

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

www.birminghamtrackclub.com
www.myspace.com/birminghamtrackclub

BTC



THE VULCAN RUNNER

VOL. 34

★ FEBRUARY 2010 ★

ISSUE 1

BTC ANNUAL PARTY

CLUB CELEBRATES ANOTHER GREAT YEAR



Meredith Farrell and Jerry Smith, co-recipients of the 2009 Dr. Arthur Black / Rick Melanson Service Award.

— By Michele Parr

Live music, dancing, and plenty of food and drink highlighted the club's annual meeting and celebration on January 22nd at The Lodge in Vestavia.

After a few tunes by **Hash Brown** and a chance to enjoy the food provided by **Around Town Catering** (also a Vulcan Run sponsor) and a drink or two, the business meeting was called to order. The recommended slate of officers was presented, and **Past-President Mark Baggett** called for any additional nominations from the floor. When there were none, a motion was made and seconded that the slate be accepted by acclamation, a motion that carried. For a second consecutive year, the officers of the Birmingham Track Club are **Johnaca Kelley** (President); **Tim O'Brien**, (Vice President); **Brad Clay** (Secretary); and **Debbie Cleghorn**, (Treasurer).

The meeting continued with the presentation of awards. The **Arthur Black/Rick Melanson Award**, the most prestigious award bestowed by the club, went to **Jerry Smith** and **Meredith Farrell**, after a tie vote. Each of these members has provided significant service to the club.

Jerry Smith has been instru-

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BTC PARTY <continued from Page 1>

mental over the years in recruiting new members to the BTC through his work with the Couch to 10K program. He has consistently volunteered for the Vulcan Run, the BTC booth at the Mercedes expo, as a leader for group runs, quietly assisting wherever he is needed.

For over three years **Meredith Farrell** has been organizing the Saturday morning long run training group that has helped dozens of runners achieve new goals. Anyone who asks to be included in this group is welcomed, and she cheerfully plans routes and start times to meet the race schedules and the preferences of everyone in the group and even polls the group to select at least one destination race per year. Got runners training for different distances and different race dates? No problem. Got runners wanting to start at different times? No problem. She continues to do this year after year despite the whining of cranky runners.

The **Randy Johnson Award**, an award presented to a newer BTC member, was presented to **Cathy Colburn**. Cathy has been in charge of Vulcan Run registration for the past two years and served in a similar capacity for the inaugural Run for Wishes. If that's not enough to warrant an award for service to the club, she donated the wine for the annual party.

RRCA volunteer awards were presented to **Jerry Smith**, **Micki Haralson** (social chairman and race director for Run for Wishes), and **Debbie Cleghorn** (treasurer) for the many hours of service they have provided to the club.

Race Director recognition awards were presented by **Rick Melanson** to the directors of all the BTC races.

Awards for those participating in the **1200 Mile Club** were available at the party, jackets for new members and patches for repeaters. (See attached list of those completing the requirements and **Page 13** for details on how to participate in 2010.)

A few lucky members walked away with door prizes provided by our generous sponsors.

Snap Fitness of Vestavia and Highland Park (owner Lee Pearce) gave 3 months free enrollment certificates to the gyms and will be partnering with us to work the Mercedes water stop.

Intuitive Touch Massage (owner Pam Parsons) gave certificates for LaStone Massages, over \$100 value. She also will partner with us to work the Mercedes Expo BTC booth, and she coordinated the massage volunteers for Vulcan Run 2009. **Cynthia J. Harris** also donated massage certificates and works in the same building as Intuitive Touch. She ran Vulcan and then provided massages after the run as a volunteer.

Carport Crossfit, (Amber Hill, partner) provided training certificates and an energy drink gift pack. They are a gym in Irondale that offers a training program/group classes beyond the do-it-yourself gym.

Trak Shak donated certificates for new running shoes, a \$110 value.

Scott Smith with **Birmingham Coca-Cola**

BTC PARTY <continued on Page 4>



(L to R) Tim O'Brien, Gina Burton, Derek Wilcox and Susan Chandler.



Johnaca Kelley (far left) and Susie Mac (far right) with Cathy Colburn, winner of the Randy Johnson award, and Jerry Smith, co-winner of the Arthur Black/Rick Melanson award.



Mark Baggett and guest Madeline Bingham.

PHOTOS OF DUVERGNE DUFFEE

BTC NEWEST MEMBERS

**Those who've joined
since December 2009**

David & Elisabeth Welbourne
Christopher Chapman
Molly & Blain Harrison
William Kirby
Brad Creed
Jon Sands
Shilonqua Lee
Rachel Eidson
Julia Martin
Ronald Shinn
Sara Taylor
Leigh Miller
Lisa Randall
Renee Johnson
Russell McCarthy
Hannah Pate
Sharon Gilliland
Cheryl & Nate Ross
Angela Thornhill
Amber Hill
Sean Mager
Paul Vilord
Alexandra & Daniel Ferretti
Matt Livengood

**Total Active Members
755**

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1/5 page – \$15
1/2 page – \$50
1/4 page – \$25
Full page – \$100

*Advertisers who pay for an entire year in advance will get 12 months for the price of 10 months (ex. a Full page for 12 months would cost \$1,000, instead of \$1,200).

Deadlines are the 1st of each month for the following month.

To place an ad or for more info:
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2010 Officers



President
Johnaca Kelley
btcpres09@gmail.com
(205) 540-1372



Vice President
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timoalabama@aol.com
(205) 612-8780



Secretary
Brad Clay
bradclay@aol.com



Treasurer
Debbie Cleghorn
Dwcleg@live.com



Past President
Mark Baggett
btcpresident07@gmail.com
(205) 422-7055

BTC Committees

Build A Better Club	Susan McCullum	babc@birminghamtrackclub.com	(205) 368-5058
Historian	Arthur Black	historian@birminghamtrackclub.com	(205) 822-1993
Marathon Coach	Al DiMico	262coach@birminghamtrackclub.com	(205) 822-0499
Marketing	Micki Haralson	marketing@birminghamtrackclub.com	(205) 972-1258
Masters Events	Frank Newland	mastersevent1@birminghamtrackclub.com	(205) 271-7553
Medical	Jack Hasson		(205) 870-1864
Media Relations	Tim O'Brien	timoalabama@aol.com	(205) 612-8780
Membership	Judy Loo	btcmembership@gmail.com	(205) 612-4335
Merchandise	Johnaca Kelley	btcpres09@gmail.com	(205) 540-1372
Mini Track Meets	Brent Cotton	cotton9394@bellsouth.net	(205) 447-9223
New Runner's Society	Danny Haralson	newrunners@birminghamtrackclub.com	(205) 380-1779
Parliamentarian	Phil Min	pemin@mac.com	(205) 849-6840
Club Photographer	Duvernne Duffee	photos@birminghamtrackclub.com	
Road Race Chair	Rick Melanson	rrc@birminghamtrackclub.com	(205) 979-1731
Social Chair	Micki Haralson	mickiharalson@gmail.com	(205) 972-1258
Vulcan Run Director	Danny Haralson	danny@rununiversity.com	(205) 380-1779
V. Run Assis. Director	Johnaca Kelley	vpresident@birminghamtrackclub.com	(205) 540-1372
'The Vulcan Runner' Editor	Mark Baggett	btcpresident07@gmail.com	(205) 422-7055
Walking/Race Walking	Jim Richey	walking@birminghamtrackclub.com">walking@birminghamtrackclub.com	(205) 870-3977
Webmaster	Chuck Self	webmaster@birminghamtrackclub.com	

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 35253
info@BirminghamTrackClub.com

Race Results Find the latest and most complete local race results at the following:
birminghamtrackclub.com trakshak.com run42k.com

ATTENTION BTC MEMBERS!

'Vulcan Runner' is available MONTHLY in color!!

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo, Membership Chair, at btcmembership@gmail.com so that you can receive (via email) the monthly password in order to download the newsletter (.pdf format) from the below webpage link (including past issues which require NO password):

<http://birminghamtrackclub.com/News/Newsletter.aspx>

BTC PARTY <continued from Page 2>

donated the water and soda for the party, after providing Coke and Powerade for the Vulcan Run.

Katie Hannigan and **Micki Haralson** organized the party.

More than anything else, the annual meeting and party provides an opportunity for club members who see each other only in passing, if at all, throughout the year to enjoy each other's company and catch up on the events of the previous year. This year's party met that expectation. •

micheleparr@mindspring.com



Skip Harris shows off his '1200 Mile Club' charter member jacket.



(L to R) Natalie Lockhart, Heather Milam, Cathy Sharp and Kris Nikolich.



'Hashbrown' gets the partiers out on the dance floor.

Dr. Arthur Black/Rick Melanson Annual Service Award Winners

This award is the club's oldest award and annually is given to the most outstanding club member over the past year or for continued outstanding leadership and service to the BTC.

1977: Ray McKinnis
1978: Ann Randle
1979: Victor Cohen
1980: Rick Melanson
1981: Adam Robertson
1982: Larry Boots
1983: Bobbie Wright
1984: Red Hamilton
1985: Wallace McRoy
1986: Rick Melanson
1987: Charles Amos Thompson

1988: Gordon E. Seifert
1989: Bill Crow
1990: Carl Howard
1991: Alice Biggs
1992: Cathy McCain
1993: Jeff Tesnow
1994: Jim Taylor
1995: Jack Karn
1996: Al DiMicco
1997: Valerie McLean
1998: Norman & Jane Thomas

1999: Jennifer Kyle
2000: Peggy Heal
2001: Trish Portuese
2002: Helen Tankersley
2003: Susan Hales & Judy Loo
2004: Danny & Micki Haralson
2005: Susan McCullum
2006: Jeanne Welsh
2007: Maria Cecil
2008: Mark Baggett
2009: Jerry Smith & Meredith Farrell



Randy Johnson Annual Service Award Winners

This award is given to a 'newer' member who has demonstrated outstanding leadership and freely given of their time in volunteering capacity in ways that help further the mission of the BTC.

2006: Meredith Farrell
 & Mark Baggett

2007: Phil Min

2008: Tom Scales

2009: Cathy Colburn



February BTC President's Message

– Johnaca Kelley

January was very cold but fortunately I joined a gym. Even more fortunate is this gym opened literally a block or two away from my home. So I am in this brand new, state of the art Snap Fitness, realizing that the tread mills actually have access to TV stations that I do not have at home. Yes, I am actually motivated to go to the gym when I cannot find anything to watch on my TV at home. Sad, but true, I love History Channel despite the belief of a few women in my family that History Channel is only enjoyed by men. Shortly I decided that maybe I should actually use the weight machines and consult with a personal trainer. I am becoming more aware that weight lifting can be a tremendous supplement to running. With increased leg strength I have already decreased my foot pain, i.e. running is a smoother ride now. Snap Fitness is such a bargain and the local owner of the Vestavia and Birmingham gyms is hands on at the gyms. I struck up a conversation and learned that his wife is one of Danny's couchers, who plans to run Mercedes. Naturally that opened the door for a discussion regarding Snap becoming a BTC sponsor. And I am proud to announce that Snap is now involved with the BTC through generous gifting and partnering up on working the Mercedes water stop this year.

Another great new sponsor is Intuitive Touch Massage. Much like my desire to finally work with a personal trainer, I have had

the desire to receive a Stone Massage for many years. And Wow!... I mean I have always enjoyed massage and seen it as a way to maintain balance between Mind, Body and Spirit. But the stone massage is very special. I have had two now and each time I feel like my body slips back into perfect alignment afterwards. I am not going to share with you the whole process, just know that it is much more than simply placing stones on the body. Try one because Pam Parsons is very talented.

Going back to Mercedes for a moment, thank you to all the volunteers that help with the BTC booth and Water Stop year after year. Volunteers make this club shine. And congrats again to all the 2009 award winners and the 1200 Mile Club finishers. You make this club great! It is my continued pleasure to serve you and this club.

"There's no secret to balance. You just have to feel the waves"
— Frank Herbert

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Register Online @ www.rumpshaker5k.com

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 **Rumpshaker 5K Registration Kick-off Breakfast**

Kick-off Breakfast, Feb. 27, 2010 . . . 8-10 a.m.
"Up the Creek" 2942 John Hawkins Pkwy
Pancake Breakfast is Free to all race participants who register before, or
on Feb. 27 . . . or a \$5 donation if not registered.
To purchase a ticket please visit our website @
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Mercedes-Benz

BTC BOOTH AT THE MERCEDES MARATHON EXPO

- ▶ Come by the BTC booth at the Mercedes Marathon Expo (located in the BJCC South Exhibition Hall) with *this* newsletter page and **receive \$5 off** (minimum \$10 purchase required) on our low priced running merchandise.
- ▶ Start or renew your BTC membership and receive a free surprise! BTC is a non-profit and your membership fee is tax deductible.
- ▶ The BTC is once again a Mile Sponsor for Mercedes and will work the WaterStop at the corner of Niazuma and Highland Ave. on Sunday.
- ▶ **MERCEDES MARATHON INFORMATION:**
Email: info@mercedesmarathon.com **Phone:** (205) 870-7771 **Web:** www.mercedesmarathon.com



MERCEDES MARATHON WEEKEND SCHEDULE

- ▶ **FRIDAY, FEBRUARY 12**
12 noon - 7:00 p.m.: St. Vincent's Health Systems & Fitness Expo & Packet Pickup-BJCC South Exhibition Hall-free to public
- ▶ **SATURDAY, FEBRUARY 13**
8:00 a.m.: KBR5K benefiting Kid One Transport – Linn Park
8:15 a.m.: KBR5K Post Race Party – BJCC South Exhibition Hall
9:00 a.m.: The Bell Center Children of the EIP Run – Linn Park (subject to change)
10:00 a.m. through 11:15 a.m.: Mercedes Kids Marathon – Linn Park; 5th graders will begin at 10:00 a.m. followed by each descending grade in 10 minute increments.
8:00 a.m. to 6:00 p.m.: St. Vincent's Health Systems Health and Fitness Expo & Packet Pickup – BJCC South Exhibition Hall – free to public
- ▶ **SUNDAY, FEBRUARY 14**
7:03 a.m.: All events begin in front of Boutwell Auditorium by Linn Park. All Sunday events benefit The Bell Center Early Intervention Programs for children
9:00 a.m. to 2:00 p.m.: JIM N' NICK'S Post Race Party & Awards Ceremony – Boutwell Auditorium. Door prizes to be given away throughout the party!



The View from the BACK OF THE PACK

– By Michele Parr

I live in the South on purpose. I'm not one of those people with deep roots or an extended family in any one particular place, or anywhere for that matter. I've spent the last 25 years in a career that would allow me to go just about anywhere. I choose here.

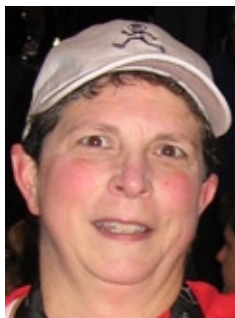
That choice is not all that surprising because I am, after all, my parents' daughter. The legend regarding how I happened to be born in Alabama goes something like this. One day in Midland, Michigan, my dad came home through the snow, looked at my mom, and said, "I hate snow, you hate snow, what the &*& are we doing here?" They bounced around from Bessemer to Bogalusa to Fairhope, where I finally appeared on the scene.

What's my point? I may be a first generation Southerner, but I am Southern by birth and temperament. Consequently, I don't like being cold. That's been bad news in recent weeks. The incredibly low temperatures in this year's cold snap (if you can call two weeks a "snap") hit me hard, something that surprised me. When the weather first turned colder than cool, I laughed when my co-workers were astonished that I was still running outdoors. "You just dress for it," I explained.

I dressed for the weather the morning of the Red Nose Run. I had tights under my tights. I had a short-sleeved shirt under my long-sleeved shirt under my wind shirt under my fleece vest. I had lined gloves and a fleece hat. A quarter mile into the run I couldn't feel my fingers. Apparently I don't know how to dress for a ten degree wind chill. The good news is that I warmed up as I kept moving, and I retained all body parts despite spending two

hours in that weather, though everything that was exposed ended up a bit chapped.

The better news is that a miserable morning turned into something pretty cool when I made a new friend during the race. I was late getting to the start and didn't manage to find my people. The prospect of covering 10 miles alone on such a miserable morning was quickly becoming depressing when someone



passed me early on while I was taking a short walk break. I decided that if she was passing me at that point I ought to be able to keep up with her. After a quick introduction, Sharon and I were buds. She was doing a 2/1 run/walk ratio, something that sounded pretty good to me on a day when I just wanted to get through it. A little later my friend Bill caught up with us, and the three of us 2/1'd our way through loop one and then loop two. We didn't break any speed records, but we finished.

How cold was it? The Powerade was slushy. Spilled fluids froze on the street. Runners had frost on their hats, on their shoulders, on their gloves. My face was so cold it was hard to talk. There were snow flurries. I know January is winter, but this IS the South!

While I got through the ten miler, that time in the cold took a lot out of me. I walked out of work the following Monday evening with running bag in hand fully intending to go change and run. I'd been cold all day. I just couldn't face another run in the cold. I bagged it. I was questioning my sanity last summer when I was training for that fall marathon. Now I'm thinking I was pretty smart not picking a spring race. •

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5-K RUN AND ONE MILE "FUN RUN/WALK"

"NEW USATF CERTIFIED COURSE (AL00020JD)"

DATE AND TIME: Saturday, March 6, 2010 9:00 A.M.

LOCATION: CRESTLINE ELEMENTARY SCHOOL
3785 JACKSON BLVD., CRESTLINE, AL 35213

DISTANCE AND COURSE: 5 K and 1 mile

ENTRY FEE: \$15.00 – PRE-REGISTRATION
POSTMARKED BY FEBRUARY 27, 2010
REGISTRATION ON LINE @ Active.Com

RACE DAY: \$20.00 – Late Registration for Individual
Participants on Race Day – 7:00 A.M. – 8:45 A.M

INDIVIDUAL AGE MEN and WOMEN

GROUP CATEGORIES: 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-over

START TIMES: 5 K – 9:00 A.M. 1 MILE – FUN RUN WALK 9:45 A.M.

AWARDS: T-Shirts to the first 300 registrants: Overall, Masters, and Grandmasters winners trophies to 1st Place Only, men and women. Trophies to 1st, 2nd, and 3rd places in each division of 5 K race. Overall, Masters, and Grandmasters NOT eligible for trophies in each age group. Top 10 children (0-9) 5 K, male and female, will receive medals. ALL participants will receive memento cup of event. All those who register qualify for drawing of special door prizes. YOU MUST BE PRESENT TO WIN.

DOOR PRIZES: LOTS OF MAJOR PRIZES!

INFORMATION: RACE DIRECTOR MIKE RENDA 836-3398 Cell 616-7548
CO-DIRECTOR JERRY ROMANO 856-0499
CHAIRMAN DAVID RENDA 467-6879 Cell 585-2940

ENTRY FORM (PLEASE PRINT)

LAST NAME _____ FIRST NAME _____

ADDRESS _____

ZIP _____ CITY _____ STATE _____ SEX _____

Date of Birth _____ Age (as of March 6, 2010) _____ Phone _____

T-SHIRT SIZE – (PLEASE CIRCLE ONE) SMALL MEDIUM LARGE X-LARGE

Race Participation: 5K { } One Mile Fun Run/Walk { }

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Make Check Payable to: Knights of Columbus Run

Mail application to: Knights of Columbus Run
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WAIVER AND RELEASE: PLEASE READ AND SIGN: I certify that I have decided to participate in the Knights of Columbus Run with full knowledge that being physically fit and sufficiently trained is necessary to prevent any injury to myself. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all claims against the Knights of Columbus Council #5164, the City of Mountain Brook, the BTC, and all race sponsors and workers.

APPLICANT SIGNATURE _____ SIGNATURE OF PARENT/GUARDIAN _____

(IF UNDER 18)

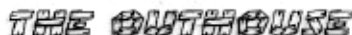
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December BTC

Executive Meeting Minutes

– Submitted by Brad Clay, Secretary

• Meeting began @ 6:35 p.m., December 9th, 2009.

IN ATTENDANCE

Johnaca Kelley: President
Tim O'Brien: Vice-President
Brad Clay: Secretary
Debbie Cleghorn: Treasurer
Phil Min: Parliamentarian
Rick Melanson: Road Race Chair
Charles Amos Thompson

OFFICER & COMMITTEE REPORTS

► TREASURER – Debbie Cleghorn

• Delivered financial reports through November

► PRESIDENT - Johnaca Kelley

• EOY Run: O'Henry's will provide coffee, Johnaca will bring snacks. Tim and Brad will help mark course, set up clock, and water stops f/u: BC called park and gate opens at 7am, back gate closed until March.

► VICE PRESIDENT - Tim O'Brien

• Resolution run set for Jan 1st. Will use same course as last year – 3 distance options. Group discussion suggested at least 2 water stops for long course.

► ROAD RACES - Rick Melanson

• Will need gifts for 12 race directors usually given at annual party.



SPECIAL GUESTS

► RUFFNER MOUNTAIN REPRESENTATIVES

- **Scott Green** (Stewardship and Land Use Committee Chair and board member)
- **Nick Beeser** (Land Manager)
- Scott and Nick expressed desire to have BTC partner with Ruffner to help develop trails within park; suggested races, funding, and help with development.
- Ruffner's Marketing committee wants to hold race
- Current trails may allow up to 10K race with some challenging parts
- Potential to develop other trails along more level part of park
- Covered pavilion available; however, currently no power or indoor bathrooms on wetland side of park; parking issues also discussed
- Advantages may include relaxation of rules compared with Oak Mt, location closer to Trussville and members North of city, and for now only hiking, runners allowed
- BTC brainstorming expressed desire to partner, but need to identify leadership within BTC outside of EC to champion cause.
- Discussed moving a trail run to Ruffner if possible in 2010; other options include social run(s), or afternoon runs on weekend.
- Discussed creation of Trail Run committee if members step forward.

ADDITIONAL DISCUSSION

► Charles Amos Thompson:

• Raised issue of BTC's responsibility to provide 10 certified officials for the Birmingham Classic track meet. This was news unknown to the EC. Can be certified through USATF or AHSAA; test in January, cost \$45. Mary Birdwell local resource.

► Meeting adjourned at ~7:50 p.m.

BTC BABY BORN

Brad Clay and his wife **Bonnie**, both BTC members, proudly announce the addition to their family.

Becket was born January 25th at 7:11 a.m.; 6 lbs 4oz. and 19-3/4 inches at St. Vincent's Hospital.

Everyone is well.



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(205) 985-4111

Inverness Center
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Birmingham, AL 35242
(205) 503-5544

SUPPORT HOMEWOOD TRACK MOVEMENT

– By Mark Baggett, for *The Birmingham News*

I recently discussed the proposal for Samford University to build a shared outdoor track with Homewood High School, with local running enthusiast Steve Demedicis, who has been a strong proponent of the movement. An online petition has been gaining momentum from the community, in hopes of showing the city Homewood and it's Board of Education, that such a facility would be a great addition, not only to Homewood High School, but also to the area in general.

Most high schools have a conveniently located track within walking distance for their athletes, but this is not the case with Homewood, where student athletes must commute to Waldrop Stadium, off of West Oxmoor Road, for practices at the track around the Homewood H.S. football stadium.

"It's also very dangerous for teenagers to be driving over there and back every day. I wouldn't want my teenage daughter to be doing that," said Demedicis. In addition, the track is locked up and unavailable for use by the public.

According to Demedicis, Samford University has already purchased land to build a track. "The site is very good, flat with Shades

Mountain on the southern side. The seating would fit perfectly, running up the side of the mountain. The site is right next to Homewood High to the west. Students could walk to track practice. The site is also good for Samford in that their athletes could walk to practice. If the public is allowed to use the track, it's in a good spot because the public could be allowed access to the track without having to have access to the main Samford Campus."

"I know the potential that track has to change kids' lives. It's easy to see that Samford needs a track, Lakeshore needs a track, Homewood H.S. needs a track and the Homewood community could benefit greatly with a track in that location. If all those parties got together and pooled their resources they all could build a track greater than any single entity could do. This is a once in a lifetime opportunity, with a rare piece of ideally situated property," added Demedicis.

Originally the Homewood School Board had committed to contribute \$2 million to the building of the track facility with Samford, but with the retirement of past-Superintendent Dr. Jodie Newton, that is no longer the case.

Demicis went on to say, "I can't speak for Samford (University) but my take is Samford

has very generously opened up the opportunity for others to come forward and offer to help build this track. But if no one steps up to offer to help they are prepared to build a track for their own use. It is not Samford's mission to build a track for Homewood High, or the citizens of Homewood, or for the athletes at Lakeshore." "If Samford/Homewood had a state of the art 400 meter outdoor track facility, Birmingham could become a track Mecca like Eugene, Oregon. If Lakeshore Foundation were involved the track could become an official US Olympic training facility. Coaches and athletes from around the country could choose to live in Birmingham to work and train."

You can show your support by signing the petition at www.homewoodtrack.com, which was started by Homewood track parents.

"It's democracy in action. It allows people to put their thoughts down so the Homewood City Council, Mayor and the Homewood School Board and Superintendent can see this is important to the citizens of Homewood and the rest of the community. It may take a little effort but government usually tries to figure out how to do what the people ask," Demedicis said.

The Chickamauga Chase

April 17th, 2010 • The 42nd Running
Chickamauga & Chattanooga National Military Park
15k, 5k, Scenic Walk, & Kiddie K
www.chickamaugachase.com • 423-757-7633

Join the **BIRMINGHAM TRACK CLUB'S** **1,200 Mile Club**

The Birmingham Track Club promotes fitness and a healthy running lifestyle for its members. Part of this involves consistency and the BTC wants to reward its members for that consistency.

**In 2010 the BTC will be continuing its 1,200 Mile Club program.
It's great to set goals....and not too early or too late to start them!**

HERE'S THE WAY IT WORKS:

- You keep a training log of all mileage you run during each month (see Page 20 if you need a printable log).
- At the end of the month, you communicate that mileage to the 1,200 mile club coordinator, who keeps a record of your mileage for each month. See email address below.
- The results will be posted monthly on the BTC web site so that you may track your progress.
- If you have completed at least 1,200 miles by Jan. 1, 2011, then you will receive a BTC '1,200 Mile club' jacket! Repeat members will receive a prized patch for each year they complete the 1,200 mile year that they can sew to their jacket to let others know how many years they've completed that goal.

RULES AND REQUIREMENTS:

- Participants **MUST be a BTC member in good standing** to participate in the 1,200 mile club. Not a member and want in on this deal? Then join (a Membership Application located on last page of this newsletter)
- It is the runner's responsibility to keep accurate track of all mileage. It is the runner's responsibility to communicate mileage run each month to the 1,200 mile club coordinator. There will be a monthly deadline for submissions.
- Races count. Training miles count. Walkers count. Just as you would count in a normal training log, count here.

It's NOT too late to start counting those miles!!

Email monthly mileage/questions to: 1200@birminghamtrackclub.com

.....

52 MEMBERS REACH THEIR 1,200 MILE GOAL FOR 2008

*2009 was the second year of BTC's 1,200 Mile Club. Over the course of 12 months, members logged & reported monthly how many miles they covered, with a goal of 1,200 miles. (** Denotes first-timer)*

Listed below are those 52 who reached that goal:

Tommy Armstrong	John Engels	Alan Hargrave	Greg Pasqualini
Martin Beasley	Jeff Estes	Skip Harris **	Jim Richey **
Tom Bedics	Bob Evans	David Henry	Tim Roberts
Ekkehard Bonatz	Meredith Farrell	Lynn Joyce	Keith Rutherford
Bill Bowman	Jennifer Ford **	Leslie Klasing	Holly Sample **
Al Bradshaw-Whittemore	Joe Ford **	Jim Kuhn	Greg Sankey
Lia Bunch	Winston Frederick	Randy Lyle **	Jerry Smith
Avril Castagnetta **	Jack Ganus	Charles McCalley	David Stearns
Brad Clay	Nap Gary **	Mike McCarthy **	Rick Stockton
Ann Constantine	Johnny Goode **	Kim McConnell **	Matt Veal
Oscar Cook	John Goolsby	Micki Myers **	Lance Weeks **
Cherie Dortch	Danny Haralson	Tom Myers **	Bill Woody **
Wade Dunn **	Micki Haralson	Michele Parr **	Lisa Yancey

Race/Event Calendar (Feb. thru March '10)

– Compiled by Rick Melanson

Email: rrc@birminghamtrackclub.com

Note: Race information is taken from several different sources and is subject to change and or writer's mistakes. Call Race Director or contact person, especially if you are traveling out of town. (= BTC race/run/event)

FEBRUARY 6

Battle of Mobile Bay 5K Run

– Dauphin Island, AL, 9:00 a.m.

Ft. Gaines, Port City Pacers

Info: info@pcpacers.org

Heart and Sole 5k & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.

Greenway Trails (Greensprings entrance) Park @ 2nd Presb. Church. 5K begins at 8 a.m., 1 Mile F.R. at 9 a.m.

Register online at active.com

Email: bethnsims@gmail.com

FEBRUARY 13

BE&K 5K Run

– Birmingham, AL, 8:00 a.m.

Starts and ends at Linn Park. USATF CERTIFIED COURSE. Flat & Fast!

Info: TRAK SHAK (870-5644)

Polar Bear Run 5K

– Prattville, AL, 9:00 a.m.

Info: Prattville First Baptist Church.

FEBRUARY 14

BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.

Contact Brent Cotton for location. If temp is below 60° event is cancelled.

Info: (205) 447-9223

Mercedes Marathon & Half Marathon

– Birmingham, AL, 7:00 a.m.

Linn Park on 8th Ave. N. Both courses are USATF CERTIFIED and are almost void of any hills. (Marathon is "Boston Qualifier"). Register on active.com

Web: www.mercedesmarathon.com

FEBRUARY 20

Black Warrior 50K, 25K, 50K Relay & 5 Mile

– Moulton, AL, 8:00 a.m.

Info: Keith Hallmark (256-306-2652)

FEBRUARY 27

Adam's Heart Run

– Peham, AL, 9:00 a.m.

Oak Mtn. State Park. 10 Mile run is USATF CERTIFIED COURSE. Oak Mtn.

State Park upper picnic area. 5K, 10K and 10 Mile. **See Page 18 for entry.**

Info: Frank Newland (621-9912)

Web: www.btcclassic.com

MARCH 6

22nd Annual Knights of Columbus 5K Run & 1 mile Fun Run/Walk

– Birmingham, AL, 9:00 a.m.

Crestline Elementary School. USATF

CERTIFIED COURSE. Register on

active.com. **See Page 9 for entry.**

Info: Mike Renda (616-7548)

APSO Power Run

– Trussville, AL, 8:00 a.m.

Trussville Mall. 8K, 5K, 1 Mile Fun Run/Walk, 1/2 Mile Strong Kids Run. Register on active.com.

LFBC Philipppians 3:14 5K Run Walk

– Locust Fork, AL, 8:30 a.m.

Info: Meagan Holt (205-681-5651 or 205-746-1079)

AWeSome Adventure Race

– Chelsea, AL

Family race where 2 participants move through obstacle course, an individual race for people age 10 and up and a 5K Trail Run.

Info: Lisa Grupe (205-592-0541)

MARCH 7

UAH Spring 10K Road Race

– Huntsville, AL, 2:00 p.m.

UAH Fitness Center.

Info: Conrad Meyer (256-880-9398)

MARCH 13

Perseverance Run 5K & 1 Mile FR

– Birmingham, AL, 8:00 a.m.

Dawson Memorial Church on Oxmoor Rd. USATF CERTIFIED COURSE. Register online at active.com.

Info: Chris Hunsburger (879-1758)

Big Springs 5K

– Springville, AL, 8:00 a.m.

Downtown Springville. Register online at active.com.

Info: Mollie Lyle (205-467-2700)

Email: bigsprings5k@gmail.com

MARCH 14

BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.

Contact Brent Cotton for location. If temp is below 60° event is cancelled.

Info: (205) 447-9223

MARCH 20

Oak Mountain 50K

– Birmingham, AL, 7:30 a.m.

Oak Mountain State Park picnic area.

Web: http://webpages.charter.net/jnparker/runnerinfo.html.

FitNess in Motion 5K

– Birmingham, AL, 8:00 a.m.

"Point of Grace Ministries (used to be "Wynnsong Cinemas" just west of Wildwood Shopping Center)

Info: Mikita King (540-0240)

Rocket Run Ten Miler

– Mooresville, AL, 8:00 a.m.

Info: Valerie Connaughton (256-337-1947)

P.O. Box 43, Mooresville, AL 365649

MARCH 27

2nd Annual Rumpshaker 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.

Sloss Furnace (new location). Individual and Team competition. Register online at www.imathlete.com.

Web: www.rumpshaker5k.com.

Info: Trish Pourteuse (933-8911)

UCP Race Without Limits 8K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.

Veterans Park next to Spain Park High School. Register on active.com.

Email: whitts-end@charter.net

McKay Hollow Madness Trail Run

– Huntsville, AL, 7:00 a.m.

NO RACE DAY REGISTRATION. Limited to 200. Monte Sano State Park.

Info: Blake Thompson (256-990-2584) 03-28 Birmingham, AL

Kappa Delta Shamrock Run

– 2:00 p.m., info to follow

FUTURE (local only)

04-03 – Run to the Cross 5K

04-10 – High Country 5K

04-17 – Statue To Statue 15K

04-24 – Casey's Cause 5K

04-24 – Women's Health 5K

05-01 – Spring Scramble 5K

05-08 – Cancer Run

05-15 – Zoo Run 5K

05-22 – ARC 5K

05-29 – Fireman's 5K for MDA

06-05 – Oak Mt. 5K Run

06-12 – ARK 5K

06-19 – Stampede Run

07-04 – 29th Annual Peavine Falls Run

09-25 – Are U Able 5K

10-09 – Race For The Cure

10-23 – Run Away from Domestic Violence 8K

10-30 – Calera Eagle 5K Run



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Cynthia J. Harris, LCSW, LMT, NMT

Deep Tissue • Sports Massage • Orthopedic Assessment
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February Coach's Corner

– Danny Haralson

"That day, for no particular reason, I decided to go for a little run. So, I ran to the end of the road, and when I got there, I thought maybe I'd run to the end of town. And when I got there, I thought maybe I'd just run across Greenbow County. And I figured since I run this far, maybe I'd just run across the great state of Alabama. And that's what I did. I ran clear across Alabama. For no particular reason, I just kept on going. I ran clear to the ocean. And when I got there, I figured since I'd gone this far, I might as well turn around, just keep on going. When I got to another ocean, I figured since I've gone this far, I might as well just turn back, keep right on going. When I got tired, I slept. When I got hungry, I ate. When I had to go, you know, I went. My mama always said you got to put the past behind you before you can move on. And I think that's what my running was all about. I had run for three years, two months, 14 days, and 16 hours." – Forrest Gump

Things to do if you're a runner: If you go to a Dr. and he tells you a) quit running or b) you're not built to be a runner - get a 2nd or 3rd opinion. If you've been running to lose weight (or that's one goal) and you're not; vary your runs (longer/shorter, more intense i.e. faster and slower) mix it up noticeably! If you continually have injuries get your running form observed. You could be heel striking/hip swinging/toe jamming i.e. not running smooth and efficient thus creating your injuries. Learn form drills and exercises and mix them in a run once or twice a week. Don't like doing them? How do you like recovering from injury? Most people really aren't injury prone, but their running 'style' is. Leave your Garmin or running watch at home for a run. Run your route backwards (Trak Shak route, Mercedes course, Vulcan Run, huh?). Volunteer at a race! Run a shorter distance race for time and a longer distance race for an

accomplishment. For 1 month, 1 day a week run twice a day (shorter distance... if you run 5 most days, run 3 in the a.m. 3 in the p.m. for ex.). Travel to a race. Plan your race and race your plan. One day a week eat smaller portions and hit the 5 servings of fruits and vegetables goal. Do that for a month then add a 2nd day. Eat (or drink) a bite of something within 30 minutes of finishing your run, even if it's just OJ or (recommended) fat free chocolate milk (surely you've heard that by now). Thank a volunteer AND a policeman.

Add 2 days of core work (not sure what core work is? Ask some one who knows) or Pilate's or yoga or better yet all of the above for something different, rotate 'em! If something hurts for 2 straight days while running, take 2 days off, then re-assess. Sleep 1 extra minute EACH night for each mile you run that week. Obey the hard easy rule (follow each 'hard' effort with an easy effort or run). Dress for running as if it's 10 degrees warmer than it actually is. Start slow and of course the most 'golden' rule of all - NOTHING NEW ON RACE DAY!

Of course the object to all this is a LONG life time of healthy running. Like Forrest Gump's mama said "you have to put the past behind you before you can move on" and that includes bad lifestyle choices, bad races, injuries and whatever else. We've all made a few (ahem) bad 'choices'. The good news is that it's all repairable. You can correct bad lifestyle choices, bad eating habits, bad races, and injuries by doing what needs to be done to correct AND (better yet) eliminate them. *"If you always do what you've always done, you'll always get what you've always got."*

Danny is an RRCA Certified Coach and can be reached at:
danny@rununiversity.com

Get involved in the BTC!

Looking for a way to be more involved and give back to the BTC without making an enormous commitment of time? While volunteering to help at a week-end road race of one's choice is extremely valuable to the race director, another option to consider is joining one the Birmingham Track Club's committees. The following are recruiting new members:

NEW RUNNER'S SOCIETY

Chair: Danny Haralson

newrunners@birminghamtrackclub.com

The New Runner's Society welcomes new runners into the track club, attends regular runs, introduces them to other runners in their pace, and shows them regular running routes. Several individuals that normally attend the different runs every week are needed to be "run captains" so that the committee is represented at every single run.

SOCIAL

Chair: Micki Haralson

mickiharalson@gmail.com

The social committee is designed to bring more fun into our running community by scheduling events that bring the members together for fellowship and camaraderie. We plan monthly group runs with activities afterwards every month of the year. Approximately once a quarter, this committee also plans a non-running event and the tentative events scheduled for this year are the Spring Potluck Social at the Trak Shak, a bus trip to see a Braves game this summer, bowling in the fall, then the annual party next January.

MERCHANDISE

Chair: Johnaca Kelley

btcpres09@gmail.com

Loading and unloading, setting up booth or tent, selling, creative design ideas or art for printing... all of these abilities are welcomed on the merchandise committee. Merchandise will be present at one weekend race and one week-day social monthly, minimum, through the running season and most of the year 2009. Having a full committee makes these things happen, 1-3 people cannot do it all. So please join us.

MEMBERSHIP

Chair: Judy Loo

judy.loo@healthsouth.com

The membership committee maintains the BTC's membership list and actively recruits new members at races, other running events, and social events. Charismatic personalities, bubbly-friendly nature and/or computer database skills nice to have for this service.



Mobile's First Light Full/Half Marathon **SNAPSHOTS**

– Photos submitted by Phil Min



Skip, Vicki, and Kendall Harris



Caroline Walker and Randy Lyle



Dane Rauschenburg and Ira Jones



A bunch of 'Maniacs'



Dena "Tenacious D" Harris and Cathy Sharp



Catherine Thompson and Cathy Colburn & Ira Jones



Mark Purser

Double Trouble

Meet our first “Well Dunn” team....Meredith and Wade.

Meredith Dunn

1. Last movie you liked so much, you watched it twice? “Juno”
2. Name one guilty pleasure? Chocolate
3. Favorite place on earth? Home with family
4. Worst place on earth? Public restrooms... especially before or after a race!!
5. One item you would want with you on a desert island? Sunscreen
6. Most interesting person you’ve ever met? Wade ;)
7. Coolest trophy or prize you ever won? Lesson Plan published in Idea Book For Educators – \$500 prize!!
8. Favorite TV show? “Lost”
9. Favorite fast-food joint? Steak N’ Shake
10. Who would play you in a movie? Claire Danes
11. Something unique about the town you grew up in? Longest Main Street
12. If you could play an instrument, what would it be? Piano
13. Scariest thing that ever happened to you? Dylan, our son, woke up one morning and couldn’t walk...trip to ER...we were told he might have a tumor in his brain...everything turned out fine – no tumor – but it was VERY traumatic.
14. Favorite book? So many... “To Kill a Mockingbird”
15. Favorite meal? Korean BBQ...only at Ginza!
16. Why do you run? Because I LOVE how it makes me feel, and I want to be a model of fitness and health to our kids.
17. When did you start? January 2008
18. What’s your biggest running accomplishment? 22 miles today!
19. Favorite BTC story? Rumpshaker: Shakin the Awareness of Colon Cancer
20. Words to live by or favorite running mantra? “Pain is temporary, quitting lasts forever.”



Wade Dunn

1. Last movie you liked so much, you watched it twice? “Avatar” – visually incredible
2. Name one guilty pleasure? Yogurt Raisins - I just can not get enough
3. Favorite place on earth? Anywhere in the country, I mean state of Texas. Especially Austin. (Well almost anywhere, not sure West Texas is really part of Texas...)
4. Worst place on earth? West Texas
5. One item you would want with you on a desert island? My Garmin 405, how else would I know how many miles I have run in the interim before I am rescued?
6. Most interesting person you’ve ever met? Ann Richards – met her while she was Texas Governor (see a theme yet?). Extremely intelligent person who held the highest regards for literature and anything involving education.
7. Coolest trophy or prize you ever won? 1st place in my age group at Peachtree City 50k – a framed picture of a blue heron (I guess he lives there?)
8. Favorite TV show? “Chuck” - Who all nerds aspire to be
9. Favorite fast-food joint? Technically I do not eat fast food at all, BUT when I run I believe the “food” that makes me “fast” is chia!
10. Who would play you in a movie? Craig Kilborn
11. Something unique about the town you grew up in? Orange, TX – paper mill there produces shopping bags for The Gap; also the farthest city to the East in TX
12. If you could play an instrument, what would it be? I play saxophone and piano, also learned clarinet and trumpet when I was younger
13. Scariest thing that ever happened to you? Hit by a car when crossing the street in college. Barely a scratch! The car was worse off than me. I do think the driver was more scared at that point...
14. Favorite book? “Stranger in a Strange Land” by Robert A Heinlein
15. Favorite meal? Salmon - asparagus - wheat bread roll
16. Why do you run? At first it was for health / fitness; now it is to see how far I can go mentally and physically (without my wife killing me!)
17. When did you start? My first 5k was October 2008 - I had started running that summer.
18. What’s your biggest running accomplishment? Going from a 5k in August 2008 to 50k in November 2009 (and finishing 1st in age group). Also qualifying for Boston the following month in Huntsville.
19. Favorite BTC story? Tim Roberts, Adam Martz, Brad Clay, Jason Murray and I run as a group most Saturdays and other days in the week. While I have not been in BTC and do not have any crazy stories yet, I have enjoyed running with them and makes training go much smoother. Ask them sometime about “meat shield” and significance of Jack Shell’s on our runs...
20. Words to live by or favorite running mantra? Bort’s Law - “It is never too late to start, but it is always too soon to stop.”

Remember that you can also volunteer or nominate your fellow BTC members.

Please contact Phil Min via email if you would like to participate in future versions of this column.

– Phil Min (pemin@mac.com)

The Birmingham Track Club Presents

Saturday, February 27, 2010

All Races begin at 9:00am



The 32nd Adam's Heart Runs

5K-10K-10Mile

◆ **10-mile course is USATF Certified** ◆

Date: Saturday, February 27, 2010

Place: Oak Mountain State Park: Dogwood Pavillion

Race Time: 9:00am CST

On-line Registration: www.active.com event #180144

Registration Begins: 7:30am CST

Inquire: newlafr@yahoo.com

Contact Info: Frank Newland, 205-621-9912

AHR Website: www.btcclassic.com

Fees: \$20.00 mail postmark by 2/22/10

\$20.00 early on line. Register by 2/22/10

\$23.00 late on line. Register by 2/25/10

\$25.00 on site race day registration.

Family Registration: \$15/adult and \$9/youth *

* Pre-register only. Same household, youth <= 18yrs

Pay Checks to: Heart Run

Send Form to: Rick Melanson, 5365 Creekside Loop

Hoover AL 35244

Expected Race Weather:

49% chance of clear and cold mid 30's warming to 50's by noon.

49% chance of cloudy and cool mid 50's warming to mid 60's by noon.

Awards: Top 3 finishers, Male and Female, Top 3 each age group.

Age Groups: (14 and younger, 15-19, 20-29, 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and wiser).

T-shirt guaranteed to all who pre-register, limited quantities for late registration.

Please circle one: 5K 10K 10 Mile

Name: _____ **Age:** _____ **Sex:** _____ **DOB:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

T-Shirt Size: _____ **E-Mail** _____

Checks payable to : Heart Run. **Remit to:** Rick Melanson, 5365 Creekside Loop , Hoover AL 35244

I know that running a road race is a potentially hazardous activity and that I should not enter and run 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 in the event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Birmingham Track Club, Oak Mountain State Park, the City of Pelham, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____

Parent (if under 18 years old)

Application and waiver required for each runner

Club Merchandise FEBRUARY Item Of The Month

SAFETY FLASHERS



GREEN



PURPLE



BLUE



RED



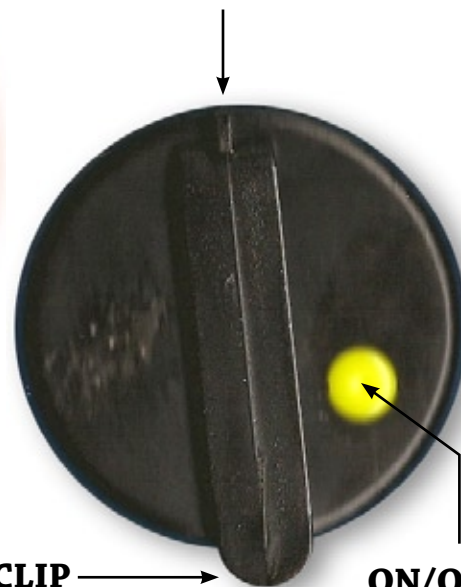
ORANGE

FLASHER DETAILS:

- Approx. 2" in diameter.
- Flasher can be pulled apart for watch style battery replacement.
- Flashers have on/off button and clip on back.
- Come in 5 colors.
- Limited quantities in some colors, close substitution will be made if not available.
- There is an area to run a string through the back, so you can wear as a necklace if you prefer.



AREA TO RUN STRING FOR NECKLACE



CLIP

ON/OFF SWITCH

Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Phone _____ Email Address (print clearly) _____

Quantity **COLOR/DESCRIPTION**

*Please add **\$1.00** shipping per flasher. Flashers will be \$5 after Feb.

Send orders/payments, made payable to Birmingham Track Club, to:

Johnaca E. Kelley, BTC President
c/o EBSCO Creative Concepts
825 5th Avenue South
Birmingham, AL 35233

btcpres09@gmail.com

Offer good till 2/28/10



BTC MILEAGE LOG



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MONTH GOAL	TOTAL
Jan.																																	
Feb.																																	
Mar.																																	
April																																	
May																																	
June																																	
July																																	
Aug.																																	
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Nov.																																	
Dec.																																	
Jan.-Dec. TOTAL																																	

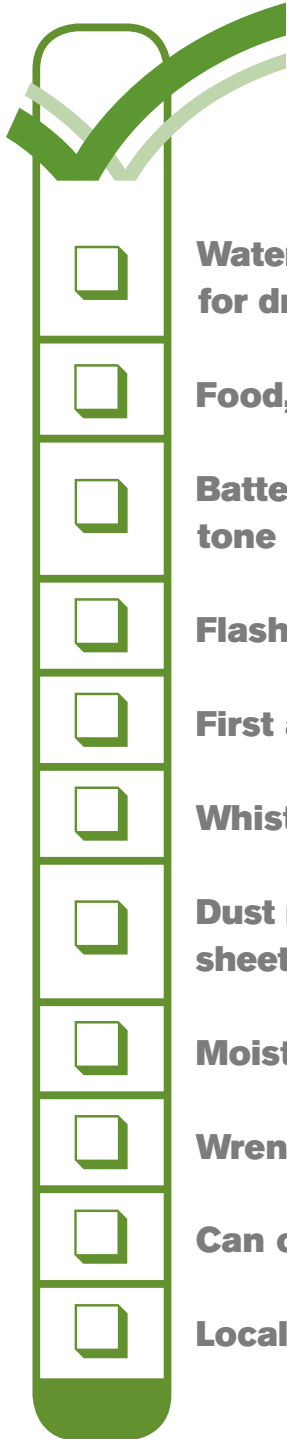
PREPARE. PLAN. STAY INFORMED.

Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: **1)** Get an emergency supply kit **2)** Make a family emergency plan **3)** Be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Recommended Items to Include in a Basic Emergency Supply Kit:



Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

www.READY.gov

Birmingham Track Club

MEMBERSHIP APPLICATION

www.birminghamtrackclub.com
www.myspace.com/birminghamtrackclub



We would like to take this opportunity to invite you to be a member of the Birmingham Track Club or to renew your existing membership. The Club sponsors or sanctions many local races and keeps members informed of upcoming races, training runs, results, socials, etc. through our monthly newsletter 'THE VULCAN RUNNER'. Additionally, BTC Members receive merchandise discounts at local merchants. It's a great way to meet other runners and stay informed of running events in the area. Again, thanks for your participation and we hope that you will join us as we promote individual and community fitness through running.

PLEASE check one:

☐ **New Member application** ☐ **Renewal** ☐ **Change of Address**

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ ☐ Male ☐ Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

_____ ☐ Male ☐ Female
Last Name First Name M.I. Birth Date

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities, and as a member I assume all risks involved. Therefore I hereby, for myself and anyone entitled to act on my behalf, do waive and release the Birmingham Track Club, Road runners Club of America, USA Track and Field, all sponsors and any others involved from any claims or liabilities arising out of my participation in these activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of such events for any legitimate purpose.

Signature (Parent's signature if under 18 years of age) _____

Date _____

YEARLY MEMBERSHIP (please circle one): **\$25** (single) **\$35** (family)

Send this signed application and check made payable to the BTC to the following address:

Birmingham Track Club
P.O. Box 530363 Birmingham, AL 35253
btcmembership@gmail.com

You can also join online at
WWW.ACTIVE.COM
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