



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

December 2018 **12**



OUTLASTING US ALL

By Lisa Booher

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OUTLASTING US ALL

By Lisa Booher



Jimmie Barnes still smiling after almost 33 hours at the Endless Mile 48-hour race. Photo by David Christy

"If you can't outrun them, outlast them." When Jimmie Barnes adopted this motto, he began to snag state, American and world records. For many of us Birmingham Track Club members, we wonder how long we'll be able to last in this sport because, as our Aunt Linda reminded us (again!) at Thanksgiving, it's "bad for our knees." But Jimmie entered the 80-84 age group this year by setting an American record, running 128.7 miles in 48 hours at this year's Endless Mile, beating the previous American record by 7.7 miles. Take that, Aunt Linda.*

When Jimmie moved to Birmingham in 1972, he began running 5Ks and 10Ks, and in 1978, he ran his first marathon at the age of 40. Ten years later, he kicked off age 50 by running his first ultra.

"When I started running marathons, my goal was to qualify for Boston, but I quickly realized I was so slow it would require a sex change operation to make the cutoff time. Since I was not that committed, I gave up on that idea. I then discovered ultras and found you did not have to be so fast to do ok. A friend I used to run with, Charles Gunn, would say, 'If the race is not long enough that the other runners have to take a nap, we do not stand a chance.' And that was true for us," Jimmie explained.

From 2002 to 2012, he took a break from running, but in 2012, Jimmie decided to run in the 24-hour national championships, held that year in Oklahoma where he was raised. "I had run the championships from 1988 until 2002 and had come in 2nd and 3rd in my age group a few times and even won my age group once when the leader stopped with a couple of hours to go. To my surprise, I ended up winning my age

group [in 2012] and being ranked number one in the world for the year. That got the competitive juices flowing, and since then, I have been ranked number one every year for the 24- or 48-hour run," said Jimmie.

And he's not in it alone. Ultrarunners will agree that crews can be crucial in these long-distance races, especially anything over 50 miles, where you begin to run into the hours when you would normally be sleeping. Jimmie's wife Deborah Barnes serves as his crew and is an essential factor in his races and record attempts.

“

*If you can't outrun them,
outlast them.*

”

What exactly does an amazing crew like Deborah do during the race? Jimmie told us, "Deborah is my crew chief and head cheerleader, and I could not do these runs without her. She usually crews by herself, but for the last couple of runs, where I set the records, she has had help from David Christy. She makes sure I continue to eat and drink and prepares and keeps available the nutrition and other things I need. She also monitors my rest breaks and gets me up and going after a break. Since she is a nurse, she is also adept at caring for injuries such as blisters and cramps. I tell her she is the perfect crew since she is a pediatric nurse and most of us ultrarunners are crybabies."

He continued "She has become in demand here in Birmingham and at other events for fixing blisters and in aiding other runners who have no crew. We were fortunate at Endless Mile to have Edda Bauer of Germany age 74, who has the world best at 48 hours of 160 miles, share our space. Deborah and David crewed for Edda and me."

As with most incredible achievements, it's no accident that Jimmie reached record status. He revealed, "I always make up a spreadsheet before a race with the different records and US and world rankings from DUV [<http://statistik.d-u-v.org>]. I then compute the various paces I have to run to surpass some of the rankings and use those as targets during the run."

For this year's Endless Mile, Jimmie's A goal was to set the world record by running over 139 miles, but he knew his B goal of setting the American record was well within reach. He shared, "I felt good going into the race about setting the American record since I had run over that distance several times in the last few years, and I realized early Saturday night that I had a good chance to set a new American record."

OUTLASTING US ALL



Jimmie Barnes and Edda Bauer (6th overall and 4th female)
refueling during the Endless Mile. *Photo by David Christy*

The Endless Mile is a Southeastern Trail Runs event hosted each year on a 1-mile paved loop at Veteran's Park in Alabaster. You can sign up for a 6-, 12-, 24-, or 48-hour race. This year's finishers ranged from age 10 to 80 (yes, that was Jimmie). The 48-hour runners begin their race on Friday morning and end with the horn blowing on Sunday. Some people describe these ultra events as "life in a day." Or in the case of 48 hours, "life in two days." With the inevitable lows, runners can also experience euphoria and immense gratitude. Jimmie hit a low when he realized early Sunday morning that he could not better the existing world best. He shared, "Going into the race I thought I had a chance, but it turned out I had not recovered from the 24-hour run in September where I set the American record with 91 miles."

But Jimmie also had many bright spots throughout the 48 hours. He added, "The high was seeing Alex Fague, who is recovering from debilitating surgery complications, at the race and then realize he was going to make a lap of the course. It was really inspiring to see him and his dad work their way around the mile." Alex completed his one-mile loop in 90 minutes. The last time Alex had walked that distance was three months earlier, walking from Yawkey Family Housing to Boston Children's Hospital on the day of his open-heart surgery. Jimmie didn't tell us in the interview, but Alex's dad, ultrarunner Jonathan Fague, shared that Jimmie later gifted Alex the belt buckle he earned at Endless Mile with the inscription, "'Alex, Thanks for sharing a mile with me. You earned this.'"

As you could guess from Jimmie's respect for determination, the Endless Mile and setting another world record will not be a finale for him. He explained, "I prefer 100-mile trails but no longer run them since I have gotten too slow to make the cutoffs. Also, I have arthritis in my knees [If you are Aunt Linda, don't read that last part.] and stenosis in my back, which makes it difficult to run on the trails. I now run mostly timed events of 24 and 48 hours although I am signed up for an indoor 6-day event next August and trying to talk (bribe) Deborah into letting me do another 6-day event in Hungary next May."

And while setting national and world records has kept Jimmie motivated to keep pushing his limits, his most treasured runs have been closer to home. He revealed, "My favorite memories are running marathons with my daughters -- the Disney with Allison, the Vulcan with Susannah, and running across Alabama with Rebecca,"

Thanks for sharing your journey with us, Jimmie! And now raise your hand if you now feel the need to go take a nap after just reading about all of his hard work.

**Disclaimer: The author does have a real Aunt Linda, who has not actually expressed concern for runner knees.*

** Annual Awards * Officer Elections
Great Food and Drinks * Music and More*

**It's the BIGGEST
party of the year,
and **YOU'RE** invited!**

**BTC ANNUAL PARTY
SATURDAY, JANUARY 19
SOHO SOCIAL**

[Click HERE to register!](#)

PRESIDENT'S ADDRESS

By Scott Wood



Hello, fellow BTC members and friends,

Season's Greetings! Wow, what a busy month November was for all of us. It's hard to believe this is our last newsletter for 2018, what a fantastic year it's been for the Birmingham Track Club. Personally, I am excited every day to work with this club. I love to see our club grow and help so many reach their running goals. The year isn't over just yet, so let's end 2018 with a few fun events -- December is going to be a blast!

On Christmas Eve at 8am, the BTC along with The Trak Shak Homewood will host the Santa Shuffle. Jeff Martinez promises to have lots of eggnog and hot chocolate, and I'll bring the cookies and donuts. All of the details are in this issue of The Vulcan Runner, so keep reading! On Saturday, December 29 at 7:30am, the BTC will once again take part in co-hosting the Resolution Run at Red Mountain Park. With distances from a 1-mile family fun run to a 5K, 10K, and all the way up to a 20K race, there truly is something for everyone. The BTC will host our Saturday Long and Moderate Runs from Red Mountain Park on this date. Red Mountain Park offers us a great place to join our trail running friends for a day and give the pavement a break. It will be a welcome break and a good day to enjoy nature and get a few miles in on the trails.

We don't slow down in January! Make sure to mark your calendar for January 19, when the BTC will host our much-anticipated Annual Party at SoHo Social in Homewood. Our new BTC Social Coordinator, Stephanie Drew, has organized a fantastic event for all of us to enjoy. In addition to an update on the status of the club, this year's party will feature a live band, great food and drinks, and a few surprises. We look forward to recognizing outstanding contributors to the BTC by way of the Dr. Arthur Black/Rick Melanson Award for Outstanding Member, and the Randy Johnson/Danny Haralson Award for Outstanding New Member. If you have any members that you would like to nominate for one of these awards, please [email me](#) by December 31, 2018.

One of the highlights of the Annual Party is when we award the coveted 1200 Mile Club jackets to those BTC members who have achieved this milestone for the first time in 2018. 1200 Mile Coordinator Addison Clowers will be on hand to present you with your awards. Thank you, Addison!

The BTC Race Series is back for 2019! We will begin the series on January 26 with the Adam's Heart Runs at Oak Mountain State Park. By popular demand, we are bringing back the 5K this year, and of course we will have the 10K and 10-mile options as well. The BTC Race Series will be open very soon, so be on the look out to register and save money on our popular BTC races! Your BTC Executive Board is always trying to come up with new ways for you to enjoy running in the Birmingham area, whether through socials, parties, runs, races, and whatever else may be of interest to our members. We want YOU to get the most out of your club, so your feedback and ideas are always appreciated – please [reach out to us](#)!

Lastly, I wanted to wish you all a Merry Christmas, Happy Holidays, and Happy Hanukkah. May this season be spent with family and friends, and I hope you each receive that brand new "PR" you've been pursuing.

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

Scott Wood
BTC President



COMMUNITY CORNER

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

Happy December and Awesome Running Weather, BTC!

I am so excited to send you this update! November 27, 2018 was a huge day in the life of the Hollywood Boulevard pedestrian bridge project. Our inter-governmental co-operative agreement PASSED at Birmingham City Council. This agreement -- between Birmingham, Homewood, Mountain Brook and Jefferson County -- establishes the entity that will be paying for the design, construction, maintenance and liability of the bridge. Next steps are for the three remaining parties to pass our resolutions for the same, which will be done by December 17. We can then meet, incorporate, open a bank account, and deposit the checks that we have been receiving from our legislators and private donors.

Jefferson County will manage the bidding, design and construction of the bridge. I fully believe we could see a bridge by the second quarter of 2019!

Speaking of bridges, I hope you have been able to ascend the beautiful new bridge over Shades Creek on the Jemison Trail in Mountain Brook. This bridge is fully ADA compliant, thus the height, which is necessary to lessen the slope as it traverses the creek. Mountain Brook also has added some AED devices at various spots along the trail in case of emergency.

Mountain Brook Parks and Recreation will be pursuing a grant for further trail improvements, including a wider pathway constructed of a softer surface, and a re-direct out of the flood plain. BTC President Scott Wood and BTC Secretary Julie Pearce will be assisting with pursuing this grant, on behalf of our club. Mountain Brook Parks and Recreation Director Shanda Williams reached out to the BTC for assistance, based on the relationship we built with the city installing the BTC water fountain on the trail!

And speaking of trail improvements, I was happy to hand deliver to Jefferson County Environmental Services the paperwork necessary to complete the purchase of the final parcel needed to begin design and construction of Phase II of the Shades Creek Greenway, aka the Lakeshore Trail! The extension will follow the creek westward, under the interstate to the Wildwood Preserve, for another two miles of trail. We should also see significant progress on this project by second quarter 2019.

I look forward to further updates in the new year! Happy Holidays to you all!



**ADAM'S HEART RUNS IS CELEBRATING
41 YEARS OF TAKING YOU ON A
JOURNEY THROUGH OAK MOUNTAIN.**

To commemorate, we are hosting a contest to see who can wear (or bring!) the most vintage Adam's Heart Runs shirt to the post-race party. The person with the oldest shirt will receive all the glory -- oh, and an awesome prize package!

BIRMINGHAM TRACK CLUB PRESENTS



ADAM'S HEART RUNS

5K/10K/10 MILE

**26
JAN**



Register at
runsignup.com
#adamsheartruns

2018 Officers



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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

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BTC Race Directors

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

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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



*Join your friends
from the BTC and
Trak Shak for the
Santa Shuffle!*

THE TRAK SHAK HOMEWOOD

DECEMBER 24, 2018

8:00 AM

Prizes for the "best" tacky costume

Donations accepted for Firehouse Shelter

See below for details!

THE TRAK SHAK AND BTC CELEBRATE THE HOLIDAYS IN STYLE!

Join the Birmingham Track Club at The Trak Shak Homewood on Christmas Eve morning at 8 am for a fun-filled, no frills "shuffle" through the streets of Homewood. This event is for fun, of course, but it is most importantly for a GREAT cause. We will be accepting monetary and clothing donations for the Firehouse Shelter, AND we will be selling Santa suits and donating all proceeds from those sales to Firehouse Shelter as well. Be sure to wear your most tacky sweater or best costume as we will give away a prize for the "best" dressed! The BTC is buying breakfast pastries and coffee for all, and -- new for 2018 -- we will have frozen eggnog! We will run the Trak Shak 3 mile or 5 mile courses, which will be open to traffic, so please follow the rules of the road. See you on December 24!

Jeff Martinez

*The Trak Shak
The Right Time*





RESOLUTION RUN

RED MOUNTAIN PARK
redmountainpark.com/resolutionrun

Join the fun at the 2018 Blue Cross and Blue Shield of Alabama Resolution Run as together we resolve to make health a priority in the New Year! Make it your new year's resolution to be more active in 2019; finish your run or hike and find the group that fits how you resolve to be active – wonderful community partners like Birmingham Ultra Trail Society (BUTS), Black People Run Bike And Swim, 100 Alabama Miles Challenge, Birmingham Track Club (BTC), and more!

This year's event will offer a 1-mile Family Fun Run/Walk, as well as 5K, 10K and 20K courses highlighting the historic beauty of Red Mountain Park.

RED MOUNTAIN PARK
DECEMBER 29, 2018
8:00 A.M.

Ready to Register? [Click here.](#)

Pre-Race Tune Up / Post-Race Clean Up

An individualized, wellness-based evaluation with a physical therapist can help you get ready for and recover from your next event.


Multi-sport services may include:

- Instrument-assisted soft tissue work
- Dry Needling
- Manual therapy based off individual patterns
- Blood Flow Restriction Therapy
- (Cyclists) Working with your bike fitter to establish a personalized self-maintenance program for your specific needs
- Vasopneumatic compression and cryotherapy

Run Assessment

- One-on-one session with a physical therapist
- Assessment of Motion + Biomechanics + Form Evaluation
- Individualized approach based on your unique pattern
- Form, training and shoe recommendations
- dorsaVi™ sensors that measure human movement (available at select locations)

VIP Shoe Fitting

- Not sure what shoe is right for you?
Let's find out using the dorsaVi™ system. 
- Custom orthotics available at select locations



You don't need a physician's referral to take advantage of these services! If you would like more information about our Endurance program, email tsendurance@therapysouth.net

Or visit our website at
www.therapysouth.com/endurance



ON THE TENTH DAY OF CHRISTMAS, MY TRUE LOVE GAVE TO ME...

By Julie Pearce



After a scientific survey of local runners (okay, some friends we run with regularly and the BTC Executive Board), we have assembled a handy list of holiday wish list items, suitable for giving or receiving. We suggest printing it, circling your favorites, and strategically placing copies in various high traffic areas of your home. I mean, how's the fam supposed to know exactly what kind of tech gear you need if you don't help, right? (You're welcome).

Race Entries are always appreciated! Looking for a fun local race? How about an entry to [Adams Heart Runs](#) for your favorite runner? Or snag a [BTC Race Series](#) entry and gift your runner with BTC races throughout the year – it's the gift that keeps on giving! [Email the BTC](#) -- we'll put together a gift certificate for you! Package a race entry with some race-specific gear or merchandise, and we predict your gift will be a winner! Maybe a [Wine 10K](#) entry along with a nice bottle of Cabernet and some snazzy wine glasses? Feeling extravagant? How about a destination race in a fun vacation spot? [Marathon Tours](#) can make the planning easy, and they have the connections to secure tough-to-score race entries (Hello, Antarctica and Paris, if you're reading this, honey!)

Need to cheer up a runner recovering from an injury? How about a [package from TherapySouth](#) to get him back on his feet? TherapySouth is offering BTC members a holiday special on Alter-G treadmill sessions (trust me, the Alter-G will make you

feel like a runner again, even before you're cleared to run on the roads!) – \$100 for ten sessions at TherapySouth's Mountain Brook or Riverchase locations (and they will throw in a complementary 15 minute dry needling session with your purchase). Or schedule a run assessment at any TherapySouth location, with a \$60 discount for BTC members. To take advantage of these specials or to purchase a gift certificate for your favorite runner, [email TherapySouth](#).

How about some cross training classes to mix things up a bit? I'm a big fan of Lagree method Pilates at [MPower](#) in Mountain Brook or Crestline Park, Runner's Yoga at [TriFusion](#) in Crestline, and TRX training at [Resolute Running](#), but there are lots of great cross training classes all around the city, just a Google click away. Check out the fitness app Mindbody for a variety of suggestions in your neck of the woods. Gift certificates and packages are available.

Hire a Run Coach. Do you need motivation to set a new goal or work out of a plateau? Add a run coach to your gift list! We are blessed to have some really excellent certified run coaches in the Birmingham area. There's not a one-size-fits-all approach, so talk with several to find the best fit for your needs. [Check out this link](#) for a list of RRCA certified run coaches in your area.



OOFOS OOmg and OOCloog provide the same comfort and support as the recovery sandals and slides, with some cover for your toes in the winter! Some of us who shall remain nameless have even managed to wear the clogs to the office. Available at [The Trak Shak](#).

Need a fun gift for the runner who has everything? This [heated steering wheel cover](#) from airplane favorite Hammacher Schlemmer is just.the.thing for cold mornings – you will wonder how you survived winter without it. Rechargeable and long-lasting.

ON THE TENTH DAY OF CHRISTMAS, MY TRUE LOVE GAVE TO ME...



Cult favorite **Goodr sunglasses** are now available at both locations of The Trak Shak, and they are the perfect stocking stuffer for your favorite runner! No slip. No bounce. All polarized and a great price!



Don't try to buy your runner a pair of shoes! Get them a [The Trak Shak gift card](#) instead. It'll save a lot of time, and believe us, they'll love you for it!

Give the gift of Garmin! Garmin is the leader in running GPS and fitness tracking, and they have some unbelievable deals through Christmas. Stop by either location of The Trak

Shak and ask about the deals! They are up to \$100 off! (Ahem, I'd like a shiny new Fenix 5S, please).

For the injury prone runner, a new foam roller or a gift certificate to try cryotherapy might be just what the doctor ordered. A massage gift certificate is sure to be a popular gift also.

For your running group friends, coffee shop gift cards, handheld flashlights or lights to stash in the car, special edition Gu (hello, yummy gingerbread!) or cute matching socks are fun – and functional – gifts.

Start the new runner in your life off on the right foot with good looking – and very functional – running gear from [Lululemon](#), [Athleta](#) or [Gap](#). A down vest is my favorite layering piece for this time of year – you can find great options at any of these stores. For men, Lululemon metal vent long sleeve tech shirts are great layering pieces that double as everyday wear. And a warm pair of gloves or mittens will have them singing your praises -- The Trak Shak also has great options (I highly recommend mittens for those of us with chronically cold hands).

And who can forget the stocking stuffers! Socks, lights or reflectors, and hand warmers topped the list (and Hot Hands Toe Warmers are the item you didn't know you needed until you try them.). A [Road ID](#) bracelet or shoe tag is always a great gift too. I also love the [Xpand No Tie Reflective Shoelaces](#) (available on Amazon) And -- gift cards! Gift cards to favorite restaurants, coffee shops and running stores make great stocking stuffers. Check out [Instagift](#) for some local favorites!



So there you have it – holiday shopping, done! Enjoy this season of giving, and may all of your holiday runs be bright, sparkly and full of fun!



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Jenny Aguilar	Benjamin Dixon	Avery Holland	Amanda McCanna	Darrell Murphy	Joseph Saffold
Kerri Anderson	Hayden Dixon	Matt Holland	Andrew McCanna	Bradley Nelson	Bruce Sargent
Kim Benner	Johanna Dixon	Missy Holland	Isaac McCanna	Anthony O'Brien	Stephen Savincki
Michael Brown	Lindsey Dixon	Elizabeth Holmes	Jack McCanna	Cheryl O'Brien	Casey Simmerman
Jerome Burkes	Dodie Driscoll	Whittley Hopper	Joe McCanna	Dallas O'Brien	Johnathon Stevens
Carl Burkhalter	Patrick Driscoll	Kimberly Hurst	Rob McCanna	Michael O'Brien	Rick Stockton
Leslie Coker	Mark Erdberg	Carolyn Kezar	Tom McCanna	Charlie Parks	Phil Teninbaum
Jody Coombs	Lorrian Etka-Shepherd	Tyler Lahti	Kelly McNair	Greg Poole	Loren Traylor
Elizabeth Corrin	Clair Gammill	Aaron Langston	David Mendez	Shane Powell	Melissa Weaver
John Corrin	Kim Gerlach	Janine Langston	Stephen Miller	Katrina Pronath	Robin White
LaRonda Corrin	Sudip Ghimire	Richard Langston	Phil Morris	Shaun Pryor	Lauren Woodbury
Roger Corrin	Kim Haislip	Kelly Lanier	Michael Morrissey	Jeff Ray	Bill Woody
Jim Dargan	Kris Haislip	Chris Lyles	David Moser	Jennifer Ray	Gary York
Margaret DeHaye	Bryan Heaton	Kimberley Lyles	Tamara Moser	Webster Ray	
Chinelo Dike-Minor	Patricia Holbrook	Sheree Martin	Brian Mount	Fletcher Roberts	

If you are a prospective member, welcome! We hope you will decide to [join the BTC](#) – benefits include discounts at local businesses and on local races, the ability to participate in the 1200 Mile Club and other club incentives, discounted entry into the must-not-miss BTC Annual Party and other BTC-sponsored events. [Click here](#) to read more about our fantastic benefits! 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.

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!

STRESS FRACTURE!

rhunt@therapysouth.net
205.783.5270

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



These two words are likely the most dreaded two words for any runner, other than “stop running!” Stress fractures can stop your training cold in its tracks and can be very slow to heal.

A stress fracture is a tiny crack in the bone caused by repetitive activities like running and jumping. Most stress fractures occur in the lower legs and feet. Runners can also have stress fractures along the tibial plateau located at bottom of the knee.

After your run, your bones go through a recovery and remodel process during rest. Thus, a poor training plan without allocated rest and recovery increases your risk for developing stress fractures. “More is better” programs can create or contribute to stress fractures because they do not allow for normal bone remodeling to occur. Having a customized program that fits your needs, your body type and athletic ability is key. Additional causes, such as increasing mileage too quickly or changing footwear, can lead to a stress fracture. Runners who play other sports where the foot hits the ground repeatedly, such as tennis and basketball, are more at risk for a stress fracture. Other risk factors include weak bones or for female runners, abnormal menstrual cycles.

As a physical therapist, I see more underlying causes of stress fractures related to pelvic obliquities, muscle imbalance, functional leg length discrepancies and dynamic balance issues, which are unknown to the runner. If these issues are addressed prior to training, the risk for stress fractures can be reduced. Recently, we tested a local running coach using our sensory technology running assessment. The results of our running assessment revealed 0% asymmetry, normal ground reaction forces. However, the initial peak acceleration was 10, which is a red flag for stress fractures as it measures the impact of the tibia at midstance. The coach then revealed to us a history of battling stress fractures. Our sensor technology allowed us to identify increased risk before the stress fractures occurred again.

Once stress fractures are identified, utilizing an Alter-G treadmill can help keep you running. The Alter-G allows you to unload up to 60% of your body weight, thereby minimizing the stress on the body. Your local TherapySouth physical therapist can help you recover and decrease your risk for reinjury. We will communicate with your running coach, orthopedic physician, shoe store and all training parties involved. You will be provided with a video-based home exercise program and ways to stay healthy while the stress fracture heals.

For any questions or exercise recommendations, please email us at tsendurance@therapysouth.net



RRCA UPDATE

By Alex Morrow, RRCA Alabama State Representative

This time of year is the heart of the RRCA Championship Racing season in Alabama!

In the past month alone three championship events were held, and a fourth takes place later this month.

We kicked off this fun with the BTC's very own Vulcan Run 10K. The iconic race served as the RRCA Alabama State 10K Championship, and it was a beautiful day for a run! We did not have to go far for the next big race as the incredibly popular Magic City Half Marathon was the RRCA Alabama State Half Marathon Championship, and it did not disappoint! We then drove south to Gulf Shores for the Coastal 5K, the RRCA Alabama State 5K championship. How can you not love racing at the beach?

The fun has not ended just yet. On December 8, we travel up to Huntsville for the Rocket City Marathon, this year's RRCA Alabama State Marathon Championship. This well-known race has been going for more than 40 years, and this year is shaping up to be the biggest yet!

It has been a fantastic year for the RRCA Alabama Championship races, and we have already begun lining up the schedule for 2019. When you see an RRCA Championship designation on an event, you can rest assured that it is a well-run, quality event, hosted by a professional staff. Make sure to come out and support the next one you see!



Magic City Half
Female Winner



Magic City Half
Male Winner



Coastal 5k State Champions

Interested in a Leadership Position with the BTC?

We will elect officers at the Annual Meeting on January 19 – please [submit your nominations](#) to President Scott Wood for the Nominating Committee's consideration. A variety of other volunteer positions are available – if you have an interest, we will find a place for you! [Email Scott](#) for more details.



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

Greg McMullin

I started running in Virginia, during my freshman year in high school, when some friends wanted to go out for outdoor track in the spring of 1981. Most of them were interested in track and field events, but I gravitated towards the distance runners. It seemed to me at the time that there were no limits in distance running. My coach preached one word: "Dedication". Your level of pure raw talent didn't matter -- he only demanded, without exception, that one thing. The distance runners always hung together in a very tight group. We did everything together both in school and out, and I guess I just fell in love with that comradery. We had a team comprised of the Virginia state high school cross country champion, to people struggling to make a 25 minute time, but it didn't matter -- everyone was equally accepted and encouraged. I believe that still holds true among the running community today.

In September of 2013, I had skipped church to run the half marathon in Talladega

(one of the biggest mistakes of my life). Two weeks later I was set to run a 5K, in which I was hoping to break 22 as a 47-year old. A week before that event, I was operating a large farm tractor with a ground breaking disc hooked to the back. After several loops around the field, I disturbed a yellow jacket nest in the ground, and they attacked me like I've never been attacked before. It felt like hundreds of them were stinging my face and down my shirt. As I jumped off the tractor, I thought I had knocked it in neutral, but I had not.

The tractor was running wide open down the field, and like an idiot I ran it down and attempted to stop it. The huge rear tire grabbed my foot and pulled me under. As the tractor ran over me, I could feel the enormous weight snap my hip joint completely in two. Later I saw on an x-ray that my hip joint was up in my back. This all happened in a matter of about two seconds and when it all came to a rest, the tractor was dead center against a tree, running wide open with the tires just spinning in the dirt. Both of my legs were under the disc, which weighed about 600-700 pounds, and there was no way I could get them out. The exhaust on this particular tractor ran down under the rear axle and was

blowing wide open diesel exhaust about 18 inches from my skin. I think I was under there for about an hour, although I'm not really sure.

I was trying to disassemble anything I could with my hands in order to free myself. I remember screaming as loud as I could for help, until I just couldn't do it anymore. I was 1/2 mile deep in the woods, and no one was going to hear me over the tractor engine. After exhausting all of my own effort I screamed as loud as I could for Jesus to help me. When I looked to my left, there was a sapling, a very small tree that had been cut off and was within my reach. I'll never be convinced that stick was there the whole time, because I would have seen it. There was no reason for it to be there, as I was not cutting anything. The limb was so green and limber; it had not been there long enough to dry out. It was very long, maybe five to six feet. I tied a knot in the end of it in order to reach for the handle that would pick the hydraulics up off my legs. I cannot find a limb to this day that I can tie a knot in and it not break.



I was able to hook the hydraulic handle and pull it back far enough to lift the disc off my legs. If you can imagine, it put an incredible amount of tension on that limb when I pulled on the handle, but still, it did not break! After the disc was off my legs, I was able to crawl to my truck, which was about ten yards away. I think the most painful experience I've ever had in my life was having to stand with a snapped off hip in order to get in my truck. I just laid on the horn until the

property owner came down to where I was. I truly believe I was very close to death at that time.

Later, the paramedics told me they didn't think I would survive to trip to UAB. My blood pressure was so low, they had to give me two huge IV's before they could even move me. I remember being taken by some sort of ATV to where the helicopter had landed, and I was flown to UAB. Originally, the doctors told my wife that I had a broken hip and would have hip replacement surgery the following morning, but later, they discovered the severe burns from my back all the way down to the back side of my left knee. It ended up taking seven surgeries and two months in the burn

#WHYIRUN

Greg McMullin



unit to remove all of the damaged muscle. Just about all of my left glute and left hamstring were removed. The nerves were severed going to my left leg below the knee. Nothing worked -- no calf muscle, no ankle, no toes.

After two months in the hospital, I had just about all of the infections you can have. You cannot have any type of artificial joint put in your body while you have infection, so I was sent home in December with a pic line. I lay in a hospital bed in my den for four more months, unable to move. My wife had to administer IV antibiotics morning and night for four months. She had to do everything for me, and I mean everything! She

truly is an amazing woman, and I thank God for her every day. It took until the following December to get my final, permanent hip replacement. I later saw on the x-ray where I had broken out part of my pelvis, and the hip joint had to be placed about an inch higher than on the other side. That caused a large decrease in range of motion on that side.

At this point, I was able to get back on my feet and back to work, and I still had both legs. Nothing worked on the left side -- it was just a pivot point, and I had a terrible limp. After living like this for two more years, I kept running into other amputees who were walking far better than I was, and in some cases, I couldn't even tell they were amputees. I made a decision very quickly. Within a week of thinking about it, I told my wife I was having my leg amputated the following Monday. My thought was, if it doesn't work, it needs to go. I knew the way I was, I never had any kind of chance of ever running again.

Running was my primary motivating factor for the amputation. I knew I had zero percent chance of ever running again, but I knew at least I would have some sort of opportunity with a prosthetic.

Normally, it takes two and a half to three months to be fitted for a prosthetic leg after amputation. Well, it took me eight months. I fell four times, busting open the incision and having to have it closed again. Each fall was about a two month setback in order for the swelling to go down. It truly was the most frustrating time of my life. I would cry daily out of pure frustration. Later in life, God would show me that he allowed me to fall those four times so that I would be in the exact place at the exact time to cross paths with Jim Griffin.

I was working on crutches the whole eight months. One day I had been on a job for maybe 20 minutes when a man (Jim Griffin) rode by on his bicycle. I didn't pay him much attention but he turned around and came back. Jim was an amputee, just like me -- same leg, same length. We talked for a while, and I told him my story and that I was a runner and wanted to get that back. He told me I was never going to find what I was looking for in Birmingham, and he gave me the contact information for amputee blade runners in Nashville. He said he would contact them on my behalf that night. The next morning when I called Aaron Fitzsimmons (my doctor and co-founder of amputee blade runners), he was familiar with my situation and talked to me about 30 minutes on the phone. We made an appointment for a few weeks out, and off to Nashville I went.

At that time, I weighed about 200 pounds and was terribly out of shape due to inactivity and a poor diet for two years. During this same time period, I had contacted Alex at Resolute Running, told him my whole story and asked if anyone was willing to take me on and train me. A few days later, I received an email from Ann Stalvey, who said that if I was willing to try, so was she. At that time, I didn't have any kind of prosthetic, so I would go meet with Ann and we would just work on the floor. She told me up front that if I didn't have a core like a piece of steel, I would stay injured constantly.

After the initial consult with Aaron, he said he was going to make me a leg that day, that I was going to leave there walking on a new leg. He also told me my insurance was not going to pay for it, but not to worry about it, he had it covered. As I was leaving his office, he held up a running blade and said, "I'm going to make you one of these and have it ready the next time you come up." True to his word, the following month, I went to Nashville and got my first running blade. All this time I was working with Ann every week, but I don't think either one of us knew what to expect. It was a learning curve for both of us. The first time I ran across the floor, Ann said "Oh, we are so gonna run a 5K".

Those were the most encouraging words I had heard in a long time. For a running coach to look at me and say "it's gonna happen," gave me great hope. The first workout I ever tried was

#WHYIRUN

Greg McMullin

running 45 seconds and walking 15. I had plenty of lung capacity, but it destroyed my good leg. I didn't realize the extra strain I was asking my good leg to do. I was so sore, I had to take a month off to recover. But, we had a starting place, and Ann made my first schedule. I remember being so disappointed because it called for just 15 seconds of running and 45 seconds of walking for 10 total minutes. It was so hard to go from being a 15-mile runner to a 15-second runner. But, true to the philosophy at Resolute, we train slow to run fast. So, Ann picked out the Rumpshaker 5k as my first race. We had three months to prepare.

Ann made my schedules for three months, a run/walk program that very slowly progressed to more running and less walking. I also adhered to a strict nutrition plan. Leading up to the Rumpshaker, I had done three miles, but I still was not running the entire time. Ann was confident I could do it, and she ran it with me. Both of my children ran with me also. I had a goal to not walk and to finish under 35 minutes. I came in at 32:30. I was so happy with that result, but as I tell Ann frequently, not satisfied. I wanted to be competitive again in my age group. That is still my goal today -- to finish in the top three of my age group. Through Ann's run training and strength building programs, my last 5K a few weeks ago was at a 8:16 pace. I can't believe I'm within three minutes of my 5K time from five years ago, when I had two legs.



My goal at this year's Rumpshaker is to run a sub-8 minute pace. Long term, I hope to actually beat my 5K pre-amputation PR. I have an opportunity that most people don't have. I have a whole new set of PR's to work on -- it's a new game, a total do over. And, I'm so thankful for that. Looking back, this is one of the best things that has ever happened to me. I have had the opportunity to get involved in so many people's lives across the country. My

“

It all comes back to one question: Are you going to be dedicated? If you are going to be dedicated to excellence in your running life, it's going to carry over into everything you do.

”

doctor, Aaron, has been an unbelievable blessing to me. He has since made me at least six new legs, both walking legs and running blades. He has involved me greatly with amputee blade runners. Every time something new comes out, he calls on me to test it and give feedback to the manufacturer. I have things that are just in the prototype phase and are not yet available to the public.

I am currently looking to get a level 1 RRCA coaching certificate just to work with other amputees. I have amputees ask me all the time to help them start a running program, and I feel I should have some form of official instruction in order to do that.

Running to me is just a time to get away from everything. I never carry my phone and never listen to music. It's my quiet time to get alone with myself and God to reflect on what's really important in life. And, no matter what my age or my condition, I think, as must runners do, I want to see how far I can push myself, can I go longer, can I go faster, can I get my form, cadence and stride length perfected for me? It all comes back to one question: Are you going to be dedicated? If you are going to be dedicated to excellence in your running life, it's going to carry over into everything you do.

Greg lives in Birmingham with his wife, Denise, and children, Bryant and Krista. He owns and operates a stump removal business. Greg's current goal is to qualify for the Boston Marathon under the disabled athletes division before September of 2019. Most recently, he ran the Life Without Limits half marathon in Florence with his daughter.

1200 MILE CLUB

Cumulative miles submitted through November 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	806
Anderson, Kerri	2	1,049
Armstrong, Thomas	3	790
Arnold, Brad	1	267
Baggett, Christopher	1	1,484
Barnes, Jimmie	4	1,207
Bartee, Samm	2	1,087
Barton, Dawn	R	311
Beasley, Cathy	2	1,330
Belcher, Michelle	6	1,205
Benner, Kim	6	1,344
Benson, Wayne	4	1,125
Bibb, Angelean	R	1,022
Bircheat, Aliza	R	0
Bircheat, Clint	R	0
Black, Dylan	1	0
Boackle, Larry	2	1,646
Boackle, Tomie Ann	1	1,007
Boger, Joe T	1	732
Bonatz, Ekkehard	10	1,659
Booher, Lisa	7	1,412
Boswell, Ryan	1	168
Bowman, Bill	R	821
Bowman, Brian	R	0
Bowman, Leisha	R	0
Bradley, Amanda	1	1,901
Bradley, Lee	1	0
Brakhage, Victoria	2	1,328
Bridwell, Hunter	R	1,195
Brown, Charlie	6	1,159
Brown, Michael	4	536
Bryant, David	5	1,240

Participant	Years	Total
Burks, Ross	1	1,140
Burton, Kelsey	R	968
Caine, Lawrence	1	873
Callahan, Ali	R	426
Callahan, Chris	1	1,032
Callahan, Noah	R	408
Callahan, Rachel	3	972
Camp, Melinda	R	865
Carey, Christopher	5	1,771
Carlton, Bob	3	1,060
Carter, Adrienne	1	914
Cawley, Jennifer	R	140
Chambers, Gay	1	15
Chandler, Teresa	9	1,221
Childers, Kristi	R	326
Childers, Melissa	R	247
Christian, Alan	R	0
Clay, Brad	11	2,274
Clayton, Yocunda	3	0
Cleveland, Jeff	2	1,374
Clevenger, Caitlin	R	463
Cliett, Stephanie	4	1,533
Clowers, Addison	4	1,695
Coffin, Hannah	1	2,306
Coleman, Tim	1	1,497
Collins, Helen	1	956
Corrin, LaRonda	R	493
Corrin, Roger	2	702
Craig, Mary	1	149
Crain, Teresa	2	0
Cramer, Robyn	R	464
Cramer, Steve	R	357
Crawford, Allen	2	1,112

Participant	Years	Total
Crawford, Kimberly	1	120
Creel, Mary	1	1,286
Criswell, Katie	1	1,222
Criswell, Mark	R	40
Croker, Jennifer	R	1,178
Crowson, Bill	2	1,122
Crumpton, Melinda	R	0
Cutshall, Hannah	1	317
Davidson, Dow	1	1,496
Dawson, Ashley	4	1,484
Dease, Joseph	2	1,153
Dease, Katherine	3	272
Dell'Italia, Pat	2	907
Denton, Matt	6	1,774
Dixon, Jonathan	R	1,054
Dorman, Evan	R	817
Dowling, April	1	923
Duke, Cindy	2	1,143
Dunn, Jennifer	R	940
Dunnaway, Roberta	2	489
Easterling, Natalie	2	0
Edgerton, Amy	R	791
Elkins, Sydney	R	1,009
English, Timothy	1	1,250
Evans, Debbie	4	1,084
Farrior, Sonya	R	848
Feller, Beth	2	925
Ferlitto, Cindy	R	1,129
Fonteneau, Kira	R	0
Fontenot, Misty	1	1,103
Fountain, Raley	R	1,144
Fraka, Leann	R	81
Franklin, Rebecca	R	169

1200 MILE CLUB

Participant	Years	Total
Franklin, Shane	6	1,034
Frederick, Winston	10	1,509
Freeman, Sheila	1	1,000
Fuller, Lisa	R	250
Funk, Robert	R	0
Gann, Michael	7	1,991
Gibson, Katie	R	1,184
Goode, Johnny	9	1,672
Goss, Ange	R	1,144
Grady, Carla	R	500
Graham, Jonathan	R	719
Grainger, Matt	R	0
Grammas, Marianthe	2	2,489
Gray, Caleb	R	607
Grossmann, Christopher	6	1,146
Haley, Jay	3	1,319
Hall, Thomas	1	34
Haralson, Danny	9	1,103
Haralson, Micki	10	820
Hargrave, Alan	11	1,293
Harrelson, Heather	4	1,086
Harris Bowser, Javacia	R	94
Harris, Ashley	R	1,010
Harris, Robert	R	706
Harris, Skip	1	150
Harris, Vickie	2	191
Harrison, Lisa	7	1,269
Harry, April	1	851
Havicus, Cari	1	96
Hayden, Brittany	2	2,210
Haynes, Melanie	R	753
Heaton, Bryan	4	2,444
Henley, Monica	4	1,080
Henninger, Alison	3	1,105
Hill, Susan	4	933
Hogeland, Angie	1	1,107
Hogue, Kari	R	0
Holcomb, Zachary	R	1,193
Holland, Skylar	1	1,284

Participant	Years	Total
Holmes, Chris	1	0
Hopper, Whitley	R	954
Hoskins, Angela	R	10
Hoskins, Creig	R	0
House, Beth	5	722
Hubbard, Stephanie	R	0
Hunter, Bob	1	593
Ingram, Joseph	5	1,029
Izard, Georgia	2	1,028
Izard, Melody	3	878
Jenkins, Kaki	5	1,447
Johnson, Kawitta	R	980
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	4	1,272
Kendrick, Tom	R	272
Kirchmer, Shannon	1	1,188
Knight, Diane	2	709
Kuhn, Jimmy	11	1,579
Kulp, Loren	3	2,083
Lahti, Tyler	2	1,211
Laird, Audrey	4	1,329
Langston, Aaron	3	1,187
Langston, Richard	5	1,041
LeCroy, Sarah	1	794
Lee, Brian	R	715
Lee, Koren	1	358
Leopard, Don	1	0
Loo, Judy	2	0
Ludt, Chas	R	151
Lyle, Randy	10	2,078
Madison, James	1	0

Participant	Years	Total
Malick, David	4	1,088
Mandy, Madeline	1	429
Martin, Lee	R	0
Mason, Will	R	324
Massey, Chris	1	696
Massey, David	R	186
Mathews, Skip	R	659
McNair, Kelly	4	743
McVey, Simon	3	690
Merry, Vicki Sue	6	1,823
Mickens, Cassandra	2	683
Miller, Stephen	R	954
Miyasaki, Nathan	3	2,801
Morgan, Cary	8	2,762
Morgan, Danielle	5	0
Morgan, Phillip	7	0
Morris, Justin	4	1,168
Morris, Phil	R	0
Morrow, Abigail	R	0
Morrow, Alex	7	0
Mount, Brian	1	1,123
Murchison, Reginald	5	1,981
Nagy, Lisa	1	337
Northern, Kristie	9	1,341
Oehrlein, Kimberly	R	366
Oliver, Greg	5	1,624
Oliver, John	3	1,116
Padgitt, Scott	1	1,087
Parks, Charlie	5	2,632
Pate, Lisa-Marie	1	0
Payson, Tabitha	R	507
Payson, Tommy	2	1,007
Peagler, Shana	6	1,013
Peagler, Zach	1	505
Pearce, Julie	5	328
Pearson, Blake	4	0
Pearson, Mary Scott	3	0
Pegouske, Christian	R	186
Pegouske, Jeremy	R	971

1200 MILE CLUB

Participant	Years	Total
Pegouske, Madison	R	429
Pegouske, Stacie	R	1,036
Penko, Zoe	R	0
Penley, Steve	1	101
Peters, Scott	2	143
Plante, David	6	1,264
Poole, Greg	1	435
Portwood, Paul	2	527
Pruett, Jay	1	1,344
Ralph, Meghan	4	1,268
Randall, Lisa	6	0
Rawson, Brent	R	1,155
Redden, David	R	1,113
Renn, Deanna	2	1,183
Reynolds, Dewelena	R	351
Richardson, William	3	1,038
Richey, Lori Beth	1	1,301
Ritchie, Joseph	1	1,470
Roberie, Josh	R	205
Roberson, Kevin	3	1,071
Roberts, Fletcher	3	555
Rodgers, Jeffrey	R	1,050
Rodgers, Jessica A.	R	218
Rodgers, Jessica W.	R	0
Ronson, Catherine	R	0
Roper, Lynn	1	1,117
Rose, Billy	4	1,717
Rosser, Joey	1	1,031
Rowell, Taylor	R	1,171
Rutherford, Keith	10	1,034
Rutledge, Lisa	2	1,172
Ryan, Meaghan	3	1,363
Schonhoff, Aubrey	R	923
Secor, Debi	2	578
Self, Travis	1	128
Serio, Joseph	R	138
Shaffield, Danny	5	1,685
Sheppard, Gretchen	3	1,050
Sherer, Jeremy	1	1,168

Participant	Years	Total
Sherrell, Jeff	R	660
Shinn, Ronald	6	557
Shoaf, James	1	1,440
Sides, Dean	3	824
Silwal, Suman	7	0
Simpkins, Randall	R	1,141
Simpson, Kevin	5	2,887
Sims, Cecelia	1	777
Sims, Robert	5	1,244
Sloane, Mike	2	990
Smith, Jerry P.	10	1,045
Smith, Justin	R	305
Snow, Sheri	3	1,406
Soileau, Chester	R	1,178
Stevens, Johnathon	2	2,452
Stewart, Zeb	R	1,001
Stockton, Rick	11	1,253
Sweatt, Jason	R	404
Swiney, Elana	R	147
Talley, Beau	6	1,406
Talley, Shellie	1	1,170
Targe, Mark	R	35
Thomas, Eric	5	2,037
Thompson, Sara	R	1,151
Thornton, Dean	5	1,022
Townes, Janelle	R	1,046
Trimble, Jamie	4	1,392
Tyler, Kim	R	360
Vaden, Christopher	R	808
Varnes, Vickie	5	1,387
Vlach, Jiri	R	547
Waid, Jr, David	1	1,666
Walker-Journey, Jennifer	3	115
Walker, Caroline	1	233
Wall, Ron	4	977
Walley, Ryan	R	290
Watkins, Janet	1	1,141
Watson, Thomas	1	338
Watters, Ana	R	344

Participant	Years	Total
Watters, Robert	4	1,355
Weber, Amy	1	1,018
Weber, Lauren	1	0
Weeks, Lance	1	1,059
Wells, Bradley	2	746
Wende, Adam	4	1,779
Wentz, Dan	R	0
White, Dennis	R	4
White, Robin	R	0
Whitt, Trey	6	1,362
Wilhite, Thomas	3	1,200
Williamson, Chad	4	1,252
Windle, Dale	3	996
Wiseman, Steve	4	1,228
Wood, Scott	3	1,321
Woody, Bill	10	1,260
Wright, Amy	2	689
Wu, Xing	9	1,561
York, Gary	5	1,959
Zeanah, Cary	R	311

SHOW US YOUR BTC GEAR



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



FEETS OF STRENGTH



We are thrilled for **Ryan Graham**, who ran her first marathon at the Indianapolis Monumental Marathon on November 3. And, Ryan was joined by her husband, **Jon**, who also ran a PR and broke the 3:00 barrier – way to go, Grahams!

The Indianapolis Monumental Marathon also provided a great PR for BTC Membership Chair **Vicky Brakhage**, who set a nine minute PR. That's awesome, Vicky!

Congratulations to **Lisa Booher**, who completed another 100 mile race at the Pinhoti 100 on November 3-4, setting a new PR in the process! Way to earn that belt buckle, Lisa!

Chris Carey came away with a first place AG award in the Battleship 12K on November 11 in Mobile. Way to go, Chris!

Big congrats also are in order for BTC President **Scott Wood** who tackled the NYC Marathon and came away with a nice PR – way to go, Scott! Longtime BTC member **Ronnie Blakney** also completed the NYC Marathon, checking a bucket list item off the list. Congratulations, Ronnie!

Helen Pritchard was thrilled to log a 4 minute PR at the Magic City Half Marathon on November 19 – way to go, Helen!

Also on November 19, BTC member **Brian Mount** completed his 100th (!) half marathon at the City of Champions Half Marathon, becoming a member of the 100 marathons and 100 half marathons club. That's amazing, Brian!

Completed a new race distance or logged a new PR? [Let us know](#) about your running accomplishments – the BTC wants to celebrate YOUR “feets” of strength!



Ryan and Jon Graham



Lisa Booher and her children at the Pinhoti finish line.



Vicky Brakhage



Chris Carey



Scott Wood



Ronnie Blakney



Helen Pritchard



Brian Mount

BTC EXECUTIVE BOARD MEETING

The BTC Executive Board did not meet in November. The next meeting will be held on Monday, December 10, 2018 at 6:00 p.m. at the Vestavia Hills Library.

BTC Membership application



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

First Name:

Last Name:

Street:

City:

State:

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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:

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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
BTC Saturday Long Run Group	December 8, 2018	6:00 a.m.
BTC Saturday Moderate Run Group	December 8, 2018	6:30 a.m.
Candyland Christmas Half Marathon and 5K (Andalusia)	December 8, 2018	7:30 a.m.
BUTS Bearly Ultra and Half	December 8, 2018	8:00 a.m.
Jingle Bell Run 5K	December 8, 2018	9:00 a.m.
First Watch Locomotive Half Marathon and 5K (Kennesaw, GA) * BTC DISCOUNT *	December 9, 2018	7:30 a.m.
BTC Executive Board Meeting	December 10, 2018	6:00 p.m.
BTC Saturday Long Run Group	December 15, 2018	6:00 a.m.
BTC Saturday Moderate Run Group	December 15, 2018	6:30 a.m.
Run Talladega 13.1	December 15, 2018	7:30 a.m.
Meadow Brook Runs * BTC DISCOUNT *	December 15, 2018	9:00 a.m.
REYndeer of Hope 5K Run	December 16, 2018	2:00 p.m.
BTC Saturday Long Run Group	December 22, 2018	6:00 a.m.
BTC Saturday Moderate Run Group	December 22, 2018	6:30 a.m.
Reindeer Dash 5K and 1 Mile Fun Run	December 22, 2018	7:30 a.m.
Santa Shuffle (The Trak Shak Homewood) * BTC Social *	December 24, 2018	8:00 a.m.
BTC Saturday Long Run Group	December 29, 2018	6:00 a.m.
BTC Saturday Moderate Run Group	December 29, 2018	6:30 a.m.
Resolution Run (Red Mountain Park)	December 29, 2018	8:00 a.m.
BTC Saturday Long Run Group	January 5, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	January 5, 2019	6:30 a.m.
BTC Annual Party @ SoHo Social	January 19, 2019	6:00 p.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.](#)