



USATRACK & FIELD

BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

December 2019 12



ADAM'S HEART RUNS

January 25, 2020

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PRESIDENT'S ADDRESS

By Scott Wood



Hello, fellow BTC Members!

11 months down and 1 month to go in the year of 2019 -- it's hard to believe another year is about to come to a close. The BTC and the Birmingham running community have been busy in lots of events, from races to weekly runs, to socials, it seems another event is always around the corner, which makes the calendar fly by! In November, we held the 45th running of the Vulcan Run 10K, a spectacular event and day for the Birmingham Track Club. Just last week, we were able to participate and/or cheer for one of our favorite home town races, the Magic City Half Marathon & 5K. Congratulations to so many of you on a great day of racing. From all of the reports I heard, there sure were lots of PR's set last week!

Just because the year is drawing to an end does not mean the fun stops! First up, we will be doing our Saturday Morning Long Run from the Bell Center in Homewood on **December 7** with post-run "Biscuits and Beverages" – thank you, Bell Center! Next, I hope all of you will join the BTC, along with our friends from The Trak Shak, on **December 24** for the Santa Shuffle Run. Watch for full details on the BTC and The Trak Shak social media pages. The BTC will be providing a full supply of coffee, eggnog, and snacks post run. And, to round out December, we will once again be at Red Mountain Park on **December 28** to participate in the 9th annual Resolution Run. This year's event will offer the traditional distance options. This is a great event for first time trail runners, as well as experienced ones. A portion of the proceeds will benefit Red Mountain Park. This really is a great way to get ready for the New Year. As always, our friends at The Trak Shak will be there (thanks for all you do for us throughout the year, guys and gals!)

Reminder: Be sure to put **January 18, 2020** on your calendar for the BTC Annual Party. We will once again be at Homewood's SoHo Social Restaurant. It is at this party that we recognize outstanding contributors to the BTC by way of the Dr. Arthur Black/Rick Melanson Award for Outstanding Member, and the Randy Johnson/Danny Haralson Award for Outstanding New Member. One of the highlights of the party is when we award the coveted 1200 Mile Club jackets to those BTC members who have achieved this milestone for the first time in 2019, as well as patches to repeat participants.

Last but not least, we will kick off our BTC Race Series on **January 25, 2020** at Oak Mountain State Park with the annual Adam's Heart Runs. Race Director extraordinaire, Lisa Booher, is getting everything ordered and ready -- see you there!

If you've been training for a race, here are a few of my favorites that will be coming up soon.

December 7	Race to the Courthouse 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
December 28	Resolution Run at Red Mountain Park
January 25	BTC Adam's Heart Runs
February 15-16	Mercedes Weekend

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

SAVE THE DATE

BTC ANNUAL PARTY



SATURDAY, JANUARY 18, 2020
SOHO SOCIAL

*Annual Meeting * Awards * Food, Drinks and FUN!*

2019 Officers



President

Scott Wood

president@birminghamtrackclub.com



Treasurer/Past-President

Monica Henley

treasurer@birminghamtrackclub.com
pastpresident@birminghamtrackclub.com



Vice-President

Hunter Bridwell

vicepresident@birminghamtrackclub.com



Secretary

Julie Pearce

secretary@birminghamtrackclub.com



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

Lauren Weber	parliamentarian@birminghamtrackclub.com
Alex Morrow	longruns@birminghamtrackclub.com
LaRonda Corrin	moderateruns@birminghamtrackclub.com
Dr. Cherie Miner	medical@birminghamtrackclub.com
Stephanie Drew	social@birminghamtrackclub.com
Jennifer Andress	marketing@birminghamtrackclub.com
Vicky Brakhage	membership@birminghamtrackclub.com
Sara Thompson	benefits@birminghamtrackclub.com
Bradley Wells	store@birminghamtrackclub.com
Julie Pearce	newsletter@birminghamtrackclub.com
Tabitha and	japan@birminghamtrackclub.com
Tommy Payson	
Addison Clowers	1200@birminghamtrackclub.com
Kim Benner	volunteer@birminghamtrackclub.com
Trish Portuese	historian@birminghamtrackclub.com
Keith Henley	finishline@birminghamtrackclub.com
Jamie Trimble	finishline@birminghamtrackclub.com
Dean Thornton	webmaster@birminghamtrackclub.com
Alan Hargrave	itchair@birminghamtrackclub.com
Charles Thompson	usatfrep@birminghamtrackclub.com

BTC Race Directors

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

Lisa Booher	adamsheart@birminghamtrackclub.com
Judy Loo	statue2statue@birminghamtrackclub.com
Hunter Bridwell	peavinefalls@birminghamtrackclub.com
Scott Wood	vulcan@birminghamtrackclub.com
Allison Stone	Vulcan Run Race Consultant

BTC Mission Statement

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

Contact BTC at:

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

Race Results

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



THE PHIPPY DIPPY AWARD

By Alan Hargrave

I'm sure that many runners are in mixed relationships – you know, the kind where you are a runner and your significant other is not. I happen to be in such a relationship. My wife is very supportive of my running, but I still catch the occasional good-natured barb over some of the crazy things this ~~hobby, fitness activity,~~ okay, obsession has led me to do. One of those crazy things is the pursuit of the Phidippides Award, which she has dubbed the Phippy Dippy Award. Given the number of ways I've seen "Phidippides" spelled, I can't say that I blame her for giving it a different name.

Most runners are aware of the story of Phidippides. As the Persians were landing at Marathon, Greece, he was dispatched by Athenian officials to Sparta. He covered a distance of about 150 miles in two days, arriving at Sparta during a festival. He had to wait until the end of the festival to return to Marathon, again covering the 150-mile distance in two days. Once back at Marathon, he fought a battle with the rest of the Athenians who won a decisive victory over the Persians. He was then sent to Athens, a distance of 26 miles, where he delivered news of the victory and promptly died. Whether or not the story is factual has been debated. Regardless, Phidippides has entered running lore as the archetypal endurance runner. The Phidippides Award honors this legacy.

How does one earn the Phidippides Award? It's actually easier than you might think. There are three basic criteria.

1. Join USA Track & Field

USA Track & Field (USATF) is the national governing body for track and field, long-distance running, and race walking in the United States. USATF provides the umbrella for a wide variety of services to the running community. One of the most notable is the certification of race courses. Every time you lace up your shoes for that weekend 5K, you know the distance is correct if it's a USATF certified course. Becoming a member of USATF helps support this and many other efforts. Individual memberships are currently \$30 per calendar year.

2. Be a Masters Runner

Phidippides was said to have been a courier, someone whose task was to run and deliver messages, and that he would have thus been a seasoned runner. This award is somewhat unique in that only runners at least 40 years old are eligible. This is one of those times where getting older has its benefits!

3. Run Races

This part is actually very easy. You see, it doesn't matter how you finish as long as you finish. Each race you complete earns points toward the award. Longer races earn more points than shorter races but every race counts. Earn enough points during a calendar year, and the Phidippides Award is yours for free. That's right, the award costs nothing! Here are the points you earn for each race distance:

Race Distance	Points
1 mile to 4 km	1
5 km to 5 miles	2
10 km to 15 km	3
10 miles to half marathon	4
25 km to marathon	5
Distances longer than marathon	6

Award Levels

There are three levels for the Phidippides Award – gold, silver, and bronze – that are differentiated by the number of points needed to earn the respective award. In addition, the number of points required reduces with age so older runners are required to earn fewer points to claim their award. Here are the points necessary to earn the award at each level.

Award Level	Required Points by Age		
	40-59	60-79	80+
Gold	30	24	12
Silver	24	18	6
Bronze	12	9	3

The Award

You've met the criteria. What do you get? The annual Phidippides Award is a handsome plaque that is about eight inches wide and six inches high. Your name and the award level are engraved on the plaque, making it a great addition to any trophy wall. As I've already mentioned, the award costs you nothing (other than your USATF membership and all those race entry fees but you were going to pay those anyway, right?). As soon as you've earned enough points during a calendar year, receiving the award is as simple as completing an online application where you provide links to online results so that your race participation can be verified. Awards are distributed quarterly throughout the year so you might have to wait a couple of months for yours to arrive but it's worth the wait. Note that you can only earn one award each year so if you're going for the gold, wait until you have enough points for that award level.

Repeat Awards

You can earn the Phidippides Award every calendar year as long as you accumulate enough points during the year. While a wall full of plaques is impressive, special recognition is available for five-year and ten-year award winners. If you qualify for the

CONTINUED ON NEXT PAGE

THE PHIPPY DIPPY AWARD

award for five years (they don't have to be consecutive) you may opt to receive the five-year crystal award in place of the usual plaque. This etched glass trophy is about eight inches in diameter and, like the plaque, is free. Your name is etched in the glass, making it a very beautiful award. A similar ten-year crystal award is available if you earn the award for ten years (again, the years do not have to be consecutive).

Alabama Award Winners

To date there have been 13 Phidippides Award winners in Alabama. Among those individuals, there are 28 gold awards, two silver awards, and six bronze awards. For the five-year award, three hearty Alabama souls have persevered to earn this one. Finally, the ten-year award is so new that only 36 have been awarded nationally – one of those in Alabama. I won't mention who in Alabama earned one but if you ask nicely, I'll be glad to show it to you.

Your Turn

As awards go, the Phidippides Award is easy to earn, especially for those masters runners who already are used to running several races each year. More information about the award is available on the [USATF web site](https://www.usatf.org/disciplines/road-running/phidippides-award) at the address below. I'd love to have more company on the list of local award winners so put on your racing shoes and go for it!

<https://www.usatf.org/disciplines/road-running/phidippides-award>



The annual Phidippides Award plaque measures approximately six inches by eight inches and has the recipient's name and award level etched into the plaque.



Earn the Phidippides Award for five years and you can opt to receive this eight-inch crystal award in place of the annual award plaque.



Earn the Phidippides Award for ten years, and an eight-inch crystal award like this can be yours.

5K, 10K, 10 MILE



January 25

9 a.m.

Oak Mountain

Presented by Birmingham Track Club since 1979.

Scan me



RESOLUTION RUN 2019:

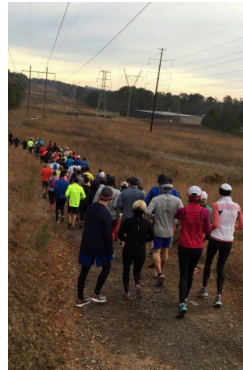
BTC Takes to the Trails!

By Lauren Weber, Resolution Run Race Director

The holidays are here, and it's time for the BTC to take it to the trails!

Red Mountain Park is a favorite spot for so many of our runners. The Resolution Run is our annual opportunity to give back to a park that welcomes all of our feet (and even some paws) to enjoy its trails year round. Never run trails before? This race is the perfect opportunity to try out some new terrain. Need to round out your miles for your year-end goal? You can choose between two distances to finish out 2019. Just started running and want to kick off 2020 with a bang? Welcome to the party. Let us show you why we love this sport so much.

Let's get together to celebrate all the miles we've shared this year! Join us on December 28 for one more run, one more party, and one more toast to you -- the runners who make this club so awesome!



1200 MILE CLUB

— OPEN ENROLLMENT IS HERE! —

It's not too late to sign up for the 2019 Edition of the 1200 Mile Club. Through December 8, BTC members can sign up, enter miles, and get rewarded for your accomplishments.

To sign up, click here: [BTC 1200 Mile Club Challenge](#)

Not yet a BTC member? [Join today](#), and then sign up for the 1200 Mile Club.

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Bryan Becker	Carla Davis	Tricia Kemper	Meghan Ralph
Alexis Brakhage	Margaret DeHaye	Carolyn Kezar	Jeff Ray
Joseph Brakhage	Jennifer Dunn	Tyler Lahti	Jennifer Ray
Vicky Brakhage	Mark Erdberg	David Moser	Lyndsey Robinson
Michael Brown	Lorin Etkin-Shepherd	Tamara Moser	Cindi Routman
Theresa Burst	Winston Frederick	Darrell Murphy	Bruce Sargent
Colleen Capper	Laura Gilmour	Harris Nickoles	Casey Simmerman
William Andrew Channell	Avery Holland	Ricky Nickoles	Gary York
LaRonda Corrin	Matt Holland	Sarah Nickoles	
Roger Corrin	Missy Holland	Kristie Northern	
Michael Daffinson	Chris Holmes	Adele Pitts	

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:

- **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
- **Birmingham Wine 10k** in Homewood, AL - Saturday March 7, 2020: 10% off
- **BHM26.2 2020** in Birmingham, AL - Sunday April 19, 2020: 10% off

EVERY MILE I'VE EVER RUN

(and Other Poems)

By Nicolette Patrick

Photographs courtesy
of Carson Redwine

The following are poems written by Nicolette Patrick while training for a marathon in December 2019.

The Wheelhouse

*Like a captain of a ship
With his windy skies and high sails*

*I am settled
In the morning
In the village
On the trail
On the road
With my fleet
With our feet*

*Like a wheel in its house
Ready to roll*

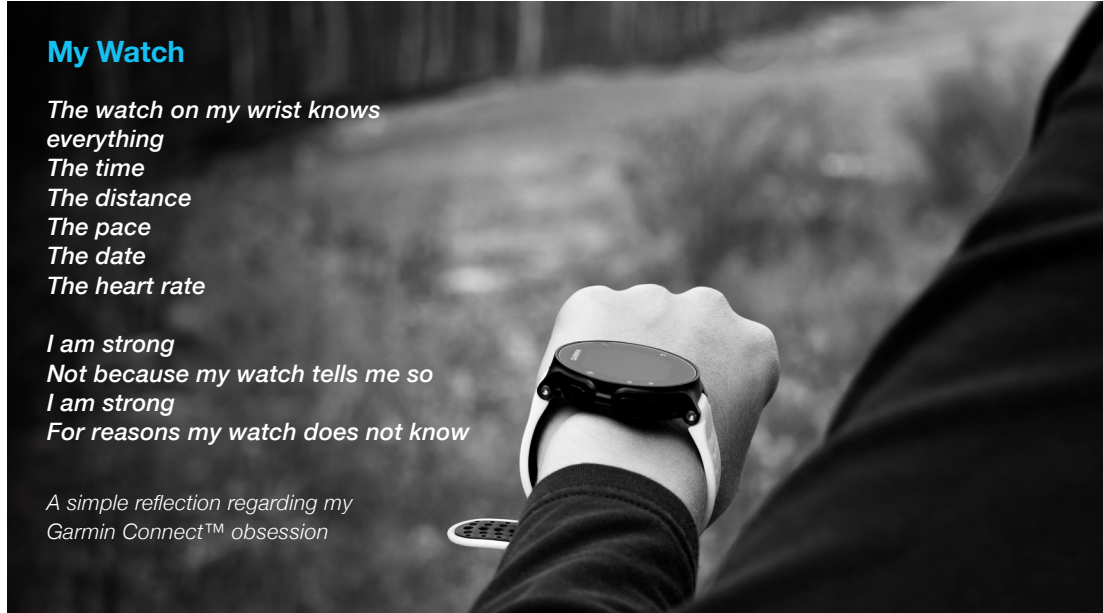
"The Wheelhouse" is a poem about the word "Wheelhouse" -- defined as "a place or situation in which one is advantageously at ease."

My Watch

*The watch on my wrist knows
everything
The time
The distance
The pace
The date
The heart rate*

*I am strong
Not because my watch tells me so
I am strong
For reasons my watch does not know*

*A simple reflection regarding my
Garmin Connect™ obsession*



Every Mile I've Ever Run

*No matter what I am
tired
sad
broken
mad
No matter what I am
I will never look a mile in the eye and
say
I wish I never ran you
Every mile I've ever run
Was at least a small coin
In my growing fortune*

This poem is about long summer runs of excessive mileage. I wrote this after I invented the term IDD: Impulsive Distance Decisions.



Socks

A small joy

*Under my beaten shoes
they have hit the road
So many times
For so many days*

*When I remove them
Sometimes I see
the sun's rays
A kitten that plays
African greys
Injinji
Pro compression.*

"Socks" was written during my discovery of running socks with various fun designs (or serious solid colors).

EVERY MILE I'VE EVER RUN

(and Other Poems)

Ice Cream

*I love running
It takes me where I want to go*

*To a place
or
To a race....*

*When I finish my miles for the day
I think of where I wanted to go
There's an ice cream place on the way
I love ice cream*

A simple poem about my love for ice cream after running. Or any time!

The 26.2 sticker

*You see an
ugly
pink
sticker
on the tail of my car
But what lays behind that sticker goes
back very far*

A poem written in response to the "they are so tacky!" comments about 26.2/13.1 stickers.



My Club

*When I accept my medal
At the finish line
I will be thinking
Of the person
who put
gummies
at the waterstop
Those painful miles
Fell into place
Because of you
You are a member of
An even greater
COMMUNITY*

This poem was written about a potential "long run gone wrong" saved by solid water stop. "Community" refers to the Birmingham Track Club.

Marathon Girls

*There is immense power
In a group of loud women
At 7:00 AM
On the road
Stopping for water
About to take the next step
Towards their revolutionary
accomplishment*

I wrote this poem about the group of girls I ran with on Saturdays while they were training for the New York City Marathon and I was training for the Rocket City Marathon.

The History of Running

*When people ask me
Why did you choose to run a marathon?
I remember my mentors
Who crossed their own finish lines
before me
Those are my founding fathers
Who laid the framework in front of me*

I wrote this poem in honor of all the people who inspired me to run a high magnitude race.



About the Author

Nicolette Patrick is a senior at Hoover High School. Although she does not know what college she will attend this fall, she is very busy making that decision! Nicolette is wrapping up her training for the Rocket City Marathon this December, and she is very excited to run her first marathon. She plans to enjoying her freedom for a few weeks after the race until it's time for the Mercedes Marathon Weekend. When Nicolette isn't running, writing, or applying to college, she definitely can be found relaxing with a good smoothie.

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:

New Warnings for an Old Drug

By Gina Heilman, 2022 Pharm.D. Candidate and Kim Benner, Pharm.D.

With cold and flu season in full swing, it is important to be an informed patient, especially if your healthcare provider prescribes medications, particularly antibiotics.



Fluoroquinolone antibiotics? What are those?

Fluoroquinolones (FQ) are a type of antibiotic used to treat or prevent many types of bacterial infections. This class of antibiotics is available by prescription only and they work by killing or stopping the growth of illness-causing bacteria. FQ are commonly prescribed to treat respiratory infections such as pneumonia and urinary tract infections (UTIs). Although FQ antibiotics have been used safely for many years, the Food and Drug Administration (FDA) has recently strengthened the warnings for use of this medication. Just last year (in July 2018), the FDA updated the drug's warnings about the risk of mental health side effects as well as changes in blood sugar. In December 2018, the warnings were updated again stating that there is an increased risk of tearing or rupturing the major blood vessels in certain patients. Despite the fact that all medications come with some type of risk or certain side effects, it's important for patients to know about them if prescribed an FQ antibiotic.

So, what do I need to know?

The biggest takeaway for active people is the risk of tendon ruptures while taking an FQ. Although the risk is relatively rare, there is an association between FQ and tendonitis, especially in people ages 60 and up. Often times, a health care provider will prescribe other medications in addition to an antibiotic such as a steroid (corticosteroids like prednisone and others) which increases this risk. To avoid the risk, it is recommended to limit physical exercise

while taking FQ antibiotics, which may be challenging for many of us! If you choose to exercise and experience signs of tendonitis like pain, swelling, tenderness, stiffness, or difficulty moving a muscle, it's important to rest, and contact your health care provider immediately.

Another key point to be aware of is that FQs can cause nerve damage called peripheral neuropathy. Peripheral neuropathy means there is some kind of damage to the nerves that are responsible for sending information to and from the brain and the rest of the body. Symptoms of nerve damage can vary depending on what type of nerve is affected. Some common symptoms of neuropathy include numbness, tingling, burning, or shooting pain generally in the arms or legs. These signs of peripheral neuropathy can begin typically within a few days of starting an FQ, contact your health care provider immediately if you develop any of these symptoms.

In recent updates, the FDA made changes for the labeling of FQs regarding mental health side effects. These side effects were previously grouped with other central nervous system side effects, but they are now required to be listed separately. The mental health side effects that are included in the labeling with all FQs include: disturbances in attention, disorientation, agitation, nervousness, memory impairment, and delirium. Additionally, the FDA now requires FQ labeling to include the potential risk of coma with low blood sugar (hypoglycemia) due to instances where FQ users experienced significant decreases in blood sugar.

MEDICATIONS AND MILES:

New Warnings for an Old Drug

The most recent update in December 2018 included a rare but serious risk of tears or ruptures in the aorta, which is the main artery of the body. These tears or ruptures can lead to dangerous bleeding or even death. You may be at increased risk if you have a history of blockages in blood vessels, high blood pressure, certain genetic disorders involving blood vessel changes, and the elderly. FQs should not be used in patients that are at increased risk unless there is no other treatment option available. If you are prescribed an FQ and you experience sudden, severe, and constant stomach, chest, or back pain, seek medical attention immediately.

All medications come with warnings of risks and side effects. There are certain bacterial infections where the benefits outweigh the risks of those side effects; that is why FQs remain an important treatment option. Some common side effects to be aware of while taking an FQ include nausea, diarrhea, headache, dizziness or lightheadedness, and trouble sleeping. If you are prescribed an FQ antibiotic, be sure to inform your doctor of your physical activities beforehand and complete the course of antibiotics, do not stop taking the medication without talking to your health care provider first. The FDA encourages patients and health care providers to report side effects to the FDA's MedWatch Program by calling 1-800-332-1088.

It is always very important to complete the entire course of antibiotics that your health care provider may prescribe even if you feel better; doing so will support your body's ability to get rid of an infection. Taking the antibiotic as prescribed can get rid of the infection quicker, which can have you on your way back to your desired level of fitness. Be aware of all potential side effects, and let your health care provider know of any side effects you may experience in case there is another treatment option for you.

FDA Approved Fluoroquinolones

Brand Name	Generic Name
Avelox	moxifloxacin
Baxdela	delafloxacin
Cipro	ciprofloxacin
Factive	gemifloxacin
Levaquin	levofloxacin
Ofloxacin	ofloxacin

References:

FDA updates warnings for fluoroquinolone antibiotics. U.S. Food and Drug Administration. <https://www.fda.gov/news-events/press-announcements/fda-updates-warnings-fluoroquinolone-antibiotics>. Published July 26, 2016. Accessed June 17, 2019.

van der Linden PD, Sturkenboom MC, Herings RM, Leufkens HG, Stricker BH. Fluoroquinolones and risk of Achilles tendon disorders: case-control study. *BMJ*. 2002;324(7349):1306–1307. doi:10.1136/bmj.324.7349.1306

Miller K. Fluoroquinolone Antibiotics Linked to Serious Nerve Damage. WebMD. <https://www.webmd.com/brain/news/20130826/fda-strengthens-fluoroquinolone-warning>. Published August 27, 2013. Accessed June 17, 2019.

FDA updates warnings for fluoroquinolone antibiotics on risks of mental health and low blood sugar adverse reactions. U.S. Food and Drug Administration. <https://www.fda.gov/news-events/press-announcements/fda-updates-warnings-fluoroquinolone-antibiotics-risks-mental-health-and-low-blood-sugar-adverse>. Published July 10, 2018. Accessed June 17, 2019.

FDA warns about increased risk of ruptures or tears in the aorta blood vessel with fluoroquinolone antibiotics in certain patients. U.S. Food and Drug Administration. <https://www.fda.gov/drugs/drug-safety-and-availability/fda-warns-about-increased-risk-ruptures-or-tears-aorta-blood-vessel-fluoroquinolone-antibiotics>. Published December 20, 2018. Accessed June 13, 2019.

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 FOR 2020

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

TherapySouth has greatly enjoyed spending 2019 with the Birmingham Track Club. We have seen so many members through various races, socials and therapy needs. We look forward to 2020, and we hope you and your families enjoy the Holiday Season. Before you begin 2020, here are 20 things to consider for the New Year, based on feedback and questions we have received from our patients and clients.

1. Why do you run that way? Is there a better way?
2. Stretch your calves.
3. Stretch your hip flexors.
4. Ice, Ice, Baby!
5. Do a dynamic warm-up rather than a static stretch before a race.
6. Make sure the shoe fits!
7. Consult professionals, not just social media experts.
8. Don't wait! If it hurts, get answers.
9. Don't just take Advil to fix your aches and pains.
10. Avoid the excuse "I don't have time!" If it is important to you, you will make time.
11. Resistance training! 33% of your muscle mass will atrophy by age 70 if you don't train appropriately. (See the Research).
12. Lacrosse Balls, RockTape, Hypervolt, the Stick, the Wand, the Tiger Tail... They all work.
13. Alter-G treadmill are the bomb for stress fractures.
14. Sleep. Everyone needs more (it's the not-so-secret, secret weapon).
15. Hydration. Lack of it can lead to injury.
16. Your IT band is not the problem; it is weakness in your hip (Glute Med and TFL).
17. Spending money on a running coach is money well spent.
18. Pushing through it will lead to your body pushing back.
19. Running with a group is more fun than struggling by yourself.
20. Birmingham Track Club is awesome.

From our TherapySouth Family to yours, Happy Holidays!

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

205-783-5270



**Join your friends from
the BTC and Trak Shak
for the Santa Shuffle!**

**THE TRAK SHAK HOMEWOOD
DECEMBER 24, 2019, 8:00 AM**

- ❖ Prizes for the "best" tacky costume
- ❖ Donations accepted for Firehouse Shelter
- ❖ Watch your email for details!

* Offered by Trak Shak
* Music and More

RRCA UPDATE

By Alex Morrow, RRCA Alabama State Representative



We are in the heart of the RRCA Alabama State Championship season, and it has been a great one so far. The BTC's very own Vulcan Run served as the 10K championship, and it was another fantastic event! Just two weekends ago, the Blood Rock 50K at Oak Mountain was held as the RRCA Ultra-Marathon event, and even with the rain, everyone had a blast. Thanksgiving weekend gave us the Kaiser Coastal Half Marathon, which is

the RRCA Alabama Half Marathon State Championship, and it was awesome! It is hard to go wrong with a race at the beach. The fun is not over just yet, however. On **December 14**, join us in Huntsville for the Rocket City Marathon, this year's RRCA Alabama State Marathon Championship. Whenever you see an RRCA designation on a race, you know it will be a great event!

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	1,532
Alexander, Jessica	1	1,344
Anderson, Kerri	3	1,149
Armstrong, Thomas	3	743
Austin, Andrea	1	0
Baggett, Christopher	1	1,150
Barnes, Jimmie	5	1,504
Bartee, Samm	3	1,090
Bayush, Tori	R	1,012
Beasley, Cathy	2	0
Beck, Donald	R	0
Belcher, Michelle	6	724
Bellew, Bobby	R	1,055
Benner, Kim	7	1,407
Bensinger, Cole	R	1,180
Benson, wayne	5	1,160
Bishop, Natalie	1	1,455
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	1,668
Bookout, Jason	R	1,181
Bookout, Kimberly	R	1,029
Bowman, Bill	R	920
Bowman, Brian	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	915
Bradley, Amanda	2	1,956

Participant	Years	Total
Brakhage, Victoria	3	1,219
Bridwell, Hunter	1	172
Brown, Charlie	7	578
Brown, Dana	R	0
Brown, Michael	4	0
Brown, Sean	4	961
Brown, William	R	0
Bryant, Jason L.	R	510
Burks, Ross	2	1,053
Burton, Daniel	1	1,655
Burton, Kelsey	1	477
Caine, Lawrence	1	839
Callahan, Ali	R	313
Callahan, Chris	2	982
Callahan, Noah	R	276
Callahan, Rachel	4	1,059
Calloway, Mariel	R	1,028
Carey, Christopher	6	1,546
Carlton, Bob	4	1,049
Carter, Adrienne	2	795
chandler, teresa	9	1,189
Clay, Brad	12	1,583
Cleveland, Jeff	3	1,371
Clevenger, Caitlin	R	413
Cliett, Stephanie	4	1,120
Clowers, Addison	4	678
Coffin, Diane	R	306
Coffin, Hannah	2	1,838
Coleman, Tim	1	1,099
Collins, Helen	2	731
Corrin, LaRonda	R	909
Corrin, Roger	2	1,000

Participant	Years	Total
Cowart, Britney	1	1,071
Crain, Teresa	2	0
Cramer, Robyn	R	298
Cramer, Steve	R	560
Crawford, Allen	3	639
Creel, Mary	1	1,177
Criswell, Mark	R	412
Croker, Jennifer	1	1,186
Crowson, Bill	3	1,106
Crowson, Madeline	R	0
Crumpton, Melinda	R	0
Culver, Wendi	1	1,433
Cutshall, Hannah	1	1,086
Darnall, Betsy	R	0
Davidson, Dow	2	1,481
Davidson, Jen	R	0
Davis, Carla	R	0
Denton, Matt	7	1,818
Dixon, Charles	R	213
Dixon, Jonathan	1	525
Dodson, Brooke	4	1,908
Donnelly, Kevin	R	1,019
Dorman, Evan	1	385
Dowling, April	1	77
Duke, Cindy	4	1,281
Dunn, Jennifer	R	1,003
Elcott, Michael	R	345
Elkins, Sydney	1	0
Estes, Cameron	1	1,247
Estrada, Steven	1	1,607
Evans, Debbie	5	996
Ferlitto, Cindy	1	712

1200 MILE CLUB

Participant	Years	Total
Fontenot, Misty	2	951
Franklin, Rebecca	R	345
Franklin, Shane	7	1,019
Frederick, Winston	11	1,277
Freeman, Sheila	2	1,105
Friday, Tanna	R	479
Gann, Michael	7	0
Gerlach, Kim	R	0
Gibson, Katie	1	903
Goode, Johnny	11	1,438
Goss, Ange	1	779
Grady, Carla	R	1,024
Graham, Ryan	R	885
Grall, Jeremy	1	1,262
Grammas, Marianthe	3	1,961
Gray, Caleb	R	1,033
Greene, Michael	1	888
Griffin, Robin	R	672
Grossmann, Christopher	8	1,315
Gullapalli, Satya	3	1,196
Hackney, Aimee	R	1,012
Haley, Jay	4	1,375
Hall, Thomas	1	289
Haralson, Danny	10	952
Haralson, Micki	11	1,370
Hargrave, Alan	12	1,247
Harris, Ashley	1	136
Harris, Skip	1	0
Harris, Vickie	2	0
Harrison, Lisa	7	1,160
Harry, April	1	915
Henley, Monica	5	363
Henninger, Alison	4	1,127
Hetherington, Karyn	R	1,130
Hill, Tucker	2	70

Participant	Years	Total
Hogue, Kari	R	45
Holcomb, Zachary	2	1,215
Holland, Skylar	1	1,108
Hollington, Kasey	1	981
Hoover, Alison	7	0
Hopper, Whittley	2	1,206
House, Beth	5	623
Hubbard, Stephanie	1	0
Hudson, Temeka	R	0
Ingram, Joseph	6	52
Izard, Georgia	3	968
Izard, Melody	3	261
Janowiak, Desirae	R	1,052
Jenkins, Kaki	6	1,374
Jenkins, Michael	R	494
Johnson, Kawitta	1	467
Johnston, Emily	R	1,003
Johnston, Latta	2	1,031
Jones, Allen	R	1,130
Joseph, Jeremy	R	0
Kazamel, Mohamed	2	1,461
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	2,134
Kulp, Loren	4	1,207
Lahti, Tyler	3	1,522
Laird, Audrey	5	1,448
Lancaster, Jeff	R	0
Langston, Aaron	4	1,120
Langston, Richard	6	763

Participant	Years	Total
Lawhorn, Joseph	R	1,059
Lea, David	R	981
LeCroy, Sarah	3	1,478
Lee, Brian	1	1,853
Litz, Matthew	2	1,279
Love, Thomas	1	325
Lyda, John	R	1,180
Lyle, Randy	11	2,279
Lyles, Chris	1	0
Malick, David	5	1,056
Mathews, Skip	R	874
McComb, Morgan	R	703
McKinney, Margaret	R	185
McNair, Kelly	5	0
McNutt, Janie	R	1,103
Merry, Vicki Sue	7	1,704
Miller, Joshua	R	1,098
Moore, Phillip	R	0
Morgan, Anne	R	761
Morgan, Cary	9	3,025
Morgan, Danielle	5	591
Morgan, Phillip	8	767
Morris, Phil	R	166
Morrow, Alex	7	1,095
Moser, David	R	1,031
Moser, Tamara	R	0
Mount, Brian	2	1,132
Murchison, Reginald	6	1,825
Myers, Frank	R	0
Napolitano, Angela	R	15
Ness, Andrew	R	0
Northern, Kristie	10	1,296
Norton, Laura	1	1,672
Oehrlein, Kimberly	R	179
Oliver, John	4	1,116

1200 MILE CLUB

Participant	Years	Total
Orihuela, Carlos	1	1,186
Ortis, Ellen	1	1,278
Padgitt, Scott	1	821
Palmer, Irma	R	0
Parks, Charlie	6	1,698
Patel, Lisa	R	95
Patrick, Nicolette	1	1,286
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	1,062
Pegouske, Stacie	1	1,051
Plante, David	7	1,226
Poh, James	1	1,289
Poole, Greg	1	1,028
Powell, Shane	1	1,704
Ralph, Meghan	4	1,079
Rawson, Brent	1	1,056
Renfro, Jeff	R	1,196
Reynolds, Dewelena	R	583
Richey, Lori Beth	1	1,165
Richie, Melissa	R	916
Ritchie, Joseph	2	1,798
Ritchie, Lauren	1	1,710
Roberson, Kevin	4	1,090
Roberts, Fletcher	4	584
Robertson, M.C.	R	398
Robinson, Melany	R	553
Robinson, Rod	R	70
Rodgers, Jeffrey	1	1,158
Rodgers, Jessica	R	601
Roper, Lynn	2	783

Participant	Years	Total
Rose, Billy	5	2,327
Ross, Christy	R	1,134
Rosser, Joey	3	1,343
Routman, Cynthia	1	807
Rowell, Taylor	1	474
Rutherford, Keith	12	1,503
Rutledge, Lisa	4	1,430
Ryan, Meaghan	4	1,223
Sanders, Gwendolyn	R	960
Sargent, Bruce	R	1,031
Seeley, Mimi	R	285
Senseman, Austin	R	523
Shaffield, Danny	6	1,609
Sherer, Jeremy	2	1,112
Shinn, Ronald	6	944
Shoaf, James	1	717
Sides, Dean	3	648
Silwal, Suman	8	932
Simpkins, Randall	1	959
Simpson, Kevin	6	3,187
Sims, Kelly	R	1,198
Sims, Robert	6	1,235
Slemmons, Kent	R	610
Sloane, Mike	3	1,051
Smith, Jerry P.	11	1,068
Smith, Justin	R	51
Smith, Marie	R	697
Snow, Sheri	3	0
Soileau, Chester	2	1,250
Sparks, Jessica	R	551
Stevens, Johnathon	3	1,671
Stewart, Chappell	R	715
Stewart, Zeb	1	935
Stockton, Rick	11	1,182
Stone, Amy	R	890

Participant	Years	Total
Swiney, Elana	R	221
Talley, Beau	7	1,377
Talley, Shellie	2	0
Thomas, Eric	5	1,015
Thompson, Sara	2	1,263
Thornton, Dean	6	376
Tibbs, Seth	1	840
Townes, Janelle	1	1,050
Trimble, Jamie	5	1,463
Varnes, Vickie	6	1,745
Waid, Jr, David	2	1,770
Wall, Ron	5	864
Watters, Ana	R	958
Watters, Robert	5	1,351
Weaver, Melissa	R	0
Weber, Amy	1	1,050
Weber, Lauren	1	0
Weeks, Lance	2	721
Wells, Bradley	3	0
Wende, Adam	5	2,089
Wieberg, Deb	R	32
Wilhite, Thomas	3	980
Williams, Shaunda	R	894
Williamson, Chad	4	182
Williamson, Rebecca	R	932
Wilson, Darren	R	1,020
Windle, Dale	4	383
Wiseman, Steve	5	1,374
Wood, Scott	3	946
Woody, Bill	11	1,223
Worthington, Charles	R	79
Wright, Amy	2	347
York, Gary	6	1,697
Zajac, Jason	1	1,529
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!](#)



FEETS OF STRENGTH

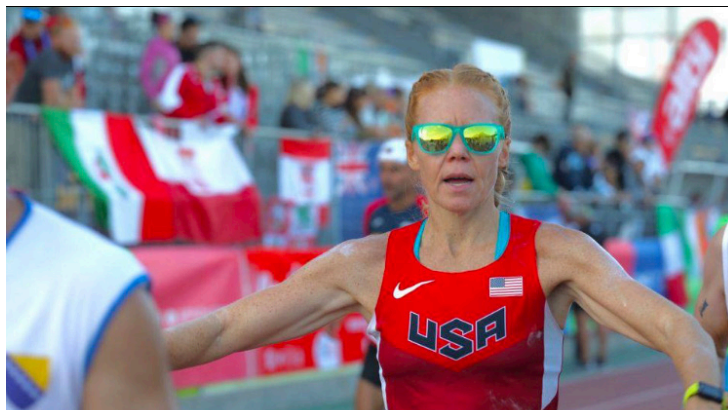


One of the very best parts of running is the support we receive from other runners, whether we've just completed our first mile, our first race, or logged a PR. And while many of us may never win a major race (and may not even care to do so), I bet all of us have been encouraged by our fellow runners to keep pushing, keep training, and most importantly, to keep running! Here are a few recent accomplishments ones to celebrate...

We are so thrilled for **Micah Morgan** who recently traveled to Albi, France to compete in the 24-Hour World Championship. Named as an alternate for the U.S. Women's Team, Micah's incredible finish has made her a force to be reckoned with on the international stage. Not only did she finish as the 8th overall woman (and 3rd American woman), running an impressive (though that word doesn't seem adequate) 9:44 pace per mile over the 24-hour race, Micah also logged a PR distance of 148.69 miles. Congratulations, Micah – you are a true rock star!

Congratulations to Birmingham running legend, **Al DiMecco**, who recently celebrated the 40th anniversary of his first marathon, the Birmingham News Vulcan Marathon (during which he ran a 3:14, I might add). Al has completed an amazing 153 marathons and ultras thus far in his career – he truly is an inspiration to all of us.

Alan Hargrave recently competed in his first ever 24-hour race at the Endless Mile in Alabaster, October 18-19. Alan completed 74.592 miles to finish 4th overall, along the way setting not one but three new Alabama state records for his age group for distance covered in 6 hours, 12 hours, and 24 hours. Way to go, Alan!



Micah Morgan (photo credit: Iron4Ultra)



Al DiMicco and his first marathon medal



Mark Pevy and Alan Hargrave at the Endless Mile

Pictured with Alan is **Mark Pevey**, who also ran the 24-hour race. Alan and Mark were members of a relay team that finished second in the relay division. Congratulations to the team!

And last but not least, congratulations to **Travis Cameron**, who was the 1000th registrant for the Vulcan Run (and the winner of a won a gift card from The Trak Shak). Hope you enjoyed the race and your gift card, Travis!

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

BTC EXECUTIVE BOARD MEETING

November 19, 2019

Attendance: Kim Benner, Vicky Brakhage, Alan Hargrave, Monica Henley, Julie Pearce, Jamie Trimble, Scott Wood

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

The minutes of the October 2019 meeting were approved unanimously, on Alan's motion, as seconded by Vicky.

IT Administrator (Alan Hargrave)

Travis Cameron was the 1,000 registrant for Vulcan Run and won a gift card from the BTC. Alan will provide a photo to Julie for the newsletter.

Alan needs dates and all other details to set up all BTC races in RunSignUp. Alan distributed a BTC Race Worksheet detailing prices and registration dates for our races. After discussion, the consensus is that we do not need to raise prices on race fees, although we need to talk with Lisa about standardizing prices for the different race distances for Adam's Heart. We do need to finalize a date for the Vulcan Run; November 7, 2020 appears to be the best date.

RunSignUp is implementing an automatic sales tax feature that soon will apply in Alabama. RunSignUp will add, collect and remit the sales tax; the BTC will not need to do anything else in that regard.

Resolution Run (Scott Wood for Lauren Weber)

Lauren has agreed to be the Race Director for the Resolution Run, which will be held on December 28, 2019, 8:00 a.m. She will plan a 15K and 5K routes.

Alan will need to know the race fees so he can set up the race in RunSignUp.

Scott has talked with Jeff Martinez about shirts. We will likely print a set number and the first to pick up will receive shirts. We do not plan to time the race, but Jeff can bring his clock.

The BTC likely will need to staff a registration table and sell merchandise. Kim will talk with Lauren about this.

Past President (Monica)

We need to solicit nominations; we will run something in the newsletter to solicit interest and/or send a member email. Monica will convene a nominating committee.

Treasurer (Monica)

The BTC has \$50,000 in the bank at this time. Vulcan Run yielded a strong profit this year. This is attributed to additional sponsorships and increased registration numbers. We were also able to trim expenses in several areas.

2019 Vulcan 10K Recap (Scott Wood)

The race went well. We were able to secure police services at a significant discount and had better control over costs this year. Jeremy did a good job as race manager.

Monica made a motion to give a \$1,000 donation to Vulcan Park from Vulcan Run proceeds. Vicky seconded the motion, and it was approved without opposition. This donation covers 2018 and 2019.

Monica made a motion to give a \$1,000 donation to GOTR. Kim seconded the motion, and it was approved without opposition. This donation covers 2019.

Newsletter (Julie Pearce)

Deadline for December issue is Friday, November 22.

Finish Line Crew (Jamie Trimble)

Scott suggested we purchase some additional tables and some bags for our flags (the old bags are in rough condition)

2020 Adam's Heart (Scott Wood for Lisa Booher)

See handout from Lisa Booher regarding her proposed itemized budget of \$7,120, which is similar to last year's budget. Vicky made a motion to approve the budget as submitted; Monica seconded, and the motion was approved without opposition.

Long Run Committee (Scott Wood for Alex Morrow)

We will hold our long run from the Bell Center on December 7. The Bell Center will sponsor refreshments. Scott will coordinate newsletter content with Robin White.

Membership (Vicky Brakhage)

945 members; 742 memberships.

2020 Annual Party (Scott Wood)

Consensus was to go back to SoHo Social. Possible dates are January 18 or January 25. Traditionally, we have charged \$25 per person, with a \$15 discount for members. Scott will work on details.



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	December 7, 2019	6:00 a.m.
St. Jude Memphis Marathon, Half Marathon, 10K and 5K (Memphis)	December 7, 2019	8:00 a.m.
Buts Bearly Ultra	December 7, 2019	8:00 a.m.
BTC Executive Board Meeting (Vestavia Hills Library)	December 9, 2019	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	December 14, 2019	6:00 a.m.
Rocket City Marathon, Half Marathon and Marathon Relay (Huntsville)	December 14, 2019	7:00 a.m.
Candyland Christmas Half Marathon and 5K (Andalusia)	December 14, 2019	7:30 a.m.
Jingle Bell 5K Run/Walk for Arthritis	December 14, 2019	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 21, 2019	6:00 a.m.
Meadow Brook Runs 5K and 1 Mile	December 21, 2019	9:00 a.m.
Santa Shuffle (The Trak Shak)	December 24, 2019	8:00 a.m.
BTC Resolution Run	December 28, 2019	TBA
BTC Saturday Long and Moderate Run Groups	January 4, 2020	6:00 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](#).