



★ BIRMINGHAM TRACK CLUB ★
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

August 2019 8

NEW TRAIL IN THE DALE

By Ryan Boswell

Photograph courtesy of
Freshwater Land Trust

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NEW TRAIL IN THE DALE

By Ryan Boswell



Jefferson County is home to many trail systems on which many of us have logged countless miles. From dirt, gravel, and everything in between, there are paths for everyone to enjoy. Lately it seems a new trail is created or an existing one is extended daily. I moved to Gardendale from Hoover in the summer of 2016, and in that time two great trails have opened less than a mile from my front door. GUTS (Gardendale Urban Trail System) opened in late 2016, and just this past June, the Five Mile Creek Greenway, Gardendale opened.

In 2002, the Five Mile Creek District was created by the cities of Center Point, Tarrant, Fultondale, Gardendale, Brookside and Graysville. Each city committed to working with the others to improve water quality and develop a series of parks and trails connecting the Five Mile Creek communities. Since 2002, the District has received multiple funds from the county, state and

federal levels to conserve land, reduce flooding, conduct large-scale cleanups, and develop parks and trails. Thanks to years of regional cooperation, the District was able to purchase 16.5 miles of rail corridor with a federal transportation grant. An additional \$373,000 in funds were raised by local partners. The Five Mile Creek District is a wonderful example of regional cooperation and public/private partnership.

The Five Mile Creek Greenway, Gardendale is a continuation of the Five Mile Creek Greenway, Black Creek Park Trail. This new segment is 2.1 miles long, which makes the entire trail just over 5.5 miles from one end to the other. A complete round trip is 11 miles of flat crushed stone. Not only is the trail super flat but it is completely shaded from start to finish. I think we all know how important that is during these brutally hot Summer days!

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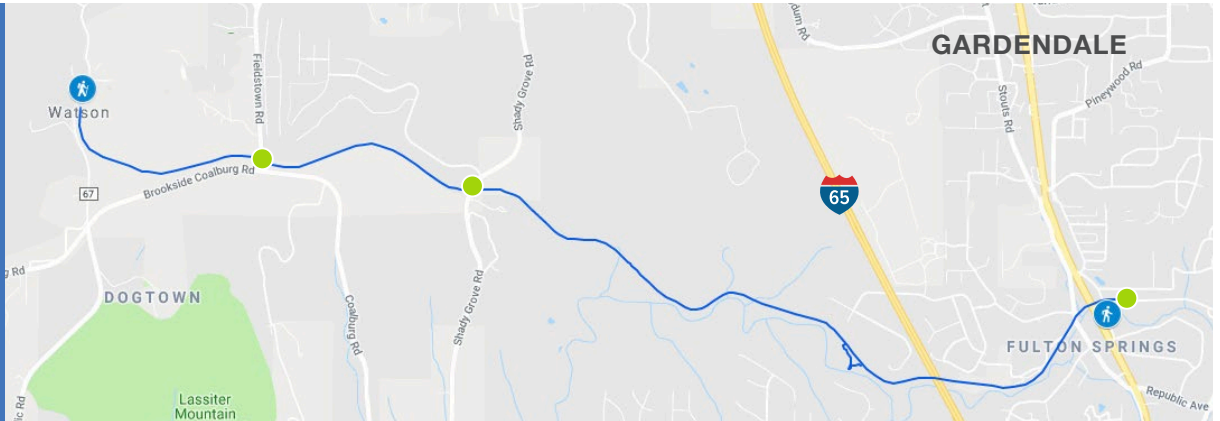
NEW TRAIL IN THE DALE

TRAILHEAD LOCATIONS:

4000-4010 Hooper
City Garden-Dale Rd
Gardendale, AL 35071;

2241 Fieldstown Rd, Mt
Olive, AL 35117;

Jew Hollow Road: Jew
Hollow Rd, Mt Olive, AL
35117

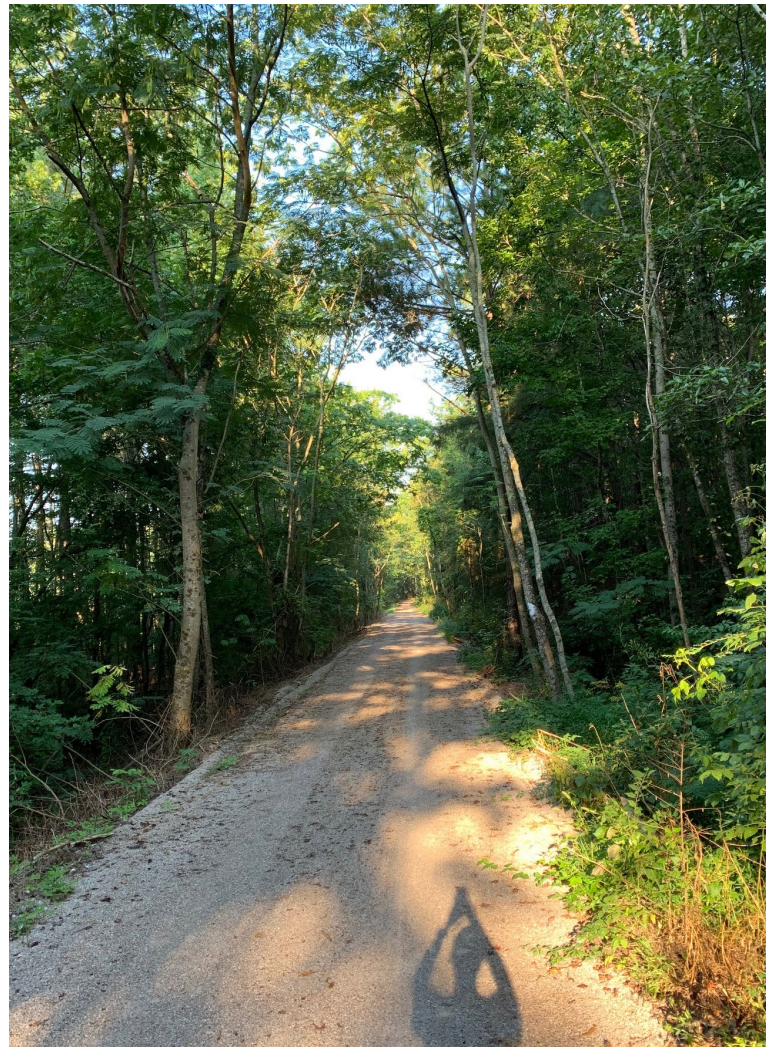


I can't express how fortunate we are to have trails like this so close to our running community. Like many runners I know, I do all my runs on the road. Roads are just what I am used to running, and they are the most convenient way for me to get in a run, because -- let's face it -- roads are everywhere. But with the fantastic, well-thought out trails that we now have in and around the Birmingham region, we have no excuse not to do a little off-road exploring.

I for one fell in love with this new trail in Gardendale. So much so, that when I being marathon training this month, I already look forward to doing all of my Sunday recovery runs on this trail. I can't think of anything better than logging 5-6 easy paced miles on the soft terrain and listening to nature all around me. And the shade. . . did I mention the shade?

The trail may be new, but I've seen many walkers and runners taking full advantage of it during the past couple of months. Oh, and I almost forgot the best part: this extension of the Five Mile Creek Greenway is just the beginning. As I mentioned, the current trail is 5.5 miles long, but the master plan calls for more extensions, with the eventual goal of reaching 16 miles of trails! These extensions will make it the longest rail trail in Central Alabama! I've thought about doing some longer distance trail races in the future, and having this trail nearby for training will be perfect. So, the next time you find your way to Fultondale or Gardendale, check out the Five Mile Creek Greenway, and do a little exploring of your own!

*For more information about the local trail system,
see www.freshwaterlandtrust.org*



PRESIDENT'S ADDRESS

By Scott Wood



Hello, BTC Members!

I hope you were able to attend the BTC's annual Peavine Falls Race on July 4 at Oak Mountain State Park. First year race director, Hunter Bridwell, did a great job putting on a spectacular race for the 500+ runners registered for the event. Thank you, Hunter, for all of your hard work. And, thank you to the many volunteers who worked so hard on a hot summer day -- we had a great day once again because of you.

Next up, is the **Vulcan Run 10K** in downtown Birmingham. Registration is open and waiting for you! [Sign up here](#). This is the 45th running of this Birmingham classic 10K. What started as the Bicentennial Run in November 1975 with only 221 runners has grown into one of the most popular road races in the Southeast with more than 1,000 runners in recent years. In addition to many other [benefits of BTC membership](#), current BTC members receive a discounted entry to this race. We hope you will click on the link and join us on November 2.

If you are looking for other races in the Birmingham area, I've listed a few below (and see our race calendar on page 20, as well as our [online calendar](#) for new updates and registration links).

Save the O's 5k – August 10

A Midsummer Night's Run Oneonta – August 10

Just A Call Away 5k – August 17

Ridge to Blazing Ridge Trail Race 10.5 and 21 Miles – August 24

Monkey C Monkey Run – September 7

Hartselle Half Marathon – September 21

We've had great crowds recently on our Saturday morning Long Runs. Most of you likely have picked a Half Marathon or Marathon to run (or race) in the Fall. We will have a big crowd going to Indianapolis, as well as St. Jude, and we always have a crowd running Rocket City in Huntsville. The BTC is there for you, whatever your plans may be! We hope to see you on Saturday mornings -- the weekly long runs will help you come race day.

We have all had to complete our longer runs in some very tough conditions lately. Our real heroes have been those who volunteered for water stops -- you certainly have not gone unnoticed! We are working on a special way to reward those who have donated in this



HEART + SOLE
EQUAL ACCESS BIRMINGHAM

August 24, 2019

All proceeds will benefit Equal Access Birmingham, a student-run free clinic through UAB School of Medicine that provides healthcare and education to the uninsured in Birmingham

CRESTLINE ELEMENTARY SCHOOL
5K starts at 8:00 am

REGISTER ONLINE AT TINYURL.COM/2019EAB5K

way time and time again. We could not do these long, very hot and humid runs without you giving to the club. Once again, thank you!

Speaking of hot, if you're vacationing at the Gulf over the Summer, remember to check out Dean Thornton's June 2016 [article on places to run visiting the Gulf](#). We have also [posted these routes](#) on our website. Thanks, Dean, for helping us keep up our training while on vacation!

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

Scott Wood
BTC President

2019 Officers



President

Scott Wood

president@birminghamtrackclub.com



Treasurer/Past-President

Monica Henley

treasurer@birminghamtrackclub.com
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Vice-President

Hunter Bridwell

vicepresident@birminghamtrackclub.com



Secretary

Julie Pearce

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BTC Committees

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

1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

Webmaster
IT Chair
USATF Representative

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BTC Race Directors

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

| | |
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| Hunter Bridwell | 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



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

| | | | |
|------------------|-----------------|-----------------|------------------|
| Frank Barry | Dawn Conner | Misty Joseph | Danny Shaffield |
| Bill Bowman | Liz Deiters | Elena Kidd | Mitzi Shaffield |
| Shannon Browne | Bob Evans | Jake Kidd | Suman Silwal |
| Randy Chaffinch | Bab Garner | Andrew Larkin | Anne Threlkeld |
| Violet Chaffinch | Chuck Holmes | Pamela Moser | SethWalker |
| Andy Chappell | Jack Jacobs | Janis Posey | Kimberly Zimlich |
| Daniel Chappell | Catherine Jared | Joey Rosser | |
| Mark Chappell | Jason Jones | Chloe Shaffield | |

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.

BTC Club Discounts!

BTC Members get automatic discounts when they register for certain races through RunSignUp. To access these discounts, please follow these steps:

- Visit the [BTC RunSignUp page \(https://runsignup.com/btc\)](https://runsignup.com/btc).
- Sign in using the email you used to join the BTC.
- Scroll to the bottom for a listing of the current Club Membership Discounts.

As of publication, the following races offer discounts to BTC members:

- **Just A Call Away 5K** in Birmingham, AL - Saturday August 17, 2019: \$5.00 off
- **Fall Creek Falls Half Marathon, 10K & 5K Runs** in Pikeville, TN - Sunday August 18, 2019: 15% off
- **5k At The Junction** in Birmingham, AL - Saturday September 28, 2019: 10% off
- **Atomic Sprint and Olympic Triathlon / Duathlon** in Lenoir City, TN - Saturday October 12, 2019: 15% off
- **Toughman Tennessee Half Triathlon 2019 - an Atomic Experience** in Lenoir City, TN - Sunday October 13, 2019: 15% off
- **BTC Vulcan Run 10k** in Birmingham, AL - Saturday November 2, 2019: \$5.00 off
- **Dasche for the Stache 5K** in Gadsden, AL - Saturday November 2, 2019: \$2.00 off
- **City of Champions Half Marathon and 5k** in Gadsden, AL - Saturday November 23, 2019: \$2.00 off
- **Magic City Half Marathon & 5K** in Birmingham, AL - Sunday November 24, 2019: 10% off
- **Rock'in Santa Half Marathon & Sunshine Santa 5K** in Knoxville, TN - Saturday December 14, 2019: 15% off
- **Village 2 Village 10k / 7.5k** in Birmingham, AL - Saturday March 14, 2020: 15% off
- **BHM26.2 2020** in Birmingham, AL - Sunday April 19, 2020: 10% off

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

Marathon and half marathon training is now underway!

After many nominations, and even more votes, BTC members have selected the [CNO Financial Indianapolis Monumental Marathon](#) as our fall target race. The race will take place on November 9, 2019, and our long run routes will be targeted towards both the half and the full marathon. Join us in Indy, or modify our long run routes for your own target race.

Visit our [Birmingham Track Club Long Run Facebook page](#) for our weekly routes. And if you're not already a member, join the [Birmingham Track Club Long Run Facebook page](#) to receive updates!

MEDICATIONS AND MILES:

Zinc is Zantastatic!

By Emily Berry, Pharm.D. Candidate 2020, Kim Benner Pharm.D.

Athletes commonly take various supplements to enhance their health and ability to perform. One lesser-known trace element that could be important to supplement is zinc. This month's column will review the benefits of zinc in our diet.

What is zinc?

Zinc is an essential nutrient found naturally in certain foods or taken as a supplement. It cannot be produced or stored by the body, so it is important to consume an adequate amount in your diet every day.

Why is zinc important?

Zinc plays many roles in maintaining healthy functioning. It facilitates wound healing, helps maintain normal growth rates, improves bone health, and helps maintain healthy cholesterol levels. Zinc repairs your tissues after exercise, promoting cell division and metabolism. It is essential to support healthy heart and respiratory system functioning. Testosterone, a hormone important for building lean muscle mass, can be affected by zinc levels.

What are the benefits of zinc supplementation?

Endurance exercise seems to reduce zinc levels in the body, which may be part of the reason why runners are more prone to colds and upper respiratory tract infections immediately following races or tough workouts. Maintaining proper zinc levels can lead to a positive outcome in your running. It helps optimize athletic performance through several different avenues:

1. Zinc increases aerobic capacity, the amount of oxygen your muscles are getting from your body
2. Zinc strengthens your immune system and decreases inflammation
3. Zinc helps to repair common tissue tears due to exercise

A review of seven studies demonstrates a relationship between maintaining adequate amounts of zinc and up to a 33% reduction in the length of the common cold. Another meta-analysis of three trials showed that zinc administered within 24 hours of onset of symptoms reduced the duration of common cold symptoms, especially in healthy people. This means you are less likely to become sick and more likely to recover quickly, leading to minimal loss of training time. Zinc is sold to prevent the common cold under the brand name ColdEeze and store generic brands as a lozenge. You can suck on a lozenge 3-4 times a day at the first



symptoms of a cold but note that the lozenges may cause you to lose your sense of taste for a brief period, or may make food taste funny so it might be preferable to have a lozenge after you eat.

Zinc deficiency: What are the signs and symptoms?

Athletes tend to have a higher risk of zinc deficiency because zinc is lost through sweat. Vegetarian or vegan athletes are at an even greater risk because many foods rich in zinc are animal products, and it is more difficult for your body to absorb zinc from non-animal sources. Athletes who maintain a diet high in carbohydrates and low in protein may also be at an increased risk for zinc deficiency.

Some effects of zinc deficiency can be:

- Slow wound healing
- Decreased endurance
- Decreased appetite
- Low energy
- Impaired taste or smell
- Weight loss
- Acne
- Skin rashes
- White spots, bands, lines on fingernails
- Decreased bone mineral density

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MEDICATIONS AND MILES:

Zinc is Zantastatic!

Sources of zinc

So you need to supplement some zinc into your diet, but you aren't sure how much you need? Men should consume about 11 mg per day while women should consume 8 mg per day.

What foods should you eat to increase your zinc?

Common foods containing zinc include:

- Seafood, such as oysters, crab, and lobster
- Fortified breakfast cereals
- Chicken (especially dark meat such as thighs)
- Beef
- Pork
- Dairy, such as milk, cheese, yogurt
- Beans, such as garbanzo and kidney
- Nuts, such as almonds and cashews
- Oatmeal

Avoid foods rich in phytates (broccoli, grains, legumes) and supplementation of iron, copper, or calcium due to decreased absorption of zinc in the body.

What happens if you have too much zinc?

While zinc deficiency is an issue, having too much zinc can also be bad. Some effects of too much zinc are reduced amount of HDL (good cholesterol), unwanted weight loss, and impaired immune system. Zinc toxicity (> 40mg/day) can lead to nausea, vomiting, diarrhea, and headaches.

Zinc is not only important for many biological functions, but it also can improve your runs and prevent you from getting sick. It is important to know where to get your daily intake of zinc, but also to be aware that you don't consume too much. Supplementation of zinc is one way to help you stay healthy and keep you running.

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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 6:00 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!



IT IS ALL ABOUT THE HIPS!

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



Over the past ten years of treating runners and triathletes, I have noticed a strong trend towards hip weakness, instability and lack of flexibility. These issues tend to be one sided with my patients. The source of these issues can be related to coordination, lack of proper training and/or a prior injury.

The four exercises below can help to strengthen your hips and core and improve your dynamic balance while reducing your risk for injury.

All runners are different, yet many present with very similar problems. Hip/pelvis/core strength, flexibility, and mobility are the most common sources of them all. For a more tailored program to meet your recovery and injury prevention needs, consult with your local TherapySouth PT.

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

RUNNER'S STEP UP/DOWN

Setup: Begin in a standing position with one foot resting on a platform or step in front of your body.

Movement: Slowly step up, raising your knee to a 90-degree angle and moving your opposite arm at the same time. Then lower your foot to the ground and repeat.

Tip: Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

SUPINE BRIDGE WITH LEG EXTENSION

Setup: Begin lying on your back with your arms resting at your sides, your knees bent, and your feet flat on the ground.

Movement: Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Keeping your trunk stiff, straighten one of your legs and hold.

Tip: Make sure to maintain your balance during the exercise and do not let your hips fall towards the ground.

SINGLE LEG RUNNER'S BALANCE

Setup: Begin in a standing upright position.

Movement: Bend one leg and your opposite arm into a running position, then straighten your bent leg, lean forward, bend your other arm, and bend your standing leg. Return to the starting position and repeat.

Tip: Make sure to maintain your balance during the exercise. Do not let your knee collapse inward.

SINGLE LEG BRIDGE WITH SUPPORT

Setup: Begin lying on your back with your knees bent, feet on the floor, and your elbows resting on the ground with your hands in fists on your hips, thumbs pointing up.

Movement: Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Hold this position and lift one leg off the ground, grasping it with your hands for support.

Tip: Make sure to keep your abdominals tight and do not let your hips rotate to either side or drop.

Source: <https://www.medbridgeeducation.com/patient-education-library> Medbridge Education is the official provider of online patient education and exercise videos for TherapySouth.



Volunteer Vibes

As usual, we would like to say a big “thank you” to all of our BTC volunteers, but especially all of the volunteers who helped with the Peavine race on July 4 and the BTC water stop at the Retro Run on July 27! Denise Moss was randomly chosen from all of the volunteers from Peavine to win a gift card -- Denise not only cheered on runners and worked an awesome water stop at Peavine, she recruited several other volunteers to come help that day! Thank you again, Denise!

Our next big volunteer opportunity is the Vulcan Run on Saturday, November 2, 2019. Plenty of volunteers will be needed on race day, as well as the week prior for packet pick up, registration, BTC merchandise sales, etc. Stay tuned for more information on how you can help us make this year's Vulcan Run the best ever! Please contact [BTC Volunteer Coordinator Kim Benner](#) with any questions or needs. #WeHeartOurVolunteers!



New BTC Merchandise is Here!

Take a look at our NEW designs! These are now available for pre-order on the [BTC website](#), with a discount available for all pre-orders (and an even bigger discount for multiple items). Stock up for your summer runs, and get a head start on fall with this fabulous BTC gear!



Got Your 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.

#WHYIRUN: MARLA GRUBER

I started running to stay healthy; now I run because I'm able to run. In college, I ran the occasional 5K, but it wasn't until a coworker talked me into a half marathon that I found the distance I love, one that challenges me. I signed up for the Montgomery Half Marathon -- my fourth -- with a goal of finishing under 2:10. My best friend since 5th grade, CJ, lives in Montgomery, and we planned to run it together.

I was full of pre-race jitters and nervous about not reaching my goal, but I was so ready to run this race. CJ and I lined up at the start that Saturday morning, music ready and headphones in, our partners waiting for us at the finish. I noticed that the race was using traffic stops rather than road blocks, so I kept my eyes open while I ran.

At mile 12, I was on pace to PR. I came to an intersection, but the crossing guard had stopped traffic, so I kept on running. That's when I heard the guy behind me yell "CAR!" My world spun. There was a crack and immense pressure on my right foot. I rolled down the side of the car. I had been hit by a Mercedes. Because I'm fancy like that.

Of course, being stubborn, I tried to get up and finish the race, but I couldn't put any weight on my left foot. Luckily this intersection was huge; I was swarmed by police officers and a very kind lady from the sidelines who happened to be a nurse. An ambulance arrived, and I was being assessed before I knew it. I called my boyfriend, Jason, quickly told him what happened and explained that CJ's wife, Emily, could track me, because I had no idea where I was. He hung up and ran.

By the time Jason and Emily arrived, the paramedics had told me I had no life threatening injuries and said I could drive myself to the hospital if I still wanted to finish the race. Well, of course I was going to do just that. I hobbled to the car, and we got a police escort as close to the finish as we could get. When I saw how far we still had to go, I questioned finishing. But Jason, being the superhero that he is, picked me up, put me on his back, and ran me across that finish line at 2:23:12.

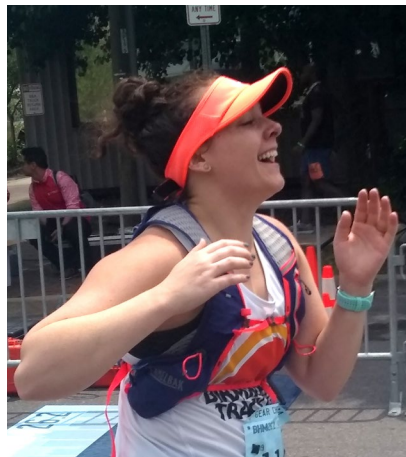


My husband, Jason Gruber, carrying me across the finish line in Montgomery

I ended up with a plateau fracture in my tibia, a grade two tear in my CFL and my Achilles, and a completely torn ATFL. I was in a boot for almost two months and turned 30 on a knee scooter in New Orleans (is there any other way to do it?). I was in physical therapy for three months, working on keeping my strength, and having to walk and eventually run on an anti-gravity treadmill. The recovery was brutal, and at one point I questioned if I'd even be able to run again. I finally was released to run on pavement in mid-June. And in July, Jason and I even managed to elope to Scotland and hike the Speyside Way for our honeymoon (43 miles in 5 days).



Rebecca Williamson, Melany Robinson, Emily Johnston, and me before the start of the Mercedes Half 2019



Crossing the finish line at my first full marathon (BHM26.2, April 2019)

Since my accident, I've stopped running in headphones. I always triple check when crossing the street, and I still have some trouble running in the road. In February of 2019, I got that PR (2:01:23) at the Mercedes Half, and in April, almost exactly a year after the accident, I ran my first full marathon. I plan on running more.

I'm so grateful that my injuries weren't worse and that I'm still able to run. I will never take my health – or my running -- for granted again.

1200 MILE CLUB

Cumulative miles submitted through August 2, 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!

| Participant | Years | Total |
|----------------------|-------|-------|
| Abston, Jacob | R | 128 |
| Adams, Nick | R | 187 |
| Ahmed, Kabeer | R | 856 |
| Alexander, Jessica | R | 977 |
| Anderson, Kerri | 3 | 634 |
| Armstrong, Thomas | 3 | 283 |
| Baggett, Christopher | 1 | 657 |
| Barnes, Jimmie | 4 | 698 |
| Bartee, Samm | 3 | 677 |
| Bayush, Tori | R | 518 |
| Belcher, Michelle | 6 | 487 |
| Bellew, Bobby | R | 453 |
| Benner, Kim | 6 | 798 |
| Bensinger, Cole | R | 818 |
| Benson, wayne | 5 | 706 |
| Bishop, Natalie | R | 750 |
| Bittle, Anna Marie | R | 189 |
| Blocker, Jennifer | R | 0 |
| Boackle, Larry | 2 | 536 |
| Boackle, Tomie Ann | 1 | 391 |
| Boger, Joe T | 1 | 305 |
| Booher, Lisa | 7 | 995 |
| Bookout, Jason | R | 615 |
| Bookout, Kimberly | R | 545 |
| Bowman, Bill | R | 586 |
| Bowman, Brian | R | 0 |
| Boylan, Brittany | R | 0 |
| Boylan, Chris | R | 746 |
| Bradley, Amanda | 1 | 1,047 |
| Brakhage, Victoria | 2 | 699 |
| Bridwell, Hunter | 1 | 172 |

| Participant | Years | Total |
|--------------------|-------|-------|
| Brown, Charlie | 7 | 403 |
| Brown, Dana | R | 0 |
| Brown, Sean | 4 | 648 |
| Bryant, Jason L. | R | 324 |
| Burks, Ross | 2 | 615 |
| Burton, Daniel | R | 1,121 |
| Burton, Kelsey | 1 | 434 |
| Caine, Lawrence | 1 | 456 |
| Callahan, Ali | R | 198 |
| Callahan, Chris | 2 | 656 |
| Callahan, Noah | R | 140 |
| Callahan, Rachel | 4 | 549 |
| Calloway, Mariel | R | 633 |
| Carey, Christopher | 5 | 828 |
| Carlton, Bob | 4 | 637 |
| Carter, Adrienne | 2 | 193 |
| chandler, teresa | 9 | 680 |
| Clay, Brad | 11 | 887 |
| Cleveland, Jeff | 2 | 845 |
| Clevenger, Caitlin | R | 349 |
| Cliett, Stephanie | 4 | 412 |
| Clowers, Addison | 4 | 678 |
| Coffin, Diane | R | 226 |
| Coffin, Hannah | 2 | 1,271 |
| Coleman, Tim | 1 | 812 |
| Collins, Helen | 2 | 495 |
| Corrin, LaRonda | R | 369 |
| Corrin, Roger | 2 | 705 |
| Cowart, Britney | 1 | 581 |
| Crain, Teresa | 2 | 0 |
| Cramer, Robyn | R | 161 |

| Participant | Years | Total |
|--------------------|-------|-------|
| Cramer, Steve | R | 358 |
| Crawford, Allen | 3 | 639 |
| Creel, Mary | 1 | 852 |
| Criswell, Mark | R | 412 |
| Crowson, Bill | 3 | 860 |
| Crowson, Madeline | R | 0 |
| Crumpton, Melinda | R | 0 |
| Culver, Wendi | R | 745 |
| Cutshall, Hannah | 1 | 638 |
| Davidson, Dow | 1 | 951 |
| Davidson, Jen | R | 0 |
| Denton, Matt | 6 | 1,199 |
| Dixon, Charles | R | 213 |
| Dixon, Jonathan | 1 | 356 |
| Dodson, Brooke | 3 | 1,045 |
| Donnelly, Kevin | R | 568 |
| Dorman, Evan | 1 | 385 |
| Dowling, April | 1 | 77 |
| Duke, Cindy | 3 | 685 |
| Dunn, Jennifer | R | 635 |
| Elcott, Michael | R | 345 |
| Elkins, Sydney | 1 | 0 |
| Estes, Cameron | R | 594 |
| Estrada, Steven | R | 847 |
| Evans, Debbie | 5 | 604 |
| Ferlito, Cindy | 1 | 447 |
| Fontenot, Misty | 2 | 530 |
| Franklin, Rebecca | R | 345 |
| Franklin, Shane | 7 | 531 |
| Frederick, Winston | 10 | 767 |
| Freeman, Sheila | 2 | 707 |

1200 MILE CLUB

| Participant | Years | Total |
|------------------------|-------|-------|
| Friday, Tanna | R | 130 |
| Gann, Michael | 7 | 0 |
| Gerlach, Kim | R | 0 |
| Gibson, Katie | 1 | 500 |
| Goode, Johnny | 10 | 806 |
| Goss, Ange | 1 | 610 |
| Grady, Carla | R | 415 |
| Graham, Ryan | R | 570 |
| Grall, Jeremy | R | 580 |
| Grammas, Marianthe | 2 | 983 |
| Gray, Caleb | R | 0 |
| Greene, Michael | 1 | 0 |
| Griffin, Robin | R | 383 |
| Grossmann, Christopher | 7 | 589 |
| Gullapalli, Satya | 3 | 714 |
| Hackney, Aimee | R | 613 |
| Haley, Jay | 3 | 762 |
| Hall, Thomas | 1 | 289 |
| Haralson, Danny | 10 | 445 |
| Haralson, Micki | 10 | 848 |
| Hargrave, Alan | 11 | 798 |
| Harris, Ashley | 1 | 136 |
| Harris, Skip | 1 | 0 |
| Harris, Vickie | 2 | 0 |
| Harrison, Lisa | 7 | 692 |
| Henley, Monica | 5 | 328 |
| Henninger, Alison | 4 | 567 |
| Hetherington, Karyn | R | 674 |
| Hill, Tucker | 2 | 70 |
| Hogue, Kari | R | 45 |
| Holcomb, Zachary | 1 | 753 |
| Holland, Skylar | 1 | 604 |
| Hollington, Kasey | 1 | 643 |
| Hoover, Alison | 7 | 0 |

| Participant | Years | Total |
|--------------------|-------|-------|
| Hopper, Whittley | 1 | 739 |
| House, Beth | 5 | 423 |
| Hubbard, Stephanie | 1 | 0 |
| Hudson, Temeka | R | 0 |
| Ingram, Joseph | 6 | 52 |
| Izard, Georgia | 3 | 0 |
| Izard, Melody | 3 | 261 |
| Janowiak, Desirae | R | 529 |
| Jenkins, Kaki | 5 | 787 |
| Jenkins, Michael | R | 494 |
| Johnson, Kawitta | 1 | 467 |
| Johnston, Emily | R | 535 |
| Johnston, Latta | 2 | 664 |
| Jones, Allen | R | 492 |
| Joseph, Jeremy | R | 0 |
| Kazamel, Mohamed | 1 | 920 |
| Kearley, Christy | 1 | 32 |
| Keefer, Herb | 2 | 0 |
| Kelley, Robin | 5 | 0 |
| Kemper, Tricia | 4 | 929 |
| Kendrick, Tom | R | 140 |
| Knight, DIANE | 2 | 0 |
| Kornegay, Marla | R | 627 |
| Kuhn, Jimmy | 12 | 1,255 |
| Kulp, Loren | 3 | 919 |
| Lahti, Tyler | 2 | 1,024 |
| Laird, Audrey | 4 | 742 |
| Langston, Aaron | 4 | 591 |
| Langston, Richard | 6 | 495 |
| Lawhorn, Joseph | R | 602 |
| Lea, David | R | 541 |
| LeCroy, Sarah | 2 | 511 |
| Lee, Brian | R | 997 |
| Litz, Matthew | 1 | 691 |

| Participant | Years | Total |
|---------------------|-------|-------|
| Love, Thomas | 1 | 191 |
| Lyle, Randy | 10 | 1,183 |
| Lyles, Chris | 1 | 0 |
| Malick, David | 5 | 520 |
| Mathews, Skip | R | 431 |
| McComb, Morgan | R | 703 |
| McKinney, Margaret | R | 167 |
| McNutt, Janie | R | 659 |
| Merry, Vicki Sue | 6 | 923 |
| Miller, Joshua | R | 346 |
| Moore, Phillip | R | 0 |
| Morgan, Anne | R | 506 |
| Morgan, Cary | 9 | 1,844 |
| Morgan, Danielle | 5 | 321 |
| Morgan, Phillip | 8 | 402 |
| Morris, Phil | R | 166 |
| Morrow, Alex | 7 | 641 |
| Moser, David | R | 578 |
| Moser, Tamara | R | 0 |
| Mount, Brian | 2 | 653 |
| Murchison, Reginald | 5 | 1,104 |
| Napolitano, Angela | R | 15 |
| Ness, Andrew | R | 0 |
| Northern, Kristie | 9 | 727 |
| Norton, Laura | R | 881 |
| Oehrlein, Kimberly | R | 179 |
| Oliver, John | 4 | 626 |
| Olson, Kimberly | R | 0 |
| Olson, Seth | R | 0 |
| Orihuela, Carlos | 1 | 702 |
| Ortis, Ellen | R | 759 |
| Padgitt, Scott | 1 | 344 |
| Parks, Charlie | 5 | 1,103 |
| Patel, Lisa | R | 95 |

1200 MILE CLUB

| Participant | Years | Total |
|---------------------|-------|-------|
| Patrick, Nicolette | R | 670 |
| Payson, Tabitha | R | 0 |
| Payson, Tommy | 2 | 684 |
| Peagler, Shana | 7 | 453 |
| Pearce, Julie | 5 | 354 |
| Pearson, Blake | 5 | 179 |
| Pearson, Mary Scott | 4 | 0 |
| Pegouske, Jeremy | R | 590 |
| Pegouske, Stacie | 1 | 581 |
| Plante, David | 6 | 142 |
| Poh, James | R | 684 |
| Poole, Greg | 1 | 608 |
| Powell, Shane | R | 676 |
| Ralph, Meghan | 4 | 679 |
| Rawson, Brent | 1 | 482 |
| Renfro, Jeff | R | 778 |
| Reynolds, Dewelena | R | 392 |
| Richey, Lori Beth | 1 | 928 |
| Richie, Melissa | R | 424 |
| Ritchie, Joseph | 1 | 1,038 |
| Ritchie, Lauren | R | 858 |
| Roberson, Kevin | 4 | 747 |
| Roberts, Fletcher | 4 | 584 |
| Robertson, M.C. | R | 398 |
| Robinson, Melany | R | 553 |
| Robinson, Rod | R | 70 |
| Rodgers, Jeffrey | 1 | 556 |
| Rodgers, Jessica | R | 220 |
| Roper, Lynn | 2 | 563 |
| Rose, Billy | 4 | 1,198 |
| Ross, Christy | R | 604 |
| Rosser, Joey | 2 | 706 |
| Routman, Cynthia | 1 | 458 |
| Rowell, Taylor | 1 | 474 |

| Participant | Years | Total |
|--------------------|-------|-------|
| Rutherford, Keith | 11 | 709 |
| Rutledge, Lisa | 3 | 835 |
| Ryan, Meaghan | 3 | 770 |
| Sanders, Gwendolyn | R | 568 |
| Sargent, Bruce | R | 585 |
| Seeley, Mimi | R | 285 |
| Senseman, Austin | R | 445 |
| Shaffield, Danny | 5 | 978 |
| Sherer, Jeremy | 2 | 631 |
| Shinn, Ronald | 6 | 550 |
| Shoaf, James | 1 | 288 |
| Sides, Dean | 3 | 387 |
| Silwal, Suman | 8 | 932 |
| Simpkins, Randall | 1 | 713 |
| Simpson, Kevin | 6 | 1,818 |
| Sims, Kelly | R | 665 |
| Sims, Robert | 5 | 573 |
| Slemmons, Kent | R | 267 |
| Sloane, Mike | 3 | 654 |
| Smith, Jerry P. | 11 | 647 |
| Smith, Justin | R | 51 |
| Smith, Marie | R | 421 |
| Snow, Sheri | 3 | 0 |
| Soileau, Chester | 1 | 394 |
| Sparks, Jessica | R | 392 |
| Stevens, Johnathon | 2 | 517 |
| Stewart, Chappell | R | 715 |
| Stewart, Zeb | 1 | 359 |
| Stockton, Rick | 11 | 647 |
| Stone, Amy | R | 478 |
| Sweatt, Jason | R | 0 |
| Swiney, Elana | R | 221 |
| Talley, Beau | 6 | 925 |
| Talley, Shellie | 2 | 0 |

| Participant | Years | Total |
|----------------------|-------|-------|
| Thomas, Eric | 5 | 397 |
| Thompson, Sara | 1 | 687 |
| Thornton, Dean | 6 | 376 |
| Thurman, Terralance | R | 0 |
| Tibbs, Seth | 1 | 526 |
| Townes, Janelle | 1 | 530 |
| Trimble, Jamie | 4 | 836 |
| Vaden, Christopher | R | 0 |
| Varnes, Vickie | 6 | 1,265 |
| Waid, Jr, David | 2 | 1,202 |
| Wall, Ron | 5 | 395 |
| Watters, Ana | R | 552 |
| Watters, Robert | 4 | 762 |
| Weaver, Melissa | R | 0 |
| Weber, Amy | 1 | 648 |
| Weber, Lauren | 1 | 0 |
| Weeks, Lance | 2 | 453 |
| Wells, Bradley | 3 | 0 |
| Wende, Adam | 4 | 1,062 |
| Wieberg, Deb | R | 32 |
| Wilhite, Thomas | 3 | 649 |
| Williams, Shaunda | R | 436 |
| Williamson, Chad | 4 | 117 |
| Williamson, Rebecca | R | 601 |
| Wilson, Darren | R | 625 |
| Windle, Dale | 4 | 383 |
| Wiseman, Steve | 4 | 725 |
| Wood, Scott | 3 | 622 |
| Woody, Bill | 10 | 704 |
| Worthington, Charles | R | 79 |
| Wright, Amy | 2 | 347 |
| York, Gary | 5 | 962 |
| Zajac, Jason | R | 722 |
| Zehnder, Justin | 7 | 592 |

THANKS TO THE TRAK SHAK FOR A TOTALLY AWESOME RETRO RUN!



July 27, 2019



THANKS TO THE TRAK SHAK FOR A TOTALLY AWESOME RETRO RUN!



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!](#)



Monica and Keith Henley in Saint Ann, Jamaica

BTC EXECUTIVE BOARD MEETING

July 8, 2019

Attendance: Lisa Booher, Hunter Bridwell, Alan Hargrave, Monica Henley, Julie Pearce, Charles Thompson, Jamie Trimble

The Executive Board held an executive session prior to the meeting. The meeting of the full board was called to order at 6:28 pm by Monica Henley in Scott Wood's absence.

Alan made a motion to approve the minutes of the June 2019 Executive Board Meeting; the motion was seconded by Lisa and passed without opposition.

Vice-President's Report (Hunter Bridwell)

- Peavine Falls Run was a big success – we had 560 total registrants with 480 finishers (up from last year). The course was well-marked thanks to Dean Thornton. This was the first year the race was an RRCA state race, which may have increased participation.
- Discussion followed regarding race logistics and follow up.
- He is working with the Public Marathon in Atlanta to try to work out a discount for BTC members, as well as space at the post-race. The race is tied in with the Olympic Trials.
- Due to the resignation of Christianna Rudder, the Executive Board has appointed Monica Henley to serve as the BTC Treasurer for the remainder of the year.

Newsletter (Julie Pearce)

- Content for the August newsletter is due on July 26, 2019.

IT Chair (Alan Hargrave)

- Alan circulated race registration numbers for BTC races to date.
- RunSignUp is reworking the way it allocates sales tax (this primarily affects merchandise sales). RunSignUp also will be discontinuing the ability to sell gift certificates.

Merchandise (Hunter for Bradley Wells)

- Sales are live on the website; new merchandise will be ordered soon.

Membership (Alan for Vicky Brakhage)

- Current members: 1,026, with 797 memberships
- Vulcan Run Update (Monica for Scott Wood)
- Planning will be getting underway very soon.
- We will research RRCA certification for race directors.

USATF (Charles Thompson)

- UAB will host two indoor track meets (January 10-11 and January 24-25, 2020) and an outdoor track meet on April 10-22, 2020.
- The 2019 USATF Region 6 Junior Olympics Championships will be held July 11-July 14 in Meridian, Mississippi.

New Business and Announcements

The BTC is responsible for a water stop at the Retro Run on July 27, 2019. We will circulate volunteer sign up information.

The meeting was adjourned at 6:55 pm. Our next board meeting will be held on August 12, 2019 at the Vestavia Hills Library.



BTC Membership application

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

First Name:

Last Name:

Street:

City:

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Family member

e-mail:

Phone:

Born

Gender:

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

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

Initial:

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

Signature

Date

Mail this signed application and a signed check to:

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

Upcoming Events

| EVENT | DATE | TIME |
|---|-----------------|-----------|
| BTC Saturday Long Run Group | August 10, 2019 | 6:00 a.m. |
| BTC Saturday Moderate Run Group | August 10, 2019 | 6:30 a.m. |
| Historic Lincoln Alabama 5K | August 10, 2019 | 7:30 a.m. |
| Save the O's 5K | August 10, 2019 | 8:00 a.m. |
| A Midsummer Night's Run (Oneonta) | August 10, 2019 | 6:00 p.m. |
| BTC Executive Board Meeting (Vestavia Hills Library) | August 12, 2019 | 6:00 p.m. |
| BTC Saturday Long Run Group | August 17, 2019 | 6:00 a.m. |
| BTC Saturday Moderate Run Group | August 17, 2019 | 6:00 a.m. |
| Just A Call Away 5K * BTC DISCOUNT * | August 17, 2019 | 8:00 a.m. |
| BTC Saturday Long Run Group | August 24, 2019 | 6:00 a.m. |
| BTC Saturday Moderate Run Group | August 24, 2019 | 6:30 a.m. |
| Ridge to Blazing Ridge Trail Race – 10.5 and 21 Miles | August 24, 2019 | 7:30 a.m. |
| RunforOne 5K | August 24, 2019 | 8:00 a.m. |
| Heart + Sole 5K | August 24, 2019 | 8:00 a.m. |
| BTC Saturday Long Run Group | August 31, 2019 | 6:00 a.m. |
| BTC Saturday Moderate Run Group | August 31, 2019 | 6:30 a.m. |

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

Want to know what's going on at the Birmingham CrossPlex? [Click here to view the schedule of events](#) (not all events are open to public; please contact the meet director with questions). Need to add a race to the calendar? [Email Webmaster Dean Thornton](#). or visit the BTC website to [submit your race](#).

