

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUBwww.BirminghamTrackClub.com
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www.Myspace.com/BirminghamTrackClub**BTC**

www.RRCA.org

RRCA
ROAD RUNNERS CLUB OF AMERICA**THE VULCAN RUNNER**

VOL. 34

★ NOVEMBER 2010 ★

ISSUE 9

RUNNNING SAVED MY LIFE

– By John Engels

I am 52 years old and have been running for 26 years....

I was at work, Thursday, September 2, 2010. It was 1:15 PM. I am the store manager at a sporting goods store in Gardendale, Alabama. I had just answered the phone with my customary greeting. Suddenly, my right arm became paralyzed. I grabbed the phone with my left hand and began to help that customer locate a style of shoe they desired. While talking with the customer, I was having a silent argument with my arm. I was demanding that it move, that it grab a piece of paper I was holding in my left hand along with the phone. But it would not cooperate. I concentrated on my hand, mentally screaming at it to squeeze the paper. I began angrily asking my arm, what in the world is wrong with you? I did not experience any paralysis to other parts of my body. My speech was not slurred, nor was I experiencing shortness of breath, each of these classic signs of a stroke. Within a half a minute, the muscle control returned to my right arm. Numbness lingered in my arm, as well as



my right ear and nose. I also felt a bit light-headed. With the muscle control regained, I returned to my work. Oh, and I did have the shoe style the customer wanted!

The more I thought about what had occurred, the more I felt I should call my wife, Terri and let her know what had happened. I asked that she contact her sister, who works for a doctor and run my symptoms by them to determine if I needed to see a doctor right away or make an appointment. I was very quickly advised by them to get to a doctor right away. A little later that afternoon, I found myself sitting at Urgent Care in Fultondale. The attending physician gave me a good look over and recommended I proceed without delay to the Emergency Room at St. Vincent's. He would call ahead and tell them he was sending me there with a suspected stroke or TSI (threatened stroke). When I arrived, I was quickly sent to a treatment room and gave them my health history (which included my running), and then testing began almost immediately. I underwent an EKG and MRI. The EKG was normal, but the MRI in fact, confirmed I had a stroke. The area of damage was 3 to 4

RUNNING FOR LIFE <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:
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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>

RUNNING FOR LIFE <continued from Page 1>

centimeters, roughly the size of a pencil eraser head. It certainly did not sound that bad, but the doctor stated otherwise. He informed me that the stroke was in fact a "very significant" stroke event and that I would remain in the hospital for a more complete battery of tests.

At this point, one reading this article might think, geez, he ran for 26 years and look at the good it did him. It didn't help a bit. He still had a stroke. However, PLEASE read on. The next morning, I underwent an ultrasound of my carotid arteries and heart, along with another EKG and Echocardiogram. The carotid arteries were clear. The ultrasound of my heart yielded 'peculiar' noises. The EKG was again, fine. I underwent a TEE (Trans esophageal echocardiogram) later in the day. That test revealed the culprit that allowed a blood clot to bypass my lungs and proceed up the left carotid artery and into my brain, thus causing the stroke. A hole was found in the Atrium wall of my heart. It was birth defect that had gone unnoticed all my life. I began blood thinners. My neurologist came in later that evening. She had been informed I was a long time runner. This is what she had to say.

This is the "good part". In quotes, "the only reason we are here chatting is because you are a runner". Wow! I knew running was healthy, but still, my mouth dropped open at her statement. She advised further, my cardio vascular system was working so efficiently, and at an extremely high capacity that it allowed my brain to immediately recognize what was happening and overpower the stroke. She assured me the area of my brain affected was much, much larger than the damage area that appeared on the MRI. Over the next couple of days, the numbness dissipated. Within a week, the damaged area of my brain repaired itself and the numbness was completely gone. My neurologist attributed the stroke damage control and the rapid repair of the stroke directly to my running.

On October 4, 2010, I underwent a procedure to repair the hole in the atrium of my heart, also known as Atria Septum Defect (ASD). During the procedure, it was determined I had several holes the heart wall, enough that the cardiologist performing the procedure said my atrium wall looked like swiss cheese. No problem though, they simply had to use larger mesh disks to cover the holes. The surgery was deemed boring, and thus a success. I'll need to take off from running for a month (extreme bum), but that allows me to more rapidly recover and get back to 100%.

I thank my parents for their advice years ago, on the recommendation of my father's cardiologist that their sons, if any, get on an exercise program and stay on it. Heart disease was prevalent in my father's side of the family. I followed that advice. I thank my bride, Terri for her patience while I was away from home most days to run. I thank my fellow runners, especially those members of the Birmingham Track Club and Black Creek Runners for their support and encouragement over the years. I thank God for giving me the strength to run, and to run on days I didn't quite feel like it. Today more than ever, I thank the Lord for instilling in me the desire to use the gift of running he gave me. It's why I'm still here!

You don't have to be a runner to get your cardiovascular system working more efficiently. Walking, running, cardio exercises....it will help keep you alive! •

engels@bellsouth.net



Facebook.com/BirminghamTrackClub

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THE GOOD, THE BAD, AND THE UGLY

– By Al DiMicco

After running 128 marathons and ultras around the country over the past 31 years, I've retained (and exaggerated) some memories of these runs. Recently, during one of my long (and not so exciting) training runs, I started thinking about some of my favorites, and for some unknown reason, I thought y'all might be interested in some of my stray thoughts. I give you my top 2 or 3 winners in each category:

FAVORITE COURSE:

- 1) **Disney** - going through the parks is a blast.
- 2) **Boston** - the tradition is incredible. Do it once, it's in your blood forever.
- 3) **Oak Mountain 50K** - it's my home course. It's like an old friend.

WORST COURSE:

- 1) **The old Mississippi 50 Mile Run** - 36 laps of a 1.37 mile road loop. I actually did that race 3 times!
- 2) **Old Huntsville Marathon** - a million turns, no sights, never-ending.
- 3) **Midnight Sun Marathon** - the course was more disappointing than anything. Wanted Alaskan wilderness and got "could be anywhere".

HOTTEST:

- 1) **Cozumel (Mexico) '98** - No shade, 94 degrees, 90% humidity
- 2) **Atlanta 12 Hour Run '83** - 92 degrees. 55 miles around a 1.2 mile loop
- 3) **Boston '06** - Danny Haralson showed up for this one, so of course it was the hottest Boston Marathon ever (86 degrees)

COLDEST:

- 1) **Magic City (Birmingham) '80** - 17 degrees, cotton shirt, icicles in my hair
- 2) **Vancouver '99** - 42 degrees. Constant rain. No space blankets at the finish! Even Bermuda with 70 degrees had space blankets.

3) Mt. Mist 50K (Huntsville) '02 - Ice storm. Entire trail was iced. Luckily, I got to the 25 Mile Aid Station before they closed the course behind me. Cracked my noggin on a rock in one stupendous fall.

HILLIEST:

- 1) **Pikes Peak '04** - only one "hill" - 14,115' high. Trained on 1060' Oak Mt!
- 2) **Mt. Mist 50K Trail Run** - the one mile Waterline climb (with obligatory climb next to the waterfall) at mile 23 always COMPLETELY sapped me.
- 3) **Cuyamaca-Laguna 50K Trail Run (Calif.)** - My first trail 50K. Named after two mountain ranges - 'nuff said.

FLATTEST:

- 1) **Old Mardi Gras (New Orleans)** - I don't think you even go over a curb.
- 2) **Disney** - couple of overpasses. Apparently, Mickey doesn't like hills
- 3) **Arizona Rock 'n' Roll** - first 15 miles were three 5 mile straightaways. Literally, 2 left turns to the 15 mile mark! You could just about see the next aid station a mile away.

BEST CROWD:

- 1) **Chicago** - Almost a million people screaming the WHOLE way. Incredible.
- 2) **Boston** - Each of the eight towns along the way has its own huge local crowd. The crowds swell as you near Boston.
- 3) **Alathon** - This was a charity run that Valerie McLean talked me into doing. It was 1000 laps around the tiny track behind the OLD Trak Shak. The crowd was fantastic because all my friends from the Birmingham Track Club came out on a cold, rainy day

WORST CROWD:

- 1) **All Ultramarathons** - Thank God for family and volunteers
- 2) **Vulcan Marathon (Birmingham)** - this city never got behind this one
- 3) **Old Magic City Marathon (Birmingham)** - Made Vulcan look like Chicago

BEST ORGANIZATION:

- 1) **Chicago** - How to get 40,000 runners organized beats me, but they do it. PLUS, they send you a birthday card
- 2) **Old BTC 50 Mile Run** - For 14 years, Rick Melanson got this off

without a hitch, even when we had to change the whole location of the race due to a tornado the night before. We only started 2 hours late on a new course at Indian Springs School.

3) Mercedes Marathon - this is a testament to Valerie McLean trusting her committees to do their jobs and they all do them well.

BEST EXPO:

- 1) **Chicago** - HUGE and lots of free stuff
- 2) **Boston** - You go through one humongous expo and then realize there's another large area next door. Not as much free stuff as the old days. Give up half a day for this one.
- 3) **Huntsville Marathon** - not for its size but for the friendliness and always good deals

WORST EXPO:

- 1) **Bermuda** - "Here's your number. Thanks for coming".
- 2) **No 2nd or 3rd** - Bermuda is win, place, and show

BEST MEDAL:

- 1) **Boston '95** - my first Boston. I literally cried when they put it around my neck. This is the medal I'd grab if the house caught on fire. Wait, it was the medal I grabbed when the house caught on fire!!
- 2) **Disney '97** - My first Disney. Loved those Mickey ears
- 3) **Mercedes** - the first was so classy, but they're all a collector's piece

BEST SHIRT:

- 1) **Atlanta Water Works 24 Hour Run** - looked like the Water Works monopoly card
- 2) **Batram Bash 50K Trail Run** - Had a big red target on the back "to make it easier for the hunters".
- 3) **Strolling Jim 40 Mile Run** - not sure if they still do it or not, but they used to give different colored shirts based on your finish time.

WORST SHIRT:

- 1) **Gadsden 24 Hour Run** - you run for 111 miles and you get a shirt with a cartoon tortoise and hare running
- 2) **Bermuda Marathon** - Run the

GOOD, BAD, UGLY <continued on Page 5>

GOOD, BAD, UGLY

<continued from Page 4>

mile, 5K, 10K, Half Marathon, Marathon. It doesn't matter. Everyone gets the same "Race Weekend" shirt. It doesn't say "marathon" anywhere on the shirt - terrible for first timers.

3) Any marathon that still gives a cotton shirt or runs out of my size

BEST START:

1) Blue Angel - Hands down, the winner. The race director counts down from 10, and just at the moment he hits ZERO, a 105-mm cannon fires and the Blue Angels fly 200 feet above you.

2) Disney - Fireworks, singing characters, whoopin' and hollerin'.

3) Old Strolling Jim 40 Mile run (for its uniqueness) - the race director would start the race by lighting a cigarette!

BEST FINISH:

1) Boston - 800 yards down Boylston Street, the sound of thousands of screaming fans five deep, echoing off the buildings, and the "Boston Marathon Finish Line" banner looking ahead. God, it's great to be a runner!!

2) The old Marine Corps Marathon finish - The last quarter mile is all uphill to, and around, the Iwo Jima Memorial. The road is narrow with screaming fans begging you to keep going, like

the Tour de France. So inspirational. After this race, you want to thank every Marine.

3) Disney - Ok, the finish was in the parking lot, BUT you have to run through all the visitors at Epcot to get there. Really cool.

PRETTIEST RUN:

1) Cuyamaca-Laguna 50K Trail Run - From atop these California mountains, you can see the desert, the valleys, the mountains, and be one with nature.

2) Strolling Jim 40 Mile Run - Through the rolling hills of rural Tennessee. First time I saw a cow urinating. I thought the poor thing busted something.

3) Pikes Peak Marathon - 13 miles up, 13 miles down. All trail. I saw closeup why this majestic mountain inspired the poem/song "America the Beautiful".

BEST AID STATION:

1) Bartram Bash 50K Trail Run - Besides the usual ultra goodies of M&M's, cookies, Snickers, etc., they had baked potato wedges, pierogies (potato filled ravioli), and peanut butter and jelly sandwiches. It was like a 31 mile buffet.

2) Marine Corps Marathon - nothing special about what they served, but at every station was a Marine telling you

"You have to drink the whole cup, sir!"

3) Any 24 hour event that serves chicken noodle soup during the cold night. Nothing better.

WORST AID STATION:

1) Strolling Jim 40 Mile Run - Every 5 miles there would be gallon jugs of water along the road. I don't remember cups, but certainly no aid station volunteers, so it was just drink out of the community jugs.

2) Any marathon that serves Ultima - Yecchhh!!!

MOST UNUSUAL COURSE:

1) The Alathon - 1000 laps (27+ miles) around the old Trak Shak concrete mini-track. How I got sweet-talked into doing this one, I still can't figure out, but my BTC friends came through and we raised over \$2500 to feed the homeless at Christmas.

So, those are some of my memories. We have many members in our club who have been to many more places than me, so let's hear from them about their best & worsts. In the meantime, thanks for helping me reminisce my days as a runner. Afterall, you've all been part of this journey.

Read Al's running blog:

<http://runningwithal.blogspot.com/>

MERCEDES MARATHON & HALF MARATHON TRAINING

- By Al DiMicco

Once again, Al DiMicco and Ken Harkless will lead a training group for the Mercedes Half and full marathons. The group will meet on Sunday mornings at 6:30 and is aimed at the first time runner or those that are out there because they just love to run. In other words, if you want to qualify for Boston, fine. I'll tell you how, but I can't match your steps. What you can expect is a fun atmosphere, pearls of wisdom during the run, coolers on the course, a schedule, and maps of the course before hand. I will be running about a 10:30 pace and Ken will be doing a run/walk group with a 7/1 ratio and a pace about 11'/mile. You don't have to sign up - just show up!

Training began September 19th at the Brownell Building (813 Shades Crest Parkway). This is the continuation of Lakeshore Parkway east of Brookwood Mall. Schedules will be posted on the Mercedes Marathon website www.mercedes-marathon.com. If you have any questions, you can contact



me at btc262coach@gmail.com or Ken at harklessk@mtn-brook.k12.al.us

For those of you interested in a Saturday group, Meredith Farrell heads a group that leaves Trak Shak. You can contact her at tmcmeredith@bellsouth.net

"One child lost is too many...one child saved can change the world"

Read Al's running blog:

<http://runningwithal.blogspot.com/>



November BTC President's Message

– Johnaca Kelley

I have enjoyed serving as the BTC President for 2009 and 2010. Recently in October, I stepped down as President and took the post of Past President. Tim O'Brien stepped up from Vice President. He will be President until elections in January of 2011. He certainly has my vote for being President for 2011 as well. As you might guess, my early departure is due to my pregnancy. I expect to have my first baby around the time of Vul-

can Run. However, she has already made her impending birth known early. Fortunately we were able to talk her into waiting a few more weeks at least, so her lungs would finish developing. She's just ready to run!

Thanks to you all for your support and encouragement with the BTC and the pregnancy. I will continue to help the BTC as much as I am able, but probably more so after a maternity leave.

"A baby is an inestimable blessing and bother."

— Mark Twain

btcpres09@gmail.com

Race/Event Calendar (Nov. thru Dec. '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)

NOVEMBER 6

36th Annual Vulcan Run 10K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
Downtown Birmingham's Linn Park.
USATF CERTIFIED COURSE.
Web: www.vulcanrun.com

NOVEMBER 13

Vestavia Run For The Hills 5K/10K

– Birmingham, AL, 7:30 a.m.
Wald Park next to Vestavia Hills Park and Recreation. Register on active.com.

Info: Steve Ammons (482-2700)

NOVEMBER 13

Sarcoidosis Awareness 5K Run/Walk

– Birmingham, AL
Race starts at Downtown YMCA and ends at Linn Park.

Info: pruit4@bellsouth.net

NOVEMBER 14

BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.
Contact Brent Cotton for location.
Info: (205) 447-9223

NOVEMBER 20

Hoover Kiwanis Rivalry 8K/5K Run

– Birmingham, AL, 8:00 a.m.
Hoover High School
Info: Will Choat (862-9457)
Web: www.hooverkiwanis.com

NOVEMBER 25

LJCC Montclair 10K Run & 1 Mile Fun Run

– Birmingham, AL, 8:30 a.m.
Levite Jewish Community Ctr. On Montclair Rd. USATF CERTIFIED COURSE.

Info: Dan Tourtellotte 965-4795
Web: www.bhamjcc.com

DECEMBER 4

Jingle Bell Run for Arthritis 5K & 1 Mile Fun Run

– Birmingham, AL, 9:30 a.m.
Underwood Park close to St. Vincent's Hospital. USATF CERTIFIED COURSE.

Info: 205-979-5700

Web: http://alabama.arthritis.org

DECEMBER 12

BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.
Contact Brent Cotton for location.
Info: (205) 447-9223

DECEMBER 18

Meadow Brook 5K Run & 1 Mile Fun Run

– Birmingham, AL, 9:00 a.m.
Aliant Bank on 280 close to Meadow Brook. Walkers and pets on leash welcome. Day-of-race late registration will begin Saturday morning at 7:30 a.m. on the patio behind the Aliant Bank.

Info: Bob Cosby (991-6054)
Email: JVPOA@juno.com

FUTURE (local only)

02-12 – **BR 5K**

02-13 – **Mercedes Marathon & Half Marathon**

03-19 – **Big Springs 5K – Springville**

05-07 – **Casey's Cause Run 5K/10K**

05-14 – **ZOO Run 5K**

07-04 – **30th Annual Peavine Falls Run**

07-09 – **Family Connection 5K**

Sarcoidosis Awareness 5k Run/Walk

Presented by the Alumni Class of 1986
P D Jackson-Olin High School
in association with The S.O.A.R. Foundation
(Sarcoidosis Organization promoting Awareness & Research)

Saturday, November 13, 2010 at 9:00a (Late Registration 8:00a)
4th Ave YMCA to Linn Park - Downtown Birmingham, AL

Registration: Adults \$25 (11/8 - Event Day \$30)
Children to 14yrs \$10 (11/8 - Event Day \$15)

Sarcoidosis Awareness 5k Run/Walk

Registration/Entry Form

(Please Print Clearly - Black Ink Preferred)

First Name _____ Address _____
Last Name _____ City _____ State _____
Male_ Female __ Age _____ Zip _____ Phone _____

T-Shirt Size (circle one): XS S M L XL XXL XXXL
Adult (A) or Child (C)

In consideration for the acceptance of my entry, I hereby for myself, heirs, executors, administrators and assignees release the Alumni Class of 1986 and the S.O.A.R Foundation, the City of Birmingham, the sponsors and all volunteers from any actions, losses or damages that I may incur as a result of my participation in this event. I certify that I am physically fit and trained sufficiently to participate in this event.

Signature Required _____
(If age under 19, parent/guardian must sign)

Mail Form/Fee to: The SOAR Foundation Alumni Class of 1986
 c/o Kimberly Tift or c/o Michael Pruitt
 Post Office Box 8121 1261 Grand Boulevard
 Birmingham, AL 35218 Birmingham, AL 35214

NEW RUNNER'S SOCIETY GROUP RUNS

THURSDAY EVENINGS: 5:45 P.M. (moved to IPC on Highland Ave.)

Meet in front of **Independent Presbyterian Church (IPC)** on Highland Ave., near Highland Golf Course.
IPC is located at 3100 Highland Ave., 35205. Thursday evening group run will meet her for duration of **Fall/Winter**.

TUESDAY MORNINGS: 5:30 A.M.

Several routes available from **Mountain Brook YMCA**.

QUESTIONS: newrunners@birminghamtrackclub.com

2010 BTC Exec. Meetings

BTC Executive meetings are open to the membership and we encourage attendance. Executive meetings start at 5:30 p.m.

Nov. 16th
Dec. 21st

MEETING LOCATION:

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



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September BTC

Executive Meeting Minutes

– Submitted by Brad Clay, Secretary

▶ **Meeting began 5:30 p.m., Sept. 21st, 2010**

IN ATTENDANCE

Johnaca Kelley: President
Tim O'Brien: Vice President
Debbie Cleghorn: Treasurer
Brad Clay: Secretary
Judy Loo: Membership
Jason Murray: Parliamentarian
Rick Melanson: Road Race Chair
Cathy Colburn: Volunteer Chair
Tom Scales: Merchandise
Danny Haralson: Vulcan Run
Micki Haralson: Social Chair
Mark Purser: Facebook
Charles Amos Thompson



GUESTS:

▶ **John Delk – Eskridge & White Physical Therapy**
• Discussed potential of becoming BTC sponsor, providing some type of medical services at finish lines of races, and providing tips for monthly newsletter.

OFFICER & COMMITTEE REPORTS

▶ **VULCAN RUN - Danny Haralson**
• Promotion increases on 10/1.
• Entry forms/shirts ready; shirts gender-specific this year.
• Using raceit.com as opposed to active.com.
• Course, DJ, and beer set.

• Volunteers needed.
• Debrief on Fat Danny's and discussion of continued BTC sponsorship.

▶ **PRESIDENT - Johnaca Kelley**

• Reported that Gabe's Hope 5K wants to be BTC race; successful first race last year.
• Johnaca hosted separate meeting on hosting Maebashi runners afterwards.

▶ **VICE PRESIDENT - Tim O'Brien**

• Challenged EC to create 2 ideas on improving marketing of races.

▶ **PARLIAMENTARIAN – Jason Murray**

• Presented 2 financial scenarios on purchasing of new timing equipment.

▶ **TREASURER – Debbie Cleghorn**

• Delievered monthly financial report

▶ **SOCIAL – Debbie Cleghorn**

• Annual Party tentatively 1/22/2011 at same venue
• Discussed possibility of Halloween social run on 10/27/2010
• Discussed possibility of Railroad Park 5K either 10/21 or 10/28 at the new park
• Discussed possibility of social mixer with Birmingham Tri Club; perhaps roller skate party

ADDITIONAL DISCUSSION

• Charles Thompson discussed selected upcoming races
▶ **Meeting adjourned at ~6:45 p.m.**

Send in your nominations!

We're closing in on the **BTC Annual Party** in January and we need nominations for our most prestigious awards, the **Arthur Black/Rick Melanson Award** and the **Randy Johnson Award**.

The **Arthur Black/Rick Melanson Award** is our oldest award and annually is given to the most outstanding club member over the past year or for continued outstanding leadership and service to the BTC.

The **Randy Johnson Award** will be given to the 'newer' member who has demonstrated outstanding leadership and freely given of his or her time in volunteering capacity in ways that help further the mission of the BTC.

Submit nominations by *December 24th, 2010*
(in writing) or via e-mail to:

PresidentBTC@gmail.com

Miles reported through October 16th, 2010**1,200 Mile Club**

BTC MEMBER NAME	TOTAL	SEPT '10	AUG '10	BTC MEMBER NAME	TOTAL	SEPT '10	AUG '10
Andress, Jennifer	1024.5	122	117.5	Kuhn, Jimmy	1497	163	205
Armstrong, Tommy	652.4			Loo, Judy	891	105.1	98
Baskerville, Jennifer	1025.9	114.1	121.7	Losole, Liz	1035.6	118	132.4
Beasley, Martin	954.4	150	118	Lupinacci, Tim	859	72.5	116
Bedics, Tom	792		73	Lyle, Randy	1559.3	178.3	191
Benson, Wayne	1029	126	72	Martin, Cary	567.2	62.3	40.6
Bonatz, Ekkehard	1871	253	237	McCalley, Charles	876.32	136.5	127.25
Bowman, Bill	759	91	83	McConnell, Katie	646.85		100
Bradshaw-Whittemore, Al	834.5	183.4	195.3	McConnell, Kim	726.65	90.15	100.65
Briggs, Melissa	1021.9	75.8	92.5	Milam, Heather	1261.9	76.2	127.7
Brown, Sean	823	104	95	Miller, Pamela	1128.75	123.25	124.5
Bullock, Sharon	1001.8	133	137.4	Morgan, Cary	1497	152	191
Burnette, Jack	1049	168	135	Morgan, Danielle	1148.82	146	129.52
Chandler, Teresa	1119	146	105	Morgan, Phillip	1136.64	147	120.54
Clark, Beth	1191	136	126	Northern, Kristie	711	193	191
Clay, Brad	1860	302	292	Parr, Michele	895	128	128
Colburn, Cathy	761	71	102	Pasqualini, Ellie	1177.5	137	146
Cook, Oscar	1211	176	193	Peagler, Shana	859.38	136	115.8
Creed, Brad	966.6	132.6	111.6	Peagler, Zach	875.4	102.4	100.8
Davis, Milton	388.4		27.5	Peck, Jeremiah	685.65	72.08	58.26
Dortch, Cherie	589.77			Randall, Lisa	1209.56	152.9	141.47
Dunn, Wade	1953.9	209.1	232.1	Richey, Jim	610.6	27.6	26
Eidson, Rachel	902	101	100	Roberts, Tim	1492.8	145.8	214.7
Engels, John	679.4	56	109	Rodriguez, Jose	1285.7	163	119.75
Estes, Jeff	633.7	3	83.3	Rutherford, Keith	666	161	70
Evans, Bob	706	79	105	Sample, Holly	909		150
Farrell, Meredith	1046.5	110.2	69	Sankey, Greg	827.94	63.67	17.5
Fleming, Marcy	714.5	84	76	Shaw, Joe	434.7		
Ford, Joe	922.9	114	94	Shinn, Ronald	924.64	113.74	93.09
Frederick, Winston	778	0	68	Silwal, Suman	645.1	139	209.3
Ganus, Jack	961	119	103	Smith, Jerry	999	69	108
Goff, Ali	826.75	103	104	Smith, Reid	800.5	108	103
Goode, Johnny	1382	178	185	South, Christopher	1118.94	29	81.9
Greenwald, Bill	899	75	112	Stearns, David	915.9	111.3	112.5
Grossman, Christopher	921.34	109.62	115.17	Stockton, Rick	1115.7	145.5	143.5
Hales, Susan D.	688		102	Stroud, Vanessa	1071.2	43.3	198.8
Haralson, Danny	970		81	Vaughan, Keith	422	74	45
Haralson, Micki	918.2		144	Weeks, Lance	731.4	40.15	6.5
Hargrave, Alan	767	121	114	Whatley, Prince	2071.4	236.8	200.3
Harris, Dena	1972.6	261.06	148.2	Winborn, Charles	853	116	95.5
Henry, David	933.7	112.2	99.7	Woody, Bill	906	144	131
Jones, Ira	1053.2	163.5	152	Wu, Xing	1203.47	147.79	147.67
Jones, Latoria	398	100	100	Yaghmai, Greg	747		110
Joyce, Lynn	892	105	108	Yancey, Lisa	571	55	57
Joyner, David	1415.72	179.79	164.93	Zehnder, Justin	1377	207	214
Klasing, Leslie	1020.2	156	162				

Email monthly mileage, errors, omissions or questions to:**1200@BirminghamTrackClub.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

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

SOCIAL

Chair: Micki Haralson

mickiharalson@gmail.com

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

MERCHANDISE

Chairs: Chris Brown & Tom Scales

chrisb0608@hotmail.com & tomscale@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

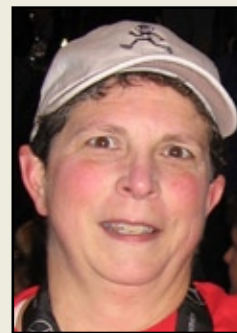
The membership committee maintains the BTC's membership list and actively recruits new members at races, other running events, and social events. Charismatic personalities, bubbly-friendly nature and/or computer database skills nice to have for this service.

The View from the BACK OF THE PACK

— By Michele Parr

Should you ever have occasion to give me directions, whatever you do, don't tell me "you can't miss it." Trust me. I can. This is the story of a trip to Tupelo with assorted directions and a GPS with outdated maps. You can get there from here that way. It just isn't easy.

I'm quick to admit that I don't have an especially good sense of direction, though mine is not the worst I've ever heard about. That distinction goes to a former co-worker. She wanted to get out of Birmingham for the weekend and asked a friend how to get to New Orleans. He told her she couldn't miss it, just get on I-59 and stay on it until she got there. She called him from Chattanooga, true story.



For the trip to the Tupelo 14.2 Terri had offered to pay for the motel if I'd drive. She might want to reconsider that the next time we're both headed to the same non-local race. I know I'm directionally challenged, but I had the GPS, I had Mapquest directions tweaked to go up I-65, I had Danny's description of the necessary turns, what could go wrong?

Let's start with Mapquest. Take the 41st Street exit, it said. If you've been up I-65 North lately, you know that the exit now reads Daniel Payne Drive. I caught that change right after we passed the exit. No worries, I thought. I'll just get off at the next exit, get back on, and we'll be back on track. It sounded good in theory, especially for someone as accustomed to turning around as I am, but the next exit isn't like a normal exit. We ended up on 31 North without the usual turnaround. That was a bit of an annoyance though I knew I couldn't get too far lost. Sure enough, moments later I spotted an I-65 sign, figured out where I was, and got headed back where I thought I wanted to go.

We got off at the correct exit, turned right onto Coalburg Road (as per Mapquest and Danny), and figured we'd be on Corridor X in no time. Let me tell you about Corridor X and me. It's not like "X marks the spot" or X's and O's. It's more like the algebraic unknown quantity of X or the X Files. The truth may be out there, but it's not always easy to find.

I had the GPS turned off at first because I didn't want to go through Forestdale. I wanted the newer, easier route. When we got the thing turned on and the address of the motel in Tupelo keyed in, she (I call her Angela) was one confused electronic device. Needless to say, I did not make the correct turn onto the newest part of Corridor X. I took us on a scenic tour of northwest Jefferson County. When we finally did make our way onto the magic road, all Angela would say was, "Please drive the highlighted route. Recalculating. Please drive the highlighted route. Recalculating. Please drive the highlighted route. Recalculating." Is your GPS like Angela? Every time I don't do what she tells me to do she sounds a little more irritated, sort of like, "Why did you ask if you weren't going to listen?"

Do you know what you find when you finally get onto Corridor X? Nothing. Seriously, don't get on there without a tank of gas and some major snacks. Fortunately for me, the race route in Tupelo was easy to follow, even in the 5:00 a.m. darkness. •

micheleparr@mindspring.com

Club Merchandise NOV/DEC Item Of The Month

RUNNING SOCKS



SOCK DETAILS:

- Two sizes available:
Medium (fits 9-11)
Large (10-13)
- CooMax tech fabric that wicks away moisture.
- Pick from: **White** or **Black**
- Embroidered BTC logo (red/blue).



Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Phone _____ Email Address (print clearly) _____

Quantity COLOR/SIZE

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

Birmingham Track Club
P.O. Box 180
Lincoln, Alabama 35096

chrisb0608@hotmail.com

Offer good till 12/31/10



BTC MILEAGE LOG



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

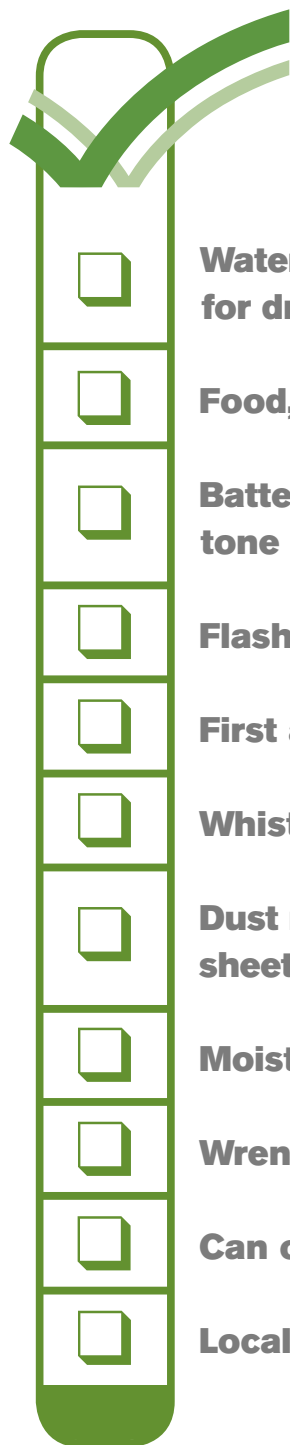
PREPARE. PLAN. STAY INFORMED.

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