



USATRACK & FIELD

BIRMINGHAM TRACK CLUB  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER

February 2019 (2)

HERE'S TO  
ANOTHER GREAT  
YEAR, BTC!

**Birmingham  
Track Club**

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

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# HERE'S TO ANOTHER GREAT YEAR, BTC!

**Members and friends kicked off the official 40th year of the Birmingham Track Club at our Annual Party on January 19. Many thanks to Stephanie Drew for planning a fantastic party at SOHO Social, and to all of the volunteers who assisted with registration, awards, and other behind-the-scenes planning – you all make the magic happen! The food, music and fellowship definitely made this THE party of the year!**

**Congratulations to the 2019 BTC Executive Board:**

**President:** Scott Wood

**Vice-President:** Hunter Bridwell

**Treasurer:** Christianna Rudder

**Secretary:** Julie Pearce

**Immediate Past President:** Monica Henley

**In keeping with tradition, Monica Henley and Scott Wood presented the Club's annual service awards for outstanding contributions to the BTC.**



**Jennifer Andress and Julie Pearce,  
Dr. Arthur Black/Rick Melanson  
Annual Service Award Winners**



**Randy Johnson/Danny Haralson  
Annual Service Award Winner,  
Scott Wood with Monica Henley**

The **Dr. Arthur Black/Rick Melanson Annual Service Award** was presented to two members this year: **Jennifer Andress** and **Julie Pearce**. The BTC's oldest award, the Dr. Arthur Black/Rick Melanson Annual Service Award is given annually to the most outstanding club member over the past year for his or her continued outstanding leadership and service to the BTC. Jennifer has been instrumental in her work with the Homewood City Council to secure funding and cooperation for the planned pedestrian bridge over Hollywood Boulevard. In addition to serving as BTC Secretary, Julie is the Editor of the BTC's monthly newsletter, The Vulcan Runner. Congratulations, Jennifer and Julie!

The **Randy Johnson/Danny Haralson Annual Service Award** was created to honor the "newer" BTC member who has

demonstrated outstanding leadership and given freely of his or her time in a voluntary capacity in ways that help further the mission of the BTC. This year's recipient of the award was **Scott Wood, BTC President**. Although he has only been a BTC member for a short time, Scott jumped into BTC leadership wholeheartedly and has made great strides in expanding the club's corporate sponsorship program and helping to grow our events. Thank you, Scott!!

Periodically, the BTC will award the **BTC Lifetime Achievement Award**. This is not an annual award, but rather, is presented only when the BTC Executive Board believes a long-time member deserves special recognition for his or her long term service and dedication to the BTC over many years. The 2018 BTC Executive Board was very pleased to award a Lifetime Achievement Award to **Alan Hargrave**.



**BTC Lifetime Achievement Award Winner  
Alan Hargrave with Julie Pearce**

Alan has been a BTC member since 2008 and has served as the Club's IT Chair since 2014. He has been instrumental in transferring the club's historical race data to RunSignUp and ensuring on-site registration is always up and running at any BTC event. If you have ever had a question about your BTC membership, registering for a race or applying a discount code to a BTC race, chances are, Alan helped you. In addition, Alan is present and volunteering at just about every BTC race. As former BTC President wrote about Alan: "In any organization there is at least one person you can always count on to tackle any challenge, come up with a solution, and make sure it is implemented in a timely fashion. For the BTC, that is Alan Hargrave, and I'm not sure what we would do without him."

Congratulations, Alan! We very much appreciate your service and dedication to the BTC!

# HERE'S TO ANOTHER GREAT YEAR, BTC!



Ten year 1200 Mile Club Recipient,  
Randy Lyle



Ryan Hunt of TherapySouth with BTC President Scott Wood



Outgoing BTC Treasurer, Trey Whitt

**Congratulations are also in order to all BTC members who achieved 1200 Mile Club status in 2018! A complete list is available on the [BTC website](#) and on page 15 of this newsletter, but we would like to extend special congratulations to our first time recipients:**

Christopher Baggett  
Angelean Bibb  
Amanda Bradley  
Hunter Bridwell  
Kelsey Burton  
Hannah Coffin  
Tim Coleman  
Mary Creel  
Katie Criswell  
Jennifer Croker  
Dow Davidson  
Jonathan Dixon  
Evan Dorman  
Sydney Elkins  
Timothy English  
Sonya Farrior  
Cindy Ferlitto

Raley Fountain  
Katie Gibson  
Ange Gross  
Ashley Harris  
Zachary  
Holcomb  
Skylar Holland  
Whittley Hopper  
Stephanie  
Hubbard  
Kawitta Johnson  
Mohamed  
Kazamel  
Matthew Litz  
Stephen Miller  
Stacie Pegouske  
Jay Pruett

Brent Rawson  
David Redden  
Lori Beth Richey  
Joseph Ritchey  
Jeffrey Rodgers  
Taylor Rowell  
Aubrey  
Schonhoff  
James Shoaf  
Randall  
Simpkins  
Chester Soileau  
Zeb Stewart  
Sara Thompson  
Seth Tibbs  
Janelle Townes  
David Waid, Jr.

**BTC members who attained 1200 Mile Club status for each year of the Club's 11-year existence also were recognized:**

Brad Clay  
Alan Hargrave

Jimmy Kuhn  
Keith Rutherford

Jerry P. Smith  
Rick Stockton

**Congratulations also are in order for those BTC members who have attained 1200 Mile Club status for ten years:**

Ekkehard Bonatz  
Johnny Goode

Danny Haralson  
Randy Lyle

Frederick Winston  
Bill Woody

**Congratulations to the following 5-year members of the 1200 Mile Club:**

Wayne Benson  
David Bryant  
Christopher  
Carey  
Debbie Evans  
Susan Hill  
Kaki Jenkins  
Robin Kelly

David Malick  
Kelly McNair  
Justin Harris  
Reginald  
Murchison  
Greg Oliver  
Charlie Parks  
Blake Pearson

Danny Sheffield  
Kevin Simpson  
Robert Sims  
Eric Thomas  
Vickie Varnes  
Ron Wall  
Gary York



# HERE'S TO ANOTHER GREAT YEAR, BTC!

Special recognition was given to **Kevin Simpson**, who logged the most miles of any member of the 1200 Mile Club: 3,424 miles – that averages out to more than NINE miles each day. Congratulations, Kevin!

We also recognized **TherapySouth** for its corporate sponsorship of the BTC and its support of our activities and events throughout the year. We capped off the evening with a presentation of a \$10,000 check to the Highway 280 Public Road Cooperative District – these funds were donated by BTC members and matched by the BTC as part of our commitment to the Hollywood Pedestrian Bridge project.

We hope 2018 was a great year for all of you. Here's to an even better 2019!



**18th Annual  
HIGH COUNTRY  
5K**  
A Mountaintop Experience  
**April 6 - 8 AM Start**  
**Free kid's FUN RUN at 9 AM**

*Presented By*  
**Shades Crest Baptist Church**

*Pre-registration costs are the following:*

- \$30 prior to March 21
- \$35 from March 22 to April 5
- \$40 on Race Day
- Rain or Shine: No Refunds

**CHIP  
TIMING**

*Entrance fee includes:*

- T-shirt (guaranteed only to first 300 registered runners)
- Pre-race pasta dinner on Friday night, April 5th
- Post-race pancake breakfast (medal ceremony)

**REGISTER ONLINE at [active.com](http://active.com) or print forms at:  
<http://shadescrest.org/family-life-centerrecreation/>**



# PRESIDENT'S ADDRESS

By Scott Wood



## Hello, fellow BTC Members!

Welcome to February of 2019! Wow this is going to be a fun year for the BTC! Our Club is doing great! We are as strong financially as we have ever been, and we're looking for new and exciting events and races in 2019. Along with the new year comes a new batch of BTC officers, and I am once again humbled and honored to serve as your 2019 President. We have an amazing and talented group of officers this year, and I am excited about the continued direction of our club. Your 2019 officers are Monica Henley, Past President; Hunter Bridwell, Vice President; Julie Pearce, Secretary; and Christianna Rudder, Treasurer.

I would like to say a big thank you to Trey Whitt for serving as our BTC Treasurer for the last two years. Trey did a great job serving the BTC, and I am certainly thankful for his friendship.

February and the next couple of months are packed with events and races. Before I get to those items, I want to take a moment to thank everyone who came out to the BTC's Annual Party on January 19th at Soho Social in Homewood. A HUGE thanks to Stephanie Drew for planning and taking care of everything for our annual party -- thank you, Stephanie, for doing such a great job for all of us. Not only did everyone have a great time, we also recognized several BTC members for their contributions to the club in 2018.

## Congratulations to our award winners:

- **Dr. Arthur Black/Rick Melanson Annual Service Award:**  
**Julie Pearce & Jennifer Andress**
- **Randy Johnson/Danny Haralson Annual Service Award:**  
**Scott Wood (Thank you, BTC!)**
- **BTC Lifetime Achievement Award: Alan Hargrave**

The first BTC Race took place on January 26 as we ran the Adam's Heart Runs at beautiful Oak Mountain State Park. I hope you were part of the record number of runners as 368 showed up for the 5K, 10K, or the 10 Miler. I chose the 5K this year and had a blast! Race Director Lisa Booher did a fantastic job (as always), the weather was perfect, and everyone had a great time at the first of four BTC Race Series events. Next up: the easiest 15K in the Southeast, the very popular Statue 2 Statue on April 6! Our Race Director, Judy Loo, is working hard on this event, so come out and enjoy the hills! I promise, it's not that hilly. . . trust me on this, you can do it!

February also brings out one of Birmingham's finest race weekends: MERCEDES! I LOVE MERCEDES WEEKEND! As you've heard me say many times, Mercedes was my first half marathon, and it made me fall in love with this crazy sport. The festivities begin

on Friday, February 8 as packet pickup begins, and continue on Saturday, February 9 with the Regions Super Hero 5K and the increasingly popular Kids Marathon Race, followed by the Half and Full Marathons on Sunday, February 10. I'm running the 5K and the Half Marathon, now where did I put my Superman shirt?! The BTC will have a booth at the expo all weekend long. You will be able to join or renew your membership, purchase BTC merchandise, and pick up your 1200 Mile Club jackets and patches if you missed the party, as well as register for Statue 2 Statue. Then on Sunday, while you are racing, make sure to say "hi" as you run through the BTC's official water stop. You will know it from all of the BTC flags, the encouraging words, and the crazy amount of screaming taking place. If you cannot run the event, please consider volunteering to work at the BTC booth or water stop. We would love to have you join us! [Click here](#) to sign up or to see a list of volunteer opportunities!

Following Mercedes, we have so many great races to point your way. There's the Steeple to Steeple on February 23, Wine 10K on March 2, the Village to Village 10K on March 9, Red Shoe Run 5K on March 16, Rumpshaker 5K on March 23, and the BHM26.2 Half Marathon and Marathon on April 14. The BHM26.2 will once again benefit Children's of Alabama and Magic Moments here in Birmingham, and they're coming off a great inaugural event last year. The post-race will again feature a concert inside Railroad Park with Black Jacket Symphony as the headliner! There are so many opportunities to get out and race a local event. Check out our [online BTC Calendar](#) (or page 27 of this issue of *The Vulcan Runner*) for a list of area races, complete with registration links.

And, finally, as you know, TherapySouth has been a wonderful partner and sponsor to us over the last couple of years, and they have graciously decided to come back in 2019. Thank you, TherapySouth for keeping our BTC runners moving forward!

**Scott Wood**  
*BTC President*



# 2019 Officers



## President

**Scott Wood**

president@birminghamtrackclub.com



## Treasurer

**Christianna Rudder**

treasurer@birminghamtrackclub.com



## Vice-President

**Hunter Bridwell**

vicepresident@birminghamtrackclub.com



## Secretary

**Julie Pearce**

secretary@birminghamtrackclub.com



## Past-President

**Monica Henley**

pastpresident@birminghamtrackclub.com

## BTC Committees

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

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

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

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

## BTC Race Directors

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

Lisa Booher	adamsheart@birminghamtrackclub.com
Judy Loo	statue2statue@birminghamtrackclub.com
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 35223  
info@BirminghamTrackClub.com

## Race Results

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

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





**BHM**



**WINE  
10K**

**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**

## Long Run Training Group

February is Mercedes Marathon month and the BTC Long Run group has spent the last four and a half months getting ready. We know our BTC members are going to have a great race and we cannot wait to hear all of their stories! Once Mercedes is behind us, the Long Run group will shift gears and target a spring race, so make sure to come out and join us whether you have a race on your calendar or not. Each Saturday you will find nearly a hundred runners of all paces, and all are welcome. If you love running, laughing, and hanging out with some great people, this is the group for you! For updates about each upcoming Saturday run, make sure to join the BTC Long Run Facebook group. <https://www.facebook.com/groups/BTCSaturdaylongrun/>

**Happy running, y'all!  
See you on the roads!**



# MEDICATIONS AND MILES:

## Vaccine Myths Make for Great Long Run Conversation

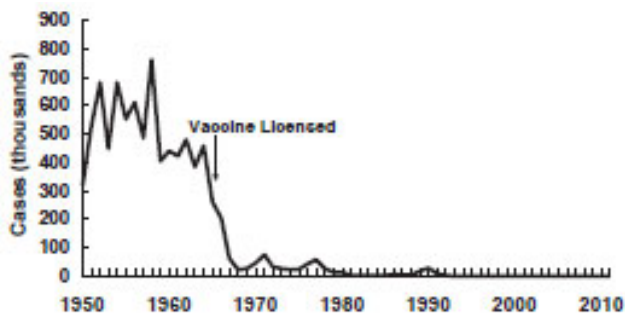
By: Cody Fuller and Traci Mullins, PharmD Candidates and Kim Benner, PharmD



Over the years, vaccinations have developed a bad reputation among many members of the public. Some of this is due to incorrect information from other community members or insufficient information from the media. This has led to an increase in the number of people opposing vaccinations, especially for their children. With the winter months being the peak of flu season, it seems prudent to review some common misconceptions about vaccines and to confirm the facts behind the appropriate use of vaccines.

**Myth: Better hygiene and sanitation are actually responsible for decreased infections, not vaccines.**

**Facts:** Let's use measles as an example. Prior to the introduction of the measles vaccine, over 500,000 cases and 500+ deaths were reported annually. Despite huge population growth, over the past 10 years, we have seen less than 1000 cases per year and sometimes less than 100, the majority of which are in unvaccinated communities (see Figure 1).



**Myth: A vaccine can infect you with the disease it is trying to prevent.**

**Facts:** Most vaccinations are inactivated portions of the virus they are made to prevent. They contain only the portions of the viruses that will

help your body build an immunity to it, but most will not have any live virus in them. However, there are a few live virus vaccinations available. In these vaccines, the virus has been severely weakened. When you receive a live vaccine, your body will build its immunity by fighting off this weakened version so that it will be strong enough to protect you from the full version. The risk of developing the disease varies in differing live vaccines, but is around one in a billion. While your body is building its immunity to a live vaccination, you may have some symptoms of that disease, but they usually are very mild and will help prevent you from catching the real thing. Additionally, even if the vaccine does not contain the exact strain of the disease, like in the case with influenza (the "flu"), if you receive a flu vaccine and still contract another strain of flu, you would experience a milder, shortened case of the flu. Some common live and inactivated vaccines are listed on Table 1.

**Table 1: COMMON LIVE AND INACTIVATED VACCINES**

Vaccination	Live or Inactivated
Influenza	Inactivated (any injections); Live (FluMist nasal spray)
Measles, Mumps, Rubella (MMR)	Live
Tetanus, diphtheria, pertussis (Tdap)	Inactivated
Varicella (chickenpox)	Live
Hepatitis B	Inactivated
Shingrix (shingles)	Inactivated

**Myth: Infant immune systems can't handle so many vaccines at one time.**

**Facts:** Contrary to some beliefs, the human immune system, even in infants, is able to handle a multitude of pathogens. When a vaccine is made, it is composed of a very small portion of a virus with the minimum amount necessary for the body to form an immunity. Babies are exposed to so many new bacteria and viruses every day so adding an immunization containing a small amount of a virus is almost negligible in comparison. The extent of exposure to new bacteria at a very young age and frequent interactions with other children creates a great risk for getting sick. Therefore, early prevention is key when vaccinating children.

**Myth: Vaccines cause autism.**

**Facts:** In 1998, a study was published by 12 individuals in The Lancet that claimed to have found a link between the Measles, Mumps, and Rubella (MMR) vaccine and autism. In 2010, the study was withdrawn after the investigators were found guilty of ethical violations and fraud. The information that was published in the paper was falsified. Since

# MEDICATIONS AND MILES:

## Vaccine Myths Make for Great Long Run Conversation

then, there have been several studies that find no relationship between vaccinations and autism. One meta-analysis of ten trials summarized the results from over 1.2 million children and found no evidence to support a relationship between the vaccines and autism.

These misconceptions along with several others have led to an increased number of people withholding vaccinations from their children and themselves. Because of this, we have seen diseases, such as measles and pertussis, beginning to reappear in greater numbers. This increase in diseases is obviously problematic in children but numbers also are on the rise in an increased number of individuals who have come in contact with these non-vaccinated individuals. Some of these viruses were almost completely eradicated in the United States, but, because of misinformation, they have started to make a comeback. It is more important to remember when you get vaccinated that you are primarily protecting the population as a whole, not just yourself (we call that the “herd immunity”). And lastly, keeping you and your loved ones vaccinated will help keep all of you healthy and happy so you can continue to do the things you love to do: running!

### References:

- *Immunization Action Coalition (IAC): Vaccine Information for Health Care Professionals. Immunization Action Coalition. <http://www.immunize.org/>. Accessed December 18, 2018.*
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- *Sathyanarayana T.S. The MMR vaccine and autism: Sensation, refutation, retraction, and fraud. Indian J Psychiatry. 2011;53(2):95-6.*
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The Ellis Porch

The South's Toughest 15k

April 6, 2019

REGISTER HERE





## BIRMINGHAM TRACK CLUB

## MEMBERSHIP NEWS

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


Nick Adams	Brent Cotton	Harrison	Phillip Moore	Mimi Seeley
Jessica Alexander	Britney Cowart	April Harry	Anne Morgan	Austin Senseman
Jessica Allen	Jennifer Crocker	Blake Harry	Cary Morgan	Robert Sims
Justin Allen	Bill Crowson	Gracie Harry	Micah Morgan	Kent Slemmons
Mark Baker	Madeline Crowson	Jamie Harry	Gordon Morris	Justin Smith
Keith Beard	Melinda Crumpton	Matt Harry	Mike Moses	Chester Soileau
Michelle Belcher	Wendi Culver	Jerri Haslem	Dani Mote	Chappell Stewart
Gardner Bell	Hannah Cutshall	Chad Hathorne	Darrell Mote	Zeb Stewart
Robin Bienvenu	Joshua Deason	Meghan Ann Hellenga	Patrick Mulligan	Jay Stone
Natalie Bishop	Drew Deaton	Michael Hellenga	James Murphy	Andrea Sutton
Ann Marie Bittle	Kevin Donnelly	Alison Henninger	Kate Oatman	Elana Swiney
Dylan Black	April Dowling	Angie Hogeland	Kavan Ogletree	Andrea Taylor
Tony Blakeney	Natalie Easterling	Bethany Hogeland	Lisa Patel	Eric Thomas
Katherine Bouma	Andrea Eckelman	Ethan Hogeland	Nicolette Patrick	Marilyn Thomas
Charles Bowers	Thomas Endres	Jeff Hogeland	Robert Pless	Karen Threlkeld
Theresa Bradley	Matthew Ennis	Kasey Hollington	Meghan Ralph	Josh Tichnell
Hunter Birdwell	Steve Evans	Kelly Holbert	Lisa Randall	David Tosch
Dana Brown	Misty Fontenot	Beth House	Brent Rawson	Mayre Jo Tosch
Sean David Brown	JJ Foster	Mike House	Joseph Ritchie	Wesli Turner
Jason Bryant	Rebecca Franklin	Stephanie Hubbard	Lauren Ritchie	Caroline Walker
Daniel Burton	Shane Franklin	Joseph Ingram	Elloree Roberts	Ron Wall
Meredith Caldwell	Sheila Freeman	Kayla Joiner	Fletcher Roberts	Lindsay Warren
Evans	Katie Gibson	Jerry Keith	Jessica Roberts	Lauren Weber
Ali Callahan	Matt Grainger	Susan Keith	Leeona Roberts	Brandon Wheeler
Chris Callahan	Jeremy Grall	Sara Langston	Rhodes Roberts	Dennis White
Noah Callahan	Ava Gray	David Lea	M.C. Robertson	Hal Whitsitt
Rachel Callahan	Michael Greene	Sarah LeCroy	Connor Robinson	Trey Whitt
Matt Cathey	Philip Hake	Fei Liu	Drew Robinson	Thomas Wilhite
Christine Caughran	Thomas Hall	Timothy Lupinacci	Melany Robinson	Robb Williams
Anil Chadha	Shane Hamlin	Carlos Luzuriaga Ortiz	Jessica Rodgers	Russell Williams
Jennifer Chadha	Tracy Hamlin	Ron Macksoud	Taylor Rowell	Shaunda Williams
Sam Chandler	Emily Harrison	Sabrina Macksoud	Tammy Ruff	Charles Worthington
Sam Clemons	Jimmy Harrison	Cary Martin	Meaghan Ryan	Amy Wright
Tim Coleman	Lisa Harrison	Andrew McCain	Nacho Sanchez	Jason Zajac
Helen Collins	Mary Elizabeth	Janie McNutt	Debi Secor	

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.

## COLD WEATHER RUNNING HACKS

- Keep extra gloves and Hot Hands in your vehicle for those unexpectedly cold mornings
- Cold weather means dark mornings and earlier twilight hours – lights and reflective gear are a must!
- Layer, layer, layer!
- Temperature isn't everything – humidity, dew point and wind chill can affect how you feel. If you typically drive to your run starting point, keep extra layers in your vehicle (see the theme here?). If it feels colder or warmer than you anticipated when you glanced at your phone with half-awake eyes at 4 a.m., you'll be glad to have options.
- Dress for weather 10-20 degrees warmer than the actual temperature (depending on your personal preferences and cold tolerance).
- Waterproof gear isn't always better – make sure outer layers are breathable to avoid getting overheated.
- Mom was right – keeping your head covered will keep you warmer.
- Slather on the lip balm and moisturize all exposed skin (and under gloves or mittens) – your skin will thank you later.
- Dehydration can still be a concern in cold weather, so plan accordingly.

## Layering for a Run



Temperature Fahrenheit	50+	40 to 50	30 to 40	20 to 30	less than 20
Celsius	10+	4 to 10	-1 to 4	-6 to -1	less than -6
Base Layer	Short-sleeve or sleeveless shirt Shorts	Long-sleeve light shirt Capri or full-length running pants	Long-sleeve shirt Running pants	Long-sleeve shirt running tights*	Long-sleeve shirt Running tights
Insulating Layer		Light sweater*	Sweater or fleece	Fleece Pants	Fleece Pants
Protective Layer				Lightweight running jacket	Lightweight running jacket
Accessories			Light mittens or gloves Ear warmers	Hat Warm gloves	Hat Two pairs of gloves Neck warmer

\*Optional

Source: Spark People

## Birmingham Track Club Benefits of Membership

When it comes to picking your goal races, don't forget that your BTC membership includes discounts to numerous local races.

- 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

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](mailto: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](http://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 volunteers who made the Adams Heart Runs on January 26 such a success! We drew a name from all of our volunteers from that event and are happy to announce that Jack Knight was the lucky winner of a gift card! Thank you, Jack, for your service and for all you did to make the AHR water stop a rockin' good time!**

Along those lines, thank you to ALL of our 130 plus documented volunteers from 2018 – you truly made all of our BTC races and events such a success! We are so appreciative of each and every one of you. FIVE lucky BTC volunteers were drawn from that group to receive a FREE year of BTC membership! They are: **Laura Norton, Amanda Bradley, Brittany Boylan, Melissa Childers** and **Melody Izard**. Congratulations, ladies!

Another handful of folks put in so many hours that they will receive free BTC gear! Thank you again to all of our BTC volunteers in 2018 - and to those of you already working hard into 2019!

Speaking of 2019 and volunteering, the Mercedes Marathon Weekend will be here before you know it, and we will need plenty of volunteers to make that race a success! You can help at the expo and/or the BTC water stop on Sunday - please sign up online at: <https://runsignup.com/btc-mercedes/volunteer>. You can also drop **BTC Volunteer Coordinator Kim Benner** an email if you have questions or need more information on how you can help. **#weheartourvolunteers**



## 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](mailto:tsendurance@therapysouth.net)

Or visit our website at [www.therapysouth.com/endurance](http://www.therapysouth.com/endurance)





# WANT TO RUN IN JAPAN?

## Are you ready for a once-in-a-lifetime experience?

Have you ever wanted to be the guest of honor at a race, to be treated like an elite runner (no matter your pace or status), and to experience a different culture up close and personal? Here's your opportunity! As part of the City of Birmingham's Sisters Cities program with the City of Maebashi, Japan, the Birmingham Track Club has once again been invited to participate in the Maebashi Shibukawa City Marathon. The City of Maebashi will host up to three BTC members who will be guests of honor at the race and representatives of the City of Birmingham and the BTC. As past participants will tell you, this is a phenomenal trip you don't want to miss! Read more about BTC members' recent trips in the [August 2018](#) and [June 2017](#) issues of *The Vulcan Runner*.

Email BTC Japan Run Coordinators [Tabitha](#) and [Tommy Payson](#) for more information or to apply. Applications are due **Friday, February 8, 2019**, so don't delay! The 2019 races take place on **April 21, 2018**.

## Details to Know:

- You must be a current BTC member to participate
- Participants are responsible for airfare to Tokyo and meals, but the City of Maebashi covers all expenses while in Japan.
- The marathon has a six hour time limit (no time limit for other races); you may participate in the marathon or any of the shorter distances.
- To be considered as a BTC representative, submit a short essay about why you would like to participate and how your trip will benefit you and the running community. Essays are due by February 8, and should be submitted electronically to [japan@birminghamtrackclub.com](mailto:japan@birminghamtrackclub.com)





# RRCA UPDATE

By Alex Morrow, RRCA State Representative



**BIG NEWS:** The RRCA is excited to announce that professional runner and elite athlete Michael Wardian has been named as the keynote speaker for the Saturday luncheon at the **61st Annual RRCA National Convention in New Orleans**. Wardian is one of several elite runners who will be in attendance speaking and interacting with convention goers. For a full list of speakers and programs, visit: [www.rrca.org/convention/speakers](http://www.rrca.org/convention/speakers). This year's convention is chock full of educational seminars, networking events, the National Running Awards Banquet, and – of course – a race, the 18th Annual A Run Through History, a 15K/1 mile race through the historic Metairie Cemetery.

There is still time to register for the convention, which takes place March 28-31, so don't miss out! <https://www.rrca.org/convention>.



## 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!



# 1200 MILE CLUB: 2018 Summary

**Congratulations to all BTC members who participated in the 2018 edition of the 1200 Mile Club! Final numbers are listed below.**

Participant	Years	Total
Abel, Robin	R	204
Anderson, Adrianna	R	885
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	648
Boackle, Larry	2	1,646
Boackle, Tomie Ann	1	1,084
Boger, Joe T	1	732
Bonatz, Ekkehard	10	1,938
Booher, Lisa	7	1,676
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	1,457
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

Participant	Years	Total
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	2,860
Coleman, Tim	1	1,798
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

Participant	Years	Total
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
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
Ferlito, 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	1,535
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	1,373



# 1200 MILE CLUB: 2018 Summary

Participant	Years	Total
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	5	1,275
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
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	5	1,215
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, Whitley	1	1,371
Hoskins, Angela	R	10
Hoskins, Creig	R	0
House, Beth	5	872
Hubbard, Stephanie	1	1,204
Hunter, Bob	1	593
Ingram, Joseph	6	1,244
Izard, Georgia	3	1,336
Izard, Melody	3	1,015
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

Participant	Years	Total
Kearley, Christy	1	115
Kearley, David	1	282
Kearley, Stephen	2	203
Keefer, Herb	2	400
Kelley, Robin	5	2,159
Kemper, Tricia	4	1,513
Kendrick, Tom	R	272
Kirchmer, Shannon	2	1,510
Knight, Diane	2	709
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	2,484
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	5	1,906
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	3,259
Morgan, Danielle	5	0
Morgan, Phillip	8	1,276
Morris, Justin	5	1,530

Participant	Years	Total
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
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	567
Pearson, Blake	5	1,329
Pearson, Mary Scott	4	1,481
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	411
Plante, David	6	1,558
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	523
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

# 1200 MILE CLUB: 2018 Summary

Participant	Years	Total
Roberts, Fletcher	4	1,581
Rodgers, Jeffrey	1	1,261
Rodgers, Jessica A.	R	218
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	963
Silwal, Suman	8	1,453
Simpkins, Randall	1	1,250
Simpson, Kevin	5	3,424
Sims, Cecelia	1	995
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	774
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	1	1,269
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	5	1,204
Walley, Ryan	R	290
Watkins, Janet	2	1,233
Watson, Thomas	1	338
Watters, Ana	R	1,029
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



# 1200 MILE CLUB

Cumulative miles submitted through February 2, 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
Abston, Jacob	R	0
Adams, Nick	R	0
Alexander, Jessica	R	0
Anderson, Kerri	3	105
Baggett, Christopher	1	180
Bartee, Samm	3	0
Bayush, Tori	R	0
Belcher, Michelle	6	93
Benner, Kim	6	109
Benson, wayne	5	0
Boackle, Larry	2	0
Boackle, Tomie Ann	1	0
Boger, Joe T	1	0
Booher, Lisa	7	156
Bowman, Brian	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	0
Brakhage, Victoria	2	0
Bridwell, Hunter	1	104
Brown, Charlie	7	0
Brown, Sean	4	0
Bryant, Jason L.	R	19
Burks, Ross	2	119
Burton, Daniel	R	0
Burton, Kelsey	1	0
Caine, Lawrence	1	0
Callahan, Chris	2	0
Carter, Adrienne	2	0
chandler, teresa	9	0
Clay, Brad	11	0
Cleveland, Jeff	2	132
Clevenger, Caitlin	R	0
Cliett, Stephanie	4	118

Participant	Years	Total
Coffin, Hannah	1	0
Coleman, Tim	1	172
Collins, Helen	2	0
Corrin, LaRonda	R	0
Corrin, Roger	2	0
Cowart, Britney	1	96
Crain, Teresa	2	0
Cramer, Robyn	R	0
Cramer, Steve	R	0
Crawford, Allen	3	120
Creel, Mary	1	0
Criswell, Mark	R	0
Crowson, Bill	3	108
Crowson, Madeline	R	0
Crumpton, Melinda	R	0
Culver, Wendi	R	132
Cutshall, Hannah	1	127
Davidson, Dow	1	182
Davidson, Jen	R	0
Dixon, Charles	R	100
Dixon, Jonathan	1	128
Donnelly, Kevin	R	0
Dorman, Evan	1	0
Dowling, April	1	77
Duke, Cindy	3	112
Dunn, Jennifer	R	0
Elkins, Sydney	1	0
Estes, Cameron	R	46
Estrada, Steven	R	144
Evans, Debbie	5	0
Ferlitto, Cindy	1	110
Fontenot, Misty	2	102
Franklin, Rebecca	R	74

Participant	Years	Total
Franklin, Shane	7	0
Frederick, Winston	10	0
Gerlach, Kim	R	0
Gibson, Katie	1	70
Goode, Johnny	10	97
Goss, Ange	1	0
Graham, Ryan	R	0
Grall, Jeremy	R	99
Grammas, Marianthe	2	0
Gray, Caleb	R	0
Greene, Michael	1	0
Griffin, Robin	R	0
Grossmann, Christopher	7	107
Gullapalli, Satya	3	74
Haley, Jay	3	0
Hall, Thomas	1	0
Hargrave, Alan	11	128
Harris, Ashley	1	0
Harris, Skip	1	0
Harris, Vickie	2	0
Harrison, Lisa	7	0
Henley, Monica	5	0
Henninger, Alison	4	0
Hill, Tucker	2	0
Hogue, Kari	R	0
Holcomb, Zachary	1	0
Holland, Skylar	1	0
Hoover, Alison	7	0
Hopper, Whitley	1	117
House, Beth	5	0
Hubbard, Stephanie	1	0
Ingram, Joseph	6	0
Izard, Georgia	3	0

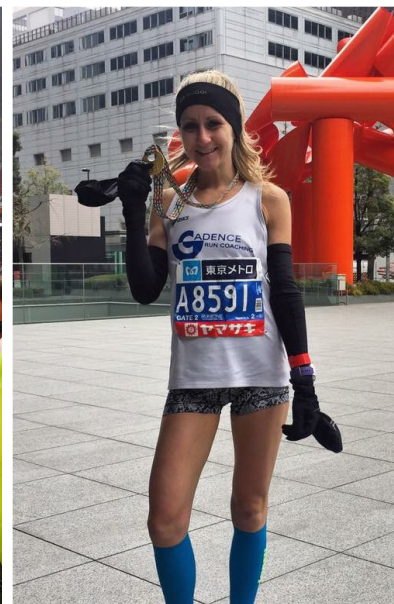
# 1200 MILE CLUB

Participant	Years	Total
Izard, Melody	3	0
Janowiak, Desirae	R	0
Jenkins, Kaki	5	0
Jenkins, Michael	R	185
Kazamel, Mohamed	1	180
Kearley, Christy	1	0
Keefer, Herb	2	0
Kemper, Tricia	4	0
Kornegay, Marla	R	0
Kuhn, Jimmy	11	0
Kulp, Loren	3	200
Lahti, Tyler	2	0
Laird, Audrey	4	126
Langston, Aaron	4	113
Langston, Richard	6	0
Lawhorn, Joseph	R	0
Lea, David	R	70
LeCroy, Sarah	2	0
Lee, Brian	R	0
Litz, Matthew	1	0
Love, Thomas	1	0
Lyle, Randy	10	0
Mathews, Skip	R	0
McKinney, Margaret	R	60
McNutt, Janie	R	0
Merry, Vicki Sue	6	0
Miller, Joshua	R	140
Moore, Phillip	R	0
Morgan, Anne	R	95
morgan, danielle	5	0
morgan, phillip	8	0
Morris, Phil	R	93
Morrow, Alex	7	0
Moser, David	R	0
Moser, Tamara	R	0
Mount, Brian	2	98
Murchison, Reginald	5	0
Northern, Kristie	9	0
Norton, Laura	R	144
Oliver, John	4	62
Padgitt, Scott	1	0
Parks, Charlie	5	161
Patrick, Nicolette	R	201
Payson, Tabitha	R	0
Payson, Tommy	2	78

Participant	Years	Total
Peagler, Shana	7	0
Pearson, Blake	5	0
Pearson, Mary Scott	4	0
Pegouske, Jeremy	R	108
Pegouske, Stacie	1	105
Plante, David	6	0
Poh, James	R	0
Ralph, Meghan	4	0
Rawson, Brent	1	0
Renfro, Jeff	R	105
Reynolds, Dewelena	R	0
Richey, Lori Beth	1	136
Richie, Melissa	R	92
Ritchie, Joseph	1	167
Ritchie, Lauren	R	168
Roberson, Kevin	4	0
Roberts, Fletcher	4	0
Robertson, M.C.	R	0
Robinson, Melany	R	0
Rodgers, Jeffrey	1	100
Roper, Lynn	2	0
Rose, Billy	4	0
Ross, Christy	R	0
Rosser, Joey	2	0
Rutledge, Lisa	3	0
Seeley, Mimi	R	0
Senseman, Austin	R	143
Shaffield, Danny	5	0
Sherer, Jeremy	2	129
Shinn, Ronald	6	0
Sides, Dean	3	0
Silwal, Suman	8	0
Simpson, Kevin	5	0
Sims, Kelly	R	0
Sims, Robert	5	0
Slemmons, Kent	R	42
Sloane, Mike	3	0
Smith, Justin	R	0
Snow, Sheri	3	0
Soileau, Chester	1	0
Stevens, Johnathon	2	0
Stewart, Zeb	1	111
Stockton, Rick	11	0
Sweatt, Jason	R	0
Swiney, Elana	R	0

Participant	Years	Total
Talley, Beau	6	0
Talley, Shellie	2	0
Thompson, Sara	1	92
Thornton, Dean	6	110
Tibbs, Seth	1	79
Townes, Janelle	1	0
Trimble, Jamie	4	0
Vaden, Christopher	R	0
Varnes, Vickie	5	176
Waid, Jr, David	1	173
Watters, Ana	R	0
Watters, Robert	4	96
Weaver, Melissa	R	0
Weber, Amy	1	111
Weber, Lauren	1	0
Weeks, Lance	2	0
Wende, Adam	4	196
Williams, Shaunda	R	0
Williamson, Chad	4	0
Williamson, Rebecca	R	0
Windle, Dale	4	0
Wiseman, Steve	4	115
Wood, Scott	3	135
Woody, Bill	10	0
Worthington, Charles	R	79
Wright, Amy	2	0
Zajac, Jason	R	95







# SHOW US YOUR BTC GEAR



Show us where the BTC has taken you!  
Submit photos of you and your friends in BTC  
gear or BTC race shirts [here!](#)





# FEETS OF STRENGTH



Congratulations to **Roberta Dunnaway, Kristin Long, Aaron Langston, Pamela Miller, Jamie Trimble** and **Kim Benner** for completing the Walt Disney World Dopey Challenge (5K, 10K, half marathon and full marathon on four consecutive days). **Jeremy Grall** also had a great Run Disney experience, setting a one hour PR in the Disney Marathon! Well done, Disney Mouseketeers!

Congratulations to **Debbie Evans** and **Kaki Jenkins** for running PR times and placing in their age groups at the Servis1st Bank Mobile Half Marathon on January 13. The BTC was well-represented at this race.

**Billy Rose** needs to be in the market for a new trophy shelf – at the Louisiana Half Marathon on January 20, he went sub 1:30 for the first time, with a time of 1:29:31. Billy's time netted him a 3rd place age group finish and a shiny new PR – his fifth race in a row to log a PR time. Way to go, Billy!



Pamela Miller, Jamie Trimble, Jeremy Grall and Kim Benner



Debbie Evans and Kaki Jenkins



Billy Rose

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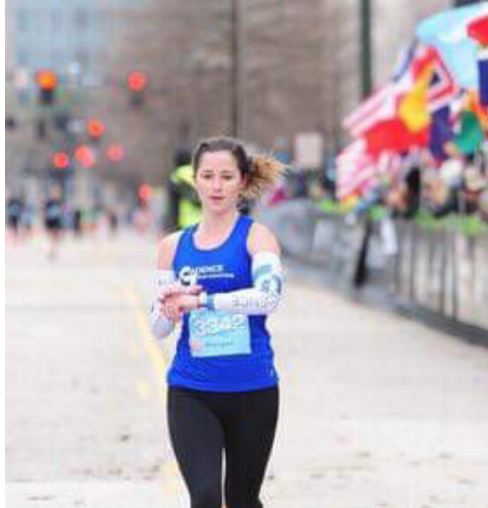


# FEETS OF STRENGTH



The Louisiana Half Marathon also proved to be a great PR course for BTC members **Morgan McComb**, who ran a 1:38:05 PR and **Mimi Seeley**, who ran a 1:43:16 PR. Way to go, ladies! BTC members fared well in Louisiana at the marathon distance also. **Amanda Bradley** ran an impressive 3:38 PR, **Michael Gann** logged a new 3:25:38 PR time, and **Tamara Robinson** (paced by fellow BTC member Brittany Hayden) ran a 3:45:46 for a new PR and a BQ time. Looks like this race needs to be on our race calendars for 2020!

Let's celebrate those PRs and running-related accomplishments, BTC! Drop us a line or send us a photo – [we want to hear from you!](#)



Morgan McComb



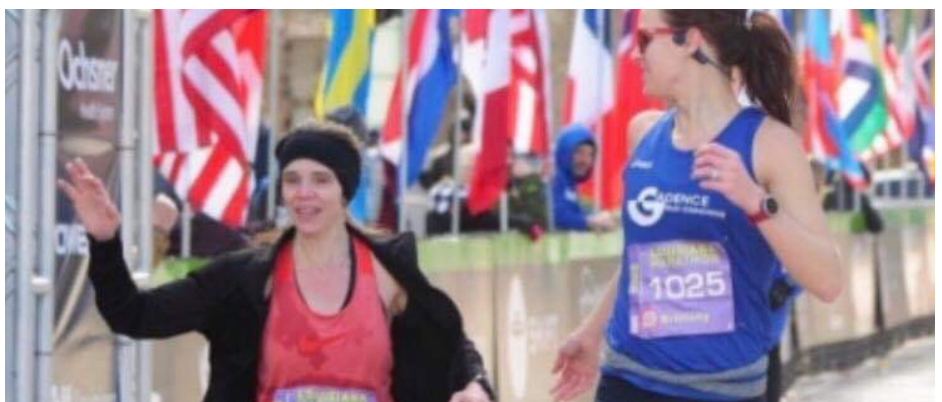
Mimi Seeley



Amanda Bradley



Michael Gann



Tamara Robinson paced by Brittany Hayden



# ADAM'S HEART RUN

January 21, 2019

Participation in this year's Adam's Heart Runs was at an all-time high, and as usual, a great time was had by all! Many were happy to see the 5K distance return to join the 10K and 10 mile races, and the vintage AHR shirt contest was a fun addition to the festivities. Congratulations to **Cindy Ferlito** for bringing back the '90s with her circa 1996 Adam's Heart Runs shirt!

A full list of winners can be found on the [BTC website](#), but congratulations to the following overall winners:

## 5K Male Winners

1st Barry Phillips  
2nd Sam Chandler  
3rd Taylor Rowell

## 10K Female Winners

1st Keri Frazier  
2nd Sarah Whitney LeCroy  
3rd Mimi Seeley

## 5K Female Winners

1st Lori Goldweber  
2nd Vicky Brakhage  
3rd Sara Thompson

## 10 Mile Male Winners

1st Phillip Moore  
2nd Damon Cox  
3rd Austin Farmer

## 10K Male Winners

1st Michael Johnson  
2nd Ryan Bonner  
3rd Vance Wooten

## 10 Mile Female Winners

1st Hannah Cutshall  
2nd Robin Jordan  
3rd Natalie Bishop





# BTC EXECUTIVE BOARD MEETING

January 14, 2019

**Attendance:** Lisa Booher, Vicky Brakhage, Hunter Bridwell, Monica Henley, Judy Loo, Christianna Rudder, Charles Thompson, Scott Wood

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

Charles noted that the December 2018 minutes should be corrected to reflect that the D-1 NCAA Indoor National Championship dates are March 8-9, 2019. With that correction, Monica made a motion to approve the minutes as corrected; the motion was seconded by Lisa and passed without opposition.

## **Adams Heart Runs (Lisa Booher)**

Lisa reported that race registrations are up by about 60, compared to this time last year. Everything is ready and good to go.

## **Volunteers (Kim Benner)**

Water stops have been covered for Adam's Heart Runs. The BTC water stop for the Mercedes Marathon has been moved to the Civil Rights Museum. Kim Tyler has volunteered to manage it.

## **Membership (Vicky Brakhage)**

Current membership is 1,050 members and 815 memberships. She is planning to conduct a membership drive in April.

## **USATF (Charles Thompson)**

Charles circulated a list of upcoming events at the Birmingham Crossplex schedule for review.

## **Japan Run Coordinator (Scott Wood for Tommy Payson)**

This year's Maebashi Marathon will be held on April 21, 2019. The BTC can send up to three runners. We will send an email out to BTC members this week, with a February 8, 2019 deadline to apply.

## **RRCA Convention (Scott Wood)**

This year's RRCA Convention will be held March 28-31, 2019 in New Orleans. Monica made a motion that the BTC allocate up to \$1,500 per person for Scott and Hunter to attend as representatives of the BTC. Vicky seconded the motion, and it was approved without opposition.

## **New Business**

There was no new business.

The meeting was adjourned at 7:00 pm. Our next board meeting is on February 11, 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:

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

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:

--

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

Signature

Date

Mail this signed application and a signed check to:

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

# Upcoming Events

EVENT	DATE	TIME
<a href="#">Mercedes Marathon Expo</a>	February 8, 2019	12:00 p.m.
<a href="#">BTC Saturday Long Run Group</a>	February 9, 2019	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	February 9, 2019	6:30 a.m.
<a href="#">Regions Superhero 5K</a>	February 9, 2019	8:00 a.m.
<a href="#">Mercedes Marathon Expo</a>	February 9, 2019	8:30 a.m.
<a href="#">Mercedes Marathon, Half Marathon and Marathon Relay</a>	February 10, 2019	7:00 a.m.
BTC Executive Board Meeting	February 11, 2019	6:00 p.m.
<a href="#">BTC Saturday Long Run Group</a>	February 16, 2019	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	February 16, 2019	6:30 a.m.
<a href="#">Steeple to Steeple Run</a> (10K, 5K and Fun Run)	February 23, 2019	7:30 a.m.
<a href="#">BTC Saturday Long Run Group</a>	March 2, 2019	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	March 2, 2019	6:30 a.m.
<a href="#">Birmingham Wine 10K</a> * BTC Discount *	March 2, 2019	7:30 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.](#)