



USATRACK & FIELD

BIRMINGHAM TRACK CLUB  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

June 2018 6



## 37TH ANNUAL RICK MELANSON PEAVINE FALLS RUN

By Hunter Bridwell, BTC Vice President and Peavine Falls Co-Race Director

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#Why(WE)Run



# 37TH ANNUAL RICK MELANSON PEAVINE FALLS RUN

Unique road/trail combination. ✓

Chip timed race. ✓

Great t-shirt showing the race  
elevation profile. ✓

Awesome post-race party. ✓

Celebrating our country's independence  
with hundreds of your closest running pals. ✓

We are so excited to present the **37th running of the Rick Melanson Peavine Falls Run** on the 4th of July, named after one of the founding members of the Birmingham Track Club. Rick was a former race director for this storied race and was quite the accomplished runner himself, clocking a two hour 38 minute marathon in Tupelo, Mississippi! I am honored to play a part in this great race that bears Rick's name.

Peavine may be referred to as "The Other July 4th Race" – due to the Peachtree 10K Road Race, which sees upwards of 50,000 runners each year – but the BTC has a gem of a race right in our own backyard. The uniqueness of this race, which sees runners head up and then back down Peavine Road, followed by 1.2 miles on a dirt trail to the finish line, leaves runners with a little taste of everything that Birmingham running has to offer.

We hope to see each and every one of your smiling faces running/walking up Peavine on July 4th. Let's be honest, the 4th is on a Wednesday this year, so you're not going on vacation! Wake up and celebrate with us. [Register now!](#) The race begins at 7:00 am from the upper picnic area on Terrace Drive in Oak Mountain State Park, also known to many of you as the Dogwood Pavilion. Those who wish to walk the course are invited to start at 6:30 am. Invite your fellow runners, family members, friends – this race is for everyone!

**CLICK HERE TO JOIN  
IN ON THE FUN!**



**APRIL 19TH, JUNE 27TH, AUGUST 23RD**

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RUN A FLAT AND FAST 5K THROUGH THE HEART OF DOWNTOWN BIRMINGHAM AND ALONG THE ROTARY TRAIL  
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# PRESIDENT'S ADDRESS

By Scott Wood



## Hello, fellow BTC Members!

Welcome to summer! First, thank you to everyone who came out to the BTC Social in May -- what a great time for everyone! I'd like to send out a very special "Thank You" to our friends at TherapySouth who made everything possible. From the delicious City Bowls, to O'Henry's coffee and pastries, demonstrations and door prizes, we very much appreciate TherapySouth's sponsorship.

Did someone say summertime? Honestly, it's my favorite time of the year! Baseball, BBQ, Beaches, Golf, July 4th ... wait ... July 4th can only mean one thing: it's time for our annual trip up some hills at Oak Mountain State Park! Come run the third race of the BTC Race Series with 600 fellow runners -- the Peavine Falls Race is a BTC Tradition like no other. It's 8.2 miles of beautiful scenery, hot temps, and tons of fun, and yes, there are few hills! You do not want to miss this event (and then you can eat all the BBQ you want guilt-free).

Last week I had the opportunity to run the Tallulah Half Marathon in Jasper, Alabama. Most of you know that Jasper is one of our neighboring cities, just about an hour northwest of Birmingham. Congratulations to all of our BTC runners who toughed it out in the heat, hills, and humidity, and BIG Congratulations to all of you who placed -- you guys and gals showed out!

Short story time -- I had the opportunity to run with Dr. Jack Hasson for a few miles in Jasper during the race. Dr. Hasson headed up the BTC Committee as our Medical Director for many years, and he now serves as our BTC Medical Director Emeritus. He is a wonderful kind man who you may see running the roads of Mountain Brook on any given morning, especially on Saturdays. While I was running alongside this young 73 year old, we made conversation to pass the time, me thinking I would eventually "wow" him with how many half marathons I've run in the past. Uh, no. . . .

Me: "Mr. Jack, how many half marathons have you run?"

Jack: "Scott, I'm not sure, I've lost count. But I know I've run 130 marathons."

#MicDrop

For some reason, I never mentioned how many half marathons I've run over the years. Dr. Hasson, you were my favorite part of the 2018 Tallulah Half Marathon. Stay young, sir -- you are a BTC Treasure and one of the kindest souls I've met in a long time.



Scott with Dr. Jack Hasson

Just a couple of fun things to mention.

The BTC, with help from UAB's Head Cross Country and Associate Head Track & Field Coach, Matt Esche, will be hosting a series of track events later in the summer just for our BTC members! I wish I had more details, but this is such a new project, we are just beginning to work out the details. We look forward to releasing more information in the next month. This will be something brand new, and hopefully very exciting for our BTC members!

Lastly, I hope everyone will come out to the Retro Run 5K on July 28 at the Homewood Trak Shak. If you've never been to this race, put it on your list for this year -- it will be some of the most fun you've had running (or spectating) a race! Fast course, great food and drinks at the end, music, and fun for the family -- it's a "must do" for our Birmingham running community!

Drink your water and enjoy those hot runs!

**Scott Wood**  
*BTC President*





# EMPOWERING RUNNERS TO MEET PERFORMANCE GOALS AND AVOID INJURY

## CHAMPION SPORTS MEDICINE | LAUNCHING Run Safe™ PROGRAM

The medically-based Run Safe™ program, comprised of the Run Safe™ Kit and Run Safe™ App, builds strength and endurance and minimizes injury risk. With 46% of the more than 40 million runners in the United States reporting some type of running-related injury, the Run Safe™ Program creates a foundation of success for runners of every skill level.

The Run Safe™ App is available for free download from the Apple Store and Google Play Store. Birmingham Track Club members receive **20% off** the The Run Safe™ Kit, which may be purchased by emailing Brandon Farish at [BFarish@csmsportsmedicine.com](mailto:BFarish@csmsportsmedicine.com) or by contacting a local Champion Sports Medicine location. For a complete listing of CSM facilities across the state, please call **844.554.5678**, or visit [CSMSPORTSMEDICINE.COM](http://CSMSPORTSMEDICINE.COM).





# 2017 Officers



## President

**Scott Wood**

president@birminghamtrackclub.com



## Treasurer

**Trey Whitt**

treasurer@birminghamtrackclub.com



## Vice-President

**Hunter Bridwell**

vicepresident@birminghamtrackclub.com



## Secretary

**Julie Pearce**

secretary@birminghamtrackclub.com



## Past-President

**Monica Henley**

pastpresident@birminghamtrackclub.com

## BTC Committees

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

**1200 Mile Club**  
**Volunteer Coordinator**  
**Historian**  
**Finish Line Crew**

**Webmaster**  
**IT Chair**  
**USATF Representative**

Lauren Weber	parliamentarian@birminghamtrackclub.com
Alex Morrow	longruns@birminghamtrackclub.com
LaRonda Corrin	moderateruns@birminghamtrackclub.com
Dr. Cherie Miner	medical@birminghamtrackclub.com
	social@birminghamtrackclub.com
Jennifer Andress	marketing@birminghamtrackclub.com
Vicky Brakhage	membership@birminghamtrackclub.com
Brian Atkins	benefits@birminghamtrackclub.com
Tabitha Payson	store@birminghamtrackclub.com
Julie Pearce	newsletter@birminghamtrackclub.com
Tabitha and Tommy Payson	japan@birminghamtrackclub.com
Addison Clowers	1200@birminghamtrackclub.com
Kim Benner	volunteer@birminghamtrackclub.com
Trish Portuese	historian@birminghamtrackclub.com
Keith Henley	finishline@birminghamtrackclub.com
Jamie Trimble	finishline@birminghamtrackclub.com
Dean Thornton	webmaster@birminghamtrackclub.com
Alan Hargrave	itchair@birminghamtrackclub.com
Charles Thompson	usatfrep@birminghamtrackclub.com

## BTC Race Directors

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

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

## BTC Mission Statement

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

## Contact BTC at:

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

## Race Results

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

**birminghamtrackclub.com**  
**championship-racing.com**



Cool Chicks and Old Guys Running Group Presents

# AED TO GARDENDALE MIRACLE LEAGUE



The Cool Chicks and Old Guys running group (CCOGs), partnering with The National Center for Sports Safety and Birmingham Wine 10K, recently donated a Heartsine Samaritan PAD 360P Automatic External Defibrillator (AED) for use at all Gardendale Miracle League games. The decision by Scott Wood, head of the CCOG running group will mean that all athletes and spectators alike will have a safer sporting environment on the field and in the stands.

Founded by the National Center for Sports Safety (NCSS), the Birmingham Wine 10K takes place the first weekend of March and allows NCSS to provide youth sports safety education to coaches, parents, and officials. The funds raised from the 2018 race will allow NCSS to educate nearly 2,000 coaches. The largest team award for the 2018 race included an AED for that team to grant to a youth sports league of their choice. With more than forty runners, the CCOG team was the lucky recipient. NCSS has been a long-standing partner of The City of Gardendale Parks and Recreation providing sports safety certification through their PREPARE education to coaches of all sports, making this choice with The Miracle League a true collaboration connecting the community and safety for our youth athletes.

"We are grateful for the gift from NCSS, and we are honored and privileged to grant this AED to the Miracle League of Gardendale and their commitment to providing opportunities for all children to play baseball regardless of physical ability," said CCOG founder Scott Wood. Wood added, "This is what sports is all about, being able to give back. Our group is involved with several organizations around Birmingham, and giving back through running is something we always want to do." NCSS Executive Director Joseph Longoria added, "We are excited to see a group of runners who have fun participating in our race being able to give back to their community and sharing the belief that youth athletes deserve the safest environment we can provide and that each organization has a critical role to protect our athletes and spectators."

Nearly all deaths and serious injuries that have long-term complications, such as sudden cardiac arrest (SCA) can be avoided when proper steps are taken to prevent, recognize and treat the major medical conditions that an athlete or fan may experience during practices and competitions. To learn more about what you can do, visit The National Center for Sports Safety [website](http://www.ncss-sports.com). If you would like to participate in the 2019 Birmingham Wine 10K with your team, [sign up here](http://www.birminghamwine10k.com).





# BTC COMMUNITY CORNER

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

- Benefits:
- Provides a transportation connection for pedestrians
  - Provides more separation between pedestrians and motor vehicles
  - Connects the City of Homewood to the City of Mountain Brook
- Challenges:
- Potential impacts to commercial parking
  - Utility pole relocation
  - Does not address traffic congestion concerns
- Opinion of Probable Cost\*: \$700,000 to \$830,000\*\*



## Happy Summer, BTC!

I have a few updates to send your way.

First, my favorite subject for the last six years: the bridge on Hollywood Boulevard over Highway 280! I last reported just before a big meeting we had with ALDOT, at the end of April. I am thrilled to report that ALDOT has allowed us to continue pursuing this bridge, including our proposed installation, which will require closing Highway 280 overnight on two separate occasions.

My fellow Ward 5 Councilor Peter Wright and I, along with Ward 1 Councilor and Planning & Development Chair Britt Thames, and from the City of Mountain Brook, Council President Virginia Smith, Councilor Lloyd Shelton and Mayor Stewart Welch, held a meeting with Representative David Faulkner, Representative Jim Carns, Senator Slade Blackwell, and Senator Jabo Waggoner to request money for the bridge from a sales tax fund the Jeffco delegation will be receiving. These sales tax funds must be spent only in Jefferson County for public works projects, i.e. a bridge. All present were very enthusiastic about the project. We are in the process of securing monetary commitments from each of them.

Mountain Brook has officially allocated \$200,000 (of an anticipated \$830,000 amount) in its preliminary 2019 budget, and this month I am asking Homewood to do the same. Councilor Wright, Representative Faulkner and I feel confident we can make up most of the remaining amount with this Jeffco fund plus some funding from the state.

CONTINUED ON NEXT PAGE

## 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



# BTC COMMUNITY CORNER

All that to say....we are ALMOST there! This fund can be allocated on August 1, and must be spent by September 30 of this year. If all goes the way we think it will, we could be in design by this fall and installing by spring of 2019!

I will be asking the BTC and the Trak Shak to help with a fundraiser this fall, so stay tuned for that! The Hollywood Garden Club has voted to match private donations up to \$5,000 for a total donation of \$10,000. Anytime a public project gets a private donation, it really helps to show interest and investment.

Other news from Homewood: the sidewalks and crosswalk at the Courtyard Marriott are in design, and survey work has begun on Rumson Road (the road next to the Shades Valley YMCA). We also are about to begin installing a sidewalk on a section of Saulter Road, as well as Carr Avenue.

Mountain Brook has voted to construct a bathroom at the Mountain Brook Elementary soccer fields and the Jemison Trail. The facility will be close to Heathermoor, and it will sit up out of the flood zone, with a ramp for wheelchair access. There will be separate bathrooms for men and women. Mountain Brook also is taking bids again for a proposed bridge over the stepping stones over Shades Creek. The city had solicited bids previously, but the bids were too high to consider funding the project.

That's all for now; stay tuned for updates later this summer!

As always, use sidewalks if they are present, run facing traffic if not, and lose those headphones! Oh, and LIGHT UP in the dark with reflective gear and lights!

## Hotter 'N Hell Trail Race

# 9 & 18 MILE RACE

## SATURDAY JULY 14TH

### OAK MTN. STATE PARK – 7:30 AM START

COOKOUT & FUN TO FOLLOW

SOUTHEASTERN TRAIL RUNS.COM





# Got Pain?

## Functional Dry Needling can help!

### *What 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 spasm can occur which can lead to nerve involvement and result in referred pain. This referred pain can lead to secondary dysfunction 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.

Talk to your physical therapist about Functional Dry Needling today!

## TherapySOUTH

HANDS ON CARE, CLOSE TO HOME.

[www.therapysouth.com](http://www.therapysouth.com)



## 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



Rick Melanson

In honor of our upcoming Rick Melanson Peavine Falls Run, we are borrowing an article about Rick from the Huntsville Track Club, originally republished in *The Vulcan Runner*, circa 1990.

We hope you enjoy learning a bit more about the man for whom one of our favorite races is named!

McCain have done a great job in getting sponsors to donate great door prizes. I expect that we will get a lot of good Female runners from out of town for this race, so it should be interesting. I do not think that the ladies will have any problems getting help for this race as most of the guys in the club are going to want to be there anyway. Call Mary or Cathy and let them know that you can help.

*The Vulcan Runner July 1990*

## A Tribute To Rick Melanson

By Harold Tinsley

(This article appeared in the Huntsville Track Club News in April this year - I've taken the liberty to edit it a little here. I'm also a little embarrassed that I'm taking another track club's article about one of the BTC's own members, but - Thanks, Harold, for this well deserved tribute and Thanks, Rick, for all your work for the BTC. -Lee) *Newsletter Editor*

"Many times you will get the feeling that maybe you have committed too much to something that you believe in. You may even begin to question the depth of your commitments and wonder why am I doing this? Seeing someone like Nelson Mandella hold vast to his belief for those many years make our brief passage of time in service to the Club seem infinitesimal. Let all of us commit to making this the best Club that we possibly can and help those that wish to obtain fitness and health through running."

Wes Breeding, President, Chattahoochee Road Runners

When I read Wes Breeding's message in the CRR newsletter many names of people who have given unselfishly of their time, labor and talent for our sport came to mind; no small number of who are in our club. Rick Melanson is one of those people. While Rick has been a dues paying member of the HTC for more years than I can remember, he is really a member of the Birmingham Track Club. And a member he is; one of those truly contributing members. Not one of those who get carried away with their new sport for a few years and then fade only to be a memory of glorious thing.

At the recent RRCA National Convention in Miami, Florida, Rick was honored as the recipient of the 1989 NIKE/RRCA Rod Steele Memorial Award as the nation's most outstanding club volunteer. For Rick this award was long overdue.

Rick has run our Marathon, Cotton Row, and other HTC races. He's even brought us the BTC clock to use when he didn't even run. Although he doesn't live here and contributes immensely to his local club, Rick has contributed much to the sport for each of us. I should note before I delve into the details of the many contributions Rick has made to the sport, that my knowledge and space here will

leave many out, and I'm sure I won't be able to express the significance and value they have been.

Although I have known Rick for than ten years I must give credit for much of the information in this article to Mike Lowe. The quotes which follow in this article are his.

Reading the national running publications you don't find much about Alabama. It's New York this, California that, and reports from all the other big cities that have sponsorship that support the big money races. When it comes to dedicated volunteers this is where it's at. Rick became the fourth winner of the Rod Steele Memorial Award from the state of Alabama. (Harold's one of the others - Lee) Since the award originated in 1975 only one other state can even claim two. Rick's value to the sport extends beyond the purpose for which this award is given - outstanding local club volunteer.

Rick has been the RRCA State Representative for Alabama for eight years. This is just one of his many contributions and possibly his greatest value to you, and it is not even a factor in the evaluation for the award. One thing this involves is a monthly newsletter to all Alabama clubs. It contains a complete listing of Alabama races. He has hosted an RRCA State Club Meeting and has tried to host others but has lacked the support from the clubs. He represents you at the RRCA Convention, Road Race Management Meeting and other such functions. It is the national exposure brought back to our clubs and races that result in the quality events we enjoy.

"Most key people in any organization have an avid interest because they love to participate in their sport. This is what separates Rick from the pack. Due to a tumor on his knee, he was required to have several surgeries that have left him without the ability to run. This has not stopped him from keeping the Birmingham Track Club alive and prospering over the years," Mike stated.

You will notice elsewhere in this (HTC) newsletter that Rick has certified all the certified courses in Birmingham but one, and two in other cities. He has measured and/or certified many others, including several marathon courses that no longer appear on this list.

Over the years I have known Rick he has directed many different races in Birmingham. He presently directs one of the best ultramarathons in the country, The BTC 50 Miller. He directs the famous Peavine Falls dropout race that is in direct competition with Peachtree on the Fourth of July. For this race he developed such innovations as moving the finish line after the race start just to keep things interesting.

Rick is a long time member of the BTC Executive Board and has been the BTC Race Chairman for eight years. This involves managing the 15 race BTC schedule each year. He compiles a monthly race calendar and lengthy results article in the BTC newsletter. He also serves as the equipment manager for the BTC storing much of the equipment in his home. He manages the finish line at almost every race conducted in the Birmingham area,

club and no-club, including the Pepsi Vulcan Weekend races. When it comes to race, at one time or another Rick has done it all - and often. He is the only individual to have twice received the BTC's Arthur Black Award for outstanding service to the club.

At the 33rd Annual RRCA National Convention Awards Banquet in Miami on March 9th the RRCA presented the NIKE/RRCA Rod Steele Award to Rick. There is justice in this world even if it doesn't occur nearly as often as it should. Congratulations to you Rick, and thank you for all you have done for us.

Harold Tinsley, HTC NEWS Editor, has been and continues to be one of running's most enthusiastic supporters, locally and nationally.

## Master's 1500 Meters - Samford Relays

The two master's 1500 meter runs compared with the collegiate competition for excitement, both being decided in the last hundred meters. Both were run in fast times.

### 600 meters (women)

1. Vivian Hammonds 3:30
2. Cathy McCain
3. Ruth Crenshaw

### 1500 meters (under 40)

1. Harry Jones 4:15
2. Robert Dancy
3. David Mosley

### 1500 meters (over 40)

1. Fred Sowerby 4:25
2. David Micale
3. Ken Dreon
4. Jamie Terry
5. Johnny Montgomery
6. David Gemmill

### 400 meters (Age Handicapped)

1. Gordon Selfert (61 - 78.4m) 44.62
2. Harry Jones (31 - 8.2) 49.33
3. David Mosley (35 - 17.1) 50.16
4. Jim Barnes (42 - 33m) 50.80
5. Jamie Terry (31 - 17.1m) 50.82
6. Jeff Burse (35 - 17.1) 52.12



## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Andrea Austin	Marybeth Culhane	Morgan Hipps	Andrea Lockett	Marie Smith
Tori Bayush	Cindy Cutchen	Alison Hoover	Barbara Lockett	Kim Tyler
Melanie Camp	Roberta Dunnaway	Jim Hoover	Laura Norton	Jiri Vlach
Blake Childers	Austin Farmer	Laura Hoover	Jim Poh	Tommy Watkins
Kristi Childers	Chip Ferrell	Josh Hu	Gwendolyn Sanders	Amber Whillock
Melissa Childers	Eric Ford	Heather Joe	Isaac Shore	
Diane Coffin	Michael Gann	Kristina Joiner	Madison Shore	
Hannah Coffin	Cheryl Gayheart	Sarah Kluth	Zoe Shore	
Dwight Coleman	Jennifer Giles	Joseph Longoria	Kelly Sims	

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!**

## PLANTAR FASCIITIS: THERE'S RELIEF IN SIGHT

By Ryan Hunt, DPT, CSCS, Certified Dry Needling Practitioner, Certified ASTYM Practitioner, Therapy South  
Service Director [rhunt@therapysouth.net](mailto:rhunt@therapysouth.net) | TherapySouth - PatchWorks Farms/Altadena



The dreaded two words for foot pain. How many of us have had it, thought we had it or have known someone who had it? Did you seek treatment for it? Did a running buddy diagnosis you and tell you how to treat it? I have seen so many patients who waited to seek treatment only to have an acute issue become chronic. Plantar fasciitis can be extremely frustrating for patients. "The pain is right there, I just want it to go away." "I tried to push through the pain and now my knee hurts and my back feels out of whack."

***Does any of this sound familiar?***

***So, what exactly is plantar fasciitis? What do you really do for it?***

Plantar fasciitis is inflammation of the connective tissue that connects the heel bone to the base of the toes. The plantar fascia supports the arch of the foot, and it flexes up when the lower leg moves forward over the ankle. Inflammation can occur due to repeated small tears, short or tight calf muscles, an increase in body weight and biomechanical changes in the pelvis, hip, knee and ankle (muscle imbalance). Pain is usually worse in the morning.

Treatment involves physical therapy, orthotics, injections, anti-inflammatories, night time splints, taping and new running shoes. **Delaying treatment for plantar fasciitis is the absolute worst thing a runner can do.** That bears repeating: Delaying treatment for plantar fasciitis is the absolute worst thing a runner can do.

Treatment that simply focuses on pain and inflammation will keep the door open for reoccurring issues. Long term solutions involve addressing the biomechanical changes and muscle imbalances (the source of pain).

Physical Therapy will address the source through treatment techniques such as Dry Needling, ASTYM, IASTM, manual therapy and functional exercise programs with graded return to running. The goal is to run pain-free. Running with plantar fasciitis can lead to other acute injuries involving the knee, hip and back. So, don't wait for it to magically disappear or try and do it yourself. Fix it now and run pain-free.

## Volunteer Vibes

**Volunteers are needed for the best Fourth of July celebration around: Peavine Falls!** Planning to run the race? No problem – we have volunteer opportunities before, during,

and after the race, so you can volunteer and run. [Sign up here](#), or contact [BTC Volunteer Coordinator Kim Benner](#) for more information. Hope to see you on July 4!



## 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

**RUNNING FOR HIS PURPOSE** **FREEDOM**  
★★★★★★  
**5K • 10K RUN**  
—●—●—●—●—●—●—  
*breaking the addiction chain*

**JUNE 23, 2018**



[www.RunningForHisPurpose.com](http://www.RunningForHisPurpose.com)



# NEED AN ADVENTURE? TRY A BIATHLON... WITH YOUR DOG!



The biathlon is not for the weak. Every year the race director makes changes to the course to create an even more challenging race each year. Planning is already underway for the 2019 event, which has grown to a 4+ mile race with more than 40 obstacles. Most participants make a weekend out of the race, which offers reserved camping spots during registration, food and entertainment. The popularity of the race continues to grow each year.

Koren first discovered the Canine Biathlon a few years ago, although last year was her first time to participate in the challenge. Being the competitive runner that she is, Koren is always searching for the next best racing challenge. She knew the biathlon would be a great bonding experience for her and her dog. During their first experience at the Canine Biathlon, she was pleasantly surprised by how much Buddy trusted her -- he had no reservations about

BTC member **Koren Lee** has been a competitive runner for several years. She always runs with her favorite running partner, her dog Buddy. Most likely, you have seen her at the BTC group runs with Buddy close by her side.

On May 19, 2018, Koren and Buddy participated in their second U.S. Canine Biathlon. The U.S. Canine Biathlon is a 3.5 mile obstacle race for runners and their canine partners. It is held at Vapor Wake K9's world class 320-acre canine training facility in Anniston, Alabama. The race contains countless challenging obstacles along with sand, water, mud, etc. Hundreds of competitors run this race every year, including military dog teams, search and rescue units, police dog teams, and civilian pet and owner teams. With competitive and amateur divisions, the race is a great test of trust between runners and their canine partners.

jumping into the water pits, following her through tunnels, climbing the obstacles, or crawling through the mud with her.

The trust that Koren fostered in Buddy is based in part on the bond they have forged while training together. In addition to running together as often as possible, Koren has trained Buddy in agility and dock diving. She takes him to the lake to practice jumping and swimming. Buddy also is trained in agility, so he knows how to climb and jump over obstacles. The pair enjoy trail running and hiking for extra conditioning. Koren also practices carrying Buddy and will do squats with him, as the Biathlon always features a dog carrying challenge in the race.

Koren and Buddy now look forward to participating in this unique race every year. Interested in joining them? Read more about the race on [Facebook](#) or on the [race webpage](#).

## JUST LIKE THEIR TWO-LEGGED COUNTERPARTS, CANINE RUNNERS NEED TO TRAIN PROPERLY!

Learn more about running with your dog in [THIS ARTICLE](#) from the April 2016 issue of *The Vulcan Runner*.

## THINKING OF ADDING A FURRY RUNNER TO YOUR FAMILY?

[CHECK OUT THIS CHART](#) of dog breed characteristics and running attributes, courtesy of Runners World. And remember that local animal shelters are full of dogs who would love to learn to run with you!

# RRCA UPDATE

By Alex Morrow, RRCA State Representative



Did you know the RRCA Championship Race series extends beyond the state level? In addition to state championships, the RRCA holds regional and national championships. Alabama is part of the eleven state Southern Region with quality championship events across all eleven states. To find a championship event in Alabama or throughout the country, visit the [RRCA search page](#).

## As a reminder, here are the rest of the RRCA Alabama State Championship Races:

- **RRCA Alabama State Ultra Championship**  
September 29 - Blood Rock 50k
- **RRCA Alabama State 10k Championship**  
November 3 - Vulcan Run 10k
- **RRCA Alabama State Half Marathon Championship**  
November 18 - Magic City Half Marathon
- **RRCA Alabama State 5k Championship**  
November 24 - Coastal 5k
- **RRCA Alabama State Marathon Championship**  
December 8 - Rocket City Marathon

## BTC Merchandise

### NEW BTC VISORS!

Available by pre-order through July 31 at \$17

Men, Women, & Children sizes are available

Go to the [BTC Store](#) to order now – these will be summer's hot item!

**New t-shirts & race singlets coming soon!**



## Moderate Distance Run Group

The Saturday Moderate Distance Run Group is a great option for anyone who wants a few less miles than the Long Run routes – or anyone who wants a bit more sleep on Saturday mornings! The group starts at 6:30 a.m. from Trak Shak; however, once a month, the group will start from a different location. Routes are between three and eight miles and paces vary as well. Interested in joining us, or have questions? Email [Moderate Run Coordinator LaRonda Corrin](#), or check out the group's [Facebook page](#) for more information.

Want to get more involved with the group? Email LaRonda to help coordinate routes or water stops for some upcoming runs. We hope to see you on the roads!





# #WHY(WE)RUN

Nate and Cheryl Ross

When Nate and Cheryl Ross met their freshman year of college in Indiana, there were many things they could not have predicted about their future. One is that they would get married and move south, eventually ending up in Alabama. While Nate did plan to go to medical school, the last specialty area he would have expected to end up in was Ob-Gyn, but in June he celebrated his 20th year at Brookwood Hospital delivering babies.

The Rosses definitely would not have thought they'd become marathoners, as neither of them enjoyed running. "I was on the track team in high school for two days," said Cheryl, "and I threw up on both of them." But, in their early 30s they realized they had better start exercising, or those extra pounds they had gained would just keep multiplying. Between the two of them, they've now run more than 50 marathons and tens of thousands of miles on the streets of Birmingham. They have enjoyed the relationships built while running, as well as the peace of mind gained, and the healthy bodies that have been nurtured.

The young Nate and Cheryl certainly had no idea that they would eventually travel throughout Africa, experiencing unusual running adventures, while serving on a number of mission trips before deciding to make a long-term move to Ethiopia. But in August, that is just what they will do. The Rosses are heading for Soddo, Ethiopia, where Nate will serve as a missions doctor at Soddo Christian Hospital, focusing on women's health, and Cheryl will provide leadership education in a variety of settings.

"We know that there will be many new things to adjust to like the culture, food, and language. But we also know that when we go, we'll have our faith, each other, and our running shoes," Nate said. The Rosses have been to Soddo several times and know that running there is a challenge. At 6700 feet elevation, with many hills, motorbikes, people, and animals to navigate, they anticipate having some interesting stories to tell. On the trips they have previously made to the area, they have had others join them mid-run, including children in flip-flops, dogs, soccer players in training, and an 80-year-old man wearing a suit and carrying an umbrella.

If you would like to learn more about their new adventure living, serving, and running in Ethiopia, Nate and Cheryl invite you to follow their blog at [www.nateandcheryl.wordpress.com](http://www.nateandcheryl.wordpress.com) or their webpage at [www.fullnesscf.org/missions/nate-cheryl-ross](http://www.fullnesscf.org/missions/nate-cheryl-ross). The Vulcan Runner looks forward to providing updates in future issues!



# 1200 MILE CLUB

Cumulative miles submitted through June 17, 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	455
Anderson, Kerri	2	474
Armstrong, Thomas	3	0
Arnold, Brad	1	267
Baggett, Christopher	R	700
Barnes, Jimmie	3	417
Bartee, Samm	2	526
Barton, Dawn	R	311
Beasley, Cathy	1	643
Belcher, Michelle	5	522
Benner, Kim	5	688
Benson, Wayne	4	566
Bibb, Angelean	R	515
Bircheat, Aliza	R	0
Bircheat, Clint	R	0
Black, Dylan	1	0
Boackle, Larry	1	523
Boackle, Tomie Ann	1	335
Boger, Joe T	1	175
Bonatz, Ekkehard	9	869
Booher, Lisa	6	632
Boswell, Ryan	1	168
Bowman, Bill	R	387
Bowman, Brian	R	0
Bowman, Leisha	R	0
Bradley, Amanda	R	883
Bradley, Lee	1	0
Brakhage, Victoria	1	605
Bridwell, Hunter	R	463
Brown, Charlie	6	603
Brown, Michael	4	390
Bryant, David	4	515

Participant	Years	Total
Burks, Ross	1	566
Burton, Kelsey	R	383
Caine, Lawrence	1	512
Callahan, Ali	R	219
Callahan, Chris	1	487
Callahan, Noah	R	219
Callahan, Rachel	3	468
Camp, Melinda	R	385
Carey, Christopher	4	862
Carlton, Bob	3	428
Carter, Adrienne	1	415
Cawley, Jennifer	R	140
Chambers, Gay	1	15
Chandler, Teresa	8	554
Childers, Kristi	R	297
Childers, Melissa	R	196
Christian, Alan	R	0
Clay, Brad	10	686
Clayton, Yocunda	3	0
Cleveland, Jeff	1	709
Clevenger, Caitlin	R	175
Cliett, Stephanie	3	721
Clowers, Addison	3	0
Coffin, Hannah	R	1,093
Coleman, Tim	R	613
Collins, Helen	1	361
Corrin, LaRonda	R	328
Corrin, Roger	2	307
Craig, Mary	1	149
Crain, Teresa	2	0
Cramer, Robyn	R	356
Cramer, Steve	R	139
Crawford, Allen	2	501

Participant	Years	Total
Crawford, Kimberly	1	120
Creel, Mary	R	599
Criswell, Katie	R	532
Criswell, Mark	R	40
Croker, Jennifer	R	654
Crowson, Bill	2	520
Crumpton, Melinda	R	0
Cutshall, Hannah	1	317
Davidson, Dow	R	799
Dawson, Ashley	3	885
Dease, Joseph	2	384
Dease, Katherine	3	272
Dell'Italia, Pat	2	410
Denton, Matt	5	864
Dixon, Jonathan	R	451
Dorman, Evan	R	348
Dowling, April	1	520
Duke, Cindy	2	554
Dunn, Jennifer	R	468
Dunnaway, Roberta	2	189
Easterling, Natalie	2	0
Edgerton, Amy	R	550
Elkins, Sydney	R	300
English, Timothy	R	773
Evans, Debbie	4	454
Farrior, Sonya	R	250
Feller, Beth	2	526
Ferlitto, Cindy	R	530
Fonteneau, Kira	R	0
Fontenot, Misty	1	538
Fountain, Raley	R	600
Fraka, Leann	R	81
Franklin, Rebecca	R	169



# 1200 MILE CLUB

Participant	Years	Total
Franklin, Shane	6	510
Frederick, Winston	9	680
Freeman, Sheila	1	525
Fuller, Lisa	R	250
Funk, Robert	R	0
Gann, Michael	6	1,161
Gibson, Katie	R	518
Goode, Johnny	8	690
Goss, Ange	R	512
Grady, Carla	R	369
Graham, Jonathan	R	719
Grainger, Matt	R	0
Grammas, Marianthe	1	1,085
Gray, Caleb	R	290
Grossmann, Christopher	6	614
Haley, Jay	2	669
Hall, Thomas	1	34
Haralson, Danny	9	512
Haralson, Micki	10	239
Hargrave, Alan	10	603
Harrelson, Heather	4	508
Harris Bowser, Javacia	R	94
Harris, Ashley	R	476
Harris, Robert	R	367
Harris, Skip	1	150
Harris, Vickie	2	191
Harrison, Lisa	6	565
Harry, April	1	326
Havicus, Cari	1	96
Hayden, Brittany	1	826
Haynes, Melanie	R	219
Heaton, Bryan	3	1,144
Henley, Monica	4	558
Henninger, Alison	3	515
Hill, Susan	4	475
Hogeland, Angie	1	515
Hogue, Kari	R	0
Holcomb, Zachary	R	603
Holland, Skylar	R	395

Participant	Years	Total
Holmes, Chris	1	0
Hopper, Whitley	R	446
Hoskins, Angela	R	10
Hoskins, Creig	R	0
House, Beth	5	462
Hubbard, Stephanie	R	0
Hunter, Bob	1	480
Ingram, Joseph	5	159
Izard, Georgia	2	566
Izard, Melody	3	452
Jenkins, Kaki	4	671
Johnson, Kawitta	R	497
Jones, Ira	3	0
Jones, Misty	R	421
Kane, Dawn	1	0
Kane, Michael	R	0
Kearley, Christy	1	115
Kearley, David	1	282
Kearley, Stephen	2	203
Keefer, Herb	2	400
Kelley, Robin	4	0
Kemper, Tricia	3	607
Kendrick, Tom	R	272
Kirchmer, Shannon	1	408
Knight, Diane	2	373
Kuhn, Jimmy	10	788
Kulp, Loren	2	974
Lahti, Tyler	1	430
Laird, Audrey	3	726
Langston, Aaron	3	616
Langston, Richard	5	537
LeCroy, Sarah	1	321
Lee, Brian	R	266
Lee, Koren	1	358
Leopard, Don	1	0
Loo, Judy	2	0
Ludt, Chas	R	151
Lyle, Randy	9	1,055
Madison, James	1	0

Participant	Years	Total
Malick, David	4	531
Mandy, Madeline	1	342
Martin, Lee	R	0
Mason, Will	R	324
Massey, Chris	1	488
Massey, David	R	186
Mathews, Skip	R	493
McNair, Kelly	4	743
McVey, Simon	3	454
Merry, Vicki Sue	5	798
Mickens, Cassandra	2	251
Miller, Stephen	R	546
Miyasaki, Nathan	2	1,140
Morgan, Cary	8	1,396
Morgan, Danielle	5	0
Morgan, Phillip	7	0
Morris, Justin	4	676
Morris, Phil	R	0
Morrow, Abigail	R	0
Morrow, Alex	7	0
Mount, Brian	1	541
Murchison, Reginald	4	991
Nagy, Lisa	1	337
Northern, Kristie	8	619
Oehrlein, Kimberly	R	168
Oliver, Greg	4	832
Oliver, John	3	545
Padgitt, Scott	1	707
Parks, Charlie	4	805
Pate, Lisa-Marie	1	0
Payson, Tabitha	R	427
Payson, Tommy	2	385
Peagler, Shana	6	261
Peagler, Zach	1	284
Pearce, Julie	5	293
Pearson, Blake	4	0
Pearson, Mary Scott	3	0
Pegouske, Christian	R	186
Pegouske, Jeremy	R	439

# 1200 MILE CLUB

Participant	Years	Total
Pegouske, Madison	R	429
Pegouske, Stacie	R	478
Penko, Zoe	R	0
Penley, Steve	1	101
Peters, Scott	2	143
Plante, David	5	332
Poole, Greg	1	342
Portwood, Paul	2	270
Pruett, Jay	R	731
Ralph, Meghan	3	542
Randall, Lisa	6	0
Rawson, Brent	R	574
Redden, David	R	524
Renn, Deanna	2	713
Reynolds, Dewelena	R	256
Richardson, William	3	831
Richey, Lori Beth	R	550
Ritchie, Joseph	R	565
Roberie, Josh	R	205
Roberson, Kevin	3	363
Roberts, Fletcher	3	555
Rodgers, Jeffrey	R	521
Rodgers, Jessica A.	R	218
Rodgers, Jessica W.	R	0
Ronson, Catherine	R	0
Roper, Lynn	1	454
Rose, Billy	3	651
Rosser, Joey	1	586
Rowell, Taylor	R	414
Rutherford, Keith	10	393
Rutledge, Lisa	2	468
Ryan, Meaghan	2	575
Schonhoff, Aubrey	R	306
Secor, Debi	2	578
Self, Travis	1	128
Serio, Joseph	R	138
Shaffield, Danny	4	848
Sheppard, Gretchen	3	581
Sherer, Jeremy	1	399

Participant	Years	Total
Sherrell, Jeff	R	591
Shinn, Ronald	6	25
Shoaf, James	R	696
Sides, Dean	3	493
Silwal, Suman	7	0
Simpkins, Randall	R	576
Simpson, Kevin	5	1,224
Sims, Cecelia	1	277
Sims, Robert	4	600
Sloane, Mike	2	486
Smith, Jerry P.	10	492
Smith, Justin	R	242
Snow, Sheri	2	794
Soileau, Chester	R	373
Stevens, Johnathon	2	1,225
Stewart, Zeb	R	529
Stockton, Rick	10	582
Sweatt, Jason	R	338
Swiney, Elana	R	147
Talley, Beau	5	678
Talley, Shellie	1	463
Targe, Mark	R	35
Thomas, Eric	4	1,085
Thompson, Sara	R	535
Thornton, Dean	5	476
Townes, Janelle	R	617
Trimble, Jamie	3	709
Tyler, Kim	R	360
Vaden, Christopher	R	441
Varnes, Vickie	4	572
Vlach, Jiri	R	547
Waid, Jr, David	R	740
Walker-Journey, Jennifer	3	115
Walker, Caroline	1	233
Wall, Ron	4	314
Walley, Ryan	R	290
Watkins, Janet	1	478
Watson, Thomas	1	338
Watters, Ana	R	344

Participant	Years	Total
Watters, Robert	3	740
Weber, Amy	1	496
Weber, Lauren	1	0
Weeks, Lance	1	535
Wells, Bradley	2	0
Wende, Adam	3	851
Wentz, Dan	R	0
White, Dennis	R	4
White, Robin	R	0
Whitt, Trey	5	718
Wilhite, Thomas	2	765
Williamson, Chad	3	504
Windle, Dale	3	514
Wiseman, Steve	3	619
Wood, Scott	2	595
Woody, Bill	9	592
Wright, Amy	2	545
Wu, Xing	8	761
York, Gary	4	936
Zeanah, Cary	R	159



# FEETS OF STRENGTH



Hello, BTC! Although many of us are focusing on shorter distances in the summer weather, there are still many PRs and accomplishments to be had! [Let us know about them](#) so we can celebrate YOU!

First up is **Georgia Izzard**. Georgia traveled north to run the Sugarloaf Marathon in Carrabassett Valley, Maine on May 20. Georgia had a nice PR, finished first in her age group, AND qualified for Boston. We'd call that one a triple whammy - way to go, Georgia!

Once again, **Jamie Trimble** ran a smart race at the Revel Rockies Half Marathon in Denver on June 3. He managed a huge PR despite a challenging course with many steep uphill segments in a net downhill format. Killing it, Jamie!

Apparently summer vacation is agreeing with **Chris Carey**. Chris finished first overall at the Take the Reins 5K at Veteran's Park on June 9. Congratulations on an impressive victory, Chris!

And though it might not be a running related feat, we think having a new baby is not unlike a marathon! Big congratulations to *The Vulcan Runner's* graphic designer, **Ryan Boswell**, and his wife Ainslee on the birth of their new baby girl. We hear Ryan is hoping for a sprinter!



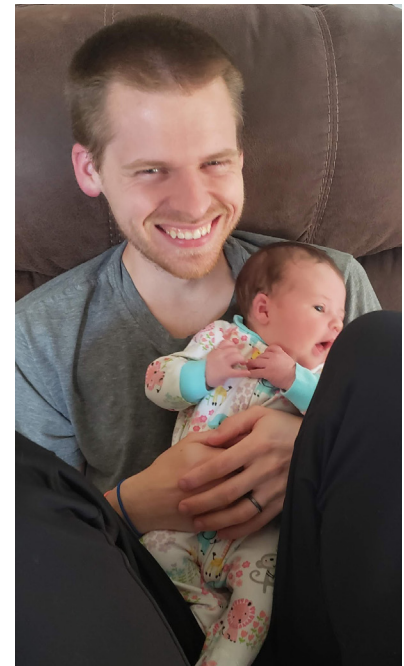
Georgia Izzard



Jamie Trimble



Chris Carey



Ryan and Ally Boswell



# MAY BTC SOCIAL

May 12, 2018





# SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Email photos to: [Newsletter@BirminghamTrackClub.com](mailto: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](#).



Monica Henley at Mt. Pimard, St. Lucia



Chris Callahan in Crystal Cove, California



Michele Parr at Galway Bay in Ireland



# SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Email photos to: [Newsletter@BirminghamTrackClub.com](mailto:Newsletter@BirminghamTrackClub.com)





## BTC EXECUTIVE BOARD MEETING

May 14, 2018

**Attendance:** Vicki Brakhage, Hunter Bridwell, Michael Brown, Alan Hargrave, Alex Morrow, Tabitha Payson, Tommy Payson, Julie Pearce, Jamie Trimble, Trey Whitt, Scott Wood

The meeting was called to order at 6:05 PM by President Scott Wood.

The minutes of the April 9, 2018 meeting were approved unanimously, on Scott Wood's motion, as seconded by Alex Morrow.

**Japan Exchange Program - Maebashi Trip Update (Michael Brown)**

Michael and the other participants in the exchange program had a great experience. Michael has spoken with Scotty Colson with the City of Birmingham about ways we can reciprocate with runners in Maebashi. Michael recommended that we invite 3-4 runners from Maebashi to participate in a local race; he suggested we offer a choice of Vulcan Run or the Mercedes Marathon weekend because it offers multiple distances. Scott suggested we also consider the BHM 26.2 race weekend because that race is expected to grow or Magic City Half Marathon/5K. The City of Birmingham would handle many of the details, but the BTC would be responsible for a dinner, etc. The BTC would like to support this program however we can. Michael will get in touch with the City to discuss next steps.

**Peavine Falls (Alex Morrow and Hunter Bridwell)**

Alex made a motion to fund the race at the same amount as last year. Vicky seconded the motion, and it was approved without opposition. Alex is working with Oak Mountain State Park to obtain gate fee waivers for race morning. Registration is now open. Hunter will write an article for The Vulcan Runner.

**Long and Moderate Runs (Alex Morrow)**

Attendance has been good. We will be voting on fall target races soon. Please make sure to pick up coolers and trash soon after long runs. Alex has received suggestions to move the long run start location periodically. LaRonda has done a great job reinstituting the moderate distance runs.

**IT Update (Alan Hargrave)**

Alan has many photos from the run social last weekend. Scott and Monica will give him access to post them on Facebook. We do not yet know whether the Vulcan Run 10K route will need to change; at this point, Alan has that information hidden on the Vulcan registration page for the time being.

Alan has prepared a draft of proposed BTC Race Management Policies and Guidelines; please review and provide comments. This document is intended to provide continuity among BTC races and to assist race directors,

**Finish Line Crew (Jamie Trimble)**

Last month, we approved the purchase of a smaller sized tent. Jamie has contact information for the vendor and will circulate prices once quoted.

**Merchandise (Tabitha and Tommy Payson)**

Tabitha is soliciting ideas for new merchandise.

**Treasurer's report (Trey Whitt)**

Current balance is approximately \$66,000; however, we still have approximately \$14,000 in expenses from Statue 2 Statue. Gross revenue for Statue to Statue is up by approximately \$1,500. The BTC credit card was hacked, but Trey has worked with the bank to have the card reissued and the account restored.

**Membership Committee (Vicky Brakhage)**

Current 1,092 members and 857 memberships (up approximately 70 members from this time last year).

**Newsletter (Julie Pearce)**

We will publish a combined summer issue for June/July. Julie will send out the revised deadlines to the Executive Board, advertisers and frequent contributors. The primary reason for this is that Ryan Boswell's wife is due to give birth on May 31, but historically, we are low on content for the summer months. Please adhere closely to deadlines! Julie is considering a June/July combined summer issue, unless we have content that needs to be out by June 4.

**President's Report (Scott Wood)**

- **Upcoming Summer Socials:** Attendance has been down for the Barons Social event, so the consensus was to discontinue catering an event and reserving space. Scott recommended that we look into reserving general admission space and/or sponsoring a pre-game social event at Good People.
- **TherapySouth Social:** The BTC Social this past weekend was a success. We had great attendance, and everyone seemed to have a good time.
- **1200 Mile Club patches:** Scott has been approached by several members who are interested in mileage patches above the 1200 mile threshold. Trey suggested we recognize those members at the annual meeting and in the newsletter.
- **BHM26.2 Expo:** The Expo seemed to go smoothly. The race raised approximately \$250,000, in large part due to sponsorships.
- **Vulcan 10K Update**
  - Allison Stone with Cadence Race Consulting asked for clarification on any objectives or benchmarks that were not met. Alan clarified that he and Scott have addressed any communication issues with Allison but reiterated that they were very happy with the work she did with last year's race. Scott has asked Allison for monthly reports to share with the Executive Board to ensure everyone is on the same page.

**USATF Update (Charles Thompson):**

Charles attended the USATF Alabama Association Meeting on March 18, 2018 on behalf of the BTC.

The meeting was adjourned at 7:36 p.m. Our next board meeting is on June 11, 2018.

## BTC EXECUTIVE BOARD MEETING

June 11, 2018

**Attendance:** Vicki Brakhage, Hunter Bridwell, Addison Clowers, Alan Hargrave, Julie Pearce, Charles Thompson, Jamie Trimble, Scott Wood

The meeting was called to order at 6:10 PM by President Scott Wood.

The minutes of the May 14, 2018 meeting will be presented for approval at the July meeting.

**Peavine Falls Update (Hunter Bridwell)**

Bibs for Peavine have been delivered. The race committee sought a gate fee waiver from Oak Mountain State Park for race morning, but the request was denied. Volunteers will receive free admission. Trak Shak will pay for 50% of the race shirts, which will be garnet this year. Registration is now open; we currently are at 135, which is down a bit from last year. Hunter has written an article for the June/July issue of The Vulcan Runner.

**Long Run Committee (Scott Wood for Alex Morrow)**

Fall target races are the Rocket City Marathon and the Chicago Marathon (training for Chicago started last week; training for Rocket City will begin on July 28). Please make sure to pick up coolers and trash soon after long runs.

**Merchandise (Scott Wood for Tabitha Payson)**

We will be ordering BTC visors. Tabitha is getting quotes for new cotton t-shirts and new running singlet designs.

**Treasurer's Reports (Scott Wood for Trey Whitt)**

Trey is on vacation this week, but the accounts are in good standing.

**Membership Committee (Vicky Brakhage)**

Current member numbers: 844 memberships and 1,077 members. Vicky is looking into putting together a welcome packet for new members.

**USTF Representative's Report (Charles Thompson)**

Charles officiated the NAIA meet on May 24-26 in Mobile, as well as the Alabama State Olympics last weekend in Huntsville.

**Finish Line Crew (Jamie Trimble)**

Jamie has obtained quotes for a smaller tent. The cost will be \$1,098, plus shipping (no tax). He made a motion to approve purchasing the tent from Promotional Creations at this price. Hunter Bridwell seconded the motion, and it was approved without opposition. U

**Newsletter Report (Julie Pearce)**

We will be publishing a combined summer issue for June/July. Please participate in the summer BTC gear photo contest. If you have content to submit for publication, please do so in a timely manner. Due to increased interest from potential advertisers, Julie recommended that we consider increasing advertising prices (but not for

**President's Report (Scott Wood):**

- Sponsorship Opportunities and Prices
- Scott has been approached by several potential sponsors who want to promote their products to our members, etc. Alan explained that in the past, sponsors have been offered booth/table space for post-race events. Scott thinks we need to charge sponsors for the advertising/exposure opportunity this would afford vendors. This could be part of a larger opportunity to promote the BTC and raise funds.
- UAB Track Series
- Scott has talked with Coach Eshe, Track and Field Coach at UAB, about a potential race series (track series). This would be a similar format to a high school or college track meet (running events only). Scott will provide more details at our next meeting.
- Vulcan Run Update
- We will be unable to host Vulcan Run at Boutwell this year, and possibly for the next three years (due to construction, etc.). Allison would like to use as much of the Vulcan course as possible, but changes must be made. Regions Field would be an option, but not ideal due to the Magic City Half Marathon events just a couple of weeks later. Alan suggested Pepper Place.
- Scott made a motion to move the July meeting to Tuesday, July 10 rather than July 9. Vicky seconded the motion, and it was approved without opposition.

The meeting was adjourned at 7:05 p.m. Our next board meeting will be on July 10, 2018.





## BTC Membership application

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

First Name:

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Last Name:

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Birthdate:

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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
<a href="#">BTC Saturday Long Run Group</a>	June 23, 2018	6:00 a.m.
<a href="#">BTC Saturday Long Moderate Run Group</a>	June 23, 2018	6:30 a.m.
<a href="#">Running for HIS Purpose Freedom Run 10K and 5K</a>	June 23, 2018	7:15 a.m.
<a href="#">Decade Dash 5K</a>	June 23, 2018	5:30 p.m.
<a href="#">Here2Beer 5K</a>	June 27, 2018	6:00 p.m.
<a href="#">BTC Saturday Long Run Group</a>	June 30, 2018	6:00 a.m.
<a href="#">BTC Saturday Long Moderate Run Group</a>	June 30, 2018	6:30 a.m.
Balloon Chase Run/Walk (Canton, MS)	June 30, 2018	6:30 p.m.
Peavine Falls Run * BTC RACE SERIES *	July 4, 2018	7:00 a.m.
<a href="#">BTC Saturday Long Run Group</a>	July 7, 2018	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	July 7, 2018	6:30 a.m.
BTC Executive Board Meeting	July 10, 2018	6:00 p.m.
<a href="#">BTC Saturday Long Run Group</a>	July 14, 2018	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	July 14, 2018	6:30 a.m.
<a href="#">BTC Saturday Long Run Group</a>	July 21, 2018	6:00 a.m.
<a href="#">BTC Saturday Long Moderate Run Group</a>	July 21, 2018	6:30 a.m.
<a href="#">BTC Saturday Long Run Group</a>	July 28, 2018	6:00 a.m.
<a href="#">BTC Saturday Long Moderate Run Group</a>	July 28, 2018	6:30 a.m.
Trak Shak Twilight 5K Retro Run * BTC DISCOUNT *	July 28, 2018	7:00 p.m.
<a href="#">BTC Saturday Long Run Group</a>	August 4, 2018	6:00 a.m.
<a href="#">BTC Saturday Long Moderate Run Group</a>	August 4, 2018	6:30 a.m.

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

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