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THE VULCAN RUNNER

April 2018 4



THE MAKINGS OF AN ULTRA RUNNER: BIRMINGHAM'S MICAH MORGAN AND HER JOURNEY TO BADWATER

By Julie Pearce

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THE MAKINGS OF AN ULTRA RUNNER: BIRMINGHAM'S MICAH MORGAN AND HER JOURNEY TO BADWATER



Micah with her crew and pacers prior to the Keys 100, May 20, 2017

Clay-Chalkville High School, circa 1999. The women's softball coach has the team running laps around the field -- punishment for goofing off earlier in the practice. And a teenage Micah Reagan is secretly happy. Like usual, she's at the front of the pack, leading the same teammates who give her a hard time for sprinting the bases so slowly.

Micah's obvious talent for distances longer than a sprint around the bases soon catches the eye of the school's track coaches, who recruit her to run in a few track meets. She spends the rest of her high school career running in track meets when she can, between a busy softball and volleyball schedule.

Fast forward a few years. After playing two years of softball at Jefferson State Community College and transferring to UAB to complete her nursing degree, Micah began running longer distances. She completed the Mercedes Half Marathon in 2004, and eventually set her sights on conquering the marathon distance. Along the way, she met and fell in love with her now-husband and coach, Cary Morgan. And she's pretty much been unstoppable ever since.

By all accounts, Micah excelled at the marathon distance, but she found herself unable to break the three-hour mark she had set as her goal. After several close attempts left her frustrated, Micah was

..... “
We're so hard on ourselves; we see the flaws. But pushing ourselves through these things puts life in perspective. It makes you focus on the positive. Don't let little things get in the way of having a positive outlook.
.....

ready to try something new. Perhaps recalling those days back on the softball field, she wanted something that “got her coals burning” again, so she ran a 50K race with Cary. After successfully completing her first 50 miler (as second overall female) and her second 12 hour race (this time finishing as first overall female), Cary encouraged her to continue pursuing ultras. And pursue she did.

Since turning her focus to ultras in 2017, Micah has exploded onto the scene, logging impressive wins and setting course records across the country. The numbers speak for themselves:

Badwater Cape Fear (51.4 miles), Bald Head Island, NC, March 18, 2017 – 7:42:02 (4th overall, 1st female) *course record *

Keys Ultras (100 miles), Key Largo, FL, May 20, 2017 – 17:20:00 (4th overall; 1st female)

Wildcat 100 (100 miles), Pensacola, FL, September 2, 2017 – 19:16:31 (1st overall; 1st female) *course record *

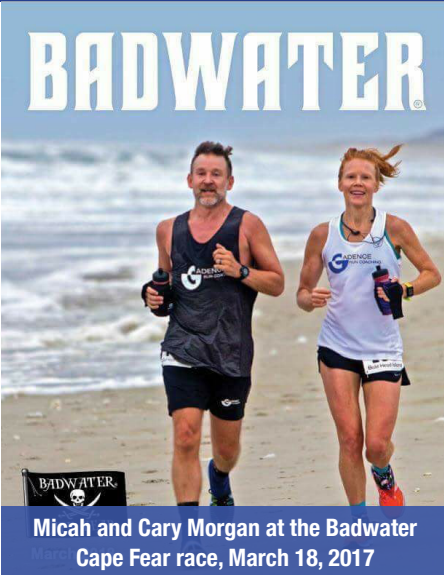
Daytona 100 (100 miles), Atlantic Beach, FL, December 9, 2017 – 14:55:45 (4th overall; 1st female) *course record (second fastest 100 miler by any female in North America) *

Micah's most recent course record at the Daytona 100 is not only impressive, it's downright jaw dropping when you consider that the 100 mile North American speed record had been broken -- by over an hour -- by ultra running standout Camille Herron just a few weeks earlier (to put that in perspective, Herron is a Nike sponsored athlete who holds several world records and has her own Wikipedia link).

Following her remarkable finish at the Daytona 100 in December, Micah received the call she had been hoping for: an official invitation to participate in the prestigious, highly selective 2018 Badwater 135 – “the toughest race on the planet.”

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THE MAKINGS OF AN ULTRA RUNNER: BIRMINGHAM'S MICAH MORGAN AND HER JOURNEY TO BADWATER



Micah and Cary Morgan at the Badwater
Cape Fear race, March 18, 2017

Why Badwater?

Micah doesn't recall when she first heard of this storied race, but she remembers watching two documentaries about extreme races: Running the Sahara and Running On the Sun, the latter of which documented Badwater in grueling detail. Although she is competitive by nature, Micah saw Badwater not as a race to beat other runners but as the ultimate "can I do this?" race. She wondered whether her head and

her body could compete at the highest level, where the race was about so much more than just running fast.

After running the Keys Ultra last May, Micah recalls the Race Director telling her, "If you can do the Keys, you can do Badwater." The coals were once again stoked, and Micah set her sights on her biggest goal yet: 135 miles of running through some of the most demanding conditions anywhere – from the lowest elevation in North America to the trailhead of its highest peak, Badwater's heat, altitude, and hills are legendary.

Birmingham has the benefit of heat and a few challenging hills, but Micah and Cary have gotten creative with Micah's training for Badwater. A busy nurse practitioner with Southeast Gastro at St. Vincent's East, Micah saves her longest training runs for weekends, but her weekdays are carefully planned to average 10-15 miles most days, with core training, cross-training (she's a fan of TRX, cycling class, the rowing machine, and weights), and sauna time several times during the week. Sauna training has been a change to her pre-Badwater training, but it is crucial that she practice acclimating to the extreme 130-degree desert heat she expects to encounter during the race.

Micah recognizes that nutrition, fluid management and GI issue management will be crucial to completing the race successfully. She tends to fuel heavily at the beginning of the week, eating lots of protein, good fats and fruits and vegetables (although she professes a weakness for cupcakes). Although Micah went into her first 100 miler "a little bit naïve," she has learned a great deal from her fellow ultra-

MICAH'S TYPICAL TRAINING WEEK

MONDAY: Running rest day + core and cross training

TUESDAY: 12-15 mile run

WEDNESDAY: 10-15 mile run

THURSDAY: Core training + one hour of running

FRIDAY: 12-15 mile run

SATURDAY: 15-30 mile run

SUNDAY: 15-25 mile run

runners, who taught her how to fix the things she could control: taking small sips of water rather than chugging it, being proactive rather than reactive with nutrition, and most importantly – trusting your team.

Perhaps the most daunting aspect to Badwater is the mental challenge it presents. Running the two and a half mile loops of the Wildcat 100 in very hot conditions taught Micah that she can be mentally tough, and she is well-trained to push herself through pain and discomfort. But while her stubborn streak and drive will serve her well, Micah also derives strength from her fellow runners.

Whether it's seeing local runners on the Lakeshore Trail or reading social media posts about first 5K's or other goals, Micah finds the comradery and support in the Birmingham running community "so motivating." Her faith also gives her a strong foundation; her guiding principle is Philippians 4:13: "I can do all things through Christ who strengthens me." And Micah certainly has the support she needs in Cary – he is her biggest cheerleader, her favorite running partner, and a crucial part of her team.

Badwater 2018 takes place July 23-25. If you see Micah out on the roads, give her a shout of encouragement. I for one can't wait to welcome her back to Alabama with a big tray of cupcakes – I have a feeling she'll be earning all she can eat!

Micah Reagan Morgan is a nationally ranked ultra runner who recently was named to the Hoka One One FLYER program. You can follow her on [Instagram](#), [Twitter](#) and [YouTube](#) to learn more about her training. Read more about Badwater 135 [here](#), and check back with The Vulcan Runner for post-race updates later this year.

PRESIDENT'S ADDRESS

By Scott Wood



Hello, fellow BTC Members!

Spring has sprung! I love this time of year -- the warmer temps mean we get to put up the gloves and toboggans, and there are so many races to choose from here in the Birmingham area! Speaking of races, Judy Loo and her crew are working hard on the next BTC Race for 2018, **Statue 2 Statue** is up next, and it's this coming weekend! Who's excited to run a few hills?!?! This iconic race is billed as the "South's Toughest 15k" for a reason, but regardless of the hills, this race is one you do not want to miss. More than 500 runners have already signed up for the challenge, and registration is going well. Again, a special thank you to Race Director Judy Loo and the countless volunteers who help put on this race. Judy organizes an exceptional race year after year, and the after party is fantastic! In addition, Statue 2 Statue features some of the best finisher's shirts around, and this year, all of our runners will receive a medal for the first time! Don't delay – [sign up now](#) for the most fun you can have on a hill!

Up next on April 15 will be the inaugural **BHM26.2** Race benefitting Children's of Birmingham and Magic Moments. The Birmingham Track Club is excited to be a part of this wonderful race and all it supports. Additionally, the Birmingham Track Club will be the title sponsor of the BHM26.2 Race Expo! How exciting! The expo will be held at the Sheraton Birmingham, and we already have over 20 vendors who will be set up at the expo. If you know of an individual or group who is interested in exhibiting at the expo, please contact me at president@birminghamtrackclub.com. We would love to have your business be a part of this expo. I'm really looking forward to this race and all it brings, but I believe everyone's favorite part will be the after party at

Railroad Park where Black Jacket Symphony will be providing the entertainment with a post-race concert. The theme is "Party Songs" and I can't wait! BTC dance party, perhaps?

On May 12, the BTC will have our Spring social. It will take place at Brookwood Mall in front of O'Henry's Coffee. This social will be sponsored by TherapySouth, and we have already lined up several things lined up to make it a great day. We will have at least one food truck, coffee, and snacks, all at no charge to runners. We are working with local races for free race entries, and we will have a special membership drive if you need to renew your membership or become a member for the first time. And, TherapySouth therapists will be on hand to talk runners about how they can help you better perform in your running. So, mark your calendars for May 12! Thank you to TherapySouth for everything it is doing to help the Birmingham running community.

As always, if we can help you in anyway, please reach out to us. We want you to be an active part of the club! Please feel free to send me an email, volunteer soon at an upcoming race, or just come run with us at the BTC Saturday Morning Long Run. Thank you to everyone who makes the BTC the best running club every day!

I'm sure looking forward to running with you soon, BTC!

Scott Wood
BTC President



The South's Toughest 15K

APRIL 7, 2018 AT 8:00 A.M.

REGISTER HERE

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Statue 2 Statue
Peavine Falls
Vulcan Run

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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
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Birmingham, AL 35253
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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!

COMMUNITY CORNER

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



My fellow Ward 5 Councilor Peter Wright, former State Representative Paul DeMarco and I have been ushering the bridge through the approval process. We have had regular meetings with the following people to move this project along: the RPC, engineering firm Sain Associates, State Representative David Faulkner, State Senator Jabo Waggoner, Homewood Mayor Scott McBayer, Mountain Brook Mayor Stewart Welch, Mountain Brook City Councilors Virginia Smith, Lloyd Shelton, Alice Womack and Billy Pritchard, Mountain Brook City Manager Sam Gaston, Birmingham Director of Intergovernmental Affairs Kelvin Dratch, Birmingham City Engineer Fred Hawkins and Birmingham Mayor Randall Woodfin.

Happy Spring, BTC! I have several exciting updates to bring you regarding some of our favorite running routes.

I ran for Homewood City Council for very specific reasons, including a pedestrian bridge at Hollywood Boulevard over Highway 280, and a crosswalk at the Marriott across Lakeshore Parkway, complete with a timed light for those on foot. As BTC President for three years, I was very involved with efforts to install safe passages for pedestrians (i.e. runners) and cyclists, and City Council gave me an avenue to continue pursuing these goals.

I am thrilled to give the following updates on these projects!

After our study was complete with the Regional Planning Commission (RPC), we ruled out pursuing a complete bridge overhaul and seeking any federal funding. The price tag was too high (beginning at \$1.4 million all the way to \$3.2 million for an extra turn lane), and the Union Hill cemetery would have to allow us to install sidewalks, which they will not do.

Our Homewood City Engineer Greg Cobb has since located a pre-fab bridge that comes in five pieces, and he has met with local DOT representatives to plan its installation. This bridge will connect the parking lots at Union Hill and at Mexico Lindo. It is ten feet wide and suitable for pedestrians and cyclists. It will be lifted by two cranes overnight, with 280 traffic temporarily re-routed. It is similar to the one pictured here, as seen on the campus of Vanderbilt University. We will NOT run a sidewalk over the grass at the cemetery. The estimated cost of this project is \$830,000. Our proposal is for Homewood and Mountain Brook to pay for 25% each and ALDOT to pay for 50%.

Senator Waggoner and Representative Faulkner met with Governor Kay Ivey and asked for her approval. She gave her support, and moved us over to ALDOT. Representative Faulkner is now setting a meeting for us with Homewood, Mountain Brook and the Head of ALDOT, John Cooper, for April.

BIG! I will keep you posted!

I am also very excited to announce that the Homewood City Council recently approved a firm to design the ALDOT-approved crosswalk at the Marriott and Lakeshore! We will run a sidewalk from the crosswalk to Rumson Road (by the Shades Valley YMCA) all the way up to Yorkshire. This crosswalk took one solid year to get approval from ALDOT, after years of denying us. I can't wait to see it in use!



COMMUNITY CORNER

Speaking of connectors, I attended the Grand Opening of the Vulcan Trail at the new Centennial Kiwanis Club Plaza on the north side of the statue. Adam's Heart Race Director Lisa Booher, Ward 1 Homewood Councilor Andy Gwaltney and I got to ride the new trail, which is two miles long. It runs along Red Mountain all the way to George Ward Park, with parking at both ends. The trail will eventually connect to Red Mountain Park.

Freshwater Land Trust was instrumental in obtaining the easements to construct the trail, and former Kiwanis Club President Tom Thagard was the driving force behind this project [we first reported on two years ago](#). There will be a light show for special occasions, and the north plaza is now open overlooking the city.



The City of Birmingham will be connecting a sidewalk from Five Points to Vulcan, with help from the RPC, and we will connect a sidewalk up 18th Street on the other side, heading into downtown Homewood. Birmingham has 157 sidewalk projects it is undertaking, thanks to the new Mayor! How exciting!

Lastly, an AMAZING update I am SO EXCITED to bring you! Ward 4 Councilor Barry Smith and I have put forth the purchase of a security camera for the bathrooms at the Homewood Soccer Park. The motion recently was approved, and THE BATHROOMS WILL NOW BE OPEN for those of us at the Lakeshore Trail! WOW!

My last very specific reason for running for Council was a crosswalk at Ventura over Highway 31 (by the old Bob's Bikes location). Once I get these other projects completed, that's next! Stay tuned! And remember: use sidewalks when they are available, or run facing traffic if not, wear reflective gear and ditch those head phones unless you are on the Lakeshore Trail or Jamison Trail! Stay safe out there!



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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 Membership includes great discounts on these races (and more)!

[Click here](#), or log on to RunSignUp via the BTC website using the email address associated with your BTC membership to access discount codes.

- **BTC Statue to Statue 15K** – BTC members receive \$5 off registration for the April 7, 2018 running of the South's Toughest 15K.
- **BHM 26.2 Marathon and Half Marathon** -- April 15, 2018; 10% off registration.
- **Steeple to Steeple Run (Homewood)** -- April 21, 2018; 10% off registration.
- **Magic City Half Marathon & 5K** -- November 18, 2018: 10% off registration.

Not a BTC member? Not a problem! Sign up here for an individual or family membership, and start taking advantage of the perks. #MembershipHasItsPrivileges

BLAST FROM THE PAST

By Trish Portuese, BTC Historian



Dr. Arthur Black

The year 2019 is an important milestone in the history of the Birmingham Track Club: it marks the 40th year of the Club's existence as a formal non-profit dedicated to health and wellness. In preparation for this anniversary, we will be featuring some vintage articles from back issues of *The Vulcan Runner*, photographs of our early members, and other BTC memorabilia. We hope you

enjoy reading about running in the early days! If you have vintage photographs, memorabilia or even stories to share, please **contact me** – we would love to feature your memories!

Our first “blast from the past” are the thoughts of Dr. Arthur Black following the BTC's annual banquet in 1991.

PERSONAL NOTE FROM ARTHUR BLACK 1991

To those who attended our recent annual banquet:
I slept poorly that night thinking of the things I forgot to say. I should have stressed how much Rick Melanson has meant to the Club. Most energetic workers peter out after a few years, but he has consistently worked the races for 12 long years. He has kept our equipment, continued to be Race Chairman, kept up with future races, obtained the results and entered them in our newsletter monthly. He has been the state representative for the Road Runners Club of America for some ten years and attended their national meetings. As I stated, we couldn't have done without him.

When Rick received the Arthur Black Award for the first time in 1980, he had been running 7 years, had completed ten marathons and two ultra-marathons. He founded our 50 mile race, ran in it and continues to be its race director. In 1983, he ran the Crazy Jim's Tupelo, Mississippi, Marathon in 2 hours and 38 minutes. To celebrate his 40th birthday, he ran 40 miles before breakfast.

Another non-stop worker is Wallace McRoy, who founded the Build a Better Club by urging us to get new members and volunteer to work the races.

Adam Robertson joined us in 1976 and has been a leader in the Club since then. He was the only one in the area who had run a marathon in our early days.

Bobbie Harris has also continued to work long after she received her award in 1983. She continued to be finish line director for the Vulcan Marathon.

To those who didn't attend our recent banquet:

I awakened at 3 A.M. the day of the banquet, couldn't get back to sleep for reminiscing about our Club. I went to my basement, collected some old records which included an aborted attempt to make Birmingham the Fitness City of the Nation by organizing the Birmingham Fitness Council in 1970. I wrote all head high school and college coaches in the county asking that they form a fitness council in their community, form a speakers bureau that would provide programs for PTAs, booster clubs or any interested group. We hoped to interest employers in the value of fitness for their employees, as I was convinced it improved physical and mental health, increased efficiency and decreased absenteeism. Phil Mulkey, ex-olympic decathlon champion and physical educator at Birmingham University School, was asked to be President, Dr. James Sharman of UAB Vice-President and Hollice Hyde of Shades Valley YMCA Secretary and Treasurer. I could not transfer my enthusiasm to them, so nothing was done.

My next attempt was after hearing Dr. Ken Cooper speak at Samford University about the value of exercise on health and longevity in 1974. I received a copy of the runners at the downtown YMCA, wrote them a card that we were organizing the Jefferson County Fitness Council for those over 35 years old at Vestavia High School track.

13 of us jogged $\frac{1}{2}$, 1 or 2 miles. We had another meeting every 4 or 6 weeks with an increased number each time with publicity in the Birmingham News. Versal Spalding, Gordon Seifert and John Spink were original runners. Ann Randle, Herc Levine, Wallace McRoy, Billy Barber from Sylacauga

BLAST FROM THE PAST

and Ray McKinnis were the at the 3rd outing, Vic Cohen and Larry Boots on the 4th, Les Longshore on the 5th and Charlie Hayes on the 6th outing in March 1975.

Versal Spalding measured the course and directed out first 10,000-meter run, the US Bicentennial on Thanksgiving, Nov. 27, 1975. Ann Randle and Les Longshore persuaded Victor Hanson to have the Birmingham News sponsor the second 10 K, the Vulcan Run, which Ann directed for 2 years. She was consulted by Mobile to help them begin their first Azelea Trail Run. She was our first secretary. Les wrote our By-Laws, helped form and guide our Club. Charlie Hayes did the legal work for our Club to be a non-profit organization and was the first race director for the Vulcan Marathon, which was measured by Vic Cohen. Vic also originated and directed the Montclair Run held every Thanksgiving.

Our first newsletter was in February 1976 with Ray McKinnis as editor. Being the first President, I wrote: "I have^{been} interested in the health value of exercise for the past 10 years. My opinion that it is the basic ingredient of good health and longevity continues to grow stronger as I study the subject. Because of this, in August 1974, we began a series of track meets for those over 35 in hopes it would help motivate participants to continue or begin regular exercising. With the urging of Versal Spalding and Paz Plecher (a 67 year old lady), the Birmingham Track Club was officially organized in July 1975 with the same objective---physical fitness. We planned to meet the first Sunday of each month at the Vestavia High School track.

I hope you will keep a monthly jogging log, give your yearly goal at the next meet and your monthly totals monthly."

In those days we had a monthly speaker and I gave out articles on exercise and health.

Ray McKinnis transferred from being a professor of religion at Miles College to Duke University in June 1979. In his last issue Al DiMicco wrote an article on "Leg Muscle Ratio Study". Larry and Karen Boots were our second newsletter editors for 4 years then Sherri Gilbert for 20 months, then Lee Calton for the past 7 years. We are all appreciative of Lee for carrying his load so well that long.

We are also indebted to Deborah Gibson for the many races she covered as our photographer over the years. They have added quality to our newsletter.

We appreciate Norman Thomas for our membership directory. I've wanted one for a long time.

The Arthur Black Award was originated in 1977 by Les Longshore, to whom I am indebted. The following have been the yearly recipients: Ray McKinnis, Ann Randle, Vic Cohen, Rick Melanson, Adam Robertson, Larry Boots, Bobbie Harris, Red Hamilton, Wallace McRoy, Rick Melanson, Charles Thompson, Gordon Seifert, Bill Crow and Carl Howard (1996)

Arthur Black

MEDICATION AND MILES

Is A Lack of Vitamin D Slowing You Down?

By Kayla M. Chambers, 2018 Pharm.D. Candidate, Kim Benner, Pharm.D., BCPS

As many of you know, Deena Kastor is a well-known 2008 United States Olympic marathon runner. Kastor was favored to win the marathon event in Beijing, China but fell short of the medal after breaking her foot during the run. Upon examination, it was discovered that her vitamin D (25[OH] D) level was below 37.5 nmol/L. Kastor's vitamin-D deficiency cost her a stress fracture and ultimately, the race.¹

E, and K. (Stay tuned for more information on these vitamins in future newsletters!).

Vitamin D promotes calcium absorption in the stomach, maintains adequate serum calcium and phosphate, and is needed for bone growth and remodeling. This vitamin becomes especially important with constant physical activity. The question becomes: how do you know if you are deficient and whether your deficiency is affecting your athletic performance?

Blood serum concentration of 25-Hydroxyvitamin D [25(OH) D] is a good indicator of vitamin D status. This serum concentration reflects the vitamin D intracellularly and that taken up from food and supplements. 25(OH) D levels above 50 nmol/L are generally considered adequate for bone and overall health in healthy individuals.³ Levels less than 30 nmol/L indicate vitamin D deficiency and are concerning for other related health issues.

The Food and Nutrition Board at the Institute of Medicine of The National Academies created a Recommended Dietary Allowance (RDA) to determine the average daily level of intake sufficient to meet the nutrient requirements of ~98% of healthy people.³ The average daily intake for both healthy men and women between ages 18-50 years old is 600 International Units (IU) or 15 mcg. According to The Third National Health and Nutrition Examination Survey (NHANES III), ~77% of the United States population is affected by a vitamin D deficiency.⁴ A vitamin D deficiency can occur when the usual intake is lower than the recommended levels, when there is limited exposure to sunlight, when the kidneys cannot convert 25(OH) D to its active form, or when kidneys are not able to absorb vitamin D appropriately. When vitamin D deficiency occurs, it can affect athletic performance.

In athletes, including runners, the primary concern is performance; therefore, vitamin D is essential in decreasing the risk of stress fractures and other injuries associated with intense physical activity. Close et al conducted a randomized double-blind placebo-controlled study in 10 professional male athletes, 70% of which had insufficient vitamin D levels at baseline. The athletes were randomly assigned to receive either 5000 IU D3 over eight weeks or no supplementation. This study found that those athletes who received supplementation had a significant increase in 25 (OH) D mean \pm standard deviation increase from 11.6 ± 10 ng/mL to 41.2 ± 10 ng/mL.⁵ The athletes who received supplementation also showed significant improvement in the 10-meter sprint and vertical jump. Ultimately, this study concluded that vitamin D is imperative for musculoskeletal performance in athletes.



Vitamins and minerals play an important role in providing our body with key nutrients necessary to perform daily functions. There are over 30 vitamins and minerals acting within our body to help support immune function, wound healing, and bone growth and development. Often times, the lack of these micronutrients can lead to the development of scurvy (vitamin C deficiency), blindness, rickets (vitamin D deficiency), and weak bones. Adequate intake of these nutrients can be maintained through a healthy diet and if needed, dietary supplementation.

Essential vitamins can be classified into two subsets: water-soluble and fat-soluble. Water-soluble vitamins play important roles in producing and releasing energy from your food, building protein and cells, and making collagen for bones. This subset of vitamins are made up of mostly B vitamins including biotin (vitamin B7), folic acid (vitamin B9), niacin (vitamin B3), pantothenic acid (vitamin B5), riboflavin (vitamin B2), thiamin (vitamin B1), and vitamins B6 and B12. Vitamin C is also classified as a water-soluble vitamin. Fat-soluble vitamins play important roles in the aid of bone build-up, vision protection, and acts as an antioxidant.² This subset of vitamins is made up of A, D,

MEDICATION AND MILES

Is A Lack of Vitamin D Slowing You Down?

Another study, conducted by Lappe et al, used a randomized double blind, placebo-control to determine whether calcium and vitamin D supplementation could reduce the incidence of stress fracture in female recruits during basic training. The 3,700 female Navy recruits in the study were randomly assigned to receive 2000 mg calcium and 800 IU or a placebo. This study showed that those who received supplementation for 8 weeks reduced stress fracture incidence by 20%.⁶ The authors of this trial concluded that vitamin D is essential at reducing the incidence of stress fractures.

Yet another review in 2008 showed that vitamin D helped to increase the size of fast twitch muscles and improves muscle strength.⁷ There have been several other studies that have proven the necessity of adequate vitamin D intake in athletes.⁸

So, how exactly can runners make sure that they are maintaining adequate vitamin D intake? The fat-soluble vitamin can be taken in through foods rich in vitamin D, sunlight exposure, and dietary supplements. Some examples of these foods include fatty fish like salmon, tuna, or catfish, eggs, Swiss cheese, and fortified orange juice. The United States Department of Agriculture's Nutrient Database website (<https://ndb.nal.usda.gov/ndb/>) provides a more extensive list of the foods containing vitamin D and their content levels.⁹

Sunlight exposure can also meet some of the necessary vitamin requirement; however, due to concerns for skin cancer, sunlight exposure should not be considered as the primary modality to acquiring adequate intake.¹⁰ Fifteen minutes of sun exposure for light-skinned individuals and 30-minutes of sun exposure for dark-skinned individuals has been shown to be helpful with daily intake.

Lastly, dietary supplements have proven beneficial to those who are found to be deficient in vitamin D. These supplements come in 2 forms: vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol). Cholecalciferol is the natural form of the vitamin; however, both are effective at providing adequate supplementation. Another way to ensure adequate vitamin D is to have your 25(OH) D levels checked by your doctor at regular intervals.

Vitamin D has been proven to provide substantial benefits to athletes at all levels. Although most of the clinical trials have not specifically honed in on its effect in runners, this vitamin is essential. In order to prevent stress fractures and other negative outcomes, it is important to have adequate intake of vitamins and minerals that allow our bodies to thrive, especially under stress. Knowing your recommended daily intake of vitamins and minerals can make all the difference. Ultimately, a healthy overall diet and

supplementation as recommended will support an active lifestyles and help to maintain your overall health.

Sources:

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THE MAGIC CITY HALF MARATHON & 5K AT BEAUTIFUL REGIONS FIELD NOVEMBER 18 2018

Start and Finish at Regions Field in downtown Birmingham, AL

REGISTRATION IS NOW OPEN!



Benefits the Ruben Studdard Foundation
for the Advancement of Children in the Musical Arts



WWW.MAGICCITYRUN.COM



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Alyce Beasley
Brian Bowman
Leisha Bowman
Alan Christian
Yocunda Clayton
Caitlin Clevenger
Mary Creel
Betsy Darnall
Matt Denton
James Dixon
Brooke Dodson
Alexis Dubin
Adrian Gonzalez

Donna Huggins
William Huggins
Erin Johnson
Michelle Jones
Demetris Kennedy
Bruce Korf
Dan March
Stephanie Mullen
Joshua Muncy
Andrew Ness
Becki Pask
Lisa-Marie Pate
Blake Pearson

Mary Scott Pearson
Niki Robinson
Jeffrey Rodgers
Paul Ross
Jason Saint
Amanda Schnell
Melanie Scott
Joseph Serio
Dean Sides
Kevin Simpson
Tilette Smith
Kyle Tennant
Stephanie Tomes

Jordan Traweek
Jamie Trimble
Jeff Troha
Pete Van Zandt
David Waid, Jr.
Brooke Weaver
Amy Weeks
Lance Weeks
Dorothy Young
Eric Young
Shelby Young

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!**



STEEPLE TO STEEPLE 5K + 10K

**HOMEWOOD, AL
TRINITY UMC**

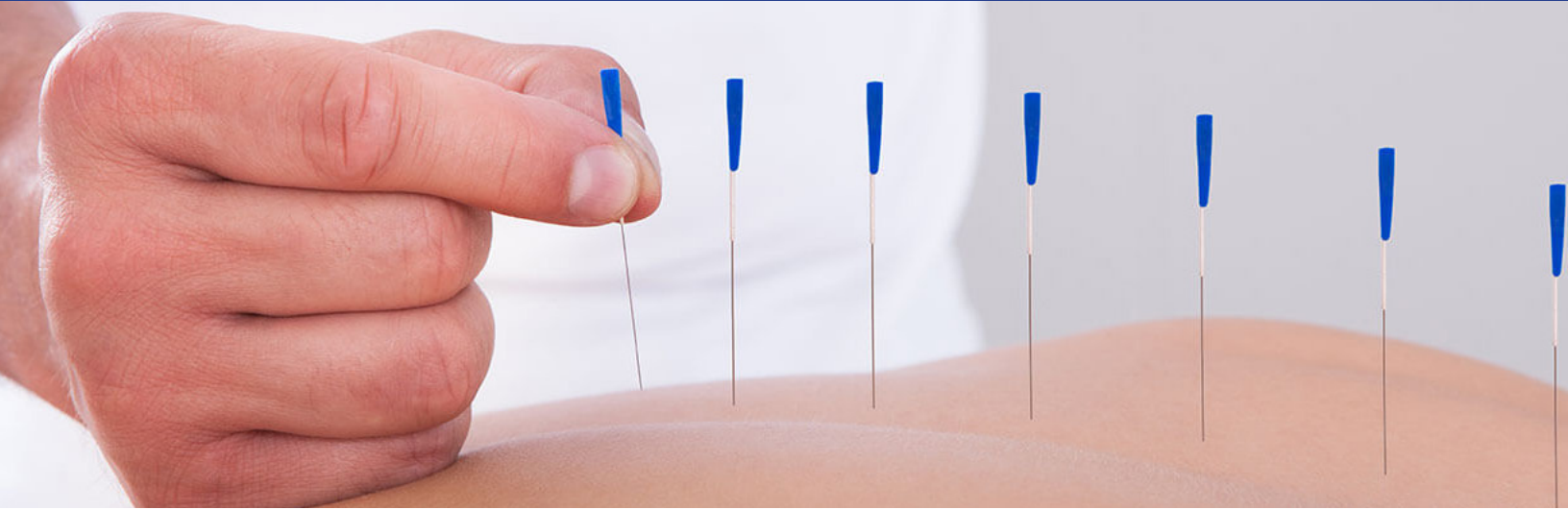
**APRIL 21, 2018
STEEPLE2STEEPLE.COM**



USE CODE BTC FOR \$5 OFF

MUSCLE SORENESS AND DRY NEEDLING

By Ryan Hunt DPT, CSCS, Certified Dry Needling Practitioner, Certified ASTYM Practitioner, Therapy South



“How do I get rid of my muscle soreness/heavy legs post-race or following a long training run? I have iced, stretched, taped and massaged but my legs still feel heavy.”

Does this statement sound familiar? We hear this from so many runners.

Face it -- your time is minimal between work, family and social life, and adding more to the plate seems impossible. For many of our patients, dry needling is the solution to the problem.

With as little as one to two treatments, our patients have seen dramatic improvement in muscle soreness. This has led to increased performance during race day.

Here are a few quotes from BTC members:

“My training partner said we have to stop dry needling because she can’t keep up with me anymore.” – Ultra runner

“Since dry needling my calves, I have dropped from 11 min mile to 9 min mile pace!” - Novice Marathon runner

“Since dry needling my legs have never felt this good post-race.” – Ironman Tri-Athlete

So what exactly is dry needling?

Dry needling is a technique performed by a physical therapist using a thin filiform needle to penetrate the skin. The therapist uses the needle to stimulate underlying myofascial trigger points, muscles and connective tissue for the management of neuromuscular pain and movement impairment.

Why is dry needling used?

Following injuries or degenerative processes, muscle tightness and spasms can occur, which can lead to nerve involvement and result in referred pain. This referred pain can lead to secondary dysfunctions such as decreased mobility, chronic pain and many other disorders. The treatment involves identifying the source of the trigger point and advancing a filiform needle into the related muscle to elicit a twitch response.

What are the benefits of dry needling?

The stimulation of these trigger points can reset the muscle to alleviate the primary dysfunction as well as the referred pain. Many patients experience dramatic pain relief as well as improved range of motion and restoration of function.

Visit or call anyone of our 25 locations for more information on dry needling!

Ryan Hunt is the Service Director for [TherapySouth](http://TherapySouth.com). He practices at TherapySouth’s Colonnade/Altadena office at Patchwork Farms. Have questions or want to schedule an appointment? Contact Ryan at rhunt@therapysouth.net or 205-223-9012.



RRCA UPDATE

By Alex Morrow, RRCA State Representative

The RRCA Alabama Championship Race Series is shaping up nicely!

The Swamper's 5k in Muscle Shoals, AL on April 28th has been named the **RRCA Southern Region Championship 5k!**
<http://www.swampers5k.com/>

The Woodstock 5k in Anniston, AL on August 4th has been named the **RRCA National Championship 5k!**
<http://www.annistonrunners.com/woodstock5k/>

The Blood Rock 50k in Pelham, AL on September 29th has been named the **RRCA Alabama State Championship Ultra!**
<https://www.southeasterntrailruns.com/blood-rock-50k--25k.html>

The Vulcan Run 10k in Birmingham, AL on November 3rd has been named the **RRCA Alabama State Championship 10k!**
<http://www.birminghamtrackclub.com/vulcan-run-10k.php/>

The Magic City Half Marathon in Birmingham, AL on November 18th has been named the **RRCA Alabama State Championship Half Marathon!**
<http://www.magiccityrun.com/>

The Coastal 5k in Orange Beach, AL on November 24th has been named the **RRCA Alabama State Championship 5k!**
<http://www.team-magic.com/events/122>

Stay on the lookout for more championship race announcements in the near future!

BTC Merchandise

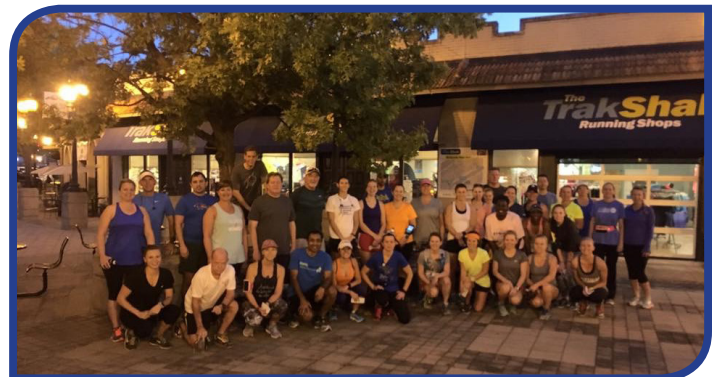
Would you like a chance to win FREE BTC gear?!

We will be creating a new design for the BTC summer merchandise soon. How would YOU like to sport your BTC pride? Whether you have a favorite color, brand or item, we welcome your input! Please email your ideas to us at store@birminghamtrackclub.com for consideration and a chance to win free BTC gear!



Moderate Distance Run Group

If you have an interest in serving as the BTC's new Moderate Run Coordinator, please [email Scott Wood](mailto:email.Scott.Wood). 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

Daniel Chaplin



BTC Member Daniel Chaplin is originally from St. Louis, Missouri. He relocated to Birmingham to attend Samford University. While a student there, he took a P.E. class where the final exam was to complete a 5K race. He really enjoyed race-walking this distance and began to sign up for and complete many more 5Ks. He then found out about the Talladega Half Marathon through the BTC. He loved racing around the track at Talladega and after completing this first half marathon, he became hooked on the half marathon distance. Daniel soon set a goal to complete a half marathon in every state. He joined the 50 States Half Marathon Club and enjoys attending their annual meetings. He is looking forward to this year's annual meeting in Ocean City, New Jersey.

To date, Daniel has completed numerous 5K races, 11 half marathons, one 6 mile race, one 5 mile race, one mini-triathlon and 2 mud races. His next race will either be Running with the Cows in Kansas or The Ocean City Half Marathon. Daniel says: "Race-walking makes me feel like I can accomplish one of my goals. It is a great workout and has definitely been good for my health and makes me feel refreshed."

Daniel works at the Wiggins Childs Pantazis Fisher & Goldfarb Law Firm as the mailman and loves his job. In his free time, when he is not racing, he enjoys dancing! (In fact, Daniel is quite the accomplished ballroom dancer – [click here](#) to read news coverage about his accomplishments).



Southeastern Trail Runs

BTC Discount Code "20BTC18"
Save 10%



Tranquility Lake Race

3 & 6 Mile Trail Run

April 7th - Oak Mtn State Park

8:00 AM Start - Redbud Pavilion (By BMX Track)

Beautiful Course - Trails anyone can run. Register - Ultrasignup.com

1200 MILE CLUB

Cumulative miles submitted through March 31, 2018 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
Abel, Robin	R	204
Anderson, Adrianna	R	165
Anderson, Kerri	2	124
Armstrong, Thomas	3	0
Arnold, Brad	1	217
Baggett, Christopher	R	285
Barnes, Jimmie	3	152
Bartee, Samm	2	191
Barton, Dawn	R	213
Beasley, Cathy	1	288
Belcher, Michelle	5	217
Benner, Kim	5	263
Benson, Wayne	4	225
Bibb, Angelean	R	206
Bircheat, Aliza	R	0
Bircheat, Clint	R	0
Black, Dylan	1	0
Boackle, Larry	1	0
Boackle, Tomie Ann	1	215
Boger, Joe T	1	175
Bonatz, Ekkehard	9	334
Booher, Lisa	6	233
Boswell, Ryan	1	168
Bowman, Bill	R	153
Bowman, Brian	R	0
Bowman, Leisha	R	0
Bradley, Amanda	R	335
Bradley, Lee	1	0
Brakhage, Victoria	1	239
Bridwell, Hunter	R	0
Brown, Charlie	6	214
Brown, Michael	4	164
Bryant, David	4	234

Participant	Years	Total
Burks, Ross	1	243
Burton, Kelsey	R	106
Caine, Lawrence	1	211
Callahan, Ali	R	77
Callahan, Chris	1	177
Callahan, Noah	R	77
Callahan, Rachel	3	158
Camp, Melinda	R	125
Carey, Christopher	4	370
Carlton, Bob	3	105
Carter, Adrienne	1	84
Cawley, Jennifer	R	140
Chambers, Gay	1	15
Chandler, Teresa	8	215
Childers, Kristi	R	0
Childers, Melissa	R	69
Christian, Alan	R	0
Clay, Brad	10	205
Clayton, Yocunda	3	0
Cleveland, Jeff	1	244
Clevenger, Caitlin	R	0
Cliett, Stephanie	3	331
Clowers, Addison	3	0
Coffin, Hannah	R	488
Coleman, Tim	R	226
Collins, Helen	1	52
Corrin, LaRonda	R	106
Corrin, Roger	2	133
Craig, Mary	1	149
Crain, Teresa	2	0
Cramer, Robyn	R	126
Cramer, Steve	R	63
Crawford, Allen	2	145

Participant	Years	Total
Crawford, Kimberly	1	0
Creel, Mary	R	228
Criswell, Katie	R	226
Criswell, Mark	R	40
Croker, Jennifer	R	256
Crowson, Bill	2	196
Crumpton, Melinda	R	0
Cutshall, Hannah	1	235
Davidson, Dow	R	269
Dawson, Ashley	3	357
Dease, Joseph	2	0
Dease, Katherine	3	0
Dell'Italia, Pat	2	180
Denton, Matt	5	354
Dixon, Jonathan	R	195
Dorman, Evan	R	0
Dowling, April	1	186
Duke, Cindy	2	213
Dunn, Jennifer	R	286
Dunnaway, Roberta	2	0
Easterling, Natalie	2	0
Edgerton, Amy	R	212
Elkins, Sydney	R	0
English, Timothy	R	426
Evans, Debbie	4	103
Farrior, Sonya	R	15
Feller, Beth	2	206
Ferlitto, Cindy	R	168
Fonteneau, Kira	R	0
Fontenot, Misty	1	222
Fountain, Raley	R	235
Fraka, Leann	R	81
Franklin, Rebecca	R	50

1200 MILE CLUB

Participant	Years	Total
Franklin, Shane	6	201
Frederick, Winston	9	344
Freeman, Sheila	1	230
Fuller, Lisa	R	250
Funk, Robert	R	0
Gann, Michael	6	487
Gibson, Katie	R	218
Goode, Johnny	8	0
Goss, Ange	R	144
Grady, Carla	R	0
Graham, Jonathan	R	394
Grainger, Matt	R	0
Grammas, Marianthe	1	464
Gray, Caleb	R	106
Grossmann, Christopher	6	236
Haley, Jay	2	327
Hall, Thomas	1	34
Haralson, Danny	9	0
Haralson, Micki	10	0
Hargrave, Alan	10	368
Harrelson, Heather	4	203
Harris Bowser, Javacia	R	56
Harris, Ashley	R	154
Harris, Robert	R	186
Harris, Skip	1	150
Harris, Vickie	2	52
Harrison, Lisa	6	230
Harry, April	1	149
Havicus, Cari	1	96
Hayden, Brittany	1	234
Haynes, Melanie	R	0
Heaton, Bryan	3	290
Henley, Monica	4	218
Henninger, Alison	3	195
Hill, Susan	4	0
Hogeland, Angie	1	301
Hogue, Kari	R	0
Holcomb, Zachary	R	235
Holland, Skylar	R	156

Participant	Years	Total
Holmes, Chris	1	0
Hopper, Whitley	R	218
Hoskins, Angela	R	10
Hoskins, Creig	R	0
House, Beth	5	178
Hubbard, Stephanie	R	0
Hunter, Bob	1	0
Ingram, Joseph	5	181
Izard, Georgia	2	216
Izard, Melody	3	191
Jenkins, Kaki	4	256
Johnson, Kawitta	R	185
Jones, Ira	3	0
Jones, Misty	R	0
Kane, Dawn	1	0
Kane, Michael	R	0
Kearley, Christy	1	0
Kearley, David	1	75
Kearley, Stephen	2	75
Keefer, Herb	2	0
Kelley, Robin	4	0
Kemper, Tricia	3	248
Kendrick, Tom	R	174
Kirchmer, Shannon	1	125
Knight, Diane	2	114
Kuhn, Jimmy	10	348
Kulp, Loren	2	358
Lahti, Tyler	1	133
Laird, Audrey	3	334
Langston, Aaron	3	250
Langston, Richard	5	210
LeCroy, Sarah	1	273
Lee, Brian	R	0
Lee, Koren	1	169
Leopard, Don	1	0
Loo, Judy	2	0
Ludt, Chas	R	151
Lyle, Randy	9	392
Madison, James	1	0

Participant	Years	Total
Malick, David	4	206
Mandy, Madeline	1	0
Martin, Lee	R	0
Mason, Will	R	0
Massey, Chris	R	247
Massey, David	R	186
Mathews, Skip	R	166
McNair, Kelly	4	135
McVey, Simon	3	181
Merry, Vicki Sue	5	353
Mickens, Cassandra	2	163
Miller, Stephen	R	189
Miyasaki, Nathan	2	0
Morgan, Cary	7	526
Morgan, Danielle	5	0
Morgan, Phillip	7	0
Morris, Justin	4	346
Morris, Phil	R	0
Morrow, Abigail	R	0
Morrow, Alex	7	0
Mount, Brian	1	209
Murchison, Reginald	4	372
Nagy, Lisa	1	0
Northern, Kristie	8	265
Oehrlein, Kimberly	R	168
Oliver, Greg	4	401
Oliver, John	3	190
Padgitt, Scott	1	272
Parks, Charlie	4	0
Pate, Lisa-Marie	1	0
Payson, Tabitha	R	184
Payson, Tommy	2	178
Peagler, Shana	6	89
Peagler, Zach	1	134
Pearce, Julie	5	117
Pearson, Blake	4	0
Pearson, Mary Scott	3	0
Pegouske, Christian	R	125
Pegouske, Jeremy	R	170

1200 MILE CLUB

Participant	Years	Total
Pegouske, Madison	R	274
Pegouske, Stacie	R	177
Penko, Zoe	R	0
Penley, Steve	1	101
Peters, Scott	2	75
Plante, David	5	0
Poole, Greg	1	104
Portwood, Paul	2	0
Pruett, Jay	R	325
Ralph, Meghan	3	218
Randall, Lisa	6	0
Rawson, Brent	R	208
Redden, David	R	213
Renn, Deanna	2	303
Reynolds, Dewelena	R	86
Richardson, William	3	420
Richey, Lori Beth	R	225
Ritchie, Joseph	R	205
Roberie, Josh	R	137
Roberson, Kevin	3	251
Roberts, Fletcher	3	151
Rodgers, Jeffrey	R	0
Rodgers, Jessica A.	R	156
Rodgers, Jessica W.	R	0
Ronson, Catherine	R	0
Roper, Lynn	1	144
Rose, Billy	3	233
Rosser, Joey	1	137
Rowell, Taylor	R	139
Rutherford, Keith	10	132
Rutledge, Lisa	2	209
Ryan, Meaghan	2	207
Schonhoff, Aubrey	R	144
Secor, Debi	2	302
Self, Travis	1	128
Serio, Joseph	R	0
Shaffield, Danny	4	345
Sheppard, Gretchen	3	0
Sherer, Jeremy	1	158

Participant	Years	Total
Sherrell, Jeff	R	0
Shinn, Ronald	6	0
Shoaf, James	R	260
Sides, Dean	3	200
Silwal, Suman	7	0
Simpkins, Randall	R	220
Simpson, Kevin	4	441
Sims, Cecelia	1	145
Sims, Robert	4	302
Sloane, Mike	2	214
Smith, Jerry P.	10	197
Smith, Justin	R	93
Snow, Sheri	2	187
Soileau, Chester	R	0
Stevens, Johnathon	1	0
Stewart, Zeb	R	205
Stockton, Rick	10	214
Sweatt, Jason	R	102
Swiney, Elana	R	147
Talley, Beau	5	0
Talley, Shellie	1	120
Targe, Mark	R	35
Thomas, Eric	4	438
Thompson, Sara	R	213
Thornton, Dean	5	180
Townes, Janelle	R	272
Trimble, Jamie	3	269
Tyler, Kim	R	167
Vaden, Christopher	R	232
Varnes, Vickie	4	201
Vlach, Jiri	R	0
Waid, Jr, David	R	0
Walker-Journey, Jennifer	3	115
Walker, Caroline	1	90
Wall, Ron	4	0
Walley, Ryan	R	144
Watkins, Janet	1	184
Watson, Thomas	1	208
Watters, Ana	R	102

Participant	Years	Total
Watters, Robert	3	269
Weber, Amy	1	220
Weber, Lauren	1	0
Weeks, Lance	1	218
Wells, Bradley	2	0
Wende, Adam	3	311
Wentz, Dan	R	0
White, Dennis	R	4
White, Robin	R	0
Whitt, Trey	5	262
Wilhite, Thomas	2	304
Williamson, Chad	3	150
Windle, Dale	3	204
Wiseman, Steve	3	237
Wood, Scott	2	252
Woody, Bill	9	246
Wright, Amy	2	222
Wu, Xing	8	316
York, Gary	4	344
Zeanah, Cary	R	92

WINE 10K

All photos courtesy
of MRuns.com

March 3, 2018



VILLAGE TO VILLAGE

March 10, 2018



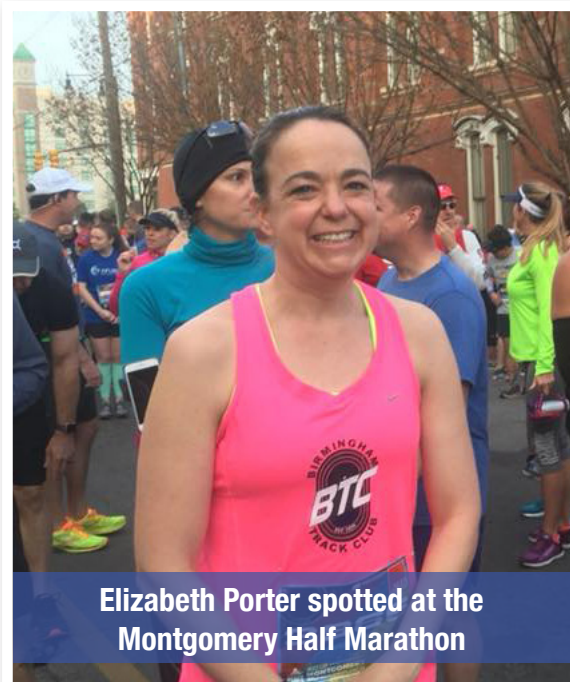
SHOW US YOUR BTC GEAR



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



Katherine and Joseph Dease, Wine 10K



Elizabeth Porter spotted at the Montgomery Half Marathon



The BTC... now accepting canine members!

BTC EXECUTIVE BOARD MEETING

March 12, 2018

Attendance: Vicki Brakhage, Alan Hargrave, Monica Henley, Judy Loo, Julie Pearce, Charles Thompson, Scott Wood

The meeting was called to order at 6:06 PM by President Scott Wood.

The minutes of the February 12, 2018 meeting were approved unanimously, on Scott's motion, as seconded by Vicky.

IT Update (Alan Hargrave)

Alan gave a presentation on some of the capabilities and new developments of RunSignUp, which has evolved into more than just a race registration platform. Alan has imported data from Racelt, so some BTC races and records dating back to 2008 are now available on member profiles, as are other records from other races using RunSignUp. Alan recommends that we purchase additional credits to be able to upload additional race data for the benefit of race participants. Scott made a motion to approve spending \$250 to purchase 50,000 credits. The motion was seconded by Monica and approved without opposition.

Alan will also investigate whether Constant Contact is still meeting our needs or whether another program (such as Mail Chimp) might be better.

The BTC chromebooks have been very helpful for race registrations and other events. They are reasonably priced (\$300) each. We currently have two chromebooks. Alan made a motion that the BTC purchases two additional chromebooks at a pre-tax cost of approximately \$600. Vicky seconded the motion, and it was approved without opposition.

Statue to Statue (Judy Loo)

Registrations currently are at 414. She has been marketing the race to local groups and other running clubs within driving range. She has had lots of interest from volunteers and sponsors.

USATF Representative (Charles Thompson)

USATF meeting will be held on March 18, 2018. The 2018 outdoor track calendar has been published.

Treasurer's Report (Monica Henley for Trey Whitt)

The Treasurer's Report was circulated to the Executive Board via email and is available upon request. Finances are solid (approximately \$8,000 increased from last year). Adam's Heart Runs ended with positive revenue. Monica suggested we implement a cut-off date for ordering shirts to avoid having large surplus. Scott suggested we also have a graduated race fee schedule that each BTC would follow, as far as discounts, price increases, etc.

Membership (Vicky Brakhage)

We currently are at 1,054 members (826 memberships). Scott suggested a "2 for 1" membership promotion – for people who have never been a member, they could join for 2 years at the price of one year. Monica suggested a r

Newsletter (Julie Pearce)

Please send photos from local races, as well as "BTC gear" photos and "feets of strength" entries. Deadline for content for the April newsletter is Monday, March 19 – please make every effort to submit content on time and reserve space as soon as you know you will have a submission.

City of Birmingham Permits for BTC Races (Scott Wood for Hunter Bridwell)

The City of Birmingham has put out an extensive construction/development plan that may impact races for the next several years. Hunter has been working with Scott to determine what this means for BTC and other races, but these plans will impact Mercedes, Vulcan Run, etc. We will need a new venue for the Vulcan Run. Trish Portuese wrote an update for the March issue of The Vulcan Runner to keep the local running community apprised; we will update as we learn more.

President's Report (Scott Wood)

- **Moderate Run Update:** LaRonda Corrin would like to begin coordinating the moderate distance runs on Saturday mornings. Scott suggested we consider combining the moderate distance Facebook page with the Long Run page; opinions were mixed, but we will continue to discuss.
- **TherapySouth Social on May 12:** Possible locations could include Brookwood O'Henry's or Homewood Park.
- **Hollywood Pedestrian Bridge:** Jennifer Andress has suggested the BTC consider contributing towards fundraising efforts to assist with the pedestrian bridge over Hollywood Boulevard. She believes this would be a great way to show the mayors of the municipalities that the BTC is engaged in the project, etc. The group was enthusiastic about the project, but had questions.
- **BHM26.2 partnership:** The Expo is sponsored by the BTC. Scott asked for assistance with expo vendors, etc.

The meeting was adjourned at 7:45 p.m. Our next board meeting is on April 9, 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
Southeastern Trail Series: Tranquility Lake Trail Race (3 and 6 mile)	April 7, 2018	8:00 a.m.
Statue to Statue 15K * BTC RACE SERIES *	April 7, 2018	8:00 a.m.
No Longer 5K	April 7, 2018	8:00 a.m.
Run for a Reason 5K	April 7, 2018	9:00 a.m.
Best Foot Forward 5K	April 7, 2018	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	April 14, 2018	6:00 a.m.
Cedar 5K and 1 mile	April 14, 2018	8:00 a.m.
eCO CU Foundation Charity Trail Run 10K and 5K	April 14, 2018	8:00 a.m.
Kitty Kat Haven & Rescue 5K Meow-A-Thon	April 14, 2018	9:00 a.m.
BHM 26.2 Marathon and Half Marathon * BTC DISCOUNT *	April 15, 2018	8:00 a.m.
Here2Beer 5K	April 19, 2018	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	April 21, 2018	6:00 a.m.
Steeple to Steeple Run * BTC DISCOUNT *	April 21, 2018	8:00 a.m.
ASYO Beat Beethoven 5K	April 21, 2018	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	April 28, 2018	6:00 a.m.
Run for Kids Challenge – 10K, 50K and 12 hour race	April 28, 2018	7:00 a.m.
Perseverance 5K and 1 mile fun run	April 28, 2018	8:00 a.m.
Race for The Grace Place 5K and family fun run	April 28, 2018	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	May 5, 2018	6:00 a.m.
Miles to Margaritas 5K	May 5, 2018	8:00 a.m.
Children's of Alabama Spring Scramble 5K	May 6, 2018	5:30 p.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.