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BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

April 2019 4

ARE YOU READY FOR THE SOUTH'S TOUGHEST 15K?

The Ellis Porch



The South's Toughest 15k

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PRESIDENT'S ADDRESS

By Scott Wood



Hello, fellow BTC Members!

F. I. V. E.

Five days until we run ALL the hills in the 2019 version of the Birmingham Track Club's Statue to Statue race!

This iconic race is billed as the "South's Toughest 15k" for a reason, but regardless of the hills, this race is one you do not want to miss. More than 500 runners have already signed up for the challenge, and if it's time for you to [register](#) if you haven't yet done so. A special thank you to Race Director Judy Loo and the countless volunteers who help put on this "monumental" race. S2S is an exceptional race year after year, and the after party is fantastic! In addition, the race features some of the best finisher's shirts you'll find. Don't delay – [sign up now](#) for the most fun you can have on a hill!

On April 14, the BHM26.2 Race benefitting Children's Hospital of Birmingham and Magic Moments will kick off its second annual event. The Birmingham Track Club is excited to be a part of this wonderful race and all it supports. The expo will be held at the Sheraton Birmingham, and the BTC will be helping at packet pickup on Saturday before the race. We would love for you to volunteer with us -- Please email [BTC Volunteer Coordinator Kim Benner](#) to get in on the action!

I'm really looking forward to this race and all it brings, but I believe everyone's favorite part will be the after party at Railroad Park where Black Jacket Symphony will be providing the entertainment with a post-race concert.

Now that Spring is here, check out the BTC race calendar [online](#) or on page 23 of this issue of The Vulcan Runner to find a 5K that supports your favorite cause. Grab yourself some BTC gear to wear, and don't forget to [send us a photo](#)! And last but certainly not least, good luck to all of our Birmingham runners running the Boston Marathon on April 15 -- we are so proud of you!

On May 11, the BTC will host our Spring social at The Trak Shak in Homewood. The social will be sponsored by TherapySouth, and we have already lined up several things to make it a great day. We will have at least one food truck, coffee, and snacks, all at no charge to runners. We are working with local races for free race entries, and we will have a special membership drive if you need to renew your membership or become a member for the first time. And, TherapySouth therapists will be on hand to talk with runners about how they can help you better perform in your running. So, mark your calendars for May 11! Thank you to TherapySouth for sponsoring the BTC and for everything it does to support the Birmingham running community.

Thank you to everyone who makes the BTC the best running club every day!

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

Scott Wood
BTC President

Save *the* Date

BTC SPRING SOCIAL

May 11, 2019 • The Trak Shak Homewood

Join us for post-run food,
give aways and fellowship



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Scott Wood

president@birminghamtrackclub.com



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Christianna Rudder

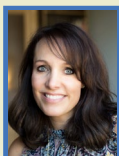
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Moderate Group Coordinator
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Japan Exchange Program

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

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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
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ROCK THE QUARRY SATURDAY, APRIL 27

- Experience one of the most unique race terrains in the U.S.
- Run deep into a rock quarry and climb back out again.
- Single Crusher (3.7 miles) & Double Crusher (7.4 miles)
- Proceeds benefit the Tarrant City School District.

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2010

GET TO THE BOTTOM OF IT!

BTC'S MAEBASHI RUNNERS ARE READY TO RUN!



Rebecca Williamson, Wesli Turner and Jonathan Dixon

The plane tickets have been purchased, the training is (almost) in the bag, and the BTC delegation to Maebashi, Japan is ready to run! Get to know the local runners who will be representing the BTC, and cheer them on from afar!

Jonathan Dixon

Jonathan only began running in June of 2017, but he has already run multiple 5K's, 10K's and half marathons. He ran the Air Force Marathon in September 2018 and planned to run the Mercedes marathon this year, but a last minute IT band injury derailed his plans and relegated him to the half marathon distance. As he worked to recover from his injury, his training for the Maebashi Marathon has been very train-rest-train-rest. But his long runs have gone well, and his physical therapist has given him the thumbs up to tackle the distance.



Jonathan had the opportunity several years ago to go to Japan on business, but he did not have the opportunity to do any sightseeing at that time. He has worked with the Japanese for the last 14+ years and finds the culture to be very welcoming and courteous. He looks forward to the opportunity to see and experience more of the Japanese culture on a more personal basis.

Wesli is especially looking forward to meeting the local people on her trip to Maebashi. She is excited to experience a new culture and place. Although this will be her first trip to Japan, the Maebashi race will be her second international race – she previously ran a relay in the Harmony Geneve Marathon for Unicef while she was working overseas.

[Follow Wesli's blog](#) as she chronicles her training and trip to Maebashi!

Rebecca Williamson

Rebecca is a busy wife, mother of three, and a small food business owner, but she loves to find time to run and train. The Maebashi Marathon will be her second marathon in six months. She credits the BTC for its inspiration and is so grateful for all the people she has met and become friends with through the BTC – their support keeps her going!



Rebecca has always enjoyed learning about different cultures. She has lived and traveled extensively overseas, and she has gained a unique perspective by getting to know the locals during her travels. Having the opportunity to learn from those who are different from herself and to gain new perspective from different environments has been enriching to her, and she hopes to share that with others.

Being in the food business, Rebecca is especially excited to learn firsthand about the food that shapes the culture of Maebashi and the culture that shapes the citizens' favorite foods. She is ready to travel to Japan with an open mind full of curiosity and appreciation for the culture. Bring on Marathon #2!

The Vulcan Runner looks forward to bringing you updates on all of our runners after their trip. Best of luck to each of you, and safe travels!

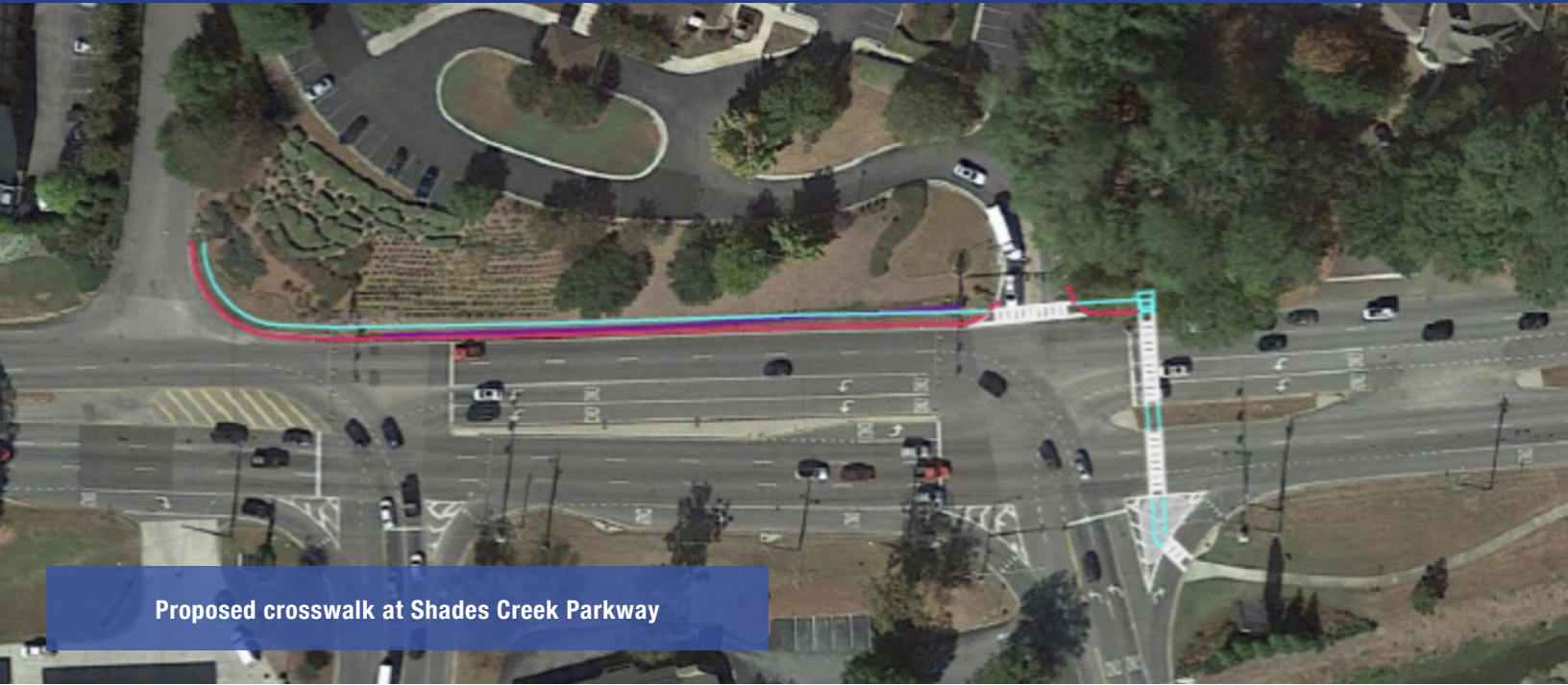
Wesli Turner

Wesli may be a newly minted member of the Birmingham Track Club, but she is very much looking forward to traveling to Maebashi. She has always enjoyed an active lifestyle and trying new things that keep her engaged and fit. Running has always been her “go to” because it doesn't require a lot of equipment (two feet), and it can be done anywhere. Like many of us, running also helps her unwind after a stressful day.



BTC COMMUNITY CORNER

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



Proposed crosswalk at Shades Creek Parkway

At long last, the Homewood City Council has approved, and Mayor McBrayer has signed, the final ALDOT agreement for the easement needed to add a sidewalk in the ALDOT right-of-way on Shades Creek Parkway at the Courtyard Marriott. This means we can finally go out to bid for a crosswalk across the Parkway from Brookwood Mall to the Courtyard, and the sidewalk along the Parkway and Rumson Road (Shades Valley YMCA)!

Regarding the Hollywood pedestrian bridge, the Homewood City Council also approved and the Mayor signed our final ALDOT agreement!

The Co-operative (made up of Homewood, Mountain Brook, Birmingham, and Jefferson County) has in our bank account over \$850,000, with another \$85,000 promised by October 1, 2019. This total includes over \$50,000 in private fundraising for this public project. If you would like to see a complete list of our funds raised and committed, please let me know! The funds are in an interest bearing account with Regions Bank, and we currently are earning interest of \$500 per month.

All donations will be listed on a plaque on the Hollywood bridge. If your company would like to donate, we will recognize that donation on this plaque.

Currently, a design proposal from Sain Associates is under review by the Jefferson County Roads and Transportation Department. Upon approval, the Co-operative will accept the proposal, and design work will begin. Upon completion of the design, bidding for the project will open!

Homewood also has approved directional signs for the Shades Cahaba tunnel to cross Highway 31 (thanks to Officer Jake Kidd with the Homewood Police Department for that request, as he has witnessed people sprinting across Highway 31) and a city-wide traffic study. This study has been in the works for months, and it is currently awaiting approval at the federal level with the Federal Highway Works Administration, because the city will be using grant money to fund it.

We are finalizing the last parcel purchase for Phase 2 of the Shades Creek Greenway, and then we will begin design work and break ground for the project! Thanks to the Freshwater Land Trust for its work on this project.

I spoke with a Vestavia City Councilor, who expects work to begin late this year on a pedestrian bridge over Highway 31 at the Park and the Library. Vestavia will be using grant money for this project as well.

BTC COMMUNITY CORNER

The City of Mountain Brook is working on a plan to widen Jemison Trail. City officials have applied for a grant to complete the project and are waiting for approval. The pedestrian bridge on Jemison Trail has been completed, and the city is working on the reforestation plan to replace the trees that were removed to build it.

Shades Creek fest will be held in Jemison Park on April 27 from 10 am to 2 pm. Everyone is welcome to attend, but be aware that there will be extra activity in the park if you are planning a late morning or early afternoon run that day. Better yet, join in the fun!

AED's are now located along all of the trails in Mountain Brook. The AED's are housed in circular cabinets mounted on 4 x 4 posts so they look like giant lollipops. They are visible from the trail, but not so much from the road so they won't be easy to steal. The AED's are located in the following locations:

- Watkins Trail (a/k/a "CSI Trail" to most of us) by the pedestrian bridge
- Jemison Trail by Park Brook Road
- Nature Trail by Beechwood Road
- Irondale Furnace by Stone River Road
- Mountain Brook Presbyterian Church on Brookwood Road, behind the Boy Scout building.

The City also has installed AED's in its other parks and at each sports field. Please help the city keep these AED's accessible to everyone by reporting any potential vandalism or theft.

Please remember to use sidewalks when they are available, and if not, running facing traffic. And lose those headphones when running on the roads! Stay safe, and I look forward to bringing you more updates soon!



One of the new AED units along Mountain Brook trails

THE CITIES OF MOUNTAIN BROOK AND HOMEWOOD PRESENT

Join Us For
A FREE EVENT
Celebrating Spring
Along The Banks
Of Shades Creek



Saturday, April 27
10 am to 2 pm Jemison Park

Arbor Day native tree giveaway until supplies run out
Hawk, owl and reptile exhibits • FREE fly fishing lessons for children
Free parking at National Bank of Commerce @ 813 Shades Creek Parkway

SPECIAL THANKS *Caliber* TO OUR SPONSORS



CHAD FISHER SWING BAND
NOON-2PM

COOKIE DECORATING
& SAW'S BBQ

CLEAR BLUE SKY BLUEGRASS
10AM-NOON

Shades Creek Fest is possible in cooperation with • Friends of Shades Creek • Freshwater Land Trust • Cahaba Riverkeeper
Cahaba Environmental Center • The Nature Conservancy in Alabama • Cahaba River Society • Homewood Environmental Commission
Girl Scouts of Mountain Brook and Homewood • Birmingham Historical Society • Leadership Mountain Brook

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A PORTION OF THE PROCEEDS WILL BENEFIT CHILDREN'S OF ALABAMA

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Darrin Abernathy	Eric French	Christian Pegouske	Natalie Todak
Alyce Beasley	Tanna Friday	Jeremy Pegouske	Chassi Waddell
Jennifer Blocker	Jennifer Gonzales	Madison Pegouske	David Waid
Lawrence Caine	Kari Hogue	Stacie Pegouske	Gary Warner
Bob Carlton	Cesar Juarez	Jamey Ramsey	Meghan Wayman
Teresa Chandler	Bruce Korf	Melissa Richie	Amy Weeks
Jeff Clark	Nick McCrate	Niki Robinson	Lance Weeks
Brandon Collins	Frank Myers	Cheryl Ross	Adam Wende
Ashely Dawson	Angela Napolitano	Nate Ross	Angela Williams
Matt Denton	Kimberly Olson	Douglas Scarborough	James Williams
Marian Dixon	Seth Olson	Rodney Scioneaux	Steve Wiseman
Brooke Dodson	Norman Orr	Ronald Shinn	
Shannon Easter	Rodney Overstreet	Dean Sides	
Jennifer Ellison	Irma Palmer	Tony Taylor	

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!

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.

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!**

IF THE SHOE FITS... HOW DOES IT PERFORM? (PART II)

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



Last month, we introduced the DorsaVi system and demonstrated how we used it to find the best performing shoe for a local runner. This month, we explore how another local runner found her ideal shoe using the technology.

THE PROBLEM

As we explained last month, most runners have a favorite pair of running shoes, hopefully, a pair that was properly fitted for her at one of our local stores. But when an injury occurs – and especially when faced with repeat injuries, it is important to ask whether the favorite shoe really is the best performing shoe for her.

THE SOLUTION

Recently Cameron came into our clinic with a bag full of shoes and similar questions to the runner we profiled last month: which shoe is best for my body mechanics? And which shoe will help me perform best in my running? We introduced Cameron to our VIP Shoe Fit using the DorsaVi sensor technology system. Here is what we found:

CAMERON'S RESULTS

Shoe	Stride	ASI	Mean (GFR)	IPA	GCT
Shoe 1 – Saucony	173st/m	26%	1528N	4g / 5g	232ms
Shoe 2 - Brooks	171st/m	15%	1448N	4g / 5g	234ms
Shoe 3 - Saucony	170st/m	17%	1560N	4g / 5g	237ms
Shoe 4 - Asics	171 st/m	4%	1518N	5g / 5g	224ms

RESULTS

The table above lists 4 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 how hard the runner strikes the ground. Goal is to be lighter not heavier with force. Initial Peak Acceleration (IPA) measures the tibia during foot strike. Higher IPAs at 8-10g place the runner at risk for stress fractures. Ground Contact Time measures the contact time of each foot with the ground. Larger ground contact times with one leg compared to the other can indicate off loading due to pain. GCT can also indicate lack of strength and stability in one leg compared to the other.

Based on the DorsaVi running assessment, the best performing shoe for Cameron is the Brooks (Shoe #2). In this shoe, Cameron's ASI was a low of 1% -- almost perfect. Her IPA was an even 4g/4g along with a low GCT. In order to rule out questions of warm-up, we retested Shoe #1 again as Shoe #3. As you can see in the table nothing significantly changed, validating the reliability of the DorsaVi system. Shoe # 4 was Cameron's old training shoe, which reportedly "did not feel too bad." However, the ASI of this shoe was significantly worse at 11%

DISCUSSION

Some important considerations:

1. In order to rule out questions of warm-up, we retested the Shoe #1 again as Shoe #3. As you can see from the data above, nothing significantly changed, validating the reliability of the DorsaVi system.
2. Shoe # 4 was Cameron's old training shoe, which reportedly did not feel uncomfortable to her. However, the ASI was significantly worse at 11%, so this shoe was not the best performing shoe for her.
3. All data was collected on a treadmill at the same speed. Data also can be collected in an actual race for comparison.
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 optimal individual performance.
2. The data collected can not be determined by mere observation; it can only be measured with sensor technology.
3. Baseline data will give you a comparison for training, in-race data, and help determine shoe replacement time frame.
4. This information is crucial for runners who want to maximize performance and reduce the risk of injury from running.

Take the guess work out of individual shoe performance and replacement time. Use the DorsaVi technology system to maximize your performance and reduce your risk for injury.

For any questions about the VIP Shoe Fit, please email us at tsendurance@therapysouth.net

TherapySOUTH 

RRCA UPDATE

By Alex Morrow, RRCA State Representative



If these photographs are any indication, RRCA State Representative Alex Morrow and BTC Representatives Scott Wood and Hunter Bridwell will have some great stories to relay about the 2019 RRCA National Convention in New Orleans this past weekend! Stay tuned for the details in next month's issue of *The Vulcan Runner*!



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!




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#WHYIRUN:

VICKI SUE MERRY (A/K/A THE MERCEDES MARATHON BALLOON LADY)



Whether you have run one of the Mercedes Marathon weekend races or spectated along the course, chances are you have seen Vicki Sue Merry, cheerfully walking the course as the last official finisher, her colorful balloons in tow. Get to know the race's iconic Balloon Lady!

Vicki Sue Merry currently lives near Pensacola, Florida. Her father was career U.S. Air Force, and she was born in England and lived in California, Arizona, Texas, and Arkansas before he retired, and the family moved to Virginia. Vicki went to college in Dallas, Texas before she joined the U.S. Navy. During her 22+ year naval career, she was stationed in Sicily, Chicago, Maryland, Orlando, Monterey and Alameda, California, Tampa, and lastly Pensacola. After her retirement in 2002, she and her husband, Jim, also a retired Naval Officer, stayed in the Pensacola area. For fun, she sometimes says she is from "Earth." Vicki and Jim have one son, Joe, who currently lives in Pittsburgh, Pennsylvania with his fiancée.

Like many of us, Vicki started running and keeping track of her mileage while she was in college to help her stay fit for playing intramural sports. She ran enough in the Navy to pass the physical fitness test until about 1986 when she trained for a 10K

in Maryland. She continued to run after she moved to Orlando and its warmer climate. After a friend ran the Marine Corps Marathon in 1986, Vicki decided that she could run a marathon as well. She found a book with training schedules, picked one, and completed the 1987 Marine Corps Marathon. She returned to run it again in 1988. Over the next 10+ years, she completed some shorter races and got interested in racewalking. After her move to the Pensacola area in 1987, she learned more about racewalkers and coaching. By 1998, she was traveling to Mobile every week to train with Dave McGovern. She discovered that she not only liked racewalking, she was actually pretty good at it.

Vicki continued to complete lots of races, mostly 5Ks and 10Ks, earning some nice awards along the way. To her surprise, she learned that marathons had changed a lot over the past ten years -- time limits were a lot longer, so she could WALK them! Vicki completed the Disney marathon in January 1999 and found that she loved the longer distance much more than when she ran it.

So how did Vicki get involved in the Mercedes Marathon?

By the time she heard about a new race in Birmingham to be held in February of 2002, Vicki had completed six marathons. Someone she met at a racewalking clinic asked if she would walk

#WHYIRUN:

VICKI SUE MERRY (A/K/A THE MERCEDES MARATHON BALLOON LADY)

the new race with them. One of her friends wanted to log a sub-5:30 marathon, so she walked with him to a 5:26 finish. Her typical finish time was around 5 hours, so this was not a difficult task for her. By that time, Vicki had started coaching with the Leukemia and Lymphoma Society's Team in Training (TNT) program. Dave McGovern and Monetta Roberts were coaches in Mobile, and they recommended me to the staff in Birmingham. By the race's second year, Vicki walked a 5:45 time with two ladies she had coached.

Vicki's friend Monetta was the race's official Balloon Lady for the first two years. TNT felt that they would have folks completing the race at the time limit, which at that time was 7 hours, so they asked a coach to be at the back, completing the race at the time limit. I had heard that Monetta no longer wanted to be the balloon lady by year three, so I asked the TNT staff if I could try it. I did well, they liked my performance, and the rest is history! Along the way, I started liaising directly with the race staff. So 2019 was my 16th year as the Mercedes Marathon Balloon Lady.

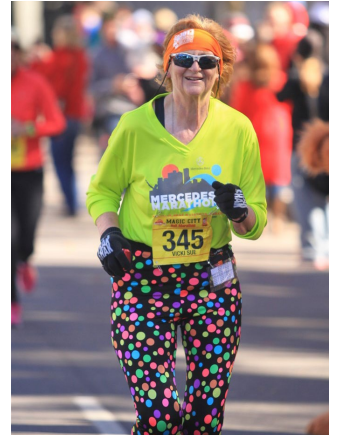
During this time, I have completed other races as the Balloon Lady: 2004 Rock N Roll San Diego Marathon, 2009 Montgomery Half Marathon, 2010-2013 Talladega Half Marathon, 2013-2016 Suncoast Half Marathon, 2015 Whistlestop Half Marathon, 2016 & 2017 Pensacola Marathon, and the 2017 & 2018 Big Beach Marathon.

Currently I am only serving as Balloon Lady for the Mercedes Marathon. Some of the above races have disappeared, and with some of them, I lost interest in filling the "last finisher" role. The staff at Mercedes are amazing and take great care of me. I really feel part of the "family" when I am in Birmingham for race weekend. When asked about other races she has completed, Vicki commented that the list would be quite long – she has completed over 500 races, including 116 marathons, 28 ultras (25 50Ks, two

50-mile, and one 100K), and 143 half marathons (and counting!). She has completed 14 Goofy Challenges and six Dopey Challenges at Walt Disney World. She has completed 15 triathlons, including four 70.3 events and Ironman Florida (140.6). She has completed more 5K and 10K finishes than he can count. But the most unusual – and likely most memorable -- race Vicki has completed has to be the inline skate half marathon she completed on her 50th birthday at Walt Disney World!

Vicki commented that she doesn't run that much these days. She claims to be a much better racewalker than runner, and she finds she can do more races more frequently by racewalking than running. But Vicki does run, and she freely admits it is because she harbors some competitive spirit -- the Disney races she enjoys use past race performance to seed runners into corrals, and she likes being closer to the front for the start of the race. She does manage to eke out an occasional age group award now and then when she is running although not as much when she is racewalking. For Vicki, running is cross training for racewalking. It might sound a bit odd to use running as cross training instead of vice versa, but it uses muscles differently than racewalking and she finds she gets some endurance benefits from it.

Thank you, Vicki, for sharing your story with us! We look forward to hosting you in Birmingham for Mercedes Weekend 2020!



1200 MILE CLUB

Cumulative miles submitted through April 1, 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	125
Ahmed, Kabeer	R	232
Alexander, Jessica	R	316
Anderson, Kerri	3	203
Armstrong, Thomas	3	11
Baggett, Christopher	1	236
Barnes, Jimmie	4	320
Bartee, Samm	3	210
Bayush, Tori	R	230
Belcher, Michelle	6	179
Bellew, Bobby	R	0
Benner, Kim	6	221
Bensinger, Cole	R	0
Benson, wayne	5	236
Bishop, Natalie	R	300
Bittle, Anna Marie	R	189
Blocker, Jennifer	R	0
Boackle, Larry	2	161
Boackle, Tomie Ann	1	104
Boger, Joe T	1	0
Booher, Lisa	7	354
Bookout, Jason	R	0
Bookout, Kimberly	R	0
Bowman, Bill	R	172
Bowman, Brian	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	208
Bradley, Amanda	1	297
Brakhage, Victoria	2	253
Bridwell, Hunter	1	172

Participant	Years	Total
Brown, Charlie	7	184
Brown, Dana	R	0
Brown, Sean	4	100
Bryant, Jason L.	R	65
Burks, Ross	2	204
Burton, Daniel	R	374
Burton, Kelsey	1	208
Caine, Lawrence	1	115
Callahan, Ali	R	76
Callahan, Chris	2	206
Callahan, Noah	R	64
Callahan, Rachel	4	218
Calloway, Mariel	R	189
Carey, Christopher	5	0
Carlton, Bob	4	0
Carter, Adrienne	2	0
chandler, teresa	9	205
Clay, Brad	11	246
Cleveland, Jeff	2	256
Clevenger, Caitlin	R	98
Cliett, Stephanie	4	243
Clowers, Addison	4	0
Coffin, Diane	R	0
Coffin, Hannah	1	506
Coleman, Tim	1	317
Collins, Helen	2	22
Corrin, LaRonda	R	114
Corrin, Roger	2	195
Cowart, Britney	1	96
Crain, Teresa	2	0
Cramer, Robyn	R	42

Participant	Years	Total
Cramer, Steve	R	115
Crawford, Allen	3	241
Creel, Mary	1	271
Criswell, Mark	R	186
Crowson, Bill	3	224
Crowson, Madeline	R	0
Crumpton, Melinda	R	0
Culver, Wendi	R	196
Cutshall, Hannah	1	228
Davidson, Dow	1	358
Davidson, Jen	R	0
Denton, Matt	6	301
Dixon, Charles	R	175
Dixon, Jonathan	1	154
Dodson, Brooke	3	394
Donnelly, Kevin	R	135
Dorman, Evan	1	102
Dowling, April	1	77
Duke, Cindy	3	218
Dunn, Jennifer	R	212
Elcott, Michael	R	0
Elkins, Sydney	1	0
Estes, Cameron	R	116
Estrada, Steven	R	291
Evans, Debbie	5	220
Ferlito, Cindy	1	213
Fontenot, Misty	2	171
Franklin, Rebecca	R	143
Franklin, Shane	7	204
Frederick, Winston	10	239
Freeman, Sheila	2	197

1200 MILE CLUB

Participant	Years	Total
Friday, Tanna	R	83
Gann, Michael	7	0
Gerlach, Kim	R	0
Gibson, Katie	1	150
Goode, Johnny	10	164
Goss, Ange	1	211
Grady, Carla	R	0
Graham, Ryan	R	111
Grall, Jeremy	R	200
Grammas, Marianthe	2	157
Gray, Caleb	R	0
Greene, Michael	1	0
Griffin, Robin	R	190
Grossmann, Christopher	7	107
Gullapalli, Satya	3	141
Hackney, Aimee	R	169
Haley, Jay	3	263
Hall, Thomas	1	0
Haralson, Danny	10	0
Haralson, Micki	10	0
Hargrave, Alan	11	356
Harris, Ashley	1	102
Harris, Skip	1	0
Harris, Vickie	2	0
Harrison, Lisa	7	222
Henley, Monica	5	205
Henninger, Alison	4	200
Hetherington, Karyn	R	265
Hill, Tucker	2	70
Hogue, Kari	R	45
Holcomb, Zachary	1	250
Holland, Skylar	1	186
Hollington, Kasey	1	194
Hoover, Alison	7	0

Participant	Years	Total
Hopper, Whittley	1	234
House, Beth	5	0
Hubbard, Stephanie	1	0
Ingram, Joseph	6	52
Izard, Georgia	3	0
Izard, Melody	3	0
Janowiak, Desirae	R	129
Jenkins, Kaki	5	263
Jenkins, Michael	R	240
Johnson, Kawitta	1	186
Johnston, Emily	R	202
Johnston, Latta	2	217
Jones, Allen	R	214
Joseph, Jeremy	R	0
Kazamel, Mohamed	1	380
Kearley, Christy	1	0
Keefer, Herb	2	0
Kelley, Robin	5	0
Kemper, Tricia	4	395
Kendrick, Tom	R	140
Knight, DIANE	2	0
Kornegay, Marla	R	224
Kuhn, Jimmy	11	456
Kulp, Loren	3	359
Lahti, Tyler	2	315
Laird, Audrey	4	239
Langston, Aaron	4	259
Langston, Richard	6	167
Lawhorn, Joseph	R	195
Lea, David	R	154
LeCroy, Sarah	2	359
Lee, Brian	R	366
Litz, Matthew	1	274
Love, Thomas	1	191

Participant	Years	Total
Lyle, Randy	10	363
Lyles, Chris	1	0
Malick, David	5	190
Mathews, Skip	R	158
McComb, Morgan	R	279
McKinney, Margaret	R	78
McNutt, Janie	R	199
Merry, Vicki Sue	6	355
Miller, Joshua	R	220
Moore, Phillip	R	0
Morgan, Anne	R	175
Morgan, Cary	8	589
Morgan, Danielle	5	139
Morgan, Phillip	8	214
Morris, Phil	R	166
Morrow, Alex	7	151
Moser, David	R	166
Moser, Tamara	R	0
Mount, Brian	2	204
Murchison, Reginald	5	339
Napolitano, Angela	R	15
Ness, Andrew	R	0
Northern, Kristie	9	241
Norton, Laura	R	287
Oehrlein, Kimberly	R	179
Oliver, John	4	166
Olson, Kimberly	R	0
Olson, Seth	R	0
Orihuela, Carlos	1	236
Ortis, Ellen	R	0
Padgitt, Scott	1	88
Parks, Charlie	5	351
Patel, Lisa	R	0
Patrick, Nicolette	R	311

1200 MILE CLUB

Participant	Years	Total
Payson, Tabitha	R	0
Payson, Tommy	2	186
Peagler, Shana	7	180
Pearce, Julie	5	0
Pearson, Blake	5	179
Pearson, Mary Scott	4	0
Pegouske, Jeremy	R	203
Pegouske, Stacie	1	200
Plante, David	6	142
Poh, James	R	229
Poole, Greg	1	0
Powell, Shane	R	122
Ralph, Meghan	4	243
Rawson, Brent	1	21
Renfro, Jeff	R	207
Reynolds, Dewelena	R	172
Richey, Lori Beth	1	251
Richie, Melissa	R	152
Ritchie, Joseph	1	456
Ritchie, Lauren	R	345
Roberson, Kevin	4	143
Roberts, Fletcher	4	0
Robertson, M.C.	R	203
Robinson, Melany	R	197
Robinson, Rod	R	70
Rodgers, Jeffrey	1	178
Rodgers, Jessica	R	78
Roper, Lynn	2	168
Rose, Billy	4	420
Ross, Christy	R	164
Rosser, Joey	2	169
Routman, Cindi	R	105
Routman, Cynthia	R	0
Rowell, Taylor	1	0

Participant	Years	Total
Rutherford, Keith	11	195
Rutledge, Lisa	3	259
Ryan, Meaghan	3	231
Sanders, Gwendolyn	R	165
Sargent, Bruce	R	0
Seeley, Mimi	R	285
Senseman, Austin	R	210
Shaffield, Danny	5	325
Sherer, Jeremy	2	230
Shinn, Ronald	6	171
Shoaf, James	1	0
Sides, Dean	3	179
Silwal, Suman	8	0
Simpkins, Randall	1	226
Simpson, Kevin	5	701
Sims, Kelly	R	212
Sims, Robert	5	88
Slemmons, Kent	R	68
Sloane, Mike	3	206
Smith, Jerry P.	11	209
Smith, Justin	R	51
Smith, Marie	R	136
Snow, Sheri	3	0
Soileau, Chester	1	0
Sparks, Jessica	R	0
Stevens, Johnathon	2	334
Stewart, Chappell	R	264
Stewart, Zeb	1	223
Stockton, Rick	11	211
Stone, Amy	R	147
Sweatt, Jason	R	0
Swiney, Elana	R	69
Talley, Beau	6	0
Talley, Shellie	2	0

Participant	Years	Total
Thomas, Eric	5	72
Thompson, Sara	1	188
Thornton, Dean	6	230
Thurman, Terralance	R	0
Tibbs, Seth	1	157
Townes, Janelle	1	250
Trimble, Jamie	4	243
Vaden, Christopher	R	0
Varnes, Vickie	5	328
Waid, Jr, David	1	376
Wall, Ron	5	0
Watters, Ana	R	100
Watters, Robert	4	217
Weaver, Melissa	R	0
Weber, Amy	1	255
Weber, Lauren	1	0
Weeks, Lance	2	184
Wells, Bradley	3	0
Wende, Adam	4	342
Wieberg, Deb	R	0
Wilhite, Thomas	3	0
Williams, Shaunda	R	134
Williamson, Chad	4	42
Williamson, Rebecca	R	144
Wilson, Darren	R	0
Windle, Dale	4	179
Wiseman, Steve	4	228
Wood, Scott	3	236
Woody, Bill	10	243
Worthington, Charles	R	79
Wright, Amy	2	0
York, Gary	5	368
Zajac, Jason	R	213
Zehnder, Justin	7	189

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



It's been a busy month for BTC members, many of whom have been busy earning shiny new PR's! This month, we send our best wishes to those members running the Boston Marathon, the London Marathon, and our BTC delegation to the Maebashi Marathon in Maebashi, Japan.

Not only was the Wine 10K a fun race, it also yielded some awesome new PR's for many BTC members, several of whom were paced to perfection by none other than the great **Meb Keflezighi**. Congratulations to **Irma Palmer**, **Ashley Dawson**, **Brittany Hayden**, **Audrey Schraff**, **Mohamed Kazamel**, **Sarah LeCroy**, **Morgan McCombs**, **Beth Lauderdale**, **Mimi Seeley**, **Tamara Robinson**, and **Robin White** for their PR runs!

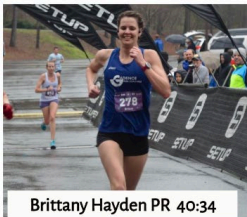
The Wine 10K was part of the inaugural Over the Mountain 10K Challenge, which also included the Steeple 2 Steeple 10K and the

Village 2 Village 10K. Congratulations to **Austin Farmer**, who won the challenge. Many BTC members took on this fun challenge; hopefully, it will become an annual event.

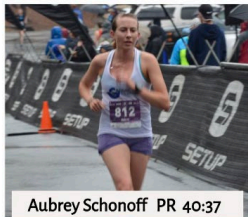
Kaki Jenkins took home some hardware as the Female Grand Masters Winner at the Mississippi Delta Half Marathon on March 23. Way to go, Kaki!

Also on March 23, **Billy Rose** logged another 5K PR time at the Rumpshaker 5K! Billy's 18:44 earned him 5th place overall and 1st in his age group. Congratulations, Billy!

[Remember to share](#) your PRs, new distances and other running adventures with your fellow BTC members so we can celebrate your accomplishments!



Brittany Hayden PR 40:34



Aubrey Schonoff PR 40:37



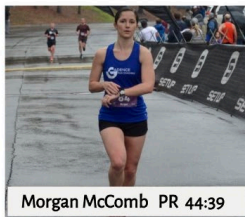
Irma Palmer PR 43:34 2nd AG



Mohamed Kazamel PR 43:39 2nd AG



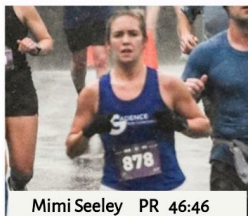
Sarah LeCroy PR 44:25



Morgan McComb PR 44:39



Beth Lauderdale 45:37 3rd AG



Mimi Seeley PR 46:46



Tamara Robinson PR 47:52



Meb Keflezighi pacing many BTC members to new PR times in the Wine 10k



Ashley Dawson and Meb Keflezighi



Kaki Jenkins



Billy Rose



Robin White

BTC EXECUTIVE BOARD MEETING

March 18, 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 6:00 pm by President Scott Wood.

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

Treasurer's Report

- Christianna reported that Race Series money has been divided out between the four races.
- Adam's Heart had a slight loss (see financial package previously provided). Monica and Scott will review the breakdown of the timing expenses for the race.
- Balance sheet was down compared to last year. The biggest expense was the donation to the Hollywood Bridge project.

Statue 2 Statue

- Judy reported that volunteers are needed; she will discuss needs with Kim.
- 475 registered as of today (up 25 compared to last year)
- Judy has discussed placing portable toilets in the vacant gas station lot next to Walgreen's with the owner of the property.
- Jamie will have the rental truck to transport stuff; Judy gave him a list of items to bring.
- July will need 17 envelopes with \$160 each for Mountain Brook Police and \$600 for the sheriff's deputies at the start line. Christianna will provide a check to Judy to cover these expenses so she can get cash for the envelopes.
- Medals have been ordered.

Finish Line Crew

- Jamie reported that trash bags are needed; Judy will purchase for S2S.

Volunteers

- Kim relayed that we need to push for volunteers on BTC Facebook page and other social media for S2S and for BHM26.2.
- Packet pickup for BHM 26.2 will occur on one day (9 am to 5 pm), and the BTC will provide volunteers for this. Several volunteers will be needed for the BTC booth as well.

IT Chair

- Alan reported that the \$6,420 of income for Adam's Heart was just income since January 1; he believes Adam's Heart again made money. We will need to pull money from the signups that occurred before the first of the year to get an accurate accounting.
- 1200 Mile Club – registration typically closes at the end of March; we will need to highlight this via social media and email.
- We need to determine the date for Adam's Heart for 2020 so Alan can set it up in runsignup.
- Race updates – Alan will send a link to Julie with race numbers.

- The final price increase for S2S will be Monday, April 1; social media/email reminders will be sent.
- Alan asked whether we have a confirmation on the Vulcan Run's location; Scott will review and confirm.

Merchandise

- Bradley has accounted for all merchandise on hand (200+ shirts, in 14 different styles). He will sell random stuff on clearance and will offer some for water stop volunteers. He would like to promote shirts on social media as well.
- Bradley is looking at a new t-shirt and tank purchase before BHM 26.2.

Newsletter

- Julie needs content for the next newsletter; please send content to her ASAP (deadline is March 22).

Membership

- 1068 current members, with 825 memberships
- Vicki will conduct a membership drive sometime this spring.

USATF

- Charles reported that the Alabama Sports Festival will be June 8 in Huntsville.
- USATF Meeting will be on March 31 in Hoover; Charles will attend and represent BTC.
- There will be a track meet at Briarwood Christian on March 21, and the Montevallo Falcon Classic will be held March 22 and 23.

BTC Delegation to Japan

- The BTC will send three representatives to Maebashi, Japan. We will get an article from at least one of the runners based on their trip.

President

- The BTC spring social will likely be held on May 11. Scott will discuss further with Jeff Martinez.
- Scott reported on a possible track meet with UAB Coach Matt Esche. The UAB track is not yet ready, so a potential date has not yet been chosen.
- Scott and Hunter will attend the RRCA National Convention in New Orleans at the end of March.

New Business

There was no new business.

The meeting was adjourned at 7:24 pm. Our next board meeting is on April 8, 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:

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

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
INDY 5K	April 5, 2019	5:30 p.m.
Statue to Statue 15K * BTC Race Series *	April 6, 2019	8:00 a.m.
Run for a Reason 5K	April 7, 2019	3:00 p.m.
BTC Saturday Long Run Group	April 13, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	April 13, 2019	6:30 a.m.
Oak Mountain 50K	April 13, 2019	7:30 a.m.
Tranquility Lake Trail Race – 3 mile/6 mile	April 13, 2019	8:00 a.m.
Bunny Hop 5K and Fun Run (Fort Payne)	April 13, 2019	8:00 a.m.
Kitty Kat Haven & Rescue 5K Meow-A-Thon	April 13, 2019	9:00 a.m.
BHM 26.2 Marathon and Half Marathon *BTC Discount *	April 14, 2019	7:00 a.m.
BTC Saturday Long Run Group	April 20, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	April 20, 2019	6:30 a.m.
Race to the Lake – 10 mile Trail Race	April 20, 2019	8:00 a.m.
Run For Their Lives 10K, 5K and 1Mile Fun Run	April 20, 2019	8:00 a.m.
Mutt Strutt 5K and 1 Mile Fun Run	April 20, 2019	10:00 a.m.
Magnolia 5K Color Race and 1 Mile Fun Run	April 26, 2019	5:30 p.m.
BTC Saturday Long Run Group	April 27, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	April 27, 2019	6:30 a.m.
St. Elias Cedar 5K Run	April 27, 2019	8:00 a.m.
Race for The Grace Place	April 27, 2019	8:00 a.m.
Quarry Crusher Run Birmingham – 4 mile/8 mile	April 27, 2019	8:00 a.m.
BTC Saturday Long Run Group	May 4, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	May 4, 2019	6:30 a.m.
Run for Kids Challenge – 12 hour, 50K, 10K	May 4, 2019	7:00 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.](#)