

Birmingham's Area Running Club

**BIRMINGHAM TRACK CLUB**

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

# BTC THE VULCAN RUNNER



VOL. 34

★ MARCH 2010 ★

ISSUE 2

## "WELCOME TO DISNEY, ALASKA!"

— Sean Brown

"Welcome to Disney, Alaska!"

Those were the words that officials greeted us with to the starting area for all the races of the Disney World Marathon Weekend. The joke



BTC member  
Sean Brown

was appropriate (and unfortunately too accurate to be funny) as record low temperatures gripped Orlando and much of Central Florida on the very weekend that thousands of runners from around the world converged on what was otherwise known as 'the happiest place on Earth.'

The irony of the nickname made me smile more than the Alaska comment. I was more inclined to think of Dante's Inferno, in which the innermost circle of hell is not fire but rather freezing cold. At 4:15 a.m., in the cold light rain and blustery winds, I struggled to stay warm before the 5:40 a.m. start time of the half marathon. The hour and a half wait was mandatory as the LAST bus

from the hotel to the starting area was 4:00 a.m.

I had come to tackle the daunting Goofy Challenge, the endurance test of running the half marathon on Saturday followed by the full marathon on Sunday. The forecast that Saturday called for rain and sleet, and according to my Weather Channel app, the temperature was "29 but felt like 22". As someone who was raised in the dry

**DISNEY**

< continued on Page 2 >



Runners pass by the Epcot Center during the Disney Marathon.

PHOTO COURTESY OF DISNEY PARKS





**TOP:** Braving freezing temperatures in the low-30s, tens of thousands of runners begin the 2010 Walt Disney World Marathon.

**RIGHT:** Runners pass by the famous Magic Kingdom Castle during a previous, warmer Disney Marathon weekend. Sean Brown didn't experience such warm weather during his Goofy experience.

#### DISNEY <continued from Page 1>

desert climate of Phoenix, Arizona, 30 degrees was a more extreme temperature to me than 100. Sure, it had been about as cold in Birmingham during the days leading up to that weekend, but 39.3 miles in two days was supposed to be plenty enough of an endurance test without the unexpected contingency of harshly cold, wet weather.

On the bus to the Expo the day before, a slickly produced video promoted the Disney Marathon festivities. In the video, the marathon runners appeared to be running at two in the afternoon in a cloudless sky, in shorts, t-shirts, and ear-to-ear smiles. "Where was that race?", I joked to the guy behind me. That's the one I wanted to do.

Mercifully, the half marathon finally started and I was able to get warm(er) in just a couple miles. The only exposed part of my body was my face, and the sleet felt like needles pricking my skin. I kept my head down and pushed on.

Due to the heavy overcast sky, it remained dark for the majority of the run. There wasn't so much of a hint of dawn until I had reached the 11th mile. This had the surreal effect of making most of the race feel like a midnight run.

Most of the miles involved empty stretches of road between parks, and some areas were dark enough that I

**DISNEY** <continued on Page 3>



PHOTO COURTESY OF DISNEY PARKS





**DISNEY** <continued from Page 2> couldn't see my own feet and every step felt like a bit of an adventure.

As for the actual parks, only two are incorporated into the half marathon: Magic Kingdom and Epcot. Magic Kingdom was indeed exhilarating as the lights, sounds, and cast members were vibrantly energetic and fully alive in what was an otherwise empty park. Again, the best word I can think of to describe it is 'surreal'.

I finished with a time of 1:57, as my overly optimistic goal was to finish both races in a combined six hours.

After an extended mid-day nap and an early pasta dinner with other BTC members at the Universal City Walk, it was lights out at 8:30 p.m. for a 3:00 a.m. wake up to do it all over again, only twice as much.

Sunday morning was every bit as miserably cold, but at least the sky was going to be clear. Due to recent sickness and other factors, I had come into the weekend not as prepared as I would have liked. By my estimates, I'd start to run out of gas half-way through, and after that, I wasn't sure what would happen.

I felt surprisingly well during the first 12 miles, so I went with it, holding on to the absurd notion that I might actually be able to maintain it all the way through. Regrettably, my original sober assessments proved to be more accurate: I started to wear out halfway through.

But right around that time, a couple amazing things happened. The sun rose and was visible for the first time since

**DISNEY** <continued on Page 4>

## 2010 Officers



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(205) 540-1372



**Vice President**  
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**Treasurer**  
**Debbie Cleghorn**  
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**Past President**  
**Mark Baggett**  
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## BTC Committees

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<b>'The Vulcan Runner' Editor</b>	Mark Baggett	btcpresident07@gmail.com	(205) 422-7055
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## 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>**

**DISNEY** <continued from Page 3>

I had landed in Orlando back on Friday. And wouldn't you know it, at the same moment I noticed this, the shuffle feature on my iPhone music selected the song 'Energy.' (You may be familiar with the song as a jingle made famous by a Pepsi commercial from a couple years back.)

The lyrics go, in part...

*"And the world is made of energy  
And there's a lot inside of you  
And there's a lot inside of me  
It's gonna be alright, oh yeah  
We're gonna see the sunlight"*

I felt invigorated. For the first time, it seemed like there was color around me. Things were starting to look like how they did in the Disney promotional video. It was still cold, to be sure. (In fact, I'll never forget the water cup handed off to me by a volunteer around the 14th mile. I leaned back to drink, but no water was to be had. Confused, I shook the cup upside down for a moment before the frozen surface popped out with the water underneath onto the pavement.) But between the clear sky and the groovy tune I had just set to 'repeat', along with my acceptance of the fact that a stellar clock time wasn't going to happen, the darndest thing happened: I started to have fun.

I took in the now visible scenery, and stopped to take pictures of everything with my iPhone. It was after all, my very first visit to Disney World. Even the roads between the parks were striking me as scenic. And throughout the course, various characters from all the popular Disney movies stood on the sidelines, available for photo opportunities for all of the runners. (I stopped for Mary Poppins and one of her penguins. From what I hear, my god-daughter now has a print-out of the photo in her room, excited that I know Miss Poppins.)

I have several friends who are not traditionally runners who have completed the full Disney marathon in the past, and as I went through the stretch run of the final 6 miles, I started to understand why this particular marathon was seemingly beginner friendly. Those last miles were back-loaded with lots of water and food stops, along with a winding course through a lot of the parks. There was a lot to look at, and the next water stop always seemed to be in sight. This was a welcome contrast from several marathons I've run in which the final 6 miles perfectly epitomized a sense of desolation and abandonment at the worst possible time.



PHOTO COURTESY OF SEAN BROWN

Throughout the races, runners were welcomed to stop and get their pictures taken with various Disney characters. The only one that Sean saw along his Disney Marathon run was Mary Poppins, which he stopped for a photo with. Sean's god-daughter now has a print-out of this photo in her room, excited that he knows Miss Poppins.

I crossed the finish line in a leisurely 4:41, convinced that the Disney Marathon was the most fun I've ever had running a marathon. And when they hung the Goofy medal around my neck to signify that I had run both races, the satisfaction reminded of why I love to run: I'm still capable of surprising myself by accomplishing goals I'm never quite sure I can achieve until I actually do them. And even if I fail, there's still incredible redemption to be found merely in the fact that I dared to try. To whatever extent each runner taxes his or her own abilities, we all experience a degree of physical sacrifice for an emotional, psychological, and dare I say, a spiritual payoff that gives us all a sharper perspec-

tive on life and establishes a kinship with each other, even if we're otherwise strangers, because we share this experience in common.

The financial cost of doing the Goofy Challenge, factoring in Disney prices with hotel and airfare, definitely keeps the experience from being a potential annual event (How on earth do families of four afford to go do Disney World?), but you better believe I'd love to do it again, and at some point I will. Maybe next time it won't be "Disney Alaska", but rather "Disney, Orlando". Won't that be something to look forward to? .

Email Sean at [zumadume2@gmail.com](mailto:zumadume2@gmail.com)





# St. Patty's Pot Luck Run and Social

**Wednesday  
March 17th**

Homewood Trak Shak

**Join the BTC at the Homewood Trak Shak  
for fun and ST. PATRICK'S DAY Festivities!**

Group runs start at 5:30 p.m. as usual and festivities will follow.

PLEASE bring a side dish for the pot luck dinner.  
The BTC will supply the main course.

Prizes will be awarded to best dressed leprechauns.  
Grand prize is a pair of shoes courtesy of **The Trak Shak**.

BTC merchandise will be available.

New technical shirts, sweatshirts and jerseys are now available.

Start or renew your membership while at the BTC merchandise tent.  
(BTC membership is required for dinner and contest participation.)

*The BTC is a non-profit 501(c) organization. Please consult your  
tax advisor as to the deductibility of payments to the BTC.*

**If you would like to volunteer to help, contact...**

**Micki:** [mickiharalson@gmail.com](mailto:mickiharalson@gmail.com) or **Johnaca:** [btcpres09@gmail.com](mailto:btcpres09@gmail.com)

Whee! Bit o' Irish



## March BTC President's Message

– Johnna Kelley

The three runners chosen to go to Japan and represent Birmingham in the Maebashi Marathon in April are **David Joyner, Brock Brinkerhoff** and **Mark Dunn**. We trust that they will make the city and the club proud while in our friendship city of Maebashi, Japan. After the initial 3 were notified, Maebashi asked us to invite 3 more runners. Currently **Pamela Muthoni, Sean Brown** and **Owen Bradley** are scheduled to go as well. Naturally I would love for all that want to go, to be able to experience what I did while in Maebashi. We expect to be invited again in 2011. So if you did not send in an essay application this year, go ahead and pencil it in for Jan./Feb. 2011.

I would also like to thank **Scotty Colson** in the Economic Development Department of the Mayor's Office for all that he does to facilitate these trips! In 2009 Scotty and I worked on getting runners from Maebashi to come to Birmingham for Vulcan Run 10K. Unfortunately the threat of swine flu and a bleak economic forecast for the year kept any runners from being able to come in 2009. But we will try again in 2010!

Thanks again to all the volunteers that helped the BTC with **Mercedes Marathon**. Congrats to all the runners that participated in any of the races. And a special thanks to **Danny and Micki Haralson** for providing countless hours of training to runners who made Mercedes their first marathon. But I should also mention that Danny and Micki are great at helping runners even after they graduate from the couch and run with the BTC year after year. The BTC and certainly the running community at large needs more volunteers like Danny and Micki. It is all too easy to take Danny and Micki for granted, but I do not.

I am fortunate to have a strong Board of Directors and Executive Committee during my terms as President. But another person that is at times taken for granted is **Mark Baggett**. You may not see him at many runs because he actually lives in Jasper. But that does not mean that he does not work hard for the club. Mark is the driving force behind this monthly newsletter and a talented graphic designer. I hope he is able to continue to make our newsletter great for many years to come. However, he is in a transitional period with his work. So if you are interested in helping him with the newsletter, please let him know: [btcpresident07@gmail.com](mailto:btcpresident07@gmail.com) - even if his job relocation remains in the Greater Birmingham area, I am sure he would appreciate some help each month and someone to train to one day take over as newsletter editor. Visit his professional portfolio at [www.MarkEvanBaggett.com](http://www.MarkEvanBaggett.com)

I tease about the President's role in the club being the "complaints department". It is much more than that, but naturally I cannot keep all our runners happy all of the time. So let's address some ongoing issues and possible solutions. Most of the BTC advertisement of races and socials is going out via the newsletter (print and digital), email blasts and the web site. If you are not receiving the newsletter or email blasts, check with **Judy Loo, Membership Head** at [btcmembership@gmail.com](mailto:btcmembership@gmail.com). If you have changed to a new email address, Judy needs that information to make sure you continue to receive the newsletter and blasts. Plus, it could just be time to renew your membership. Also, we occasionally have a hard time reading what the email address is from a membership application. If you are curious about your membership renewal date

then look at the label on your printed newsletter that comes quarterly to your home. There should be a date on the mailing label that indicates your renewal date. If you have moved, please send your new mailing address to Judy Loo.

Now we have some runners that want everything sent to them digitally. We are working toward having a runner's account as part of the website. With this account you could login and see your renewal date, do some social networking with other runners, etc. But, we have not finished all of the upgrading we are working towards with the BTC website. These things just take time and correct progress is gradual and slow. Plus, for every digitally oriented runner, there is a runner who wants everything to come to their home or office address printed. We are trying to keep both sides of communication working to unite the club. Sometimes email goes to spam when it should not. If you cannot reach a specific BTC member about a BTC issue in their area of responsibility, please feel free to email me: [btcpres09@gmail.com](mailto:btcpres09@gmail.com). Plus, you can usually find me in person at BTC socials, if you are not a digitally oriented runner. And do not forget that sometimes our emails to you may be misrouted to your spam. Communication is a two way street, despite the occasional detour.

"Success is 99 percent failure." — Soichiro Honda (Japanese Honda Motor Company Founder, b. 1906)

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

## Please support our **BTC SPONSORS**



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



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



Come celebrate  
**April Fool's Day**  
with us!

*Come sing or just watch  
...but leave your running  
shoes at home!*

**WHEN:**

**Thursday, April 1st, 2010**  
(8:30 p.m. till...??)

**WHERE:**

**STARZ Karaoke Lounge**  
730 Valley Avenue  
Birmingham, AL 35209

*Happy Hour prices until 9:00 p.m.,  
when the music starts up. We'll reserve  
some tables so come join us!*

**\$3  
off 1st  
drink**  
*for BTC  
members*





FRIEDRICH FARMS  
6820 Sunset Drive  
Gardendale, AL 35071



Mike Renda Agency

## THE TWENTY-SECOND ANNUAL KNIGHTS OF COLUMBUS RUN

SPONSORED BY COUNCIL #5164  
TO BENEFIT CHILDREN AND ADULTS WITH INTELLECTUAL DISABILITIES  
"HONO"RING OUR CHAPLAINS AND OUR TROOPS"  
"GOD BLESS AMERICA"

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 1<sup>st</sup> Place Only, men and women. Trophies to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 { }

E-Mail address: \_\_\_\_\_

Make Check Payable to: Knights of Columbus Run

Mail application to: Knights of Columbus Run  
c/o David Renda  
26 Shadywood Lane  
Springville, Alabama 35146

Contri Bros.  
Gift Baskets and Florist

Townes, Woods,  
& Roberts P. C.

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)

DATE: \_\_\_\_\_

Watkins Auto  
Body, Inc.

Steve Horton  
Plumbing,  
Fultondale



Mark E. Smith  
205.661.1150



The Arc  
OF ALABAMA, Inc.

JIM 'N NICK'S BAR-B-Q

THE outhouse

PARKER & TOWNES, P.C.  
Accountants and Consultants





## Race Information

### SCHEDULE OF EVENTS

Friday, March 12, 2010:

• 6:00 a.m.-10:00 p.m. Pre-registration packet pick up

Saturday, March 13, 2010:

• 6:30-7:45 a.m. Late registration and packet pick up

• 8:00 a.m. 5K Run & 5K Walk

• 8:45 a.m. 1 Mile Fun Run

• 10:00 a.m. Awards Ceremony in gym of Family Recreation Center

### ENTRY FEES

#### • 5K Run and Walk

\$15.00 pre-registered (before March 6)

\$20.00 (on or after March 6)

#### • One Mile Family Fun Run

\$10.00 pre-registered (before March 6)

\$15.00 (on or after March 6)

#### • Family Maximum fee

\$50.00 pre-registered (before March 6)

\$65.00 (on or after March 6)

(Family members must reside at same address to qualify.)



### T-SHIRTS

All participants in each race will receive an official 100% cotton Perseverance 5K T-shirt. T-shirts will be guaranteed to first 400 registered. All others will be ordered for a later pick up.



### KIDS ZONE

7:45 a.m.-10:15 a.m.—Games, inflatables, and fun for kids ages 3-10

### AWARDS

Awards will be presented to the top three overall finishers for the 5K Run in male, female, master's and jogging stroller divisions. Awards will also go to the top three finishers in each division listed below. (Overall finishers will not be eligible for age group awards.)

Awards will be presented in the 5K Walk to the top 3 finishers overall and the top 3 in each age division. Note: Awards for the walk will not be given in male or female categories, but to overall finishers in age groups.

• A variety of door prizes will be given away to those who attend the awards ceremony. You must be present and also register at the awards ceremony to be eligible to win a door prize.

• Door prizes include a wide variety of items.

### INDIVIDUAL AGE DIVISIONS

#### • 5K Run—men

Overall 30-34

Master 35-39

Jogging stroller 40-44

45-49

14-Under 50-54

15-19 55-59

20-24 60-64

25-29 65 & up

#### • 5K Run—female

Overall 30-34

Master 35-39

Jogging stroller 40-44

45-49

14-Under 50-54

15-19 55-59

20-24 60-64

25-29 65 & up

#### • 5K Walk

Overall 30-44

0-15 45-59

16-29 60-Over

45-49

50-54

55-59

60-64

65 & up

All finishers get a medal

Boy & girl winner

### PACKET PICKUP

Mail-in registration deadline is March 6. Mail-in registration packets can be picked up at: Dawson Family Recreation Center, 1114 Oxmoor Rd. in Homewood, (located on the east end of church campus) Packets may be picked up between 6:00 a.m. and 10:00 p.m. on Friday, March 12.

### RACE PHOTOS

The Perseverance 5K will be professionally photographed by Bright Star Photography. Go to [www.brightstarphoto.com](http://www.brightstarphoto.com) and register to view or purchase your race day photos.



### SPONSORS

The Perseverance 5K, hosted by the Dawson Family of Faith, is a community-wide celebration of health and fitness. We gratefully acknowledge the following major contributors:

- Bright Star Photography
- Buffalo Rock
- Chick-Fil-A
- Pepsi
- Piggly Wiggly

- Taco Casa
- UPS Store @ Patton Chapel Plaza
- Southern Trophy and Plaque
- Wal-Mart
- Art Promotional Services

### BE OUR GUEST . . .

At Dawson on Sunday, March 15, for a time of worship led by our pastor, Gary Fenton. Sunday morning schedule:

- |            |   |
|------------|---|
| 8:30 a.m.  | Worship in the Chapel                             |
| 8:30 a.m.  | Sunday School                                     |
| 9:40 a.m.  | Worship in the Chapel or Worship in the Sanctuary |
| 9:40 a.m.  | Sunday School                                     |
| 11:00 a.m. | Worship in the Sanctuary                          |

### LAST YEAR'S RESULTS

#### 5K Run—male

Overall: David Hudman, 16:57.9  
(course record, 15:26)

#### 5K Run—female

Overall: Deanna Frank, 17:52.1  
(course record, 17:31.7)

### CERTIFICATION

The Perseverance 5K is a Birmingham Track Club managed race, RRCA sanctioned, and USATF certified (AL95001JD).



### DONATE SHOES

Please bring your new or old shoes to be given to area shelters. We accept all sizes and kinds.

### TO ENTER:

Fill out the form below and send it to Perseverance 5K, 1114 Oxmoor Rd., Birmingham, AL 35209, or register online at [https://www.active.com/event\\_detail.cfm?event\\_id=1818152](https://www.active.com/event_detail.cfm?event_id=1818152)

## ENTRY FORM

2010 PERSEVERANCE 5K RUN, 5K WALK, 1 MILE FUN RUN  
SATURDAY, MARCH 13, 2010, 8:00 A.M.

Please check: ☐ 5K Run, \$15.00 is enclosed (\$20.00 on or after March 6)  
☐ 5K Walk, \$15.00 is enclosed (\$20.00 on or after March 6)  
☐ 5K Jogging Stroller \$15.00 is enclosed (\$20.00 on or after March 6)  
☐ 1 Mile Fun Run, \$10.00 is enclosed (\$15.00 on or after March 6)  
• Family maximum fee \$50.00 (pre registered), \$65.00 on or after March 6  
• Family members must reside at same address.

Make checks payable to Dawson Memorial Baptist Church

Mail to: Perseverance 5K, 1114 Oxmoor Rd., Birmingham, Alabama 35209

Mail-in registration deadline is March 6.

☐ Male ☐ Female Age as of 3-13-10 \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone: Work \_\_\_\_\_ Home \_\_\_\_\_

E-mail: \_\_\_\_\_

I am a member of Dawson Memorial Baptist Church ☐ Yes ☐ No  
I am a member of the Birmingham Track Club ☐ Yes ☐ No

Circle T-shirt size

Children: Small (6-8) Medium (10-12) Large (14-16)

Adult: Small Medium Large X-Large XX-Large (\$2.00 extra for XXL)

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless Dawson Memorial Baptist Church, the Birmingham Track Club, the city of Homewood, or any other sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Entrant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature if entrant is under 18 \_\_\_\_\_ Date \_\_\_\_\_



*2nd Annual*  
**Rumpshaker 5K**   
*In Memory of Lisa Martz*  
*March 27, 2010... 8 a.m. Sloss Furnaces*  
*Benefiting Colon Cancer Awareness*  
*5K and 1 Mile Fun Run...*  
*Individual and Team Awards...*  
*T-Shirts and Free Stuff for All Participants...*  
*Food, Entertainment, and Door Prizes.*  
*Register Online @ [www.rumpshaker5k.com](http://www.rumpshaker5k.com)*

**PRESENTING SPONSORS**

 **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 @ [www.rumpshaker5k.com](http://www.rumpshaker5k.com)**



1ST ANNUAL DOG-FRIENDLY 5K AND 1 MILE FUN RUN

register online at [sportoften.com](http://sportoften.com) or [handinpaw.org](http://handinpaw.org)

● BENEFITTING HAND-IN-PAW ●



mutt strut

3-20-10

AT VETERANS PARK

8am 5K start, 9am 1 mile fun run start



**FLEET FEET**  
*Sports*  
BIRMINGHAM



jason hamric  
PHOTOGRAPHY



**Shades Crest  
Baptist Church**  
452 Park Avenue  
Hoover, AL 35226



A BIRMINGHAM NEWSMAP

**Make checks payable to Shades Crest Baptist Church.  
Mail to: High Country 5K, 452 Park Avenue, Hoover, AL 35226.  
Mail-in registration forms must be postmarked no later than April 3, 2010.**





# 20<sup>th</sup> Annual Ellis Porch – State Farm Statue to Statue 15K Run

*BTC Managed, RRCA Sanctioned, USATF 15K Certified Course*  
**Saturday, April 17th, 2010, 8:00 a.m.**

## *Transportation*

Transportation will be provided from the River Village Shopping parking lot (by Miss Liberty) to Vulcan Park for the start of the race. Please be there early (FIRST BUS WILL LEAVE AT 6:30 am. LAST BUS LEAVES PROMPTLY AT 7:30 am. Please do NOT wait for the last bus. If it's full, you WILL BE responsible for your own transportation ) Baggage transportation is provided to the finish area.

**NOTE: THERE WILL NOT BE ANY TRANSPORTATION BACK TO VULCAN PARK AFTER THE RACE.**

## *Registration*

For entries received by 4/15/10 - \$25.00 All entries day of race and those received after 4/15/10 - \$35.00 On-line Registration: Active.com  
(There will be no refunds)

**Registration will be at the River Village parking lot starting at 6:15 a.m.**

## *Post- Race Party/Awards*

Refreshments//Food! Awards will be presented at approximately 10:30 a.m. in the River Village parking lot. Awards and shirts will NOT be mailed.

**RACE PACK ET PICKUP AT HOMEWOOD TRAK SHAK on Friday, April 16, 2010 from 10 a.m. to closing.**

For more information: email [btcmembership@gmail.com](mailto:btcmembership@gmail.com)

Also, check the web site for more information

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

## **Statue to Statue 15K RUN ENTRY FORM**

**Make check payable to: BTC Statue to Statue Run**

**Mail Entry to: Statue to Statue 15K Run, 5365 Creekside Loop, Birmingham, AL 35244 or drop off entry form at the Trak Shak (Homewood store)**

Print Last Name: \_\_\_\_\_ Print First Name: \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_ Ci ty: \_\_\_\_\_

State: \_\_\_\_\_ Sex: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age: \_\_\_\_\_ T-Shirt: \_\_\_\_\_ Phone: \_\_\_\_\_

## **RELEASE**

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless the Birmingham Track Club or any sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 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

## 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](http://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.



# Atomic Numbers and Maniacs

– By Keith Rutherford

**Ruthenium** is a chemical element that has the symbol **Ru** and atomic number 44. It is also the 5-star designation for the Marathon Maniacs. I was partial to this one due to my last name, Rutherford. Thus after completing seven races in eleven weeks earlier last year, I looked to my next challenge by evaluating the different ways to achieve Ruthenium level within the Marathon Maniacs.

The first option was 3 marathons in 3 days, which sounds straightforward, but not a lot of marathons on Friday or Monday to make this likely. The next option was 26-30 marathons in a year. I like to run, but not this much. I don't see this happening...ever. Another way is 13 marathons in 13 different states or countries in a calendar year. Not too bad, but too much travel. A fourth option was 4 marathons in 9 days. I checked schedules and this was doable; so I penciled in some races. The last option was 3 marathons in 3 different states in 9 days. This essentially could be a subset of the prior option if properly planned or lucky. So, this was Plan B.

At first I was pumped and I spread the word amongst friends and family in order that I would be more accountable to my goal. I ran a couple of Ultras after my 7-n-11 and had taken a break on long distances, but thought this new endeavor would spur me to the long distance runs on the weekends. As summer rolled into fall, I had only run twice distances in double digits. Fortunately, I had gained entry into Harpeth Hills Flying Monkey Marathon and thus had a registered race to spur on my running. That "motivation" lasted all of two weekends. I got a couple of long runs in, but then fell back into my dread of long runs. It was late September and I needed to be all in or settle for a single fun race. I looked at my schedule and decided to fall back to Plan B – 3 races over 2 weekends.

My training was solid for short and intermediate distances, but I just couldn't get into the long distance run no matter what I tried. Four months of planning turned into four weeks until the first race and I still only had 4 long distance runs under my belt. I got one more in before my first race. At this point I had resigned myself to just completing the races and not worrying about time.



PHOTO COURTESY OF KEITH RUTHERFORD

BTC member Dena Harris (left), Larry Macon – world record holder of most marathons in one year – and Keith Rutherford (right) at the Harpeth Hills Flying Monkey.

## CHICKAMAUGA MARATHON

I had heard about this marathon from where most of us learn about marathons within driving distance – Phil Min. It is just outside of Chattanooga just across the state line in Georgia in the historic Civil War Battlefield. The weather for the day was scheduled for a high of 41; perfect for racing. Justin Martucci was running the half-marathon and we decided to run together until the courses split. The course is very tranquil with small rolling hills. We were running faster than planned, but neither of us felt we were pushing it. At mile 9, the courses split and we were running 7:20 pace – much faster than either expected. Our paths crossed one more time and Justin was still running strong. (He finished the day at 1:33 and first in his age division). I hit the half at 1:37 and saw Phil manning a water stop a couple of miles later (he, of course, was about to pickup with a friend to help them through the last 10 miles) and I was still feeling strong. I had visions of grandeur in my head and was thinking how this would be a BQ day or at the very least a PR. I was thinking how I might need to rethink my training in the future to minimize long runs as this was working so well for me. Boy was I wrong. Not long after seeing Phil, the lack of long distance training set in. At mile 18, I took a minute break at a water stop to stretch, ingest some energy and reset my pace. I had slowed some, but felt I had enough

buffer to slow down even more and still easily set a PR. Nice plan, but it didn't work. Over the last few miles I probably did as much walking as I did running. Even at the end, I wasn't able to give it my normal kick to the finish line until I was within a few yards. I finished at 3:35 – no BQ and no PR. I know it was unrealistic to expect this, but I felt so good and my time was solid until 18. It just goes to show that a base of long distance is essential to meet your marathon goals unless your goal is to just finish.

## DIZZY FIFTIES TRAIL RUN

The next Saturday was a trail run in Huntsville. It had two loops. One was shorter, but more technical and steeper. It covered part of the Mountain Mist trail. The second loop was longer, not as rocky and not as hilly. Essentially the runner repeats these two loops (thus the "dizzy" part) until mileage is met (32, 40 or 50 as these are your options starting the race). Earlier in the year, I wanted to run 40 miles as I hadn't run longer than 33 at once. However, considering my lack of training and that I was running a hilly marathon the next day, I decided that 50K would be plenty. It was another beautiful day. The first couple of miles were tough mainly because I was working out the kinks from last week's run. Once I got warmed up, things were good except for the numerous rolled ankles on the

**RU** <continued from Page 16>

**RU <continued from Page 15>**

technical portions. I was getting stronger on every loop. As I headed into the last two loops, I was thinking a 50K PR was in reach. Then...BAM! Just like the week before, I just ran out of gas. I was walking and then when I ran I was so tired that my footing was not good and I started rolling my ankle more frequently. I took my last Gu and asked a runner in front of me for a swig of his water to wash it down. As luck turns out, it was someone I went to High School with and I hadn't seen him since graduation. Catching up with each other took my mind off the race and I slowly picked up pace and had a decent finish. However, the damage was done and another PR eluded me by a couple of minutes due to lack of long distance training.

### **HARPETH HILLS FLYING MONKEY**

Yet another marathon I heard about through Phil. This was the marathon that I signed up for early because the marathon is limited to approximately 200 people and sells out day one. It seemed to be different from normal marathons – very small, personable and quite scenic, but with lots of challenges due to the num-

ber of (steep) hills. It is definitely not a PR course and after running the prior two races, I had no thoughts of this being anything but a fun run (and a bit of survival). After the Dizzy Fifties, I jumped in the car and drove up to Nashville for packet pickup. After a couple of hours in the car and 32 miles running, I found myself to be a bit stiff. I arrived at the packet pickup still in my earlier racing attire and not smelling so nice. The RD is very personable and a Maniac himself so we talked several minutes about various races and my current pursuit. After meeting up with Brantley and Dena, I was able to get a bath and much needed rest. Race day was a bit cooler than my last two races. It was one of those days in which you can't decide what you want to wear because you were cold waiting for the race, but knew it would warm up once the race was underway. While waiting, I got to meet Larry Macon (105 marathons in one year); 4 time winner of Marathon Maniac of the Year.

I believe both Phil and Brantley have documented this race well enough, but I will add that I suggest you try it as the course, scenery and personal touch to the race is worthwhile. I plan to be back to this one. Back to the race...same story

different day. I started out strong (at least relative to what I had in the tank), but on the back end I faded through a combination of the numerous hills, third race in nine days and lack of a distance base. I had the pleasure of running the last 3 miles with the Race Director and got to hear the back story of the race and his running adventures. For this race, I was able to give it a strong kick to the finish line on the adrenaline of knowing that my 5-star quest was coming to a successful close. I had a couple of good beers as I awaited my massage, which both were much needed. I saw Dena and Micki crossing at 4:40. Although not a PR for Dena, it was close and on this course that is saying a lot. I believe she was able to break her PR a few weeks later in Huntsville on her way to 3n3 Challenge.

Afterwards, I got back in the car for a 3 hour drive back to Birmingham to think about what goal would be in store for 2010. Six races in 16 days seems like the next progression (6 Stars), but...for the immediate future, it was rest, focus on 5Ks and understanding that long distance training was going to be a must for me to shave time off my long distance PRs.

Email Keith at [kruther@centurytel.net](mailto:kruther@centurytel.net)



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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



# 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 26 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 at the end 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](mailto:1200@birminghamtrackclub.com)**

## **LESSER KNOWN PERKS OF VOLUNTEERING**

– By Tom Scales

In the Jan. '08 issue of *"The Vulcan Runner,"* Michele Parr urged runners to volunteer at races in her monthly 'Back of the Pack' column. She was right. We should volunteer. Fortunately, helping at races is not a wearisome duty, but is also fun. Here are some reasons why.

**1.** Working the finish line allows visual confirmation of the existence of those speedy phantoms whose names we know mostly or entirely from the lists of race winners.

**2.** The view from the finish line gives you an appreciation of where the completion time bell curve is for a race. At last year's Mercedes Marathon, it was a long time between when those first solitary runners finished and when the masses appeared. Interestingly, how beat someone looks at the end of a race does not seem to closely corre-

spond with finish times. Some of the ones who finish near the end seem just as wiped out – or just as fresh – as the ones who finish much, much earlier.

**3.** Whether at the finish line or working along the race course, volunteering gives you a chance to observe runners when you're not running yourself. Some people with body shapes and running styles that appear to be mechanically inefficient cook right along. It also makes you realize why fashion is not a big runner priority. Nobody looks all that cool when running, and you realize you yourself don't either. We aren't O.J. at the airport in the Hertz commercial, soaring lithely over luggage. We look like we are late for a flight.

**4.** Rick Melanson, BTC Race Chairman, is a very cool guy and you learn all kinds of cool things from him. He knows runners and race directors and can tell you which race courses used

to be hillier or less complicated and so forth. He's a great source of Birmingham and BTC knowledge. Talk with him a few minutes and you'll feel like an insider.

**5.** Sometimes you get free stuff from what is leftover after the race. Race directors usually offer you extra bananas or cookies or coupons nobody uses.

**6.** Watching race directors at work is like following around your boss's boss's boss for a day. You see it takes a lot of organization and people to put on just a 5K. The people who direct races year after year...wow. You may become more tolerant of glitches. The unexpected happens.

**7.** Being a course monitor is about the easiest job there is and lets you have a great view of the race. Your friends running won't have to pick you out of the sidelines crowd. •

*tomscale@mindspring.com*



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## March Coach's Corner

– Danny Haralson

First off a caveat, I don't coach, work with, even try to keep up with Daniel Ellis, the 2010 winner of the Mercedes Marathon. The race he ran underscores with emphasis something that we've discussed before in this column and that bears repeating: 'Plan your race and race your plan'. The weather was perfect and James Cheruiyot and Julius Kosgei took off at the gun. Ellis let them go (run YOUR race), in his mind thinking/knowing, "I can't go that fast that early." Not sure what Cheruiyot was thinking he'd WON Tallahassee the week before averaging 5:23 and it came back to haunt him later. Around mile 21 22 ish the wheels started to come off the wagon for the 2 front runners and Daniel maintained, truth be told since he 'knew' (or felt) he was closing in he may have picked it up a bit. He had run his race, his pace so he had a little extra in the tank. The 2 front runners were doing the reverse; Cheruiyot fell first (dead legs?) and Ellis got Kosgei in his sights and like a lion in the savannah closed in for the kill. Kosgei had no 'juice' with which to compete with Ellis, it was gone - he was spent. The difference in average pace was 4 seconds per mile from Ellis (1st) to Cheruiyot (3rd). The REAL difference was in race strategy. A marathon is 26 miles 385 yards and you better run your race, your pace, because when the tank is empty...game over! This is why you need a race plan, a race strategy, and then you must stick with it! It's a cliché, but over the distance, steady wins the race. On this day, this race, this course, Ellis was the steadiest of all.

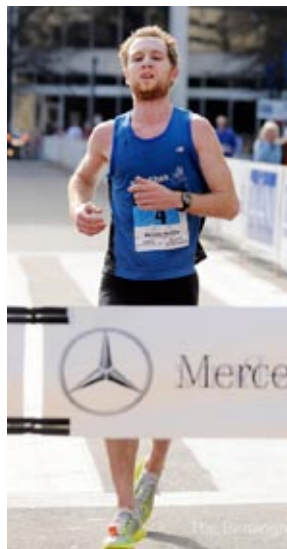


PHOTO COURTESY OF THE BIRMINGHAM NEWS

Daniel Ellis wins the 2010 Mercedes Marathon

So what next, what to do after the big event? First off, recover. I know it's a great 'high' working that hard and reaching your goal, but the body and brain need some 'down time'. Give yourself a week off - no runs, no schedule to keep, no early morning alarm clock. Then when you can't STAND it, go run; short, easy, fun. Take another week or 2 and run how you feel...short, long, easy...whatever. Your 'brain' can burn out too, so let it rest from training. Then after 10 days, 2 weeks, 3 weeks, heck a month; ease back into it and start looking down the road for your next event. Burn out doesn't 'hurt' as bad as an injury, but the effects can be even more devastating. You will recover from an injury; if you quit due to 'burn out' you might never return. •

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

[judy.loo@healthsouth.com](mailto: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.





# Race/Event Calendar (March thru April '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 )

## MARCH 6

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

– Birmingham, AL, 9:00 a.m.

Crestline Elementary School on Church St. USATF CERTIFIED COURSE. Register on active.com. Race app. on Page 8.

**Info:** Mike Renda (616-7548)

### APSO Power Run

– Trussville, AL, 8:00 a.m.

8K, 5K start at 8 a.m., Strong Kids 1/2 Mile at 9 a.m., and 1 Mile Fun Run Starts at 9:15 a.m. Benefits the YMCA Strong Kids Program. Trussville Sports 'Mall Complex' 201 Parkway Dr, Trussville, AL 35173

**Info:** bbvines@southernco.com

**Volunteer:** ropowell@southernco.com

**Sponsorships:** jsmola@southernco.com

### LFBC Philippians 3:14 5K Run Walk and Kid's Run

– Locust Fork, AL, 8:30 a.m.

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

### AWesome Adventure Race

– Chelsea, AL

Family race, 2 participants move thru obstacle course, an individual race for people age 10 - 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

### Big Springs 5K & 1 Mile Fun Run

– Springville, AL, 8:00 a.m.

Downtown Springville. Register online

at active.com. USATF CERT. COURSE.

**Info:** Natalie Hinds (913-97210)

**Email:** bigsprings5k@gmail.com

### Perseverance Run 5K & 1 Mile F. R.

– Birmingham, AL, 8:00 a.m.

Dawson Memorial Church on Oxmoor Rd. USATF CER. COURSE. Register online at active.com. Race app. on Page 9.

**Info:** Chris Hunsburger (879-1758)

### Delano Park 12 Hour & 50 Mile Run

– Decatur, AL, 6:00 a.m.

**Info:** Eric Schotz (256-350-9847)

**Web:** www.delano12.com

### Huff 'N Puff on the Bluff 15K

– Sheffield, AL, 9:00 a.m.

Sheffield Recreation Center

**Info:** Joe Quillen (256-366-0040)

## 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 17

### BTC St. Patty's Pot Luck Run Social

– Trak Shak in Homewood, 5:30 p.m.

Bring a side dish, BTC will provide main dish. Prizes for best dressed leprechaun. Complete info. on Page 5.

### Leprechaun Chase 10K & 2 Mile

– Robertsedale, AL, 8:00 a.m.

**Info:** Shaw-Fin (251-947-5241)

**Email:** finolli54@yahoo.com

## MARCH 20

### Oak Mountain 50K

– Birmingham, AL, 7:30 a.m.

Oak Mountain State Park picnic area.

**Web:** http://webpages.charter.net/jn-parker/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 (256-337-1947)

## 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@championshipracing.com

### Backus Orthodontics Presents Race Without Limits 8K & Health South 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

### Kappa Delta 5K & 1 Mile Fun Run

– Birmingham, AL, 2:00 p.m.

Exceptional Childrens Foundation, Homewood Park on Oxmoor.

**Email:** cmgilles@bsc.com

### McKay Hollow Madness Trail Run

– Huntsville, AL, 7:00 a.m.

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

**Info:** Blake Thompson (256-990-2584)

## APRIL 1

### BTC April Fool's Day KARAOKE

– Birmingham, AL, 8:30 p.m.

STARZ Karaoke Lounge (730 Valley Avenue, Birmingham). No run involved, come out for a crazy, memorable time. \$3 off first drink. Complete info. on Page 7.

## APRIL 3

### Run to The Cross 5K & 1 Mile F.R.

– Birmingham, AL, 8:00 a.m.

Christ Church TV United Methodist on Caldwell Mill Rd. next to Spain Park High School.

**RACE CALENDAR** <continued on Page 20>

## RACE CALENDAR <continued from Page 19>

**Info:** Susan (991-5065)  
**Email:** smiller@christchurchunitedmethodist.org.

**Scholarship Fund Run 8K**  
 - Huntsville, AL, 9:00 a.m.  
 Huntsville Middle School

**Info:** Tab Barnett, 307  
 Westchester Ave., Huntsville, 35801 (256-883-5124)  
**Email:** tab@knology.net

### APRIL 10

**High Country 5K Run/Walk & 1 Mile Fun Run**  
 - Birmingham, AL, 8:00 a.m.  
 Shades Crest Baptist Church, 452 Park Ave. Spaghetti dinner for entrants night before at Church and breakfast after. USATF CERT. COURSE. Race app. on Page 12.  
**Info:** Jack Karn (870-5644)  
**Email:** jkarn4504@charter.net

### APRIL 11

**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

### APRIL 17

**Ellis Porch Statue to Statue 15K**  
 - Birmingham, AL, 8:00 a.m.  
 Vulcan Statue. Transportation will be provided from the River Village shopping parking lot @ 6:30 a.m. (Last bus leaves @ 7:30 a.m.) No transportation back to the starting line. USATF CERT. COURSE. Race app. Page 13.  
**Info:** Judy Loo (612-4335)

**Cookie Dash 5K**  
 - Huntsville, AL, 8:00 a.m.  
**Info:** Clare (256-882-0218)  
**Email:** Purinton@knology.net

### APRIL 24

**Casey's Cause 5K/10K & 1 Mile F.R.**  
 - Trussville AL, 8:00 a.m.  
 Park across from Trussville Middle School. 5K is USATF CERTIFIED COURSE. Register online @ active.com.

**Women's Health 5K Run**  
 - Birmingham, AL  
*Info to follow*

### APRIL 25

**Swampers 5K & 1 Mile**  
 - Muscle Shoals, AL  
**Info:** Josh Aycock (256-415-1326)  
**Email:** runnerdude413@aol.com

### APRIL 30

**UAB Dollars for Scholars 5K/10K**  
 - Birmingham, AL, 6:00 p.m.  
 Pepper Place on 2nd Ave. S. & 29th St. USATF CERTIFIED COURSES. Register online @ active.com.  
**Info:** Jordan Gill Cavallin (934-3555)

### FUTURE (local only)

05-01 - **Spring Scramble 5K**  
 05-01 - **Run For the Health of It 5K**  
 05-08 - **Cancer Run**  
 05-15 - **Zoo Run 5K**  
 05-15 - **5K Run for Family Connection**  
 05-22 - **ARC 5K**  
 05-29 - **Fireman's 5K for MDA**  
 06-05 - **Oak Mt. 5K Run**  
 06-19 - **Stampede Run**  
 06-20 - **Father's Day 5K 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**

# CARPORT CROSSFIT

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*The fitter you are,  
 the faster you run!*

Set New PR's with the  
 Benefits of Crossfit:

Increased Cardio Function  
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 Increased Power  
 Increased Speed

**NEW INDOOR  
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 ONLY \$100/month!**

Call for details.

## Advertise in THE VULCAN RUNNER

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

To place an ad or for more info:

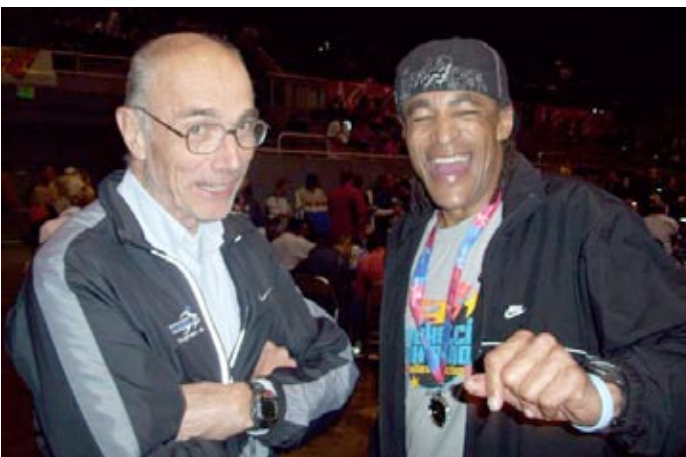
**btcpresident07@gmail.com**





# Mercedes Weekend **SNAPSHOTS**

– Photos submitted by Phil Min and Duvergne Duffee

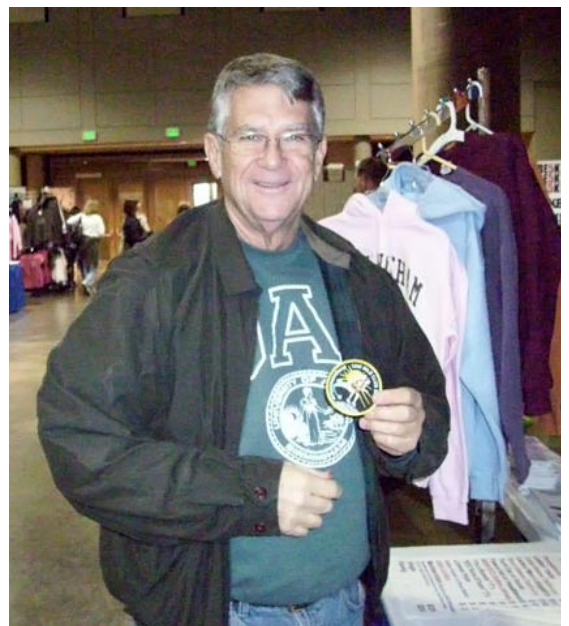


**MERCEDES WEEKEND SNAPSHOTS** <continued on Page 22>





# Mercedes Weekend **SNAPSHOTS** *(continued)*





# Double Trouble

Meet our husband and wife team....Skip and Vicki.

## Skip Harris

1. **Last movie you liked so much, you watched it twice?** *Gran Torino*
2. **Name one guilty pleasure?** Ruffles and Onion Dip
3. **Favorite place on earth?** The mountains, lakes, gulf and woods of the State of Alabama.
4. **Worst place on earth?** Waffle House
5. **One item you would want with you on a desert island?** A lap top with internet reception. Everything else could be delivered.
6. **Most interesting person you've ever met?** Gary Roubin – the inventor of the Stent.
7. **Coolest trophy or prize you ever won?** Most Athletic legs medal on a cruise ship.
8. **Favorite TV show?** *Andy Griffith* or *M\*A\*S\*H* - it's a toss up.
9. **Favorite fast-food joint?** Chick- Fila
10. **Who would play you in a movie?** Kevin Costner
11. **Something unique about the town you grew up in?** I grew up in the Birmingham area (Homewood and Hoover) Most unique thing about Birmingham is people that are transferred here don't initially have a good image. After living here for a while they have found a new home.
12. **If you could play an instrument, what would it be?** Guitar
13. **Scariest thing that ever happened to you?** Sitting stopped at Trussville exit on 459. Watching an 18 wheeler coming straight towards me. He realizes traffic has stopped and hit the emergency lane. The front of his truck came to a stop in the emergency lane almost parallel with my car.
14. **Favorite book?** *"Of Mice and Men"*
15. **Favorite meal?** Pot roast, mashed potatoes and gravy, green beans, rolls, ice tea and lemon ice box pie. Cooked by my Mom.
16. **Why do you run?** The 3 F's – Fitness, Food and Fun
17. **When did you start?** Junior High School
18. **What's your biggest running accomplishment?** I started back running in February 2008. In June 2008, I began recording my mileage. On a Wednesday in April of 2009 on a Trak Shak Run my biggest accomplishment came as I passed the fish mailbox and hit my 1000th Recorded mile.
19. **Favorite BTC story?** My favorite stories are actually testimonies of people I have met through the BTC. Common themes I here people quit smoking and have lost many pounds. One year before they could not walk to the mailbox. Now they have completed their first marathon.
20. **Words to live by or favorite running mantra?** *"It is what is."*  
My wife and I coined this in reference to hills and other running challenges meaning deal with it and move on.

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

– Phil Min (pemin@mac.com)



## Vicki Harris

1. **Last movie you liked so much, you watched it twice?** *Second Hand Lion*
2. **Name one guilty pleasure?** Twizzlers
3. **Favorite place on earth?** St. Lucia
4. **Worst place on earth?** Hwy. 280 Traffic
5. **One item you would want with you on a desert island?** Swiss Army Knife
6. **Most interesting person you've ever met?** Katie Couric
7. **Coolest trophy or prize you ever won?** Cheerleading Queen when I was 7. I refused to take off the tiara!
8. **Favorite TV show?** *Grey's Anatomy*
9. **Favorite fast-food joint?** Chick fil a
10. **Who would play you in a movie?** Sherry O'Terry from *Sat. Night Live*.
11. **Something unique about the town you grew up in?** Birmingham - Friendly Forks!
12. **If you could play an instrument, what would it be?** The flute like our daughter Kendall.
13. **Scariest thing that ever happened to you?** #1 went through the eye of a hurricane on a cruise ship. #2 I was in a high rise during the underground fire in Seattle. I was afraid to take vacations for a while!
14. **Favorite book?** *"The Sun Also Rises"*
15. **Favorite meal?** Crab Cakes and Crème Brulee
16. **Why do you run?** To eat!
17. **When did you start?** Off and on since the 1980's
18. **What's your biggest running accomplishment?** Raising money for TNT on my first marathon and giving my medal to my honored team mate.
19. **Favorite BTC story?** I want to make one!
20. **Words to live by or favorite running mantra?** *"let us run with patience the race that is set before us"* – Hebrews 12:1.

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

## Club Merchandise MARCH Item Of The Month

# SAFETY FLASHERS



**GREEN**



**PURPLE**



**BLUE**



**RED**



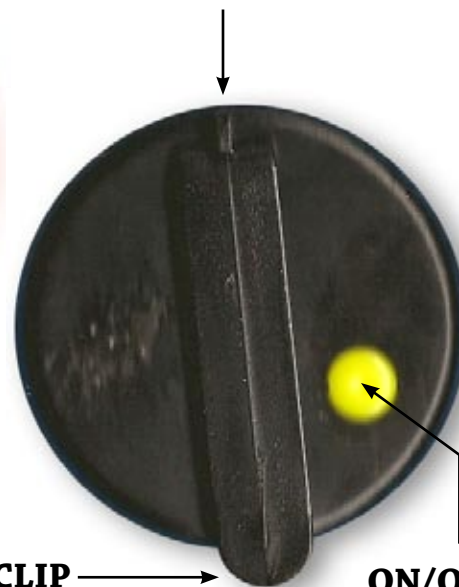
**ORANGE**

### 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 March.

**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 3/31/10



\$10 discount for  
Birmingham Track Club members

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# The View from the BACK OF THE PACK

– By Michele Parr

Do you travel to run? If you've raced out of town like I have, no doubt you've had the opportunity to compare what you get in other cities to what you get right here at home. Just off my sixth Mercedes weekend (I've run the half five times and volunteered the year injury short-circuited my training), I'm pretty impressed by what Mercedes offers.

Last year I second-guessed the decision to change the infamous over-the-mountain-and-back route into a double loop marathon. "No way will that sell," I decided as soon as I heard the news. Guess what? Marathon finishers numbered almost the same in 2009 as in 2008. This year there were nearly 100 more. Apparently the new route is more popular than the old route.

This year I questioned the decision to change from the traditional long-sleeved tee in



the race packet in favor of an embroidered running hat. Guess what? I've seen far more runners in those hats in the weeks since the race than I ever saw of those tees in years past. Apparently runners really like those hats. When you add the Adidas finisher shirt and the beautifully-ribboned medal, you've got some pretty serious swag for our little local race.

Then there's the after party. Live music, the race being replayed on big screen, plenty of seating between the tables on the floors and the auditorium seating above, this event is just about perfect. If they ever figure out how to make the beer line move as efficiently as the runners' food line and realize that some of us crave sweets following a distance run and add some brownies to that barbecue, that party is going to be as near to perfect as any post-race event I've ever attended. The fact that it's just yards away from the finish line and immediately after the race just enhances its appeal.

In fact, the only complaints I heard this year were about finisher shirt handout and the expo. With the shirts, it wasn't clear to lots of runners where they were supposed to go, and I can just imagine the crowd in line mid-pack. I was pleased I could select a shirt that will fit rather

than what was on my bib. As for the expo, there just was not enough there. I'm going to chalk that one up to the economy and assume vendors aren't traveling to as many events these days. I still managed to find some nifty merchandise at the BTC booth and a chrome-plated 26.2 medallion for the back of my vehicle. Shoot, the only other things I would've wanted were more freebies. Maybe the vendors know about us cheapskate Birmingham runners by now!

I've run in Birmingham, Memphis, Alpharetta, Atlanta, Murfreesboro, Tampa, Las Vegas, and New York City. Alpharetta was the loneliest race with the worst expo. Tampa had some of the best scenery. Murfreesboro had the friendliest volunteers. Las Vegas had the rudest runners. Memphis had terrific pace group leaders. Atlanta did the best job of overcoming obstacles (relocating the expo and rerouting the finish after a rare tornado). New York had the best opportunities for people watching. But for a minor metropolitan area, Birmingham consistently puts on good race after good race. Invite your friends to join us next year! •

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



# 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																																	
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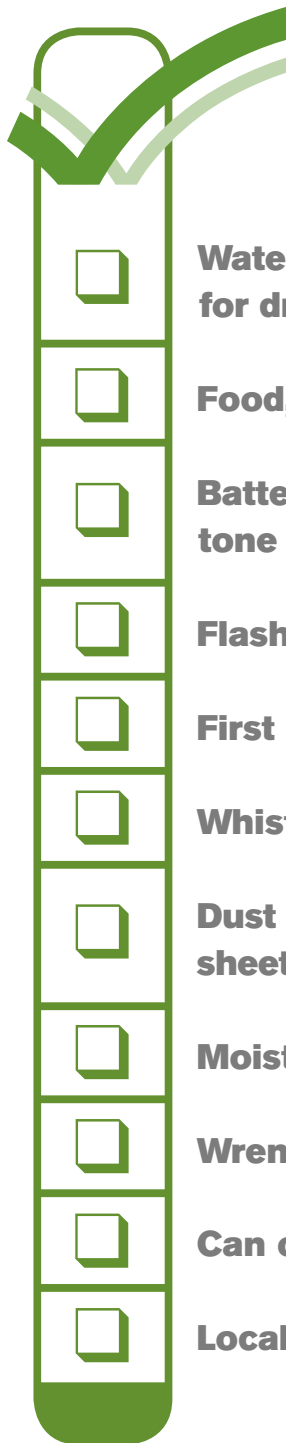
# PREPARE. PLAN. STAY INFORMED.

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**  
(Event I.D. # 1397208)