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BIRMINGHAM TRACK CLUB
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THE VULCAN RUNNER

November 2019 **11**



EATING WELL THROUGH THE HOLIDAYS

By MC Robertson, MS, RD

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EATING WELL THROUGH THE HOLIDAYS

By MC Robertson, MS, RD



Whether you are training for the Mercedes Half or Full, or just trying to maintain your weekly mileage throughout the holiday season, this time of year brings up its own unique set of challenges. Between the parties you want to go to, the parties you have to go to, gift shopping, decorating, and an ultra-high level of exposure to some of our favorite treats, it can be difficult to maintain your usual healthy habits. Throw changing weather, fewer hours of daylight, and holiday movie marathons into the mix and we've got ourselves a full-on recipe for falling off the wagon.

Here are a few tips that should help you stay on top of your game throughout the holidays:

Hydrate, hydrate, hydrate

It's safe to say everyone reading this knows the importance of hydration, but sometimes it is easy to forget just how much you need once the weather is cooler and perhaps we are drinking more alcohol more often. Everyone knows the tip to drink a glass of water between each alcoholic drink, but how good are we at actually doing it? Make a commitment to yourself before the party starts to guzzle water or sip on seltzer between each drink. (hint: this may also decrease the likelihood of over-munching on snacks!)

Don't fall victim to the numbers game

Many people get in trouble when they start crunching the numbers in terms of calories in versus calories out. We all have a tendency to overestimate the number of calories burned through exercise and underestimate the number of calories consumed. This could lead us to sorely missing the mark and setting ourselves up for disappointment. Instead, try practicing intuitive eating and mindfulness. If you're really craving that pumpkin pie, then have a slice – but really allow yourself to enjoy it. Then you may be less likely to continue searching and reaching for those guilty pleasure nibbles here and there that add up more than we like to think.

Be prepared for anything

Time management can be difficult, but especially this time of year. Be prepared to pounce on any sliver of you-time available by keeping some back-up running gear in the car. Lack of time can also leave us less prepared to eat our usual healthy diet, so keep some non-perishable snacks handy in case you have a long day at the office immediately followed by a holiday cocktail hour. Nuts with dried fruit, a protein bar, or a few bites of granola may be all you need to stave off the type of hunger that drives overeating.

Or try this recipe for [Pumpkin Pie Energy Bites](#) from the Recipe Runner blog if you're looking for something a little more jazzy (these can double as breakfast bites, a post-workout snack, dessert, or party treats).

Survey the landscape

When you go into a holiday party, potluck, or buffet take a peek at all the options before you start fixing your plate (you are using a plate, right? Because hovering over the snack table is another easy way to eat more than we intend to eat). Pick a few treats that are your favorites and really enjoy them! But don't overindulge on the "I could take it or leave it" foods.

EATING WELL THROUGH THE HOLIDAYS

Cut yourself some slack

If you are traveling, changing time zones, staying up late playing Santa or counting down to the new year, give yourself some lenience. It is okay to rest or decrease your mileage or intensity.

Focus on healthy additions rather than eliminating the “unhealthy”

While there may be no substitutions for a few recipes, we can definitely find some ways to sneak nutritious ingredients into the must-have holiday dishes:

- Make your charcuterie board an antipasto spread – be sure to include fruits and veggies (like artichoke, carrots, olives, celery, grapes, or pineapple for example).
- While potatoes are a perfectly fine vegetable, in the context of a plethora of other carbohydrate-laden foods, you may be better off swapping mashed potatoes for mashed cauliflower. Instead of using regular cream cheese, sour cream, or mayo in dips or casseroles, try swapping for protein-packed plain Greek yogurt.

Get creative with leftovers

Rather than eating turkey sandwiches for days, make a veggie-packed, broth-based, warm and filling turkey soup. For the leftovers you do not want in the fridge (calling your name) for the days following parties or family meals, send them home with guests or take them to a neighbor who may not have family around this season.

Your training does not have to suffer during the holidays. In fact, you can leverage this time (with a little planning) to jump start those new year's resolutions to be a happier and healthier version of yourself.

About the Author:

MC Robertson is a registered dietitian at UAB specializing in weight loss and diabetes. She has a master's degree in Nutrition Sciences, and she is working on a PhD in Health Behavior. She enjoys running, reading, and hiking with her two dogs.



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PRESIDENT'S ADDRESS

By Scott Wood



Hello, fellow BTC Members!

Wow, what a weekend! As I write this, I am reflecting on the 45th running of the Vulcan Run 10K, Birmingham's oldest and largest 10K, as well as this year's RRCA (Road Runners Club of America) Alabama State 10k Championship. The race was held on November 2, 2019, and it was a great event! Thanks to all of those who volunteered their time to make this day go as smoothly as possible, especially Monica Henley, Kim Benner, Jeremy Walker, Alan Hargrave, Hunter Bridwell, our sweepers, Tabitha Payson and Vicky Brakhage, our Timer, Jeremy Davis, and our Start/Finish Line Crew, Jamie Trimble and Keith Henley. From packet pick-up, to equipment load out and set up, to water stops, to registration, to working the finish line, all of you are fantastic and exemplify the best of what our club is about. This club, these events, and all of the amazing experiences that are created would not be possible without our BTC volunteers. I would love to list all of you by name, but there simply are too many of you!

Thank you to our vendors who took care of us at Vulcan as well. As usual, we had Waffle House serving waffles and sausage, and Girls on the Run helping with post-race snacks. Thank you to Red Diamond Coffee and Tea for serving hot coffee on a cool morning. We would also like to thank our sponsors, TherapySouth, Books-A-Million, and Vulcan Imaging Associates, as well as a special thanks to The Trak Shak. We simply could not have this race and many more running events in Birmingham without everything The Trak Shak does for the Birmingham Track Club and our entire running community! So from everyone in the BTC, and all of those who run in our great city, "Thank you, Trak Shak!"

Congratulations to all of our runners from this year's Vulcan Run 10K! Out of a field of 1,022 runners, our male winner, Lawrence Kipkoech, ran a fast 29:59 time, and our female winner, Ivy Kibet, blazed a time of 33:49! Amazing work, Lawrence and Ivy! And congratulations to all of you who ran this year. We hope to see you back next year! Hopefully, the race will move

back to our old location at Boutwell Auditorium next year, but Sloss Furnaces has worked out well during this period of time when Boutwell was not available to us due to construction.

Lots more coming your way in the next couple of months. We will once again partner with The Trak Shak for some fun holiday events, as well as sponsor the Resolution Run at Red Mountain Park to end the year. If you've been training for a race, here are a few of my favorites that will be coming up soon (and check out our race calendar on page 23 of this issue, as well as [online](#)),

| | |
|-----------------------|--|
| November 9 | Indianapolis Monumental Marathon & Half |
| November 22-23 | Blood Rock 100 Mile |
| November 24 | Magic City Half Marathon |
| November 28 | Sam Lapidus Montclair Run 10K, 5K |
| December 7 | St. Jude Marathon & Half |
| December 14 | Rocket City Marathon & Half |
| December 15 | Mississippi Gulf Coast Marathon & Half |
| December 21 | Meadow Brook Runs 5K |

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

TURKEY TROT FOR HUNGER

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The Only Race
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For Registration & Race Information, go to stcatherinesal.com



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Vice-President

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| Allison Stone | Vulcan Run Race Consultant |

BTC Mission Statement

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

Contact BTC at:

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

Race Results

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



COMMUNITY CORNER

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



Greetings, BTC!

I am thrilled to report about the start of our trail project tackling the invasive species along the Lakeshore Trail. Homewood resident and Shades Creek Greenway architect (and personal hero of mine) Jane Reed Ross brought this issue to me, and I involved both Samford University and the Homewood City Schools. This work is being done by Mark Thomas of Forestry Wildlife Integration. Mark did this exact same work in Mountain Brook along Jemison Trail, and the results were spectacular.

You may have seen Mark on the trail spraying the invasive species during the past week or so. His team also will be cutting back these plants with machetes. All of this worked is carefully targeted and environmentally sound. If you see Mark along the trail, please feel free to stop to say hello and ask any questions you may have.

Several trees will be removed because of the damage they have sustained from the Chinese privet and other invasive growth. We are excited about this project because after this initial larger scale project, we will maintain this work annually, and you will be able to enjoy our beautiful creek as it flows through Homewood!

In addition, Phase 2 of the Greenway goes out to bid by January, with construction expected to begin by spring of 2020. The next time you're at the Green Springs end of the Greenway, take a look at the signage across from the water fountains to see what's in store for Phase 2.

While you're on Lakeshore Trail, please take time to stop by the bench installed along the Trail in memory of Pete Quinn. Pete tragically lost his life this summer while running between the cities of Mountain Brook and Homewood. The City of Homewood installed this bench in concert with his mother, Esther, thanks to several private donors. Esther remains forever grateful for all the support she has received from Birmingham's running community.

From our friends in Mountain Brook, the connector behind the zoo, from Mountain Brook Village to the Homewood border on Poinciana (on the way to the Mountain Brook YMCA) should go out to bid next month! This project has been a long time coming, and we are so excited to see it get underway.

In Hollywood Boulevard bridge news, we have been working through some design issues with Jefferson County and ALDOT. The County will be leading the project, and we received an update this week about the latest engineering we are pursuing. I hope to be able to announce something in a few months. We know this has been a delay, but every elected official in this region is pushing for this project. The money we have raised is over \$1.25 million dollars!

That's it for now! Stay safe, and light up when running in the dark! Headlamps may make you more visible to oncoming traffic, but remember to add a light or reflectivity to your back as well!



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

| | | | |
|-------------------|---------------------|------------------|-------------------------|
| Mary Altz-Smith | Jerome Burkes | Ange Goss | Jonathan Pollard |
| Lisa Atkins | Rafe Cloe | Vincent Graffeo | Greg Poole |
| Jason Beck | Susan Colpack | Caleb Gray | Shane Powell |
| Melissa Beck | Damon Cox | Tabitha Harper | Gordie Robinson |
| Edward Boackle | Lety Cox | Caine Kadle | Christianna Rudder |
| Larry Boackle | Pat Dell'Italia | Ravoyl Land | Meagan Smith |
| Laura Boackle | Carla DuMontier | Christy LeDuke | Alan Stamm |
| Tomie Ann Boackle | Amy Edgerton | Matthew LeDuke | Jennifer Walker-Journey |
| Richard Broome | Christine Gawronski | Greg McMullin | Prince Whatley |
| Shelley Brown | Sudip Ghimire | Jeffrey Mitchell | Bill Woody |

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:

- [City of Champions Half Marathon and 5k](#) in Gadsden, AL - Saturday November 23, 2019: \$2.00 off
- [Birmingham Wine 10k](#) in Homewood, AL - Saturday March 7, 2020: 10% off
- [Magic City Half Marathon & 5K](#) in Birmingham, AL - Sunday November 24, 2019: 10% off
- [Village 2 Village 10k / 7.5k](#) in Birmingham, AL - Saturday March 14, 2020: 15% off
- [Rock'in Santa Half Marathon & Sunshine Santa 5K](#) in Knoxville, TN - Saturday December 14, 2019: 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!

Best wishes to all of our members running the CNO Financial Indianapolis Monumental Marathon or half marathon on November 9, 2019. Indy was our official BTC target race for fall training. Want to continue training (or ready to get started)? Watch for details soon about training for the [Mercedes Marathon Weekend](#) races (full and half marathon).

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:

"Leak Solutions" - Urinary Incontinence and the Runner

By Savannah Elliott, PharmD Candidate 2022, Jamie Routman, MD and Kim Benner, PharmD

INCONTINENCE

Using the bathroom multiple times before a run is common among runners as they hope to avoid bladder leakage or stopping for a bathroom break while they exercise. For women especially, the "leaking faucet" of the bladder can be an inescapable issue while running. Individuals with "stress incontinence" have involuntary leakage of urine that occurs when running, laughing, or coughing, and it is more common than you might think. This dilemma is not only uncomfortable but could be embarrassing. However, there are possible solutions.

Where does the leakiness stem from? Incontinence is more common in women, specifically in women over the age of 45 and women who have given birth.^{1,2} Childbirth is a major cause because pregnancy weakens the pelvic floor muscles and may also damage the nerves that control the bladder.¹ Moreover, this condition is more common in older women than younger women as middle-aged ladies are most likely nearing or have experienced menopause. Menopause occurs due to a lack of estrogen, which will in turn cause vaginal atrophy (shrinking).³ The female pelvic floor is composed of muscles and connective tissue. In order for the urethra to close during rest, these structures must be supported and the urethral sphincter must be functioning. Urinary incontinence is the result of a weakened urethra and thus will cause a low urethral closure pressure and leakiness of urine.⁴

While urinary incontinence is more common in women, men also experience it, albeit at a much lower rate. Why are men so lucky? First, men do not experience pregnancy, childbirth, or menopause -- all of which are key causes of urinary incontinence. Additionally, men have more protection against stress incontinence based on their anatomy. Men have two rings of muscles called sphincters that squeeze off their bladder and urethra. The urethra is the 'tube-like' structure through which urine leaves the body, and it is longer in men than women, reducing the incidence of urinary incontinence. Common causes of urinary incontinence for men include pressure from sitting for hours at a desk or cycling.

In addition to the causes listed above, urinary incontinence can also be caused by a variety of different medications. Evaluating

your drug therapy as a cause of incontinence is an important consideration. Types of medications that can cause incontinence include antidepressants or antipsychotics (ex: Lexapro, Abilify), diuretics (ex: spironolactone, furosemide), calcium channel blockers (ex: amlodipine, verapamil), ACE inhibitors (ex: lisinopril, enalapril), and hydroxychloroquine sulfate.⁵ Ask your pharmacist if any of your medications could be causing or contributing to urinary incontinence.

Improving Incontinence for Women

Lifestyle modifications: Decreasing intrabdominal pressure helps decrease stress urinary incontinence by placing less pressure on the bladder, thereby forcing less urine out an unsupported urethra. Weight loss, managing constipation and treating chronic coughing are helpful means of decreasing intrabdominal pressure.

Kegel exercises: These exercises are the voluntary isolation of the pelvic muscles. To find your pelvic muscles, stop urination midstream. Kegel exercises can be done in any position although lying down might be easier at first. Be careful not to flex the muscles in your abdomen, thighs, or buttocks while doing these exercises. Three sets of 8-12 contractions sustained for 8-10 seconds 3 times a day for 15-20 weeks is recommended. These exercises will strengthen the pelvic floor so that the weak urethra will have a backboard to press against.⁶ While these exercises help strengthen the pelvic floor, they must be done regularly over several months. Pelvic floor physical therapists can develop an individualized exercise program to strengthen pelvic floor muscles and increase urethral closing pressure.

Vaginal Estrogen Therapy: For peri- or post-menopausal women. Menopause is due to a lack of estrogen and this will cause the vaginal atrophy. Estrogen is available in creams, rings, and tablets.³ Talk to your physician if this is something you are interested in trying.

Supportive vaginal inserts: A woman may be fitted by her physician for an "incontinence ring" or "pessary" to support the urethra and increase the urethral closure pressure. These are often made of a

MEDICATIONS AND MILES:

"Leak Solutions" - Urinary Incontinence and the Runner

flexible silicone material and can be inserted or removed by the woman prior to a run, a jump on the trampoline or a trip to the comedy club. Placing a regular tampon can sometimes achieve the same purpose.

Surgery: Some women who fail more conservative approaches may opt for placement of a sling below the urethra to increase urethral support.

Improving Incontinence for Everyone

Choose your drinks wisely: Minimize your consumption of alcoholic, caffeinated, and carbonated beverages. All three of these are natural diuretics. Artificial sweeteners also contribute to bladder spasm and urgency sensation. The more that is consumed, the greater the urge one will have to urinate. They will increase the blood flow to the kidney and will thus reduce the absorption of water and sodium. In addition, these acidic substances will irritate the lining of the bladder causing muscle spasms which causes the sensation to urinate.⁷

Reduce water intake: This is contrary to what we are told as runners (stay well hydrated!), but try not to drink more than 2 liters (66 ounces) of liquids in a day. Try drinking small amounts of water throughout the day instead of large amounts at one time. The more pressure against your bladder to urinate, the more an already weakened urethra will have to work. This is another major cause of leakiness.⁸

Although it may not be a topic of conversation during your runs, know you are not alone in your struggle with stress incontinence. Take steps to improve your urinary incontinence whether it is doing daily kegel exercises, watching what you drink, or considering your drug therapy. Do not let this condition keep you from reaching your goals!

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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!



100,000-MILE TUNE-UP? HOW CAN PHYSICAL THERAPISTS HELP?

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

As the end of the year approaches, is your body starting to push back? Has that muscle soreness and stiffness been addressed? Are you holding on hoping that your body will not fight back? Does your body need a 100,000-mile wellness tune-up? Better question. You do preventive maintenance on lots of things in your life – shouldn't your body be one of them? We go to the dentist twice a year for preventive care. We have yearly check ups with our primary care physician to obtain blood work for heart, kidney and other internal body functions.

What if you could have a neuromuscular evaluation that included a running analysis, postural alignment, flexibility and strength testing? Would you be excited to have someone work through your sore/stiff muscles? As movement specialists, physical therapists are specially trained to prevent injury keep you moving well and often, all while maximizing your personal physical potential.

Having a wellness/preventive visit with your physical therapist allows us to identify neuromuscular conditions early and refer you to a non-surgical orthopedic doctor if needed. With early identification, acute aches and pains are less likely to become chronic. **The greatest mistake any runner can make is to just "push through it"!** I see so many neuromuscular conditions that have become chronic simply because the runner applied the wait and see principle. "Well, I just took some Advil hoping it would go away. Well, I watched this YouTube video on curing what I thought was plantar fasciitis. Well, GoogleMD told me to do..." Bottomline - don't guess - find out! Don't hope you're right. Let a movement expert develop the appropriate plan to keep you running.

Do I need a referral? NO! You can be evaluated by a physical therapist without a referral! If your condition needs a referral or physician follow-up, we can help guide you in that process.

Services provided during a wellness visit are specific to the physical therapy clinic. At TherapySouth these services include but not limited to the following: functional dry needling, hands on soft tissue mobilization, instrument assisted soft – tissue mobilization, blood flow restriction training, Rocktape/KT tape, Ultrasound, E-stim and Cryotherapy. Wellness/Preventive Visits are self-pay or cash-based visits.

Don't wait until you break! Get your 100,000-mile tune-up so you can put in another 100,000 miles in 2020 and beyond.

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



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

Clinic Director rhunt@therapysouth.net

TherapySouth - PatchWork Farms/Altadena

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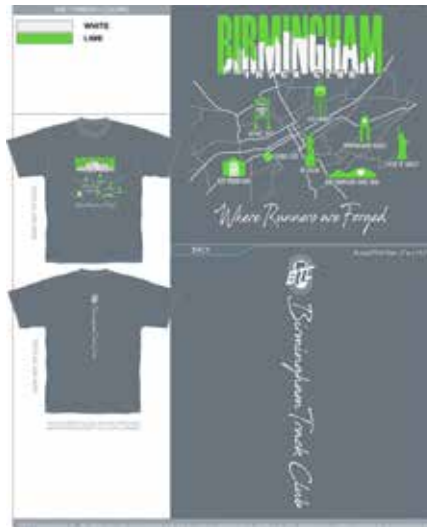
Volunteer Vibes

Thank you to the many, many volunteers who helped make the 2019 Vulcan Run a success. From assisting with packet pick up to working water stops and post-race clean up, you folks made the race run smoothly. We are grateful for your support, your time, and your enthusiasm! [#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 November 3, 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 | 1 | 1,327 |
| Alexander, Jessica | 1 | 1,253 |
| Anderson, Kerri | 3 | 1,018 |
| Armstrong, Thomas | 3 | 679 |
| Baggett, Christopher | 1 | 1,068 |
| Barnes, Jimmie | 5 | 1,338 |
| Bartee, Samm | 3 | 963 |
| Bayush, Tori | R | 873 |
| Belcher, Michelle | 6 | 724 |
| Bellew, Bobby | R | 1,055 |
| Benner, Kim | 7 | 1,289 |
| Bensinger, Cole | R | 1,180 |
| Benson, wayne | 5 | 1,049 |
| Bishop, Natalie | 1 | 1,263 |
| Bittle, Anna Marie | R | 189 |
| Blocker, Jennifer | R | 0 |
| Boackle, Larry | 2 | 806 |
| Boackle, Tomie Ann | 1 | 651 |
| Boger, Joe T | 1 | 590 |
| Booher, Lisa | 8 | 1,533 |
| Bookout, Jason | R | 1,181 |
| Bookout, Kimberly | R | 782 |
| Bowman, Bill | R | 845 |
| Bowman, Brian | R | 0 |
| Boylan, Brittany | R | 0 |
| Boylan, Chris | R | 908 |
| Bradley, Amanda | 2 | 1,598 |
| Brakhage, Victoria | 2 | 1,091 |
| 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 | 962 |
| Burton, Daniel | 1 | 1,458 |
| Burton, Kelsey | 1 | 477 |
| Caine, Lawrence | 1 | 741 |
| Callahan, Ali | R | 313 |
| Callahan, Chris | 2 | 877 |
| Callahan, Noah | R | 276 |
| Callahan, Rachel | 4 | 941 |
| Calloway, Mariel | R | 932 |
| Carey, Christopher | 5 | 1,146 |
| Carlton, Bob | 4 | 949 |
| Carter, Adrienne | 2 | 795 |
| chandler, teresa | 9 | 1,058 |
| Clay, Brad | 12 | 1,381 |
| Cleveland, Jeff | 3 | 1,235 |
| Clevenger, Caitlin | R | 413 |
| Cliett, Stephanie | 4 | 832 |
| Clowers, Addison | 4 | 678 |
| Coffin, Diane | R | 306 |
| Coffin, Hannah | 2 | 1,838 |
| Coleman, Tim | 1 | 986 |
| Collins, Helen | 2 | 731 |
| Corrin, LaRonda | R | 722 |
| Corrin, Roger | 2 | 1,000 |
| Cowart, Britney | 1 | 903 |
| Crain, Teresa | 2 | 0 |
| Cramer, Robyn | R | 271 |

| Participant | Years | Total |
|--------------------|-------|-------|
| Cramer, Steve | R | 517 |
| Crawford, Allen | 3 | 639 |
| Creel, Mary | 1 | 1,177 |
| Criswell, Mark | R | 412 |
| Crowson, Bill | 3 | 1,027 |
| Crowson, Madeline | R | 0 |
| Crumpton, Melinda | R | 0 |
| Culver, Wendi | R | 1,059 |
| Cutshall, Hannah | 1 | 976 |
| Davidson, Dow | 2 | 1,416 |
| Davidson, Jen | R | 0 |
| Denton, Matt | 7 | 1,653 |
| Dixon, Charles | R | 213 |
| Dixon, Jonathan | 1 | 474 |
| Dodson, Brooke | 4 | 1,676 |
| Donnelly, Kevin | R | 1,019 |
| Dorman, Evan | 1 | 385 |
| Dowling, April | 1 | 77 |
| Duke, Cindy | 3 | 1,155 |
| Dunn, Jennifer | R | 888 |
| Elcott, Michael | R | 345 |
| Elkins, Sydney | 1 | 0 |
| Estes, Cameron | R | 1,144 |
| Estrada, Steven | 1 | 1,421 |
| Evans, Debbie | 5 | 932 |
| Ferlito, Cindy | 1 | 686 |
| Fontenot, Misty | 2 | 829 |
| Franklin, Rebecca | R | 345 |
| Franklin, Shane | 7 | 799 |
| Frederick, Winston | 10 | 1,167 |
| Freeman, Sheila | 2 | 909 |

1200 MILE CLUB

| Participant | Years | Total |
|------------------------|-------|-------|
| Friday, Tanna | R | 331 |
| Gann, Michael | 7 | 0 |
| Gerlach, Kim | R | 0 |
| Gibson, Katie | 1 | 795 |
| Goode, Johnny | 10 | 1,188 |
| Goss, Ange | 1 | 728 |
| Grady, Carla | R | 752 |
| Graham, Ryan | R | 759 |
| Grall, Jeremy | R | 1,010 |
| Grammas, Marianthe | 3 | 1,762 |
| Gray, Caleb | R | 752 |
| Greene, Michael | 1 | 888 |
| Griffin, Robin | R | 636 |
| Grossmann, Christopher | 7 | 981 |
| Gullapalli, Satya | 3 | 1,098 |
| Hackney, Aimee | R | 911 |
| Haley, Jay | 4 | 1,235 |
| Hall, Thomas | 1 | 289 |
| Haralson, Danny | 10 | 818 |
| Haralson, Micki | 11 | 1,240 |
| Hargrave, Alan | 11 | 1,154 |
| Harris, Ashley | 1 | 136 |
| Harris, Skip | 1 | 0 |
| Harris, Vickie | 2 | 0 |
| Harrison, Lisa | 7 | 1,160 |
| Henley, Monica | 5 | 363 |
| Henninger, Alison | 4 | 885 |
| Hetherington, Karyn | R | 1,016 |
| Hill, Tucker | 2 | 70 |
| Hogue, Kari | R | 45 |
| Holcomb, Zachary | 1 | 1,110 |
| Holland, Skylar | 1 | 1,026 |
| Hollington, Kasey | 1 | 899 |
| Hoover, Alison | 7 | 0 |

| Participant | Years | Total |
|--------------------|-------|-------|
| Hopper, Whittley | 1 | 998 |
| House, Beth | 5 | 623 |
| Hubbard, Stephanie | 1 | 0 |
| Hudson, Temeka | R | 0 |
| Ingram, Joseph | 6 | 52 |
| Izard, Georgia | 3 | 0 |
| Izard, Melody | 3 | 261 |
| Janowiak, Desirae | R | 936 |
| Jenkins, Kaki | 6 | 1,244 |
| Jenkins, Michael | R | 494 |
| Johnson, Kawitta | 1 | 467 |
| Johnston, Emily | R | 909 |
| Johnston, Latta | 2 | 1,031 |
| Jones, Allen | R | 952 |
| Joseph, Jeremy | R | 0 |
| Kazamel, Mohamed | 2 | 1,271 |
| Kearley, Christy | 1 | 32 |
| Keefer, Herb | 2 | 0 |
| Kelley, Robin | 5 | 0 |
| Kemper, Tricia | 5 | 1,376 |
| Kendrick, Tom | R | 140 |
| Knight, DIANE | 2 | 0 |
| Kornegay, Marla | R | 835 |
| Kuhn, Jimmy | 12 | 1,871 |
| Kulp, Loren | 3 | 1,123 |
| Lahti, Tyler | 3 | 1,406 |
| Laird, Audrey | 5 | 1,227 |
| Langston, Aaron | 4 | 991 |
| Langston, Richard | 6 | 763 |
| Lawhorn, Joseph | R | 944 |
| Lea, David | R | 882 |
| LeCroy, Sarah | 2 | 1,106 |
| Lee, Brian | 1 | 1,853 |
| Litz, Matthew | 1 | 1,111 |

| Participant | Years | Total |
|---------------------|-------|-------|
| Love, Thomas | 1 | 191 |
| Lyle, Randy | 11 | 1,843 |
| Lyles, Chris | 1 | 0 |
| Malick, David | 5 | 920 |
| Mathews, Skip | R | 743 |
| McComb, Morgan | R | 703 |
| McKinney, Margaret | R | 167 |
| McNutt, Janie | R | 986 |
| Merry, Vicki Sue | 7 | 1,488 |
| Miller, Joshua | R | 1,098 |
| Moore, Phillip | R | 0 |
| Morgan, Anne | R | 586 |
| Morgan, Cary | 9 | 2,769 |
| Morgan, Danielle | 5 | 591 |
| Morgan, Phillip | 8 | 767 |
| Morris, Phil | R | 166 |
| Morrow, Alex | 7 | 1,095 |
| Moser, David | R | 920 |
| Moser, Tamara | R | 0 |
| Mount, Brian | 2 | 1,016 |
| Murchison, Reginald | 6 | 1,602 |
| Napolitano, Angela | R | 15 |
| Ness, Andrew | R | 0 |
| Northern, Kristie | 9 | 1,145 |
| Norton, Laura | 1 | 1,392 |
| Oehrlein, Kimberly | R | 179 |
| Oliver, John | 4 | 986 |
| Olson, Kimberly | R | 0 |
| Olson, Seth | R | 0 |
| Orihuela, Carlos | 1 | 1,048 |
| Ortis, Ellen | 1 | 1,278 |
| Padgitt, Scott | 1 | 750 |
| Parks, Charlie | 6 | 1,511 |
| Patel, Lisa | R | 95 |

1200 MILE CLUB

| Participant | Years | Total |
|---------------------|-------|-------|
| Patrick, Nicolette | R | 1,187 |
| Payson, Tabitha | R | 0 |
| Payson, Tommy | 2 | 684 |
| Peagler, Shana | 7 | 790 |
| Pearce, Julie | 5 | 498 |
| Pearson, Blake | 5 | 179 |
| Pearson, Mary Scott | 4 | 0 |
| Pegouske, Jeremy | R | 969 |
| Pegouske, Stacie | 1 | 831 |
| Plante, David | 6 | 974 |
| Poh, James | R | 1,048 |
| Poole, Greg | 1 | 915 |
| Powell, Shane | 1 | 1,423 |
| Ralph, Meghan | 4 | 979 |
| Rawson, Brent | 1 | 904 |
| Renfro, Jeff | R | 955 |
| Reynolds, Dewelena | R | 482 |
| Richey, Lori Beth | 1 | 1,086 |
| Richie, Melissa | R | 809 |
| Ritchie, Joseph | 2 | 1,659 |
| Ritchie, Lauren | 1 | 1,538 |
| Roberson, Kevin | 4 | 1,052 |
| Roberts, Fletcher | 4 | 584 |
| Robertson, M.C. | R | 398 |
| Robinson, Melany | R | 553 |
| Robinson, Rod | R | 70 |
| Rodgers, Jeffrey | 1 | 864 |
| Rodgers, Jessica | R | 601 |
| Roper, Lynn | 2 | 758 |
| Rose, Billy | 5 | 2,203 |
| Ross, Christy | R | 897 |
| Rosser, Joey | 2 | 1,177 |
| Routman, Cynthia | 1 | 709 |
| Rowell, Taylor | 1 | 474 |

| Participant | Years | Total |
|--------------------|-------|-------|
| Rutherford, Keith | 12 | 1,356 |
| Rutledge, Lisa | 4 | 1,256 |
| Ryan, Meaghan | 3 | 1,023 |
| Sanders, Gwendolyn | R | 839 |
| Sargent, Bruce | R | 918 |
| Seeley, Mimi | R | 285 |
| Senseman, Austin | R | 523 |
| Shaffield, Danny | 6 | 1,443 |
| Sherer, Jeremy | 2 | 996 |
| Shinn, Ronald | 6 | 803 |
| Shoaf, James | 1 | 627 |
| Sides, Dean | 3 | 648 |
| Silwal, Suman | 8 | 932 |
| Simpkins, Randall | 1 | 959 |
| Simpson, Kevin | 6 | 2,883 |
| Sims, Kelly | R | 983 |
| Sims, Robert | 5 | 1,042 |
| Slemmons, Kent | R | 540 |
| Sloane, Mike | 3 | 964 |
| Smith, Jerry P. | 11 | 964 |
| Smith, Justin | R | 51 |
| Smith, Marie | R | 609 |
| 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 | 768 |
| Stockton, Rick | 11 | 1,061 |
| Stone, Amy | R | 786 |
| Sweatt, Jason | R | 0 |
| Swiney, Elana | R | 221 |
| Talley, Beau | 6 | 1,028 |
| Talley, Shellie | 2 | 0 |

| Participant | Years | Total |
|----------------------|-------|-------|
| Thomas, Eric | 5 | 858 |
| Thompson, Sara | 1 | 1,145 |
| Thornton, Dean | 6 | 376 |
| Thurman, Terralance | R | 0 |
| Tibbs, Seth | 1 | 840 |
| Townes, Janelle | 1 | 811 |
| Trimble, Jamie | 5 | 1,343 |
| Vaden, Christopher | R | 0 |
| Varnes, Vickie | 6 | 1,745 |
| Waid, Jr, David | 2 | 1,620 |
| Wall, Ron | 5 | 864 |
| Watters, Ana | R | 958 |
| Watters, Robert | 4 | 1,176 |
| Weaver, Melissa | R | 0 |
| Weber, Amy | 1 | 945 |
| Weber, Lauren | 1 | 0 |
| Weeks, Lance | 2 | 665 |
| Wells, Bradley | 3 | 0 |
| Wende, Adam | 5 | 1,877 |
| Wieberg, Deb | R | 32 |
| Wilhite, Thomas | 3 | 883 |
| Williams, Shaunda | R | 775 |
| Williamson, Chad | 4 | 142 |
| Williamson, Rebecca | R | 841 |
| Wilson, Darren | R | 919 |
| Windle, Dale | 4 | 383 |
| Wiseman, Steve | 4 | 1,120 |
| Wood, Scott | 3 | 946 |
| Woody, Bill | 10 | 1,112 |
| Worthington, Charles | R | 79 |
| Wright, Amy | 2 | 347 |
| York, Gary | 6 | 1,490 |
| Zajac, Jason | 1 | 1,289 |
| Zehnder, Justin | 7 | 592 |

VULCAN RUN



Photographs courtesy of MRuns.com

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VULCAN RUN



Photographs courtesy of MRuns.com
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SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Submit photos of you and your friends in BTC gear or BTC race shirts [here!](#)



FEETS OF STRENGTH



Fall is here, which means race season is in full swing. After training through the long, hot summer, let's hope everyone will be racking up the PR's! Here are a few recent ones to celebrate:

Kaki Jenkins set a new PR at the Chicago Marathon on October 13, 2019. Way to go, Kaki! The Chicago Marathon also proved to be the charm for **Scott Padgitt**, who logged a fabulous PR and a BQ. Congratulations, Scott! (Didn't we tell you you'd love Chicago?!)

Robin White finished as the first overall female at the Covered Bridge Run in Oneonta on October 19, 2019 -- way to go, Robin!

Britney Cowart set a new PR at the Peak to Creek Marathon on October 26, 2019. That's awesome, Britney!

The Marine Corps Marathon on October 27, 2019 brought **John Lyda** a shiny new PR – awesome work, John!

Congratulations to **Tori Bayush**, who finished as first overall female at The Boo Run 10K trail race on October 27, 2019.

Remember to [let us know](#) when you crush that new PR or tackle a new race distance – we want to celebrate with you!



Kaki Jenkins



Scott Padgitt



Robin White



Britney Cowart (at right)



John Lyda



Tori Bayush

BTC EXECUTIVE BOARD MEETING

October 14, 2019

Attendance: Vicky Brakhage, Charles Thompson, Jeremy Walker (Vulcan Run Race Manager), 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.

The Vulcan Run Social will be held on October 26, 2019. We are working to secure Back Forty for the social. The BTC will provide coffee, doughnuts, etc.

The fee for Sloss Furnaces this year is \$1500 due to some areas not being available (Sloss Fright Fest).

Police Coverage for Vulcan will be \$13,525 – Jeremy will be meeting with the Birmingham Police to ride the course to determine whether we can reduce police coverage costs.

Hunter is working on plans for the Resolution Run; he needs to finalize details with Jeff Martinez about t-shirts, discuss race fees/RunSignUp, etc.

The deadline for the November newsletter is Friday, October 25. Please forward photos from Vulcan Run for newsletter. If you have submissions for feats of strength, please send to Julie.

Our current membership: 963 current members; 763 current memberships

Vulcan Notes:

Scott and Jeremy will ride the course this Saturday to finalize two water stop location. See notes on agenda about water stop coverage.

Participant shirts and Top 200 shirts will be ordered this week.

We will focus on promoting Vulcan on social media for the next two weeks.





BTC Membership application

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

First Name:

Last Name:

Street:

City:

State:

Zip:

Birthdate:

Cell:

e-mail:

Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F

3. _____/_____/_____/_____/ M F

4. _____/_____/_____/_____/ M F

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

Initial:

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

Signature

Date

Mail this signed application and a signed check to:

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

Upcoming Events

| EVENT | DATE | TIME |
|--|-------------------|-----------|
| BTC Saturday Long and Moderate Run Groups | November 9, 2019 | 6:00 a.m. |
| BTC Executive Board Meeting (Vestavia Hills Library) | November 11, 2019 | 6:00 p.m. |
| BTC Saturday Long and Moderate Run Groups | November 16, 2019 | 6:00 a.m. |
| Blood Rock 100 Mile | November 22, 2019 | 2:00 p.m. |
| BTC Saturday Long and Moderate Run Groups | November 23, 2019 | 6:00 a.m. |
| City of Champions Half Marathon and 5K (Gadsden) * BTC DISCOUNT * | November 23, 2019 | 7:00 a.m. |
| Blood Rock 50 Mile | November 23, 2019 | 8:00 a.m. |
| Blood Rock 25K and 50K Trail Race | November 23, 2019 | 8:00 a.m. |
| Magic City Half Marathon, 5K and 1 Mile Run * BTC Discount * | November 24, 2019 | 8:00 a.m. |
| Turkey Trot for Hunger 5K Run (Chelsea) | November 28, 2019 | 7:30 a.m. |
| Cornerstone Ranch Gobble Wobble 5K Trail Run (Mount Olive) | November 28, 2019 | 8:15 a.m. |
| Sam Lapidus Montclair Run 10K, 5K and 1 Mile Fun Run | November 28, 2019 | 8:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | November 30, 2019 | 6:00 a.m. |
| Skinny Turkey 5K/10K (Boaz) | November 30, 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](#).