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THE VULCAN RUNNER

January 2019 1

MEB AND THE MAGIC CITY:

A HISTORY OF FRIENDSHIP

By Lauren Floyd

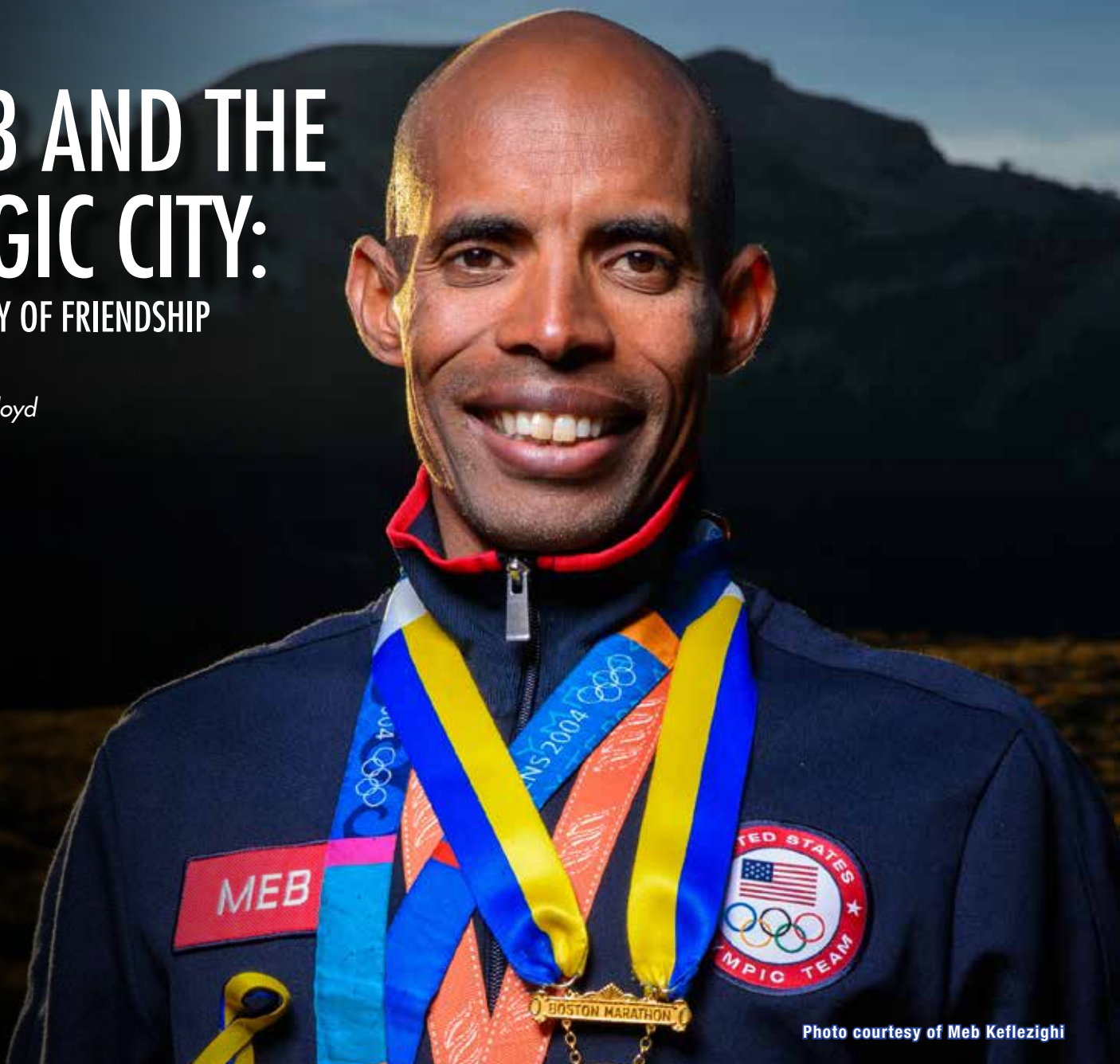


Photo courtesy of Meb Keflezighi

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MEB AND THE MAGIC CITY:

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By Lauren Floyd

Last 300 meters. Slight incline, left turn, run the tangent, hard right. Sprint to the finish in front of City Hall.

If you've run Mercedes or Vulcan in years past, you are all too familiar with this final race segment. If you've run in either of those races since 2004, you can say you've run in the footsteps of an Olympic marathon silver medalist and the champion of two World Major Marathons (New York City and Boston): Meb Keflezighi.

During Mercedes weekend on February 7, 2004, Keflezighi and Alan Culpepper sprinted to the finish in front of Birmingham City Hall to secure their spots on the American men's Olympic marathon team. Culpepper outkicked Meb by 5 seconds that day, but on August 29, Meb overcame a brutally hot day in Athens to place second and earn the first U.S. Olympic medal in the men's marathon in 28 years. Meb remains the first and only marathoner in history to medal in the Olympics and win the NYC and Boston titles. And on March 2, 2019, Meb will return to the Magic City once again to race in the Birmingham Wine 10K and participate in the post-race festivities.

When it comes to pro distance runners, you can't be much more decorated or beloved than Meb -- but his path to greatness has been anything but easy. As he recounts in his autobiography *Run to Overcome*, Meb and his family of 12 escaped a war-torn Eritrea and immigrated to San Diego in 1987 with not much more than the clothes they wore. His origin story is one of hope, the embodiment of many asylum seekers' American Dream. Combining his love for running with a commitment to academics, Meb built upon his humble beginnings and close family ties to become, on and off the track, one of the most admired runners in the business. His humility, grit, and resilience are universally acknowledged. Although he retired

from professional running in 2017, Meb continues to inspire as an author and motivational speaker representing his charity, The MEB Foundation, which promotes youth health, education, and fitness through "Maintaining Excellent Balance."

And yet there is something else that sets Meb apart. If you sit down and talk with people who have met him, the praise

is unanimous: he genuinely cares about each of the people he meets, whether it be at a race expo, a book signing, or a large group run. "I think a lot of people probably feel this way about him, but he's one of the nicest people I've ever met," says Erica Speegle, an Auburn XC and track alum, 2016 OTC (Olympic Time Qualifying) marathoner, and local running coach. "He's so encouraging, and he's always made a point to follow my big races and then to encourage, congratulate, or console afterward." Local runner Jack Burnette, one of Meb's closest Birmingham friends, agrees: "What you've heard about Meb's kindness and graciousness is absolutely true. He genuinely has a heart for people. He's good friends with elite runners all over the world, and I don't think he's got a single enemy. He's just a wonderful, wonderful man."

CONTINUED ON NEXT PAGE



Meb spending time with Jack's daughter Alison

photo courtesy of Jack Burnette.

* Annual Awards * Officer Elections
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MEB AND THE MAGIC CITY:

A HISTORY OF FRIENDSHIP



Meb gladly signed over 500 books at a book signing in Fairhope

photo courtesy of Jack Burnette.

Meb has visited Birmingham many times over the years, and each time he comes, he manages to forge authentic connections and make countless new friends. In fact, according to shoe guru and consummate storyteller Kirk Mueller, “everyone around town probably has a Meb story or two.” In November 2012, the Birmingham Track Club hosted a book signing and meet-and-greet for Meb as he promoted his book and the MEB Foundation. In between engagements, Meb squeezed in a few runs with local runners. “The advertised run was 10 miles at 7:30 pace, so I thought I

could hang,” explains Mueller. “The first mile was right on. But the second mile was a 6:32, and by the fourth mile we’d dropped to a 6:04. At this point, Meb was doing all the talking because Mueller was doing all the breathing,” he jokes. But before he had to drop back, Mueller recalls, Meb did something that made a distinct impression. “Meb remembered that I had a son [Samuel] who was running for Auburn at the time, and during the run he turned to me and said, ‘Tell your son that studies are Number One.’ I appreciated that; his attention to personal detail was incredible.” During another visit in July of 2014, on his way to run the AJC Peachtree Road Race, Meb dropped by for a casual group run downtown organized by Danny Haralson, head coach at Run University. The runners were thrilled that the freshly-crowned Boston Marathon champion was willing to run “recreational runner pace” miles with the group and take pictures with everyone afterward.

While many are familiar with his recent visits and his '04 Trials performance, Meb's ties to the Birmingham running community go back even further. “All elite runners are focused, but Meb was always hyper-focused compared to most,” remembers Birmingham run legend and Trak Shak co-founder Scott Strand, who first met Meb at the International Chiba Ekiden (marathon relay) in 1998. Meb ran the first leg of the relay and handed off to Strand, with Dan Browne and James Menon as third and fourth legs, respectively; the event's promo poster, signed by the entire team, remains on display at the Homewood Trak Shak. “Come to think of it, I think I actually beat Meb once at the 1999 cross-country trials in Tacoma. But he may have been hurt, or just had an off-day. I'd never have beaten him normally,” says Strand with a wry smile.



BTC Past-President Jennifer Andress and Cahaba Distance Project's Kile Putman join others for a photo with Meb in 2012

photo courtesy of Suman Silwal.



Meb takes pictures with a group of runners at the downtown event organized by Run University's Danny Haralson in July 2014

photo courtesy of Solomon Crenshaw, Jr.



Kirk Mueller, David Peacock, Meb, Erica Speegle, Michael “Q” Marquette in 2012

photo courtesy of Erica Speegle.

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The 2004 Olympic Trials/Mercedes Marathon promotional poster *courtesy of Scott Strand.*



The 2004 US Men's Olympic Trials marathon course *courtesy of Scott Strand.*

After winning the USA Men's 10K Championship and running the steeplechase in the Olympic Trials in 2000, Strand moved up to the marathon distance and ran an OTC (2:21:15) for his debut at the 2001 NYC Marathon. But Strand still wasn't satisfied with his training leading up to NYC. "You learn more about yourself and the distance after your very first marathon than all your other ones combined," says Strand. "After New York I was asking myself, 'how can I improve?'" So he reached out to Meb and invited him to lunch after they'd both run the 2002 Bix7 race in Davenport, Iowa. Their conversation that day turned out to be a pivotal one. Working off Meb's insights, Strand adjusted his long runs each week to incorporate more mileage at goal race pace. "I started doing 22 mile long runs with the middle 10-12 at goal race pace, and then I'd go out for 17 easy on Sundays. Because of that I felt so much better during the last 5K of the marathon," says Strand. He shaved nearly 5 minutes off his 2001 time to run a 2:16:52 at the 2003 USA Men's Championship race here in Birmingham.

During that time, Trak Shak's Valerie McLean Cuddy had been working closely with Strand and other community leaders to fundraise and make a bid to host the men's 2004 Olympic Trials marathon. When her tremendous efforts paid off, Strand remembers, Cuddy's next goal was to use the event and Mercedes Marathon weekend to both showcase the runners as well as highlight what the city had to offer to first-time visitors, "to show these guys coming from all over the country what true Southern hospitality looks like." While Cuddy attended to the structure of the runners' prize money and hospitality packages, Strand tackled the race route. After polling his competitors, Strand chose to design a fast course, rather than a

more scenic one: "Everyone wanted a course that would allow the Top 3 qualifiers to run under the A Standard," which was 2:15 that year. So he created a route that started at the Centerpoint YMCA and ran 9.5 miles (net downhill) into the city. After passing Sloss Furnace, they would turn right on 20th to begin a flat 5.4-mile loop, one they would complete three times before finishing at Linn Park.

February 7, 2004, turned out to be a cold and fast day for the field of 85. The Top 5 men all finished under 2:15; Strand placed 14th in 2:17:44, just 2 spots behind the race's early leader Brian Sell. And while Meb's finish behind Culpepper set him up beautifully for Athens, Strand says his feelings about the day are a little bittersweet. "It's a hard thing to reconcile. I have two or three things I'd have done differently leading into it," he admits. "For instance, I only took Thursday and Friday off, even though I was coming off a big PR at the Houston Half twenty days earlier. But while I wish I'd been able to run better on that day, I wouldn't



Meb Keflezighi and Alan Culpepper battling it out on the streets of Birmingham in 2004

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Meb breaks the tape at the 2014 Boston Marathon

trade my experience for anything. You wind up making friends with the people you compete against, and those relationships can last a lifetime. Running makes the world smaller."

It's apparent that the friendships Meb makes with people around the globe are the real deal. "When he makes a friendship, it's amazing to me how keeps that going. Several times a year, I'll get a random text from him, like to wish me a happy Father's Day," observes Burnette, who was introduced to him by BTC past-treasurer Randy Lyle. "For a guy who could be arrogant about his running, Meb's the least arrogant guy I know," says Lyle, who first met Meb at the 2010 Rock 'n' Roll Marathon/Half in Las Vegas. Lyle and fellow Birmingham runner-entrepreneur David Kahn recognized Meb in the crowd at the expo and introduced themselves. "As soon as we mentioned we were from Birmingham, Meb's face lit up," says Lyle. "He talked with us for at least 45 minutes, it was really cool. It was a chance meeting that turned into a friendship I would have never expected."

After meeting Meb's brother and agent, Merhawi, about a month after Vegas, their friendship deepened into one of mutual trust and support. During Meb's 2014 appearance at the USA Half- Marathon Championship held during the Houston Chevron marathon event, Lyle and Kahn had the distinct privilege of acting as Meb's event "handlers" when Merhawi was unable to stay in town for the race. "We were there mostly to help him stay on schedule for his race engagements, book signings, and meet-and-greets," explains Lyle. "We did the best we could to get him where he needed to be, but Meb is such a nice guy: even if he's running late for his next event, you practically have to force him to stop talking to people because he doesn't want to turn anyone away," Lyle laughs. All of those one-on-one interactions that weekend didn't blunt Meb's focus on race day: he ran away from the field and won the championships in 61:23. But then Meb was right back out on the course to see how Lyle and Kahn were doing. "Meb knew we had goals of our own for the race, so he got his assistant to

help him track our progress and let him know when we were close to the finish," says Lyle. "He even helped run us in!"

That's not the only time Meb has jumped in and run alongside "mere mortals." In the final chapter of *Run to Overcome*, as Meb recounts his 2014 Boston Marathon victory, he credits his ability to stay focused during the final mile of the race to a special moment he shared two years earlier with David Kahn. In 2012, Meb had served as grand marshal for the race (now known as "Hot Boston"), and he knew Kahn was close to reaching his goal to break six hours. So Meb met Kahn at the Citgo sign and, as he ran/walked his friend to the finish, he was able to study every turn and detail of that final segment. Thinking back on what he learned that day gave Meb the mental edge over his competition, and the rest is history. Randy Lyle relates that he, Kahn, and Meb like to joke about it: "Running a 12:30 mile prepped Meb for a Boston victory."

While race strategy certainly played a big part that day, Meb would probably be the first to say that his faith remains an even bigger component of his Boston win. Just the night before, his brother Merhawi texted Lyle and Jack Burnette to say that Meb wanted to see them. So Lyle, Burnette, and their wives headed up to Meb's hotel room to meet him and his wife Yordanos. "Yordanos is such a sweet lady, and her being there was an indicator of just how serious Meb was about the race," says Burnette. "After we introduced everyone, Meb showed us the shoes Skechers had made specifically for him. Then the six of us all held hands as I began a prayer. We prayed for the people of Boston, for hope and continued healing. We prayed for Meb. At the end I closed with,



Meb spends times with Jack Burnette, Randy Lyle, and their wives the night before his Boston win *photo courtesy of Randy Lyle and Jack Burnette.*

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'And God if it's your will, deliver Meb to victory. Amen.'" Then Meb did something that surprised everyone: he went to his hotel safe, retrieved his Olympic silver medal and NYC gold medal, and told Lyle and Burnette to wear them for their group picture. It was a special moment for everyone.

After Boston 2014, the prayer Burnette led the night before race day became a crucial part of Meb's pre-race ritual. "Meb's a little superstitious," say both Lyle and Burnette. "So the night before every NYC marathon 2014-17, Boston 2015-17, the 2016 Trials and the Rio Olympics, Merhawi and Meb were adamant that we all get on a conference call at exactly 8pm Eastern time, which was the same time we prayed together that night at Boston, and Jack would lead us in a group prayer," Lyle explains. The night before the marathon trials in Los Angeles, everyone was worried when Burnette was a few minutes late calling in, and Meb was getting anxious. Lyle laughs, "When Jack finally joined the call, we heard him yell to his CrossFit group, 'Hey everybody, y'all gotta be quiet for a minute! I gotta pray for Meb!' And suddenly there was silence

on the other end. That was pretty funny." When discussing those calls, Burnette simply says, "I consider it a huge privilege to call Meb a friend."

When Meb comes back to Birmingham in March, he'll be returning to a city with which he holds a special bond. "I look forward to visiting Birmingham, seeing old friends, and supporting youth sports safety through the work and mission of NCSS and running in the Birmingham Wine10k," says Meb, who will be leading a pace group during the race and presenting awards. And while he'll certainly be welcomed by all the friends he's made here over the years, you can be sure he'll be making plenty of new ones as well. I, for one, am looking forward to meeting him and having a "Meb story" of my own.



BIRMINGHAM WINE 10K

the magic city

The city was named for Birmingham, England, the center of that country's iron industry. The new Alabama steel city boomed so quickly that it came to be known as the "Magic City." This race is for you. Take a deep breath and experience the magic.

brought to you by



8:00AM
March 2, 2019
Patriot Park

wine10K.com

BTC
members receive
10%
off during registration

PRESIDENT'S ADDRESS

By Scott Wood



Hello, fellow BTC members and friends,

My simple mind can only think of one word to sum up 2018: "Awesome!" Thank you all for making it such a fun year, because at the end of the day, all we want to do is run a few miles, have some fun, and eat a donut, right? The donut was for me, but you get the point. We had such a great year, from the Annual Party in January, all the way to the Santa Shuffle on Christmas Eve with The Trak Shak. Thank you to the thousands of runners who ran our BTC Races, the hundreds of volunteers who worked our races or provided water and cups on hot and humid July Saturday morning long runs, and thank you to everyone who sacrificed in 2018 to make OUR club so great. I don't know of a better running club in the country.

Over the past year, I have strived to continue to improve our club however I possibly could, with our programs, socials, sponsorships, and races. I certainly could not do it alone -- one thing that definitely took me by surprise this year was how much work went on behind the scenes. However, I've never once had to do anything alone -- when you call on our board or a BTC committee for help, they are money! So many people have helped our club be successful in 2018, and I am forever indebted to them for their services. The countless hours of meetings, volunteering, and time away from family and jobs is a sacrifice that not many are willing to make, yet I never once had to ask these folks twice to help with any BTC event. Thank you all for serving the BTC and the Birmingham running community in 2018. And a special thank you to Trey Whitt (Treasurer) and Tabitha Payson (Merchandise Committee) who will be rotating off of the board. Both of them have done a great job serving the BTC.

2018 Board

- Vice President – Hunter Bridwell
- Treasurer – Trey Whitt
- Secretary – Julie Pearce
- Past President – Monica Henley

2018 Race Directors

- Adam's Heart Race Director – Lisa Booher
- Statue 2 Statue Race Director – Judy Loo
- Peavine Falls – Alex Morrow
- Vulcan Run Consultant – Allison Stone

2018 Committees

- 1200 Mile Club – Addison Clowers
- Finish Line Coordinators – Keith Henley & Jamie Trimble
- IT Chair – Alan Hargrave
- Japan Exchange Program – Tommy & Tabitha Payson
- Long Run Coordinator – Alex Morrow
- Membership – Vicky Brakhage
- Merchandise – Tabitha Payson
- Moderate Run Coordinator – LaRonda Corrin
- Newsletter Editor – Julie Pearce
- Social Chair – Stephanie Drew
- Social Media – Jennifer Andress
- USATF Representative – Charles Thompson
- Volunteer Coordinator – Kim Benner
- Webmaster – Dean Thornton

In the way of announcements, we have two fun things to cover, and they are just one week apart. First, please join us on January 19 at SoHo Social for our BTC Annual Party – it is sure to be an amazing time! It is at this party that we recognize 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. We also will be awarding the coveted 1200 Mile Club jackets to those BTC members who have achieved this milestone for the first time in 2018. In addition to the fun and awards, the BTC will elect officers to lead our club for 2019. The BTC will put forth a slate of officers recommended by our Nominating Committee and approved by the BTC Board of Directors, but all nominations are welcome and will be received from the floor the night of the event. Break out your dancing shoes, it's going to be a great night!

Lastly, I want to say thank you to TherapySouth for being such a great sponsor to our club in 2018. They must not be tired of us; they will once again be a sponsor for our club in 2019! Thank you, TherapySouth!

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

Scott Wood
BTC President

2019 Officers



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Trey Whitt

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Vice-President

Hunter Bridwell

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Adam's Heart Run
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Vulcan Run

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Judy Loo	statue2statue@birminghamtrackclub.com
Alex Morrow	peavinefalls@birminghamtrackclub.com
Scott Wood	vulcan@birminghamtrackclub.com
Allison Stone	Vulcan Run Race Consultant

BTC Mission Statement

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

Contact BTC at:

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

Race Results

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

birminghamtrackclub.com
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ADAM'S HEART RUNS 101



THIS IS THE 42ND YEAR OF AHR!

- Originally held in February to support American Heart Month.
- Now held in January to help runners better prep for the ultimate heart workout – Mercedes Marathon.
- Was first named Birmingham Heart Runs.
- Changed the name to honor Adam Robertson, who directed the race with his wife Ginny Roberston for many years.
- Although held at Oak Mountain, the park with the most trails in our community, these courses are 100% on the road.
- The course travels over rolling hills surround by towering oaks and pines.
- Race registration is now exclusively online (environmentally friendly!) and open until race start (no shutting down days before the race!)
- BTC members get a club discount.
- Runners get a super soft, long-sleeve t-shirt with their registration.
- Trak Shak gift cards for the top three men and women in each distance.
- There will be a face painter and balloon animals on race morning, so bring your people to hang out while you run.
- After the race, you can hike the beautiful Peavine Falls with your family.

NEW CONTEST FOR THIS YEAR ONLY:

*bring or wear your oldest dated
AHR shirt to the post-race party.
Modeling your shirt encouraged
but optional. Catwalk provided.
Oldest shirt wins an awesome
prize basket!*

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

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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



RUNNING IN THE RAIN

By Dean Thornton

Running in the Rain

(with apologies to performer, Gene Kelly, and songwriters, Arthur Freed and Nacio Herb Brown)

*I'm runnin' in the rain
Just runnin' in the rain
What a glorious feeling
I'm happy again*

*I'm laughin' at clouds
So dark up above
The sun's in my heart
And I'm ready for love*

*Let the stormy clouds chase
Everyone from the place
Come on with the rain
I've a smile on my face*

*I'll walk down the lane
With a happy refrain
Just runnin'
Runnin' in the rain*

*Dancin' in the rain
Da da da da da da
I'm happy again*

*I'm runnin' and dancin' in the rain
I'm dancin' and runnin' in the rain*

I recently had the opportunity to run the BUTS Bearly Ultra Half trail race (13.5 miles) at Red Mountain State Park. Even more adventurous runners tackled the full 27 mile Bearly Ultra. Let me begin by saying that there were no personal bests or course records set on that day. Conditions were dreary at best with temperatures in the low to mid 40s and a steady, drizzling rain resulting in a slippery, muddy course. Runners across Alabama faced similar conditions at other races such as the Rocket City Marathon in Huntsville. On long runs, local runners still tell stories of the cold and rainy 2018 Boston Marathon and the cold and windy 2014 New York Marathon.

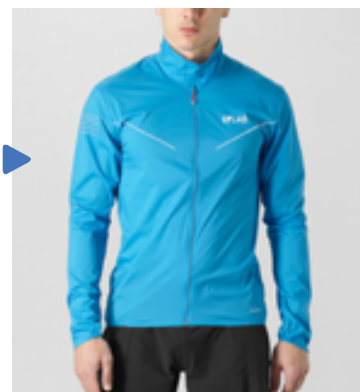
Fortunately, I had paid attention to the forecast several days in advance, so there was ample time to prepare for the conditions. There's an old Scandinavian expression: "There's no such thing as bad weather, only bad clothes." I've run in a torrential downpour in the Alabama summer and on one of the coldest days in recent Birmingham history (8 balmy degrees). I've learned a few things about running in bad weather (oops!) along the way. My wife and I have taught our children that one of the best ways to learn is from your mistakes. But, in our opinion, the very best way to learn is from the mistakes of others! So, learn from the mistakes that I've made along the way and you, too, can be runnin' and dancin' in the rain.

The first rule of running in the rain: Don't Overdress!

A completely waterproof outfit will accomplish 2 things: keep the rain out and hold the sweat in. Being drenched in sweat is no different than being drenched by rain. Instead, look for water resistant, moisture wicking clothing that can breathe.

Here are some of the clothing items that have worked for me:

- **Moisture wicking hat.** A hat with a brim will keep the rain out of your eyes. If you think your head will get cold, wear a thin stocking cap or ear warmers under a hat with a brim.
- **Light, water-resistant jacket.** Wear layers on top that are appropriate for the temperature (don't overdress!). A light, water-resistant jacket will repel water without causing you to overheat. One of my favorites is the Salomon S/LAB LIGHT JACKET.
- **Water-resistant gloves.** The same principle above holds for your hands. If it is cold enough to need gloves, then lighter, water-resistant gloves (such as some ski gloves) will keep your hands dry without overheating (which means sweat, which means "wet").
- **Moisture wicking tops and bottoms.** Getting moisture away from your skin is the name of the game. Most modern athletic wear is now made with moisture wicking materials. Less moisture means less friction, which means less chafing. Cotton is extremely good at trapping and retaining moisture, which increases friction and, therefore, chafing. Avoid cotton if at all possible! If you prefer a natural fiber, wool (especially Merino wool) has inherent wicking properties.



CONTINUED ON NEXT PAGE

RUNNING IN THE RAIN

- **Tight-fitting clothing.** Tight-fitting clothing such as compression shorts or tights can help reduce the likelihood of chafing by decreasing friction.

- I once decided to go running on the beach in my wet, baggy, board-short style bathing suit. After about a mile, I noticed the beginning of what turned out to be significant chafing (I leave the rest to your imagination). Such lessons need only to be learned once.

- **Calf sleeves.** If you're not into wearing tights (like me), compression calf sleeves can provide extra warmth for your legs without the risk of friction.

- **Moisture wicking socks.** Runners must care for their feet with extra attention. What begins as a slight twinge can quickly become a debilitating blister. Choosing the correct socks is important (in addition to any bandages or ointments/balms as described below). Moisture wicking materials for socks are important for the same reasons as noted above. Do not wear cotton socks! That bears repeating: Do. Not. Wear. Cotton. Socks. In addition, runners who are prone to blisters may benefit from toe socks such as those made by Injinji. Toe socks eliminate skin-to-skin friction between the toes to help prevent blisters.



- **Shoes with good tread.** Running in the rain means that not only will your clothes will be wet but also the surface on which you are running. Road runners should have enough remaining tread on their shoes to help insure good footing. Old shoes will worn treads will increase the chance of a slip and fall. Trail runners should choose shoes with a little extra tread especially if the course may be muddy or the rocks slippery. If you are looking to stay as dry as possible, falling into a pool of water or a puddle of mud is not the way to go about it.

Selecting the proper clothes can only help you so much. If you run long enough in the rain, your clothes will eventually become completely soaked. It's a simple fact that wet clothes cause more chafing. So, take care of those places on your body that are prone to friction and chafing. These places include (but are not limited to):

- **Waist to upper thigh** (trying to avoid using terms like "crotch" and "groin")
- **Nipples**
- **Chest and shoulders**
- **Feet and toes**

Here are some of the products that have worked for me.

- Adhesive bandages (such as Band-Aids). I've tried NipGuards, but nothing works better for me (a guy) than simple "spot" bandages to prevent nipple chafing. Regular adhesive bandages will work if that's all you have on hand.
- Ointment and balm. Any area subject to friction, either skin-to-skin or skin-to-clothing, should be protected. Take care to cover the sensitive areas from the waist to upper-thigh with a water-resistant, lubricating ointment or balm.
- Ointment: I recommend Skin Sake to cover larger areas that need protection. It's basically adult diaper cream. Apply liberally as needed.
- If you suspect or know for certain that your feet will get wet, covering them in a coat of ointment will help prevent blisters and the dreaded "pruney" toes.
- Petroleum jelly (Vaseline) will also work but can be harder to get out of clothing
- Balm: I also recommend BodyGlide for smaller areas that need extra lubrication. It comes in a deodorant-like container that keeps your hands clean.
- These products and others like them are available at The Trak Shak or other sporting goods stores.



Ultimately, you will have to determine for yourself what works best for you. Don't skip those training runs when it is raining. Instead, use shorter training runs to try out different pieces of gear and clothing. Experiment with various balms and bandages until you find just the right combination that prevents chafing. With a little planning and forethought, even a cold run on a rainy day can be an enjoyable experience, which can put the sun in your heart and a smile on your face.

About the author:

A solid middle-of-the-pack runner, Dean is equally at home on the roads or trails. While he does enjoy running in the rain, he is also a self-described "weather wimp" who heads for cover at the first clap of thunder.



BIRMINGHAM TRACK CLUB PRESENTS



ADAM'S HEART RUNS

5K/10K/10 MILE

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JAN**



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YOUR MILEAGE AND YOUR FERTILITY

By Dr. Beth A Malizia, MD

As a Fertility Specialist, women ask me daily about their exercise routine and their fertility. Many women and men are aware of their desire for children now or in the future but many don't know the specifics of how their lifestyle affects their chances for conception.

There are many "numbers" we discuss that have impacts on fertility. Age, egg numbers, sperm counts, etc. - but one that we don't discuss frequently is mileage. What is your weekly mileage and how does this affect your ability to conceive now or in the future?

The first and easy answer to this question is that exercise is good. Thankfully, gone are the days when we told women to stop exercising (or carrying groceries) when they were trying to conceive or were pregnant. There is well established data that exercise can not only improve your overall health but your ability to conceive and carry a healthy pregnancy. Exercise lowers the risk of diabetes or high blood pressure in pregnancy and can lower your chances of needing a cesarean section.

The harder answer to this question is what accounts for an "ok" amount of exercise? How many miles per week are too much? Is this the same for women and for men?

“

For women, the answer to how many miles is too much? is twofold – 1) it depends on your age and 2) it depends on your menstrual cycles.

”

Age and its affects on fertility are well known. Women are born with all the eggs they ever have and slowly decline in fertility from their mid-20s. Women under the age of 35 with regular menstrual cycles should feel comfortable trying to conceive for up to a year. Women 35 to 40 can try for 6 months and women over 40 can try for 3 months before seeking the help of a Fertility Specialist. It is normal for it to take more than one try to become pregnant; however, there is no time that is "too early" to seek out an evaluation and discussion with your doctor about fertility.

Your menstrual cycles account for the other half of the answer. We know that running (like any exercise) can affect your body's ability to cycle regularly. A normal menstrual cycle is 25-32 days from the start of one cycle to the start of the next cycle. What is interesting is that there is no "set point" of miles per week that make a woman have irregular cycles or stop having periods altogether. For some women it may be 25 miles, for others 50, and there are some ultra-marathoners who can still cycle regularly. If you do not have regular cycles (runner or not) and are trying to conceive, seek out the help of your primary Obgyn or see a Fertility Specialist.

Another important piece of the puzzle is calorie consumption. Many runners are told by their doctors to "stop running and gain 5 pounds." This is a frustrating recommendation for many women who run not just for the physical health benefits but the psychological ones as well – and "stop running" is just not an ideal option. For women who run, it is important to consume enough calories to maintain not just their health but also a healthy pregnancy. We know that underweight women (BMI under 19) have increased infertility and more risks in pregnancy. If you are at the lower end of the BMI spectrum (even a BMI in the low 20s) you may find that increasing your calories and gaining even just a few pounds can make the difference in regulating your menstrual cycles. And often this can be done without changing your running mileage.

For men the answer to how many miles is too much? is more difficult to ascertain. The data on male runners and their fertility is way more limited, although there do appear to be correlations with physical activities that increase the heat of the testicle and fertility. For those who are tri-athletes, there is data that tight shorts and bicycle seats for extended periods of time are not ideal for the testicular environment. That doesn't mean that you should stop running or biking but if you and your partner have been trying for pregnancy without success, then seeing a specialist for a semen analysis is the next step.

Luckily, there is an increased focus on exercise and health, and the data on exercise and fertility continue to be reassuring. However, it is always recommended to seek out the help of a Fertility Specialist if you have any questions or concerns about your mileage and your fertility.

About the Author:

Beth A. Malizia, MD is a Fertility Specialist at Alabama Fertility in Birmingham. She lives on the Track Shack Wednesday night route in Homewood with her husband, four children and black lab.

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Wayne Benson

Ronnie Blakney

Joe T. Boger

Jennifer Burton

Adrienne Carter

Hernando Carter

Chris Colpack

Stephanie Drew

Debbie Evans

Jennifer Gremmels

Jenny Grice

Robin Griffin

Rachel Harley

James Jackson

Melanie Jackson

Desirae Janowiak

Donna Janowiak

Hudson Janowiak

Ken Janowiak

Michael Janowiak

Porter Janowiak

Stephanie Kalb

Rachel Lomax

Sarah-Sims McGrath

Pamela Miller

Reginald Murchison

The Mighty Nerdnof

Scott Padgitt

Ryan Patillo

David Redden

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.

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!

BIRMINGHAM TRACK CLUB BENEFITS OF MEMBERSHIP

By Vicky Brakhage, BTC Membership Chair

With a new year comes new goals: run your first marathon, ultra, half or even a 5K. Maybe you are just hoping to PR in your favorite distance. We hope the Birmingham Track Club can help you reach your goals in 2019.

Our Saturday morning long and moderate distance runs are a great starting point for your training plan. We typically meet in Homewood in front of the Trak Shak every Saturday. The long run starts at 6:00, and the moderate run starts at 6:30. Routes and water stops are posted every week and typically range from 8-20 miles for the long run and 3-7 miles for the moderate distance. Make sure to join our Facebook groups: BTC-Saturday Morning Long Run and BTC-Saturday Morning Moderate Distance Run for information on the distances and routes with turn-by-turn directions.

When it comes to picking your goal races, don't forget that your BTC membership includes discounts to numerous local races. If you are trying to decide on the next race to add to your calendar, check out these upcoming races that offer great discounts to BTC members:

- Adam's Heart Runs 5K, 10K and 10 miler
- The Birmingham Wine 10K
- Village 2 Village 10K
- Statue 2 Statue 15K
- BHM 26.2 Marathon, Half-Marathon and 5K
- Peavine Falls Run
- The Vulcan 10K

Of course, all BTC members get a huge discount if they register for the BTC race series (Adam's Heart Runs, Statue 2 Statue, Peavine Falls Run and The Vulcan 10K) - four great races for one low price. Make sure to check out the "Members Only" link on the Birmingham Track Club's page through RunSignUp or the Event Calendar at birminghamtrackclub.com for a list of other races that offer discounts.

Make sure to keep track of all of those miles you log in 2019. As a Birmingham Track Club member, you have the exclusive opportunity to earn your place in the 1200 Mile Club. Starting in January, you will be able to register for the 1200 Mile Club through RunSignUp. Just log your miles and report them through a link you will receive via email every month once you are registered. If you complete at least 1200 miles in 2019, you will earn the coveted 1200 Mile Club jacket and the bragging rights that come with it.

Finally, you will need the proper gear to run your best in 2019. Several local business offer great discounts to BTC members. When it is time for new shoes, socks or clothes, visit The Trak Shak, Fleet Feet Sports, New Balance Birmingham or Alabama Outdoors and make sure to tell them that you are a BTC Member.

To register for the Birmingham Track Club or to renew your membership, visit <http://www.birminghamtrackclub.com/join-btc-now.php>. We offer membership discounts for students, active duty military, law enforcement officers, fire fighters and paramedics. If you have questions about becoming a BTC member, please feel free to send us an email at membership@birminghamtrackclub.com.

We look forward to running with you in 2019!

Need to Print Your BTC Membership Card?



It's easy!

1. Login to RunSignUp (runsignup.com).
2. Click on "Profile". On a desktop browser, you'll find this among the links at the top of the page. On a mobile browser, you may have to click the icon to expand the menu to see the Profile link.
3. Click "My Club Memberships" under Account Links. You'll see your BTC membership listed.
4. Click on "Membership Card". The page displayed is a PDF file that you can either print or save to your computer or smart phone. If you have a family membership, cards for the entire family will be displayed on one page.

Volunteer Vibes

Thank you to all of our tireless volunteers who helped out in 2018! We really appreciate your efforts and hope to see you out volunteering in 2019! The BTC could not function as well as it does without our dedicated volunteers.

2019 is already off to a big start, and we have several volunteer opportunities coming up soon:

- Saturday January 19 - BTC Annual Party. Volunteers are needed to take tickets at the door.
- Saturday January 26 - Adams Heart Runs at Oak Mountain State Park. Volunteer needs for packet pick up and on race day will be posted on the [BTC website](#).
- Friday - Sunday February 8-10 - Mercedes weekend! Volunteer needs will include packet pick up assistance and a host of race day opportunities - more to come on that one, and it's a big weekend!

Contact [BTC Volunteer Coordinator Kim Benner](#) know if you can help with any of those events, or if you have an interest in volunteering in another capacity. See you out on the roads! #weheartourvolunteers



BTC Race Discounts

BTC Membership includes great discounts on these races (and more)!

[Click here](#), or log on to RunSignUp via the BTC website using the email address associated with your BTC membership to access discount codes.

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!



NATURAL ARCH SUPPORT

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

rhunt@therapysouth.net
205.783.5270



Tired Feet? Collapsed Arches? These are two complaints I hear quite often. Most of us do a fairly good job of training big muscle groups, but very few train smaller muscles. Let's talk about one very important overlooked muscle that can help with flat arches, prevent plantar fasciitis and tired feet.

Posterior tibialis

The tibialis posterior muscle originates from the tibia and fibula, which make up your lower leg. This muscle is very deep; however, the tendon surfaces just inside the medial ankle bone or malleolus. The tendon then runs inside the arch of your foot to the bottom of your foot. The main function of the posterior tibialis is to support and hold up the arch of your foot.

When it is weak or overused, the posterior tibial tendon may not effectively support the arch of your foot. As a result, your arches may fall, resulting in flat foot with standing, walking or running. Once the arches collapse, the knee and hip will follow suit to correct your leg position. This can place pressure on the knee and hip, leading to further pain up the leg.

Posterior tibial tendon dysfunction can also occur if the posterior tibialis tendon becomes inflamed or torn. Symptoms include pain on the inside arch of the foot along with ankle pain and swelling.

Pain usually increases with activity. As a result, walking or running can become difficult.

Other common causes of posterior tibialis dysfunction include weak hips, poorly fitted or worn out running shoes.

TherapySouth can help prevent injury to your posterior tibial tendon with strengthening exercises and manual hands-on therapy. We can also help improve the arch support in your foot, evaluate your footwear and guide you through questions about inserts/orthotics.

One simple exercise is the Runner's Step Up/Down:

- Begin in a standing position with one-foot resting on a platform or step in front of your body.
- Slowly step up, raising your knee to a 90-degree angle and moving your opposite arm at the same time. Then lower your foot to the ground and repeat.
- Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.
- Practice with shoe on and off.

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

Source: https://www.medbridgeeducation.com/patient_care/posteriortibialisdysfunction



1200 MILE CLUB

Cumulative miles submitted through January 5, 2019 are listed below. For a complete listing of monthly totals, [click here](#).

Attention all BTC Members!

Registration is now open for the 1200 Mile Club for 2019. Registration will remain open until March. Do not miss out on this opportunity to be rewarded for your hard earned miles! First-time finishers are entitled to purchase a coveted 1200 Mile Club jacket for a nominal fee. Recurring finishers receive patches to display for the years they complete the challenge. The rules are the same as last year: any miles that you would put on your training log can be counted towards your goal of 1200 Miles (elliptical, rowing machine and biking miles do not count). If you think you have what it takes to complete the challenge, or maybe you aren't sure but want to give it a try, [sign up today](#). Registration is free to all active BTC Members. Not a BTC member? Or, has your membership lapsed? [Sign up now](#) and register for the 1200 Mile Club!

Participant	Years	Total
Abel, Robin	R	204
Anderson, Adrianna	R	842
Anderson, Kerri	3	1,332
Armstrong, Thomas	3	820
Arnold, Brad	1	267
Baggett, Christopher	1	1,805
Barnes, Jimmie	4	1,403
Bartee, Samm	3	1,248
Barton, Dawn	R	311
Beasley, Cathy	2	1,502
Belcher, Michelle	6	1,388
Benner, Kim	6	1,633
Benson, Wayne	5	1,330
Bibb, Angelean	1	1,200
Bircheat, Aliza	R	0
Bircheat, Clint	R	0
Black, Dylan	1	0
Boackle, Larry	2	1,646
Boackle, Tomie Ann	1	1,084
Boger, Joe T	1	732
Bonatz, Ekkehard	10	1,938
Booher, Lisa	7	1,576
Boswell, Ryan	1	168
Bowman, Bill	R	982
Bowman, Brian	R	0
Bowman, Leisha	R	0
Bradley, Amanda	1	2,267
Bradley, Lee	1	0
Brakhage, Victoria	2	1,384

Participant	Years	Total
Bridwell, Hunter	1	1,427
Brown, Charlie	7	1,365
Brown, Michael	4	536
Bryant, David	5	1,300
Burks, Ross	2	1,320
Burton, Kelsey	1	1,203
Caine, Lawrence	1	1,020
Callahan, Ali	R	510
Callahan, Chris	2	1,225
Callahan, Noah	R	490
Callahan, Rachel	4	1,201
Camp, Melinda	R	1,055
Carey, Christopher	5	2,046
Carlton, Bob	4	1,264
Carter, Adrienne	2	1,213
Cawley, Jennifer	R	140
Chambers, Gay	1	15
Chandler, Teresa	9	1,502
Childers, Kristi	R	326
Childers, Melissa	R	247
Christian, Alan	R	0
Clay, Brad	11	2,326
Clayton, Yocunda	3	0
Cleveland, Jeff	2	1,649
Clevenger, Caitlin	R	642
Cliett, Stephanie	4	1,760
Clowers, Addison	4	2,007
Coffin, Hannah	1	2,559
Coleman, Tim	1	1,798

Participant	Years	Total
Collins, Helen	2	1,201
Corrin, LaRonda	R	493
Corrin, Roger	2	764
Craig, Mary	1	149
Crain, Teresa	2	0
Cramer, Robyn	R	464
Cramer, Steve	R	389
Crawford, Allen	3	1,327
Crawford, Kimberly	1	120
Creel, Mary	1	1,496
Criswell, Katie	1	1,463
Criswell, Mark	R	40
Croker, Jennifer	1	1,411
Crowson, Bill	3	1,342
Crumpton, Melinda	R	988
Cutshall, Hannah	1	317
Davidson, Dow	1	1,719
Dawson, Ashley	4	1,804
Dease, Joseph	3	1,235
Dease, Katherine	4	1,223
Dell'Italia, Pat	2	907
Denton, Matt	6	2,100
Dixon, Jonathan	1	1,252
Dorman, Evan	1	1,301
Dowling, April	1	1,043
Duke, Cindy	3	1,344
Dunn, Jennifer	R	1,175
Dunnaway, Roberta	3	1,292
Easterling, Natalie	2	0

1200 MILE CLUB

Participant	Years	Total
Edgerton, Amy	R	791
Elkins, Sydney	1	1,209
English, Timothy	1	1,250
Evans, Debbie	5	1,296
Farrior, Sonya	1	1,200
Feller, Beth	2	1,049
Ferlitto, Cindy	1	1,342
Fonteneau, Kira	R	0
Fontenot, Misty	2	1,333
Fountain, Raley	1	1,263
Fraka, Leann	R	81
Franklin, Rebecca	R	169
Franklin, Shane	7	1,202
Frederick, Winston	10	1,513
Freeman, Sheila	2	1,201
Fuller, Lisa	R	250
Funk, Robert	R	0
Gann, Michael	7	2,388
Gibson, Katie	1	1,416
Goode, Johnny	10	1,861
Goss, Ange	1	1,361
Grady, Carla	R	777
Graham, Jonathan	R	1,092
Grainger, Matt	R	0
Grammas, Marianthe	2	2,729
Gray, Caleb	R	807
Grossmann, Christopher	7	1,282
Haley, Jay	3	1,650
Hall, Thomas	1	573
Haralson, Danny	10	1,208
Haralson, Micki	10	949
Hargrave, Alan	11	1,428
Harrelson, Heather	4	1,167
Harris Bowser, Javacia	R	94
Harris, Ashley	1	1,200
Harris, Robert	R	799
Harris, Skip	1	150
Harris, Vickie	2	191
Harrison, Lisa	7	1,394

Participant	Years	Total
Harry, April	1	1,009
Havicus, Cari	1	96
Hayden, Brittany	2	2,210
Haynes, Melanie	R	753
Heaton, Bryan	4	2,745
Henley, Monica	5	1,329
Henninger, Alison	4	1,308
Hill, Susan	4	1,130
Hogeland, Angie	2	1,200
Hogue, Kari	R	0
Holcomb, Zachary	1	1,396
Holland, Skylar	1	1,474
Holmes, Chris	1	0
Hoover, Alison	7	1,488
Hopper, Whittley	1	1,371
Hoskins, Angela	R	10
Hoskins, Creig	R	0
House, Beth	5	722
Hubbard, Stephanie	1	1,204
Hunter, Bob	1	593
Ingram, Joseph	6	1,244
Izard, Georgia	3	1,336
Izard, Melody	3	878
Jenkins, Kaki	5	1,722
Johnson, Kawitta	1	1,201
Jones, Ira	3	0
Jones, Misty	R	421
Kane, Dawn	1	0
Kane, Michael	R	0
Kazamel, Mohamed	1	1,665
Kearley, Christy	1	115
Kearley, David	1	282
Kearley, Stephen	2	203
Keefer, Herb	2	400
Kelley, Robin	4	0
Kemper, Tricia	4	1,513
Kendrick, Tom	R	272
Kirchmer, Shannon	2	1,510
Knight, Diane	2	709

Participant	Years	Total
Kuhn, Jimmy	11	1,829
Kulp, Loren	3	2,501
Lahti, Tyler	2	1,443
Laird, Audrey	4	1,530
Langston, Aaron	4	1,405
Langston, Richard	6	1,246
LeCroy, Sarah	2	1,240
Lee, Brian	R	987
Lee, Koren	1	358
Leopard, Don	1	0
Litz, Matthew	1	1,320
Loo, Judy	2	0
Ludt, Chas	R	151
Lyle, Randy	10	2,278
Madison, James	1	0
Malick, David	5	1,289
Mandy, Madeline	1	429
Martin, Lee	R	0
Mason, Will	R	324
Massey, Chris	1	696
Massey, David	R	186
Mathews, Skip	R	761
McNair, Kelly	4	743
McVey, Simon	3	690
Merry, Vicki Sue	6	2,202
Mickens, Cassandra	2	907
Miller, Joshua	R	0
Miller, Stephen	1	1,437
Miyasaki, Nathan	3	3,054
Morgan, Cary	8	3,048
Morgan, Danielle	5	0
Morgan, Phillip	8	1,276
Morris, Justin	5	1,530
Morris, Phil	R	0
Morrow, Abigail	R	0
Morrow, Alex	7	0
Mount, Brian	2	1,302
Murchison, Reginald	5	2,366
Nagy, Lisa	1	337

1200 MILE CLUB

Participant	Years	Total
Northern, Kristie	9	1,578
Oehrlein, Kimberly	R	366
Oliver, Greg	5	1,937
Oliver, John	4	1,272
Padgitt, Scott	1	1,121
Parks, Charlie	5	2,797
Pate, Lisa-Marie	1	0
Payson, Tabitha	R	507
Payson, Tommy	2	1,073
Peagler, Shana	7	1,210
Peagler, Zach	1	603
Pearce, Julie	5	362
Pearson, Blake	4	0
Pearson, Mary Scott	3	0
Pegouske, Christian	R	186
Pegouske, Jeremy	R	1,137
Pegouske, Madison	R	429
Pegouske, Stacie	1	1,224
Penko, Zoe	R	0
Penley, Steve	1	101
Peters, Scott	2	398
Plante, David	6	1,264
Poole, Greg	1	435
Portwood, Paul	2	527
Pruett, Jay	1	1,417
Ralph, Meghan	4	1,484
Randall, Lisa	6	0
Rawson, Brent	1	1,352
Redden, David	1	1,343
Renn, Deanna	3	1,468
Reynolds, Dewelena	R	432
Richardson, William	3	1,038
Richey, Lori Beth	1	1,425
Ritchie, Joseph	1	1,613
Roberie, Josh	R	205
Roberson, Kevin	4	1,443
Roberts, Fletcher	4	1,441
Rodgers, Jeffrey	1	1,261
Rodgers, Jessica A.	R	218

Participant	Years	Total
Rodgers, Jessica W.	R	0
Ronson, Catherine	R	0
Roper, Lynn	2	1,240
Rose, Billy	4	2,066
Rosser, Joey	2	1,268
Rowell, Taylor	1	1,340
Rutherford, Keith	11	1,305
Rutledge, Lisa	3	1,454
Ryan, Meaghan	3	1,546
Schonhoff, Aubrey	1	1,857
Secor, Debi	2	578
Self, Travis	1	128
Serio, Joseph	R	138
Shaffield, Danny	5	2,021
Sheppard, Gretchen	4	1,200
Sherer, Jeremy	2	1,382
Sherrell, Jeff	R	660
Shinn, Ronald	6	655
Shoaf, James	1	1,590
Sides, Dean	3	875
Silwal, Suman	8	1,453
Simpkins, Randall	1	1,250
Simpson, Kevin	5	3,424
Sims, Cecelia	1	912
Sims, Robert	5	1,419
Sloane, Mike	3	1,202
Smith, Jerry P.	11	1,259
Smith, Justin	R	383
Snow, Sheri	3	1,936
Soileau, Chester	1	1,424
Stevens, Johnathon	2	2,522
Stewart, Zeb	1	1,231
Stockton, Rick	11	1,476
Sweatt, Jason	R	733
Swiney, Elana	R	147
Talley, Beau	6	1,524
Talley, Shellie	2	1,369
Targe, Mark	R	35
Thomas, Eric	5	2,188

Participant	Years	Total
Thompson, Sara	1	1,255
Thornton, Dean	6	1,205
Tibbs, Seth	1	1,208
Townes, Janelle	R	1,046
Trimble, Jamie	4	1,689
Tyler, Kim	R	360
Vaden, Christopher	R	873
Varnes, Vickie	5	1,742
Vlach, Jiri	R	547
Waid, Jr, David	1	2,123
Walker-Journey, Jennifer	3	115
Walker, Caroline	1	233
Wall, Ron	4	1,093
Walley, Ryan	R	290
Watkins, Janet	2	1,233
Watson, Thomas	1	338
Watters, Ana	R	344
Watters, Robert	4	1,531
Weber, Amy	1	1,160
Weber, Lauren	1	0
Weeks, Lance	2	1,209
Wells, Bradley	3	1,733
Wende, Adam	4	2,018
Wentz, Dan	R	0
White, Dennis	R	4
White, Robin	R	0
Whitt, Trey	6	1,362
Wilhite, Thomas	3	1,403
Williamson, Chad	4	1,729
Windle, Dale	4	1,201
Wiseman, Steve	4	1,468
Wood, Scott	3	1,432
Woody, Bill	10	1,511
Wright, Amy	2	689
Wu, Xing	9	1,826
York, Gary	5	2,260
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



New year, new goals! Whether you have your sights set on completing a new distance or bettering that PR, the BTC wants to help you celebrate your important running milestones (I mean, your non-running family can only get so excited about a new PR, right?)

Remember to [let us know](#) about your running accomplishments, or brag on your friends!

Big congratulations are in order this month for **Billy Rose**, who completed his first marathon at the California International Marathon on December 2, 2018. Billy had a phenomenal race, logging a 3:10.08 time. Way to go, Billy!



Billy Rose

SANTA SHUFFLE

December 24, 2018

Thank you to The Trak Shak for a terrific Santa Shuffle on Christmas Eve. We had a blast!



SANTA SHUFFLE

December 24, 2018



BTC EXECUTIVE BOARD MEETING

December 10, 2018

Attendance: Kim Benner, Lisa Booher, Hunter Bridwell, Addison Clowers, Alan Hargrave, Julie Pearce, Kile Putman, Charles Thompson, Jamie Trimble, Trey Whitt, Scott Wood

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

Scott made a motion to approve the minutes for the October board meeting. Trey seconded the motion, and it was approved unanimously. The Board did not meet in November.

BTC Race Trends Analysis (Alan Hargrave)

Alan circulated a report of race trends for the four BTC races, dating back to 2011. The report tracks registration numbers, finish times, etc. Alan also distributed and explained an updated draft of the BTC Race Worksheet, which shows pricing, registration dates, etc. He made a motion to approve the registration prices shown therein. Hunter seconded the motion, and it was approved without opposition. Judy Loo, as RD for Statue to Statue, has requested a price reduction for Mercedes weekend, which could skew these numbers and the incentive for registering early. Alan suggested promoting the upcoming price increase rather than promoting a sale for a specified weekend. Alan noted that the Race Series will be a bit different this year because we can cross-promote the series and individual races.

Vulcan Run Recap (Scott Wood)

The numbers for Vulcan Run were comparable for past years, including finishing times. He does not believe the course change made a big difference on registration or finishing times. Scott noted that we are limited in venue options due to construction and that many 5K races are now hosted at Railroad Park. Kile noted that the elite athlete field is chosen to ensure fast finish times each year. He believes Sloss is a great substitute venue until we can get back to Boutwell Auditorium (still 2-3 years away). Kile also is concerned that the race needs more promotion in order to increase participation and interest. Charles recommended more signage.

Adam's Heart Run (Lisa Booher)

Lisa has posters to distribute; these posters have a QR code that can be scanned for easy registration. We have a small budget for the race, so signs will be placed at Oak Mountain and on Lakeshore. The 5K has been added back, which should be popular. Lisa is running a contest for the "most vintage" Adam's Heart Runs shirt. Water stops are available for sponsorship (\$100 each).

Treasurer's Report (Trey Whitt)

Our cash position is almost identical to the same time last year. Vulcan Run was almost a break even. Trey will circulate a year-end report in January, but our financial position is sound.

Volunteers (Kim Benner)

Kim made a motion to approve funding for \$100 in gift cards to give away at the end of the year. The motion was seconded by Alan and approved unanimously. She also made a motion to give away five memberships to volunteers to be selected randomly. Alan seconded the motion, and it was approved unanimously.

Membership (Alan Hargrave for Vicky Brakhage)

1,051 members and 819 memberships (down slightly from last year).

USATF (Charles Thompson)

Charles circulated the Birmingham Crossplex schedule for review. Upcoming events include the NCAA Indoor Championship on March 9, 2019.

1200 Mile Club (Addison Clowers)

As of today, we have 39 rookie members of the 1200 Mile Club. Addison and Alan will open a page to made a motion to approve funding to order jackets and patches prior to the party at a cost to be determined. Lisa seconded the motion, and it was approved without opposition.

Newsletter (Julie Pearce)

The deadline for the January 2019 issue is December 28, 2018.

President's Report (Scott Wood)

Trey will be rotating off the board. Christianna Rudder is interested in serving as Treasurer. We do have some open positions on the executive committee. Bradley Wells has agreed to take over as merchandise chair. We have an opening for Member benefits. We have asked for nominations for annual awards in the newsletter; Hunter will send an email to the membership.

We will host the Santa Shuffle with The Trak Shak on Christmas Eve. Jamie will bring BTC flags and the photo backdrop, if it can be repaired.

Resolution Run will be at Red Mountain Park; BTC will be a sponsor of the event. We will bring our tent and sell merchandise. Lisa would like to have registration set up for Adam's Heart Runs at the race as well. Jamie asked Scott to check with the Park about whether they want us to bring the BTC arch.

The Annual party has been booked for SoHo Social in Homewood on January 19. Charles made a motion to give a \$100 gift card to each of the four race directors. The motion was seconded by Addison and approved without opposition. Alan also made a motion that we do a presentation of the BTC check to the bridge authority. Lisa seconded the motion, and it was approved without opposition. The BTC previously committed to donating \$10,000, with the hope of raising at least one half of this amount from our membership. These numbers correlate with what has been raised to date, through member donations and t-shirt sales.

New Business

There was no new business.

The meeting was adjourned at 7:30 pm. Our next board meeting is on January 14, 2019, at the Vestavia Hills Library.



BTC Membership application

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

First Name:

Last Name:

Street:

City:

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
BTC Saturday Long Run Group	January 12, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	January 12, 2019	6:30 a.m.
Are YOU Able 5K	January 12, 2019	8:00 a.m.
BTC Executive Board Meeting	January 14, 2019	6:00 p.m.
BTC Saturday Long Run Group	January 19, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	January 19, 2019	6:30 a.m.
MLK Day 5K Drum Run	January 19, 2019	8:00 a.m.
Run for Life 5K	January 19, 2019	9:00 a.m.
BTC Annual Party @ SoHo Social * Register HERE *	January 19, 2019	6:00 p.m.
BTC Race Series closes	January 26, 2019	12:00 a.m.
Adam's Heart Runs * BTC Race Series Race *	December 15, 2018	9:00 a.m.
*BTC DISCOUNT *	January 26, 2019	9:00 a.m.
BTC Saturday Long Run Group	February 2, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	February 2, 2019	6:30 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.](#)