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WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

September 2019 9



RUN HAPPY! BUT HOW?

By Nicolette Patrick

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RUN HAPPY! BUT HOW?

By Nicolette Patrick

The word “runner” is a vague term. There are many variations of runners despite the simplicity of our sport. However, regardless of terrain, distance, pace, duration, miles, or kilometers, every runner has faced monotony at one point or another.

Monotony is one of those things that keeps runners from hitting the roads (or trails, treadmills, or mountains!). Countless times, I have been in the middle of a run and realized I was not enjoying a second of it. I am not the most experienced runner, but I do know that if running is not often enjoyable, then the runner is running wrong. I understand there are many reasons why running can be a pain. But, we must remember: unless we are being chased or are in a hurry, we chose to be runners. Let's make the most of that choice! That being said, I have identified a few ways I try to have fun with Earth's most painful sport.

#1 Avoid The Lakeshore Trail at All Costs

I am totally kidding, but am I? The Lakeshore Trail (in my opinion) seems to be the center of all of my “I hate everything” runs. Every runner seems to have one thing that kills her mojo, whether that be a route, time of day, pace, etc. If you are aware of something that obviously cramps your style, avoid it. If you hate running fast, then do not run fast. If you aren't a trail fan, do not run on trails. If you hate the Lakeshore Trail, join the club! But really – identify your own Lakeshore Trail, and either avoid it, or learn to love it. Just don't let it bring you down.

#2 Avoid Repetition

Repetition does not bother everyone, but if it bothers you, you aren't alone. Running in the same general area everyday can get boring quickly. If possible, run in neighborhoods where you usually wouldn't run. If you cannot go far, utilize MapMyRun or a similar app to find some new streets (or [check this page](#) on the BTC website for new routes). Many people choose to run with music, and this is a great way to break the monotony (if done safely). However, it may be time to change up the playlist, or



try listening to audiobooks or podcasts! I am guilty of this one: Boston 1976 has been my running album for a year now.

#3 Run with Someone

For a good portion of my running career, I ran alone. Boring does not come close to describing all those miles I put in alone. I had not realized the mistake I was making until I went to my first BTC Saturday Morning Long Run. I have met so many awesome people already, and I actually look forward to running at least a half marathon every weekend! (Shout out to Jenni, Cindi, Carley, SheNada, Melody, etc. You guys all rock!)

#4 Train for a Race

I have heard from many people that running a race is the best way to stay motivated. Goals are a great way to have something on which to focus. When I did not have anything running related to look forward to, I found it difficult to start my Garmin at 4:30 a.m. Also, we are all familiar with how expensive races can get when you factor in registration, travel, etc. If I spend money on a race, then it won't be going to waste because there's no backing out!

CONTINUED ON NEXT PAGE

RUN HAPPY! BUT HOW?

#5 When On the Treadmill...

I know many people have a love/hate relationship with treadmills, and there are a limited number of things I can say to make treadmills seem “fun.” Running on a treadmill is simply not the same as frolicking through the woods (or the roads). That screen showing all the numbers is at the center of the universe, and that can be troubling for many of us. On the rare occasion I run on a treadmill, there are a few things I do to keep it bearable. First, I try to avoid looking at the screen, as doing so only makes the miles accumulate slower (treadmill miles somehow are longer than road miles). I always have something to look at or listen to while I’m on a treadmill. Funny story: during exams, I had all my study papers on the treadmill stand. The miles went by quickly when I was worrying about something more painful than running: chemistry. I am sure everyone at the YMCA thought I was insane!

Finally, I try to create small goals for the treadmill run. For example, I will try to run one mile with X incline, and improve from there. Treadmills can be a pain, so it’s best to just get through those runs with a positive attitude, however you can. Run the mile you’re in!

#6 Do Something Running Related that Isn’t Running...

This happens to be my favorite tactic for having fun with running. I have taken it upon myself to create a scrapbook with pictures and mementos regarding my marathon training. Knowing that I can add another page to my marathon scrapbook always seems to get me through a boring run. Starting up a running blog is another good idea -- you never know where your experiences will lead you. I follow various running blogs, and all of them are entertaining and helpful in some way. Cooking runner-friendly foods is also a fun hobby that will most likely make you a better runner in the process. Also, how cool would it be to show all your Facebook friends those awesome meals you are making? Hopefully something similar will do the trick for you!

#7 Set Little Goals

This is self-explanatory. Monthly mileage goals always do the trick for me when my race is months away. Also, I recently made a goal to cross train at least once a week for a whole month. That has been keeping me focused because I happen to despise cross training. The BTC 1200 Mile Club is a great way to stay on top of miles. Sometimes your big race is just too far away, but setting smaller interim goals can keep you on track.

#8 Realize You Are on a Different Path

Ever since my middle school cross country days, I compared myself to other runners. When I was in the process of running, I would get discouraged when I wasn’t hitting the same paces others were running. I thought speed was the only measure of a “good” runner. I did not start enjoying my runs until I accepted

that my path was different than everyone else, and I should be proud of that. I may not run with impressive speed, but I can sure go far. My path is about endurance rather than speed, and I am having a much better time not beating myself up about that!

Sometimes it’s hard not to compare yourself to other people (especially at races), but we all have a different story. It is important to take that into consideration before you worry about why you aren’t as “good” as another runner. If you are enjoying yourself, you have already won something no medal, time, or distance can overshadow.

No doubt there are endless tips and tricks that can help you enjoy being a runner; these are just the eight that keep me on the roads. If we are going to spend countless hours running and doing running-related things, the best we can do for ourselves is to get the most enjoyment possible out of it. Regardless of whether my tips are your style or not (which is OK!), I think we can all get a kick out of this: runners deal with boredom and monotony on a regular basis, and that does nothing but increase our mental toughness. So congratulations on being so strong! Remember: the number one goal is to want to run again!



About the Author:

Nicolette Patrick is a Senior at Hoover High School. She has grown up around running and has identified as a long distance runner since the start of her running career in middle school. She is busy training for her first full marathon in December of 2019. When she is not running (with the BTC on Saturday mornings), Nicolette enjoys reading and spending time with her friends.

PRESIDENT'S ADDRESS

By Scott Wood



Hello, fellow BTC Members.

I hope you all enjoyed a wonderful Labor Day weekend!

I hope your favorite football team won this past Saturday -- Roll Tide, War Eagle, Go Blazers, Bull Dogs, Panthers (and Hail State for Monica)! Summer will soon be ending, and if you're like me, you're ready for some cooler temperatures. The start of Fall means it is time to get ready for the Vulcan Run 10K on November 2! Once again, the BTC's premier race will be the RRCA State 10K Championship. As one of Birmingham's oldest 10K races, it is fitting that the 2019 race will be held at the same location as last year, the historic Sloss Furnaces. We are thrilled to partner with Sloss Furnaces to host the race again this year due to the construction going on in the north Birmingham area. Sign up now to experience a great race, a fun after party, a cool race shirt, and cooler temps (specially ordered for all our runners)! If you haven't signed up yet, registration is now open and waiting for you -- [register here](#).



The BTC will host our Fall Social on October 26, one week before the Vulcan Run. This social will be held just under the iron statue himself at Vulcan Park in Birmingham. As always, we will have plenty of food, snacks, drinks, and PRIZES! Make sure to mark your calendars to spend October 26 and November 2 with the BTC!

If you're looking for other races in the Birmingham area (and maybe one big one in Chicago), check out our race calendar on page 26 in this issue of *The Vulcan Runner* or on our [website](#). I've listed a few of my favorites below.

Monkey C Monkey Run – September 7

Hartselle Half Marathon – September 21

5K At The Junction – September 28

Little River Canyon Half Marathon – October 5

Chicago Marathon – October 13

The Endless Mile – October 19

BTC Social – October 26

I hope everyone's training is going well. We've had great turnouts for our Saturday morning BTC Long Runs, and it's been great to see everyone training so hard for fall and winter races. I love seeing so many runners show up - on any given Saturday we have as many as 200 runners who come out and share the roads together. When I think of the BTC's tag line, "Where Runners Are Forged," I see it every Saturday morning! Make sure to volunteer for a water stop soon -- you will enjoy giving back to your fellow runners!

I hope to run with you in an upcoming race, or during a BTC Saturday Morning Long Run.

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

Scott Wood
BTC President



NOVEMBER 2ND, 2019
45TH ANNIVERSARY VULCAN RUN 10K
ALABAMA STATE 10KM CHAMPIONSHIP



WWW.VULCANRUN.COM

BTC SOCIAL

August 24, 2019



Thank you to Lululemon Birmingham for partnering with the BTC to put on the first ever SeaWheeze Virtual Half Marathon on August 24. Runners enjoyed a double loop course around downtown Birmingham, followed by a post-run party at Trim Tab Brewing with free drinks/beer, breakfast tacos, and of course – door prizes galore!



BTC SOCIAL

August 24, 2019



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Statue 2 Statue
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BTC Mission Statement

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

Contact BTC at:

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Race Results

Find the latest and most complete
local race results at the following:
birminghamtrackclub.com
championship-racing.com



CROSS COUNTRY 101

By Julie Pearce

This was a big year in the Pearce household: our only child started junior high and – much to the delight of his runner mom, he joined the cross country team. Still not sure whether that dream of running a marathon with him and crossing the finish line hand-in-hand will ever come true, but a mama can dream, right?

My son has played soccer for years, so I'm pretty well-equipped to be a "soccer mom" – I know how to get grass stains out of white uniforms, and I (mostly) know when to cheer and what to pack with his gear. But cross country running is a different sport, and what's worked for me as a runner may not translate so well to a 13 year old who doesn't always think mom knows best. So as we get ready to kick off the season, I set out to learn what I could from my cross country parent friends, former (and current) cross country runners, coaches, and professionals in the running business.



Bennett Pearce

HERE'S WHAT I LEARNED...



Nicollette Patrick

Nicollette Patrick, Simmons Middle School Cross Country Team (2014-16) and current marathoner-in-training:

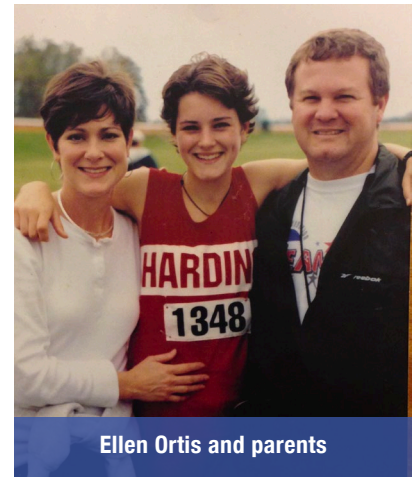
Before I started running longer distances, XC was my trade. I was a middle-of-the-pack runner for the most part. My best advice is to put in extra miles outside of practice. It's also important to stay hydrated and eat healthy. Running is only half the battle. It is easy for teens to get sick of running, so have fun with it. Not everyone is going to be a 1st place finisher. Set your own goals and run your own race. In my opinion, the real "winner" is the one who can

joyfully take running with him throughout his life. If you ran a few winning races in high school but hated every minute of it, what's the point? And for parents: your kid is not the only one running

the race. And, neither is his school. All kids are experiencing the same nerves and pain as your kid. Be a cheerleader for ALL. Also, don't put too much pressure on your kids especially if they aren't varsity runners. Encourage them, but let them define themselves as a runner.

Ellen Ortis, Harding Academy Cross Country Team, Searcy, Arkansas (2002-05):

I'm not a xc mom yet, but one of the things I appreciated my parents doing was taking a moment to talk to veteran xc parents (even if they were from another team) to figure out the most strategic places to cheer. It was a small thing, but by my third race they knew just where I needed the most encouragement and made sure they were at those points in the race -- even if it meant taking a hike or doing a little racing of their own. There's nothing more motivating than hearing your parent telling you to dig deep in what is, for most kids, the most real taste of true physical endurance you have faced in your life to that point.



Ellen Ortis and parents

On weekends when my coach would assign long runs, my dad would hop on his bike and ride alongside me with a water bottle. Those are some really special memories for me.

Melody Izzard, Mother of Georgia Izzard, Homewood Middle School Cross Country (2002); John Carroll High School Cross Country (2003-06), and University of Montevallo Cross Country (2007-2009):

My advice is get involved. Go to as many of the meets as you can. Run to spots on the course to cheer on your runner. As a runner, you will have an advantage to get to other spots to cheer. It gets lonely in the middle of the course, and they need and like the support. It's a hard to be a spectator, but it's also so much fun.



Georgia Izzard, at Hewitt-Trussville XC meet 2004

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CROSS COUNTRY 101



Ansley Hazouri

Ansley Hazouri, Physical Therapist at TherapySouth Patchwork Farms:

As a former Cross Country athlete, I learned a lot about myself and how far I could push my limits, and I think that's pretty empowering! As a Physical Therapist and a runner, I would like to share some of the things I have learned along the way.

Running is a great form of exercise, but like all forms of exercise, the body has to learn to adapt in order to handle new stresses. That being said, it is important that the athlete take extra care to limit injury. This is done through – but not limited to – proper hydration/nutrition, adequate pre-run warm-up and post-run cool-down, and SLEEP. Sleep is how the body recovers, and without recovery, the risk for injury increases. The topic of injury is not a fun one to discuss because of the setback it places on training, but it's important to recognize that aches and pains have the potential to lead to injury.

Because of the relatively non-contact nature of the sport, injuries related to running appear as nagging pain that either subsides on its own or continues to intensify. In most cases, rest – or decreasing running intensity/volume – should provide some relief. However, if backing off on training and giving the body rest does not change symptoms, it is important to follow up with a trusted specialist to determine the need for further investigation. It's important to be aware of your body when starting a new training program and take care of the details, like nutrition and sleep, in order to protect against running-related injuries and allow for a successful Cross Country season. This sport is so rewarding and can take you a lot of places! Good luck this Fall!



John Address

Jennifer Address, Mother of John, Homewood Middle School Cross Country (2015-16), Homewood High School Cross Country (2018-18) and Will, Homewood Middle School Cross Country 2017-18, Homewood High School Cross Country (2019-present):

My son John ran cross-country for two years in middle school and two years at the high school, and the guys he trained with all those years are some of his very best friends. Although he is a full-time tennis player now, he is still close with his former coaches and teammates. As

we all know, the miles we put in together with our friends cement our relationships, and the same is true for our kids.

My youngest son Will also ran two years in middle school and is now on the high school team. We are so proud of the progress he has made. He takes his training seriously, and he follows his schedule very carefully. We love that he had an instant community entering high school for the first time, with a solid group of hard-working kids.



Will Address

Coach Kelly McNair, Homewood High School Assistant Distance Coach:

As the cross country season opener nears, the kids are both anxious and excited to get the first race under their belts. Some kids may be running their first race ever; others may be racing in new and uncharted territory depending on the distance of their race. Middle schoolers typically run a 2 mile course; high school, a 5K course or 3.1 miles. Regardless, adrenaline is pumping, and they're ready to race.

Cross country is both an individual and team event. Athletes race for individual times, and teams are awarded points based on their top five finishers. Your team wants the least amount of points.

The races are held on courses that consist of grass, wooded forest beds or a combination of both. Most courses are loops that the athletes run 2-3 times, and the course is marked off by tape, chalk, flags, cones or a combination of sorts.

At the start of the race, the teams line up across an open field in either an arc or a straight line. Each school is assigned to a "box" and they will be in that box at the start with their team. Instructions will be given by the official who will then start the race by firing a gun. Together, everyone takes off across the field, trying to claim their position early in the race. It's not the running of the bulls but it sure feels like it! At the end of the field, the course will narrow and the runners will likely vanish from sight only to re-emerge several times throughout the course.

This is where it gets both interesting and exciting for the parents and spectators. You'll learn to navigate the courses in an effort to get a glimpse of your runner as often as possible throughout the race. Unless you know where you're going, ask around or simply follow the crowds. The course will loop and wind about but the finish will be in an area that is straight and open and easily viewed

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CROSS COUNTRY 101



Coach Kelly McNair with Runners
Oscar Garcia and John Andress

by all, as long as you make it to the finish. About the finish. . .remember, these runners are coming in at full sprint. If you have a sensitive stomach, you may not want to be right at the finish line. Just saying. . .

Finishing times will vary course to course. Many factors go into the outcome of a race (including weather), so it's best to compare race times on a particular course rather than race to race. Every race is not going to be a personal best either. Early in the season, athletes are not expected to race to their potential. Training is designed to peak the athletes towards the end of season. Encourage your child to be patient, continue to put in the work, and trust the process.

The best advice I can give to parents is to be your child's biggest fan. No matter the outcome, hug your child and let her know how much you loved watching her race. These kids work so hard. They log miles day in and day out in less than desirable temperatures and elements. Lots of sweat (and perhaps tears) have gone into preparing for the season, and much more hard work is yet to come. With continued hard work, both physical and mental, success in running will happen. Encourage them to stick with it and, most importantly, to have fun.

When I ask the kids why they run, most say it's because of their teammates. The friendships and bonds formed in this sport are special and unique. Every kid wants to be successful, but they also want to see success in others. This has been beautiful to witness. I am amazed everyday not only by their work ethic, but by their compassion towards each other.

Success in running comes from consistent training day after day, month after month, year after year. Set goals each week and continue to work towards those goals.

Great advice and words of wisdom. I feel a little more prepared to take on my first race as a spectator/mom, and I hope my fellow "newbies" out there do as well. Here's to a great XC season!

COMMUNITY CORNER:

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

Greetings, BTC!

I have a few updates to send your way from Homewood, Mountain Brook, and even Red Mountain Park.

The big news from Mountain Brook is the new water fountain that will be installed on the Iron Furnace trail, as well as a new water fountain for Mountain Brook Elementary by the soccer fields. Expect a design that is ADA-compliant and includes a water bottle-filler as well as an attached dog bowl (pictured).

You can also look for the new bathrooms at the soccer fields to be open soon. Once the ramp is complete and the porta-potties are removed, the bathrooms will be open to the public.

From Homewood, the sidewalk on Rumson Road across from the Shades Valley YMCA is finally under construction. Once complete, we will begin on the adjacent sidewalk on Shades Creek Parkway, and finally our new crosswalk at the Marriott, connecting to Brookwood Mall. Thanks to the Kiwanis Club of Homewood and Mountain Brook for donating \$750 for this crosswalk, in memory of its past president Kenneth Ebaugh.

I am beginning the process of adding a pedestrian light for the crosswalk at Windsor Drive and Shades Creek Parkway, across from Macy's at Brookwood Mall. Currently there is a crosswalk and a traffic light, but no pedestrian light. The City of Homewood will begin looking at this at our September 9 Public Safety Committee meeting.

Tragically, the running community lost a member in this area in June. Pete Quinn will be memorialized with a bench on the Lakeshore Trail later this fall. The bench has been ordered, with a lovely plaque featuring a quote from his mother Esther. We will have a dedication for the bench with her and several of his friends and his minister once it is in place.

Phase Two of the Shades Creek Greenway should be going out to bid by November! This will add another 1.75 miles to the western end of the Greenway.

Our Hollywood Boulevard pedestrian bridge proposal has been with the County all summer, as its Roads and Transportation Department has been working through some design issues with ALDOT. We are all anxious to get moving on this project, and I will update you as soon as I can.



Lastly, I have been appointed by the Jefferson County Commission to serve on the Red Mountain Greenway Recreational Area Commission. So now I also can bring you updates from Red Mountain Park! I am thrilled to serve in this capacity, because I love Red Mountain Park with all of my heart, and I know how lucky we are to have such a valuable resource so close to downtown Birmingham and the over-the-mountain communities.

The big news from Red Mountain is that water is coming! There will soon be a water line at the front of the park, as well as electricity. The clearing that is in that area now will house more box cars, like the one currently serving as a welcome center.

Let me put a plug in here that Red Mountain Park desperately needs your financial support. If you use the park at all, whether you run on the trails or play at Remy's Dog Park, please consider becoming a member. You can join the park at its website: <https://redmountainpark.org>.

Remember that the days are getting shorter, so please light up appropriately when you are running at dusk or dawn, and use the sidewalks when you can!

JOIN COLLEGIATE RECOVERY COMMUNITY
FOR THE INAUGURAL 5K

**RUN FOR
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BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Heather Anthony	Tina Criswell	Tom Kendrick	Colin Soniat
Donald Beck	Tim Easterling	Diane Knight	Justin Taylor
Rosemary Beck	Ray Emmerson	Lori Lyons	Seth Tibbs
Leighton Bell	Cameron Estes	Skip Matthews	Kylie Touchard
Mary Benoist	Ryan Graham	John Neiman	Clare Ubersax
Chuck Blevins	Cameron Hart	David Olsen	Tori Watkins
Mary Creel	Jacquelyn Hart	Carlos Orihuela	Ana Watters
Alyssa Clay	Jarrood Hart	Ariana Parsons	Heather Watters
David Clay	Pearson Hart	Lynn Roper	Larkin Watters
Jeffrey Criswell	Fontaine Haskell	Billy Rose	Robert Watters
Katie Criswell	Wendy Hassinger	Katie Grace Smith	Rebecca Williamson
Mark Criswell	Nathaniel Hilton	Leslie Smith	

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:

- **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!

Earlier in the summer, BTC members 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:

Get the Scoop on CBD

Cameron Lee & Kalyn Davis, PharmD Candidates 2020, and Kim Benner, PharmD, BCPS

You've probably watched an advertisement about it on television, read about it online, or perhaps seen it for sale in a gas station or pharmacy. But, what is cannabidiol (CBD)? Many wonder if it will make them high, if it works, or even if it is legal! As CBD continues to grow in popularity among athletes and non-athletes alike, it is critical to be well-informed as you choose whether or not to use these products. These questions and more are answered below.

WHAT IS CBD?

CBD is a chemical compound (called a cannabinoid) derived from the Cannabis sativa plant, more commonly known as marijuana.¹ Although over 100 cannabinoids have been identified within marijuana, there are only two that have been studied significantly for potential medicinal use, Δ -9-tetrahydrocannabinol (THC) and cannabidiol (CBD).^{1,2} THC is the primary psychoactive component of marijuana, and it is responsible for the intoxicating "high" typically associated with marijuana use.¹ CBD has been shown to have different effects from THC in both humans and animals and does not cause an intoxicating high on its own.^{1,3}



CBD oil and other CBD products have become some of the most popular products currently available in the medical marketplace. Various CBD products claim to help treat conditions such as Alzheimer's disease, cancer pain, and even sleep disorders, but are these products really safe or effective?^{4,5} While some small studies have begun to show benefits in different areas, the strongest evidence available for the medical use of CBD is in the treatment of seizure disorders.³ CBD has been scientifically proven as an effective treatment for two rare and severe forms of epilepsy, Lennox-Gastaut syndrome and Dravet syndrome.³ Epidiolex® (cannabidiol), an oral solution for patients ages 2 and older, is the first and only drug approved by the FDA that is composed of a purified drug extracted from marijuana.¹

In an article published in the Journal of the American Medical Society, researchers examined the labeling accuracy of various CBD products that they purchased online.⁶ Of the 84 CBD products tested in the study, 18 samples had unlabeled THC in them.⁶ Additionally, only 30.95% of the 84 products were

labeled accurately based on the listed concentration, with 42.85% having more CBD than labeled and 26.19% having less CBD.⁶ This wide variation highlights the need for regulatory oversight in manufacturing and testing standards for these products.⁶ Currently, the manufacturing of CBD products is not approved or regulated by the FDA.

Even though the FDA does not regulate these products, they did issue a warning letter to Curaleaf Inc. in late July 2019 for illegally selling CBD products that made unsupported claims. Curaleaf Inc. claimed that its CBD products treated cancer, aided in Alzheimer's disease, relieved pain, assisted patients undergoing opioid withdrawals, as well as improved a myriad of other conditions.⁵ The FDA believed that the way these products were marketed could put patients at risk by leading them to believe that CBD could cure their ailments, delaying them from seeking other medical care.⁵ If you choose to use CBD, it is important to be aware of the reputation of the company whose products you are buying in addition to the claims the specific products make.

WILL CBD HELP MY RUN RECOVERY?

Many runners and other athletes have begun turning to CBD products to help boost their recovery regimens. Several studies have claimed that CBD can produce anti-inflammatory effects, thus helping to decrease pain.⁷ However, at this moment in time, the evidence is not strong enough to prove these claims to be 100% true. In order for CBD to become a staple in a runner's recovery regimen, more high-quality scientific evidence is needed.

IS CBD LEGAL AND IS IT SAFE?

One of the most controversial points around the medical use of CBD is whether or not it is legal. For years, state and federal laws concerning CBD have contradicted each other. In December of 2018, Congress passed the 2018 Farm Bill. The Farm Bill legalized CBD derived from industrial hemp upon the contingency that the THC concentration must be less than or equal to 0.3 percent.⁸ Currently in Alabama, pharmacies can now sell CBD products that comply with the contingency of the THC component being no more than 0.3 percent.⁹ It is important to note that these legal CBD products may still contain some THC, provided the THC level is below the 0.3% threshold. THC could cause a positive drug screen, so carefully research the THC component of your selected product before purchasing it if this is a concern.

Generally, CBD products have been found to have a low risk of toxicity, however they have not been extensively studied, and other potential known and unknown side effects may exist.³ Though the evidence is still growing, there is data showing potential interactions between cannabinoids (THC and CBD) and various medications.¹⁰ Drugs such as warfarin, theophylline, clobazam, central nervous

MEDICATIONS AND MILES:

Get the Scoop on CBD

system depressants (e.g., diazepam, clonazepam, alprazolam, zolpidem, phenobarbital, etc.), and alcohol can all interact with THC and CBD, though this is not an exhaustive list.¹⁰ Cannabis and related products (including CBD) are not recommended for patients with cardiovascular disease, liver or kidney dysfunction, immune disorders, or in patients who are not mentally stable.¹⁰ Additionally, these products should be absolutely avoided by juveniles, pregnant patients, and women who are nursing.¹⁰

BE CAUTIOUS BUT HOPEFUL...

While CBD products are the newest trend on the market, there is still much evidence left to be uncovered before they can be deemed 100% safe and effective. Many of the products that are currently available have insufficient evidence to support their claims and lack proper regulation to ensure purity and safety. Hopefully, future research will find better scientific evidence to support the medical use of CBD in disease states other than just epilepsy. To protect your safety, talk with your physician or pharmacist before using CBD products.

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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!



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IT IS ALL ABOUT THE HIPS!

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



Last month, we wrote about hip weakness, instability and lack of flexibility, all of which are common complaints of runners. We introduced several exercises designed to help strengthen your hips and core and improve dynamic balance while reducing your risk for injury.

This month, we turn our focus to stretching. Adding these four simple stretches to your routine can help keep hips strong and flexible, which in turn, can keep you running stronger.

DYNAMIC STRAIGHT LEG KICKS

Setup: Begin in a standing upright position.

Movement: Step forward with one foot and slowly kick your other leg straight forward, reaching your opposite arm towards your toes. Repeat on the opposite side.

Tip: Make sure to keep your leg straight as you kick it forward and maintain your balance during the exercise.



HALF KNEELING HIP FLEXOR STRETCH WITH SIDEBENDING

Setup: Begin in a half kneeling position with one knee bent in front of your body.

Movement: Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. Maintaining this position, slowly raise your opposite arm overhead and lean your torso to the side of your front knee. Hold this position, then relax and repeat.

Tip: Make sure to maintain your balance and keep your movements slow and controlled during the stretch.

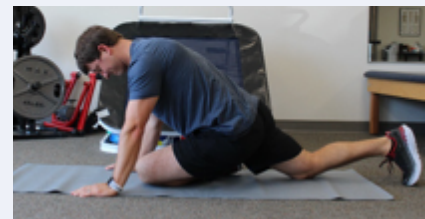


PIGEON POSE

Setup: Begin on all fours.

Movement: Bring one knee up towards your arms and rest the outside of that leg on the ground, with your other leg straight behind you. Bring your trunk forward, with your arms straight on the ground, until you feel a stretch.

Tip: Make sure to perform this exercise slowly, and keep your back straight.

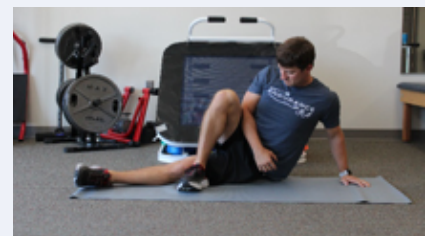
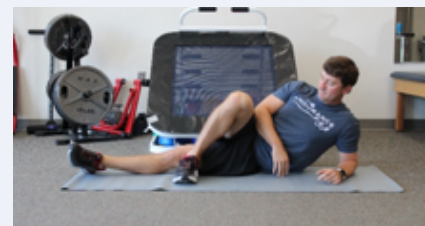


SIDELYING IT BAND STRETCH

Setup: Begin lying on your side.

Movement: Cross your upper leg in front of your body and rest your foot on the ground. Slowly push your upper body off the floor until you feel a stretch on the outside of your lower thigh.

Tip: Make sure to keep your movements slow and controlled, and do not stretch through pain.



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

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.

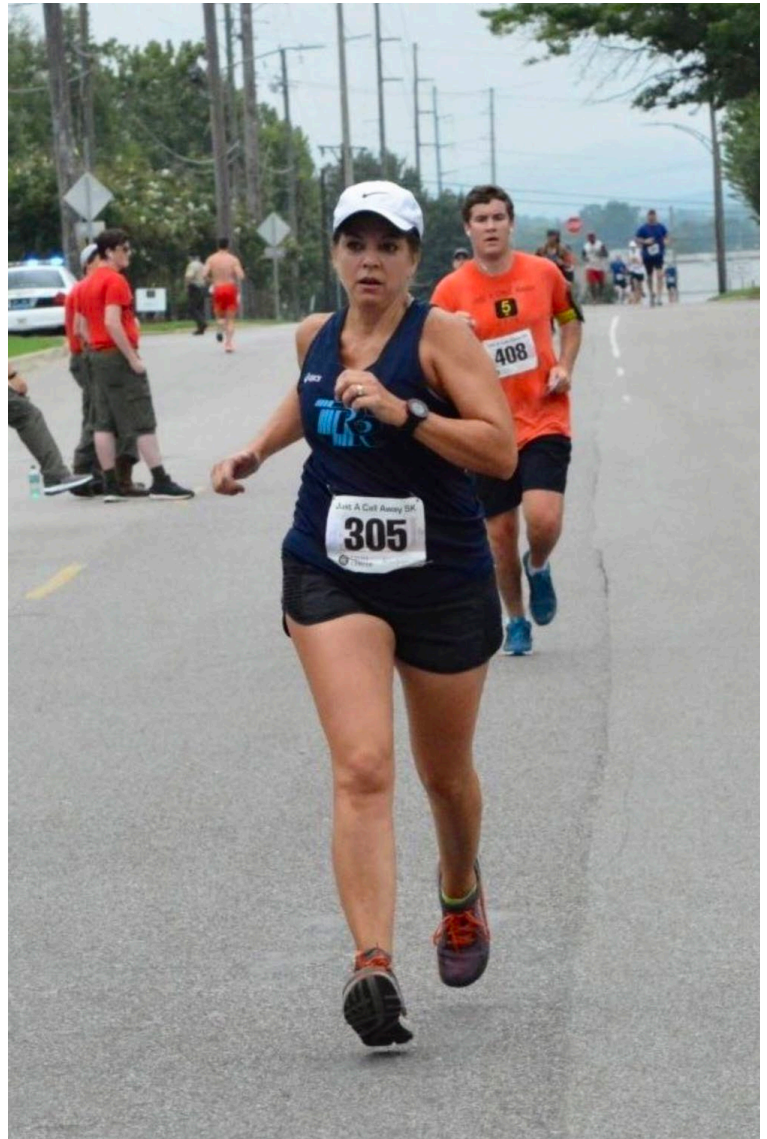
Contact [Julie Pearce, Editor](#), for more information.

#WHYIRUN: LISA HARRISON

I started running in 1985. It was the second semester of my freshman year of college. I had already put on the “freshman 15” and then some. I had several friends at school who ran, and my father was an avid runner, a marathoner. Growing up, I watched him faithfully run every morning. When we would go on family trips, upon arrival the first thing he would do was look for a church for us to attend on Sunday, and the second was to find a place to run. Because I was not very athletic, running seemed the most obvious thing for me to try to drop some weight, so I put on my too-tight Soffe shorts and a cotton t-shirt and headed out to give it a try. I remember not even being able to run a mile and feeling frustrated, but I kept on doing it. Since that day, I have never really stopped.

Back then, I mostly just ran to stay in shape, and quickly it became an addiction, albeit a good one. Over the years, I ran some 5ks and 10ks. I ran through all of my pregnancies and can honestly say that my “baby jogger” stroller was one of the best investments our family ever made. In 2006, I decided to train for the Mercedes Half Marathon, and in 2007, I completed that race. I vowed I would never run a marathon, although at this point in my life, I had also watched my husband start running them so I sort of caught the bug! In 2009, I finally ran my first marathon, and I have run seven more of them over the last ten years. I have also completed many more half marathons and shorter races along the way. I enjoy the camaraderie I have found with my running friends from the BTC and Resolute Running.

I love to run. It is now a part of my life that I would be lost without. Although I have gotten more competitive with “racing” races over the last several years, there is nothing like just going out for a run and letting your body and mind wander. It is a gift, and I hope I will be doing it for the rest of my life.



1200 MILE CLUB

Cumulative miles submitted through August 31, 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	1,018
Alexander, Jessica	R	977
Anderson, Kerri	3	727
Armstrong, Thomas	3	405
Baggett, Christopher	1	790
Barnes, Jimmie	4	868
Bartee, Samm	3	778
Bayush, Tori	R	518
Belcher, Michelle	6	565
Bellew, Bobby	R	453
Benner, Kim	6	943
Bensinger, Cole	R	898
Benson, wayne	5	827
Bishop, Natalie	R	880
Bittle, Anna Marie	R	189
Blocker, Jennifer	R	0
Boackle, Larry	2	647
Boackle, Tomie Ann	1	501
Boger, Joe T	1	305
Booher, Lisa	7	1,186
Bookout, Jason	R	741
Bookout, Kimberly	R	657
Bowman, Bill	R	586
Bowman, Brian	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	746
Bradley, Amanda	2	1,269
Brakhage, Victoria	2	807
Bridwell, Hunter	1	172

Participant	Years	Total
Brown, Charlie	7	476
Brown, Dana	R	0
Brown, Sean	4	648
Bryant, Jason L.	R	375
Burks, Ross	2	741
Burton, Daniel	R	1,121
Burton, Kelsey	1	438
Caine, Lawrence	1	558
Callahan, Ali	R	273
Callahan, Chris	2	656
Callahan, Noah	R	208
Callahan, Rachel	4	750
Calloway, Mariel	R	730
Carey, Christopher	5	828
Carlton, Bob	4	737
Carter, Adrienne	2	193
chandler, teresa	9	770
Clay, Brad	11	987
Cleveland, Jeff	2	968
Clevenger, Caitlin	R	413
Cliett, Stephanie	4	552
Clowers, Addison	4	678
Coffin, Diane	R	306
Coffin, Hannah	2	1,527
Coleman, Tim	1	836
Collins, Helen	2	598
Corrin, LaRonda	R	490
Corrin, Roger	2	814
Cowart, Britney	1	581
Crain, Teresa	2	0
Cramer, Robyn	R	203

Participant	Years	Total
Cramer, Steve	R	408
Crawford, Allen	3	639
Creel, Mary	1	952
Criswell, Mark	R	412
Crowson, Bill	3	870
Crowson, Madeline	R	0
Crumpton, Melinda	R	0
Culver, Wendi	R	745
Cutshall, Hannah	1	753
Davidson, Dow	1	1,101
Davidson, Jen	R	0
Denton, Matt	7	1,364
Dixon, Charles	R	213
Dixon, Jonathan	1	400
Dodson, Brooke	3	1,045
Donnelly, Kevin	R	669
Dorman, Evan	1	385
Dowling, April	1	77
Duke, Cindy	3	800
Dunn, Jennifer	R	709
Elcott, Michael	R	345
Elkins, Sydney	1	0
Estes, Cameron	R	763
Estrada, Steven	R	1,032
Evans, Debbie	5	710
Ferlito, Cindy	1	558
Fontenot, Misty	2	619
Franklin, Rebecca	R	345
Franklin, Shane	7	710
Frederick, Winston	10	907
Freeman, Sheila	2	811

1200 MILE CLUB

Participant	Years	Total
Friday, Tanna	R	251
Gann, Michael	7	0
Gerlach, Kim	R	0
Gibson, Katie	1	596
Goode, Johnny	10	975
Goss, Ange	1	714
Grady, Carla	R	415
Graham, Ryan	R	660
Grall, Jeremy	R	703
Grammas, Marianthe	3	1,246
Gray, Caleb	R	0
Greene, Michael	1	0
Griffin, Robin	R	499
Grossmann, Christopher	7	589
Gullapalli, Satya	3	819
Hackney, Aimee	R	715
Haley, Jay	3	886
Hall, Thomas	1	289
Haralson, Danny	10	565
Haralson, Micki	10	975
Hargrave, Alan	11	900
Harris, Ashley	1	136
Harris, Skip	1	0
Harris, Vickie	2	0
Harrison, Lisa	7	817
Henley, Monica	5	363
Henninger, Alison	4	658
Hetherington, Karyn	R	771
Hill, Tucker	2	70
Hogue, Kari	R	45
Holcomb, Zachary	1	877
Holland, Skylar	1	737
Hollington, Kasey	1	728
Hoover, Alison	7	0

Participant	Years	Total
Hopper, Whittley	1	865
House, Beth	5	463
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	927
Jenkins, Michael	R	494
Johnson, Kawitta	1	467
Johnston, Emily	R	535
Johnston, Latta	2	787
Jones, Allen	R	658
Joseph, Jeremy	R	0
Kazamel, Mohamed	1	1,017
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	665
Kuhn, Jimmy	12	1,426
Kulp, Loren	3	1,003
Lahti, Tyler	2	1,155
Laird, Audrey	4	892
Langston, Aaron	4	591
Langston, Richard	6	588
Lawhorn, Joseph	R	706
Lea, David	R	664
LeCroy, Sarah	2	915
Lee, Brian	R	1,197
Litz, Matthew	1	813

Participant	Years	Total
Love, Thomas	1	191
Lyle, Randy	11	1,383
Lyles, Chris	1	0
Malick, David	5	684
Mathews, Skip	R	510
McComb, Morgan	R	703
McKinney, Margaret	R	167
McNutt, Janie	R	771
Merry, Vicki Sue	6	1,055
Miller, Joshua	R	346
Moore, Phillip	R	0
Morgan, Anne	R	506
Morgan, Cary	9	2,169
Morgan, Danielle	5	321
Morgan, Phillip	8	402
Morris, Phil	R	166
Morrow, Alex	7	1,095
Moser, David	R	699
Moser, Tamara	R	0
Mount, Brian	2	781
Murchison, Reginald	6	1,296
Napolitano, Angela	R	15
Ness, Andrew	R	0
Northern, Kristie	9	862
Norton, Laura	R	1,052
Oehrlein, Kimberly	R	179
Oliver, John	4	754
Olson, Kimberly	R	0
Olson, Seth	R	0
Orihuela, Carlos	1	785
Ortis, Ellen	R	905
Padgitt, Scott	1	457
Parks, Charlie	6	1,268
Patel, Lisa	R	95

1200 MILE CLUB

Participant	Years	Total
Patrick, Nicolette	R	821
Payson, Tabitha	R	0
Payson, Tommy	2	684
Peagler, Shana	7	537
Pearce, Julie	5	354
Pearson, Blake	5	179
Pearson, Mary Scott	4	0
Pegouske, Jeremy	R	699
Pegouske, Stacie	1	689
Plante, David	6	839
Poh, James	R	805
Poole, Greg	1	697
Powell, Shane	R	889
Ralph, Meghan	4	779
Rawson, Brent	1	645
Renfro, Jeff	R	778
Reynolds, Dewelena	R	392
Richey, Lori Beth	1	928
Richie, Melissa	R	544
Ritchie, Joseph	1	1,038
Ritchie, Lauren	R	1,176
Roberson, Kevin	4	880
Roberts, Fletcher	4	584
Robertson, M.C.	R	398
Robinson, Melany	R	553
Robinson, Rod	R	70
Rodgers, Jeffrey	1	636
Rodgers, Jessica	R	342
Roper, Lynn	2	660
Rose, Billy	5	1,429
Ross, Christy	R	714
Rosser, Joey	2	866
Routman, Cynthia	1	528
Rowell, Taylor	1	474

Participant	Years	Total
Rutherford, Keith	11	933
Rutledge, Lisa	3	979
Ryan, Meaghan	3	912
Sanders, Gwendolyn	R	651
Sargent, Bruce	R	719
Seeley, Mimi	R	285
Senseman, Austin	R	523
Shaffield, Danny	5	1,135
Sherer, Jeremy	2	814
Shinn, Ronald	6	676
Shoaf, James	1	288
Sides, Dean	3	435
Silwal, Suman	8	932
Simpkins, Randall	1	833
Simpson, Kevin	6	2,178
Sims, Kelly	R	768
Sims, Robert	5	697
Slemmons, Kent	R	371
Sloane, Mike	3	762
Smith, Jerry P.	11	757
Smith, Justin	R	51
Smith, Marie	R	503
Snow, Sheri	3	0
Soileau, Chester	1	394
Sparks, Jessica	R	460
Stevens, Johnathon	2	786
Stewart, Chappell	R	715
Stewart, Zeb	1	489
Stockton, Rick	11	777
Stone, Amy	R	548
Sweatt, Jason	R	0
Swiney, Elana	R	221
Talley, Beau	6	1,028
Talley, Shellie	2	0

Participant	Years	Total
Thomas, Eric	5	541
Thompson, Sara	1	827
Thornton, Dean	6	376
Thurman, Terralance	R	0
Tibbs, Seth	1	590
Townes, Janelle	1	530
Trimble, Jamie	4	986
Vaden, Christopher	R	0
Varnes, Vickie	6	1,265
Waid, Jr, David	2	1,346
Wall, Ron	5	864
Watters, Ana	R	677
Watters, Robert	4	897
Weaver, Melissa	R	0
Weber, Amy	1	747
Weber, Lauren	1	0
Weeks, Lance	2	545
Wells, Bradley	3	0
Wende, Adam	5	1,297
Wieberg, Deb	R	32
Wilhite, Thomas	3	737
Williams, Shaunda	R	436
Williamson, Chad	4	142
Williamson, Rebecca	R	646
Wilson, Darren	R	721
Windle, Dale	4	383
Wiseman, Steve	4	861
Wood, Scott	3	719
Woody, Bill	10	840
Worthington, Charles	R	79
Wright, Amy	2	347
York, Gary	5	1,147
Zajac, Jason	R	894
Zehnder, Justin	7	592

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!](#)



They're here! New BTC shirts!



BTC EXECUTIVE BOARD MEETING

August 12, 2019

Attendance: Lisa Booher, Vicky Brakhage, Hunter Bridwell, Alan Hargrave, Monica Henley, , Julie Pearce, Charles Thompson, Lauren Weber, Scott Wood

Monica made a motion to approve the minutes of the July 2019 Executive Board Meeting; the motion was seconded by Hunter and passed without opposition.

Treasurer's Report (Monica Henley)

- Monica is reconciling the BTC books and following up on any past-due invoices and invoices payable. See Treasurer's Report submitted via email.
- Peavine Falls was profitable.

Vice-President's Report (Hunter Bridwell)

- Hunter has met with Red Mountain Park representatives, Jennifer Andress and Jeff Martinez regarding Resolution Run and getting the BTC and The Trak Shak more involved this year. Red Mountain Park needs assistance due to staff shortages. Lauren Weber is chair of the Resolution Run committee for the park's junior board. Last year, the event was more of a health fair, but they would like to move it back to a more casual race/run. Discussion followed regarding different ways in which the BTC might be involved. Hunter will follow up and keep everyone apprised.

Newsletter (Julie Pearce)

- Content for the September newsletter is due on August 23, 2019.
- Julie needs a Vulcan Run update for newsletters, beginning in September.

IT Chair (Alan Hargrave)

- RunSignUp has been working hard on the sales tax allocation issue. As a result, the company may be making some changes with race registration programs. This likely will mean we will need to make changes with our process. Alan will keep us apprised.
- Alan circulated an update on race registrations for the year; they are fairly on par with past years.

Merchandise (Hunter for Bradley Wells)

- Sales are live on the website; new merchandise has been ordered.

Membership (Alan for Vicky Brakhage)

- Current members: 988 with 778 memberships (down approximately 97 members)

USATF (Charles Thompson)

- USATF Alabama Association will hold its 2019 Annual Meeting on September 8, 2019 at The Hyatt Place Hotel in Hoover. Alan noted that the BTC is not currently listed as a member organization on the USATF website; Charles will follow up on this as we should be listed.

Vulcan Run Update (Scott Wood)

- Jeremy Walker has presented a proposal to the BTC to be the race manager for The Vulcan Run. He has experience as a race director for the Seaside Half Marathon and BHM 26.2. Scott made a motion to accept the proposal; Monica seconded the motion. Discussion followed regarding the proposed terms and the BTC's expected involvement.
- Scott mentioned tweaking the logo for Vulcan Run; the general consensus was that the logo could use a refresh.
- Monica suggested trying to host a Vulcan Run preview. Several dates were discussed; September 28 is the leading contender.
- We will research RRCA certification for race directors.
- According to Alan, most website content regarding Vulcan Run is on the website but currently turned off. We will need to let him know when to activate the various components.

New Business and Announcements

There was no new business.

The meeting was adjourned at 7:15 pm. Our next board meeting will be held on September 9, 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:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

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

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

Initial:

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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	September 7, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	September 7, 2019	6:30 a.m.
Monkey C Monkey Run 5K and 1 Mile Fun Run	September 7, 2019	8:00 a.m.
BTC Executive Board Meeting (Vestavia Hills Library)	September 9, 2019	8:00 a.m.
BTC Saturday Long Run Group	September 14, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	September 14, 2019	6:30 a.m.
Hope Bryant Smith Memorial 5K and Fun Run (Montevallo)	September 14, 2019	8:00 a.m.
Canine Classic 5K (Northport)	September 14, 2019	8:00 a.m.
Darter Dash 5K/10K	September 14, 2019	8:00 a.m.
BTC Saturday Long Run Group	September 21, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	September 21, 2019	6:30 a.m.
Hartselle Kiawanis Half Marathon	September 21, 2019	7:00 a.m.
Backpack Buddy Run 5K and 1 Mile Fun Run	September 21, 2019	8:00 a.m.
Head Over Teal 5K, 10K and Fall Festival	September 21, 2019	8:00 a.m.
St. Jude Walk/Run Birmingham	September 21, 2019	8:30 a.m.
BTC Saturday Long Run Group	September 28, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	September 28, 2019	6:30 a.m.
5K at the Junction * BTC DISCOUNT *	September 28, 2019	8:00 a.m.
Race for the Fallen Glow Run (5K)	September 28, 2019	6:30 p.m.
Run for Recovery 5K (Tuscaloosa)	September 29, 2019	2:00 p.m.
BTC Saturday Long Run Group	October 5, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	October 5, 2019	6:30 a.m.
Alabama Parkinson Fighter 5K and 1 Mile Walk	October 5, 2019	8:00 a.m.
Little River Canyon Half Marathon (Fort Payne)	October 5, 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](#). or visit the BTC website to [submit your race](#).