



# THE VULCAN RUNNER

VOL. 34

★ JULY 2010 ★

ISSUE 6

## PEAVINE FALLS RUN SET FOR JULY 4TH

– By Mark Baggett  
(for The Birmingham News)

**W**ith the 4th of July quickly approaching, many runners may still be wondering what to do with their three-day holiday weekend.

Runners who got their race entries in quickly enough will be running the annual Peachtree Road Race in Atlanta. The event is the world's largest 10K race, with an estimated 55,000 participants running in 2007.

Typically, after the Peachtree race entries are published in the Atlanta Constitution, this popular race will fill up quickly and some runners may be left looking for another course to run.

Runners who didn't get their Peachtree entry in quickly enough and those looking for a challenging local race should consider the 29th annual Peavine Falls Run. This 8.2-mile race will begin at 7 a.m. July 4, Sunday, at

**PEAVINE FALLS** <continued on Page 3>





## Interested in advertising in our club newsletter?

**Deadlines are the 1st of each month for the following 'VULCAN RUNNER' issue.**

To place an ad or for more info:  
[btcpresident07@gmail.com](mailto:btcpresident07@gmail.com)

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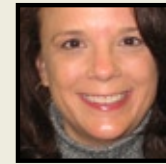
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(205) 422-7055

## BTC Committees

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<b>New Runner's Society</b>	Danny Haralson	<a href="mailto:newrunners@birminghamtrackclub.com">newrunners@birminghamtrackclub.com</a>	(205) 380-1779
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<b>Webmaster</b>	Chuck Self	<a href="mailto:support@narrowgatesolutions.com">support@narrowgatesolutions.com</a>	

## 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](mailto:info@BirminghamTrackClub.com)

**Race Results** Find the latest and most complete local race results at the following:  
[birminghamtrackclub.com](http://birminghamtrackclub.com) [trakshak.com](http://trakshak.com) [run42k.com](http://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](mailto: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 Road Race Chairman and Peavine Falls founder/director, Rick Melanson.

### PEAVINE FALLS <continued from Page 1>

the Oak Mountain State Park Picnic area.

Birmingham Track Club Road Race Chairman Rick Melanson, who founded the Peavine Falls Run 28 years ago, still serves as its race director. Melanson is well known within the Birmingham running community as he sets up and oversees the majority of road races in the Birmingham area.

When asked about the origins of his Peavine Falls Run, Melanson said he wanted to give runners a race to participate in if they did not get into Peachtree. He also said he wanted to make sure his race was affordable.

"The race started out with a \$3 entry fee to combat the high costs of several races. It was a gift to the runners," he said.

Twenty-eight years later, the entry fee is still just \$5.

Peavine's 8.2-mile course consists of 6.9 miles of rolling asphalt road and 1.3 miles of single-track mountain biking trails, all in the beautiful wooded state park. The course climbs approximately 3½ miles to the Peavine Falls parking lot and then back down to the mountain bike trail and finishes at the picnic area.

"The bike trail has poor footing so care must be taken when running on this section as there will not be any medical aid in the woods. The trail is also open to cyclists so runners will need to be alert of possible bike traffic," Melanson said.

Water will be provided halfway up the mountain at the top turnaround and at the start/finish area. Race refreshments will be provided at the finish area, as well as medical aid for anyone who may need it. For more info., call 835-0030 after 6 p.m., or email rick@indusco.net. Registration also on Active.com. •

**\* 2010 Peavine Falls Race Application on Page 4 \***



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# 29th Annual "Birmingham Track Club"

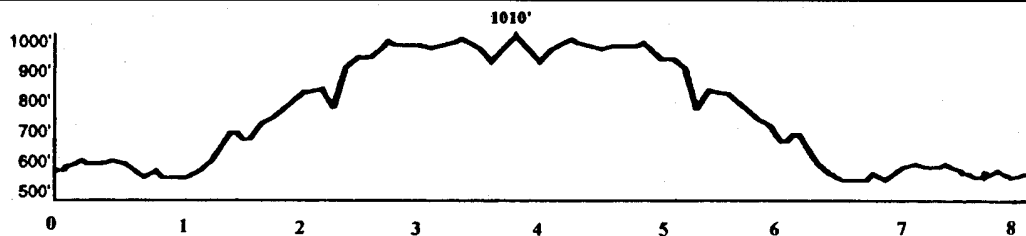
## PEAVINE FALLS RUN

### July 4th, 2010, 7:00AM

Oak Mountain State Park Picnic Area, Birmingham, Alabama

Entry Fee: \$5.00 (Park Fee \$3.00)

Course: 8.2 mi. course consisting of 6.9 mi. of rolling asphalt road and 1.3 mi. of single track mountain bike trail all in beautiful wooded State Park. The run climbs approx. 3 1/2 mi. to the Peavine Falls parking lot and then back down to the mountain bike trail and finishing at the Picnic area. The bike trail has poor footing so care must be taken when running on this section as there "IS NOT" any Medical Aid in the woods! The trail is also open to cyclists so you will need to be alert of possible bike traffic. Water will be provided half way up the mountain, at the top turn-around and at the Start/Finish area. Normal refreshments will be provided at the Finish. Most of the course is shaded so that heat is usually not a factor. Medical aid will be at the finish. For Park camping call 205-620-2527.



Awards will be given to the top 10 finishers, Male and Female. T-shirts to all who pre-register (for guaranteed shirt please pick-up before the race). T-shirts for "day of race entries" are on a first come first serve basis. You may register by mail, at any of the TRAK SHAK STORES, at Park on day of race or register online at active.com. Early packet pick-up will be at the TRAK SHAK, Homewood on Saturday, July 3rd from 11:30-closing! For more info call Rick Melanson at 205-835-0030 after 6:00PM, e-mail at rick@indusco.net or access website birminghamtrackclub.com.

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ST: \_\_\_\_\_

ZIP: \_\_\_\_\_ T-SHIRT SIZE: \_\_\_\_\_ PHONE: \_\_\_\_\_ SEX: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ AGE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

MAKE CHECKS OUT TO **BTC & MAIL TO:**

Rick Melanson  
Rick Melanson  
5365 Creekside Loop  
Birmingham, AL 35244

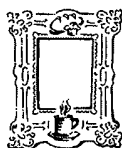
I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in 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 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 yrs. Old)



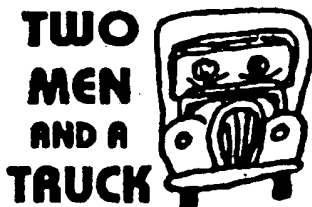
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# VULCAN RUN 10K

Saturday, November 6, 2010



Vulcan Run is not using Active.com this year, please use Racelt.com to register.

We think it will be MUCH easier to navigate and less expensive for registrants. Registration opened June 1st for just \$20! It goes up on August 1st to \$25, September 1st to \$30 and day of is \$35.

The Vulcan Run website is being updated currently, so check it for updates too:

[www.VulcanRun.com](http://www.VulcanRun.com)

\$10 discount for  
Birmingham Track Club members

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## July BTC President's Message

– Johnaca Kelley

The Internet has a wealth of information available for runners. The following is a limited guide of Runner's Resources pulled from the RRCA website to help you connect to various Internet based resources and support your running lifestyle. I hope you find them useful:

### ► MAPPING/LOGGING WEBSITES

**USATF Running Routes:** <http://www.usatf.org/routes/map>

This is the USATF mapping tool, which allows you to save your route and calculates elevation, too. The USATF website also has an archive of routes mapped by others that is searchable by location, terrain, length of run, etc.

**Daily Mile:** <http://www.dailymile.com>

This is a free site, but it requires registration. Users can use this to map and log runs as well as track training and network with others. The social networking component of the site allows you to connect with friends and even link your account to your Facebook account.

### ► PACE CALCULATOR WEBSITES

**Coolrunning:** [http://www.coolrunning.com/engine/4/4\\_1/96.shtml](http://www.coolrunning.com/engine/4/4_1/96.shtml)

This site will calculate your time, distance or pace as long as you enter at least two of the three variables and also calculate your splits.

**Runner's World:** <http://www.runnersworld.com/cda/trainingcalculator>

This site will calculate projected finishing times and training paces based on information provided about a past race.

**McMillan Running:** <http://www.mcmillanrunning.com/mcmillanrunningcalculator.htm>

This site will calculate projected finishing times and training paces based on information provided about a past race.

### ► NUTRITION LOG/INFORMATION WEBSITES

**Daily Burn:** <http://dailyburn.com/>

This site allows you to log your daily food intake and exercise, but requires that you register. The social networking component of the site allows you to connect with others for the purpose of accountability.

*Give a person a fish and you feed them for a day; teach that person to use the Internet and they won't bother you for weeks. — Author Unknown*

btcpres09@gmail.com



**Facebook.com/BirminghamTrackClub**

# NEW RUNNER'S SOCIETY GROUP RUNS

As always, the BTC is offering **Group Runs** at various locations, at different times and with assorted mileage for all runners. **COME RUN WITH US!!**

**THURSDAY EVENINGS: 6:00 P.M.**

We'll meet across from the Western Supermarket in Mountain Brook (plenty of on street parking) at the intersection of Cahaba Road and Montevallo. 2, 3, 4, 5, 6.5 mile routes available.

**TUESDAY MORNINGS: 5:30 A.M.**

Several routes available from Mountain Brook YMCA.

**QUESTIONS:** [newrunners@birminghamtrackclub.com](mailto:newrunners@birminghamtrackclub.com)

# Race/Event Calendar (July thru August '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 )

## JULY 4

### 29th Annual Peavine Falls Run (8.3 miles)

– Birmingham, AL, 7:00 a.m.  
Oak Mtn. State Park picnic area. Run up gravel road 3.6 miles and backdown to finish 1.2 miles on mtn. bike trail through woods. Pre-reg to get shirt- rest are 1st come 1st serve! No strollers, no dogs, & no wheel chairs. Top 10 M/F get cash – not much, but what do you expect for a \$5 entry fee? Register on-line or send in application. **Printable race entry on Page 3 of this issue.**

**Info:** Rick Melanson after 5 p.m. (835-0030)

## JULY 10

### Family Connection "Run for Shelter" 5K Run & 1 Mile Fun Run

– Alabaster, AL, 8:00 a.m.  
Westwood Baptist Church on Alabaster Blvd behind the "Colonial Promenade". USATF CERTIFIED COURSE.

**Info:** Susan Johnston, (663-6301)

**Email:** shelbyyouth@charterinternet.com

### Trinity Lutheran Church Peach Festival 5K & 1 Mile

– Auburn, AL, 7:00 a.m.

**Info:** 334-887-3901

## JULY 11

### BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.  
Contact Brent Cotton for location.  
**Info:** (205) 447-9223

## JULY 17

### HTC Twilight 5K & Men's 5K Runs

– Huntsville, AL, 6:30 p.m.  
**Info:** David & Ashley Cain (256-533-9977)

## JULY 23

### Jog In July 5K & 1 Mile Fun Run

– Birmingham, AL  
Veterans Park  
**Info:** Dee Nance (444-7765)

## JULY 24

### Twilight Five Retro Run 5K

– Birmingham, AL, 6:00 p.m.  
TRAK SHAK in Homewood. USATF CERTIFIED COURSE. Prize for best retro gear, music, adult beverages.  
**Web:** www.TrakShak.com  
**Info:** 870-5644

### Critter Run 5K

– Dothan, AL, 6:00 p.m.  
**Info:** Larry Dykes (334-792-6021)

### W.C. Handy Da Doo Run Run 5K & 1 Mile Fun Run

– Florence, AL, 8:00 a.m.  
**Info:** Brad Lynch (256-324-1595)

### Paint The Streets 5K

– Huntsville, AL 7:00 a.m.  
**Info:** james.a.vamavas@saic.com.

## JULY 31

### Move Your Feet, Move the World 5K & 1 Mile

– Bessemer, AL, 8:00 a.m.  
Flint Hill Baptist Church, 1630 Powder Plant Road, Bessemer. Register on active.com.  
**Web:** www.FlintHill.net

## AUGUST 6

### Sunset Run 5K & 1 Mile Fun Run

– Sheffield, AL, 7:30 p.m.  
**Info:** Pam Fleming (256-386-4747)

## AUGUST 7

### Shake & Bake 5K

– Birmingham, AL, 8:00 a.m.  
Mt. Laurel off Hwy. 41, 3 miles from Hwy. 280.  
USATF CERTIFIED COURSE.  
**Info:** Bill Kreis (281-1946)

### Woodstock 5K

– Anniston, AL, 7:30 a.m.  
Anniston High School, 1301 Woodstock Rd. USATF CERTIFIED COURSE - RRCA SOUTHERN REGION-AL CHAMPIONSHIP. Register on active.com.  
**Info:** Brooke Nelson (256-239-9001)  
**Email:** brookenelson@amcvets.com  
**Web:** www.woodstock5k.com

### Brookwood High School 5K

– Brookwood, AL, 8:00 a.m.  
**Info:** John Hooper

### The Dog Trot 5K & .5 Mile Run/Walk

– Huntsville, AL, 7:30 a.m.  
**Info:** Max Carter (256-457-3711)

## AUGUST 8

### BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.  
Contact Brent Cotton for location.  
**Info:** (205) 447-9223

## AUGUST 13

### Eva Bank 5K Midnight Run

– Cullman, AL, 11:59 p.m.  
The course starts at the Cullman Civic Center and is USATF Certified. Cash prizes are awarded to overall and masters male and female, medals for age divisions. The race starts at 11:59 pm!  
**Info:** 256-775-7946 Ext. 14  
**Email:** cturner@cullmanrecreation.org

## AUGUST 14

### Greystone 5K & 1 Mile Family Fun Run

– Birmingham, AL, 8:00 a.m.  
Founders Clubhouse Aquatics in Greystone on 4100 Greystone Dr.  
**Info:** Christy Johnson (986-5139)  
**Email:** cjohnson@greystonecc.com

### Brooke Hill Run for Awareness 5K & 1 Mile Fun Run

– Decatur, AL, 8:00 a.m.  
Both USATF CERTIFIED.  
**Info:** Jon Elmore (256-351-7426)  
**Email:** jklca5@charter.net  
**Web:** www.rivercityrunners.org

### Water Melon Run 5K

– Russellville, AL, 7:30 a.m.  
**Info:** Tiffany Warhurst (256-324-1577)

### The River Street Family 5K

– Centre, AL, 8:00 a.m.  
**Info:** Kay Davis (256-927-7890)

## AUGUST 21

### AreUABle 5K & 1 Mile Fun Run

– Birmingham, AL, 7:30 a.m.  
Homewood High School on S.Lakeshore. USATF CERTIFIED COURSE.  
**Web:** www.uab.edu.pt  
**Info:** Jennifer Christy (205-934-5903)

### Life is a Beach 5K Trail Run/Walk

– Dothan, AL 7:30 a.m.  
**Info:** Larry Dykes (334-792-6021)

### Killen Founders Day 5K & 1 Mile Fun Run

– Killen, AL, 7:00 a.m.  
**Info:** Joe Quillen (256-366-0040)

## AUGUST 28

### Runing of the Bulls 5K

– Huntsville, AL, 8:00 a.m.  
**Info:** Suzanne Taylor (256-650-7063)

## FUTURE (local only)

09-04 – Butterbean Festival 5K  
09-11 – Paws For Cause 5K  
09-18 – Monkey See, Monkey Do 5K  
09-18 – I Race because I Care 5K  
09-25 – Paws Fur A Pink Cause 5K  
09-25 – Fly-By 5K Race  
10-02 – Hueytown 5K/10K  
10-02 – Liver Walk 5K  
10-09 – Race For The Cure  
10-17 – Maple Leaf 5K  
10-23 – Run Away from Domestic Violence 8K  
10-30 – Cross Point 5K  
10-30 – "Life Without Limits" 1/2 Marathon/5K  
11-06 – Vulcan Run 10K  
12-19 – Meadow Brook 5K  
02-12 – BR 5K  
02-13 – Mercedes Marathon & Half Marathon

# 2010 BTC Executive Meetings

BTC Executive meetings are open to the membership and we encourage attendance.  
Executive meetings take place every **3rd Tuesday of the month**, starting at 5:30 p.m.

### MEETING LOCATION:

O'Henry's @ Brookwood (upstairs)  
569 Brookwood Village, Ste. 101  
Birmingham, AL 35209  
205-870-1148

March 16th	:	June 22nd	:	Sept. 21st	:	Dec. 21st
April 20th	:	July 20th	:	Oct. 19th	:	
May 18th	:	Aug. 17th	:	Nov. 16th	:	





# Southlake Orthopaedics

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**C.J. Talbert, M.D.**

**Michael F. Blum, M.D.**

**Ekkehard Bonatz, M.D.**

Brookwood Medical Plaza  
513 Brookwood Blvd. Suite 402  
Birmingham, AL 35209  
(205) 503-4060

MedPlex Medical Building  
4517 Southlake Pkwy. Suite 202  
Birmingham, AL 35244  
(205) 985-4111

Inverness Center  
One Inverness Pkwy. Suite 204  
Birmingham, AL 35242  
(205) 503-5544

07/10

## HOT WEATHER RUNNING TIPS

**The Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.**

▶ Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

▶ Visit Gatorade Endurance's site. You will find great tools for developing a hydration strategy.

▶ To stay hydrated on your run, consider using one of the many products designed by FuelBelt, Inc. Get a 15% discount on online orders by using the RRCA coupon code: RRCA.

▶ Avoid running outside if the heat is above

98.6 degrees and the humidity is above 70–80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature. Check your local weather and humidity level.

▶ When running, if you become dizzy, nauseated, have the chills, or cease to sweat... STOP RUNNING, find shade, and drink water or a fluid replacement drink such as Gatorade Endurance. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

▶ Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor

that will shade your eyes and skin but will allow heat to transfer off the top of your head.

▶ If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

Children should run in the morning or late afternoon hours, but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.

▶ Do wear light colored breathable clothing. Do not wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits hot days to lose water weight is dangerous!

▶ Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will gone, and carry identification.

**Stay hydrated, cool, and safe this summer! •**

<http://www.rrca.org>



**MILES REPORTED THROUGH JUNE 14, 2010****1,200 Mile Club**

<b>BTC MEMBER NAME</b>	<b>TOTAL</b>	<b>MAY '10</b>	<b>APR. '10</b>	<b>BTC MEMBER NAME</b>	<b>TOTAL</b>	<b>MAY '10</b>	<b>APR. '10</b>
Andress, Jennifer	554	90	106.5	Landy, Randi	468.4	101.4	105
Armstrong, Tommy	429.2	116	100	Loo, Judy	453.9	95	80
Baskerville, Jennifer	549.2	123.45	119.15	Losole, Liz	530.7	109.7	108
Beasley, Martin	512.4	81	101.4	Lupinacci, Tim	512	105	121
Bedics, Tom	550	73	82	Lyle, Randy	823.2	241	133.6
Benson, Wayne	639	149	90	Mann, Steven	20		
Bonatz, Ekkehard	977	210	189	Martin, Cary	333.9	74.6	65.1
Bowman, Bill	416	102	83	McCalley, Charles	395.67	49.36	89.9
Bradshaw-Whittemore, Al	341.3	55.5	63.4	McCarthy, Mike	150		
Briggs, Melissa	657.11	111.87	152.1	McConnell, Katie	327.85	76	67.25
Brown, Sean	398	67	80	McConnell, Kim	247.05	90.4	68.9
Bullock, Sharon	507	99	123	Milam, Heather	795.5	213.5	109.5
Burnette, Jack	479	143	97	Miller, Pamela	657.5	140.2	142.5
Chandler, Teresa	659.5	100.5	83	Morgan, Cary	772	172	182
Clark, Beth	707	130	144	Morgan, Danielle	625.3	115.2	135
Clay, Brad	777	177	154	Morgan, Phillip	657.1	124	135
Colburn, Cathy	432		123	Murray, Jason	58		
Cook, Oscar	526	62	58	Parr, Michele	407.5	101	67
Creed, Brad	516.2	125.5	90	Pasqualini, Ellie	519		100
Davis, Milton	294.4	30	61	Peagler, Shana	252		
Dortch, Cherie	400.37	86.2	98.4	Peagler, Zach	468.5	100	68.3
Dunn, Wade	1033.1	256.5	210.5	Peck, Jeremiah	398.7	73.32	96.79
Eidson, Rachel	504	101	100	Randall, Lisa	616.57	171.5	98.09
Engels, John	269.4		66	Richey, Jim	458.4	91.5	102.1
Estes, Jeff	337.4	91.3	90.4	Roberts, Tim	791.9	245.8	169.8
Evans, Bob	403	68	62	Rodriguez, Jose	710.67	152.2	133.97
Farrell, Meredith	605.05	212	123.55	Rutherford, Keith	295	30	55
Fleming, Marcy	447.5	82.5	88.5	Sample, Holly	531	112	103
Ford, Joe	520.9	105	89.9	Sankey, Greg	586.83		111.82
Frederick, Winston	504	93	106	Shaw, Joe	434.7	80	15
Ganus, Jack	533	115	104	Shinn, Ronald	542.29	112.71	102.72
Goff, Ali	426.75	87.5	76.25	Smith, Jerry	628	120	124
Goode, Johnny	705	136	116	Smith, Reid	391.5	91	89
Goolsby, John	186			South, Christopher	653.04	150.04	179
Greenwald, Bill	385	129	108	Stearns, David	459	110	110
Grossman, Christopher	493.43	107.35	90.05	Stockton, Rick	587	124.2	116.2
Hales, Susan D.	296		81	Street, Tess	43		
Haralson, Danny	649	120	112	Stroud, Vanessa	383.55	160.1	111.25
Haralson, Micki	485.2	69	112.2	Thurmond, Nicole	118		
Hargrave, Alan	476	55	116	Vaughan, Keith	180		
Harris, Dena	1,082.59	279.22	243.9	Veal, Matt	113		
Harris, Kendall	370	67	75	Walker, Caroline	179		
Harris, Skip	280.7			Watkins, Janet	418	85	92
Harris, Vickie	278			Weeks, Lance	660.75	105	158
Henry, David	548.8	118	79	Whatley, Prince	1106.1	266.2	204.4
Jenkins, Mike	167			Winborn, Charles	473.5	84	102
Jones, Ira	464.7	76	65.5	Woody, Bill	446	89	93
Joyce, Lynn	455	102	93	Wu, Xing	636.98	134.72	132.59
Joyner, David	713.07	139.09	116.24	Yaghmai, Greg	391	69	54
Klasing, Leslie	525.2	140.2	109	Yancey, Lisa	319	81	66
Kuhn, Jimmy	592		137	Zehnder, Justin	515.5		175.5

**Email monthly mileage, errors, omissions or questions to:****[1200@birminghamtrackclub.com](mailto:1200@birminghamtrackclub.com)**

# The View from the BACK OF THE PACK

— By Michele Parr

A few years ago I took on the task of recruiting volunteers for aid stations for Statue to Statue, a job that's grown to include staffing packet pickup, race day registration, traffic control, finish line, and assorted other necessary chores. Like most people looking for help, I've fallen into a dangerous habit: I tend to call on the same people year after year. That worked out all right when I was seeking help for just one race per year. When I picked up Run for Wishes, life got a little more complicated.

Last year the races were four months apart, a reasonable enough length of time for me to pounce on my regulars without a hint of guilt. This year they were five weeks apart, and my luck ran cold. We were elated when Alabama Adventure agreed to move Run for Wishes from August to May, but delays in getting the date locked in meant we had little time to prepare. The late start meant lots of folks already had plans for race weekend, a tough thing for enlisting both runners and volunteers.

I appealed to my regulars. A few, very few, responded. We appealed to the BTC through an email blast. Nobody responded. That's right, nobody. Out of a membership that fluctuates between 650 and 800, nobody would commit to giving up a few hours on a Saturday morning to help the club put on a race.

Despite that, the race went on. The runners found their way around the course, fluids were available at the start/finish and on the course, and order of finish was recorded. There was a post-race party with food and drink. A lot of that happened because volunteers, though few in number, helped make it happen. Make-A-Wish carried much of the load.

Along the way a fascinating thing happened. Runners who had picked up their

packets and pinned on their bibs noticed the log jam at registration and offered their help. With these folks stuffing shirts in bags and handing bags to runners, the lines disappeared and the chores got done. I'd never seen anything like it, and it brought a smile to my face.

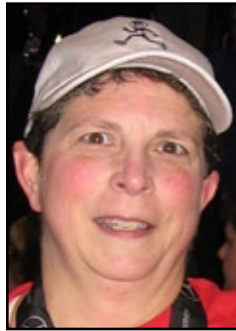
If you've raced more than one local race this year and you haven't volunteered at one, shame on you! You can rationalize that your registration fees are helping the causes supported by the races and are therefore doing more good by racing. Run for Wishes proves you can race AND volunteer. You could make a donation and volunteer instead of race and still support the cause.

Ask yourself this question: What makes me so special that other runners should give their time to make it possible for me to race when I never do that for them? Does your very presence on the starting line inspire hundreds of other runners to register just so they can run with you? Would the race suffer without your blazing speed setting the pace? Without you would there be nobody to finish last? If you don't have a good answer, it's time to pitch in.

There are hundreds of ways to help. Contact me to help with Statue to Statue next April or Run for Wishes next May. Check out the race calendar, contact the race director, and volunteer to help with a race (FYI, Peavine is 7/4 and Vulcan is 11/6). Send an email to [volunteer@birminghamtrackclub.com](mailto:volunteer@birminghamtrackclub.com) and offer your services for something specific or something general. Cathy will be delighted to hear from you. Contact Johnaca to help with merchandise, Micki to help with social events, Danny to help with new runners, or Judy to help with membership.

Give something back to sport you love. •

[micheleparr@mindspring.com](mailto:micheleparr@mindspring.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 weekend 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](mailto: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](mailto: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](mailto: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

[BTCmembership@gmail.com](mailto:BTCmembership@gmail.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.

### Professional Massage Therapy

Cynthia J. Harris, LCSW, LMT, NMT

Deep Tissue • Sports Massage • Orthopedic Assessment  
Stretching and Joint Mobilization • Neuromuscular Therapy  
M-F 9am - 7pm • Sat 10am - 3pm

NEAD THERAPEUTIC MASSAGE, LLC

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Vestavia Hills, Alabama 35216 • Telephone 205-223-2256

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# Double Trouble

Meet **Hillary Brennan** and **Karen Kasuba**, two running Moms on the hot seat this month!

## Hillary Brennan

- 1. Last movie you liked so much, you watched it twice?** Enchanted. Although, I don't know that it was my choice to watch it twice.
- 2. Name one guilty pleasure?** Peanut butter milkshakes
- 3. Favorite place on earth?** Any beach
- 4. Worst place on earth?** Walmart the day before a predicted snowstorm



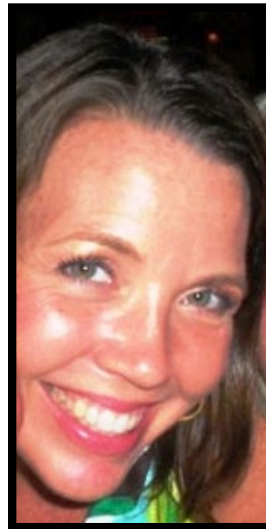
- 5. One item you would want with you on a desert island?** A boat
- 6. Most interesting person you've ever met?** My sister, she is always good for a crazy story and a laugh.
- 7. Coolest trophy or prize you ever won?** I love to win stuff. So, anything I've ever won was the coolest.
- 8. Favorite TV show?** "Project Runway" Maybe I

should have listed that under guilty pleasure.

- 9. Favorite fast-food joint?** Taco Bell
- 10. Who would play you in a movie?** Ashley Judd
- 11. Something unique about the town you grew up in?** I grew up in south Jackson, MS. It's a great place to get your car stolen.
- 12. If you could play an instrument, what would it be?** Tuba
- 13. Scariest thing that ever happened to you?** I had a tornado fly over my parent's house while I was visiting. It really did sound like a train.
- 14. Favorite book?** "The Napping House"
- 15. Favorite meal?** Vegetable plate with cornbread
- 16. Why do you run?** It's excellent therapy, physically and mentally.
- 17. When did you start?** Three years ago with one of Danny's couch groups. It's been one of the best things I've done for myself as an adult.
- 18. What's your biggest running accomplishment?** Running my first marathon in Tupelo, MS.
- 19. Favorite BTC story?** Being happy to wake up at 4 something a.m. to join my friends for a run. Who'da thunk it?
- 20. Words to live by or favorite running mantra?** Cover the distance.

## Karen Kasuba

- 1. Last movie you liked so much, you watched it twice?** hmmm. Unfortunately I don't get to see many movies these days unless they are Disney animated features, or Pixar movies. Having said that I am a big Toy Story fan. yes, I know I need to get out more!
- 2. Name one guilty pleasure?** Just one? Ok, getting a pedicure.
- 3. Favorite place on earth?** Anywhere near a beach. Although, I love San Francisco, CA too!
- 4. Worst place on earth?** Youngstown Ohio – see my scarriest thing that happend to you.
- 5. One item you would want with you on a desert island?** A Swiss Army knife
- 6. Most interesting person you've ever met?** I met Micheal Jordan once, he was so nice and not affected by fame.
- 7. Coolest trophy or prize you ever won?** I have never won anything! Got to get on that!



- 8. Favorite TV show?** I love "House Hunters International" Maybe it is because I love to travel and I would love to have a house somewhere exotic.
- 9. Favorite fast-food joint?** Chick fil a
- 10. Who would play you in a movie?** Kate Winslett
- 11. Something unique about the town you grew up in?** I grew up in Birmingham for the most part so, I guess I would say Vulcan. The history of the monument is pretty cool.
- 12. If you could play an instrument, what would it be?** Piano
- 13. Scariest thing that ever happened to you?** I flew in a small aircraft from Youngstown to Pittsburgh during Tornado's. They had closed the Pittsburg airport because of weather yet, we were flying toward the storm. I really thought

that flight was my last.

- 14. Favorite book?** "Eat, Pray, Love"
- 15. Favorite meal?** Seared Scallops and Shimp
- 16. Why do you run?** For the health benefits,time for me, and of course for socialization.
- 17. When did you start?** Three years ago with Danny's Couch Group.
- 18. What's your biggest running accomplishment?** My first Marathon last April 2009 at the Kentucky Derby Marathon.
- 19. Favorite BTC story?** I don't have just one. I do know that I cherish the friendships that I have formed with the running buddies that I have met as a result of the BTC and Danny Harralsons group. This is the most amazing , fun, and genuine group of people, and I am blessed to be in their company.
- 20. Words to live by or favorite running mantra?** Treat people the way you want to be treated.

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)

## Club Merchandise JULY Item Of The Month

# SHOE POUCHES

### POUCH DETAILS:

- Approx. 2.5" x 4"
- Wallet size will hold debit/credit cards and driver's licenses.
- Has easy velcro strap for securing to shoe.
- Has easy access zipper so wallet does not need to be removed from shoe to access wallet contents.
- Made of durable poly material.
- Choose from either blue/black or gray/black color combo.



Name (ship to) \_\_\_\_\_

Address (Street or P.O.) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email Address (print clearly) \_\_\_\_\_

**Quantity**    **COLOR/DESCRIPTION**


\*Please add **75¢** shipping per pouch.

**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](mailto:btcpres09@gmail.com)

Offer good till 7/31/10





# BTC MILEAGE LOG



																																MONTH		
	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	GOAL	TOTAL	
Jan.																																		
Feb.																																		
Mar.																																		
April																																		
May																																		
June																																		
July																																		
Aug.																																		
Sept.																																		
Oct.																																		
Nov.																																		
Dec.																																		
Jan.-Dec. TOTAL																																		

# 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**  
(Event I.D. # 1397208)



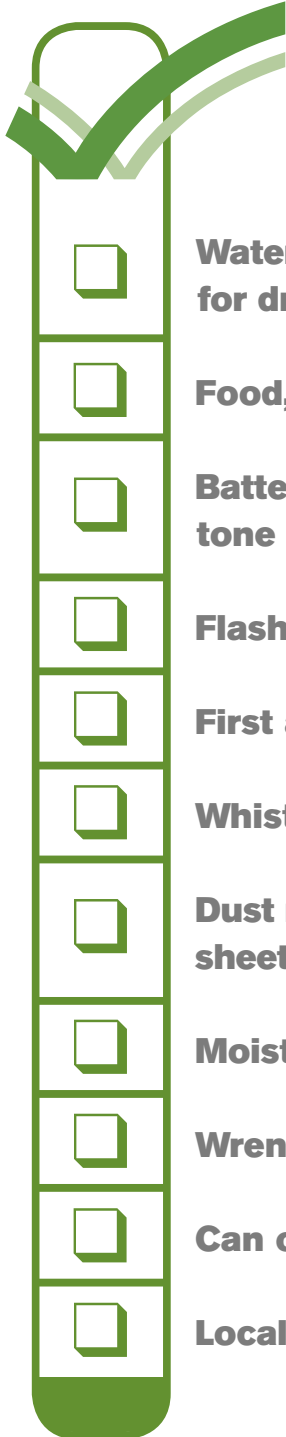
# PREPARE. PLAN. STAY INFORMED.

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