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# THE VULCAN RUN

October 2018 (10)



## THE 2018 VULCAN RUN: New Course, New Challenges, Same Great Race

By Alan Hargrave

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# THE 2018 VULCAN RUN:

## New Course, New Challenges, Same Great Race



October is here, and that means it's time for our annual article highlighting the upcoming Vulcan Run. Regular readers of The Vulcan Runner will recall seeing several over the years. After all, this is the 44th running of this Birmingham classic. So, given the challenge of writing this year's article, I thought about several approaches. . .

*Copy and paste seemed worth a shot,  
Assures that I don't work a lot.  
Large number of words I could choose,  
No way it seemed that I could lose.  
Veritable treasure trove of stuff,  
Unless I discover it's not enough.*

With so much prior material to draw on, I could simply copy pieces of past articles and paste them together to form a whole new article. Brilliant! (and lazy). Ah, but something just didn't seem right about that. The byline would need to include the authors of all those past articles and there would be no space left for this article. Those past articles loosely follow a pattern so maybe I need to follow their lead. Let's start with a little history:

*Now in its forty-fourth year,  
Vulcan Run is coming near.  
Long ago, this race began,  
And for bicentennial we all ran.  
Could it be that it would last,  
Until all these decades passed?*

The Vulcan 10K started in 1975 as the Bicentennial Run. It later became part of a whole weekend of running activities that included a fun run and the Vulcan Marathon. The Vulcan 10K is unique among them in that it has been run longer than any other road race in the Birmingham area. So much for history, how about the runners?

*Coming here from near and far,  
Athletes elite, by plane and by car.  
Uncanny times abound in this group.  
No one has seen such a speedy troupe.  
Very fast runners will set the pace,  
Let's keep up as we run this race.*

The Vulcan 10K has enjoyed the kind of prestige that attracts both elite athletes and weekend runners. This year's elite field includes runners from six countries, two Olympians, the child of an Olympian, a World Championships marathoner, three NCAA champions, and countless NCAA All-Americans. Where else can you see such an elite field and challenge yourself by running against the best?

*Valued bounty by and large,  
Adorns the winners of the charge.  
Champions aplenty will be crowned,  
Leaving runners more renowned.  
Universal appeal to this news flash,  
News that awards will include cash.*

Once again, the Vulcan 10K has been officially designated as a Road Runners Club of America (RRCA) State Championship event. This means added prestige and RRCA awards to be presented in multiple categories. Overall winners also will be competing for cash prizes and there will be the usual age-group awards.

*Construction on the highway's looming,  
Let's not have that get us fuming.  
Vans and trucks will crowd the streets,  
All that means we'll find new beats.  
Never fear, we've got a new course,  
Unlikely to cause much remorse.*



# THE 2018 VULCAN RUN:

## New Course, New Challenges, Same Great Race

Due to the construction on Interstate 20/59, we have a new course this year. One might ask why construction on the highway leads to a course change. The highway will be completely closed during construction, which will result in detour traffic using some of the same downtown streets that have been part of our race course. This also means that our usual event venue of Boutwell Auditorium is unavailable. Home base for this year's race is the historic Sloss Furnaces. The race course will start and end from this location but will follow much of the traditional course through Highland Avenue and Five Points South. Full details and course maps are available on the [race website](#).

Poetry and running are not usually mentioned together (well, except when describing "poetry in motion" – a concept never applied to this author's running). While you're likely to question my poetry skills, you may have noticed a pattern to these verses. Each of them tells part of the Vulcan Run story, yet something in the pattern is just not quite right. Maybe I can correct that with my last bit of rhyming wizardry.

*Vulcan Run is coming soon  
Unless you're in, you'll be a loon.  
Let's everyone go signup now  
Come one and all, it's cool and how.  
All the world should come and run  
No one wants to miss this fun.*

Get the rest of the story and all the race details on the race web site at: <https://runsignup.com/vulcanrun>

[Register today](#) and join the fun! (I promise to stop this nonsense if you'll register.)





# PRESIDENT'S ADDRESS

By Scott Wood



Ok, you ready? Everyone together now, "I'm ready for Autumn!" Cooler temps, camp fires, boots, hoodies, sweat pants, and BTC Saturday Morning Long Runs followed by a 'HOT' Pumpkin Spiced Latte from O'Henrys! Autumn is here, at least on the calendar. It may not feel like fall just yet, but it's coming. I don't know about you, but I've had my fill of 90+ degree days with 95% humidity -- so long Summer; we will catch you in May of 2019!

Speaking of cooler temperatures, congratulations to everyone who has been training so hard for your fall and winter races. I have seen many of you at the BTC Long Runs over the last few months on Saturday mornings. If you're like me, you're tired of training, and just ready to go race, cross that finish line, and collect your hardware! It's crazy what we will do for a banana and a medal!

Also, congratulations to everyone with the BTC who ran the Berlin Marathon a few weeks ago. It's not every day we get to run with someone who just finished one of the Abbott World Marathon Majors -- nice job by everyone. Also, I'm sure everyone already knows, but if you ran the Berlin Marathon, you were part of history! Eliud Kipchoge set a new world record in the marathon event in the time of 2:01:39!! Scott Padgit said it was all because he pushed Kipchoge so hard the first half of the race, but I'm not buying it.

So, what's next for you and the BTC? We have some exciting races coming up in our area, none more so than the BTC's very own Vulcan Run! Let me say that again: the 44th annual running of the Vulcan Run 10K takes place on November 3! The BTC's premier race will once again be host to the RRCA State 10K Championship. If a fast 10K is your thing, you do not want to miss this race course, IT. IS. FAST!!! And, one of the best after parties in Birmingham!!

Just a couple of weeks after the Vulcan Run, we have the Magic City Half Marathon. The BTC and Birmingham running community had a blast down town on September 15 at the Magic City Half Marathon preview run; thank you, Jeremy and Allison, for letting the BTC be a part of the preview and your wonderful race in our "MAGIC" city. I know lots of our folks will be running the Rocket City Half Marathon and Marathon in December; good luck to everyone who will be going for a Boston Qualifier (I see you Andrea Austin - you got this)! Lastly, I know many who are traveling to Memphis to support the St. Jude's races. What a wonderful organization you are supporting! Good luck to everyone racing near and far. I hope you all hit your goals, but mostly, I hope you have fun!

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

**Scott Wood**  
BTC President

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## BTC Mission Statement

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

## Contact BTC at:

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## Race Results

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

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





# FROM BIRMINGHAM TO BADWATER:

## Micah Morgan's Journey to a Dream (Part II)



*Last month, we published Micah Morgan's first person account of the days leading up to her incredible third place finish in the Badwater 135 ultramarathon in Death Valley, California. Here, we bring you Micah's account of "the world's toughest foot race," as only she can tell it.*

### Monday, July 23, 2018 – Race Day!

OMG! It is here, the day I've both anticipated and dreaded. We woke up and were slow moving. Cary and Mike went to get gas, ice and more water. I stayed in the room, pacing and biting my fingernails. They were taking forever to return. I had no clue what was going on, so I ate breakfast. When Mike and Cary returned, we went to breakfast, or rather, they ordered breakfast and I sat with them. They proceeded to tell me what had happened at the gas station – Well, actually, Mike confessed...

Mike shut the door of the van when he went to pump gas. He left the keys in the van thinking there was no way the van would lock with the keys inside. To his surprise, the doors locked, leaving Cary and Mike staring at the keys sitting in the driver's seat (meanwhile, I am

thinking, if this is a "mom van" and children ride in it, why is there not a safety feature if the keys are left in the car? Oh well!) Cary and Mike told me their hearts stopped, and they wanted to freak. The gas station attendant and police were of no help. They both said no one will help you, you will have to call AAA, which will cost \$500.00 an hour. Ummmm, no, Mike said we will bust out the window and deal with it ourselves. Luckily a park ranger came to the rescue. He couldn't believe no one would help. He pulled out what sounded to me like an Inspector Gadget device and opened the door. Cary and Mike were elated and hurried back to me.

They were not going to tell me what had happened but decided they would let me know. Meanwhile, I am thinking "Great! It is 10:00, and the keys are locked in the car. . . ." Around this time I also saw Chavet, limping – she had tripped at dinner last night, and her ankle was HUGE. Her team was doctoring the ankle and she was going to back to rest. It was sobering.

Back at the room we began preparing food and rice bowls. The guys began putting the signs and numbers on all sides of our van. They were about to go to the crew meeting. It was abbreviated – lucky them!

The guys left and made me take a nap, or shall I say, I tried to nap. My anxiety was through the roof, so sleep was not going to happen. I was able to get the room cool, or at least what I thought was cool. The curtains were pulled, the air conditioner was going full blast, and the ceiling fan was roaring. The hotel room never got cool; even the water was hot. No cold shower – everything ran hot! I was able to muster up a 1.5 to 2 hour nap that afternoon. By this point, it was about 3:00, so we had approximately 8 hours until start time. The guys came back to the room (mind you, I had been in that room ALL day, which was torture for me). We continued to chat strategies and preparation. We decided we were going to let Owen and Mike stay in the room instead of going to the start so they could rest for my first 17 miles. This would give them a couple of hours of nap time so if John and Cary wanted one during the night they could try to sleep (good luck!)

As the hours passed, my anxiety grew stronger. I called my brother (it was his birthday) and my parents to help with my anxiety. Cell service was terrible, so finding the perfect "spot to talk" was difficult. I turned off my phone and began to get dressed for the race. I was so scared of my food choices after running RUTS earlier this summer. RUTS was a 10 hour night start, and I had eaten pizza earlier in the day along with a cupcake and rice krispie treats. When RUTS started, I had a great deal of stomach problems and wanted to quit. All of this said, my food choices for Badwater were much more bland: white rice, turkey rollups and yes, one or two cookies with icing. I made myself stop with two! Most of it felt good so my fear of PTSD from RUTS was diminishing. Owen had me pounding fluids all day, so I was hydrated – very hydrated.



# FROM BIRMINGHAM TO BADWATER:

## Micah Morgan's Journey to a Dream (Part II)

The time finally came to head to the start. Mike and Owen stayed back and John and Cary and I left. Good Lord, it was hot. I estimated it was 105 to 111 degrees, but later in a statement by Badwater Corps, we found out it was 118 degrees -- the hottest ever recorded start -- of course it was! My resume was filled with heat and hot racing, so why not!

As I sat in the car, I could feel my heart pounding through my chest. Are we really finally about to do this? We turned on Badwater Road and started to see the other runners in waves one and two. I could not believe my dream of this race, and the ultimate challenge (in my mind) was beginning. It had already started for sure. The challenge of Badwater was right before me. The reflectivity the crew members had to wear was OSHA Grade 3, so when we started to see all the crews for the racers, it was very bright. This made my heart happy. I watched all the others who started their own journeys utilize their crews. I cannot explain the scene like I saw it that night. Cars all on the right side of the road, runners on the left, and with all of the reflective gear and headlights it looked like Christmas! Crew members dashed across to their runner to give aid and spray them down with water. I was astonished. This race was going to be a HUGE team effort.

We pulled into the base and parking lot and got out of the van. Of course, I had to pee, which is a good thing, but over hydration and nerves? Not fun! I checked in and headed to weigh in (I do not like to be weighed -- at all -- but I knew this was important, so I sucked it up!). I was then fitted for my tracker, which was bigger than we expected. I thought my right wrist was the best option (later, I realized, not my best choice). I had to pee again -- ugh. Chris Kostman was yelling at everyone to get down to the start, so we could take pictures and begin.

This was where all the really fast, intimidating runners were. I felt like I was sinking down into my chair like you felt in middle school when you felt intimidated and said something stupid. There were about 33 of us toeing the line in waves of three. Chris called out all of our names and told us good luck. Two former Navy members held the flag and the National Anthem played.

I stood there, so honored to have this challenge and journey before me.

The countdown began. 15, 14, 13. . .5, 4 - 3 - 2 - 1! BAM! And just like that -- we were off! I watched several members of the group jet out like this was a 5K. I thought surely they will "chill." Now that the gun had gone off, I was in my race and could only control myself. I said several hellos to friends in the group and tried not to talk too much. Owen had scared me about talking too much, over breathing and dehydrating. I

met up with Patsy Ramirez, the first woman from Puerto Rico to run Badwater. She is a fantastic woman. We chatted a little and ran the first couple of miles together. We first met at Daytona 100 last year.

So back to the tracker. . .about three and a half miles in, I had the worst pain on my right wrist from that dang tracker. I told Cary to get the extender ready so I could move it to my bicep. Once it was moved, I felt instant relief -- that sucker hurt. John and Cary made the first stop at three miles because everyone else was planned for a stop at two miles. This gave us some room. After the first three miles, they met me every two miles. I quickly realized fluids were going to be key in this race. I was finishing a 20 to 25 ounce bottle of fluids every two miles. Geez Louise!

I was rotating water, NUUN, and Tailwind. As I was running the first stretch of 17 miles, I felt great, the scenery was majestic, and the night sky was filled with stars -- shooting stars literally every five minutes. I was thanking God first of all for this beautiful landscape but also for providing this opportunity. So many people from Birmingham were praying and sending good vibes. . .I could feel every ounce of love sent my way. It was a very spiritual experience.

I was in chill mode, putting on the brakes and trying to pace myself. "This race is not won in the first 17, so be wise" I kept telling myself. Around miles 13 to 15, I began to pass third wave runners who went out fast. It felt good to catch back up with them. I made the turn onto Highway 190 and John and Cary picked up Owen and Mike. I did a quick check-in at the Furnace Creek Hotel and started my journey to Stovepipe Wells. The terrain was somewhat rolling to me, not completely flat.

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# FROM BIRMINGHAM TO BADWATER:

Micah Morgan's Journey  
to a Dream (Part II)

I almost forgot to mention a little desert fox crossed my path before the turn onto 190 (one of my biggest fears was getting attacked by coyote during the night). The little guy crossed five feet in front of me and never even looked my way. He did not care that I was running at him. I had no clue where he came from or where he was going – we literally were in the middle of nowhere.

This stretch of road was lit by stars and the lights of other crew teams. I began to pass several runners from the other two waves. I played a game of leap frog in my head and tried to finish my bottles before the crew popped up again. The night of running by myself went much faster than I expected. It was a beautiful night with a fair amount of wind. The wind was brutal; it actually made it feel warmer, and it burned my eyeballs. I just knew my contacts were adhering to my sclera.

## Tuesday, July 24, 2018

The road began to take a long left curve to Stovepipe Wells. As I made my way, the sun began to creep over the horizon. Now when dawn hit, the low light began to make the mountains appear again. Large sand dunes became visible, and the sunrise was gorgeous. Although nothing but vast beauty was before me, so was the heat. . .it was coming for us!

I made it to Stovepipe, and the great thing about this check-in was “I get a pacer!! Yeah!! A buddy!” I made a quick pit stop, and Owen and I were off. The first climb was before us. We jogged until the terrain began to rise. I was also feeling my energy was down and I began to feel puny. I ate a peanut butter and jelly wrap (mind you I had GU Chomps and Gels all night) and drank some Coke. Owen offered an electrolyte tablet (side note: I had never taken one before, so why not try it here! ;)). To my surprise, I perked back up and felt much better. As the road began to incline, we could see everyone begin hiking, so we thought we would do the same. I was leap frogging with Brenda (first place), and she was not happy about it. She started running hard up hill to claim first place. It was not worth the fight at this point so we ignored it.

We were power hiking and moving quickly. The sun was up, and so was the mountain in front of me. I put on some “heat gear” and began to wrap my head around the temps. Yes, it had already been hot, but now mid-day was approaching. As we approached the top, Cary was with me, and the decent into Panamint Springs was about to start.

As we descended, we were flying -- 6:50's -- and it actually felt great! We could feel the heat rise as we neared the bottom. About half way down, I felt a sharp, stabbing pain in my foot... oh no – did my skin rip?? We immediately stopped to doctor a blister. I had a hot spot but no open wounds, thank the Lord. I did a quick sock and shoe change, and John taped my foot. Hopefully, this will work, I thought.

We passed several people as we restarted the decent. Mike jumped in at that point, and to his surprise, it was hot and fast, almost too much to jump into at that point. We could see the salt flats approaching and holy crap, the heat waves. The salt flats are the hottest part of the race. The temps were 159 degrees on the concrete. My feet were on fire. I was literally running on the white line of the road. Owen had swapped out with Mike by that point. The temperature was 127 degrees at that time.



I was ready for a quick wardrobe change and water. The check-in at Panamint was a little longer than I wanted, but it ended up okay. The guys made me eat half of a turkey wrap and change clothes. We reapplied sun screen and began to climb Father Crowley. John was with me at this point, and boy was it hot! We chatted about life and the good things that made us happy. He talked about family and his own running journey.

As we climbed, we could see the Panamint mountain range change colors. So many beautiful patterns of brown, blue, gray and purples created a landscape that took my breath away. In a world that is so corrupt and hurtful at times, there is so much beauty still to be seen. Sometimes it's literally in our back yards. I was grateful for “the west” and the beauty it was sharing with me. I was also thankful for family and friends in my life.



# FROM BIRMINGHAM TO BADWATER:

## Micah Morgan's Journey to a Dream (Part II)

But despite the beauty, the climb was brutal. It was long and tough. The crew could only stop in certain areas because of the shoulder on the mountain. Cars would fly by and scare the hell out of us. I continued to drink fluids and move quickly. Cary joined me and began to snap pictures. I tried to smile and play along, but I was short tempered and ready to find a flat road. We met up with Pam's crew at this time and started friendly conversations and competitive notions. Mike was with me towards the end of the climb, and again the conversation was about thankfulness. I was having a tough time getting my legs to start back, but the guys really encouraged me during this time.

I began the 90 to 120 mile section that everyone had told me so much about. I was trying to get my legs back under me so I could run strong. This took Owen, the pep talk king!

I was having probably my lowest low at that point; I felt deflated. What was wrong with me? Owen began to yell and raise his voice: "This race is yours! No regrets! You have trained too long to give up!"

There might have been several expletives here and there ;) The best was when two jets began flyovers above us. They came out of the blue, flipping and roaring their engines. Owen yelled "God sent f\*\*ing jets to pump you up – f\*\*ing jets, this is some top gun sh\*t – woohoo!" We died laughing, and I got some pep back in my step.

We started gaining on some runners again and found the edge. I needed to go forward! Several miles were spent trying to catch back up to Pam. The night settled in, and temps went down a little. Pam's reflector was in the distance, and I tried so hard to catch it. My crew was timing her and vice versa. Her crew was hoping we wouldn't notice just as our team hoped hers wasn't paying close attention. It turned into a humorous battle, and in the end, she won. It really was a treat to battle out with such an experienced ultra-runner.

In the distance was Lone Pine. You could see for miles and miles. It never seemed to get any closer. The guys rotated running with me and made me eat. We had some of those sugary popsicles that hit the spot. I might have had one of every color -- they were helping my mojo, what can I say. The road was long, and coyotes were everywhere. You could hear them yapping, and I was scared to death. Again, the stars. . . they were bright and too numerous to count.

Once we turned right into Lone Pine, we had about two miles until Mt. Whitney Road -- the final left turn.

My parents were on the right side of the road in Lone Pine, and seeing them lifted my spirits. It was great to finally see them. I am lucky they would be at the finish line. Chris had talked so much about family, and I was so grateful to have them with me to experience the end of this brutal course. I made it to the turn -- finally! I had 13 miles to go.

I remember looking ahead of me and seeing the road. The road just kept going UP, UP, and UP! I had nothing left in my tank, but I had to somehow muster something deep within myself to push one final time up this mountain.

The guys split the last of the 13 miles three ways. John took the first four, and poor guy -- we saw a scorpion the size of my hand cross in front of me, and I screamed like a baby. Not cool -- AT ALL! I was pumping my arms as fast as they would go.

I kept thinking there were people everywhere, but to my surprise, all of the "people" were reflective signs. The whole journey up the mountain I kept thinking I was seeing "people." I was losing it. I was so very tired. I had been awake (minus a two hour nap) since 8:00 Monday morning. This ol' girl likes to sleep!

Mike joined me next, and the climb became steeper. He said nothing but encouraging words while we hiked. He tried to get me to pump my arms faster, which I did, but only so far. Mike passed the baton to Cary for the last five miles.



The second I saw Cary I yelled "DO NOT tell me to pump my arms. I am going as fast as I can!" You take it out on the ones you love most. Cary, I think, fell asleep while trekking up the mountain. The switchback started after the final check-in. I wanted to cry -- the road was so unforgiving, never letting up. The course wants you to succeed, but it will throw so many obstacles at you on your way to the top.

I have to mention the stars again -- too numerous to count, and constellations I wished I recognized. I wanted to stop and stare but stopping was not an option. Getting too close to the edge of the road was not a smart idea. The drop off was treacherous. The black abyss near the road's edge was not something I wanted to meet. We seemed to stay on the double lines.

The runner in front of me was now visible. We had one mile to go. Eric Huntzinger, who also won Cape Fear, was so close. He turned off the road to the finish. . .OMG we were there!

My team met me about 30 yards from the tape. Am I really about to finish Badwater? Is it over? I wanted to cry, but I had no tears to shed. My crew was all smiles, and we ran to the finish line together.

My parents were screaming as I crossed. My legs -- Jell-O, absolute Jell-O. I gave Chris Kostman a hug and said "I am joyful and traumatized!" He laughed.

I stepped back, almost falling over the tape as I gave him another hug. Good for me. Cary laughed and made fun of me.



# FROM BIRMINGHAM TO BADWATER:

Micah Morgan's Journey to a Dream (Part II)

Then the time came and I was handed one of the most coveted belt buckles in ultra-running. I could not believe I was holding it along with the shirt that read "OFFICIAL FINISHER!" "Holy Sh\*t!" I told Cary. "Can you believe we did it?" We took several crew photos and hugged each other, full of joy.

My parents came over and congratulated us all. It was cold on Mt. Whitney so we wanted to get down pretty quickly.

I have to pause here to say that my parents thought I was nuts when I said I was going to do this. To have them learn and invest in ultra-running has been nothing but added joy in this journey. My mom even crewed Daytona, and we were able to share that experience. Life is short, and the challenges can be hard, but to have them at the finish line made it all worth it.

And second. . .my crew! This group of men gave up several days out of their lives to help me take on this challenge. I would never change one thing about this crew. They kept me hydrated, fed, and upbeat when I was down. They beat the heat and sleep deprivation all for me to accomplish my dream. They were loyal and selfless. I could not have had the race of a lifetime if it had not been for each of them. The experience we shared will forever be etched on my heart. I would do the same for any of them, any day.



So what do you do after completing a race like Badwater? Take a nap? Hit Disney World? Read about Micah's recovery and the after effects of this challenging race on the [BTC website](#).

## BTC Hollywood Pedestrian Bridge Fundraiser



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BRIDGE T-SHIRTS AND  
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Join the BTC in donating to the Hollywood Bridge project. Together, we will build a bridge!

Click on the "Donate" link in the [BTC Store](#) on our website to donate.



# VULCAN RUN



**NOVEMBER 3RD, 2018**  
**44TH ANNIVERSARY VULCAN RUN 10K**  
**ALABAMA STATE 10KM CHAMPIONSHIP**



***WWW.VULCANRUN.COM***



# MEDICATIONS AND MILES

## Stimulants and Strides

By Brandon Powell and Will Hammonds, 2019 PharmD Candidates, and Kim Benner, PharmD

**Attention deficit hyperactive disorder (ADHD) is a very broad diagnosis that encompasses many symptoms: an inability to concentrate and focus, extreme hyperactivity, disorganization, restlessness, and a lack of ability to control impulses.<sup>1</sup>**

The National Institutes of Health's (NIH) research suggests ADHD may be caused by interactions between genes and environmental or non-genetic factors.<sup>2</sup> Although the symptoms of ADHD usually begin in childhood, ADHD can continue into adulthood. It is estimated that approximately 60% of children with ADHD in the United States go on to have ADHD as adults; that equates to approximately 45% of the adult population, or over 8 million adults.<sup>1</sup> Less than 20% of adults with ADHD have been diagnosed or treated. Of those, only about one-quarter actively seek medical help.<sup>1</sup>

Although runners tend to be active people, if one experiences any symptoms of inattention, hyperactivity, or impulsivity and affects the daily life, it is important to seek medical attention. Even if these symptoms are not necessarily related to ADHD, they could be indicative of other mental health concerns such as anxiety, depression, or learning disabilities, all of which are very important to treat.<sup>2</sup> The cornerstone to treating ADHD is a medication class known as stimulants. While stimulants can be very effective at treating ADHD symptoms, there are a few very important things to be aware of as runners.

Stimulants are the first line medication for treating ADHD symptoms in children, adolescents, and adults.<sup>3</sup> Between 70 - 80% of patients being treated for ADHD are controlled on stimulants.<sup>3</sup> The FDA has approved about 30 medications for treating ADHD. All of these medications are formulated slightly differently to release or deliver just two medications: methylphenidate or amphetamine. Both of these two stimulants work identically inside the brain to increase norepinephrine and dopamine, the key chemicals that are lower in patients with ADHD.

Despite their use to "calm down" hyperactive symptoms, this increase in chemicals in the brain is what gives these medications their "stimulant" moniker. Stimulants used in the treatment of ADHD are considered Class II controlled substances, meaning there is a high potential for abuse and dependence. Because these medications work in the brain, they can be addictive; however, as long as they are taken as prescribed, the risk of harm is minimized as much as possible. It is very important to not share these medications with anyone, and to store them out of reach of children at home. Different versions of methylphenidate and amphetamine products are listed in Table 1

Stimulants are very effective medications, and they can be safe treatment options as long as they are managed correctly. There are a few adverse effects and precautions patients -- especially runners or other athletes -- should be aware of prior to starting a stimulant. Stimulants are known to increase heart rate and blood pressure and can therefore potentially lead to events such as heart attacks or strokes. Those most at risk would be people with underlying high blood pressure, heart failure, recent heart attack, or arrhythmias. Although runners tend to be heart healthy, it is important to remember that while running, heart rate and blood pressure increase significantly. That is why it is extremely important to discuss current exercise routines with a physician while discussing ADHD treatment options.

In addition to cardiovascular precautions, there are some common side effects to be aware of with stimulant medications. Patients on these medications commonly report jitteriness, insomnia, headache, appetite suppression, and irritability. Stimulants also can have an effect on runners' performance and have been studied in sports performance since 1959.<sup>4</sup> Stimulants might improve reaction time when fatigued, increase endurance, and cause a lower peak heart rate while running compared to someone who is not on stimulants.<sup>4,5</sup> These effects might sound like performance enhancing features, but they are not without risks.

Some athletes have injured themselves due to the increased endurance without a true increase in strength or ability. The effects of the stimulants might "mask" the signs of an injury before athletes notice and could even cause the injury to become worse before it is noticed.<sup>4</sup> Stimulant use during exercise also has been shown to increase the likelihood of heatstroke and cardiovascular disease, despite an overall decreased peak heart rate while exercising.<sup>4,5</sup> The best way to manage these potential side effects is to talk with your physician and to keep an open line of communication to ensure and optimize the dose. The right dose should return a patient to a normal level of functioning with minimal side effects.

**Table 1: COMMONLY USED STIMULANT MEDICATIONS**

Generic Drug Name	Duration of Action	Select Brand Names
Methylphenidate	Short-acting: Intermediate-acting: Long-acting:	Ritalin Ritalin SR, Metadate CD Concerta
Dexmethylphenidate	Short-acting: Long-acting:	Focalin Focalin XR
Mixed amphetamine salts	Intermediate-acting: Long-acting:	Adderall Adderall XR, Mydayis
Dextroamphetamine	Short-acting: Long-acting:	Dexedrine Dexedrine Spansule
Amphetamine	Short-acting: Long-acting:	Evekeo Dynavel XR Suspension
Lisdexamfetamine	Long-acting:	Vyvanse

CONTINUED ON NEXT PAGE

# MEDICATIONS AND MILES

## Stimulants and Strides

Due to the numerous dosage forms, if one product or dose is not working, there are many other options. There are a number of signs that a dose is too high: feeling like you are in a zombie state and everything is slowing down, feeling overly jittery like after too many Starbucks' coffees, or experiencing side effects such as aggression or agitation. If the original symptoms are not improving, the dose may be too low, or you may not respond to that particular stimulant and should talk to your physician about trying a different medication.

In addition to watching out for side effects, it is important to prevent any drug interactions with the ADHD stimulant medications. It is important to always discuss any new medication with your physician and pharmacist before initiating therapy. There are many medications that might interact with a stimulant and cause adverse effects or decrease the usefulness. Over the counter cold medications such as pseudoephedrine (Sudafed®), caffeine, or other energy supplements can further increase heart rate while taking a stimulant. As a general rule of thumb, it is best to fill all medications at the same pharmacy in order to increase the chances of preventing a potential interaction with other medications.

**So, now that we have the facts, what does this mean for runners with ADHD who are treated with stimulants? Follow these recommendations to ensure optimal and safe medication use:**

- Inform your physician about your running, exercise, or training routines before starting a stimulant.
- Watch out for side effects and report them to your physician and pharmacist in order to optimize your medications. There are many different options available (such as long acting and delayed released products) in order to eliminate side effects.
- Always discuss any new medications (including over-the-counter and herbal medications) with your physician or pharmacist before starting them with your stimulant.
- Keep your medications in a safe place away from children and never share your medications with others!

ADHD is a common disease, negatively affecting millions of American adults. It can become debilitating and will affect day to day activities if left untreated. Fortunately, there are many medication options to effectively treat ADHD. If one medication doesn't work, there are other options that may work effectively. However, there are many precautions while taking a stimulant that need to be addressed. With good communication between you, your physician, and your pharmacist, the risk can be minimized. If you have any questions about ADHD or the stimulant medications that you may be currently taking, always feel free to talk to your pharmacist or other health care provider about your concerns.

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Saturday, November 10, 2018



WWW.5KATTHEJUNCTION.ORG



# THE MAGIC OF THE VULCAN RUN ELITE FIELD

By Kile Putman, Vulcan Run Invited Athlete Coordinator

In the glory years of American road-racing, Olympians and record holders like Frank Shorter, Bill Rodgers, Margaret Groos, Marcos Barreto, Liz Lynch, Ashley Johnson and Keith Brantley would gather on 19th Street North near the box office of the Birmingham-Jefferson Civic Center and start on a tour of the Southside of Birmingham. These runners were the class of the fields and lead packs of thousands chasing behind in the annual Vulcan Run 10K, Birmingham's oldest footrace. Turning left onto 2nd Avenue South, they would head east for over a mile on a straight shot to a more technical section of the course. Highland Avenue is perhaps the most challenging section of road race tarmac anywhere in the city. It is both scenic and strategic with its need to focus on the tangent-cutting curbing yet the desire to absorb the sights of its historical architecture and fall foliage. Spectators near Morris Avenue could watch athletes screaming down the 20th Street hill to the finish near Linn Park.

Over the years minor changes have moved the start line to the other side of the I20/59 bridge and the finish that was straight down 20th Street ending in front of the SONAT Building now turns left, then a quick right, circling Linn Park to triumph in front of City Hall.

As more and more opportunities to race became available, the competitive aspect thinned. Runners can compete closer to home and more often, reducing the performance level of many events. This is true not only in Birmingham but across the United States. The ability to test fitness against challenging competition is not as presented as in the past.

Through the Vulcan Run's Invited Athlete Program regional elite and emerging-elite athletes are beginning to notice Birmingham again. Once again Olympians and notables gather back to Birmingham in early November to recapture the magic of the Vulcan Run 10K. "A quality front field only adds to the credibility of your race" says Event Manager Allison Stone of Cadence 180, adding "The Vulcan Run 10K is regaining the credibility of its past."

The competition this year will be challenging in more ways than one. For the first time since 1977, the Vulcan Run will see the host venue change as well as major course changes. The reconstruction of the 'Malfunction Junction' of I-20/59 and I-65 necessitates all races in Birmingham over the next few years be contested north of Morris Avenue. A start from historic Sloss Furnace will again take athletes over to Southside, past the parks of Highland Avenue and down the hill on 20th Street towards UAB before returning to finish near Sloss. It will be interesting to see how the modified course will run and if it will produce performance marks of the past.

High-performance athletes who have run the race often ask to come back again and are bringing their training partners. Agents are reaching out to the BTC requesting entry for their athletes. The magic is coming back. But before any invitation is extended, each athlete is screened for legitimate performance marks and to assure a PED-free field. Any individuals with doping sanctions or associations are not welcome. Qualifying marks are established to have a mix of not only elite athletes but local runners as well.

The defending female champion is returning to challenge the new course and was excited to learn that the Highland Avenue section and the downhill rush of 20th Street remains. Since winning the 2017 Vulcan Run 10k in 33:54, her debut at the distance, Marta Pen has been flying! The 2016 Olympian from Lisbon, Portugal has set personal bests on the track at 400m, 800m, 1500m, mile and 3000m. Her mile time of 4:22.45 set at the ISTAF meet in Berlin, Germany on September 2 also established the National Record. Her short indoor season was just as impressive with two personal bests set at the mile and 3000m. Among those joining Marta in the womens field is Fi Price (GBR), Carmen Hussar (CAN) (a 2008 Olympic finalist at 1500m), Emma Niegel (CAN) (a steeplechase competitor), Vica Hammersmith (RUS) (another runner with a steeplechase background), and local top seed Rachel Davis (USA), attached to Cadence Run Coaching.



CONTINUED ON NEXT PAGE

# THE MAGIC OF THE VULCAN RUN ELITE FIELD



After a solid 30:16 as the runner-up of last year's Vulcan Run, 2016 winner Francis Kimari has had a string of seven wins including the Magic City Half Marathon, the historic Gum Tree 10K, and Woodstock 5K. He has since returned to train at altitude in his native home of Nyahururu, Kenya where he works as a police officer. He will return to the States to continue racing distances from 5K to the half-marathon. Fernando Cabada (USA) currently ranked #2 in the US in the marathon, Solomon Chebii (KEN), Jack Bruce (AUS) (who has just completed his college career at Arkansas), Aaron Phelps (GBR) (son of

Olympic bronze medalist Richard Phelps), and top local seed Richard Kamini (KEN) of the Cahaba Distance Project will be some of the guys to watch in the men's field.

When asked to handicap the race, my sneaky feeling is that this is going to be a tight race up front. The guys are going to be cautious on the new course and will most likely stay together for a while. This may be the tightest top-five finish in quite some time and I envision the lead pack to be broken late.

Of the women's field, Marta was pushed to her PR last year and to defend her win, will have to hold off Fi Price who is running with incredible strength right now. It may be the race will not be decided until the top of the bridge leading into Sloss.

Come run with the elite field and stay around to meet and talk with these outstanding runners.

## WOMEN

Libet Anderson, USA  
Hannah Coffin, USA  
Rachel Davis, USA  
Meggan Franks, CAN  
Emma Garner, USA  
Victoria Hammersmith, RUS  
Carmen Hussar CAN  
Virginia Muchiri, KEN  
Emma Neigel CAN  
Karisa Nelson, USA  
Marta Pen, POR  
Fi Price, GBR  
Shawanna White, USA  
Michelle Ziegler, USA

## MEN

Omar Bouchar, MOR  
Jack Bruce, AUS  
Chase Buckelew, USA  
Fernando Cabada, USA  
Ian Carter, USA  
Solomon Chebii, KEN  
Wesley Curles, USA  
Said Elbaazouzi, MOR  
Matt Hammersmith, USA  
Francis Kamiri, KEN  
Richard Kimani, KEN  
Geoffrey Kiptoo, KEN  
Fred Kosgei, KEN  
Braxton Linder, USA  
Edwin Malchue, KEN  
Joshua McClung, USA  
Ethan Mines, USA  
Hiram Ngatia, KEN  
Aaron Phelps, GBR  
Jordan Poche, USA  
Matthew Shock, USA  
Jay Stephenson, USA



FRIDAY, OCTOBER 26, 2018 - [www.BOOHALLOWEENPARTY.com](http://www.BOOHALLOWEENPARTY.com)



## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Christopher Baggett	Bill Falconer	Chris Massey	Ronald Shinn
Rozy Benson	Zach Gentry	Paul Mathews	Eric Smith
Scott Beshany	Ashley Harris	Cassandra Mickens	Kiersten Smith
Chuck Blevins	Matthew Hinshaw	Joshua Miller	Malcolm Smith
Thomas Boydston	Alison Hulcher	Meredith Mooney	Beau Talley
Megan Breitbach	Joe Johnson	Rosemary Moore	Shellie Talley
John Charles	Allen Jones	Adrienne Newton	Jeff Turner
Alyssa Clay	Mohamed Kazamel	Ellen Ortis	Bill Uhrig
David Clay	Andrew Laird	Michele Page	Monica Washington
Jonathan Dixon	Audrey Laird	April Patton	Kristen Zeanah
Jennifer Dunn	Foster Laird	Coner Reed	
Sydney Elkins	Joseph Lawhorn	Lori Beth Richey	
Mollie Everitt	Andrew Marlin	Mike Roche	

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!



## 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!**

## Volunteer Vibes

**Thank you to all of our tireless volunteers who helped out at the recent BTC socials!** Our next BTC event with volunteer opportunities is the Vulcan Run on November 3, so mark your calendars and watch for more information on that race. We will

need plenty of folks to work packet pick up for the days leading up to the race and on race day! Please contact [BTC Volunteer Coordinator Kim Benner](#) know if you can help with that one. See you out on the roads! [#weheartourvolunteers](#)



## BTC Merchandise

### BTC VISORS ARE HERE!

If you preordered a visor, please email Tabitha or Tommy Payson to arrange for pick up or delivery. A few are still available at a cost of \$20.

Everyone's favorite Arthur Black retro style shirts have been restocked and are ready for your Fall training and races! Check out the [BTC Store](#) online to order now – these will go fast!

NEW! "We Built This Bridge" shirts can be [purchased online](#); 100% of the profit from the sale of these shirts will go to the Hollywood Bridge fund. Be a part of history and help [#BuildABridge!](#)





# BLOOD FLOW RESTRICTION?

By Ryan Hunt, DPT, CSCS, ASTYM certified provider, Dry Needling practitioner  
Service Director, TherapySouth - PatchWorks Farms/Altadena



## OUR SERVICES

### Blood Flow Restriction Training (BFRT)

#### Why add more load to your body when you can build muscle and recover with LESS?

Like most people, my first thoughts and questions when I hear about this were:

1. "Why would I want to restrict blood flow?"
2. "What about the potential for blood clots?"
3. "That sounds painful."

#### *The answers?*

1. To build muscle with less weight, less impact on the joints and increase bone density
2. Completely safe – TherapySouth uses the BStrong™ system, which cannot fully occlude arterial blood flow
3. Nope -- not painful!

Are you training for a marathon and/or triathlon and looking for a way to improve your endurance while lightening your training load or volume? Running, walking or cycling while wearing the blood flow restriction devices can do just that.

We can add 30 minutes BFRT running, walking or cycling per week into a training plan to replace about 60 minutes of moderate intensity running and add some strength training with the bands to increase muscle hypertrophy (increase of the size of muscle cells).

If you are injured or having to reduce your running time and intensity – BFRT is an excellent therapy in the course of rehabbing an injury.

Intrigued? Check out our website <https://therapysouth.com/services/blood-flow-restriction-training-bfirt/> for more information about the benefits and science behind BFRT and the TherapySouth locations where you can try it for yourself!



# RRCA UPDATE

By Alex Morrow, RRCA State Representative

## The 61st RRCA National Convention will be held in New Orleans, Louisiana, March 28 to March 31, 2019.

If you have never attended an RRCA National Convention, makes sure to take advantage of this opportunity because it is so close to Birmingham. Plus, New Orleans is always guaranteed to be a good time!

The Convention includes robust educational programming for club leaders, race directors, coaches, and runners; organized morning group runs; Friday and Saturday breakfasts and luncheons; Thursday, Friday and Saturday networking receptions; the 61st RRCA National Running Awards Dinner; an attendee goody bag with commemorative jacket; and much more!

To learn more about the event and to register, visit: <https://www.rrca.org/convention/registration>



## 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

## 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!





# #WHYIRUN

Ryan Boswell

BTC member and *The Vulcan Runner's* own graphic designer Ryan Boswell lives in Gardendale with his wife and two young children. Originally from Laurel, Mississippi, he attended Auburn University and moved to Birmingham after graduation in 2012.

Ryan started running in 2013, feeling the need to do something competitive as a hobby. In the beginning, he was running twice a week, never more than 30 minutes at a time. Most of this running was light treadmill running. Like many of us, after a few years of this routine, Ryan decided he needed to ramp up the hours on his feet and push himself to do something he had never done before. So, in 2015, he signed up for his first half marathon. In Ryan's words - "the training for it wasn't a blast. It's not that I hated the running, but I wasn't looking forward to it either." The day of the race, something clicked, and although he was nervous and anxious, he couldn't wait to get going. Ryan's goal that day was to run sub 2 hours -- he finished in 1:59:58. Crossing the line under his goal time was such a fantastic feeling because he felt that competitive drive for the first time in a very long time.

Now, three years later, Ryan loves running more than ever! After his first half marathon finish, he looked forward to the next race, and he couldn't wait to get on the road 4-5 days a week to train. He became focused on continuing to improve -- he says there is nothing better than trying to be better than he was yesterday!

To date, Ryan has run three half marathons and three marathons. He hopes to PR in his next marathon, the Mississippi Gulf Coast Marathon in December.

To Ryan, the BTC community has been terrific; he credits BTC members for helping him to learn more about training and new running areas than anything he could have read online or in a book. As he says, "It's also amazing how, even though you may get introduced to someone early in a run, by the time it's over, you felt like you've known them for years." Because of his work and family schedules, Ryan runs most of his runs solo, but he always looks forward to a group run when he gets the chance. Although he has only been running consistently for three years, it is it's something he sees himself doing for the rest of his life. He looks forward to one day introducing his children to the sport he loves.



# 1200 MILE CLUB

Cumulative miles submitted through September 29, 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	719
Anderson, Kerri	2	797
Armstrong, Thomas	3	472
Arnold, Brad	1	267
Baggett, Christopher	1	1,201
Barnes, Jimmie	3	687
Bartee, Samm	2	878
Barton, Dawn	R	311
Beasley, Cathy	1	1,067
Belcher, Michelle	5	933
Benner, Kim	5	1,102
Benson, Wayne	4	877
Bibb, Angelean	R	818
Bircheat, Aliza	R	0
Bircheat, Clint	R	0
Black, Dylan	1	0
Boackle, Larry	2	1,223
Boackle, Tomie Ann	1	801
Boger, Joe T	1	732
Bonatz, Ekkehard	10	1,485
Booher, Lisa	6	1,057
Boswell, Ryan	1	168
Bowman, Bill	R	645
Bowman, Brian	R	0
Bowman, Leisha	R	0
Bradley, Amanda	1	1,552
Bradley, Lee	1	0
Brakhage, Victoria	1	1,011
Bridwell, Hunter	R	855
Brown, Charlie	6	961
Brown, Michael	4	458
Bryant, David	4	898

Participant	Years	Total
Burks, Ross	1	918
Burton, Kelsey	R	734
Caine, Lawrence	1	723
Callahan, Ali	R	333
Callahan, Chris	1	767
Callahan, Noah	R	327
Callahan, Rachel	3	769
Camp, Melinda	R	655
Carey, Christopher	5	1,439
Carlton, Bob	3	847
Carter, Adrienne	1	804
Cawley, Jennifer	R	140
Chambers, Gay	1	15
Chandler, Teresa	8	925
Childers, Kristi	R	326
Childers, Melissa	R	247
Christian, Alan	R	0
Clay, Brad	11	1,634
Clayton, Yocunda	3	0
Cleveland, Jeff	1	1,083
Clevenger, Caitlin	R	207
Cliett, Stephanie	4	1,231
Clowers, Addison	4	1,285
Coffin, Hannah	1	1,827
Coleman, Tim	R	1,170
Collins, Helen	1	726
Corrin, LaRonda	R	493
Corrin, Roger	2	543
Craig, Mary	1	149
Crain, Teresa	2	0
Cramer, Robyn	R	461
Cramer, Steve	R	282
Crawford, Allen	2	890

Participant	Years	Total
Crawford, Kimberly	1	120
Creel, Mary	R	1,006
Criswell, Katie	R	802
Criswell, Mark	R	40
Croker, Jennifer	R	981
Crowson, Bill	2	873
Crumpton, Melinda	R	0
Cutshall, Hannah	1	317
Davidson, Dow	R	1,134
Dawson, Ashley	3	1,097
Dease, Joseph	2	791
Dease, Katherine	3	272
Dell'Italia, Pat	2	667
Denton, Matt	6	1,350
Dixon, Jonathan	R	914
Dorman, Evan	R	817
Dowling, April	1	768
Duke, Cindy	2	886
Dunn, Jennifer	R	841
Dunnaway, Roberta	2	489
Easterling, Natalie	2	0
Edgerton, Amy	R	791
Elkins, Sydney	R	762
English, Timothy	1	1,250
Evans, Debbie	4	818
Farrior, Sonya	R	475
Feller, Beth	2	526
Ferlitto, Cindy	R	876
Fonteneau, Kira	R	0
Fontenot, Misty	1	857
Fountain, Raley	R	891
Fraka, Leann	R	81
Franklin, Rebecca	R	169



# 1200 MILE CLUB

Participant	Years	Total
Franklin, Shane	6	799
Frederick, Winston	10	1,362
Freeman, Sheila	1	821
Fuller, Lisa	R	250
Funk, Robert	R	0
Gann, Michael	7	1,621
Gibson, Katie	R	848
Goode, Johnny	9	1,340
Goss, Ange	R	897
Grady, Carla	R	500
Graham, Jonathan	R	719
Grainger, Matt	R	0
Grammas, Marianthe	2	1,892
Gray, Caleb	R	450
Grossmann, Christopher	6	918
Haley, Jay	2	985
Hall, Thomas	1	34
Haralson, Danny	9	851
Haralson, Micki	10	445
Hargrave, Alan	10	932
Harrelson, Heather	4	770
Harris Bowser, Javacia	R	94
Harris, Ashley	R	789
Harris, Robert	R	577
Harris, Skip	1	150
Harris, Vickie	2	191
Harrison, Lisa	6	897
Harry, April	1	594
Havicus, Cari	1	96
Hayden, Brittany	2	1,310
Haynes, Melanie	R	642
Heaton, Bryan	4	1,885
Henley, Monica	4	749
Henninger, Alison	3	839
Hill, Susan	4	813
Hogeland, Angie	1	823
Hogue, Kari	R	0
Holcomb, Zachary	R	956
Holland, Skylar	R	806

Participant	Years	Total
Holmes, Chris	1	0
Hopper, Whitley	R	819
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	893
Izard, Melody	3	688
Jenkins, Kaki	4	1,113
Johnson, Kawitta	R	697
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	983
Kendrick, Tom	R	272
Kirchmer, Shannon	1	844
Knight, Diane	2	562
Kuhn, Jimmy	11	1,325
Kulp, Loren	3	1,622
Lahti, Tyler	1	971
Laird, Audrey	3	1,071
Langston, Aaron	3	941
Langston, Richard	5	822
LeCroy, Sarah	1	739
Lee, Brian	R	480
Lee, Koren	1	358
Leopard, Don	1	0
Loo, Judy	2	0
Ludt, Chas	R	151
Lyle, Randy	10	1,687
Madison, James	1	0

Participant	Years	Total
Malick, David	4	866
Mandy, Madeline	1	429
Martin, Lee	R	0
Mason, Will	R	324
Massey, Chris	1	696
Massey, David	R	186
Mathews, Skip	R	592
McNair, Kelly	4	743
McVey, Simon	3	645
Merry, Vicki Sue	6	1,480
Mickens, Cassandra	2	528
Miller, Stephen	R	689
Miyasaki, Nathan	3	2,037
Morgan, Cary	8	2,164
Morgan, Danielle	5	0
Morgan, Phillip	7	0
Morris, Justin	4	989
Morris, Phil	R	0
Morrow, Abigail	R	0
Morrow, Alex	7	0
Mount, Brian	1	888
Murchison, Reginald	5	1,588
Nagy, Lisa	1	337
Northern, Kristie	8	1,036
Oehrlein, Kimberly	R	366
Oliver, Greg	5	1,313
Oliver, John	3	907
Padgitt, Scott	1	1,024
Parks, Charlie	5	1,652
Pate, Lisa-Marie	1	0
Payson, Tabitha	R	507
Payson, Tommy	2	772
Peagler, Shana	6	797
Peagler, Zach	1	421
Pearce, Julie	5	328
Pearson, Blake	4	0
Pearson, Mary Scott	3	0
Pegouske, Christian	R	186
Pegouske, Jeremy	R	747

# 1200 MILE CLUB

Participant	Years	Total
Pegouske, Madison	R	429
Pegouske, Stacie	R	809
Penko, Zoe	R	0
Penley, Steve	1	101
Peters, Scott	2	143
Plante, David	5	984
Poole, Greg	1	435
Portwood, Paul	2	527
Pruett, Jay	R	731
Ralph, Meghan	3	994
Randall, Lisa	6	0
Rawson, Brent	R	930
Redden, David	R	866
Renn, Deanna	2	1,082
Reynolds, Dewelena	R	317
Richardson, William	3	951
Richey, Lori Beth	R	925
Ritchie, Joseph	R	969
Roberie, Josh	R	205
Roberson, Kevin	3	973
Roberts, Fletcher	3	555
Rodgers, Jeffrey	R	785
Rodgers, Jessica A.	R	218
Rodgers, Jessica W.	R	0
Ronson, Catherine	R	0
Roper, Lynn	1	839
Rose, Billy	4	1,229
Rosser, Joey	1	658
Rowell, Taylor	R	939
Rutherford, Keith	10	788
Rutledge, Lisa	2	868
Ryan, Meaghan	2	1,039
Schonhoff, Aubrey	R	306
Secor, Debi	2	578
Self, Travis	1	128
Serio, Joseph	R	138
Shaffield, Danny	5	1,336
Sheppard, Gretchen	3	854
Sherer, Jeremy	1	755

Participant	Years	Total
Sherrell, Jeff	R	608
Shinn, Ronald	6	341
Shoaf, James	R	1,146
Sides, Dean	3	824
Silwal, Suman	7	0
Simpkins, Randall	R	907
Simpson, Kevin	5	2,320
Sims, Cecelia	1	588
Sims, Robert	4	969
Sloane, Mike	2	778
Smith, Jerry P.	10	836
Smith, Justin	R	242
Snow, Sheri	3	1,232
Soileau, Chester	R	819
Stevens, Johnathon	2	1,995
Stewart, Zeb	R	767
Stockton, Rick	10	954
Sweatt, Jason	R	404
Swiney, Elana	R	147
Talley, Beau	5	1,019
Talley, Shellie	1	760
Targe, Mark	R	35
Thomas, Eric	5	1,602
Thompson, Sara	R	916
Thornton, Dean	5	813
Townes, Janelle	R	852
Trimble, Jamie	3	1,145
Tyler, Kim	R	360
Vaden, Christopher	R	704
Varnes, Vickie	4	1,042
Vlach, Jiri	R	547
Waid, Jr, David	1	1,233
Walker-Journey, Jennifer	3	115
Walker, Caroline	1	233
Wall, Ron	4	314
Walley, Ryan	R	290
Watkins, Janet	1	860
Watson, Thomas	1	338
Watters, Ana	R	344

Participant	Years	Total
Watters, Robert	3	1,105
Weber, Amy	1	910
Weber, Lauren	1	0
Weeks, Lance	1	851
Wells, Bradley	2	746
Wende, Adam	4	1,615
Wentz, Dan	R	0
White, Dennis	R	4
White, Robin	R	0
Whitt, Trey	5	1,123
Wilhite, Thomas	2	990
Williamson, Chad	3	830
Windle, Dale	3	800
Wiseman, Steve	3	973
Wood, Scott	2	1,005
Woody, Bill	9	942
Wright, Amy	2	545
Wu, Xing	9	1,255
York, Gary	5	1,634
Zeanah, Cary	R	311



# BTC SOCIAL & FUNDRAISER



**The BTC Hollywood Bridge Fundraiser on September 29 was a blast!** Thank you to Mountain High Outfitters, Cahaba Brewing Company, Wine 10K, 5K at the Junction, Hydralive Therapy, Resolute Running, Raymond James, and Over Easy for sponsoring the event with food, prizes and fun. Big thanks to Homewood City Councilor Jennifer Andress for her efforts in spearheading the Hollywood Bridge project (and organizing the social!) and to Birmingham City Councilor Darrell O'Quinn, incoming Jefferson County Commissioner Steve Ammons, Homewood City Councilor Peter Wright, State Representative

Paul DeMarco, State Representative David Faulkner and State Senator Dan Roberts who joined us at the social. We are also appreciative of the efforts of those who are making this bridge a reality: State Senators Slade Blackwell, Rodger Smitherman and Jabo Waggoner, State Representatives Jim Carns and John Rogers, Mountain Brook Mayor Stewart Welch and the Mountain Brook City Council, Homewood Mayor Scott McBrayer and the Homewood City Council, Birmingham Mayor Randall Woodfin and the Birmingham City Council, and the Jefferson County Commission.

Want to order  
a Bridge shirt?  
**CLICK HERE!**  
100% of profits go to  
the Bridge fund!





# BTC SOCIAL & FUNDRAISER





# SHOW US YOUR BTC GEAR



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



Scott Padgitt, Berlin Marathon



BTC members in Tupelo



Mary and Jim Broome representing the BTC in London



Jamie Trimble, Berlin Marathon



Magic City Run Preview



BTC members and friends prior to the Berlin Marathon



Magic City Run Preview



# FEETS OF STRENGTH



## BTC members are making strong showings in races near and far!

Those of you who have run the Tupelo Marathon or Half Marathon on Labor Day weekend know this is a HOT race (Hello, Mississippi in early September?). Congratulations to **Chris Carey** and **Laura Norton** for their place age group finishes, **BTC Vice-President Hunter Bridwell** for his second place age group finish, and **Skylar Holland** and **Kaki Jenkins** for their third place age group finishes in the Tupelo Half Marathon. I would be remiss if I didn't also commend **Trey Whitt** for his first place finish in the "Marathoners Switching to 13.1 Miler After Start" category (yes, that is in fact a real category) – I hope he also won a cool cup for that one!

'Tis the season for Boston qualifying runs, and the BTC always has an impressive showing. Congratulations to **Amy Weber** for another BQ run at the Tunnel of Light Marathon on September 16 – way to go, Amy! **Gary York** also turned in an impressive time at the Erie Marathon, locking in a BQ time as well. We have many more BTC members who earned a BQ at races this year – congratulations to all of you!

Closer to home, **Xing Wu** placed first in his age group at the Ross Bridge 8k on September 1. BTC Treasurer **Trey Whitt** won the St. Jude's 5K race on September 22, with **Billy Rose** finishing as second overall male. **Brittany Hayden** finished as first overall female, and **Michelle Belcher** finished as second female. Congratulations, y'all!

Most impressive of all is BTC member **Jimmie Barnes**, who recently set a new American age group record for most mileage completed over a 24 hour period. Jimmie, who is 80 years old, completed 91.1 miles at the NorthCoast 24 hour Endurance Run in Cleveland, September 22-23 (just shy of tripling the second place finisher). Congratulations on a fantastic, record-breaking run, Jimmie!

Let's celebrate YOUR accomplishments! Your family, friends and co-workers might not understand your running obsession but we do. Drop us a note (and send us a photo) at: [newsletter@birminghamtrackclub.com](mailto:newsletter@birminghamtrackclub.com)!



Hunter Bridwell



Kaki Pruitt



Gary York



Trey Whitt



# FEETS OF STRENGTH



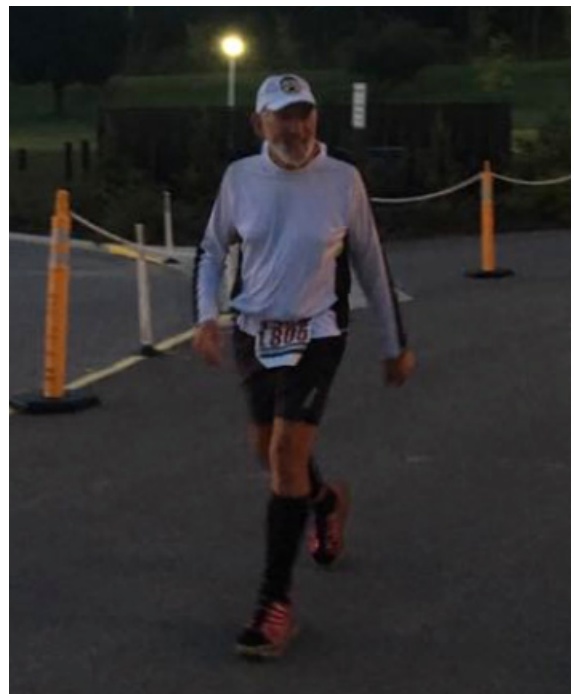
Xing Wu



Brittany Hayden and Billy Rose



Michelle Belcher with her daughter



Jimmie Barnes

# BTC EXECUTIVE BOARD MEETING

## September 10, 2018

**Attendance:** Kim Benner, Hunter Bridwell, Stephanie Drew, Alan Hargrave, Julie Pearce, Kile Putman, Charles Thompson, Jamie Trimble, Scott Wood

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

The minutes of the August meeting were approved unanimously on Alan's motion, as seconded by Kim.

### IT Update (Alan Hargrave)

Alan has prepared a BTC Race Worksheet to capture budgeting and other data. He noted that the Race Series needs to be opened in RunSignUp before any of the races open for registration, assuming we intend to hold the Race Series in 2019. Alan made a motion to continue the Race Series in 2019, with same price structure. Jamie seconded the motion. The consensus was that the Series is valuable, even if not particularly lucrative. The motion was approved unanimously.

### Membership (Alan Hargrave for Vicki Brakhage)

We currently have 1,063 members (832 memberships).

### Finish Line Crew (Jamie Trimble)

If anyone needs the arch, Jeff Martinez currently has it. He will be out of town for the September 15 social, but Scott will handle getting flags, tent and tables for the social.

### Treasurer's Report (Scott Wood for Trey Whitt)

Treasurer's Report was submitted; please review. Our financial condition is sound; we are up from this time last year. Reports are always available for review. Thus far, we have collected \$307.69 in direct donations and have sold 38 shirts.

### USATF Representative (Charles Thompson)

Charles attended the CATFOA (Central Alabama Track and Field Association) on August 30. Charles made a motion that the BTC appoint him as the Birmingham representative to CATFOA. The motion was seconded by Kim Benner and approved unanimously without further discussion. We will print the indoor track schedule in the October issue of The Vulcan Runner. USATF will host its annual state meeting on September 30. Charles would like to attend as a BTC representative. The meeting will be held in Hoover; there is no cost to the BTC.

### Newsletter (Julie Pearce)

Deadline for October issue will be Friday, September 21. We need a Vulcan Run cover article for the October issue – we need to highlight the new route and other changes. Please send any other content ideas, etc. to Julie.

### President's Report (Scott Wood)

BTC Social – September 15 at Railroad Park  
Food and coffee will be provided by McDonalds.  
Beer will be available as well.  
Tent / Flags / Tables will be on siet.  
Water stops, course preview and logistics will be handled by the Magic City Ambassadors. Distances will range from 6 miles to the full course distance. Scott will discuss adding a shorter distance with LaRonda.

### BTC Social – September 29th (Sponsored by Mountain High Outfitters)

Jennifer Andress is handling most logistics; Scott will provide more details soon.

### Vulcan 10K Budget Proposal

Budget is similar to last year, but we need to increase the budget for hosting elite athletes. Scott asked whether doubling the elite budget to \$3,000 would be sufficient. Kile thinks he can work with \$2,000. Scott made a motion to approve the budget for \$58,500; Alan seconded the motiohn, and it was approved unanimously.

Elite Athletes (October Newsletter Article and email blast) – Scott would like to include an article in the newsletter about the elite program; he will get with Kile and Allison to coordinate this.

### Vulcan Run Numbers

We are currently at 307 registrations as of this morning (this time last year, we had approximately 50 fewer registrations). We need to begin promoting Vulcan Run heavily – social media blitzes, targeted emails, etc.

### New Business

Hunter Bridwell would like to take the BTC table and flags to the site to provide shelter for the participants at the Endless Mile race sponsored by the Southeastern Trail Series.

The meeting was adjourned at 7:20 pm. Our next board meeting is on October 8, 2018.



# BTC Membership application



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

First Name:

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Last Name:

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Street:

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City:

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State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

3. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

4. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

**Waiver:** I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

**Birmingham Track Club, P.O.Box 530363, Birmingham, AL 35253**

# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long Run Group</a>	October 6, 2018	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	October 6, 2018	6:30 a.m.
<a href="#">Butterbean Festival 5K (Pinson)</a>	October 6, 2018	7:00 a.m.
<a href="#">Fight the Bite 5K and 1 mile Fun Run</a>	October 6, 2018	8:00 a.m.
<a href="#">Little River Canyon Half Marathon (Fort Payne)</a>	October 8, 2018	8:00 a.m.
BTC Executive Board Meeting	October 6, 2018	6:00 p.m.
<a href="#">BTC Saturday Long Run Group</a>	October 13, 2018	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	October 13, 2018	6:30 a.m.
<a href="#">Race for the Cure 5K</a>	October 13, 2018	9:15 a.m.
<a href="#">Honda 5K</a>	October 13, 2018	5:30 p.m.
<a href="#">The Endless Mile – 48 hour run</a>	October 19, 2018	9:00 a.m.
<a href="#">BTC Saturday Long Run Group</a>	October 20, 2018	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	October 20, 2018	6:30 a.m.
<a href="#">Blazer Bolt 5K</a>	October 20, 2018	8:00 .m.
<a href="#">The Endless Mile – 6, 12, 24 hour runs</a>	October 20, 2018	9:00 a.m.
<a href="#">BTC Saturday Long Run Group</a>	October 27, 2018	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	October 27, 2018	6:30 a.m.
Dothan Half Marathon and 5K	October 27, 2018	7:00 a.m.
<a href="#">Alabama Parkinson Fighter Walk and 5K</a>	October 27, 2018	8:00 a.m.
<a href="#">Storybook 5K and Fun Run</a>	October 27, 2018	8:00 a.m.
<a href="#">BOO Run for Down Syndrome 10K, 5K and 1 mile</a>	October 28, 2018	2:00 p.m.
<a href="#">Vulcan Run 10K * BTC Race Series *</a>	November 3, 2018	8:00 a.m.

Click on the links above for more information about each race or to register.

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.](#)