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WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

May 2018 5



SEE JACK RUN

By Tanya Twerdowsky

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SEE JACK RUN



Mile 98. I'm overheated, overtired, overly emotional. With my eyes cast down watching every shuffle, all I want is to be able to sit and eat and sleep because running is stupid. And then Greg, my pacer, says the magic words. "Look up. Jack's here to run with you."

And I run with Jack. Hard. Up a hill that I hadn't run the previous three loops, but I will run now because Jack is here and Jack doesn't care that I've already run 99 miles by now because Jack wants to run and who am I to slow him down? We cross the finish line and I fall asleep holding Jack's hand on the drive home.

Two weeks later. At the start line of the Tranquility Lake 10K trail race. Jack's first 10K. The gun goes off, Jack grabs my hand, and off we go. Six miles. Two loops. With rocks and roots and mud and slippery bridges and water crossings and big hills and narrow single track. Not an easy trail race. Certainly not an easy first 10K. Can't even compare it to a smoothly paved road race.

And yet Jack runs. Hard. He runs up the hills. He careens down the hills. He keeps his eyes up and effortlessly moves his feet over the tough terrain. Always with my hand in a vice grip. It's tough to run next to Jack and my footing is not sure, but who am I to pry my hand away? We cross the finish line with cheers and tears and beers and Jack calmly sits down with White

Phone. First 10K. No big deal. He trained, he was ready, and he didn't let the distance scare him.

Two weeks later. Jack runs another 10K. A week after that, yet another 10K. To a lot of runners, this doesn't sound like a big deal. But to Jack, it's monumental.

CONTINUED ON NEXT PAGE



APRIL 19TH, JUNE 27TH, AUGUST 23RD

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SEE JACK RUN

If you haven't met Jack, here are some fun facts about him. He's 25. He's training for his first half marathon in November. He's eligible for the Clydesdale division of races. He can't sweat. He can't always communicate. Oh, and he has autism.

But while he's not exactly your average runner, I'd venture to say that he's a better runner than you are. He's certainly a better runner than I am. You can bless my heart, you can bless his heart, but hear me out.

Jack doesn't care if he wears a GPS watch or the latest lightweight clothes or the newest shoes. And yet Jack runs the



“

People never teach running as a class, but it has taught me to believe and never underestimate myself. – Jack

”

same amount of miles as you and I to prepare for a race. Only more free. Less tied to material things.

Jack doesn't follow a strict plan or constantly watch his pace. And yet he is able to go outside and knock out his run purely by effort. I help monitor his breathing, which reminds me to pay attention to my own breathing and run by feel. As runners were meant to do before all this GPS and heartrate monitor technology came out.

Jack doesn't wake up at zero dark thirty to train. He doesn't humble brag on social media or log his miles on Strava or Garmin or DailyMile. And yet he's still a more natural trail runner than I am. He moves over technical trails with an ease and grace that most trail runners long to have.

Jack doesn't go out there to podium or set PRs



Photo courtesy of MRUNS

Jack and his Team

or collect medals or beat his running enemies. He runs because he truly loves it. He runs to raise awareness for autism. He runs to show the world that anything is possible if you have heart.

Whenever I'm struggling in a race or just in everyday life, I look down at my autism bracelet, and I think of Jack. Jack doesn't have the option to quit autism. He has to work harder than all of us all day, every day to communicate and prove to the world that autism is something he has, not who he is. He has to overcome so much, and yet he doesn't let that get him down. So then who am I to feel defeated and give up? So I go on. And so does Jack.

Like Jack, other runners with autism have fallen in love with running. Learn more, and read their inspiring stories [here](#) and [here](#).

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PRESIDENT'S ADDRESS

By Scott Wood



Scott with Author Matt Fitzgerald

Hello, fellow BTC Members!

So last month I mentioned how Spring time was here and the warmer temps would soon be here...as I type this, it is a balmy 87 degrees in Birmingham! What the what?! What happened to Spring? Oh well, get ready B'ham, -- it's going to be a hot one! But, before it gets too hot, let's have some fun! How about a Spring social this week at Brookwood O'Henrys! We will have three different mileage routes, free coffee, free pastries, free City Bowls, free race entries, door prizes, and more -- all courtesy of our friends at TherapySouth! Therapy South will also be on hand for some hands on demonstrations, and we're working on a few surprises to cap off the morning. You don't want to miss this social! Thank you, Therapy South, for everything you do for the BTC!

It's not very often I get star struck, but it was pretty cool meeting Matt Fitzgerald at the BHM 26.2 Race Expo last month. Matt flew in from California on Friday, and spent the day with us at the Expo. He took the stage at noon and shared his thoughts and philosophies on becoming a better runner. He wrapped up his BHM 26.2 Race weekend by pacing the 2:00 half marathon with Alex Morrow, myself, and dozens of others -- we had a blast for 13.1 miles! Thanks to the BHM 26.2 Race, Children's of Alabama, Magic Moments, Anna Martin, Matt Fitzgerald, and hundreds of others who made it

a great weekend for the Birmingham Track Club, the Birmingham running community, and many others who came to participate in the inaugural race!

What's next on your racing schedule? Reach out to us if you need motivation during the summer months when running gets tough. I promise, you are NOT alone. We have folks running ALL over the place, ALL times of day and night, chasing ALL kinds of goals. I'm excited to run the Brooklyn Half Marathon on May 19 -- I'm hoping for some cool New York temps and lots of Pizza!

Next up in our BTC Race Series is the Rick Melanson Peavine Falls Run! [Registration is now open](#), and Race Director Alex Morrow and Assistant Race Director (and BTC Vice-President) Hunter Bridwell are working hard on this year's race. What better way to celebrate July 4 than running beautiful Oak Mountain State Park? And, eating your weight in BBQ afterwards!

Good luck to everyone with your Summer training schedules! I'll see you on the starting line in the Fall -- it will be here quick. As always, if we can help in any way, [please reach out to us](#) -- the BTC is YOUR club!

Stay hydrated out there!

Scott Wood
BTC President

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BTC Mission Statement

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

Contact BTC at:

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Race Results

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

birminghamtrackclub.com
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RESOLVE TO RUN SMARTER THIS YEAR!

Congratulations on making a resolution to improve your health and run further and faster this year! Before your body gets too much mileage, visit your PT at TherapySouth and let us assess your mobility and durability. We can show you techniques to help you avoid injuries (such as IT Band Syndrome, Runner's Knee and Plantar Fasciitis) and get the most out of your runs. 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 and we are a proud sponsor of BTC.

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**WHO IS
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Long Run Training Group

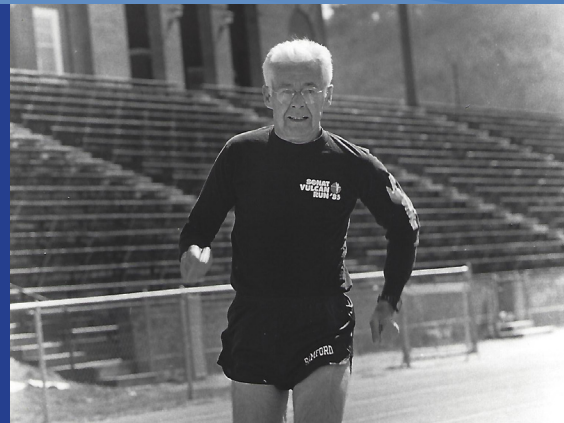
The BTC Long Run Group meets each Saturday at 6:00 a.m. in front of the Trak Shak in Homewood. Come join your fellow BTC members as we get ready for various upcoming races. Each week's mileage, routes and water stops can be found at <http://birminghamtrackclub.com/member-events.php> or on our Facebook 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!**

BLAST FROM THE PAST

By Trish Portuese, BTC Historian



Wallace McRoy

Our second installment of Blast from the Past features another of Birmingham Track Club's iconic Charter Members, Wallace McRoy. He was a fixture on the Birmingham running circuit and a long-time supporter of the BTC and area track programs (even serving as a track coach for both Samford University and John Carroll High School). When Wallace McRoy passed again in 2016 at the age of 101 years, the BTC lost a great champion, but his enthusiasm for our sport endures!

Read more about his accomplishment and his extraordinary life [here](#). We will continue to feature vintage articles, photographs and memorabilia in upcoming issues of *The Vulcan Runner*. If you have photographs or stories to share, please [contact me](#) – we would love to feature your memories!

10D—The Birmingham News Tues., March 18, 1986

Alabama Scene

McRoy running at Samford Track where he is assistant track coach

Jogging promotes fitness, health in elderly as well as in youth

By Nathan Turner Jr.
News staff writer

Retired engineering executive Wallace McRoy rounded the quarter-mile track at a fast trot.

The 71-year-old breathed hard and the tan rubber-asphalt surface at Samford University blended into a circle as he ran.

But the 33-year-old reporter interviewing him on the run was breathing twice as hard.

McRoy runs an average of 24 miles a week and has competed in several 10 kilometer runs (6.2 miles) sponsored by the Birmingham Track Club.

At his peak a few years ago, before a knee injury, he was knocking off 56 miles a week.

McRoy is symbolic of the fact that hunger for fitness does not confine itself to the young.

It embraces the young at heart.

"If you want to run, do it. Don't mind what people might say," said McRoy.

OLDER runners take to the streets and tracks for many of the same motivations as anyone else and some express sympathy for non-runners.

"I look in their eyes and there's a difference in color and expression," said Versal Spalding, 60, an insurance executive who runs at least seven miles every morning.

"It has had a positive effect on my emotional health, my ability to withstand pressures," he said.

Spalding, who was in on the creation of the Vulcan Run, said he has entered fewer competitive races recently because his time at meets dipped and "false pride" got the better of him.

Jack DeMedicus, 57, a retired Air Force pilot, runs 30 miles a week and when he isn't running he takes aerobics exercise classes.

"It's not really all that much fun when you're doing it, but you derive benefits of feeling good afterwards and the sport."

McRoy enjoys helping people of all ages prosper on the track. He assists runners at John Carroll Catholic High School and with the Birmingham Track Club's mini meets on Sundays at Samford University.

News staff photo by Beverly Taylor

GOOD WORK | Wallace McRoy

'Running is one of the best activities you can do.'

McRoy enjoys helping people of all ages prosper on the track. He assists runners at John Carroll Catholic High School and with the Birmingham Track Club's mini meets on Sundays at Samford University.

Wallace McRoy is almost 91, and he's constantly on the run. A charter member of the Birmingham Track Club, McRoy is a runner at heart. "When you run, you become two different people. You have a runner's high. You feel good," he said. Roy doesn't run anymore himself. "I stopped because it was getting too expensive," he says jokingly. "I kept falling down and busting my front teeth. It's expensive to get them fixed over and over." Now he gets most of his exercise in the swimming pool. He also gets a workout helping others as they enjoy the sport.

► **Whom he helps:** McRoy assists with coaching the track team at John Carroll Catholic High School. "Track is a difficult sport to coach. There are 16 different events and one person cannot coach them all," he said. He coaches the hurdles. McRoy also assists regularly with the Birmingham Track Club's mini meets on Sundays at Samford University. "We have them running at all ages out there. From 2 to 90," he said. "It's just fun to watch the run and to encourage them. We give the little children recycled trophies and they are proud."

► **Why he does it:** "I just like to help people," he said. "Some of the children who run will be track stars. There's one little girl we've worked with who I know will go on to the Olympics." McRoy was on the track team when was in high school, but he said he wasn't a star. "They gave me a letter because of consistency," he said. He said he looks forward to watching youngsters go on and succeed in the sport he loves.

To suggest a person for Good Work, contact by fax at 325-2283, or e-mail her at s...

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MEDICATION AND MILES

Turmeric and Its Possibilities

By Amelia Billingsley, PharmD Candidate 2018, Jennifer Beall, PharmD, Kim Benner, PharmD

Turmeric has been used for centuries throughout Asia in food preparation and for medicinal purposes. However, in recent years, turmeric has been gaining lots of attention with its claims of reducing inflammation, pain, and cholesterol, as well as other potential health benefits. So what is turmeric?

Turmeric is a perennial plant from the ginger family (*Curcuma longa*). It is also known as Indian saffron. It is fairly well known as the primary spice in curry. Turmeric spice has a warm, bitter taste and is bright yellow-orange in color. Curcumin, turmeric's active component, has made a name for itself across the globe – from its use in cosmetics in Thailand, as a tea in Japan, curries in India, an anti-inflammatory in Pakistan, and as a preservative in the United States.^{1,2} As a food additive, the FDA considers curcumin to be “Generally Recognized As Safe” (GRAS).^{2,3}

Curcumin is lipophilic, which means it can pass through cell membranes easily.⁴ It has been found to have some anti-inflammatory properties, which explains its popularity with some athletes. Curcumin is believed to inhibit cyclooxygenase (COX) enzymes as well as other pro-inflammatory pathways.^{2,3} Besides inflammation, curcumin might lower cholesterol levels in individuals with elevated cholesterol and could reduce the pain of osteoarthritis and rheumatoid arthritis.⁵

According to the National Center for Complementary and Integrative Health (NCCIH), preliminary studies found that curcumin, might “control knee pain from osteoarthritis as well as ibuprofen did.”⁶ Furthermore, one study showed a statistically significant improvement in the pain and physical function scores of 40 patients who suffered from mild-to-moderate knee osteoarthritis when they took a curcumin supplement (500 mg per day divided into three doses) taken along with piperine (5 mg) for six weeks.¹ The reason for the addition of piperine is that it has been found to increase the bioavailability of curcumin. Also, a rheumatoid arthritis study of 45 patients revealed that a mixed curcuminoid supplement without piperine (500 mg) given once a day for eight weeks provided the same results as the nonsteroidal anti-inflammatory drug (NSAID) diclofenac (50 mg) in reducing tenderness, joint swelling, and disease activity.³ Another study showed that curcumin could possibly alter the enzyme activity for lipoproteins, thus causing an increase in “good cholesterol” (HDL) and a reduction in “bad cholesterol” (LDL) and in triglycerides.¹

Importantly, the curcumin found in turmeric has very poor bioavailability when taken by itself. It is poorly absorbed in the stomach and has a very rapid metabolism via the liver. As a result, it does not remain in the body very long.⁴ Therefore, one would have to take high doses in order to see therapeutic effects, or take the curcumin with something that will increase

its bioavailability, such as piperine, which is the active chemical within black pepper.¹ Many turmeric supplements contain piperine for this very reason.

Turmeric usually comes in capsule, tablet, or powder formulations. Doses ranging from 4,000 mg up to 12,000 mg in a day have been proven safe and tolerable in clinical trials.¹ However, the most common dosage range is from 450 mg to 2,000 mg daily. Side effects are minimal but could include stomach upset, nausea, diarrhea, yellow stools, dizziness, and rash.^{3,5} Turmeric supplements have not been clinically proven safe during pregnancy or lactation; therefore, it is not recommended to take them during those times.³ Turmeric is not recommended in people who have gallbladder issues because it can aggravate the issue. Turmeric

has been found to interfere with many prescription medications.³ One major example of this is with an anticoagulant, such as warfarin (Coumadin) or Xarelto. If taking an anticoagulant, turmeric is not recommended due to the increased risk of bleeding.⁵ Because turmeric has anti-clotting characteristics, it is recommended that patients stop taking it two weeks prior to surgery.⁵ As with all natural supplements, it is best to talk with a healthcare provider before starting a regimen.



In conclusion, turmeric, more widely known for being a primary ingredient in curry dishes, has been shown to have some positive effects as an anti-inflammatory agent and as a cholesterol-lowering agent. However, more broad-based research is needed to confirm these findings in the future.

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BIRMINGHAM TRACK CLUB

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Brookwood O'Henry's**

Multiple distances with staggered start times
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Bowls, prizes and more!

See Facebook for [more information](#).



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

John Appleton
Seth Archer
Frank Barry
Jennifer Beall
Alyce Beasley
Ekkehard Bonatz
Ryan Bonner
Christopher Carey
Jason Carter
David Chaplin
Margo Churchwell
William Churchwell

Clay Cochran
Beth Elliott
Timothy English
Christopher Eveland
Carla Grady
Rachel Hagues
Mike Harris
Jerri Haslem
Melanie Haynes
Suzanne Helmick
Aaron Holt
Sara Kasdin

Patrick Lamb
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Clayton Lewallen
Jordan Locke
Will Lyndon
Will Mason
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Wendy Rye
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Michael Schor
Mike Schor
James Schackelford

Jeff Sherrell
Darryl Townes
Janelle Townes
Nicholas Vanderpool
Juan Vault
Ron Wall
Susan Walley
Bethan Watson

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!**

SMART RECOVERY

An Alter G Treadmill Case Study

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



Case Study: 55 year-old female competitive distance runner and triathlete. Competitive in the 10k up to half marathon distance. Competitive in the ½ iron man distance.

Client has sustained 3 prior stress fractures over the past 5 years. The fractures happen when she starts logging more time on the bike while running, or when her pure running mileage increases. In the past, she has worn a boot 4-6 weeks, did physical therapy for 1 month and then started her progression back to running. However, the same scenario would occur the next season and the process would be repeated. After the 3rd stress fracture she decided to try a different recovery method.

Evaluation: After getting her history, we filmed her gait. Fundamentally speaking, she looked great. (Styles vary and are all subject to critique, but we saw nothing to warrant cause for repetitive foot fracturing). We then put her through a series of foot and ankle stabilization tests; and again, she looked great. Flexibility...good, in fact great. Strength...even better. She also informs us she squats, lunges and does regular weight training and core work 2x/week. So....we look at her mechanics in this arena. AND, again...great. Evaluation tells us her movement patterns are not the cause, and she is strong enough to handle her regimen.

Hypothesis: She increases her load/stress too fast after coming out of her boot and does not provide enough tissue adaptation time (TAP)

- (TAP) is best described by Wolff's law – the law states that bone in a healthy person or animal will adapt to the loads under which it is placed. If loading on a particular bone increases, the bone will remodel itself over time to become stronger to resist that sort of loading

Theory: If we gradually introduce force back to her foot then we will provide the right amount of TAP. Her bone density and surrounding foot/ankle tissues will thicken and remodel. She can then avoid another fracture.



Treatment: 6 week Running progression in the Alter-G. 2x/week for 6 weeks at 30 minutes each starting at 55% of her normal weight progressing up to 100% by the 6th week. Load was progressed based on symptoms. This particular client did 55%, 65%, 75%, 80%, 85%, 90%, 95% week by week. She was release to continue progression at



100% on the road and add time to her run incrementally in roughly the same % progression outlined on the Alter-G.

Result: At the 4 month mark she is up to 40 minutes approximately 2 to 3x/week and spending several hours on the bike pain free.

Conclusion: TAP is a very important, if not the most important factor in determining when some is released to run again. A fracture, followed by a period of immobilization in a boot weakens the foot. The foot becomes less dense structurally. Hence, TAP is needed to recovery correctly.

REHAB AND TRAIN WHILE YOU HEAL

The Alter-G anti-gravity treadmill gives you the opportunity to rehab from surgery and injury without pain. It uses technology to reduce your body weight with positive air pressure which in turn, reduces the impact of running while your body goes through the normal processes of healing. TRAIN WHILE YOU HEAL.

- Allows you to run between 20 and 100% of your body weight
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- Camera system to analyze your Gait
- Gradually load back to normal body weight in percentages
- Very easy to use
- No referral or insurance needed, but can be used if needed



Volunteer Vibes

Thank you to ALL of the volunteers who helped to make Statue to Statue a very successful weekend! There are too many of you volunteers who helped with this race to mention individually, but I will mention one special volunteer – **Jeanne Welsh** – who won our random volunteer drawing for her work at the race. We appreciate you, Jeanne, and ALL of the volunteers who helped to make that race AND BHM 26.2 such a success! Several BTC volunteers spent manning the BTC tent at the BHM 26.2 race expo – it was a great opportunity to meet new members and sell BTC merchandise!

Next up is **Peavine Falls at Oak Mountain State Park on July 4**. We will need plenty of volunteers to work packet pick up on July 3 and on race day. Please sign up to volunteer soon on Run Sign up or as always, you can reach out to Kim Benner at volunteer@birminghamtrackclub.com to let her know how you want to be involved! #weheartourvolunteers

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.

- **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

RRCA UPDATE

By Alex Morrow, RRCA State Representative

Sign Up Today for an RRCA Alabama Championship Race!

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.southeastertrailruns.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!

*We're ordering
new summer
merchandise soon!
Need a specific size
or have ideas
for styles?
Let us know!*



Moderate Distance Run Group

WE'RE BAAACCKK!!

The Saturday Moderate Run Group has returned to its 6:30 a.m. start time – please join them on Saturday mornings for moderate distance runs of 5-7 miles. Thank you to Moderate Run Coordinator LaRonda Corrin for coordinating the group. Details, including routes and water stop information, will be posted on the group's [Facebook page](#). We hope to see you out on the roads!



#WHYIRUN

Charlie Brown



PEPSI VULCAN RUN
November 17, 1990



VULCAN RUN XVII
November 21, 1992
Marathon Photo

When did you become a runner?

I started running in March of 1980. I'd been married a couple of years and had gained about twenty pounds -- and I was not happy about it. This was a few years after Frank Shorter medaled in the Montreal Olympics, and we were in the midst of the great running boom. Everywhere you looked, people were out "jogging." So, I put on my leather Nike Cortez, gym shorts, tube socks and a 100% cotton tee shirt, and I hit the road. Now, I was never a terribly athletic kid growing up, usually finishing dead last in any kind of foot race, and at the tender age of twenty-five, I realized nothing had changed. I ran every day as far as I could (sadly, that wasn't very far). It took me about a month before I could run a continuous mile. But, that got me thinking: if I could run one mile, what about two? Then three, four and five? I was hooked!

You're a regular at the BTC Saturday morning runs, but where do you do most of your running during the rest of the week?

I live in the Trussville area, and that is where I run most of miles, usually solo. During the summer months when school is out and I'm not driving a school bus full of knuckleheads, I try to join up with some of the early (vampire) groups around town. I enjoy meeting new people, and that is an excellent way of doing so.

How has the sport changed since you started running?

Running has come light years since I started pounding the pavement. From cotton tees to coolmax shirts, waffle soled running shoes you were lucky to get three hundred miles out of, to shoes that will now take you several hundred miles. Winter gear is extremely better. We started out with hoody sweatshirts that got soaked with sweat and got cold in a hurry when you stopped running. Now, we have the latest technology and wicking base layers.

I approach my training differently now in the sense that I listen to my body much more now than I ever have before. I have seen people I started running with who can no longer run, for a variety of reasons including chronic injuries, lack of desire and debilitating illnesses. I've gone from running seven days a week to six and now five days a week. I'm comfortable with that. I get just as much pleasure running five days a week as I used to get with seven because it doesn't take near as much to make me happy now!

What's the secret to your longevity as a runner?

Over the years, I have known a lot of people who have tried running through injuries and ended up doing serious harm to their bodies. I've always prided myself on knowing when to take an extra day or two off if I'm feeling an odd pain. I try to stress this to my younger friends. In most instances, your body will heal itself if given the opportunity. Don't be afraid to take a step back and rest a day or two. It will do you good.

What's your favorite race distance?

I've run 15 marathons and -- and I have to guess at this one -- somewhere between 150 and 200 half marathons. The half marathon distance is my favorite because the recovery is much quicker, and it doesn't beat you up as much.

What do you like best about running?

As strange as it may sound, I enjoy the friendships I've made through running the best. Yes, there have been many memorable races, from my very first race (the 1980 Vulcan Run) to my most recent, the Kentucky Derby Mini Marathon. But nothing takes the place of the great folks of the Birmingham running community and the BTC. I always look forward to the Saturday morning long runs because I see my friends and all those smiling faces, and it makes getting out of bed at those ungodly hours worth it.

What's the running accomplishment you're most proud of achieving?

The biggest accomplishment of my running career is my longevity. I never planned it this way -- it just evolved. All I wanted to do all those years ago was to lose a little weight. I never in all my life imagined a life quite like this, but it's been worth every step. And, this is what I tell people just starting out in the sport. If I can do it, anybody can. It's just every day getting up and getting out there and slaying the dragon. Every year when I see my doctor for my annual check-up, he always tells me I am his healthiest patient. I'm not naive enough to believe I'm the only one he says that to, but, it sure sounds good!

Keep running, Charlie -- we love seeing you out there!

Have a running friend with an interesting or inspiring story? [Nominate him](#) to be a featured runner in #WhyIRun!

1200 MILE CLUB

Cumulative miles submitted through May 5, 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	378
Anderson, Kerri	2	361
Armstrong, Thomas	3	0
Arnold, Brad	1	267
Baggett, Christopher	R	595
Barnes, Jimmie	3	383
Bartee, Samm	2	417
Barton, Dawn	R	311
Beasley, Cathy	1	552
Belcher, Michelle	5	413
Benner, Kim	5	555
Benson, Wayne	4	449
Bibb, Angelean	R	414
Bircheat, Aliza	R	0
Bircheat, Clint	R	0
Black, Dylan	1	0
Boackle, Larry	1	349
Boackle, Tomie Ann	1	335
Boger, Joe T	1	175
Bonatz, Ekkehard	9	674
Booher, Lisa	6	481
Boswell, Ryan	1	168
Bowman, Bill	R	307
Bowman, Brian	R	0
Bowman, Leisha	R	0
Bradley, Amanda	R	720
Bradley, Lee	1	0
Brakhage, Victoria	1	475
Bridwell, Hunter	R	344
Brown, Charlie	6	469
Brown, Michael	4	360
Bryant, David	4	365

Participant	Years	Total
Burks, Ross	1	459
Burton, Kelsey	R	272
Caine, Lawrence	1	404
Callahan, Ali	R	127
Callahan, Chris	1	387
Callahan, Noah	R	127
Callahan, Rachel	3	265
Camp, Melinda	R	305
Carey, Christopher	4	670
Carlton, Bob	3	328
Carter, Adrienne	1	245
Cawley, Jennifer	R	140
Chambers, Gay	1	15
Chandler, Teresa	8	437
Childers, Kristi	R	280
Childers, Melissa	R	69
Christian, Alan	R	0
Clay, Brad	10	470
Clayton, Yocunda	3	0
Cleveland, Jeff	1	571
Clevenger, Caitlin	R	165
Cliett, Stephanie	3	509
Clowers, Addison	3	0
Coffin, Hannah	R	731
Coleman, Tim	R	482
Collins, Helen	1	261
Corrin, LaRonda	R	244
Corrin, Roger	2	194
Craig, Mary	1	149
Crain, Teresa	2	0
Cramer, Robyn	R	274
Cramer, Steve	R	99
Crawford, Allen	2	370

Participant	Years	Total
Crawford, Kimberly	1	0
Creel, Mary	R	368
Criswell, Katie	R	432
Criswell, Mark	R	40
Croker, Jennifer	R	523
Crowson, Bill	2	409
Crumpton, Melinda	R	0
Cutshall, Hannah	1	317
Davidson, Dow	R	631
Dawson, Ashley	3	522
Dease, Joseph	2	384
Dease, Katherine	3	272
Dell'Italia, Pat	2	385
Denton, Matt	5	686
Dixon, Jonathan	R	346
Dorman, Evan	R	348
Dowling, April	1	412
Duke, Cindy	2	441
Dunn, Jennifer	R	407
Dunnaway, Roberta	2	189
Easterling, Natalie	2	0
Edgerton, Amy	R	438
Elkins, Sydney	R	200
English, Timothy	R	665
Evans, Debbie	4	423
Farrior, Sonya	R	173
Feller, Beth	2	425
Ferlito, Cindy	R	399
Fonteneau, Kira	R	0
Fontenot, Misty	1	436
Fountain, Raley	R	453
Fraka, Leann	R	81
Franklin, Rebecca	R	107

1200 MILE CLUB

Participant	Years	Total
Franklin, Shane	6	410
Frederick, Winston	9	523
Freeman, Sheila	1	424
Fuller, Lisa	R	250
Funk, Robert	R	0
Gann, Michael	6	713
Gibson, Katie	R	421
Goode, Johnny	8	449
Goss, Ange	R	381
Grady, Carla	R	295
Graham, Jonathan	R	719
Grainger, Matt	R	0
Grammas, Marianthe	1	854
Gray, Caleb	R	218
Grossmann, Christopher	6	501
Haley, Jay	2	598
Hall, Thomas	1	34
Haralson, Danny	9	308
Haralson, Micki	10	40
Hargrave, Alan	10	488
Harrelson, Heather	4	406
Harris Bowser, Javacia	R	94
Harris, Ashley	R	373
Harris, Robert	R	367
Harris, Skip	1	150
Harris, Vickie	2	191
Harrison, Lisa	6	455
Harry, April	1	326
Havicus, Cari	1	96
Hayden, Brittany	1	234
Haynes, Melanie	R	117
Heaton, Bryan	3	865
Henley, Monica	4	452
Henninger, Alison	3	405
Hill, Susan	4	0
Hogeland, Angie	1	415
Hogue, Kari	R	0
Holcomb, Zachary	R	469
Holland, Skylar	R	276

Participant	Years	Total
Holmes, Chris	1	0
Hopper, Whitley	R	418
Hoskins, Angela	R	10
Hoskins, Creig	R	0
House, Beth	5	383
Hubbard, Stephanie	R	0
Hunter, Bob	1	376
Ingram, Joseph	5	159
Izard, Georgia	2	216
Izard, Melody	3	372
Jenkins, Kaki	4	527
Johnson, Kawitta	R	394
Jones, Ira	3	0
Jones, Misty	R	349
Kane, Dawn	1	0
Kane, Michael	R	0
Kearley, Christy	1	79
Kearley, David	1	282
Kearley, Stephen	2	203
Keefer, Herb	2	0
Kelley, Robin	4	0
Kemper, Tricia	3	483
Kendrick, Tom	R	272
Kirchmer, Shannon	1	272
Knight, Diane	2	295
Kuhn, Jimmy	10	573
Kulp, Loren	2	739
Lahti, Tyler	1	282
Laird, Audrey	3	617
Langston, Aaron	3	516
Langston, Richard	5	436
LeCroy, Sarah	1	309
Lee, Brian	R	115
Lee, Koren	1	271
Leopard, Don	1	0
Loo, Judy	2	0
Ludt, Chas	R	151
Lyle, Randy	9	773
Madison, James	1	0

Participant	Years	Total
Malick, David	4	417
Mandy, Madeline	1	246
Martin, Lee	R	0
Mason, Will	R	324
Massey, Chris	1	399
Massey, David	R	186
Mathews, Skip	R	416
McNair, Kelly	4	135
McVey, Simon	3	394
Merry, Vicki Sue	5	493
Mickens, Cassandra	2	163
Miller, Stephen	R	423
Miyasaki, Nathan	2	858
Morgan, Cary	7	1,068
Morgan, Danielle	5	0
Morgan, Phillip	7	0
Morris, Justin	4	633
Morris, Phil	R	0
Morrow, Abigail	R	0
Morrow, Alex	7	0
Mount, Brian	1	430
Murchison, Reginald	4	791
Nagy, Lisa	1	337
Northern, Kristie	8	463
Oehrlein, Kimberly	R	168
Oliver, Greg	4	729
Oliver, John	3	418
Padgitt, Scott	1	578
Parks, Charlie	4	512
Pate, Lisa-Marie	1	0
Payson, Tabitha	R	309
Payson, Tommy	2	305
Peagler, Shana	6	89
Peagler, Zach	1	245
Pearce, Julie	5	117
Pearson, Blake	4	0
Pearson, Mary Scott	3	0
Pegouske, Christian	R	186
Pegouske, Jeremy	R	348

1200 MILE CLUB

Participant	Years	Total
Pegouske, Madison	R	429
Pegouske, Stacie	R	379
Penko, Zoe	R	0
Penley, Steve	1	101
Peters, Scott	2	138
Plante, David	5	332
Poole, Greg	1	247
Portwood, Paul	2	270
Pruett, Jay	R	673
Ralph, Meghan	3	427
Randall, Lisa	6	0
Rawson, Brent	R	445
Redden, David	R	315
Renn, Deanna	2	582
Reynolds, Dewelena	R	191
Richardson, William	3	790
Richey, Lori Beth	R	438
Ritchie, Joseph	R	440
Roberie, Josh	R	205
Roberson, Kevin	3	363
Roberts, Fletcher	3	555
Rodgers, Jeffrey	R	427
Rodgers, Jessica A.	R	218
Rodgers, Jessica W.	R	0
Ronson, Catherine	R	0
Roper, Lynn	1	244
Rose, Billy	3	504
Rosser, Joey	1	488
Rowell, Taylor	R	269
Rutherford, Keith	10	223
Rutledge, Lisa	2	287
Ryan, Meaghan	2	441
Schonhoff, Aubrey	R	306
Secor, Debi	2	439
Self, Travis	1	128
Serio, Joseph	R	138
Shaffield, Danny	4	672
Sheppard, Gretchen	3	502
Sherer, Jeremy	1	289

Participant	Years	Total
Sherrell, Jeff	R	487
Shinn, Ronald	6	25
Shoaf, James	R	577
Sides, Dean	3	327
Silwal, Suman	7	0
Simpkins, Randall	R	450
Simpson, Kevin	4	942
Sims, Cecelia	1	212
Sims, Robert	4	490
Sloane, Mike	2	316
Smith, Jerry P.	10	287
Smith, Justin	R	148
Snow, Sheri	2	375
Soileau, Chester	R	373
Stevens, Johnathon	1	0
Stewart, Zeb	R	428
Stockton, Rick	10	448
Sweatt, Jason	R	246
Swiney, Elana	R	147
Talley, Beau	5	517
Talley, Shellie	1	331
Targe, Mark	R	35
Thomas, Eric	4	868
Thompson, Sara	R	448
Thornton, Dean	5	295
Townes, Janelle	R	509
Trimble, Jamie	3	563
Tyler, Kim	R	360
Vaden, Christopher	R	341
Varnes, Vickie	4	441
Vlach, Jiri	R	419
Waid, Jr, David	R	579
Walker-Journey, Jennifer	3	115
Walker, Caroline	1	233
Wall, Ron	4	0
Walley, Ryan	R	290
Watkins, Janet	1	384
Watson, Thomas	1	338
Watters, Ana	R	344

Participant	Years	Total
Watters, Robert	3	577
Weber, Amy	1	405
Weber, Lauren	1	0
Weeks, Lance	1	431
Wells, Bradley	2	0
Wende, Adam	3	614
Wentz, Dan	R	0
White, Dennis	R	4
White, Robin	R	0
Whitt, Trey	5	584
Wilhite, Thomas	2	609
Williamson, Chad	3	373
Windle, Dale	3	414
Wiseman, Steve	3	504
Wood, Scott	2	478
Woody, Bill	9	480
Wright, Amy	2	416
Wu, Xing	8	469
York, Gary	4	740
Zeanah, Cary	R	159

FEETS OF STRENGTH



Congratulations to **Jamie Routman**, who completed the Big Sur Marathon on April 29. Big Sur was Jamie's first marathon, but we predict it won't be her last. Way to go, Jamie!

Way to go, **Lance Weeks**! We see that sweet half marathon PR from the Kentucky Derby Festival Mini Marathon on April 28! Nice run!

Congratulations also are in order for **Alex Morrow**. With his recent completion of the London Marathon on April 22, Alex achieved a goal he set several years ago to complete the Abbot World Marathon Majors series. Alex joins an elite group of marathoners who have completed all six marathons in this challenge (Tokyo, Boston, London, Berlin, Chicago and New York City). Awesome job, Alex!

Do you have a feet of strength to celebrate? A new PR or a new distance completed? [Share it with us!](#) Your non-running friends and family may not understand, but we guarantee your running friends in the BTC want to celebrate with you!



Lance Weeks



Alex Morrow



Jamie Routman

BHM 26.2

April 15, 2018



The BTC was proud to sponsor the inaugural BHM 26.2 Race Expo. Despite the weather, we had a blast!



Photo courtesy of
Brian Neporadny Photography



Photo courtesy of
Brian Neporadny Photography



Photo courtesy of
Brian Neporadny Photography



Photo courtesy of
Brian Neporadny Photography

SHOW US YOUR BTC GEAR



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

IT'S BACK!

By popular demand, let's see where the BTC takes you on your travels this summer – and in true BTC spirit, let's make it a contest!

The rules are simple:

- **Send your photos** of BTC gear from your vacation travels this summer – shirts, towels, hats – any BTC gear goes. Don't forget to include your name and location! We'll share your photos in *The Vulcan Runner*.
- You must be a BTC member to enter. Not a BTC member? That's an easy fix – [click here to join](#).
- A group of highly qualified geography experts from our panel of Map My Run aficionados (well, close enough -- the BTC Executive Board) will determine the "furthest from the 'ham" winner from the photos submitted.
- Photos must have been taken between May 1 and August 31, 2018 and must be submitted by **September 1, 2018** to be considered.
- Our winner will receive a gift card and, naturally, the accolades and admiration of your fellow runners.

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



Last years winner, Kaki Jenkins



BTC volunteers at the Steeple to Steeple 5K



The BTC was well-represented at the Kentucky Derby Festival Marathon and Mini-Marathon.

BTC EXECUTIVE BOARD MEETING

April 9, 2018

Attendance: Kim Benner, Lisa Booher, Vicki Brakhage, Hunter Bridwell, Alan Hargrave, Monica Henley, Judy Loo, Tommy Payson, Julie Pearce, Jamie Trimble, Scott Wood

The meeting was called to order at 6:00 PM by President Scott Wood.

The minutes of the March 12, 2018 meeting were approved unanimously, on Lisa Booher's motion, as seconded by Vicki Brakhage. The motion was approved without opposition.

Statue to Statue Update (Judy Loo)

Thank you to the Board and all volunteers for making this year's race a big success (590 registered runners with 477 finishers). Approximately 20 completed the Statue to Statue challenge. Medals and shirts were popular.

IT Update (Alan Hargrave)

The BTC now has four Chrome Books – they worked well for registration, results, etc. at Statue to Statue.

Volunteers (Kim Benner)

Kim has all volunteers lined up for the BHM26.2 Expo.

Finish Line (Jamie Trimble)

Alan suggested we install the BTC arch at the Expo entrance. We will also line the entrance with BTC flags. Table will be provided. The BTC backdrop may be useful as well. For Sunday, we will need the BTC tent at the finish line/after party. We can move the tent and flags to Railroad Park Saturday evening; overnight security will be provided by the race.

Jamie made a motion that that we purchase another BTC branded tent in a smaller size, to replace an older one with the old BTC logo, at a cost of approximately \$500. The motion was seconded by Lisa Booher and approved without opposition. Jamie suggested we have a work day later this spring to clean out and organize the BTC storage space. He will circulate dates.

Japan Exchange Program (Tommy Payson)

The trip is next week. All details are set. The races are April 22.

Merchandise (Tommy Payson)

We can sell surplus Statue to Statue shirts on the website for a limited period of time as well as in a discount bin at the BHM26.2 Expo.

Treasurer's Report (Monica Henley for Trey Whitt)

We are up approximately \$11,600 from last year. He will take care of outstanding A/R, which is nominal at this point.

Membership (Vicki Brakhage)

We currently are at 1,079 members (842 memberships). She would like to do a membership drive this spring; the May 12 run social would be a good time for this. She will work with Scott and Alan to come up with a promotion for the BHM26.2 Expo.

There has been some interest in corporate sponsorships, which prompted a discussion about benefits for corporate sponsors, bundling those benefits, and the need for more definition with what

the BTC offers. Scott will gather examples of other organization's corporate sponsorship packages – if you have examples or ideas, please send those to Scott.

Newsletter (Julie Pearce)

Please send photos from S2S, as well as "BTC gear" photos and "feets of strength" entries. We are running a "blast from the past" series leading up to the BTC's 40th anniversary – if you have historical content (old photos, BTC documents, etc.), please let Julie know – she can make his resolution scans for publication. Deadline for content for the April newsletter is Friday, April 20 -- please submit content on time and reserve space as soon as you know you will have a submission.

President's Report (Scott Wood)

- **Moderate Run Update:** LaRonda Corrin was coordinating the moderate distance runs on Saturday mornings. Scott will reach out to her about continuing these runs at the 6:30 am. time.
- **Vulcan 10K Update:** Plans are progressing for the 2018 Vulcan Run. Allison Stone has met with the mayor's office regarding road closures, etc. Scott made a motion to hire Allison Stone with Cadence Race Consulting to be the 2018 Race Manager, on the same financial terms. The motion was seconded by Monica Henley and approved without opposition. Alan noted that some objectives/benchmarks were not met, but Scott believes these issues have all been addressed.
- **TherapySouth Run Social, May 12:** Scott would like to host the social run at Brookwood O'Henry's. City Bowls will be at the social. Kim will coordinate volunteers to assist with merchandise, membership drive, etc.
- **1200 Mile Club:** We've had a suggestion to offer patches for different mileages; the group likes the idea, but logistics may be tricky. We will continue to discuss this.
- **BHM26.2 Expo:** Volunteers are set, and Expo plans appear to be in order.
- **Google Trekker Project:** Google has a project that maps trails; clubs and social groups are given priority to use the free Google equipment, but there is a long waiting list. Joseph Dease is interested in volunteering for this project and would like BTC backing (at no cost to the BTC). The group agreed to open an email address for this project. Lisa Booher suggested that the BTC work with BUTS on this project. Monica asked whether the BTC/BUTS would get credit for mapping routes; we will discuss this with Joseph.

The meeting was adjourned at 7:36 p.m. Our next board meeting is on May 14, 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:

--

	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
UAB National Alumni Society Scholarship Run – 5K/10K	May 11, 2018	6:00 p.m.
BTC Saturday Long and Moderate Run Groups (staggered starts beginning at 6 am) – SPRING SOCIAL RUN FROM BROOKWOOD O’HENRY’S	May 12, 2018	6:00 a.m.
Auburn Running Festival Half Marathon	May 12, 2018	7:15 a.m.
Motherwalk/Run 5K and 1m Fun Run *BTC DISCOUNT*	May 12, 2018	8:00 a.m.
Gum Tree 10K and 2K (Tupelo, MS)	May 12, 2018	8:30 a.m.
BTC Saturday Long Run Group	May 19, 2018	6:00 a.m.
BTC Saturday Long Moderate Run Group	May 19, 2018	6:30 a.m.
Band Together 5K Run and 1m Color Run	May 19, 2018	8:00 a.m.
XTERRA Oak Mountain Trail Runs – 5/10/20K *BTC DISCOUNT*	May 20, 2018	8:00 a.m.
BTC Saturday Long Run Group	May 26, 2018	6:00 a.m.
BTC Saturday Long Moderate Run Group	May 26, 2018	6:30 a.m.
BTC Saturday Long Run Group	June 2, 2018	6:00 a.m.
BTC Saturday Moderate Run Group	June 2, 2018	6:30 a.m.
Rockin Choccolocco 50K and Half Marathon (Heflin)	June 2, 2018	7:30 a.m.
Angel Warriors Foundation 5K	June 2, 2018	8:00 a.m.
BTC Saturday Long Run Group	June 9, 2018	6:00 a.m.
BTC Saturday Long Moderate Run Group	June 9, 2018	6:30 a.m.
Tallulan Half Marathon, 5K and 1m Fun Run (Jasper)	June 9, 2018	7:00 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).

Need to add a race to the calendar? [Email Webmaster Dean Thornton](#).

