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BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

March 2019 **3**



STATUE TO STATUE: THE SOUTH'S TOUGHEST 15K

By Michele Parr, Assistant Race
Director, Statue to Statue



Photo courtesy
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STATUE TO STATUE: THE SOUTH'S TOUGHEST 15K

Early April in Alabama. The mornings are no longer frosty, well, most of the time, that is. Who could ask for a better time or place to go for a nice little run? The birds are chirping, the flowers are blooming, and most years the sun is gently shining. This run takes you through some lovely neighborhoods from the shadow of Vulcan in Homewood, through the rolling hills of Mountain Brook, to the finish in the shadow of Lady Liberty in Liberty Park. It's a lovely 10K... The problem is that Statue to Statue is a 15K.

Racers new to Statue to Statue often wonder what all the fuss is about as they coast into the second water stop between the five and six mile marks. Those hills haven't been all that challenging. It is Birmingham after all; hills are to be expected. Then they get to THE hill. It's not the only one by any means, but if you have to ask if you're on THE hill, you aren't. Stone River Road starts out with a short steep hill. That's not what we're talking about. You can't see the top of THE hill from the bottom. When you're on it, your legs burn, your lungs burn, and that's if you walk it. You'd think all that uphill would be rewarded with a nice downhill, but you'd be wrong. The good news is that after the third and final



Photo courtesy
of MRuns

water stop, the course is almost all downhill. The bad news is that your legs that have been trashed by all that climbing need to stay under you as you navigate that decline.

New runners often think Statue to Statue is the perfect race to tackle after they've completed their first 10K. Others think it would be a great route to walk. Keep in mind, we call this "the South's Toughest 15K" for a reason. Part of what makes Statue to Statue tough is that you not only have to cover 9.3 hilly miles, but you also need to do that within the two hour and fifteen minute time limit. That's a 14.5 minute pace, something most walkers can't achieve. Stay in front of the course sweeper or you will find yourself on your own.

While there is law enforcement support, the roads aren't closed for this race. So being on your own means no police to help you cross busy intersections. Being on your own could mean water stops have closed up shop. Being on your own could mean the clock at the finish line has been turned off. These details aren't here to dissuade you. They're here to ensure you're up for the challenge. Because runner safety and race enjoyment are our top priorities, we want you to understand what you're getting yourself into. In fact, we think this race is so comparable to a half marathon that we added a sweet little finisher medal last year that becomes a tradition this year.

The post-race celebration is co-sponsored by Liberty Park Animal Hospital and typically includes a bounce house for the kids along with lots of food (hot dogs, chips, fruit) for everyone as well as some adult beverages for those 21 and up.



Photo courtesy
of MRuns

STATUE TO STATUE: THE SOUTH'S TOUGHEST 15K

The 2019 version of Statue to Statue is April 6. It is a point to point race which means you park at the finish (near the Piggly Wiggly and Liberty Park Animal Hospital in Liberty Park) and take a bus to the start. If you park at the start, you'll have to find your own way back there, unless you want to wait until April 2020, which is the next time we send a bus from the finish to the start. Race time is 8:00 a.m., but buses start running at 6:30 with the last bus at 7:30.

Who is Ellis Porch and why is Statue to Statue named for him?

Ellis Porch was a talented local runner who tragically passed away in 2007 at the age of 30 after collapsing during an out of town race. Why name Statue to Statue in his honor? How about the year he finished second in the race, pushing his son in a stroller, five days after he was the first Alabamian to cross the finish line in Boston? You may have heard of the guy who beat him at Statue to Statue that year: Scott Strand. The name honors his true devotion to running.



Ellis Porch with his son



The South's Toughest 15k

April 6, 2019

[REGISTER HERE](#)



PRESIDENT'S ADDRESS

By Scott Wood



Hello BTC and Birmingham runners!

Hello and welcome to MARCH! The month that brings us daylight savings time and the Spring season! I've never been so ready to battle pollen in my whole life -- good bye, Winter and good riddance to the rain (well, one can only hope). But, there were a few good -- make that GREAT -- things that happened in February.

Mercedes Marathon Weekend never disappoints; thank you to everyone who came out to race and to those who volunteered. The weekend has so many moving parts, and it could not take place if it weren't for hundreds of volunteers. The BTC had a booth at the expo, and we were busy handing out 1200 Mile Club jackets, selling merchandise and registering many runners for the next BTC Race (Statue 2 Statue, coming up on April 6!) during the expo. Thank you to Volunteer Coordinator Kim Benner and her volunteers -- so many worked so hard, and I promise your efforts don't go unnoticed.

February ended with many BTC members completing the Steeple to Steeple 10K as part of the "Over the Mountain 10K Challenge," which also includes this past weekend's Wine 10K and the upcoming Village 2 Village race on March 9. Thank you, Wine 10K, The NCSS, and Joey Longoria for a great race this past weekend! And, as I mentioned, next up on March 9 is the ever-popular Village 2 Village 10K sponsored by Schaeffer Eye Clinic. After V2V is the South's easiest 15K (c'mon, you know you want to run it!). In all seriousness, Race Director Judy Loo and her crew are working hard on what will once again be the premier 15K in the Southeast on April 6. This iconic race is billed as the "South's Toughest 15K" for a reason, but regardless of the hills, this race is one you will not want to miss. Registration has been going very well, so this is shaping up to be a great race. Come join the fun and one of the best postrace parties anywhere! We have several sponsors who will be giving away awesome post-race door prizes at the after party (you must run the race on the date the prizes are given away, and you must be present to win).

Next up, the BHM26.2 is bringing it on April 14! Black Jacket Symphony is once again playing at Railroad Park for the after party, so don't miss the fun! The BTC will be giving away a free race entry at our weekly BTC Long Runs on March 16, March 23, and March 30! You must attend the BTC Long Run on those Saturdays to be eligible to win. *(Side note: the BHM26.2 is looking for volunteers to work packet pickup on Saturday, April 13. Please consider volunteering for this wonderful race and charity. We will have details on our website as well as social media soon).*

Also, in April is the BTC trip to Birmingham's sister city of Maebashi, Japan for the Maebashi Marathon and 10K. Thank you also to our friends in the Economic Development Department of the Birmingham Mayor's Office for continuing to keep the BTC involved with this wonderful program. We are honored to represent our city.

Lastly, we are working on our next BTC Social for May! We've had so much fun with these over the last few years, and we are looking at possible locations, food trucks and other fun things for us to do. Thank you to TherapySouth for sponsoring this event. Look for details in next month's issue of *The Vulcan Runner*. If I can ever help you in anyway, please let me know. This is your club, and we want the best for our Birmingham running community. We have so many exciting things going on this Spring, and your BTC Board is working hard behind the scenes to keep things exciting, new and different for our runners.

Good luck with your training, and I'll see you on the roads!

Scott Wood
BTC President



Now Open!

Come see our new location!
The Village at Brock's Gap

Mon-Fri 10-6 • Sat 10-5 • Sun 1-5

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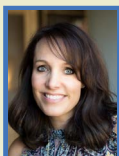
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BTC Mission Statement

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

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Race Results

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

birminghamtrackclub.com
championship-racing.com



STAYING COMPETITIVE

By: Michele Parr



“Jane Smith” sounds more like an alias than a household name, but hers is a name you should know. Come June she will be representing the state of Alabama in the National Senior Games in Albuquerque, New Mexico.

You may recall that the National Senior Games were held in Birmingham in 2017. Volunteering at those games sparked Jane's fascination with the competition. She saw Cathy McCain, a member of her running group, compete in several track events, and as she says, “To see so many seniors competing was very inspiring, and the activity of the athletes, even those older than 90, was amazing. Once I saw how much fun the participants were having, I decided I wanted to join them next time and have a road trip with Cathy.” The National Senior Games are held every other year. On off years, individual states hold their qualifying games.

Jane's athletic background may sound familiar to those of her generation, the girls who grew up in the years prior to Title IX. She played tennis, basketball, and softball growing up, all in recreational leagues because there were no school teams for girls. With no high school sports resume, college sports were not an option. She didn't start running until 1994 after she married a runner, Jerry Smith, who had been running since the early 1980s. Jane was quite content running 5Ks until she got sucked into the vortex of longer distance by a group of women she started running with about 10 years

ago. You're likely to see the RG (short for Running Group because Walking Group just didn't sound right) on Saturday mornings in the vicinity of the old Brownell/NBC Bank near Jemison Park.

Like many other adult-onset athletes, Jane found her way to longer distances having “participated in” (her words) one full and 26 half marathons. She uses a combination of running and walking, and while her times aren't world class, she has finished each one she started. With a 2008 half marathon PR of 2:42 in Nashville in 2008, she's now content with her current times that approach 3:15.

Once Jane decided to join in the fun of the Senior Games, her next challenge was choosing her events. Choosing was difficult because as she explains, “I had no idea of the level of competition for each sport.” In the end she qualified in all 17 events she tried, which included swimming, table tennis, and field events. It turned out to be a great experience. “I really went overboard,” Jane laughs, “but a benefit has been meeting many new people in these events.” After qualifying in all 17 events, Jane had another decision to make. For the national competition, athletes are allowed to enter only two events in which they have qualified. Jane selected archery due to its limited participation and the fun she had learning the sport, and field events (javelin, discus, shot put, hammer throw, long jump, and triple jump) for the multiple opportunities to compete.

STAYING COMPETITIVE

Qualifying is sometimes easy due to limited participation, but there are standards to be met. In order to qualify for most events at the National Senior Games, athletes must be at least 50 years old and finish in the top four of their age group in state competition events that are held in various places around the state. Jane qualified for archery in Hoover and for field events in Trussville. Athletes compete against others in the same five-year age group.

This has definitely been a learning experience for Jane, who had little or no background in many of the sports in which she chose to try to qualify. That meant learning the official rules as well as practicing the skills required. She worked with the Hoover Recreation Center to learn archery, and for the field events, she tells us, “I read lots of books, watched YouTube videos, and had a couple of lessons with a coach to work on technique.” She met lots of great people throughout her training and qualifying process, remarking, “Everyone wants each to succeed and will help you learn and train.”

Best of luck to you, Jane! We look forward to hearing about your adventures!

If this sounds like something you'd like to try, you can find more information at these sites:

- Alabama Senior Olympics: <http://alseniorolympics.org/>
- National Senior Games: nsga.com



RUMPSHAKER 5K



BIRMINGHAM

In Memory of Lisa Martz

MARCH 23, 2019 REGIONS FIELD
11th ANNUAL

***Funny Name, Serious Cause / Benefiting Colon Cancer Awareness
5K and 1 Mile Fun Run / Walk***

REGISTER NOW @ www.rumpshaker5k.com



A PASSION FOR RUNNING INSPIRES A PASSION FOR HOPE

By: Amanda Vandegrift

You know the feeling of accomplishment associated with running and the drive it can inspire in you to reach your next goal. You probably recall the moment when running became your passion. Mine was the moment I finished my first half marathon, and with each half and full marathon I completed, the desire continued to grow. It was my passion for running, along with the inspiration of my loving mother, Lisa Martz, that inspired the Rumpshaker 5K and a passion for providing hope to our community.

Diagnosed with colon cancer at the age of 48, Mom was a true symbol of hope, faith and determination to our family and friends. As I participated in race after race for many good causes, I wanted nothing more than to do a race in honor of her. Unfortunately, at that time there were no races that raised awareness about colon cancer. During this time I began to think about, and even started planning, a 5K to bring attention to this disease. I quickly realized the enormous amount of time and commitment needed to plan a race and decided to halt the 5K planning in order to spend more time with my mom.

When she lost her battle in October of 2007, our family relied on the strength Mom had shown during her almost 4 year battle with the disease. The following year I returned to planning what would become



the first Rumpshaker 5K. Our race committee was a small group of family, running friends and one physician. Although none of us had any race planning experience, we were all passionate about starting a new 5K that would raise awareness about colon cancer.

In the beginning, our goal for the Rumpshaker 5K was to raise awareness about colorectal cancer. After the first race in 2009, we created the non-profit, Rumpshaker, Inc., and our mission expanded to include programs to assist colon cancer survivors and those fighting the disease. Our success is based on the support of the running community and the hundreds of families who participate in our race each year. Because of your generous support, the Rumpshaker 5K is our largest fundraiser each year. With the funds raised, we have been able to accomplish the following:

- Donated over a quarter of a million dollars to local hospital GI labs to assist with the purchase of state of the art diagnostic equipment.
- Donated over \$100,000 in direct aid to patients in their fight with colorectal cancer by providing avenues of short term financial assistance.
- Established the Lisa Martz Hope Scholarship and awarded over \$75,000 in scholarships for college students impacted by colorectal cancer.
- Host a monthly support group, "The Semi-Colon Club", for those affected by the disease.
- Host community outreach programs such as corporate health fairs and lunch and learn events.



The last race Mom was able attend to cheer for me

A PASSION FOR RUNNING INSPIRES A PASSION FOR HOPE

While the Rumpshaker 5K has a funny name, our cause is serious, and we are passionate about raising awareness about colon cancer and screening. The facts shown below could save your life or the life of someone you love.

- Colorectal Cancer (aka colon cancer or rectal cancer) is cancer of the colon and/or rectum.
- It is the third most diagnosed cancer and the second leading cause of cancer deaths in the US.
- It is equally common in men and women.
- With recommended screening this cancer can be prevented, by removing polyps before they become cancerous, or detected early when it can be more easily and successfully treated. Most colon cancer deaths are preventable by early detection.

We hope you'll join us at the Rumpshaker 5K on March 23! As always, your support is critical in helping us continue our mission.

Don't wait -- [register today](#) for the 11th Annual Rumpshaker 5K! March 23rd - Regions Field - [www.Rumpshaker5k.com](#) - [info@rumpshaker5k.com](#)

Are you at Risk for Colorectal Cancer?

Answer the following six questions to determine if you are at risk of developing polyps or colorectal cancer:

1. Are you age 50 or older?
2. Have you had a colorectal polyp or cancer in the past?
3. Has anyone in your family had polyps or colorectal cancer?
4. Does your diet contain foods that are high in fat and low in fiber?
5. Have you been diagnosed with an inflammatory bowel disease such as Crohn's Disease or ulcerative colitis?
6. Have you noticed persistent changes in your bowel habits?

If you answered "yes" to one or more of the questions above, you are at risk for developing colorectal polyps or cancer. Please contact your physician to discuss the results of this survey, other risk factors and to review the screening options that are available to you.



COMMUNITY CORNER

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

Greetings, BTC!

I have a few updates to send your way as we head into Spring running.

As I write this update, our Highway 280 Public Road Co-Operative District is awaiting a proposal for the design of the Hollywood Boulevard pedestrian bridge from Sain Associates, who we have hired. Jefferson County is managing the design, bidding and construction processes.

(As a reminder, our Co-op consists of Councilor Peter Wright and me from Homewood, President Virginia Smith and Councilor Alice Womack from Mountain Brook, President Valerie Abbott and Councilor Darrell O'Quinn from Birmingham, and Commissioner Steve Ammons from Jefferson County).

Sain Associates has been working with ALDOT, and will submit its proposal to the County. Any issues Jefferson County brings up will be addressed, and then the proposal will be presented to the Co-op. In short, we are on schedule! This is so encouraging, given the amount of work ALDOT is engaged in at the moment.

We have raised or been promised a total of \$970,000, with some outstanding asks. We have opened a money-market account, and we are earning \$500 a month in interest.

Speaking of Sain Associates, it also is the firm working on the sidewalks that will connect Mountain Brook Village to Poinciana in the Hollywood section of Homewood and the Mountain Brook YMCA behind the zoo (remember those?). I think I last reported on these sidewalks a few years ago, and I remember thinking at the time "2019? What on Earth takes that long?" Now that I am in government in Alabama, I have a much better understanding!

Sain Associates reports: "The design plans for the Zoo Connector sidewalk that will connect Poinciana Drive to Cahaba Road are 90% complete, and are currently undergoing a quality control review by ALDOT." So that is exciting news as well!

In regards to Phase II of the Shades Creek Greenway (or "Lakeshore Trail" to most of us), we have completed all purchases of necessary rights-of-way, parcels and easements, and we are ready to go into design with Goodwyn Mills Cawood. This phase will connect the Green Springs end of the Lakeshore Trail to the Wildwood Preserve, about another 1.75 miles to the west. We should see this project completed in 2019 as well!

Further east, the City of Mountain Brook will be completing a restroom at Mountain Brook Elementary over the next few months, according to City Manager Sam Gaston. This restroom will be convenient to the Watkins Trail near Jemison Trail.

Our crosswalk at the Marriott Hotel near Brookwood Village is also in the last phase of ALDOT approval. Once we receive that approval, the bidding process for that process, as well as a sidewalk to and up Rumson Road will begin.

So 2019 is going to be a big year! I look forward to bringing you further updates soon!

**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 or print forms at:
<http://shadescrest.org/family-life-centerrecreation/>**

Pre-Race Tune Up / Post-Race Clean Up

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


Multi-sport services may include:

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

Run Assessment

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

VIP Shoe Fitting

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



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

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



Long Run Training Group

Now that the Mercedes Marathon 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:

Not Just for the Elderly...Why Calcium is Important for Athletes

By: Cameron R. Lee, 2020 PharmD Candidate, and Kim W. Benner, PharmD, BCPS



There are two types of bone that make up the human skeleton-- cortical and trabecular bone. Approximately 80% of the body is made up of dense cortical bone that surrounds the bone marrow, with the remaining 20% being composed of honeycomb-like trabecular bone that fills the bone marrow compartment.³ Bones are not static, but are continually breaking down and building up, a process called "remodeling." Complex signaling pathways control this process, and bone remodeling occurs throughout adult life.⁴ It not only occurs in response to mechanical stress on the bone during weight bearing activities (e.g., running), but it is part of normal bone physiology and functions to maintain the calcium levels needed by the body to carry out all of its cellular functions.⁴ An imbalance between breaking down bone and building up bone can cause diseases such as osteoporosis.

During your childhood, someone probably told you, "calcium helps build strong bones and teeth," in an effort to get you to drink your milk or to eat dairy-containing foods. You've probably also seen an elderly woman taking calcium supplements to help treat osteoporosis. But, how does calcium impact adult athletes?

Calcium is important for more than building strong bones and teeth, although that is one of best known roles of the popular mineral. But calcium also aids in muscle contraction, heartbeat regulation, conduction of nerve impulses, management of blood pressure and the body's fluid balance, hormone secretion, and a multitude of cellular functions.^{1,2} However, calcium does not function alone. Its homeostasis in the body is maintained by vitamin D.³ Vitamin D helps the body to better absorb and use calcium, and it is essential for the growth of bone, increasing bone density, and in the remodeling of bone.³

There are two factors that determine bone health during adulthood... achievement of Peak Bone Mass (PBM) as an adolescent/young adult and how quickly an adult loses bone as he or she ages.¹ Nearly 90% of peak bone mass is built by age 18.³ Physical activity plays a large role in this, as it is recognized as the foremost modifiable behavior that builds up bone in children and young adults.¹ However, PBM is also influenced by other factors such as genetics and dietary consumption of calcium.

It is estimated that calcium intake is well below the recommended amount for both children and adults in the United States, clearly made evident by the prevalence of osteoporosis in the elderly.¹ This begs the question: how do you know if you are deficient? And, if so, what do you do about it?

Most people are not deficient enough to notice specific symptoms of low calcium (also called hypocalcemia). The best way to determine if someone may have low calcium levels (without lab values or a reading from a Bone Mineral Density scan) is to estimate his daily dietary intake of calcium. It can be done individually or

**Table 1: DAILY ADEQUATE INTAKE
RECOMMENDATIONS FOR DIETARY CALCIUM INTAKE**

Age group, y	Adequate intake, mg/d
1-3	500
4-8	800
9-18	1300
19-50	1000
51-70	1200
> 70	1200
Amenorrheic athletes (all ages)	1500

MEDICATIONS AND MILES:

Not Just for the Elderly...Why Calcium is Important for Athletes

with the help of a physician or pharmacist. Various “calculators” are available online and are easy to use -- enter the number of servings of various calcium-rich foods eaten per week, and the “calculator” determines approximately how much calcium is consumed weekly. Table 1 shows the recommended daily intake of calcium for various age groups.³ Unless an individual’s daily/weekly intake falls below recommended levels, he is not usually instructed to take calcium supplements. While calcium can be consumed as a supplement, dietary dairy such as milk, cheese, yogurt, etc., is one of the better sources of calcium for the body (calcium rich vegan foods include broccoli, kale and soybeans). The calcium provided in food is the form that is most readily available for use by the body, and it is a source of energy-dense calories.³ So, increasing dietary intake of calcium is usually preferred before adding a supplement.

Who should take calcium supplements? People who do not have a high enough dietary intake of calcium may be prescribed supplements if they are unable or unwilling to increase their dietary calcium. Due to their risk of osteoporosis, postmenopausal women often take calcium supplements.⁵ Supplements should also be considered for individuals who are vegan, eat a high-protein or high-salt diet, have a health condition that decreases the body’s ability to absorb calcium (such as Crohn’s disease), or take long-term corticosteroids such as prednisone.⁵

Specifically for athletes, living an active lifestyle and exercising (and the resulting metabolism elevation) do not themselves automatically equal an increased need for dietary calcium. However, because electrolytes (including calcium) can be lost through sweat, dietary intake should be evaluated in order to prevent calcium deficiency, which can have a multitude of consequences.³ Talk to your physician if you are concerned about excessive electrolyte loss during exercise.

Calcium supplements are some of the most widely prescribed by physicians.¹ However, they do not come without risk. Calcium has been proposed to reduce the risk of cardiovascular disease, but evidence is mixed. Over-supplementation can lead to kidney impairment, hardening of blood vessels and soft tissues, and kidney stones, among other things.² However, it is important to note that kidney stones have only been associated with high calcium intake through supplements, and not from foods.² High calcium intake can also cause constipation.²

If your physician recommends a calcium supplement, there are important considerations to take into account. Various types of calcium supplements are available without a prescription or over-the-counter (OTC). Each formulation contains a different amount of elemental calcium, which is the amount of calcium provided by the supplement that can be used by the body. The two main forms

are calcium carbonate and calcium citrate. Calcium carbonate is the most common form, and it contains 40% elemental calcium.⁵ Caltrate, Maalox, and Tums are examples of a calcium carbonate-containing supplement; however, there are many store (generic) brands as well (note that calcium carbonate often can make patients “gassy”). Calcium citrate (21% elemental calcium) needs stomach acid to be absorbed, so it is best taken with food.^{2,5} CitraCal is the most common calcium citrate-containing supplement, although there are others. Depending on the dosage, it may be preferable to split it up over two to three times daily. Absorption is highest when calcium is consumed in doses less than 500 mg at a time.²

It is important to choose the right product so talk to your pharmacist to help you choose the best product for your needs. Additionally, calcium can interact with many medications, so also let your pharmacist know what other medications you take regularly.

When it comes to vitamins and mineral supplements, the thought is often “the more, the better.”¹ That is not necessarily the case with calcium. While calcium supplements do have health benefits, they also come with risks. They should only be taken by those who need them, as recommended by a physician or pharmacist. For athletes not taking a calcium supplement, they can continue to build strong bones by consuming calcium-rich foods and exercising regularly.

References:

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BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Jacob Abston	Steve Cramer	Jeremy Joseph	Zach Peagler
Adrianna Anderson	Tyler Cromey	Stacy Kadle	Chris Phillips
George Anderson	Dow Davidson	Christy Kearley	Kelley Pitts
Tampia Anderson	Jen Davidson	David Kearley	Dewelena Reynolds
Thomas Armstrong	Cindy Duke	Max Kearley	Madison Riski
Connor Barton	Alan Eads	Stephen Kearley	Cheryl Roberson
Dawn Barton	Steven Estrada	Ann Klasner	Kevin Roberson
Harmon Barton	Cindy Ferlitto	April Lawrence	Jeffrey Rodgers
Mike Barton	Juandolyn Fleming	Matthew Litz	Jessica A. Rodgers
Bobby Bellew	Brandon German	David Malick	Caitlin Rogers
Cole Bensinger	Jon Graham	Chase McClain	Cindi Routman
Jill Bensinger	Karen Griffin	Morgan McComb	Randall Simpkins
Nathan Bensinger	Aimee Hackney	Bryan Meadows	Kevin Simpson
Sue Ellen Bensinger	Jay Haley	Daniel Mendez	Cecelia Sims
Luvern Blackwood	Amanda Harden	Theresa Mendez	Sheri Spencer
Kelly Boyer	Jack Hasson	Bob Mitchell	Terralance Thurman
Alex Brewer	Tucker Hill	Kevin Morgan	Richard Vandrell
Elizabeth Bryant	Belinda Hallaway	Sara Moulton	John Vass
Andy Burge	Zachary Holcomb	Tom Moulton	Jesse Weisberg
Mariel Calloway	Skylar Holland	Charles Oehrlein	Scott Weisberg
Alan Christian	Temeka Hudson	Kimberly Oehrlein	
Jeff Cleveland	Melissa Hughey	Mary Oehrlein	
Diane Clifton	Kaki Jenkins	Richard Oehrlein	
Teresa Crain	Michael Jenkins	Hector Orozco	
Jackson Cramer	Kawitta Johnson	Arin Palmer	
Robyn Cramer	Ira Jones	Shana Peagler	

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.

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.

- [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.

We look forward to running with you in 2019!

Maebashi Runners Announced!

Thank you to all of the BTC members who applied to be members of the BTC delegation to the Maebashi Marathon and 10K this year.

Congratulations to **Jonathan Dixon**, **Wesli Turner**, and **Rebecca Williamson** who were selected to represent the BTC and the City of Birmingham at the races in April. We look forward to hearing about your amazing experiences and sharing them with our readers!



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](mailto:LaRonda.Corrin@birminghamtrackclub.com), 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!



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 volunteers who made the Mercedes Marathon weekend such a success! We drew for one winner from all of our volunteers who worked at the expo, the BTC booth or the BTC water stop – congratulations our lucky winner of a gift card -- Richard Langston! Thank you, Richard, for all you did to make the BTC booth at the expo such a success – we appreciate your service!

Next up will be Statue to Statue on Saturday April 6, 2019. We will need plenty of volunteers to make that race a success! You can help at packet pick up and/or on Saturday race day - please go to: <https://runsignup.com/Race/AL/Birmingham/StatuetoStatue15K> and click on the volunteer tab to sign up to pick your spot to volunteer. You can also drop [BTC Volunteer Coordinator Kim Benner](#) an email for questions or to get more information on how you can help.

#weheartourvolunteers




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IF THE SHOE FITS... HOW DOES IT PERFORM?

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



THE PROBLEM

Every runner has his or her favorite shoes. Hopefully, they were properly fitted at one of our local stores and not based purely on color or style. The favorite shoe is only the favorite shoe until an injury occurs. Then the question becomes "is my favorite shoe really the best performing shoe for me?"

What if a runner could truly measure the performance of a shoe? What if the performance was based on his individual mechanics? What if you could compare the different brands and models of shoes based on your mechanics?

THE SOLUTION

Recently, Scott came into our clinic with a bag full of shoes from The Trak Shak and the same questions. We introduced him to our VIP Shoe Fit using the sensor technology system DorsaVi. Here is what we found.

SCOTT'S RESULTS

Shoe	Stride	ASI	Mean (GFR)	IPA	GCT
Shoe 1 - Nike Zoom Flies with no inserts	173st/m	26%	1528N	4g / 5g	232ms
Shoe 2 - Nike Zoom Flies with inserts	171st/m	15%	1448N	4g / 5g	234ms
Shoe 3 - Zoom Vapor Flies with no inserts	170st/m	17%	1560N	4g / 5g	237ms
Shoe 4 - Nike Zoom Structure with inserts	171 st/m	4%	1518N	5g / 5g	224ms
Shoe 5 - Brooks Adrenaline with inserts	172st/m	14%	1502N	4g / 5g	291ms
Shoe 6 - Saucony Guides ISO with inserts	171st/m	11%	1465N	4g / 5g	268ms
Shoe 7 - Altra Provisions 3.5 with inserts	174st/m	10%	1564N	5g / 6g	235ms

RESULTS

The table above lists 5 measurements for each shoe (Stride, Asymmetry Index, Ground Reaction Force, Initial Peak Acceleration and Ground Contact Time). The Asymmetry Index (ASI) is one of

the most important measurements. ASI measures the degree of symmetry with the runner's stride. Every runner's goal should be to run as symmetrical as possible to maximize performance. Ground Reaction Force (GRF) measures the force with the ground at midstance. The goal is to be lighter, not heavier, with force. Initial Peak Acceleration (IPA) measures the tibia during foot strike. Higher IPAs at 8-10g places the runner at risk for stress fractures. Ground Contact Time measures each foot's contact time with the ground. Larger ground contact times with one leg vs the other can indicate off loading due to pain. GCT can also indicate lack of strength and stability in one leg vs the other.

Based on the DorsaVi running assessment, the best performing shoe for Scott is the Nike Zoom Structure (Shoe #4). In this shoe, Scott's ASI was a low of 4%. His IPA an even 5g/5g along with a low GCT. GRF was the only measure in which the Nike Zoom Structure didn't perform lower than the other shoes. Scott also noted the Nike Zoom Structure felt the best out of all seven shoes.

DISCUSSION

Things to consider:

1. Shoe #1 was Scott's current training shoes. ASI was high at 26% but with an insert improved to 15% as seen in shoe #2. The insert was recommended by his therapist.
2. Shoe #3 would not accommodate inserts. Shoe #3 is a very high dollar racing shoe and not for everyday training.
3. All data was collected on a treadmill at the same speed. Data can be collected in an actual race for comparison as well.
4. The above data can be used as a baseline for in-race data and training program comparisons.

TAKE AWAYS

1. Shoes need to be fitted by an expert and then compared for individual performance.
2. The data collected cannot be determined by observation - only measured with sensor technology.
3. Baseline data will give you a comparison for training, in race data, and help determine your shoe replacement time frame.
4. This information is crucial for runners who want to maximize performance and reduce the risk of injury from running.

1200 MILE CLUB

Cumulative miles submitted through March 3, 2019 are listed below. For a complete listing of monthly totals, [click here](#).

Please remember to submit your miles early in the month so that they are reported correctly in *The Vulcan Runner*. Reporting miles is easy: simply click on the link provided in the email you will receive at the end of each month, select your name from the drop down menu, and hit "submit" – done! To sign up to participate in the 2019 edition of 1200 mile club challenge, please [click here](#).

Participant	Years	Total
Abston, Jacob	R	128
Adams, Nick	R	99
Ahmed, Kabeer	R	0
Alexander, Jessica	R	316
Anderson, Kerri	3	105
Armstrong, Thomas	3	0
Baggett, Christopher	1	180
Barnes, Jimmie	4	0
Bartee, Samm	3	110
Bayush, Tori	R	116
Belcher, Michelle	6	93
Benner, Kim	6	109
Benson, wayne	5	127
Bishop, Natalie	R	0
Bittle, Anna Marie	R	0
Boackle, Larry	2	0
Boackle, Tomie Ann	1	71
Boger, Joe T	1	0
Booher, Lisa	7	156
Bowman, Bill	R	172
Bowman, Brian	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	97
Bradley, Amanda	1	0
Brakhage, Victoria	2	128
Bridwell, Hunter	1	104
Brown, Charlie	7	0
Brown, Dana	R	0
Brown, Sean	4	0
Bryant, Jason L.	R	19
Burks, Ross	2	119

Participant	Years	Total
Burton, Daniel	R	92
Burton, Kelsey	1	124
Caine, Lawrence	1	71
Callahan, Ali	R	0
Callahan, Chris	2	100
Callahan, Noah	R	0
Callahan, Rachel	4	0
Calloway, Mariel	R	0
Carey, Christopher	5	0
Carter, Adrienne	2	0
chandler, teresa	9	110
Clay, Brad	11	146
Cleveland, Jeff	2	132
Clevenger, Caitlin	R	0
Cliett, Stephanie	4	118
Coffin, Hannah	1	286
Coleman, Tim	1	172
Collins, Helen	2	22
Corrin, LaRonda	R	52
Corrin, Roger	2	195
Cowart, Britney	1	96
Crain, Teresa	2	0
Cramer, Robyn	R	19
Cramer, Steve	R	65
Crawford, Allen	3	120
Creel, Mary	1	141
Criswell, Mark	R	81
Crowson, Bill	3	108
Crowson, Madeline	R	0
Crumpton, Melinda	R	0
Culver, Wendi	R	132

Participant	Years	Total
Cutshall, Hannah	1	127
Davidson, Dow	1	182
Davidson, Jen	R	0
Denton, Matt	6	0
Dixon, Charles	R	100
Dixon, Jonathan	1	128
Dodson, Brooke	3	0
Donnelly, Kevin	R	46
Dorman, Evan	1	102
Dowling, April	1	77
Duke, Cindy	3	112
Dunn, Jennifer	R	96
Elkins, Sydney	1	0
Estes, Cameron	R	46
Estrada, Steven	R	144
Evans, Debbie	5	110
Ferlitto, Cindy	1	110
Fontenot, Misty	2	102
Franklin, Rebecca	R	74
Franklin, Shane	7	111
Frederick, Winston	10	120
Freeman, Sheila	2	0
Friday, Tanna	R	0
Gerlach, Kim	R	0
Gibson, Katie	1	70
Goode, Johnny	10	97
Goss, Ange	1	126
Grady, Carla	R	0
Graham, Ryan	R	111
Grall, Jeremy	R	99
Grammas, Marianthe	2	27

1200 MILE CLUB

Participant	Years	Total
Gray, Caleb	R	0
Greene, Michael	1	0
Griffin, Robin	R	80
Grossmann, Christopher	7	107
Gullapalli, Satya	3	74
Hackney, Aimee	R	0
Haley, Jay	3	138
Hall, Thomas	1	0
Hargrave, Alan	11	243
Harris, Ashley	1	28
Harris, Skip	1	0
Harris, Vickie	2	0
Harrison, Lisa	7	112
Henley, Monica	5	107
Henninger, Alison	4	112
Hetherington, Karyn	R	0
Hill, Tucker	2	70
Hogue, Kari	R	45
Holcomb, Zachary	1	141
Holland, Skylar	1	136
Hollington, Kasey	1	0
Hoover, Alison	7	0
Hopper, Whittley	1	117
House, Beth	5	0
Hubbard, Stephanie	1	0
Ingram, Joseph	6	52
Izard, Georgia	3	0
Izard, Melody	3	0
Janowiak, Desirae	R	78
Jenkins, Kaki	5	143
Jenkins, Michael	R	185
Johnson, Kawitta	1	0
Johnston, Emily	R	0
Johnston, Latta	2	0

Participant	Years	Total
Jones, Allen	R	0
Kazamel, Mohamed	1	180
Kearley, Christy	1	0
Keefer, Herb	2	0
Kemper, Tricia	4	259
Kendrick, Tom	R	0
Kornegay, Marla	R	107
Kuhn, Jimmy	11	238
Kulp, Loren	3	200
Lahti, Tyler	2	161
Laird, Audrey	4	126
Langston, Aaron	4	113
Langston, Richard	6	75
Lawhorn, Joseph	R	93
Lea, David	R	70
LeCroy, Sarah	2	197
Lee, Brian	R	186
Litz, Matthew	1	149
Love, Thomas	1	101
Lyle, Randy	10	196
Lyles, Chris	1	0
Malick, David	5	0
Mathews, Skip	R	75
McComb, Morgan	R	0
McKinney, Margaret	R	60
McNutt, Janie	R	109
Merry, Vicki Sue	6	195
Miller, Joshua	R	140
Moore, Phillip	R	0
Morgan, Anne	R	95
Morgan, Cary	8	0
Morgan, Danielle	5	69
Morgan, Phillip	8	102
Morris, Phil	R	93

Participant	Years	Total
Morrow, Alex	7	151
Moser, David	R	82
Moser, Tamara	R	0
Mount, Brian	2	98
Murchison, Reginald	5	195
Napolitano, Angela	R	0
Ness, Andrew	R	0
Northern, Kristie	9	120
Norton, Laura	R	144
Oehrlein, Kimberly	R	0
Oliver, John	4	62
Olson, Kimberly	R	0
Olson, Seth	R	0
Orihuela, Carlos	1	0
Padgitt, Scott	1	46
Parks, Charlie	5	161
Patel, Lisa	R	0
Patrick, Nicolette	R	201
Payson, Tabitha	R	0
Payson, Tommy	2	78
Peagler, Shana	7	0
Pearson, Blake	5	179
Pearson, Mary Scott	4	0
Pegouske, Jeremy	R	108
Pegouske, Stacie	1	105
Plante, David	6	142
Poh, James	R	122
Powell, Shane	R	0
Ralph, Meghan	4	127
Rawson, Brent	1	21
Renfro, Jeff	R	105
Reynolds, Dewelena	R	88
Richey, Lori Beth	1	136
Richie, Melissa	R	92

1200 MILE CLUB

Participant	Years	Total
Ritchie, Joseph	1	315
Ritchie, Lauren	R	168
Roberson, Kevin	4	143
Roberts, Fletcher	4	0
Robertson, M.C.	R	101
Robinson, Melany	R	114
Robinson, Rod	R	0
Rodgers, Jeffrey	1	100
Rodgers, Jessica	R	0
Roper, Lynn	2	88
Rose, Billy	4	228
Ross, Christy	R	103
Rosser, Joey	2	76
Routman, Cindi	R	0
Routman, Cynthia (Cindi)	R	0
Rutherford, Keith	11	0
Rutledge, Lisa	3	130
Ryan, Meaghan	3	0
Sanders, Gwendolyn	R	0
Seeley, Mimi	R	165
Senseman, Austin	R	143
Shaffield, Danny	5	172
Sherer, Jeremy	2	129
Shinn, Ronald	6	106
Shoaf, James	1	0
Sides, Dean	3	86
Silwal, Suman	8	0
Simpkins, Randall	1	0
Simpson, Kevin	5	402
Sims, Kelly	R	111
Sims, Robert	5	88
Slemmons, Kent	R	42
Sloane, Mike	3	102
Smith, Jerry P.	11	0

Participant	Years	Total
Smith, Justin	R	51
Smith, Marie	R	0
Snow, Sheri	3	0
Soileau, Chester	1	0
Stevens, Johnathon	2	0
Stewart, Chappell	R	0
Stewart, Zeb	1	111
Stockton, Rick	11	115
Stone, Amy	R	0
Sweatt, Jason	R	0
Swiney, Elana	R	69
Talley, Beau	6	0
Talley, Shellie	2	0
Thomas, Eric	5	0
Thompson, Sara	1	92
Thornton, Dean	6	110
Thurman, Terralance	R	0
Tibbs, Seth	1	79
Townes, Janelle	1	133
Trimble, Jamie	4	128
Vaden, Christopher	R	0
Varnes, Vickie	5	328
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	100
Wende, Adam	4	196
Williams, Shaunda	R	80
Williamson, Chad	4	42
Williamson, Rebecca	R	53
Windle, Dale	4	100

Participant	Years	Total
Wiseman, Steve	4	115
Wood, Scott	3	135
Woody, Bill	10	149
Worthington, Charles	R	79
Wright, Amy	2	0
York, Gary	5	0
Zajac, Jason	R	95
Zehnder, Justin	7	0

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



BTC Membership Chair **Vicky Brakhage** has been killing it on the 5K circuit lately – she was the second place overall female at the Adam's Heart Runs 5K on January 26, 2019 and took home the award for first place overall female at the Minden Run for St. Jude 5K in Minden, Louisiana on February 2, 2019. Way to go, Vicky!

Billy Rose knocked another PR off his list, logging a 1:28:33 at the Mercedes Half Marathon on February 10, 2019. That was no easy feat on the new course, but Billy rocked it like a champ!

Wendi Culver has been a solo runner for her entire life, but she only recently discovered the benefits of running with a group. During the Mercedes Marathon on February 10, 2019, she was paced by local ultra running phenom Micah Morgan and earned her a P.R. of 3:33, which placed her second in her age group and earned her a Boston Qualifying time. We are so proud of you, Wendi (and are so glad you finally discovered the magic of group runs)!

Our race calendars are getting longer now that Spring is near. Don't forget to [let us know](#) when you chase down that new PR or conquer a new distance – let's celebrate you!!



Vicky Brakhage



Billy Rose



Wendi Culver

BTC EXECUTIVE BOARD MEETING

February 11, 2019

Attendance: Lisa Booher, Hunter Bridwell, Alan Hargrave, Monica Henley, Charles Thompson, Dean Thornton, Jamie Trimble, Bradley Wells, Scott Wood

The meeting was called to order at 6:15 pm by President Scott Wood.

Monica made a motion to approve the minutes of the January 2019 Executive Board Meeting. The motion was seconded by Lisa and passed without opposition.

IT Recap (Alan Hargrave)

Alan reported on race registration numbers for Adam's Heart Runs and Statue to Statue to date; both were ahead of schedule and registration numbers were close to double for Statue to Statue during Mercedes weekend. We had set up a bridge donation page on the BTC website, but Alan will switch it back to a general donation page. Now that Bradley Wells is on board with BTC merchandise, we can reactivate the store component. Both the donation page and the store page pop up automatically on the

Long Run Group (Scott Wood for Alex Morrow)

The new target race for the long run group will be the BHM 26.2 race on April 14.

Finish Line Crew (Jamie Trimble)

The frame for the "step and repeat" background was broken, but it has now been repaired. It was used during Mercedes weekend. From a logistics standpoint, Jamie recommends that we continue to rent a truck for hauling BTC materials for races (typical cost is \$100).

Volunteers (Scott Wood for Kim Benner)

Mercedes went well. Kim will work with Judy to get the volunteer sign up page ready for Statue to Statue.

Treasurer (Monica Henley for Christianna Rudder)

The Treasurer's Report was circulated for review via email.

Membership (Alan Hargrave for Vicky Brakhage)

Current membership is 1,071 members and 832 memberships. She is planning to conduct a membership drive in April.

President's Report (Scott Wood)

Thank you to everyone who has worked so hard over the past few events. Lisa thanked everyone who helped with Adam's Heart Runs this year. She will look into starting the race at 8 am next year rather than 9 am. The BTC Annual Party was great! Attendance was a little down from last year, but it fell on a holiday weekend. Mercedes weekend went well. Statue to Statue registration is up. Sara Thompson has volunteered to serve as Member Benefits Coordinator for the BTC. Scott and Hunter will be attending the RRCA Convention on behalf of the BTC. Hunter and Scott recently met with UAB's Track Coach. He would like to host the BTC for a track meet over the next few months; they will continue to work on plans. Scott has met with the Hoover City Council and with John Lyda about adding another BTC-sponsored race to our race calendar. They have looked at a potential half marathon course in Hoover that Blue Cross/Blue Shield would sponsor, to benefit children's sports programs in Hoover.

USATF Representative (Charles Thompson)

The Alabama High School State Championship was a huge success. Charles suggested that we ensure the BTC Classic not conflict with the Alabama Olympics, which is held in the summer. He also suggested we retain USATF officials for the BTC track meet (Randy Yarborough is the contact for USATF officials). Charles also distributed an updated Crossplex schedule.

New Business

There was no new business.

The meeting was adjourned at 7:15 pm. Our next board meeting is on March 11, 2019, at the Vestavia Hills Library.





BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

--	--

Zip:

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

Birthdate:

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

Cell:

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

e-mail:

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

Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F
 3. _____/_____/_____/_____/ M F
 4. _____/_____/_____/_____/ M F

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long Run Group	March 9, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	March 9, 2019	6:30 a.m.
Montgomery Half Marathon	March 9, 2019	7:00 a.m.
Village 2 Village 10K/7.5K * BTC Discount *	March 9, 2019	7:30 a.m.
Miracles in Motion 5K (Moody)	March 9, 2019	8:00 a.m.
Paws for the Cause 5K	March 9, 2019	8:30 a.m.
Lace Up for a Cure 5K Walk	March 9, 2019	8:30 a.m.
BTC Saturday Long Run Group	March 16, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	March 16, 2019	6:30 a.m.
Running the Shoals Half Marathon (Muscle Shoals)	March 16, 2019	8:00 a.m.
Red Shoe Run Rockin' 5K	March 16, 2019	8:00 a.m.
Restoration Run 5K and 15K	March 16, 2019	8:00 a.m.
Know More Orphans 5K	March 16, 2019	8:00 a.m.
Oak Mountain Color Run 2019	March 16, 2019	9:00 a.m.
BTC Saturday Long Run Group	March 23, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	March 23, 2019	6:30 a.m.
Selma to Montgomery Relay	March 23, 2019	6:30 a.m.
Lake Martin 100 – 100 mile, 50 mile, 27 mile	March 23, 2019	6:45 a.m.
Rumpshaker 5K	March 23, 2019	8:00 a.m.
Power Run 5K	March 23, 2019	8:00 a.m.
BTC Saturday Long Run Group	March 30, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	March 30, 2019	6:30 a.m.
Tuscaloosa Tourism & Sports Half Marathon and 5K	March 30, 2019	7:00 a.m.
Garrison Gives Hope 5K Run/Walk (Cullman)	March 30, 2019	8:00 a.m.
INDY 5K	April 5, 2019	5:30 p.m.
Statue to Statue 15K * BTC Race Series *	April 6, 2019	8:00 a.m.

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

Want to know what's going on at the Birmingham CrossPlex? [Click here to view the schedule of events](#)
(not all events are open to public; please contact the meet director with questions).

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