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**WHERE RUNNERS ARE FORGED**

# THE VULCAN RUNNER

October 2019 10



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

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# VINTAGE VULCAN: MEMORIES FROM BIRMINGHAM'S CLASSIC 10K RACE

By Charles Amos Thompson, USATF Representative



USATF Rep Charles Thompson in vintage Vulcan Run shirt with Allison Stone

**With the 45th annual Vulcan Run right around the corner, we asked longtime Birmingham Track Club member Charles Thompson to reminisce about the “early years” of our signature road race and share some favorite memories.**

My first road race was the Sonat Vulcan Run 10K, which was held the weekend before Thanksgiving in 1984. The race weekend included an expo on Friday and Saturday, a 10K and two mile fun run on Saturday, and a marathon on Sunday. The 10K start was five lanes wide, but the course quickly narrowed to two lanes,



Vulcan Run vintage ad

which caused most of the runners to stop in the bottleneck. The Highland Avenue portion of the race narrowed to a single lane.

My time was 52 minutes +. T-shirts were mailed to participants after the race because the color of your shirt was based on your finish time. Runners finishing with a time under 35 minutes received a gold shirt, 35-39 minutes received a silver shirt, and finish times of 40-44:59 received a bronze shirt. Finish times over 45 minutes received a light blue shirt. Approximately 3,000 people ran the race that year.

The next year, 1985, the Sonat Vulcan Run weekend again was held the weekend before Thanksgiving. I had trained hard that year, and my finish time was 39 minutes, earning me a silver shirt. After the 10K on Saturday, I ran the Vulcan Marathon on Sunday, completing a “double” for running both races.

In 1986, a new title sponsor brought changes to the race. The Pepsi Vulcan weekend was held November 21-23, 1986. Adding international flavor to the race, Rod Dixon of New Zealand ran the 10K, but Marcus Baretto of Mexico City won the contest (Baretto had set a course record in 1984). In 1987, the Pepsi Vulcan weekend took place the weekend before Thanksgiving, welcoming Frank Shorter, who ran the 10K.



# VINTAGE VULCAN: MEMORIES FROM BIRMINGHAM'S CLASSIC 10K RACE

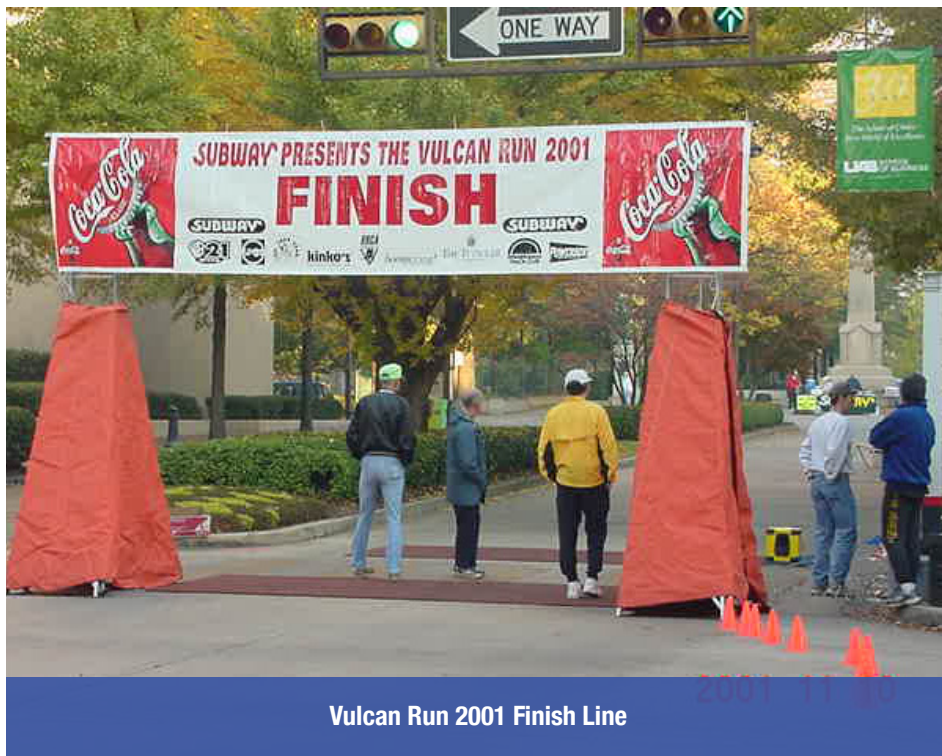
In 1991, the Birmingham News took over sponsorship of the race weekend, which was held November 22-24. The Bryant-Jordan Vulcan weekend added an element of friendly competition, with finisher's shirts in either Alabama or Auburn colors. The Birmingham News/Bryant-Jordan weekend continued into 1994, but the race weekend was moved to early November, when it continues to be held.

1996 brought a new title sponsor and the addition of a 5K race to the Viva Health Vulcan Run weekend, held November 8-10, 1996. In 1999, and without a title sponsor to bolster revenue, race organizers added a half marathon to join the Sunday marathon. The half marathon proved to be short lived, however, as it was discontinued in 2001, along with the marathon.

In 2005, the 30th anniversary of the Vulcan Run weekend was sponsored by J-Rag and featured a 10K and a one mile fun run. The 2006 edition of the Vulcan Run was named the RRCA Road Race of the Year, and the 2007 race was the RRCA National 10K Championship race.

The 45th annual Vulcan Run 10K will once again serve as the RRCA Alabama State Championship 10K. I usually work the finish line each year as a race official. I hope to see you there.

**Interested in learning more?** The Vulcan Runner published a comprehensive history of the race in 2012. [Click here](#) to read Michele Parr's history of the early years (1975-1990) and [here](#) to read her account covering 1991-2012. To register for this year's race, which takes place on November 2, 2019, [click here](#).



Vulcan Run 2001 Finish Line



# PRESIDENT'S ADDRESS

By Scott Wood



## Hello, fellow BTC Members & Runners, and so long, SUMMER!

*"It is by far my favorite race of the year. There's nothing quite as pretty as Highland Avenue in the fall!"*

– Charlie Brown

Whew -- it's been a hot few months; bring on racing season! I've seen you all training so hard month after month in the heat and humidity, and it's now time to go collect your hardware at the race of your choice!

So, what's next for you and the BTC? We have some exciting races coming up in our area, none more so than the BTC's very own Vulcan Run! The 45th annual running of the Vulcan Run 10K takes place on November 2 at historic Sloss Furnaces! Everyone loves the Vulcan 10K. I was talking with BTC member Charlie Brown this past week, and we reflected on running the Vulcan Run over several of the past years. Charlie estimated that he'd run the race 28 times over the years, missing only a few due to being away at other races. Amazing, Charlie! In his words, "I ran my first Vulcan Run on November 22, 1980. I started running in March of that year and had never run more than five miles until that morning. I had also never run hills, which I was shocked to find were so difficult as I started my trek up Highland Avenue. By the time I topped out a couple of miles later, I had invented a few new curse words. I crossed that finish line swearing I'd never run it again. But, I've run it when the temps were in the 20's and when temps were in the 80's. It is by far my favorite race of the year. There's nothing quite as pretty as Highland Avenue in the fall!" I agree, Charlie Brown, I agree.

The BTC's premier race will once again be host to the RRCA State 10K Championship. As you can imagine, you are going to hear a great deal about the Vulcan Run 10K in the coming weeks. It truly is an event everyone should consider running. Make sure you join us on November 2 so you won't miss the fun. Check out our social media pages for announcements and giveaways over the next few weeks -- there just may be some free race entries to some lucky runners. Also, take a look at this year's age group medals!



antique gold finish  
3d sculpted  
raised  
level 2  
level 3  
level 4  
recessed  
opaque color fills  
pms 186  
black



\*only gold medal shown

In the way of announcements, I have just a few.

One: We have a venue change for our BTC Social on October 26 -- we will not be meeting at the Vulcan for the social; it seems no one was very excited about running up the hill for a cup of coffee after a Saturday morning long run. So, we are changing our location to Back 40 for the Social and the Preview Run.

Two: We have once again partnered with the The Trak Shak and Mercedes Marathon to get all of you ready for the 2020 Mercedes half and full marathon in February. The kickoff meeting has already taken place; however, it is not too late for new runners to join as training has just now started. If you're not familiar with how the process works, the BTC puts out an 18-week training schedule at our Saturday morning long runs. The schedule started on October 5, but there is plenty of time to train for the February 16, 2020 races. The Trak Shak also hosts a Wednesday evening run throughout the year; these runs are especially popular leading up to the Mercedes Marathon Weekend.

Everyone together now, "I'm ready for Autumn, cooler temps, campfires, boots, hoodies, sweatpants, and BTC Saturday Morning Long Runs followed by a "HOT" Pumpkin Spiced Latte from O'Henrys. Welcome Autumn, we sure have missed you!

So, what's next for you and the BTC? We have some exciting races coming up in our area and beyond (did I mention the Vulcan Run on November 2?)

<b>October 12</b>	<b>Chicago Marathon</b>
<b>October 18-19</b>	<b>Endless Mile</b>
<b>October 19</b>	<b>Blazer Bolt for Brain Cancer 5K</b>
<b>October 26</b>	<b>Dothan Half Marathon</b>
<b>November 2</b>	<b>Vulcan 10K</b>
<b>November 9</b>	<b>Indianapolis Monumental Marathon</b>
<b>November 22-23</b>	<b>Blood Rock 100 Mile</b>
<b>November 24</b>	<b>Magic City Half Marathon</b>
<b>December 7</b>	<b>St. Jude Marathon &amp; Half</b>
<b>December 14</b>	<b>Rocket City Marathon &amp; Half</b>

Good luck to everyone racing near and far. I hope you all hit your goals, but mostly, I hope you have fun!

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

**Scott Wood**  
BTC President





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# 2019 Officers



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**Scott Wood**

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## Treasurer/Past-President

**Monica Henley**

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## Vice-President

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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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Judy Loo	statue2statue@birminghamtrackclub.com
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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**





# COMMUNITY CORNER

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

## Greetings, BTC!

I have just a few quick things to send your way from the City of Homewood. Here are some updates on ongoing projects:

- Phase 2 of the Shades Creek Greenway: this project should go out to bid in December, and we anticipate breaking ground after the first of the year.
- Hollywood Boulevard bridge: We have a big meeting with ALDOT on October 14. I will have more news to report after that time, but we received another \$100,000 from Jefferson County Commissioner Steve Ammons for this project. We appreciate his support!
- 18th Street Beautification Project: Plans are nearly complete, and we have been working with the Birmingham City Council to maintain its moratorium on storage facilities (like the one currently halted from construction across from Vulcan Park) to continue plans for a pedestrian thoroughfare between Birmingham and Homewood in this area.
- Crosswalk at the Marriott and Lakeshore Drive: Sidewalks on Rumson Road are nearly complete, and construction soon will begin on the sidewalk on Lakeshore Drive to the traffic light in front of the Marriott. A crosswalk will be the final piece of this project.
- I have requested and budgeted \$30,000 for a timed pedestrian light at the crosswalk at Windsor Drive and Lakeshore Drive at Brookwood Road. We have this proposal in front of ALDOT at this time, and we are awaiting a response.
- We should be receiving a bench for the Lakeshore Trail this week; it will be placed along the trail in memory of Peter Quinn. We will have a dedication service with his mother and his ministers upon installation.

We have some not-too-long-off plans for improving Green Springs Highway now that the City of Homewood has taken control of the road from ALDOT, to include a crosswalk at Raleigh Avenue and an improved pedestrian and biking experience. Stay tuned for more news on this project.

Lastly, I have been working on a fabulous project with Samford University and the Homewood Board of Education, under the guidance of Landscape Architect Jane Reed Ross, the designer of the Lakeshore Trail. We will be undertaking removal of the invasive species that you see in Homewood along the Trail, so you can see and enjoy the creek (and our new high school that currently is under renovation)! We will be hiring the same company that did the work on Jemison Trail in Mountain Brook, and we hope to have the same beautiful results.

That's all I have to report on for now, so until next time, LIGHT UP and WATCH OUT when you are running at dusk and at dawn! We can't see you in dark clothing running five abreast in the roads, and we want you to be safe!



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# ALABAMA SENIOR OLYMPICS

By Deanna Pack, Program Coordinator, Governor's Commission on Physical Fitness and Sports

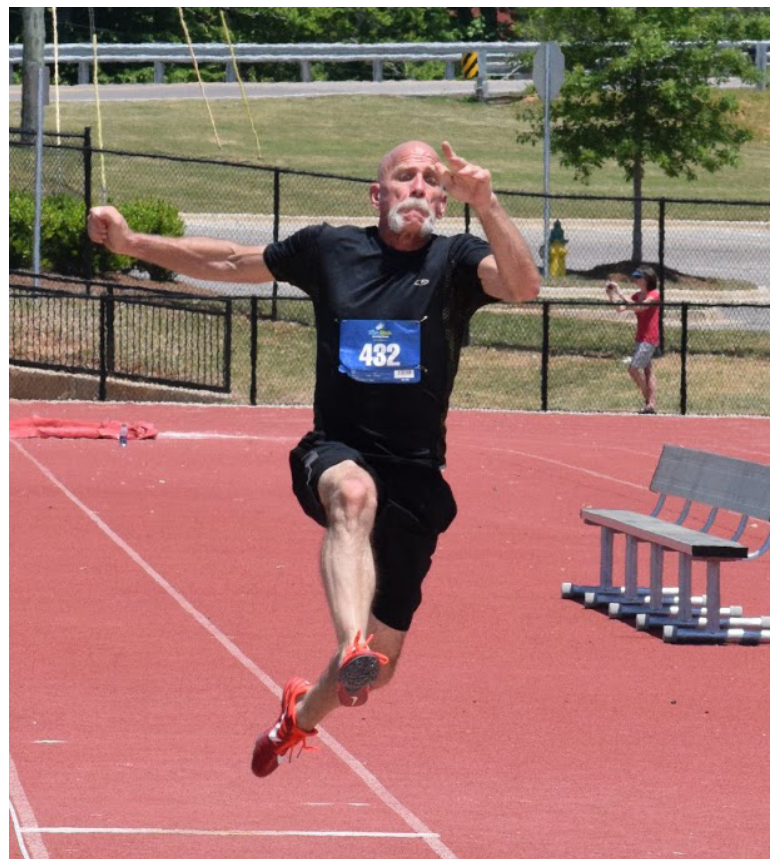


The **Alabama Senior Olympics (ASO)** provides an opportunity for seniors 50 years of age and older to participate in a social, competitive, recreational and athletic event. The ASO is held every other year with the next Olympics being held in 2020. Athletes who place in the top 4 of their division qualify to participate in the National Senior Games (NSG) the following year. The 2021 NSG will be held in Ft. Lauderdale, Florida. Twenty different sports will be showcased at the 2020 ASO, with each sport divided into five year age divisions for male, female and teams.

We are currently working on the location and date for our Track and Field events. Track events will include 50M, 100M, 200M, 400M, 800M and 1500M races. Field events include discus, hammer throw, high jump, javelin, long jump, pole vault, shot put and triple jump. The ASO does not host its own 5K/10K race. Instead, we partner with a few existing races across the state to use as qualifiers, or athletes may compete in any 5K/10K race in 2020 to try to meet the minimum performance standard set by the NSG.

This past June, the National Senior Games were held in Albuquerque, New Mexico. Alabama had 150 athletes participating in the games. Our athletes represented our state well, bringing home medals in archery, basketball, bowling, horseshoes, pickleball, powerwalk, 5K and 10K road race, softball, swimming, table tennis, track and field and volleyball. Along the way, Alabama athletes set three NSG records, including a record in the 200M dash by our own 97 year old Alabamian, Mary Kemp.

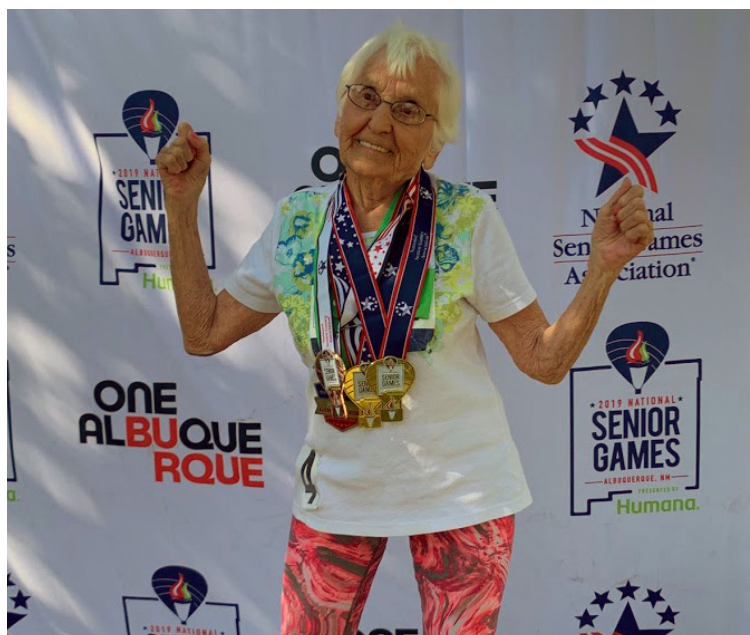
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# ALABAMA SENIOR OLYMPICS

Participants from every skill level participate in the Alabama Senior Games. We encourage everyone to come out and give it a try. We look forward to bringing you more updates and information about the upcoming games as we get closer to the competition. For more information or questions, please visit our website at [alseniorolympics.org](http://alseniorolympics.org) or call 205-607-0504.







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



***WWW.VULCANRUN.COM***



## BIRMINGHAM TRACK CLUB

# MEMBERSHIP NEWS

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

Christopher Baggett	Brady Elrod	James Jackson	Doug Sappington
Paul Beasley	Stacey Elrod	Herman Manning, III	Debbie Sema
John Charles	Kira Fonteneau	Paul Mathews	Kevin Turner
Carol Chesnutt	Michael Gaston	Emily Morton	Amy Weber
Katelyn Crawford	Misty Griffin	Kristen Osborne	

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:**

- [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

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# ENDURANCE



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

## Running on Vitamins and Minerals

April Jones, PharmD Candidate 2021, Ali Rajpari PharmD Candidate 2021, Kim Benner, PharmD, BCPS

As medicine has progressed in recent years, many more people now want to be involved in their own health care in a more hands-on way. This has led to increased interest in multivitamins and their benefits. It is important to consider whether or not you need a multivitamin, and, if so, deciding which multivitamin would benefit you most. There is a staggering array of brands of multivitamins sold in pharmacies and retail stores. In addition, there are age specific, gender specific, prenatal multivitamins, and multivitamins that claim to have a specialized purpose. All of the many varieties can make it confusing and more difficult to choose which multivitamin is really needed and when. In general, most non-pregnant, healthy adults with good eating habits do not need a daily multivitamin, but read on...

### What are RDAs?

RDAs, or Recommended Dietary Allowances, are values released every five years by the Food and Nutrition Board (FNB) that reflect the amount of a specific vitamin needed to adequately meet the requirements of the majority of healthy people. Additionally, these recommendations are age and gender specific. This is important because as our bodies age, we need different amounts of nutrition to ensure our proper health. This can be applied through the lifespan, from infants to pregnant and lactating women, through the elderly. There is extensive research that goes into these values in order to provide updated information. The current RDA values can be found on [www.health.gov](http://www.health.gov).

### Is there really a difference in vitamins formulated for men and vitamins for women?

This can be a very confusing topic for many people. However, the easy answer to this question is YES! As discussed above, the RDA guidelines are broken down by age and gender. The real difference is in the quantity - how much of the specific vitamin men and women require. Both genders need all vitamins but the real difference is which one particularly benefits one gender versus another. A prime example is the folate requirements between pregnant and not pregnant women. Normally the RDA for women would be 400 mcg of folate, but women who are pregnant need an increased dose of 600 mcg. It is also important to note that research shows having optimal levels of vitamin D plays a vital role in the body from professional or recreational athletes (see a prior issue of Meds and Miles for more on that topic!). We need vitamins to keep us going -- for more detailed information, talk to your pharmacist or health care provider about your multivitamin needs.

### Which ingredients are required for our bodies?

Multivitamins commonly have vitamin A, C, D, E, K, and a range of B vitamins: thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), cobalamin (B12), biotin, and folate/folic acid. They also commonly have many minerals including calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, sulfur, cobalt, copper, fluoride, manganese, and selenium. Each

of these vitamins and minerals are required for hundreds of normal body functions. There are a few vitamins that our body can make; for example, vitamin D is synthesized in our skin when it is exposed to sunlight, and some vitamin K is synthesized by the bacteria that normally live in our gut. All of the other vitamins and minerals need to be consumed either in our diet or through supplementation.



### Who needs to take a multivitamin?

Most people are able to consume proper amounts of all vitamins and minerals through a well-balanced diet. There are specific populations that may require additional amounts of certain vitamins and minerals; for example pregnant women require more folic acid to prevent neural tube defects in their babies. It is important for women of child bearing age to make sure they intake sufficient amounts of folic acid even before getting pregnant. Other populations may not get proper amounts of vitamins and minerals from their diets alone. For example, because they avoid animal products, it is possible that vegetarians and vegans may not get enough vitamin B12, iron, calcium or zinc in their diets without supplementation. Lastly, adults aged sixty and up could benefit from a multivitamin. This population commonly lacks a good nutritious diet and sunlight exposure. If you do take a multivitamin, it is important to remember that it is a dietary supplement and cannot be used to replace a well-balanced diet. Research shows, by far, that a healthy diet is the best way to consume vitamins and minerals.

### Conclusion

The majority of individuals should be receiving sufficient nutrition from their daily diet and are not in need of any over-the-counter multivitamins. However, there are some cases in which taking additional supplementation, along with a complete diet, is best. As runners, it is important to realize that taking in more vitamins and minerals is not always better. It has been shown through research that runners and other athletes do not require more vitamins and minerals than less active individuals. With this being said, it is still a good idea to talk to your pharmacist and/or doctor to determine if you might benefit from taking a multivitamin.

# MEDICATIONS AND MILES:

## Running on Vitamins and Minerals

Vitamin/Mineral	Recommended Daily Allowance (RDA)
Vitamin A	5,000 IU
Vitamin B6	2 mg
Vitamin B12	6 mcg
Vitamin C	60 mg
Vitamin D	400 IU
Vitamin E	30 IU
Vitamin K	80 mcg
Biotin	300 mcg
Folic Acid	400 mcg
Niacin	20 mg
Pantothenic Acid	10 mg
Riboflavin	1.7 mg
Thiamin	1.5 mg
Calcium	1,000 mg
Iron	18 mg
Sodium	2,400 mg
Potassium	3,500 mg
Zinc	15 mg

Vitamin/Mineral	Function	Sources
Vitamin A	Health of skin, teeth, skeletal tissue; health of retina and other specialized tissues	Fish, dairy products, eggs, bright colored vegetables
Vitamin D	Absorption of calcium	Sunlight, cheese, butter, milk, cereals, fatty fish
Vitamin E	Protection from damage by oxidation; helps in formation of red blood cells	Olive oil, coconut oil, green vegetables, avocado, almonds, peanuts
Vitamin K	Formation of blood clotting factors	Cabbage, cauliflower, spinach, and other leafy green vegetables, cereals
Vitamin C	Promotes healthy immune system, aids in wound healing; absorption of iron	Citrus fruits, strawberries, tomatoes, broccoli
Vitamin B1 (Thiamine)	Aids in function of heart and brain	Fortified bread and cereals, fish, lean meats, milk
Vitamin B3 (Niacin)	Help release energy from carbohydrates	Poultry, tuna, pork, beef
Vitamin B6 (Pyridoxine)	Helps maintain healthy brain function; formation of red blood cells	Beans, legumes, nuts, eggs, meats, fish, fortified bread and cereals
Vitamin B12 (Cyanocobalamin)	Aids in metabolism, formation of red blood cells	Eggs, meats, poultry, dairy products
Vitamin B9 (Folic Acid)	Production of red blood cells; synthesis of DNA	Beans, legumes, citrus fruits, whole grains, leafy vegetables, poultry
Calcium	Formation/maintenance of bones and teeth; normal heart beat and hormone secretion	Dairy products, green leafy vegetables, salmon
Iron	Carries oxygen to tissues	Red meats, chicken, turkey, eggs

### References:

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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!





# 20% off CBD for BTC Members SEPTEMBER and OCTOBER ONLY



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**FAGAN SPORTS LIFESTYLE MEDICINE**  
3125 Independence Drive #300A | Homewood 35209

# PT ON THE GO!

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

A common question we get in the clinic is "What can I do to continue my PT while traveling?"

Here are a few suggestions within a minimal to moderate budget.

1. **The loop** is simply an 8 inch to 12 inch exercise band that can be used for dynamic warm-up and strengthening exercises focused on the hip, knee and ankle. Loops in multiple sizes can be purchased for \$10 to \$15 on Amazon. They take up a minimal amount of room in your travel bag.
2. **The strap** (yoga strap) is a 6 foot multi-loop strap that makes stretching simple. The strap allows you to stretch your lower extremity without putting additional stress on your body. Stretching should be easy -- not a workout. Like the loop, the strap can be purchased on Amazon for \$8 to \$12 and takes up minimal space in your luggage.
3. The use of **RockTape** (Kinseotape) is always up for debate by the general population. Some runners love it; some are convinced it is voodoo. I am a fan of RockTape. Patients with plantar fasciitis, runner's knee and Achilles tendonitis have benefited from the use of kinesotape, and most are surprised by the difference it makes. One 2-inch 16 foot long roll can be purchased on Amazon for \$15 to \$20. Instructions come with the box of tape.
4. The **Hypervolt** by Hyperice is muscle percussor/vibrating massager. The Hypervolt is a great product that we use in the clinic for muscle recovery and soreness. The Hypervolt creates heat to the tissue through the percussion/vibration resulting in muscle relaxation. The use of the product is simple. It comes with four different attachments and has three different settings. There are many other brands of this product that vary in price. Hyperice has been around for quite some time, leading the way with other products such as the vibrating foam roll. I trust this company, and the Hypervolt is quieter than other similar products on the market. The Hypervolt retails for \$349, but it is worth the price. It comes with a TSA-approved case for travel.

More cost-effective massagers include the stick, the Tiger Tail and the Wand. They range in price from \$8 to \$40 on Amazon. These products require more effort to use but can still be effective. Although they are beneficial, in my professional opinion, the Hypervolt is better.

A lacrosse ball is another great option for independent soft tissue massage. Most often used for conditions of the foot such as plantar fasciitis, a lacrosse ball can target tender areas and provide relief of fascia and muscle tightness. Like the options listed above, a lacrosse ball takes up minimal space in a bag travel. Lacrosse balls can be purchased on Amazon or your favorite sports goods store for \$5 to \$20 for a multi-pack.

5. **Ice** – It is simply hard to beat the benefits of ice on those post-run legs. It is the cheapest product available. A reusable ice pack or a refillable bag can be very helpful while traveling.

**The Loop (Warm-up,  
strengthening)**

**The Strap (Stretching)**

**RockTape (Recovery)**

**Hypervolt (Soreness)**

**Ice (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](mailto:tsendurance@therapysouth.net)



*Ryan Hunt DPT, CSCS, ASTYM certified provider,  
Dry Needling practitioner, BFR certified*

*Clinic Director [rhunt@therapysouth.net](mailto:rhunt@therapysouth.net)*

*TherapySouth - PatchWork Farms/Altadena*

*205-783-5270*





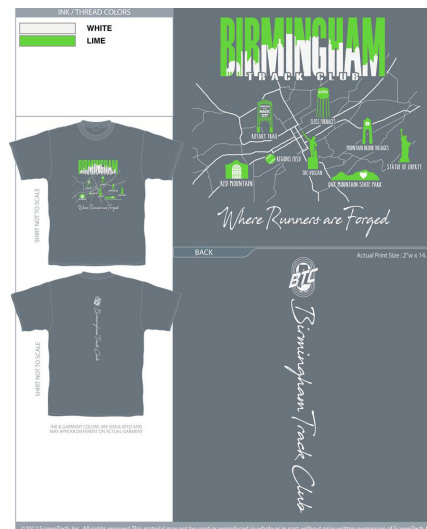
## Volunteer Vibes

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!

Our new BTC merchandise designs are live and available for order on the [BTC website](#)! Stock up now for your fall races. We will be selling merchandise at the Vulcan Run, so you may pick it up there in lieu of local shipping. Show your #BTCSpirit, and don't forget to [send us a photo](#) of you in your snazzy new 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.

# 1200 MILE CLUB

Cumulative miles submitted through October 5, 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	1,170
Alexander, Jessica	R	1,167
Anderson, Kerri	3	924
Armstrong, Thomas	3	539
Baggett, Christopher	1	936
Barnes, Jimmie	5	1,232
Bartee, Samm	3	876
Bayush, Tori	R	761
Belcher, Michelle	6	633
Bellew, Bobby	R	896
Benner, Kim	6	1,111
Bensinger, Cole	R	1,125
Benson, wayne	5	932
Bishop, Natalie	R	1,088
Bittle, Anna Marie	R	189
Blocker, Jennifer	R	0
Boackle, Larry	2	806
Boackle, Tomie Ann	1	651
Boger, Joe T	1	305
Booher, Lisa	8	1,365
Bookout, Jason	R	1,054
Bookout, Kimberly	R	782
Bowman, Bill	R	760
Bowman, Brian	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	908
Bradley, Amanda	2	1,430
Brakhage, Victoria	2	950
Bridwell, Hunter	1	172

Participant	Years	Total
Brown, Charlie	7	578
Brown, Dana	R	0
Brown, Sean	4	870
Bryant, Jason L.	R	457
Burks, Ross	2	842
Burton, Daniel	1	1,332
Burton, Kelsey	1	449
Caine, Lawrence	1	643
Callahan, Ali	R	273
Callahan, Chris	2	656
Callahan, Noah	R	208
Callahan, Rachel	4	750
Calloway, Mariel	R	833
Carey, Christopher	5	1,146
Carlton, Bob	4	841
Carter, Adrienne	2	193
chandler, teresa	9	908
Clay, Brad	11	1,165
Cleveland, Jeff	2	1,096
Clevenger, Caitlin	R	413
Cliett, Stephanie	4	700
Clowers, Addison	4	678
Coffin, Diane	R	306
Coffin, Hannah	2	1,838
Coleman, Tim	1	893
Collins, Helen	2	731
Corrin, LaRonda	R	605
Corrin, Roger	2	900
Cowart, Britney	1	793
Crain, Teresa	2	0
Cramer, Robyn	R	237

Participant	Years	Total
Cramer, Steve	R	471
Crawford, Allen	3	639
Creel, Mary	1	1,037
Criswell, Mark	R	412
Crowson, Bill	3	929
Crowson, Madeline	R	0
Crumpton, Melinda	R	0
Culver, Wendi	R	1,059
Cutshall, Hannah	1	864
Davidson, Dow	2	1,260
Davidson, Jen	R	0
Denton, Matt	7	1,520
Dixon, Charles	R	213
Dixon, Jonathan	1	456
Dodson, Brooke	4	1,468
Donnelly, Kevin	R	910
Dorman, Evan	1	385
Dowling, April	1	77
Duke, Cindy	3	1,026
Dunn, Jennifer	R	807
Elcott, Michael	R	345
Elkins, Sydney	1	0
Estes, Cameron	R	958
Estrada, Steven	1	1,421
Evans, Debbie	5	812
Ferlito, Cindy	1	679
Fontenot, Misty	2	702
Franklin, Rebecca	R	345
Franklin, Shane	7	799
Frederick, Winston	10	1,042
Freeman, Sheila	2	811



# 1200 MILE CLUB

Participant	Years	Total
Friday, Tanna	R	331
Gann, Michael	7	0
Gerlach, Kim	R	0
Gibson, Katie	1	694
Goode, Johnny	10	1,188
Goss, Ange	1	719
Grady, Carla	R	415
Graham, Ryan	R	759
Grall, Jeremy	R	858
Grammas, Marianthe	3	1,536
Gray, Caleb	R	752
Greene, Michael	1	0
Griffin, Robin	R	499
Grossmann, Christopher	7	981
Gullapalli, Satya	3	967
Hackney, Aimee	R	813
Haley, Jay	3	1,020
Hall, Thomas	1	289
Haralson, Danny	10	689
Haralson, Micki	10	1,111
Hargrave, Alan	11	1,015
Harris, Ashley	1	136
Harris, Skip	1	0
Harris, Vickie	2	0
Harrison, Lisa	7	1,074
Henley, Monica	5	363
Henninger, Alison	4	749
Hetherington, Karyn	R	879
Hill, Tucker	2	70
Hogue, Kari	R	45
Holcomb, Zachary	1	987
Holland, Skylar	1	843
Hollington, Kasey	1	818
Hoover, Alison	7	0

Participant	Years	Total
Hopper, Whittley	1	998
House, Beth	5	514
Hubbard, Stephanie	1	0
Hudson, Temeka	R	0
Ingram, Joseph	6	52
Izard, Georgia	3	0
Izard, Melody	3	261
Janowiak, Desirae	R	795
Jenkins, Kaki	5	1,074
Jenkins, Michael	R	494
Johnson, Kawitta	1	467
Johnston, Emily	R	803
Johnston, Latta	2	857
Jones, Allen	R	813
Joseph, Jeremy	R	0
Kazamel, Mohamed	1	1,103
Kearley, Christy	1	32
Keefer, Herb	2	0
Kelley, Robin	5	0
Kemper, Tricia	5	1,266
Kendrick, Tom	R	140
Knight, DIANE	2	0
Kornegay, Marla	R	741
Kuhn, Jimmy	12	1,649
Kulp, Loren	3	1,079
Lahti, Tyler	3	1,296
Laird, Audrey	4	1,064
Langston, Aaron	4	893
Langston, Richard	6	675
Lawhorn, Joseph	R	842
Lea, David	R	773
LeCroy, Sarah	2	1,106
Lee, Brian	1	1,626
Litz, Matthew	1	993

Participant	Years	Total
Love, Thomas	1	191
Lyle, Randy	11	1,603
Lyles, Chris	1	0
Malick, David	5	776
Mathews, Skip	R	612
McComb, Morgan	R	703
McKinney, Margaret	R	167
McNutt, Janie	R	877
Merry, Vicki Sue	7	1,232
Miller, Joshua	R	914
Moore, Phillip	R	0
Morgan, Anne	R	506
Morgan, Cary	9	2,450
Morgan, Danielle	5	591
Morgan, Phillip	8	767
Morris, Phil	R	166
Morrow, Alex	7	1,095
Moser, David	R	815
Moser, Tamara	R	0
Mount, Brian	2	896
Murchison, Reginald	6	1,507
Napolitano, Angela	R	15
Ness, Andrew	R	0
Northern, Kristie	9	1,000
Norton, Laura	1	1,217
Oehrlein, Kimberly	R	179
Oliver, John	4	863
Olson, Kimberly	R	0
Olson, Seth	R	0
Orihuela, Carlos	1	916
Ortis, Ellen	R	1,077
Padgitt, Scott	1	625
Parks, Charlie	6	1,268
Patel, Lisa	R	95

# 1200 MILE CLUB

Participant	Years	Total
Patrick, Nicolette	R	971
Payson, Tabitha	R	0
Payson, Tommy	2	684
Peagler, Shana	7	537
Pearce, Julie	5	498
Pearson, Blake	5	179
Pearson, Mary Scott	4	0
Pegouske, Jeremy	R	841
Pegouske, Stacie	1	831
Plante, David	6	974
Poh, James	R	940
Poole, Greg	1	826
Powell, Shane	R	1,150
Ralph, Meghan	4	879
Rawson, Brent	1	769
Renfro, Jeff	R	860
Reynolds, Dewelena	R	482
Richey, Lori Beth	1	1,058
Richie, Melissa	R	667
Ritchie, Joseph	2	1,434
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	749
Rodgers, Jessica	R	501
Roper, Lynn	2	758
Rose, Billy	5	1,939
Ross, Christy	R	789
Rosser, Joey	2	1,008
Routman, Cynthia	1	593
Rowell, Taylor	1	474

Participant	Years	Total
Rutherford, Keith	11	1,121
Rutledge, Lisa	3	1,102
Ryan, Meaghan	3	912
Sanders, Gwendolyn	R	728
Sargent, Bruce	R	810
Seeley, Mimi	R	285
Senseman, Austin	R	523
Shaffield, Danny	6	1,286
Sherer, Jeremy	2	914
Shinn, Ronald	6	761
Shoaf, James	1	288
Sides, Dean	3	545
Silwal, Suman	8	932
Simpkins, Randall	1	833
Simpson, Kevin	6	2,548
Sims, Kelly	R	874
Sims, Robert	5	853
Slemmons, Kent	R	447
Sloane, Mike	3	860
Smith, Jerry P.	11	870
Smith, Justin	R	51
Smith, Marie	R	541
Snow, Sheri	3	0
Soileau, Chester	1	1,012
Sparks, Jessica	R	551
Stevens, Johnathon	3	1,350
Stewart, Chappell	R	715
Stewart, Zeb	1	623
Stockton, Rick	11	919
Stone, Amy	R	664
Sweatt, Jason	R	0
Swiney, Elana	R	221
Talley, Beau	6	1,028
Talley, Shellie	2	0

Participant	Years	Total
Thomas, Eric	5	685
Thompson, Sara	1	1,005
Thornton, Dean	6	376
Thurman, Terralance	R	0
Tibbs, Seth	1	645
Townes, Janelle	1	811
Trimble, Jamie	4	1,159
Vaden, Christopher	R	0
Varnes, Vickie	6	1,581
Waid, Jr, David	2	1,487
Wall, Ron	5	864
Watters, Ana	R	838
Watters, Robert	4	1,027
Weaver, Melissa	R	0
Weber, Amy	1	846
Weber, Lauren	1	0
Weeks, Lance	2	619
Wells, Bradley	3	0
Wende, Adam	5	1,552
Wieberg, Deb	R	32
Wilhite, Thomas	3	806
Williams, Shaunda	R	641
Williamson, Chad	4	142
Williamson, Rebecca	R	732
Wilson, Darren	R	831
Windle, Dale	4	383
Wiseman, Steve	4	997
Wood, Scott	3	828
Woody, Bill	10	979
Worthington, Charles	R	79
Wright, Amy	2	347
York, Gary	6	1,327
Zajac, Jason	R	1,109
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!](#)



Tommy Payson at the 2019 Grand Circle Trailfest



Tommy Payson, Scott Wood, and Carlos Orihuela at the 2019 Grand Circle Trailfest races



# FEETS OF STRENGTH



Congratulations to **Jane Smith**, who won a silver medal in Archery during the National Senior Games in Albuquerque, New Mexico in June of 2019. Jane is busy preparing for the next Alabama Senior Olympics, which will be held in Birmingham in 2020. The Alabama Senior Olympics is a qualifier for the 2121 National Senior Games in Ft. Lauderdale, Florida. Read more about Jane's journey to the 2019 National Senior Games in the July 2017 issue of [The Vulcan Runner](#).

BTC member **Jimmie Barnes** never ceases to amaze with his feats of strength. Jimmie recently completed Six Days in the Dome – The Redux, a multi-day race, held from August 25 through September 1, 2019. The race consisted of loops around a 443+ meter indoor track in the Pettit National Ice Center in Milwaukee, Wisconsin. Jimmie – who is now 81 years of age, completed 265.63 miles and was one of only four octogenarians to attempt the race (and he completed the most mileage of any of them). This latest “feet” puts Jimmie in the record books as the number three ranked runner internationally (of all time) in the 80-84 age group for the six day distance (and yes, there is an impressively long list of octogenarians on this list).

You can read more about Jimmie's running career and his approach to racing in the December 2018 issue of *The Vulcan Runner*.

Have you recently completed a new distance, tackled a challenge race, or logged a new PR? [Let us hear from you!](#) We love to celebrate the accomplishments of our fellow BTC members!



Jimmie and Deborah Barnes



Jane Smith



## BTC EXECUTIVE BOARD MEETING

September 9, 2019

**Attendance:** Kim Benner, Vicky Brakhage, Alan Hargrave, Monica Henley, Julie Pearce, Charles Thompson, Dean Thornton, Jamie Trimble, Bradly Wells, Scott Wood

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

#### **Treasurer's Report (Scott Wood for Monica Henley)**

- Monica circulated financial reports via email.

#### **Newsletter (Julie Pearce)**

- Content for the October newsletter is due on September 27, 2019 – please submit on time.
- Julie needs a Vulcan Run cover article for the October newsletter; Charles will write an article. (There are two comprehensive articles from 2012 on website, per Dean).

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

- Kim is working on volunteer needs for Vulcan Run.

#### **Website (Dean Thornton)**

- The BTC has 1,763 Twitter followers, 6,111 Facebook followers, and 1,331 Instagram followers.

#### **Long Run (Scott Wood for Alex Morrow)**

- Elk Run Virtual 5K is next week (September 21, 2019). An email will be circulated to the BTC lists.

#### **Merchandise (Bradley Wells)**

- Sales are live on the website; new merchandise has arrived. Merchandise sells well at events. Bradley plans to sell merchandise at races (Vulcan Run) and at the Vulcan Run social.

#### **Membership (Vicky Brakhage)**

- Current members: 979 with 775 memberships. She plans to host a membership drive at an upcoming social.

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

- Annual meeting of the USATF Alabama Association was held yesterday in Hoover. New officers were elected.
- Charles has confirmed that the BTC has not paid its USATF membership fees; Monica will follow up on this.

#### **Vulcan Run Update (Scott Wood)**

- Scott and Jeremy Walker will meet with the BPD and BFP to finalize EMS plans for the race.
- Volunteer needs include water stops (two stops, at miles 2 and 4). Alan requested that all volunteer shifts and tasks be added to the RunSignUp volunteer sign up (for water stops, etc.). Tasks that are already staffed don't have to be public, but we will have a better record for future races by including all shifts in RunSignUp.
- Jamie will handle cups, water and Powerade for water stops and finish line.
- We have course turn signs; Jamie will check on whether we can purchase A-frame mile markers as well.
- Scott will order medals and ribbons. The RRCA will provide trophies to age group and other winners as Vulcan Run is the RRCA state championship.
- Scott will order Top 200 shirts, in conjunction with The Trak Shak.
- Alan met with Kile Putman; Kile does not think we need to recruit elite athletes for the credibility of the race. Discussion followed regarding offering comp entries to elite athletes.
- Cash prizes will be the same as last year.
- Scott will meet with Jeff Martinez tomorrow regarding Vulcan Run details (packet pick up, shirts, etc.)
- Charities for Vulcan Run beneficiaries – last year's beneficiaries were Vulcan Park and Girls on the Run. Julie made a motion to include these organizations as beneficiaries this year; Dean seconded, and the motion was approved without opposition.
- We need additional sponsors for the race. Alan will circulate the race management document with sponsorship information. Circulate names of corporate contacts to the group so we can be consistent and not duplicate asks.
- We need to market to other area track clubs. Discussion followed regarding offering discount codes for members of other clubs.

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

- Highlands College has reached out to Alan regarding organizing a race for its students, who are required to run a half marathon. Alan has suggested a March 21, 2020 race date based on the calendar of races in the area. This is still in the very early planning stages.

The meeting was adjourned at 7:25 pm. Our next board meeting will be held on October 14, 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:

--	--

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

Signature

Date

Mail this signed application and a signed check to:

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



# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 12, 2019	6:00 a.m.
<a href="#">Sylacauga City Schools Foundation Fourth Annual 10K Run and 5K Run/Walk</a>	October 12, 2019	8:00 a.m.
BTC Executive Board Meeting (Vestavia Hills Library)	October 14, 2019	6:00 p.m.
<a href="#">Endless Mile – 48 Hour Run</a>	October 18, 2019	9:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 19, 2019	6:00 a.m.
<a href="#">Blazer Bolt for Brain Cancer 5K * BTC DISCOUNT *</a>	October 19, 2019	8:00 a.m.
<a href="#">Endless Mile – 6, 12 and 24 Hour Runs</a>	October 19, 2019	9:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 26, 2019	6:00 a.m.
<a href="#">Dothan Half Marathon and 5K</a>	October 26, 2019	9:00 a.m.
<a href="#">BOO Run for Down Syndrome – 10K, 5K and 1 Mile Fun Run</a>	October 27, 2019	2:00 p.m.
<a href="#">Vulcan Run 10K *BTC RACE SERIES *</a>	November 2, 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](#).

