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# THE VULCAN RUNNER

May 2019 5

## RUNNING IN THE HORN OF AFRICA

By Nate and Cheryl Ross

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# RUNNING IN THE HORN OF AFRICA

Ethiopian Village



**Last June, *The Vulcan Runner* profiled long-time BTC members Nate and Cheryl Ross as part of our #WhyIRun series. The Rosses were in the midst of preparing for a big move to Soddo, Ethiopia, where they planned to continue to run in one of the world's meccas for distance running. After living in Africa for eight months, Nate and Cheryl have plenty of adventures and experiences to share with us...**

The Horn of Africa is unlike any place we have run before. The area is home to some of the best distance runners in the world, and even the small children fly right past us on our morning runs.

When we moved here in August of 2018, we studied the Amharic language for three months in Addis Ababa, a 7,000-foot elevation city of four million people. Running was especially challenging there because of the traffic, pollution, and lots of cobblestone roads. Cars, buses, motorcycles, and almost no traffic laws created a dangerous environment! We were constantly weaving in and out of traffic while trying to avoid people, animals, and the occasional items thrown at us.

After Addis, we moved to our home in Soddo, a town of about 80,000 in the South of Ethiopia (yes, we are still Southerners, even in Ethiopia), where Nate is working at a missionary hospital, and Cheryl is teaching in a local college. The running here is MUCH better. We are still at a high altitude, but the air is much cleaner, and the streets are quieter. We DO get lots of attention, though. As you

can imagine, two white people running in town and out into the Ethiopian countryside is not a normal sight for the locals. Kids often join us to run a couple of kilometers- wearing flip flops or no shoes. Many people yell encouraging things at us, but we've had a few unusual things shouted as well.

Some of our favorites have been:

- “Anbessa!” (This means “lion.” We think this was good – and not that they were telling us that a lion was chasing us)
- “Musical Education!” (A random phrase yelled out in the bush – no idea why...)

CONTINUED ON NEXT PAGE

# RUNNING IN THE HORN OF AFRICA

- “Ferenj!” (foreigner) and “China!” (many foreigners are thought to be Chinese)
- “No running without permission!”
- “MONEY, MONEY, MONEY!”
- “Good morning to you, girl!” (This was yelled at Nate)
- “Slow by slow!”

In February of 2019, we signed up for a half-marathon in Hawassa, a town about two hours away. It just happened to be on the EXACT same day as the Mercedes Marathon, so we viewed it as our Ethiopian Mercedes Half-Marathon. At the pre-race meeting, they explained that part of the race’s popularity was that it was a “low altitude” race. (It was at 5400 feet!)



Cheryl and Nate with Haile Gebreselassie

The race was nicely run by the organizers, but Cheryl had a bit of trouble negotiating some terrain changes and she went down... hard. Nate finished safely but nowhere near the elite runners – and none of the top 10 men finished over 1:06 – which means they were all running a 5-minute mile or less! We even had the opportunity to meet Haile Gebreselassie, Ethiopia’s two time Olympic gold medalist and most famous athlete.

Although it’s not the same as running Jemison or the Lakeshore Trail, we truly enjoy our new running routes here and love living, serving, and training with the amazing people of Ethiopia!



Cheryl and Nate Ross

Nate and Cheryl are serving as missionaries in Southern Ethiopia. Nate is an OB/GYN physician serving at a mission hospital and Cheryl is a leadership professor teaching at a local college. They plan to be back for the Vulcan 10K this November where they hope to proudly represent Ethiopia after living and training at altitude for the past year – watch out! You can follow their adventures through their blog at [www.nateandcheryl.wordpress.com](http://www.nateandcheryl.wordpress.com) and read their #Why(We)Run profile in the June/July issue of The Vulcan Runner [here](#).



# PRESIDENT'S ADDRESS

By Scott Wood



## Hello, fellow BTC Members!

I hope everyone enjoyed those seven days of Spring here in Alabama! Now to get ready for the next nine months of Summer! I hope everyone has enjoyed a great Spring racing season and is settling into the Summer training season for Fall races. It's been a busy few weeks with the National RRCA Convention in New Orleans, the BTC's Statue 2 Statue on April 6 (which was fantastic due to Race Director Judy Loo and her wonderful staff), and a couple of half marathons, but now we can all settle in for a long hotttttt Summer.

Speaking of half marathons, after a small hiccup in the weather, the BHM26.2 went off flawlessly! Thank you to the BHM 26.2 Race, Children's of Alabama, Magic Moments, Anna Martin, Stephanie Colpack, and hundreds of others who made it a great weekend for the Birmingham Track Club, the Birmingham running community, and many others who came to participate in the race! A very special thank you to all of those who BTC members who volunteered to work at packet pickup during the expo. As always, Kim Benner did a wonderful job helping to organize all of our volunteers.

But, before it gets too hot, let's have some fun! How about a Spring Social on May 11 at The Trak Shak in Homewood?! Our Spring Social event details are now on Facebook -- please mark "going" if you plan to be there so we can prepare for you. We will have three different mileage routes, free coffee from O'Henry's, free pastries, free fruit bowls, free race entries, door prizes, and more -- all courtesy of our friends at TherapySouth! Therapy South will also be on hand for some hands-on demonstrations, and we're working on a few surprises to cap off the morning. You don't want to miss this Social! Thank you, Therapy South, for everything you do for the BTC!

What's next on your racing schedule? Reach out to us if you need motivation during the summer months when running gets tough. I promise, you are NOT alone. This Hal Higdon quote really hits home for me:

*"Even when you have gone as far as you can, and everything hurts, and you are staring at the specter of self-doubt, you can find a bit more strength deep inside you, if you look closely enough."*

I love this quote, and I sure needed to hear it during the last few miles of the BHM Half Marathon last weekend. Sometimes running is tough, and in the Summer months, running can be really tough. Hang in there -- the BTC is here to encourage you and keep you motivated (and hydrated!) throughout the warm summer months.

Speaking of a hot race, next up in our BTC Race Series is the **Rick Melanson Peavine Falls Run!** [Registration is now open](#), and Race Director (and BTC Vice-President) Hunter Bridwell is working hard on this year's race. What better way to celebrate July 4 than running beautiful Oak Mountain State Park? (And eating your weight in BBQ afterwards!)

Good luck to everyone with your Summer training! I'll see you on the starting line in the Fall -- it will be here quick. As always, if we can help in any way, please [reach out to us](#) -- the BTC is YOUR club!

Stay hydrated and I'll see you on the roads!

**Scott Wood – BTC President**

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Attention?**



**Advertising in The Vulcan Runner is a great way to get your business in front of a targeted audience of health-oriented, awesome people! Rates start at just \$25 per ad, and discounts are available for a multi-month purchase.**

Contact [Julie Pearce, Editor](#), for more information.

# 2019 Officers



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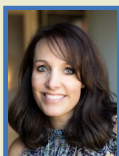
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**Long Run Coordinator**  
**Moderate Group Coordinator**  
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## BTC Race Directors

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

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

## BTC Mission Statement

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

## Contact BTC at:

Birmingham Track Club  
P.O. Box 530363  
Birmingham, AL 35223  
info@BirminghamTrackClub.com

## Race Results

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

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



# MEDICATIONS AND MILES:

## Is Iron Slowing You Down?

By: Abbie Sullivan, PharmD Candidate 2021, Beth Brooks, PharmD Candidate 2021, Kim Benner, PharmD

**What is Iron and Iron Deficiency?** The role of iron in our bodies is complex; simply put, iron is an essential element for blood production, and it also supports many other bodily functions. The main purpose of iron is to carry oxygen from the lungs to the tissues throughout the body so that cells can produce energy. Without iron, our bodies cannot produce enough hemoglobin in red blood cells, which enables them to carry oxygen.

Runners go through red blood cells/iron very quickly. An average adult's red blood cells last about 120 days, but an average runner's red blood cells last only about 74 days. The mechanical stress that runners endure can be blamed for the shorter duration, along with a higher frequency of GI bleeds, urinary tract bleeding, sweating, and traveling to higher altitudes. Additionally, women need more iron than men. Women ages 19 to 50 need approximately 18 mg per day, while men ages 19 to 50 need approximately 8 mg per day. More so, endurance athletes, pregnant women, and some vegetarian women have an increased need for iron.

### How do I Know if I am Deficient in Iron?

To be diagnosed with iron deficiency, your health care provider will need to run tests to look for certain indicators. These tests should include, but may not be limited to, red blood cell size and color, hematocrit, hemoglobin, and ferritin. If you are found to be iron deficient your health care provider may want to run further tests to identify the underlying cause. When our bodies lack adequate iron to produce hemoglobin, we are considered to be iron deficient, which is a common type of anemia. As a result, iron deficiency may leave you tired and short of breath. Initially, iron deficiency symptoms can be so mild they go unnoticed; this is especially true with runners as it can be typical to be a little out of breath on occasion. However, as the body becomes more iron deficient, symptoms begin to intensify (see Table 1).

**Table 1: SIGNS OF IRON DEFICIENCY**

Fatigue
Pale Skin
Weakness
Dizziness
Headache
Dyspnea
Inflammation
Tachycardia
Numbness of extremities
Cold intolerance
Split or spoon-shaped nails

**What Can I do to Increase my Iron?** Fortunately, iron is the most abundant element in the universe, meaning that it is essentially easy to consume. While iron is available as a supplement, it can also be consumed through diet (see Figure 1). You can reduce your risk of iron deficiency by consuming iron-rich food including: red meat, poultry, beans, dark leafy greens, and peas. Meat is the most common and most easily absorbed source of iron. Therefore, non-meat eaters may need to increase their intake of other iron-rich foods. Additionally, foods containing vitamin C enhance the absorption of iron. Vitamin C can be found in foods that also are rich in iron, including broccoli

and leafy greens. Vitamin C is also found in tomatoes, strawberries, peppers, oranges, and grapefruit.

### Why Should I Not Take Iron Without Talking with my Health Care Provider First?

While iron is essential for runners, too much iron carries serious risks and potentially is toxic. Early on, symptoms of iron overload will present as nausea, stomach pain, and weakness. Then, gradually over time, iron will begin to accumulate in internal organs, potentially causing damage to the liver and other organs. Therefore, before deciding to self-treat, it is recommended to check with your health care provider about whether iron supplementation is in order. While eating a diet rich in iron is a relatively safe thing to do for runners, it is best to talk with your health care provider before making any drastic changes to your diet.



**So What is the Take Away?** Iron is an essential element for our bodies to maintain normal functions, especially in runners. Iron deficiency may weigh runners down by causing them to experience shortness of breath and fatigue. If you are experiencing signs and symptoms of iron deficiency, especially if you are a woman, contact your health care provider for the next best course of action. While increasing iron through dietary changes or even supplementation is not typically harmful, it is always best to consult a healthcare professional before beginning anything new. Therefore, if you have been feeling weighed down lately, contacting your health care provider can give you the best guidelines for increasing iron in order to take that weight off your shoulders and help you perform to the best of your ability.

### References:

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2. Høeg TB. *We Run on Iron: Iron Deficiency and Anemia in Runners*. iRunFar. <https://www.irunfar.com/2018/11/we-run-on-iron-iron-deficiency-and-anemia-in-runners.html>. Published November 18, 2018. Accessed March 16, 2019.
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## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Ekkehard Bonatz  
Cameron Bookout  
Jason Bookout  
Kaylee Bookout  
Kimberly Bookout  
Lilah Bookout  
Lindsey Brock  
William Brown  
Christopher Carey  
Addison Clowers

Betsy Darnall  
Michael Elcott  
Carla Grady  
Chris Hanvey  
Suzanne Helmick  
Brian Lee  
Shilonqua Lee  
Joseph Longoria  
Thomas Marks  
Amy May

Joy Miller  
Jennifer Mizzell  
Nicole Parker  
Jan Renfro.  
Jeff Renfro  
Josh Renfro  
Jonathan Risner  
Jason Saint  
Jeff Sherrell  
Marie Smith

Tilette Smith  
Malia Stewart  
Charles Trivett  
Izabella Trivett  
Malaki Trivett  
Mark Trivett  
Samantha Trivett  
Willow Trivett  
Darren Wilson  
Solae Yim

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.

- [Peavine Falls Run](#)
- [The Vulcan 10K](#)

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

We look forward to running with you in 2019!

## Need to Print Your BTC Membership Card?



It's easy!

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



## Pre-Race Tune Up / Post-Race Clean Up

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


### Multi-sport services may include:

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

## Run Assessment

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

## VIP Shoe Fitting

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

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# ENDURANCE



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

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



## 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!**



# ARE YOU A COORDINATED RUNNER?

By Phillip Moore PT, DPT

The phrase “coordinated runner” can be an ironic statement. Many of us started running because we lacked the “coordination” to hit, kick, or catch a ball. However, what I have found clinically over the years is that the best runners - those who never seem to get hurt - have the best coordination. Coordination can mean many things, but to a runner it means timing and balance within your stride.

## THERE ARE FOUR CONCEPTS I LOOK FOR TO ASSESS A RUNNER'S COORDINATION:

- Arms working with legs
- Balance between early stride and late stride
- Head position matching pelvic position
- Airtime versus ground time

## IN LESS TECHNICAL TERMS, IS EVERYTHING WORKING TOGETHER TO MOVE YOU FORWARD?

Try asking a running buddy to help you assess your run coordination:

1. Ask how your arms look while you are running together.
  - Are your arms symmetrical? Or is one arm doing its own thing?

## 2. Ask about your push off.

- How high does your heel raise towards your bottom? It should raise up past parallel to the ground or your stride will be unbalanced.
- Does it look mechanical or does it flow?

## 3. How is your posture?

- Does it look like you are constantly leaning for the win?
- Or is your head balanced over your pelvis – which is the ideal position for running.

A runner can break down in one or all these areas, but no matter which one is off, a deficiency leads to abnormal biomechanics, decreased efficiency, decreased performance, and increased risk for injury. A proper running evaluation can be valuable to achieving your goals. Whether your goals are to run your first Boston qualifier or simply to run without injury for a training cycle, assessing coordination is one of the many components of the TherapySouth Endurance run evaluation.

Email [Endurance@therapysouth.net](mailto:Endurance@therapysouth.net) for more questions or to schedule your Run Evaluation by one of our Physical Therapists who is trained in the biomechanics and gait analysis of running.



## BTC SPRING SOCIAL

**MAY 11, 2019**  
**THE TRAK SHAK HOMEWOOD**

**Three mileage routes! • Coffee! • Pastries!**  
**Fruit Bowls! • Free race entries! • Door prizes!**  
**Hands-On Demos from TherapySouth!**  
**AND MORE!**

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*Visit our [BTC Spring Social page](#) on Facebook,  
and let us know if we'll see you there!*



# Moderate Distance Run Group

The Saturday Moderate Distance Run Group is a great option for anyone who wants a few less miles than the Long Run routes – or anyone who wants a bit more sleep on Saturday mornings! The group starts at 6:30 a.m. from Trak Shak; however, once a month, the group will start from a different location. Routes are between three and eight miles and paces vary as well. Interested in joining us, or have questions? Email [Moderate Run Coordinator LaRonda Corrin](#), or check out the group's [Facebook page](#) for more information.

Want to get more involved with the group? Email LaRonda to help coordinate routes or water stops for some upcoming runs. We hope to see you on the roads!



## Volunteer Vibes

**Thank you to all of our volunteers who made Statue to Statue AND BHM 26.2 such successful events!**

One winner was drawn at random from the pool of volunteers for each of these races: Kellan Selle from Statue to Statue and Brittany Boylan from BHM 26.2 each won a gift card! Thank you both for all you did to make both of these events successful – we appreciate your service!

Next up will be the Peavine Falls race on July 4 at Oak Mountain. You will be able to sign up to volunteer on RunSignUp very soon, so stay tuned OR drop **BTC Volunteer Coordinator Kim Benner** an email with questions or for more information on how you can help! Thank you!

**#weheartourvolunteers”**





# #WHY(WE)RUN:

STACY AND CAINE KADLE



**BTC member Stacy Kadle and her son Caine are a mother and son who share in their love for running. With Mother's Day approaching, we talked to them about their running stories.**

## Stacy:

I have been running for a little over half my life. It's funny that even after all these years I still don't call myself a runner -- I just run. I think I was 27 when I started. I had been attending and teaching aerobics for several years, and I was looking for something with less structure. . . something I could do at my own pace, on my own schedule, and by myself if I chose. Initially, I hated everything about it! But, I gradually began to tolerate running, and at some point, I began to crave it. It became my outlet, and I would look forward to coming in from work, putting on my running clothes and running out the door. Some days maybe only a couple of miles but I found that it helped me mentally as much or more so than physically.

When my kids were younger I would often go for a run before picking them up from EDP (after school program). I remember feeling somewhat guilty picking them up in my running clothes as

others could see that I was putting "me" time before "our" time. That all changed the day I went straight from work to pick up Connor and Caine. They were both disappointed when they saw me in my scrubs. When we got in the car I asked them why. From the mouths of a 5 and 7 year old: "Well, you're just nicer when you pick us up in running clothes."

That stung a little bit at first, but it was a real turning point. I realized that the 30 to 45 minutes I took for myself gave them much more in the long run (a semi-sane mom for starters).

So now, aside from work, I have plenty of me time. . .and I sometimes have to kick myself out the door to go run. But I'm very thankful that I still can, and I am trying to shift my focus to just getting out there and enjoying it -- no Garmin, no plan, no expectations. I would rather run slow or walk fast outside than do anything inside. Why? I guess because it makes me nicer! And my biggest accomplishment is when I cross the finish line!

*Stacy's son Caine, 24, was inspired by his mother to run more. As a bonus, it was nice to have someone to share in the triumphs and set-backs running brings. With a recent 3:07 Mercedes marathon finish, here is Caine's running story:*

## Caine:

My first experience with running was the Edgewood Elementary School Turkey Trot. I was the child about to pass out, the one whose Mom had to get him to the finish line. So, needless to say I didn't think I'd grow into being a runner. I didn't pick up running until my junior year at Auburn, when going a couple of miles was asking for a lot. I found the miles came easier after changing my diet to plant-based. Typically, I only run competitive races for longer mileage. I find in marathons that crowd support and aid stations help me hang in there mile after mile. Crossing the finish line is great, but the mileage I run in training is where I get the most satisfaction.



# 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	187
Ahmed, Kabeer	R	562
Alexander, Jessica	R	539
Anderson, Kerri	3	458
Armstrong, Thomas	3	11
Baggett, Christopher	1	510
Barnes, Jimmie	4	442
Bartee, Samm	3	446
Bayush, Tori	R	380
Belcher, Michelle	6	347
Bellew, Bobby	R	453
Benner, Kim	6	523
Bensinger, Cole	R	566
Benson, wayne	5	461
Bishop, Natalie	R	520
Bittle, Anna Marie	R	189
Blocker, Jennifer	R	0
Boackle, Larry	2	264
Boackle, Tomie Ann	1	171
Boger, Joe T	1	202
Booher, Lisa	7	657
Bookout, Jason	R	372
Bookout, Kimberly	R	328
Bowman, Bill	R	347
Bowman, Brian	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	410
Bradley, Amanda	1	687
Brakhage, Victoria	2	351
Bridwell, Hunter	1	172

Participant	Years	Total
Brown, Charlie	7	279
Brown, Dana	R	0
Brown, Sean	4	304
Bryant, Jason L.	R	225
Burks, Ross	2	404
Burton, Daniel	R	517
Burton, Kelsey	1	367
Caine, Lawrence	1	213
Callahan, Ali	R	165
Callahan, Chris	2	460
Callahan, Noah	R	113
Callahan, Rachel	4	441
Calloway, Mariel	R	424
Carey, Christopher	5	0
Carlton, Bob	4	429
Carter, Adrienne	2	193
chandler, teresa	9	415
Clay, Brad	11	523
Cleveland, Jeff	2	542
Clevenger, Caitlin	R	98
Cliett, Stephanie	4	368
Clowers, Addison	4	678
Coffin, Diane	R	0
Coffin, Hannah	1	1,021
Coleman, Tim	1	680
Collins, Helen	2	265
Corrin, LaRonda	R	288
Corrin, Roger	2	401
Cowart, Britney	1	396
Crain, Teresa	2	0
Cramer, Robyn	R	100

Participant	Years	Total
Cramer, Steve	R	218
Crawford, Allen	3	458
Creel, Mary	1	571
Criswell, Mark	R	295
Crowson, Bill	3	535
Crowson, Madeline	R	0
Crumpton, Melinda	R	0
Culver, Wendi	R	363
Cutshall, Hannah	1	451
Davidson, Dow	1	681
Davidson, Jen	R	0
Denton, Matt	6	534
Dixon, Charles	R	213
Dixon, Jonathan	1	307
Dodson, Brooke	3	705
Donnelly, Kevin	R	355
Dorman, Evan	1	102
Dowling, April	1	77
Duke, Cindy	3	449
Dunn, Jennifer	R	453
Elcott, Michael	R	345
Elkins, Sydney	1	0
Estes, Cameron	R	328
Estrada, Steven	R	598
Evans, Debbie	5	325
Ferlito, Cindy	1	302
Fontenot, Misty	2	396
Franklin, Rebecca	R	183
Franklin, Shane	7	428
Frederick, Winston	10	239
Freeman, Sheila	2	406



# 1200 MILE CLUB

Participant	Years	Total
Friday, Tanna	R	130
Gann, Michael	7	0
Gerlach, Kim	R	0
Gibson, Katie	1	327
Goode, Johnny	10	471
Goss, Ange	1	425
Grady, Carla	R	0
Graham, Ryan	R	309
Grall, Jeremy	R	404
Grammas, Marianthe	2	514
Gray, Caleb	R	0
Greene, Michael	1	0
Griffin, Robin	R	311
Grossmann, Christopher	7	107
Gullapalli, Satya	3	303
Hackney, Aimee	R	393
Haley, Jay	3	547
Hall, Thomas	1	289
Haralson, Danny	10	197
Haralson, Micki	10	546
Hargrave, Alan	11	468
Harris, Ashley	1	109
Harris, Skip	1	0
Harris, Vickie	2	0
Harrison, Lisa	7	337
Henley, Monica	5	205
Henninger, Alison	4	401
Hetherington, Karyn	R	487
Hill, Tucker	2	70
Hogue, Kari	R	45
Holcomb, Zachary	1	511
Holland, Skylar	1	339
Hollington, Kasey	1	434
Hoover, Alison	7	0

Participant	Years	Total
Hopper, Whittley	1	357
House, Beth	5	0
Hubbard, Stephanie	1	0
Hudson, Temeka	R	0
Ingram, Joseph	6	52
Izard, Georgia	3	0
Izard, Melody	3	0
Janowiak, Desirae	R	324
Jenkins, Kaki	5	403
Jenkins, Michael	R	240
Johnson, Kawitta	1	297
Johnston, Emily	R	459
Johnston, Latta	2	415
Jones, Allen	R	323
Joseph, Jeremy	R	0
Kazamel, Mohamed	1	783
Kearley, Christy	1	32
Keefer, Herb	2	0
Kelley, Robin	5	0
Kemper, Tricia	4	511
Kendrick, Tom	R	140
Knight, DIANE	2	0
Kornegay, Marla	R	429
Kuhn, Jimmy	11	864
Kulp, Loren	3	691
Lahti, Tyler	2	728
Laird, Audrey	4	482
Langston, Aaron	4	511
Langston, Richard	6	234
Lawhorn, Joseph	R	411
Lea, David	R	330
LeCroy, Sarah	2	511
Lee, Brian	R	536
Litz, Matthew	1	473

Participant	Years	Total
Love, Thomas	1	191
Lyle, Randy	10	760
Lyles, Chris	1	0
Malick, David	5	302
Mathews, Skip	R	333
McComb, Morgan	R	549
McKinney, Margaret	R	134
McNutt, Janie	R	452
Merry, Vicki Sue	6	495
Miller, Joshua	R	295
Moore, Phillip	R	0
Morgan, Anne	R	332
Morgan, Cary	8	1,184
Morgan, Danielle	5	251
Morgan, Phillip	8	321
Morris, Phil	R	166
Morrow, Alex	7	641
Moser, David	R	396
Moser, Tamara	R	0
Mount, Brian	2	410
Murchison, Reginald	5	726
Napolitano, Angela	R	15
Ness, Andrew	R	0
Northern, Kristie	9	454
Norton, Laura	R	579
Oehrlein, Kimberly	R	179
Oliver, John	4	369
Olson, Kimberly	R	0
Olson, Seth	R	0
Orihuela, Carlos	1	530
Ortis, Ellen	R	541
Padgitt, Scott	1	173
Parks, Charlie	5	889
Patel, Lisa	R	95

# 1200 MILE CLUB

Participant	Years	Total
Patrick, Nicolette	R	541
Payson, Tabitha	R	0
Payson, Tommy	2	469
Peagler, Shana	7	278
Pearce, Julie	5	176
Pearson, Blake	5	179
Pearson, Mary Scott	4	0
Pegouske, Jeremy	R	404
Pegouske, Stacie	1	395
Plante, David	6	142
Poh, James	R	440
Poole, Greg	1	443
Powell, Shane	R	122
Ralph, Meghan	4	479
Rawson, Brent	1	21
Renfro, Jeff	R	379
Reynolds, Dewelena	R	214
Richey, Lori Beth	1	511
Richie, Melissa	R	260
Ritchie, Joseph	1	542
Ritchie, Lauren	R	592
Roberson, Kevin	4	143
Roberts, Fletcher	4	0
Robertson, M.C.	R	298
Robinson, Melany	R	383
Robinson, Rod	R	70
Rodgers, Jeffrey	1	361
Rodgers, Jessica	R	78
Roper, Lynn	2	366
Rose, Billy	4	770
Ross, Christy	R	397
Rosser, Joey	2	431
Routman, Cindi	R	105
Routman, Cynthia (Cindi)	R	163

Participant	Years	Total
Rowell, Taylor	1	236
Rutherford, Keith	11	388
Rutledge, Lisa	3	528
Ryan, Meaghan	3	492
Sanders, Gwendolyn	R	352
Sargent, Bruce	R	374
Seeley, Mimi	R	285
Senseman, Austin	R	259
Shaffield, Danny	5	674
Sherer, Jeremy	2	440
Shinn, Ronald	6	312
Shoaf, James	1	0
Sides, Dean	3	387
Silwal, Suman	8	0
Simpkins, Randall	1	476
Simpson, Kevin	5	914
Sims, Kelly	R	449
Sims, Robert	5	312
Slemmons, Kent	R	111
Sloane, Mike	3	417
Smith, Jerry P.	11	428
Smith, Justin	R	51
Smith, Marie	R	272
Snow, Sheri	3	0
Soileau, Chester	1	394
Sparks, Jessica	R	269
Stevens, Johnathon	2	334
Stewart, Chappell	R	538
Stewart, Zeb	1	254
Stockton, Rick	11	426
Stone, Amy	R	376
Sweatt, Jason	R	0
Swiney, Elana	R	221
Talley, Beau	6	151

Participant	Years	Total
Talley, Shellie	2	0
Thomas, Eric	5	144
Thompson, Sara	1	460
Thornton, Dean	6	286
Thurman, Terralance	R	0
Tibbs, Seth	1	315
Townes, Janelle	1	363
Trimble, Jamie	4	403
Vaden, Christopher	R	0
Varnes, Vickie	5	744
Waid, Jr, David	1	747
Wall, Ron	5	395
Watters, Ana	R	298
Watters, Robert	4	495
Weaver, Melissa	R	0
Weber, Amy	1	402
Weber, Lauren	1	0
Weeks, Lance	2	310
Wells, Bradley	3	0
Wende, Adam	4	668
Wieberg, Deb	R	32
Wilhite, Thomas	3	437
Williams, Shaunda	R	249
Williamson, Chad	4	76
Williamson, Rebecca	R	411
Wilson, Darren	R	414
Windle, Dale	4	383
Wiseman, Steve	4	491
Wood, Scott	3	484
Woody, Bill	10	465
Worthington, Charles	R	79
Wright, Amy	2	0
York, Gary	5	674
Zajac, Jason	R	425
Zehnder, Justin	7	303



# STATUE TO STATUE

April 6, 2019

All photos  
courtesy of  
MRuns



## It was another great year for Statue to Statue.

456 runners completed this year's race with finish times ranging from Anna Long's amazing 55:55 finish -- nearly 7 minutes ahead of the second finisher -- to Jack's Pack coming across the finish line together at 2:25. Whatever your pace and finish position, we hope you had as much fun as we did.

Once again the weather smiled on us with the actual weather being far better than the forecast. The warm temperatures led to little need for gear check at the start.

To those who ran, volunteered, sponsored (or all three!), this race could not succeed without you. Thank you for making Statue to Statue a great event.

Go ahead and mark your calendars for next year -- you know you want to tackle those hills again on April 4, 2020!

Judy Loo, Michele Parr and Debbie Cleghorn





# STATUE TO STATUE

April 6, 2019

All photos  
courtesy of  
MRuns





# 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



**Vicky Brakhage** ran a new 5K PR of 21:53 at the Mutt Strut 5K (while running with her dog, **Killian**). Congrats to both of you!

Running half way around the world didn't deter **Rebecca Williamson**, who recently snagged a shiny new marathon PR (by over 20 minutes!) at the Maebashi Marathon in Maebashi, Japan. Congratulations, Rebecca!

The Vulcan Runner's own **Ryan Boswell** had a four minute PR at the BHM 26.2 Half Marathon on April 28, logging a 1:46:11. Way to go, Ryan!

And last, but certainly not least, welcome to the Marathon Club, **Marla Ann Gruber**! Marla completed her first marathon at the BHM 26.2. Congratulations, Marla!

Have you recently completed a new race distance or logged a shiny new PR? [Let us know about it](#) – we love to celebrate the accomplishments of our BTC members!



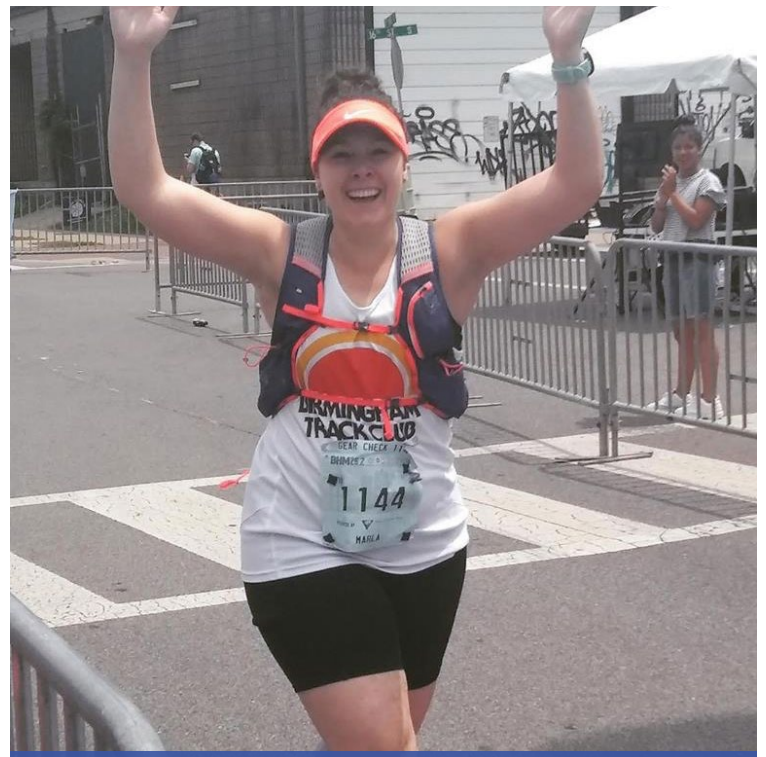
Vicky Brakhage with Killian



Rebecca Williamson



Ryan Boswell



Marla Ann Gruber

## BTC EXECUTIVE BOARD MEETING

April 8, 2019

**Attendance:** Kim Benner, Lisa Booher, Vicky Brakhage, Hunter Bridwell, Alan Hargrave, Joey Longoria, Judy Loo, Julie Pearce, Jamie Trimble, Charles Thompson, Scott Wood

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

Vicki made a motion to approve the minutes of the March 2019 Executive Board Meeting, with one correction to reflect that she was in attendance. The motion was seconded by Hunter and passed without opposition.

#### **Treasurer's Report (Scott Wood for Christianna Rudder)**

- Please review Christianna's report and financial statements.

#### **Statue 2 Statue Recap (Judy Loo)**

- Judy is compiling notes from this year's race to assist with next year's race. Total registrants this year: 577; total finishers: 456. She will follow up with the person who missed one of the turns on the course.
- Judy inquired about BTC policy for bib transfers. She thinks race directors should have the discretion to decline bib transfers. Alan has deactivated the refund function of RunSignUp but the ability to transfer bibs is active for all BTC races. Alan explained the process, as well as the ability to change the different settings in RunSignUp. Scott is in favor of allowing transfers because it fosters good will with the BTC. We can assess a bib transfer fee. Alan made a motion to allow race transfers for all BTC races, and to assess a \$5 transfer fee to the grantee. Vicky seconded the motion and it passed without opposition. Discussion followed regarding the appropriate bib transfer deadline and pros and cons of different dates. For now, the transfer deadline will be the Sunday night before the race.

#### **Finish Line (Jamie Trimble)**

- Jamie will look into ordering a-frame signs for mile markers, preferably markers that can be changed to directional signs, etc.

#### **Volunteers (Kim Benner)**

- Volunteers are needed for BHM 26.2 -- packet pick up on Saturday, April 13. Scott will request more information from the race organizers.

#### **IT Chair (Alan Hargrave)**

- Alan distributed race registration statistics for each BTC race, as well as race trends data for BTC races since 2011. These are housed on the Google Docs drive.
- Scott has confirmed Vulcan Run venue (Sloss Furnaces); Alan will update RunSignUp accordingly.
- We used the photo feature on RunSignUp to link photos to Statue to Statue participants for the first time; it worked well.

#### **Long Run Committee (Scott for Alex)**

- No long run this week, but Hunter volunteered to host/lead a shake-out run.

#### **Membership**

- Current members: 1067, with 821 memberships
- Vicki will conduct a membership drive this spring.

#### **Merchandise (Scott for Bradley)**

- Scott will connect Bradley and Kim so they can coordinate efforts.

#### **USATF (Charles Thompson)**

- The track meet scheduled for 4 p.m. today was rescheduled for Wednesday, April 10 due to weather. Samford has a track meet on Friday, April 12, and the MBHS Invitational will be this Friday as well.
- USATF meeting was March 31. June 15-16 is the Invitational in Oxford, AL.

#### **Newsletter**

- Content for the May newsletter is due on April 26.
- Four new volunteer writers as a result of the solicitation in the April newsletter email.

#### **President**

- Bradley has suggested a BTC calendar that would advertise area races, as well as BTC events. He will look into this further.
- May 11 – BTC Social at the Trak Shak in Homewood. City Bowls will be there. Vicky will host a membership drive.
- RRCA Convention was well-done and very instructive.

#### **New Business and Announcements**

Joey Longoria announced that the 2020 Wine 10K race will be held on March 7, 2020.

There was no new business.

The meeting was adjourned at 7:24 pm. Our next board meeting is on May 13, 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:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

3. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

4. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

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

Initial:

--

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

Signature

Date

Mail this signed application and a signed check to:

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

# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long Run Group</a> * <a href="#">BTC Spring Social</a> *	May 11, 2019	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a> * <a href="#">BTC Spring Social</a> *	May 11, 2019	6:30 a.m.
<a href="#">Motherwalk &amp; Run 5K</a>	May 11, 2019	8:00 a.m.
<a href="#">UAB National Alumni Society Annual Scholarship Run 5K/10K</a>	May 11, 2019	8:00 a.m.
BTC Executive Board Meeting (Vestavia Hills Library)	May 13, 2019	6:00 p.m.
<a href="#">BTC Saturday Long Run Group</a>	May 18, 2019	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	May 18, 2019	6:30 a.m.
<a href="#">Band Together 5K Run &amp; 1 Mile Color Run</a>	May 18, 2019	8:00 a.m.
<a href="#">BTC Saturday Long Run Group</a>	May 25, 2019	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	May 25, 2019	6:30 a.m.
<a href="#">Memorial Day Weekend 6 and 12 Mile Trail Race</a>	May 25, 2019	8:00 a.m.
<a href="#">BTC Saturday Long Run Group</a>	June 1, 2019	6:00 a.m.
<a href="#">BTC Saturday Moderate Run Group</a>	June 1, 2019	6:30 a.m.
<a href="#">I Am a Father 5K</a>	June 1, 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.](#)

