



BIRMINGHAM TRACK CLUB
★ WHERE RUNNERS ARE FORGED ★
THE VULCAN RUNNER

August 2018 (8)



BUILDING BRIDGES

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

Original watercolor by Wyatt Pugh,
Supervisor, Building, Engineering and
Zoning for the City of Homewood

www.BirminghamTrackClub.com

 /BirminghamTrackClub

 @BirminghamTrackClub

 @RunBTC

2 BTC Community Corner

4 President's Address

6 Run-ning-ham

9 Blast from the Past

11 Have Passport, Will Travel

19 1200 Mile Club

BUILDING BRIDGES



L to R: Mountain Brook Mayor Stewart Welch, Homewood City Councilor Jennifer Andress, Birmingham City Council President Valerie Abbott, Mountain Brook City Council President Virginia Smith and Alabama State Representative David Faulkner

Greetings, BTC!

If we are Facebook friends, then you may have seen a recent post I made. It went like this: “bridgebridgebridgebridgebridgebridge”. That’s because I think about the proposed bridge over Highway 280 at Hollywood Boulevard all day, every day. And if you have read my columns in *The Vulcan Runner* over the past few years, you know how long this process has taken to get where we are today (said bridge VERY close to being a reality).

In fact, in a letter I wrote to the Homewood Mayor and City Council in July 2012 -- my first year as BTC President -- I said: “I have been authorized by our club to write to you expressing our support of a pedestrian bridge over Highway 280, on Hollywood Blvd. The bridge in question is used by hundreds of runners each week, and each time it is crossed, a runner puts their safety in jeopardy. The bridge is heavily used by cars, extremely narrow, and has a low barrier/safety rail which would not prevent someone from falling off of the bridge onto Highway 280....we fear it is only a matter of time before someone is hurt or perhaps killed on this bridge. Runners from across North Central Alabama converge on Homewood to run on a regular basis....Making this bridge happen now is the right thing to do for our community and our citizens’ safety.”

As you may remember, the project stalled after the cemetery protests, and the removal of the light in front of the Hampton Inn by ALDOT. I then ran for Homewood City Council in 2016, primarily

to pick this project back up and try again, and I have been working on it ever since.

Someone asked me on my Facebook post why this project is taking so long. The answer is because the geography involves three municipalities and ALDOT. The bridge will be entirely in the Birmingham City limits, connecting Homewood and Mountain Brook, all within an ALDOT right-of-way.

The other reason is because it is very expensive. My co-Councilor Peter Wright, Mountain Brook Councilors Virginia Smith, Alice Womack and Lloyd Shelton, and Representative David Faulkner and I have been out raising money from other Jefferson County legislators from their new discretionary public works fund, as well as working with Birmingham and the County. We have formed a co-operative agreement to manage the project, which requires a resolution from all three City Councils. And did I mention the money??

The project is estimated to cost just over \$1,000,000, and we are well on our way with a firm \$750,000 and other funds coming. And here’s where YOU come in! Remember the fundraiser we held in 2012 for the water fountain we had installed on the Jemison Trail? We raised \$3,500 for that water fountain. We are going to do it again!

BUILDING BRIDGES

I have asked the BTC and the Trak Shak to work with me on a fundraiser for the bridge, and of course that means....BTC Run Social! And SHIRTS!! My goal is to raise \$15,000. I have asked BTC and Trak Shak to match whatever our membership raises. The BTC has 1089 members; if each member contributes \$5, we are there! Add the BTC and Trak Shak matches and viola!

An investment from the running community shows our belief that this is a direly needed safe connector. It shows the legislators, Mayors and ALDOT that we are committed to this project not just with our Facebook posts but with our dollars. We are investing in our communities, our passion and our neighbors' safety. In fact, in a similar show of support, the Hollywood Garden Club has committed to match its member donations up to \$5000, for a \$10,000 total donation.

Thank you to the BTC Board -- President Scott Wood, Vice-President Hunter Bridwell, Treasurer Trey Whitt, Secretary Julie Pearce, and Past President Monica Henley -- for supporting me with this idea. Trey Whitt will set up a donation page, and the money will go to the aforementioned co-op that will be the conduit for facilitating the project. You can also donate at our BTC Social in September 29th. Thank you also to the Trak Shak for their continued commitment to the Birmingham running community, and its hometown of Homewood!

We will meet for our regular Saturday Long Run at Over Easy, Ground Zero for our bridge, on Saturday morning, September 29. We will have food from Over Easy and Mexico Lindo, beverages from Cahaba Brewery, booths from Mountain High Outfitters and HydraLive, local mayors, state representatives and senators, city councilors, TV stations....it will be HUGE!

And you just know I wasn't going to let an opportunity pass to make a shirt! BTC Finish Line Crew Jamie Trimble came up with a great slogan: "I Built This Bridge" -- and we are going to use that along with the beautiful cover illustration on this month's issue by City of Homewood Building, Engineering and Zoning Supervisor Wyatt Pugh, along with logos from Trak Shak and the BTC! Just like the popular Arthur Black shirts, we make tech shirts as well as soft t-shirts.

This is going to be BIG, BTC! Thank you for all of your support so far! This is going to be GREAT, and we all have an opportunity to be a part of history!

And while I am all-Hollywood-bridge-all-the-time, I do want to give you a quick update on the bridge over Shades Creek at Jemison Trail. It is still working its way through the Mountain Brook City Council, and is expected to be approved at the Council's August 21 meeting. If it passes then, expect a completion date in October. The stepping-stones will remain next to the bridge, but this will give the trail an ADA (American Disabilities Act) Accessible crossing.

Stay tuned for more details on our bridge fundraiser, and mark your calendar for a big time on September 29th!



HERE 2 BEER RACE SERIES

APRIL 19TH, JUNE 27TH, AUGUST 23RD

START AT GOOD PEOPLE BREWING COMPANY - FINISH AT AVONDALE BREWING COMPANY
RUN A FLAT AND FAST 5K THROUGH THE HEART OF DOWNTOWN BIRMINGHAM AND ALONG THE ROTARY TRAIL
BOTH COMPETITIVE (BEER-RUN-BEER) AND 5K RUN ONLY DIVISIONS
WWW.HERETOBEERSK.COM

Logos: GOOD PEOPLE BREWING COMPANY, CADENCE80 CONSULTING, SETUP, and a dog logo with A B.

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



PRESIDENT'S ADDRESS

By Scott Wood



I hope everyone is having a great Summer! I have no idea what happened to July -- I just know it flew by much like the first six months of 2018. July did bring us many great races in the Birmingham area including the BTC's very own Peavine Falls Run held annually on July 4th. Thank you to all our volunteers, workers, and our 500+ runners for coming out to Oak Mountain State Park for the 37th edition of this great race. Also, I hope you had a chance to go "Retro" at the Trak Shak's annual summer 5K. The Retro Run is one of my favorite races in the Birmingham area. But will someone please tell Charlie Brown to throw those shorts away for good?!

In the way of announcements, we have two great BTC Socials lined up for you in the month of September. On **September 15**, the BTC will be host a social at Good People Brewing sponsored by our great friends at Therapy South. We will be teaming up with our friends at the Magic City Half Marathon to bring you a course preview of their new route, the BTC will provide food, coffee, snacks, race giveaways and more – block off your calendar, cancel your out-of-town travel, and line up your babysitters -- you do not want to miss this great event!

Next up, just two weeks later on **September 29**, the BTC along with past BTC president and current Homewood City Councilor Jennifer Andress will host a social to celebrate the long-awaited pedestrian bridge that will be built over Hollywood Boulevard. We

will be meeting at Mexico Lindo and Over Easy (park across the street at the church) and departing from there. Don't worry -- we will have plenty for you to eat and drink as you arrive back from your long run. As many of you know, this bridge has been a five-year project of love, passion, and determination for Jennifer and for the BTC. Please make plans to be there on this important day to hear more about the project and learn how you can be part of making this bridge a reality for our community.

It's time to turn our attention to the fall and winter races we've all been training for during the last few months, especially the BTC premier race, the **Vulcan Run 10K**. The Vulcan Run 10K will once again serve as our RRCA State 10K Championship race. The BTC is excited to partner with Cadence Race Consulting once again this year as we continue to grow this race. Registration is now open; [sign up today!](#)

There are lots of great races in our area to choose from during the next couple of months, I hope to run with you in one of them, or on a BTC Saturday Morning Long or Moderate Run!

Drink your water, and I'll see you on the roads!

Scott Wood
BTC President

Save the Date!

Magic City Half Marathon
New Course Preview!
September 15, 2018

Sponsored by:  Hosted by:  

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	usاتفrep@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



RUN-NING-HAM:

noun; our love of running combined with our beloved run community in Birmingham.

By Joey Longoria

Runningham was coined locally by lululemon during this past Mercedes Marathon weekend to evoke a sense of community and togetherness within the Birmingham running community.

Fast forward to the RRCA 5K National Championships in Anniston, Alabama on August 4th this past Saturday. After a Thursday night run and a beer or two (isn't that how all great ideas start?), we decided to form a Woodstock team that would invite all local run groups and run teams to join in one unified team to represent the Magic City! The result was a thirteen-person team representing runners from The BTC, Cahaba Distance Project, Cadence Run Coaching, Sub 3 Group, BRATS, and McKirdy Trained who typically train together during the week and on Saturday mornings from Brookwood Mall. To say this team had a blast together, would be a huge understatement. To say, this team dominated the race would be entirely accurate.

The Runningham team arrived the morning of the race making the short trip from Birmingham to a great day in Anniston. The gun sounded and over 1,000 runners were off! If you've never run the historic Woodstock 5K course, it's a very challenging and demanding course with several climbs to negotiate including one at the end within the last quarter mile. Elizabeth Laseter who finished just behind teammate Elena Kidd and 4th overall female described Woodstock 5K, "This was my first year running Woodstock, and I'd



definitely race it again. It's a tough course, but the mix of uphill and downhill kept things interesting. My goals were to run tough and compete smart—but the best part of the entire race honestly was having my Birmingham training partners there to pull me along!" Cahaba Distance Project coach Kile Putman said, "There was an idea to field a team comprised of runners from various Birmingham training groups. As our Cahaba group has few females and a few guys with nagging injuries, I thought it was a great idea to show the harmony in our running community. Francis who won and Fred who was runner-up are attached to our Cahaba training group. It's great to see the faster folks in town training and racing together, regardless of their team attachment." Runningham first female, Elena Kidd described her experience and the course, "I've always heard Woodstock is a fast 5k, despite it being in the middle of the blazing hot summer. This was my first-time racing Woodstock and I was really nervous going into the race because I didn't know what to expect or what I was capable of running. The course was challenging, but fair (and thankfully mostly shaded). There was great support along the course and competition up front. Three of my training partners were also running Woodstock as part of team Runningham. We all worked together to get through the first uphill and then push the last mile – I was thrilled when I found out I broke 18 minutes. Woodstock did not disappoint! The Runningham team is looking forward to future races and more fun together!"



CONTINUED ON NEXT PAGE

RUN-NING-HAM:

noun; our love of running combined with our beloved run community in Birmingham.

The Runningham co-ed team scoring (top five with at least two females) was from Francis Waithaka, Fred Kosgei, Chris Mahaffey, Elena Kidd, and Elizabeth Laseter with an average time of 16:54. The team depth showed especially on the women's side as our women finished 3rd, 4th, 5th, and 6th overall after running most of the race packed together. **The following is a list of results:**

- **Francis Waithaka (Cahaba):** 1st Overall Men 15:13
- **Fred Kosgei (Cahaba):** 2nd Overall Men 15:43
- **Elena Kidd:** 3rd Overall Female 17:57
- **Hannah Coffin:** 1st 20-24 Age Group 18:26
- **Elizabeth Laseter (Cadence):** 1st 25-29 Age Group 18:10
- **Rachel Davis (McKirdy Trained):** 2nd 25-29 Age Group 18:29
- **Chris Mahaffey (Cadence):** 2nd 35-39 Age Group 17:26
- **Kevin Roberson (BTC):** 3rd 55-59 Age Group 21:22
- **Hannah Grace Longoria:** 1st 10 and Under Age Group 30:28



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



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



Circa Summer 2002. A group of BTC members held an informal run each summer from Dr. Jack Hasson's house. The run ended back at Jack's house with a huge breakfast prepared by his wife.



Circa late 1990's, Navarre Beach Run. BTC members participating in the run started a tradition of hosting a polar bear plunge dip into the Gulf after the run. Participating running clubs would hang their banners from hotel balconies, fostering friendly competition.

MEDICATIONS AND MILES

Shingles Vaccinations

By Cody Fuller, PharmD Candidate 2020, Traci Mullins, PharmD Candidate 2021, and Kim Benner, PharmD

Vaccinations are often thought of as something that babies need and what young children may get before going off to school. However, as an adult, it is still recommended to receive certain vaccinations to ensure a healthy and maintain an active lifestyle. The Centers for Disease Control and Prevention provide resources that list the suggested immunizations and ages at which they are needed (see Table 1). This article will focus on one particular type of vaccine for adults who are over 50 years of age: Shingles vaccines. Two vaccines currently are available for shingles: Zostavax and a newer vaccine Shingrix.

WHAT IS SHINGLES?

Shingles, which is also called herpes zoster, is a result of deactivation of the varicella zoster virus acquired from chickenpox. Shingles is recognized as a painful skin rash that commonly appears in the form of red blisters around the torso. Most cases of shingles last between three and five weeks. The onset of a flare up typically follows a pattern: The first sign often is burning or tingling pain, sometimes accompanied by numbness or itching on one side of the body. The rash will usually appear one to five days after the onset of symptoms.

WHO IS AT RISK?

If you have had chickenpox as a child, this virus stays dormant in your body throughout your life. As you age, your immune system becomes less effective in fighting off diseases, allowing this virus to resurface as shingles later on in life. You are at risk for developing shingles if you have ever had chickenpox in your lifetime. Additionally, you are at greater risk if you have had chickenpox and you fall into any of these categories: you are over the age of 50, you are undergoing treatment for cancer or HIV/AIDS, or you have been taking any medications for long periods of time that weaken your immune system (see Table 2). Additionally, if you are dealing with high levels of stress you become more likely to develop shingles because of the negative effects of stress on your immune system.

WHY VACCINATE FOR THIS VIRUS?

The symptoms of the varicella-herpes can be very irritating and even painful to the touch. If symptoms are ignored, a number of complications may arise. If blisters are not properly cleaned and treated, skin infections can result. If a flare up results in nerve damage, you could experience neuralgia, or nerve pain. If shingles develops close to or even in your eyes, you could suffer from vision loss or eye infections. If shingles causes inflammation in your brain, you could

Table 2: COMMON IMMUNOSUPPRESSIVE MEDICATIONS

Class of Medications	Medication names
Calcineurin Inhibitors	tacrolimus, cyclosporine
Antiproliferative Agents	mycophenolate mofetil, mycophenolate sodium, azathioprine
Corticosteroids	prednisone, budesonide, prednisolone
Medications for cancer	

develop neurological problems. These symptoms, along with other common symptoms such as headache and fatigue, can keep you from your daily activities, especially exercise. Even if you have never had chickenpox, if you come in contact with someone who has shingles, you could contract chickenpox and, in turn, be at risk for developing shingles. The two series vaccination against shingles is the best way to protect yourself and to ensure that you stay healthy and are able to keep doing what you love.

WHY SHINGRIX?

Shingrix is an FDA-approved vaccination for the prevention of shingles in adults over the age of 50. Shingrix was approved in 2017 and is recommended by the CDC as the alternative to Zostavax because it has a longer duration of action than Zostavax and has a higher prevention rate. While it may not provide complete protection from developing shingles, if you happen to develop shingles, the vaccination will decrease the severity and duration of symptoms. It is recommended that all adults over 50 receive both doses of the vaccination in order to minimize the risk of shingles, even if they have already received the Zostavax vaccination that is recommended for adults over age 60. Vaccinations are available at your physician's office and local pharmacies.

In conclusion, vaccinations help prevent diseases that could hinder your ability to maintain a healthy lifestyle and could keep you stuck at home rather than out enjoying a nice run, walk, or other activities. Future "Medication and Miles" columns will address other vaccinations that younger adults (< 50 years of age) also may consider.

Table 1: VACCINATION RECOMMENDATIONS FOR AGES 50+

	Flu	Tdap	Shingrix	Pevnar 13	Pneumovax 23
50-64	Yearly	Every 10 Years	2 dose series separated by 2-6 months	Not Generally Recommended	
65+				1 dose	1 dose at least 1 year after Pevnar 13

HAVE PASSPORT, WILL TRAVEL: RACING IN MAEBASHI, JAPAN

By Michael Brown



View from the hotel room

the BTC but also the City of Birmingham -- we might be the only Americans that some of the Japanese people we would meet would ever know.

The last couple of years I've looked into participating, it always felt like the timeline was tight: Apply by the end of this month to be considered for the trip, next month the winners will be selected and notified, month after that...off to Japan! It's probably not THAT tight of a schedule but that's how it felt. I've never run a marathon so having no time to prepare for my first, I knew I wouldn't be interested in competing in the marathon event. But I was definitely interested in other distances, so I was excited to see there was a 10K option.

I've never had a passport. The only time I've left the country was when I visited my brother in California, and we walked across the border to Tijuana for some tacos and later walked back. So when the opportunity came to go to Japan and race, I jumped at the chance.

I've read about other Birmingham Track Club members' experiences in years past but I've never been in a position where I had the flexibility at work or the financial means to do it. This year was different, so I was eager to submit my name for consideration.

A little backstory: Birmingham has a sister city in Maebashi, Japan. There is a neat history to this relationship that really requires a whole separate write-up, but for now, suffice it to say that we have a sister city in Maebashi. For several years now the City of Maebashi along with the Maebashi running club has hosted several Birmingham Track Club runners for the Maebashi Marathon Weekend races. The City of Birmingham also is involved in this exchange through the Office of Sister Cities. Before we left Birmingham, we had dinner with officials from the City of Birmingham who wanted to make sure we understood that this exchange is as important for the City of Birmingham as it is for the Birmingham Track Club. Not only would we be there representing

Day One

The runners in our BTC group all flew to Japan separately, but we were due to arrive within a few hours of each other. Bradley, his friend Dennis, Angela, and myself were excited for the trip. I stayed up for the entire 19+ hours of travel, so when I landed, I was a little delirious. Everyone else had already arrived, and they were waiting on me. They pointed me to the currency exchange counter, where I got my dollars to yen. I needed a bathroom stop before our bus ride to Maebashi, and that was my first moment of crisis. On zero sleep and full of airplane food, I was confronted with a toilet that had way too many buttons. I was fascinated but didn't have time to play around -- my people were waiting on me! So off we went on a three hour bus ride to Maebashi. This was where my lack of sleep became a challenge. In the airplane I could watch movies, listen to music or read, but the soft hum of the engine and the quiet made it difficult to stay awake. But, we all were enthralled by the landscape. Japan is an island with lakes, rivers, and waterways crisscrossing throughout. Everything was lush and green. We passed field after field of rice and soy beans.

My first introduction to the difference in culture was the drive to the hotel from the airport. All the roads we traveled were two lane roads. Every intersection intersected with another two lane road. There was no passing, no honking, no loud music, nobody driving like a maniac. Everyone just got in line and drove; you get there

HAVE PASSPORT, WILL TRAVEL: RACING IN MAEBASHI, JAPAN

when you get there. We stopped at a roadway rest area on the way that had a small market and vending machines. These vending machines are unlike anything I have seen in the United States. These vending machines and ones like them ended up becoming my best friend on the trip. Anything you can imagine can be found in the vending machines.

We arrived in our hotel, set down our bags in our rooms and walked across the street to a small Italian restaurant for dinner. By this time it was early evening, and we all were ready to eat and go to sleep. An ambassador from the City of Maebashi and an interpreter were with us at all times. They ordered the meals for us, and we waited and waited -- and waited. It finally sunk in that this restaurant is not like an American restaurant that had everything precooked and ready to slap on a plate. The restaurant staff was all the noodles and fixings to order. The plates came out one at a time, and we all shared. Then another plate and another plate. . . and another plate. We finally waddled back to our hotel and slept.

Day Two

Breakfast was included with our hotel stay and we had the option of "western breakfast" or "traditional breakfast." Laura, our interpreter, ordered western breakfast meal tickets for the entirety of our stay but told us we could exchange it for traditional if we wanted to, mentioning that some of the prior guests didn't care for raw fish with their breakfast. So I had my eggs and coffee and waited for the crew. We all later changed our breakfast tickets to the traditional breakfast, which included rice, miso soup, fish, fruits, soy beans, and salad. Salad, it turns out, is a standard breakfast item.



We had a couple hours of free time that first morning. We decided the night before that we would meet to walk the market behind the hotel. The market was an outdoor market that was probably three block long and two blocks wide. As we walked, we were surprised to find that nothing was open yet. But we enjoyed watching everyone on their bicycles and the small compact cars moving about. We walked over pedestrian bridges with creeks and rivers underneath. We snapped a group selfie in mid-stride like pros.



Shrine at Lake Onuma

Lunch was a traditional Japanese meal. We took our shoes off when we walked in the door, sat on the floor and ate traditional sushi.

About the sushi... Everyone had told me after having sushi in Japan that sushi would never be the same for me. I had built it up in my head that with one bite of real Japanese sushi I'd have a full body experience and nod off into Never Never Land. My first thought on my first bite of sushi went more like this, "Huh...I guess we have pretty good sushi in Birmingham." It tasted like the very best Birmingham sushi I've had. The cuts of fish were larger, and I think I could taste a little more flavor from the fish likely because the fish was caught right off the coast of Japan. The big surprise came from the soy sauce. The soy sauce?! YES, the soy sauce! I never would have guessed that the soy sauce would have been what was going to blow me away. It was amazing. I kept talking about it, how good it was, how sweet it was, how it wasn't as salty as what we have in America. Laura finally said, "Well, this is made in the traditional Japanese fashion." Then I remembered all the soybean fields we passed in the bus. These soy beans were grown a couple of miles away, and the soy sauce was made at a local market. This soy sauce didn't come from a glass jar sitting at our table. The soy sauce brought it all together and blew my mind.

We then drove to the top of highest mountain in the area to Lake Onuma on top of Mount Akagi. It was breathtaking. At the lake was a shrine and a beautiful handwashing station with water from the lake. We were told, "cleanse your hands and cleanse your spirit." I didn't want to miss that opportunity.

That day we also had a meeting with the Mayor's office. We shook hands, exchanged gifts, posed for pictures, and felt very underdressed.

HAVE PASSPORT, WILL TRAVEL: RACING IN MAEBASHI, JAPAN

That night was a dinner at the restaurant in our hotel. We were told there would be representatives from the city, the Sister City Committee, the local running club, and several others. So we knew it'd be pretty large. I wore jeans and a collared shirt thinking that would be fancy enough. Again, I was underdressed...

Laura lined us up outside the door and before walking in told us, "Ok, this is pretty formal but don't worry, I'll help you out." Wait, how formal? What are we doing again? "They have some chairs for you up front. Ready? Let's go." And just like that, we walked through the door to thunderous applause and were walked past everyone to four chairs facing the dining room, where we sat as we were greeted one at a time by all the different committee chairs, with Laura interpreting for each one. More gifts were exchanged, and we smiled a lot and bowed a lot. Then a microphone was put in my hand and Laura said, "They want to know what you think about Maebashi." No pressure right? But we pulled it off. I made sure to mention how proud we were to be there representing the city of Birmingham and the Birmingham Track Club and how grateful we were to be there experiencing their great city.

Day Three

On our third day, we visited the Samuel Ullman Monument (a Birmingham poet who is part of the important back story) and also the memorial house of Maebashi's most famous poet. Across the street from the Samuel Ullman house and memorial house was an art and literature museum that we toured. Lunch was tempura atop the tallest building in Maebashi, which made for a great photo opportunity. The building overlooked the city park where our race was going to start and finish. We could also juuuuust make out our hotel. We walked the park and saw a tree that was planted and dedicated to the time Birmingham Mayor William Bell visited.



Mr. Tago in the center

The four of us from Birmingham were seated at different tables around the restaurant. I was lucky because Laura sat between me and Bradley. Angela and Dennis were left to fend for themselves with no interpreter. We met Mr. Tago, a master carpenter who had traveled to Birmingham to build the tea house in our botanical gardens! I knew that it was an important sign of respect to allow someone to pour your drink for you. I didn't know it was important to HOLD your glass as it is being filled... oopsie.

We were warned again and again that on race day, it was going to be unseasonably hot and to be careful to drink lots of water.



The Birmingham tree comemorating the visit from Mayor William Bell. The building in the background is the tallest building in the Gunma Prefecture where we had lunch on the top floor.

CONTINUED ON NEXT PAGE

HAVE PASSPORT, WILL TRAVEL: RACING IN MAEBASHI, JAPAN



Rinkokau Pavilion

Also in this park was the Rinkokaku pavilion, a breathtaking wooden building made of red wood pine, initially completed by the first governor of the Gunma prefecture in 1884. It had been closed for two years for renovations, so we were the first Birmingham group in nearly three years to get to go inside. The hallways were all on the exterior of the building with rooms layered deep into the house to help keep the house insulated and cool or warm depending on the season. Walking through, I imagined who might have walked the same hallways and stairs in traditional Japanese robes in years past. It was a literal walk through history of a time long gone. In the grand banquet hall on the top floor was a hand drawn map of the entire area showing little huts and houses where this now sprawling city sat.

Another moment I noticed obvious cultural difference was on the streets. At several different points all of us noticed how quiet it was. On a street corner waiting for the walk signal we never heard a car honk. We never heard an engine rev. We never heard loud music. No one ran red lights. Hardly anyone spoke at all. It was

eerily silent everywhere we went. Japan is a culture deeply rooted in respect. They are too respectful to be so arrogant as to run a red light, honk a horn, or cut someone off. Everyone just did what they were supposed to do. Three days after returning home, as I sat at a traffic light in front of Walmart, I watched three cars run the red light and heard everyone blowing car horns. All I could do was just shake my head.

Day Four, RACE DAY!

It was hot! That morning I woke up and looked out my window to see a snow capped mountain I had not seen before. There was zero cloud cover in the sky. The sun was beating down, zero humidity, zero shade, just searing hot sun. The opening ceremony of the race lead right up to the start of the marathon...within four to five minutes of start time. Bradley was running the marathon, the first race of the morning, so we rushed him to the starting line as quick as we could. It was a group effort. During the opening ceremony we sat on stage in the sun during speeches,

introductions, thanks to the sponsors, and introductions of special runners (like the four Americans from Birmingham, Alabama). We stood, bowed, gave a wave, and then rushed Bradley to the start. He was already hot so some of us split off into two groups to find him a hat, one of us accompanied him to the bathrooms (which were interesting, no buttons on these bathrooms...), and a brief period of chaos ensued until we were all reunited with Bradley, two hats, and a minute to spare before the start. Off he went, and Dennis, Angela, and I went back to our bus to wait for the 10k start.

Looking at previous year's results I knew a top 20 finish would require a near PR for me. This was a BIG 10K especially considering they were also holding a marathon, 8K, 5K, 3K and several other distances. The 10K alone had 2,000 runners competing. Because it was so hot I knew any time goals had to go out the window. I thought if I just raced smart and adjusted for the heat, I'd see where I could finish. We had joked with the locals that we brought the Alabama heat with us -- we were right.

HAVE PASSPORT, WILL TRAVEL: RACING IN MAEBASHI, JAPAN



It was 86 degrees when the gun went off for the 10K at 10:30am. It was nuts. There were two big falls. We didn't make it half a block before someone got tripped up and fell, and a pile up of people fell over each other. Not even six steps beyond that someone had looked behind them, stepped on someone else's foot and fell -- another pile up. I managed to avoid both of those, and the crowd quickly thinned until I was in a smaller group like I was more accustomed to in American races. I was a little confused about the water stops. There was a water stop on the opposite side of the street we were on that no one went to around mile one. Around mile 2.5, I saw another water station, again on the other side of the road. A few runners ahead of me started to veer toward it and they were waved off by the volunteers. I would have loved some water at that point. We turned around at mile three and went back; by that point, I was parched, and my mouth was dry. As I approached the turnaround, I started counting the people as they were coming back toward me to see my place in the races. I was shocked. If I counted correctly, I was in 17th place at that point. I finally got water around mile four. My muscles were seizing up, and I was starting to get chills. No Bueno. So I dialed it back and started waving at volunteers. It was the quietest race I've ever run.

I was running on one side of the road as the rest of the race was still on the other side of the road, heading to the turn around. No one was talking. No one was cheering. Just 2,000 people running down the road next to a river, surrounded by beautiful mountains. I spotted Angela and Dennis, both at the last second as we passed, and like we all do at home, we yelled and cheered as we passed each other, scaring the crap out of everyone around us.

Somewhere around the turnaround point, I took a breath, assessed myself and my effort, my breathing, how I felt, how hot I was, and looked at the task I still had ahead of me. It was here that I really

looked at the river for the first time and the mountains all around us. I was on the other side of the world, in Japan, running a 10K. What a beautiful gift this was.

In the final mile I was just trying to keep it together and stay safe. A couple of us changed positions a few times. In the final quarter mile, a runner who was way ahead of me was doubled over, over the side of the guardrail. He tried to take a step and his legs gave out. He went back to the guardrail to hold himself up. People were already coming toward him with bottles of water. We found out later that 16 people went to the hospital for treatment and many more runners were treated on scene. I finished 16th out of 2,000 runners, three to four minutes slower than what I know I can run and what I suspected I would need for a top 20 finish. That just shows how much the entire field slowed down for the heat.

We all recovered, cooled off, and waited for each other to finish. I sat by our bus and watched scores of people walk by heading to the park for their finisher's certificate and water. It was strange to watch so many people walk by in absolute silence.

Back at the hotel, we recovered some more, hydrated and all agreed we needed naps. We met back up for our last night together. Our hosts took us to a Korean BBQ restaurant and we soooo enjoyed the beautifully seasoned meats.



From left to right: Our city guide, Dennis, myself, Bradley, Angela and Laura (our interpreter).

This trip was an incredible experience. Not only did I visit Japan and run a race there, but I was taken care of every day, shown around the city with two guides, met local officials, and got to meet some incredible people. I am deeply appreciative of the Birmingham Track Club, the City of Birmingham, and the City of Maebashi for making this trip possible.

BTC SOCIAL AND "BUILD-A-BRIDGE" FUNDRAISER

Saturday, September 29, 2018

OVER EASY

Join us for your Saturday morning run, followed by food from Over Easy and Mexico Lindo, beverages from Cahaba Brewery, vendors, representatives from local government and more!

SAVE
THE
DATE!

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Lilliane Ajam
Cristina Almanza
John Bearden
Christina Bemrich-Stolz
Jazmine Benjamin
Luvern Blackwood
Bill Bowman
Jaden Bush
Randy Chaffinch
Violet Chaffinch
Andy Chappell
Daniel Chappell
Mark Chappell
Brian Clifford
Dawn Conner
Benjamin Coulter
Ali Cox

Allen Crawford
Cassandra Davis
Scott Davis
Charles Dixon
Samuel Fehling
Brandon Formby
George Hadgraft
Emily Hall
Kevin Hall
Sophie Hall
Stephanie Hall
Tracy Hamlin
Elizabeth Harris
Kristi Healy
Kari Helton
Gary Howell
Melanie Jackson

Jack Jacobs
Catherine Jared
Andrew Jenkins
Christy Johnson
Emily Johnston
Herb Keefer
Amber Keltz
Fred Launsby
Donald Leopard
Mona Leopard
Thomas Love
Julie Marix
Cheryl Martin
Kim McConnell
Mitchell McEver
Margaret McKinney
Simon McVey

James Mersmann
Josh Morey
Pamela Moser
Patrick Mulligan
John Neiman
Joel Pinkerton
Janis Posey
Jay Pruett
Michelle Pruett
Ashton Rachels
Jason Rachels
Jaxon Rachels
Niki Rachels
Scott Reed
Alexandra Reeves
Deanna Renn
Ruby See

Chloe Shaffield
Danny Shaffield
Mitzi Shaffield
Matthew Smith
Rhonda Smith
Peter Tacchi
Mark Ticola
Sheymirra Tyree
Janet Watkins
Andrew Weems
Maegan Whiting
Shanada Williams
Brian Wright
Kimberly Zimlich

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!

Volunteer Vibes

Thank you to ALL of the volunteers who worked the July 4th Peavine falls run. We had many great volunteers who got sweaty without even running, and we appreciate all of them – one in particular, Lola Braithwaite, who won the random volunteer drawing! Thank you, Lola, and ALL of our Peavine falls race volunteers!

The next BTC event where we could use some volunteers is for our BTC Social on Saturday September 15. Please [let Kim Benner know](#) if you can help with this social. Other upcoming volunteer opportunities will include the September 29 Social/ Bridge Fundraiser and the Vulcan Run on November 3, so mark your calendars and watch for more information! See you out on the roads! [#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](#)

THE THOMAS E JERNIGAN FOUNDATION

JUST A CALL AWAY



8/11/18

8 AM

SLOSS

FURNACES



A 5 K + FUN RUN

BENEFITING THE CRISIS CENTER

<https://runsignup.com/Race/AL/Birmingham/ACallAway5K>



RRCA UPDATE

By Alex Morrow, RRCA State Representative



Congratulations to Team Runningham, made up of runners from throughout our wonderful city, who competed in the Woodstock 5K on August 3.

The Woodstock 5K was the RRCA National 5K Championship, and Birmingham runners dominated! Read more about this team and the race on page 6.



BTC Merchandise

NEW BTC VISORS!

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!



1200 MILE CLUB

Cumulative miles submitted through August 4, 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	547
Anderson, Kerri	2	692
Armstrong, Thomas	3	0
Arnold, Brad	1	267
Baggett, Christopher	R	875
Barnes, Jimmie	3	417
Bartee, Samm	2	627
Barton, Dawn	R	311
Beasley, Cathy	1	775
Belcher, Michelle	5	666
Benner, Kim	5	760
Benson, Wayne	4	680
Bibb, Angelean	R	620
Bircheat, Aliza	R	0
Bircheat, Clint	R	0
Black, Dylan	1	0
Boackle, Larry	1	690
Boackle, Tomie Ann	1	504
Boger, Joe T	1	515
Bonatz, Ekkehard	9	1,059
Booher, Lisa	6	734
Boswell, Ryan	1	168
Bowman, Bill	R	561
Bowman, Brian	R	0
Bowman, Leisha	R	0
Bradley, Amanda	R	1,092
Bradley, Lee	1	0
Brakhage, Victoria	1	743
Bridwell, Hunter	R	588
Brown, Charlie	6	735
Brown, Michael	4	403
Bryant, David	4	631

Participant	Years	Total
Burks, Ross	1	809
Burton, Kelsey	R	498
Caine, Lawrence	1	612
Callahan, Ali	R	273
Callahan, Chris	1	569
Callahan, Noah	R	274
Callahan, Rachel	3	580
Camp, Melinda	R	470
Carey, Christopher	4	1,049
Carlton, Bob	3	633
Carter, Adrienne	1	415
Cawley, Jennifer	R	140
Chambers, Gay	1	15
Chandler, Teresa	8	666
Childers, Kristi	R	326
Childers, Melissa	R	247
Christian, Alan	R	0
Clay, Brad	10	944
Clayton, Yocunda	3	0
Cleveland, Jeff	1	831
Clevenger, Caitlin	R	192
Cliett, Stephanie	3	894
Clowers, Addison	3	1,002
Coffin, Hannah	1	1,301
Coleman, Tim	R	791
Collins, Helen	1	482
Corrin, LaRonda	R	416
Corrin, Roger	2	410
Craig, Mary	1	149
Crain, Teresa	2	0
Cramer, Robyn	R	446
Cramer, Steve	R	197
Crawford, Allen	2	629

Participant	Years	Total
Crawford, Kimberly	1	120
Creel, Mary	R	734
Criswell, Katie	R	680
Criswell, Mark	R	40
Croker, Jennifer	R	781
Crowson, Bill	2	520
Crumpton, Melinda	R	0
Cutshall, Hannah	1	317
Davidson, Dow	R	885
Dawson, Ashley	3	985
Dease, Joseph	2	384
Dease, Katherine	3	272
Dell'Italia, Pat	2	473
Denton, Matt	5	1,009
Dixon, Jonathan	R	589
Dorman, Evan	R	707
Dowling, April	1	620
Duke, Cindy	2	658
Dunn, Jennifer	R	605
Dunnaway, Roberta	2	384
Easterling, Natalie	2	0
Edgerton, Amy	R	650
Elkins, Sydney	R	425
English, Timothy	R	773
Evans, Debbie	4	566
Farrior, Sonya	R	475
Feller, Beth	2	526
Ferlitto, Cindy	R	650
Fonteneau, Kira	R	0
Fontenot, Misty	1	635
Fountain, Raley	R	754
Fraka, Leann	R	81
Franklin, Rebecca	R	169

1200 MILE CLUB

Participant	Years	Total
Franklin, Shane	6	599
Frederick, Winston	9	1,023
Freeman, Sheila	1	738
Fuller, Lisa	R	250
Funk, Robert	R	0
Gann, Michael	6	1,161
Gibson, Katie	R	613
Goode, Johnny	8	956
Goss, Ange	R	632
Grady, Carla	R	369
Graham, Jonathan	R	719
Grainger, Matt	R	0
Grammas, Marianthe	2	1,339
Gray, Caleb	R	371
Grossmann, Christopher	6	726
Haley, Jay	2	757
Hall, Thomas	1	34
Haralson, Danny	9	616
Haralson, Micki	10	334
Hargrave, Alan	10	812
Harrelson, Heather	4	633
Harris Bowser, Javacia	R	94
Harris, Ashley	R	573
Harris, Robert	R	499
Harris, Skip	1	150
Harris, Vickie	2	191
Harrison, Lisa	6	672
Harry, April	1	499
Havicus, Cari	1	96
Hayden, Brittany	1	826
Haynes, Melanie	R	346
Heaton, Bryan	4	1,387
Henley, Monica	4	680
Henninger, Alison	3	615
Hill, Susan	4	475
Hogeland, Angie	1	723
Hogue, Kari	R	0
Holcomb, Zachary	R	702
Holland, Skylar	R	678

Participant	Years	Total
Holmes, Chris	1	0
Hopper, Whitley	R	560
Hoskins, Angela	R	10
Hoskins, Creig	R	0
House, Beth	5	557
Hubbard, Stephanie	R	0
Hunter, Bob	1	593
Ingram, Joseph	5	159
Izard, Georgia	2	644
Izard, Melody	3	529
Jenkins, Kaki	4	807
Johnson, Kawitta	R	597
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	737
Kendrick, Tom	R	272
Kirchmer, Shannon	1	539
Knight, Diane	2	436
Kuhn, Jimmy	10	985
Kulp, Loren	2	1,155
Lahti, Tyler	1	568
Laird, Audrey	3	837
Langston, Aaron	3	716
Langston, Richard	5	627
LeCroy, Sarah	1	392
Lee, Brian	R	383
Lee, Koren	1	358
Leopard, Don	1	0
Loo, Judy	2	0
Ludt, Chas	R	151
Lyle, Randy	10	1,265
Madison, James	1	0

Participant	Years	Total
Malick, David	4	638
Mandy, Madeline	1	429
Martin, Lee	R	0
Mason, Will	R	324
Massey, Chris	1	488
Massey, David	R	186
Mathews, Skip	R	540
McNair, Kelly	4	743
McVey, Simon	3	529
Merry, Vicki Sue	5	990
Mickens, Cassandra	2	320
Miller, Stephen	R	689
Miyasaki, Nathan	3	1,388
Morgan, Cary	8	1,718
Morgan, Danielle	5	0
Morgan, Phillip	7	0
Morris, Justin	4	787
Morris, Phil	R	0
Morrow, Abigail	R	0
Morrow, Alex	7	0
Mount, Brian	1	670
Murchison, Reginald	4	1,184
Nagy, Lisa	1	337
Northern, Kristie	8	744
Oehrlein, Kimberly	R	366
Oliver, Greg	4	993
Oliver, John	3	657
Padgitt, Scott	1	815
Parks, Charlie	5	1,384
Pate, Lisa-Marie	1	0
Payson, Tabitha	R	507
Payson, Tommy	2	490
Peagler, Shana	6	370
Peagler, Zach	1	340
Pearce, Julie	5	293
Pearson, Blake	4	0
Pearson, Mary Scott	3	0
Pegouske, Christian	R	186
Pegouske, Jeremy	R	521

1200 MILE CLUB

Participant	Years	Total
Pegouske, Madison	R	429
Pegouske, Stacie	R	566
Penko, Zoe	R	0
Penley, Steve	1	101
Peters, Scott	2	143
Plante, David	5	707
Poole, Greg	1	435
Portwood, Paul	2	385
Pruett, Jay	R	731
Ralph, Meghan	3	682
Randall, Lisa	6	0
Rawson, Brent	R	697
Redden, David	R	644
Renn, Deanna	2	832
Reynolds, Dewelena	R	317
Richardson, William	3	871
Richey, Lori Beth	R	790
Ritchie, Joseph	R	695
Roberie, Josh	R	205
Roberson, Kevin	3	848
Roberts, Fletcher	3	555
Rodgers, Jeffrey	R	611
Rodgers, Jessica A.	R	218
Rodgers, Jessica W.	R	0
Ronson, Catherine	R	0
Roper, Lynn	1	454
Rose, Billy	3	818
Rosser, Joey	1	658
Rowell, Taylor	R	742
Rutherford, Keith	10	505
Rutledge, Lisa	2	592
Ryan, Meaghan	2	709
Schonhoff, Aubrey	R	306
Secor, Debi	2	578
Self, Travis	1	128
Serio, Joseph	R	138
Shaffield, Danny	4	1,001
Sheppard, Gretchen	3	651
Sherer, Jeremy	1	511

Participant	Years	Total
Sherrell, Jeff	R	608
Shinn, Ronald	6	156
Shoaf, James	R	847
Sides, Dean	3	597
Silwal, Suman	7	0
Simpkins, Randall	R	682
Simpson, Kevin	5	1,589
Sims, Cecelia	1	486
Sims, Robert	4	720
Sloane, Mike	2	566
Smith, Jerry P.	10	610
Smith, Justin	R	242
Snow, Sheri	2	911
Soileau, Chester	R	700
Stevens, Johnathon	2	1,487
Stewart, Zeb	R	629
Stockton, Rick	10	707
Sweatt, Jason	R	404
Swiney, Elana	R	147
Talley, Beau	5	838
Talley, Shellie	1	615
Targe, Mark	R	35
Thomas, Eric	4	1,193
Thompson, Sara	R	637
Thornton, Dean	5	592
Townes, Janelle	R	692
Trimble, Jamie	3	805
Tyler, Kim	R	360
Vaden, Christopher	R	543
Varnes, Vickie	4	704
Vlach, Jiri	R	547
Waid, Jr, David	R	907
Walker-Journey, Jennifer	3	115
Walker, Caroline	1	233
Wall, Ron	4	314
Walley, Ryan	R	290
Watkins, Janet	1	701
Watson, Thomas	1	338
Watters, Ana	R	344

Participant	Years	Total
Watters, Robert	3	866
Weber, Amy	1	630
Weber, Lauren	1	0
Weeks, Lance	1	749
Wells, Bradley	2	746
Wende, Adam	3	1,058
Wentz, Dan	R	0
White, Dennis	R	4
White, Robin	R	0
Whitt, Trey	5	865
Wilhite, Thomas	2	822
Williamson, Chad	3	586
Windle, Dale	3	603
Wiseman, Steve	3	750
Wood, Scott	2	724
Woody, Bill	9	695
Wright, Amy	2	545
Wu, Xing	8	931
York, Gary	4	1,171
Zeanah, Cary	R	159

PEAVINE FALLS

July 4, 2018



Trish Portuese and Judy Loo with
race founder Rick Melanson



PEAVINE FALLS

July 4, 2018



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](#).



Congrats to BTC members Izzy Gould and Angie Frames on their engagement at the Peachtree Road Race!



BTC members send Micah Morgan off to Badwater 135 in style (read more in our September issue!)



BTC gear is always perfect for the Trak Shak's annual Retro Run!

BTC EXECUTIVE BOARD MEETING

July 10, 2018

Attendance: Jennifer Andress, Kim Benner, Vicki Brakhage, Hunter Bridwell, Alan Hargrave, Alex Morrow, Charles Thompson, Trey Whitt, Scott Wood

The meeting was called to order 6:09 pm by President Scott Wood.

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

Bridge Project (Jennifer Andress)

The Hollywood bridge project cannot use federal funds. Jennifer found an example of a bridge that she shared with board. She met with ALDOT at the end of April regarding permitting and to determine funding. ALDOT has promised some funding, as has the City of Homewood, but the project is still short. Jennifer is working with local congressman and senators to procure more funds. The Hollywood Garden Club also has committed to providing funds, and there are grants available. Jennifer proposed the idea of the BTC and Trak Shak coming together for a fundraiser to raise \$15,000 to help fund the bridge this has been discussed previously with this board and with Trak Shak. Jennifer proposed that the BTC raise \$5000, BTC donate \$5000, and Trak Shak donate \$5000. Discussion followed regarding what would happen to money that we raise if the bridge is not built. Jennifer noted that we could wait to do a fundraiser until we know for sure but she is confident that the project is a "go" and is moving forward. The group discussed a timeline for a fundraiser/social; September 29 was proposed as a date. Ideas for a shirt/tag line contest were discussed. Jennifer will reach out to the Hollywood businesses (Over Easy, Mexico Lindo, Trak Shak, etc.) and others involved and report back to the board.

Peavine Recap (Alex Morrow)

Numbers for this year's race were good. The first water stop was an issue (getting volunteers back down from mountain). Oak Mountain will provide two rangers to sit at medical tent; they can get faster response times.

Long run (Alex Morrow)

Due to weather, we need to increase the amount of water provided at each water stop.

Retro Run (Scott Wood)

We need to set up our new tent at finish line and also need to recruit volunteers for the BTC water stop at the race. We will recruit from the BTC Facebook page and elsewhere.

Treasurer report (Trey Whitt)

Treasurer's Report was submitted; please review.

Membership (Vicki Brakhage)

We currently have 1089 members (858 memberships); all is going well.!

September 15 Social Run (Scott Wood)

A food truck is scheduled to be at the Social. Therapy South also will be there.

Vulcan 10K (Scott Wood)

Scott has been talking to Allison Stone about venue; they are narrowing down options by July 20. The course will change and be recertified in 2018. The board discussed several route options and the pro/cons of each. Scott made a motion for Girls on the Run and Vulcan Park and Museum to be the beneficiaries; Trey seconded the motion, and it was approved without opposition. Scott also made a motion that we use Jeremy Davis to certify the new Vulcan 10K course for 2018 for a fee of \$600. Vicky seconded the motion, and it was approved without opposition.

New Business

None.

The meeting was adjourned at 7:23 pm. Our next board meeting is on August 13, 2018.

BTC Membership application



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

First Name:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Last Name:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Street:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

City:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

State:

--	--

Zip:

--	--	--	--	--	--

Birthdate:

--	--	--	--	--	--

Cell:

--	--	--	--	--	--	--	--	--	--

e-mail:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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
BTC Saturday Long Run Group	August 11, 2018	6:00 a.m.
BTC Saturday Long Moderate Run Group	August 11, 2018	6:30 a.m.
Celebrate Jacksonville Color Run 5K	August 11, 2018	7:30 a.m.
Save the O's 5K * BTC DISCOUNT *	August 11, 2018	8:00 a.m.
Just A Call Away 5K and Fun Run * BTC DISCOUNT *	August 11, 2018	8:00 a.m.
BTC Executive Board Meeting	August 13, 2018	6:00 p.m.
BTC Saturday Long Run Group	August 18, 2018	6:00 a.m.
BTC Saturday Long Moderate Run Group	August 18, 2018	6:30 a.m.
EAB Heart + Soul 5K	August 18, 2018	8:00 a.m.
Hope Bryant Smith Memorial 5K and Fun Run	August 18, 2018	8:00 a.m.
Glo Getter 8K (Franklin, TN)	August 18, 2018	7:00 p.m.
Here2Beer 5K	August 23, 2018	6:00 p.m.
BTC Saturday Long Run Group	August 25, 2018	6:00 a.m.
BTC Saturday Moderate Run Group	August 25, 2018	6:30 a.m.
Ridge to Blazing Ridge Trail Race	August 25, 2018	7:30 a.m.
BTC Saturday Long Run Group	September 1, 2018	6:00 a.m.
BTC Saturday Moderate Run Group	September 1, 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).

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