foot strikes the ground at initial contact.

^d Ground Contact Time: Period of time that the subject's foot is in contact with the ground between initial contact and toe-off phases of the gait cycle.

RRCA UPDATE



60th RRCA National Convention, Washington, DC - April 5-8, 2018

The 60th RRCA National Convention will be held in Washington, D.C. in conjunction with the wildly popular Credit Union Cherry Blossom 10 Mile Race. The RRCA Convention consists of several social networking events, educational seminars on best practices for the running community, the RRCA Annual Meeting of the Membership, the National Running Awards Banquet, and more.

Hundreds of club leaders, event directors, runners, and corporate supporters attend the RRCA Convention. The event is open to all and you are encouraged to attend. To register, visit the [RRCA website](#). We hope to see you there!

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](#) 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](#) for consideration.



Now
Online!

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!



#WHYIRUN

Michele Kong

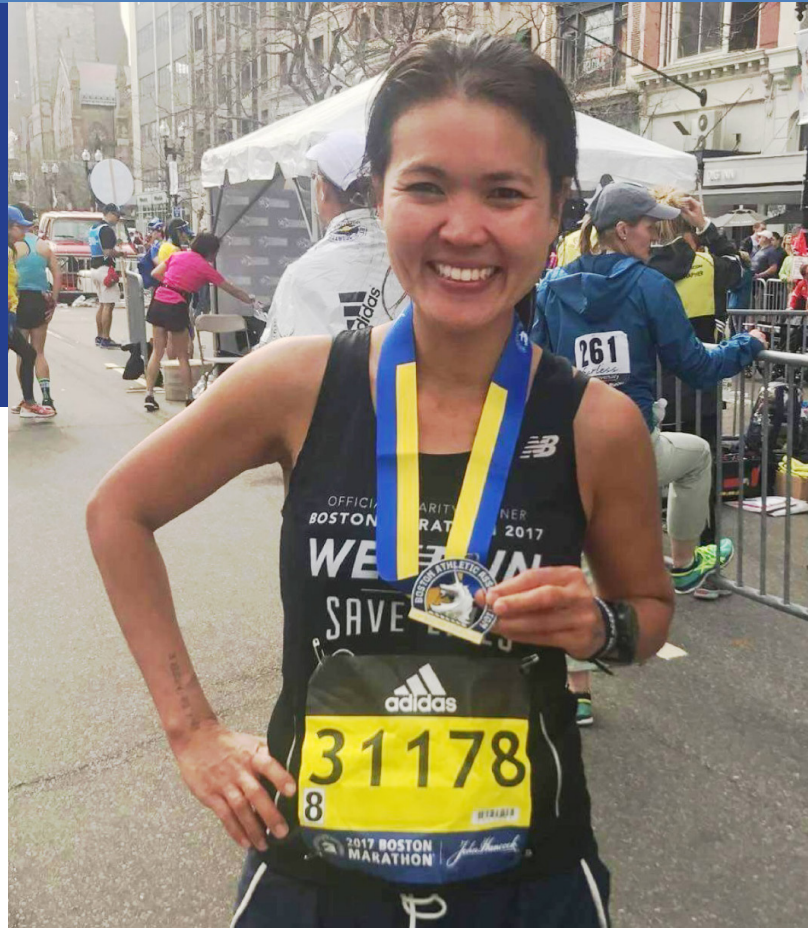
I run because I know no other way. My day feels more complete when I am able to run, even if it is just for a few short miles. It has not always been this way.

I was not a runner until recently and have always wondered why any one would spend countless hours on the road, without a goal (a ball to hit, bounce or kick!), at least in my non-runner view. I might run a few laps around the building block, but that was only so that I can beat my opponent in squash (akin to racquetball)! Honestly, I never gave it too much thought.

It wasn't until 2015 that I discovered running - my memory of that morning is as vivid today as it was yesterday. It was a difficult time in my life. Our son who is autistic was going through yet another period of regression - at times, it felt as if no matter what we did, we were always behind the eight ball, that I was not doing enough, and that I was failing him. For whatever reason, that morning, I decided to run. Lacing up the only pair of sneakers I had, I started running. It was pre-dawn, and as I ran, a tsunami of emotions hit me. I cried (more like bawled), screamed, and cried some more. Somewhere along the run, I tripped on a root, bruised my knee, and now in addition to crying, I was also profusely bleeding from my leg. I am sure I was quite the sight to behold. The sun rose, and there I was - still running. It was in that moment, I felt as if a burden was lifted off my shoulders, and I had a sense of clarity and calmness. I have never felt more connected with nature, God and myself. Ever since that fateful run, I have not stopped.

In 2016, eight weeks away from race day, the Boston Marathon called and invited us to participate as a partner. Although I was in no shape to run 26.2 miles, I felt that one should never say no to Boston! I ended up training for the marathon with Tiki Barber, and we ran it together for KultureCity. It was during this run that we came up with the idea of KC Fit. Why not use our passion for running as a platform for raising awareness for our cause and mission? Despite our lack of training, that marathon was one of the most amazing races we did as we knew that we were running for something bigger than ourselves.

There is no greater joy than to know that every step is taken for someone else, another child in need, another family in crisis. We have since had teams of runners at five other international marathons including Big Sur and NYC. Together, our runners have



raised thousands of dollars, and every dollar went towards the lifebooks program, an initiative that is aimed at preventing near drowning and wandering in special needs children. We have also successfully used this platform to engage the general public at large, to push the message of inclusion for all special needs individuals, increasing accessibility and making our community inclusive for these families.

There is also a special bond that forms between runners. There is something to be said about a friend who will wake up at 3:30 am to accompany another friend on a long run, or the friend who always brings just the right fuel, or says the right thing to push you to take the next step. I am blessed to have these people in my life, and in many ways, they and running make me a better version of myself. At the end of the day, I run for the kids. I run for those who cannot. And I run for me. In the solitude of my long runs, I renew, recharge, and find clarity. I push myself to my emotional and physical limits, always testing the boundaries of my own limitation. In my running, I also know that it is about toeing the start line, and putting one foot in front of the other. It is always about the journey, and the moment rather than the destination. And ultimately, it is knowing I have given it my heart, soul and my all, both for that run, and life as a whole.

Looking for a hearty post run breakfast?



“Our homemade breakfast burritos are designed to nourish a hungry runner. They’re a protein-packed powerhouse, thanks to the incredible combo of eggs and beans. If you get as hungry as we do after a morning run, then this is the breakfast to have ready and waiting when you walk back in the door.”

– Elyse Kopecky and Shalane Flanagan

Hear Elyse speak on nutrition, watch a live cooking demonstration and enjoy a tasting on March 2nd at Vulcan Park and Museum brought to you by The National Center for Sports Safety and Wine 10K Birmingham.

[Click here to purchase tickets.](#)

MAKE-AHEAD BREAKFAST BURRITOS (VEGETARIAN) *Courtesy of Run Fast. Eat Slow.*

By Elyse Kopecky and
Shalane Flanagan



INGREDIENTS:

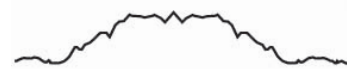
- 1 tablespoon olive oil
- 1 6oz bag baby spinach
- 10 eggs, beaten
- 6 – burrito size whole grain tortillas
- 1 ½ cups grated Gruyere or favorite cheese
- 1 ½ cups spicy black beans or chili beans
- Salt and Pepper to taste

1. Heat oil in a non-stick skillet over medium heat. Add the spinach and cook until wilted. Add the eggs, salt and pepper and cook, stirring continuously, until scrambled. Remove from heat.
2. Place each tortilla on a 12 x 12 inch sheet of aluminum foil and sprinkle with ¼ cup cheese. Divide the egg – spinach mixture among the 6 tortillas, placing in a strip down the center to wrap. Top each with a ¼ cup of the beans.
3. Roll up each tortilla like a burrito by folding in the tops and bottoms. Enjoy immediately or wrap in the foil. Place remaining burritos together in a gallon size freezer bag and freeze for up to 2 months.
4. To reheat, unwrap from the foil, place on microwaveable plate, and heat on high for 2-3 minutes, until warm in center.

THE BTC RACE SERIES RETURNS FOR 2018!



PEAVINE FALLS RUN



Birmingham, Alabama



SIGN UP AND SAVE!

1200 MILE CLUB

Cumulative miles submitted through January, 2018 are listed below. These numbers represent final 2017 numbers.
For a complete listing of monthly totals, [click here](#).

Attention all BTC Members!

Registration is now open for the 1200 Mile Club for 2018. Registration will remain open until March. Do not miss out on this opportunity to be rewarded for your hard earned miles! First-time finishers are entitled to purchase a coveted 1200 Mile Club jacket for a nominal fee. Recurring finishers receive patches to display for the years they complete the challenge. The rules are the same as last year: any miles that you would put on your training log can be counted towards your goal of 1200 Miles (elliptical, rowing machine and biking miles do not count). If you think you have what it takes to complete the challenge, or maybe you aren't sure but want to give it a try, [sign up today](#). Registration is free to all active BTC Members. Are you not a member? Or, has your membership lapsed? Go [sign up now](#) and register for the 1200 Mile Club!



Final 2017 Numbers

Participant	Years	Total
Abernathy, Darrin	1	1,225
Anderson, Adrianna	R	106
Anderson, Kerri	2	1,285
Armstrong, Ashley	R	118
Armstrong, Thomas	3	0
Arnold, Brad	1	1,347
Baggett, Christopher	R	127
Barnes, Jimmie	3	1,407
Bartee, Samm	2	1,349
Bass, Andy	1	638
Beasley, Cathy	1	1,432

Participant	Years	Total
Belcher, Michelle	5	1,429
Benner, Kim	5	1,571
Benson, Kip	R	0
Bittle, Anna Marie	R	1,058
Black, Dylan	1	794
Boackle, Larry	1	0
Boackle, Tomie Ann	1	341
Boger, Joe T	1	1,304
Bonatz, Ekkehard	9	1,959
Booher, Lisa	6	1,489
Boswell, Ryan	1	1,294

Participant	Years	Total
Bowman, Brian	R	0
Bowman, Leisha	R	138
Bradley, Lee	1	1,515
Brakhage, Victoria	1	997
Bridwell, Hunter	R	0
Bromstad, Murray	1	700
Broome, Mary	R	680
Brown, Charlie	6	1,425
Brown, Dana	R	0
Brown, Michael	4	1,217
Brown, Sean	4	1,251

1200 MILE CLUB

Participant	Years	Total
Bryant, David	4	1,681
Burks, Ross	1	1,344
Caine, Lawrence	1	1,241
Callahan, Chris	1	1,225
Callahan, Rachel	3	1,336
Carey, Christopher	4	1,831
Carlton, Bob	3	1,634
Carter, Adrienne	1	1,313
Casey, Barry	2	675
Chadha, Jennifer	1	1,232
Chambers, Gay	1	1,228
Chandler, Teresa	8	1,500
Cirilli, Katerina	R	357
Clarkson, Roy	R	1,131
Clay, Brad	10	2,515
Clayton, Yocunda	3	1,381
Clemons, Sam	1	0
Cleveland, Jeff	1	1,508
Cliett, Stephanie	3	1,738
Clowers, Addison	3	1,982
Collins, Helen	1	719
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	2	1,203
Crain, Teresa	2	1,346
Cramer, Robyn	R	652
Cramer, Steve	R	178
Crawford, Allen	2	1,475
Crawford, Kimberly	1	1,071
Crowson, Bill	2	1,674
Crumpton, Dan	4	1,575

Participant	Years	Total
Crumpton, Melinda	R	775
Cuthbert, Misty	1	1,243
Cutshall, Hannah	1	1,560
Darville, Nathaniel	2	2,008
Davidson, Dow	R	695
Dease, Joseph	2	1,904
Dease, Katherine	3	1,748
Deering, Anna Katherine	R	0
Deering, Chris	R	120
Dell'Italia, Pat	2	1,272
Denton, Matt	5	2,009
Deuel, Jan	1	1,202
Dortch, Cherie	6	735
Dowling, April	1	1,221
Duke, Cindy	2	1,336
Dunnaway, Roberta	2	1,362
Easterling, Natalie	2	1,289
Edge, John	2	1,208
Ellison, Jennifer	R	0
Estes, Jeff	1	60
Evans, Debbie	4	1,357
Fontenot, Misty	1	1,285
Franklin, Shane	6	1,397
Frederick, Winston	9	2,000
Freeman, Sheila	1	1,218
Gann, Michael	6	2,189
George, Meredith	R	31
German, Brandon	1	0
Gibson, Darrell	2	103
Goode, Johnny	8	1,558
Graham, Jonathan	R	18
Grammas, Marianthe	1	2,276
Graves, Brady	R	54
Grossmann, Christopher	6	1,299
Gullapalli, Satya	3	762

Participant	Years	Total
Haley, Jay	2	1,297
Hall, Thomas	1	1,217
Halperin, Dave	3	0
Haralson, Danny	9	1,207
Haralson, Micki	10	1,455
Harbison, Brookie	1	547
Hargrave, Alan	10	1,268
Harley, Charlotte	R	375
Harrelson, Heather	4	1,615
Harris, Ashley	R	913
Harris, Robert	R	944
Harris, Vickie	2	1,202
Harrison, Lisa	6	1,635
Harry, April	1	1,317
Hathorne, Chad	R	567
Havicus, Cari	1	540
Hayden, Brittany	1	1,639
Heaton, Bryan	3	2,581
Henley, Monica	4	1,514
Henninger, Alison	3	1,247
Hightower, Rylie	R	6
Hill, Susan	4	1,212
Hill, Tucker	2	0
Hogeland, Angie	1	670
Hogue, Kari	R	276
Holmes, Chris	1	1,202
Hoover, Alison	6	1,318
House, Beth	5	1,294
Hubbard, Stephanie	R	340
Huff, Anne	R	1,141
Hunter, Bob	1	1,207
Ingle, Brandon	R	296
Ingram, Joseph	5	1,208
Izard, Georgia	2	1,523
Izard, Melody	3	1,475

1200 MILE CLUB

Participant	Years	Total
Jefferson, Tracy B.	1	992
Jenkins, Kaki	4	1,789
Johnson, Christy	R	0
Johnston, Latta	2	1,213
Joseph, Jeremy	R	0
Kearley, Christy	1	594
Kearley, David	1	1,236
Kearley, Stephen	2	1,215
Keefer, Herb	2	1,342
Kelley, Robin	4	2,152
Kemper, Tricia	3	1,705
Kendrick, Tom	R	29
Kile, Shelby	R	651
Kirchmer, Shannon	1	1,477
Knight, Diane	2	948
Kuhn, Jimmy	10	2,006
Kulp, Loren	2	2,145
Lahti, Tyler	1	1,420
Laird, Audrey	3	1,525
Langston, Aaron	3	1,255
Langston, Richard	5	1,274
Lauderdale, Beth	1	1,433
LeCroy, Sarah	1	1,590
Lee, Koren	1	1,382
Leopard, Don	1	0
Lockett, Janet	1	1,202
Long, Kristin	R	0
Lyle, Randy	9	2,335
Lyles, Chris	1	0
Madison, James	1	1,223
Malick, David	4	1,403
Mandy, Madeline	1	1,287
Massey, Christopher	1	1,278
McCombs, Chris	R	764
McNair, Kelly	4	1,541

Participant	Years	Total
McTune, Mark	4	318
McVey, Simon	3	1,202
Melvin, Robby	R	0
Merry, Vicki Sue	5	2,981
Mickens, Cassandra	2	1,315
Millsap, Lanier	3	1,245
Misch, Julie	R	0
Miyasaki, Nathan	2	2,137
Morgan, Cary	7	3,405
Morgan, Danielle	5	719
Morgan, Phillip	7	876
Morris, Gordon	R	1,013
Morris, Heather	R	1,083
Morris, Justin	4	1,712
Morris, Phil	R	282
Morrow, Alex	7	1,861
Mote, Darrell	1	729
Mount, Brian	1	1,457
Murchison, Reginald	4	2,328
Murphy, Amy	R	121
Nagy, Lisa	1	1,081
Nichols, Jessica	R	684
Northern, Kristie	8	1,583
Obrien, Ebony	R	0
Oehrlein, Kimberly	R	796
Oliver, Greg	4	2,160
Oliver, John	3	1,501
Orihuela, Carlos	1	699
Ortiz, Amber	R	1,010
Padgitt, Scott	1	1,491
Paradiso, Michelle	1	846
Parks, Charlie	4	2,249
Parks, Melinda	R	738
Pate, Lisa-Marie	1	0
Pavey, Cecil	R	0

Participant	Years	Total
Payson, Tabitha	R	409
Payson, Tommy	2	1,204
Peagler, Shana	6	1,221
Pearce, Julie	5	741
Pearson, Blake	4	1,977
Pearson, Mary Scott	3	1,729
Pelkey, Lauren	1	1,221
Penley, Steve	1	444
Peters, Scott	2	1,300
Plante, David	5	1,442
Poole, Greg	1	680
Portwood, Paul	2	1,103
Ralph, Meghan	3	1,660
Randall, Lisa	6	1,203
Renn, Deanna	2	1,507
Richards, Amy	R	245
Richardson, William	3	1,422
Roberson, Kevin	3	1,511
Roberts, Fletcher	3	1,540
Robinson, Niki	R	52
Robinson, Rod	R	897
Rocha, Roger	4	1,390
Rodgers, Jessica	R	654
Rogers, Tammy	1	366
Roper, Lynn	1	1,239
Rose, Billy	3	1,571
Rosser, Joey	1	1,542
Routman, Cynthia	1	1,025
Rutherford, Keith	10	1,327
Rutledge, Lisa	2	814
Ryan, Meaghan	2	1,201
Sanchez, Melissa	1	1,213
Schaefer, Todd	3	1,681
Schönhoff, Aubrey	R	1,129
Schor, Mike	2	2,125

1200 MILE CLUB

Participant	Years	Total
Secor, Debi	2	2,017
Seeley, Mimi	R	75
Shaffield, Danny	4	2,022
Shaffield, Mitzi	2	1,204
Sheppard, Gretchen	3	1,200
Sherer, Jeremy	1	1,201
Shinn, Ronald	6	784
Shirley, Scott	4	2,144
Sides, Dean	3	1,388
Silwal, Suman	7	1,690
Simpson, Kevin	4	2,599
Sims, Cecelia	1	1,234
Sims, Robert	4	1,782
Sloane, Mike	2	999
Smith, Jerry P.	10	1,243
Smith, Justin	R	457
Snow, Sheri	2	1,660
Spears, Kari	R	291
Stark, Patrick	R	631
Stevens, Johnathon	1	2,403
Stockton, Rick	10	1,393
Stokes, Beth	R	0
Stoves, Adam	R	89
Swiney, Elana	R	336
Talley, Beau	5	1,797
Talley, Shellie	1	1,283
Talley, Sydney	R	836
Thomas, Eric	4	991
Thornton, Dean	5	1,041
Trimble, Jamie	3	1,723
Tyler, Kim	R	1,077
Varnes, Vickie	4	1,841
Walker-Journey, Jennifer	3	1,245
Walker, Caroline	1	553
Wall, Ron	4	1,239

Participant	Years	Total
Watkins, Janet	1	1,097
Watson, Thomas	1	1,443
Watters, Robert	3	1,297
Wayman, Meghan	1	2,573
Weber, Amy	1	819
Weber, Lauren	1	1,369
Weeks, Lance	1	1,377
Wells, Bradley	2	1,370
Wende, Adam	3	1,349
Whillock, Amber	R	851
White, Dennis	R	301
White, Robin	R	0
Whitt, Trey	5	1,814
Wilhite, Thomas	2	1,400
Williams, Avis	1	0
Williamson, Chad	3	1,577
Windle, Dale	3	1,284
Wiseman, Steve	3	1,426
Wood, Scott	2	1,551
Woody, Bill	9	1,535
Wright, Amy	2	1,211
Wu, Xing	8	1,840
York, Gary	4	2,011
Young, Dorothy	R	0
Young, Eric	R	0
Zeanah, Cary	R	880
Zehnder, Justin	7	1,505

SHOW US YOUR BTC GEAR



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



Post Long Run Fun at O'Henry's



BTC Gear is Always in Style

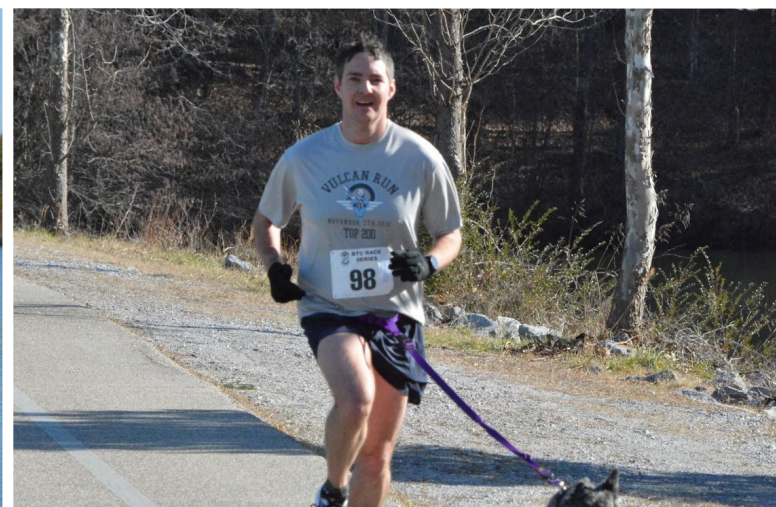


Scott Wood and a Very Interested UCF Player at Disney

ADAM'S HEART RUN



Photographs courtesy of MRuns



FEETS OF STRENGTH



In January, several of our BTC members traveled to Orlando to conquer not just one race, but two or four! **Judy Loo, Sherry Colgin, Roberta Dunnaway** and **Kristin Long** completed THE DOPEY CHALLENGE during the Walt Disney World Marathon Weekend. This crazy feat consisted of 5K, a 10K, a half-marathon and a marathon in four consecutive days! Kristin is one of only 700 people to have completed the Dopey Challenge since it began five years ago. Kudos to you all!

And then there was **Kim Benner, Alex Morrow, Jamie Trimble** and **Scott Wood**, who were only half as crazy and completed THE GOOFY CHALLENGE -- a half-marathon and a marathon in two consecutive days! Beth Stokes also completed the 5K, 10K and half marathons over the weekend. Great job you guys!

And last but not least, congratulations are in order for **Abigail Morrow** who completed her first marathon at Walt Disney World. Way to go, Abigail!

Have you recently completed a new distance, tackled a challenge race, or logged a new PR? [Let us hear from you!](#)

We love to celebrate the accomplishments of our fellow BTC members!



BTC EXECUTIVE BOARD MEETING

January 9, 2018

Attendance: Brian Atkins, Vicki Brakhage, Addison Clowers, Alan Hargrave, Monica Henley, Julie Pearce, Scott Wood

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

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

1200 Mile Club (Addison Clowers)

Jackets are in stock at the same price as last year (with embroidery). Patches are \$3 each. Jackets are \$20 for members who complete the challenge (the BTC subsidizes the remaining \$40 per jacket). The cost to cover this year's jackets and patches will be \$3,200. Addison made a motion to spend \$3,200 to purchase jackets and patches. Monica seconded the motion, and it was approved without opposition. The deadline to enter 2017 miles will be January 22, 2018. Medals will be available to 5 year participants. This is the first year we will have 10 year participants (7 people). Addison will purchase commemorative plaques for these members as well. The sign up link for the 2018 1200 Mile Club will be live soon. Alan has reconfigured the website links to make entering miles easier.

Newsletter (Julie Pearce)

Newsletter deadlines for 2018 were distributed. If you have ideas for the "Run Resolutions" series or the #WhyIRun series, please send them to Julie. We want to feature a good cross-section of members in the newsletter; please encourage others to submit photos, accomplishments for "Feets of Strength," etc.

Adam's Heart Runs (Monica Henley for Lisa Booher)

Please attend and assist as needed. Alan suggested that in 2019, we consider cutting off Race Series registration the day prior to the first race.

RRCA Convention (Monica Henley)

April 5-8 in Washington, D.C. Monica made a motion to spend \$1,300 to send a new officer who has not previously attended. Julie seconded the motion, and it passed without opposition.

RRCA Award Nominations (Monica Henley/Julie Pearce)

Julie will complete applications for the Communications Excellence Award and individual applications for Excellence in Running Journalism. We are nominating Vulcan Run as a RRCA Road Race of the Year. Scott Wood will complete the application for Vulcan Run.

Online Race Registrations (Alan Hargrave)

Alan discussed work he's been doing with RunSignUp to facilitate easier registration at races, the Annual Party, etc. He would like for the BTC to purchase two tablets for this use. He will research prices and other technical needs so we can vote on this expenditure via email.

Therapy South 2018 Challenge (Scott Wood)

Scott and Alan have been gathering information for the 2018 challenge. The consensus is that we need to limit the activities for which participants can get points, to keep things simple. The will provide a more detailed update at our next meeting.

Financial Update and Insurance (Monica for Trey Whitt)

BTC insurance premiums have been paid and policies are up-to-date.

Membership (Monica for Vicki Brakhage)

Current number of members: 1086
Current number of memberships: 830

Social: Annual Party (Monica Henley)

The Annual Party is on January 27 at Soho Social. The menu has been confirmed.

The meeting was adjourned at 7 p.m. Our next board meeting is on February 12, 2018.



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	February 3, 2018	6:00 a.m.
Roarin' Run 5K (Northport)	February 3, 2018	9:00 p.m.
Regions Superhero 5K	February 10, 2118	8:00 a.m.
Hub City Classic 10K, 5K, and Fun Run (Robertsdale)	February 10, 2118	8:00 a.m.
Half Marathon Rivalry Series (Mercedes/Auburn/Tuscaloosa series)	February 11, 2118	6:55 a.m.
Mercedes Marathon, Half Marathon and Marathon Relay	February 11, 2118	7:00 a.m.
BTC Executive Board meeting, Vestavia Hills Library	February 12, 2018	6:00 p.m.
BTC Saturday Long and Moderate Run Groups (Shoe Collection)	February 17, 2018	6:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 24, 2018	6:00 a.m.
Mount Cheaha 50K (Delta)	February 24, 2018	7:30 a.m.
Etowah Heroes 5K (Gadsden) * BTC DISCOUNT *	February 24, 2018	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 3, 2018	6:00 a.m.
Wine 10K Birmingham * BTC DISCOUNT *	March 3, 2018	8:00 a.m.
Judy M. Merritt Memorial 5K Run	March 3, 2018	8:00 a.m.
Seaside School Half Marathon and 5K Run (Seaside, FL)	March 4, 2018	7:00 a.m.
Move Toward a Cure (Bike/Walk/Run Challenges)	March 4, 2018	9:00 a.m.

Want to know what's going on at the Birmingham CrossPlex? [Click here to view the schedule of events](#) (not all events are open to public; please contact the meet director with questions).



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.