

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

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**BTC**



# THE VULCAN RUNNER

VOL. 34

★ SEPT/OCT 2010 ★

ISSUE 8

One typical runner decides to celebrate courage and

## RUN FOR EMILY

— By Greg Yaghamai

**COURAGE:** a word that echoes throughout the running community. We often read stories of runners who take journeys throughout the world. Or we learn of runners who have overcome adversity, the loss of a limb, or who run to honor a loved one.

When I think of courage I reflect on those who have made the ultimate sacrifice for our country. Courage to me invokes thoughts of people like Pat Tillman. Until recently, I couldn't identify who was the most courageous person I had ever met.

That all changed when I met **Emily Knerr**. Emily is not a political activist or a war hero. She is a seven-year-old girl who has a rare form of ovarian cancer. Yes, I was shocked to know that a seven year old could suffer from ovarian cancer.

I didn't read of Emily's story in some journal or magazine and correspond with her family. Instead, I met her because she lives here in Birmingham. Her mother, Amanda, and my wife were sorority sisters at Alabama. My daughter, Isabella, is five days older than Emily and they have become fast friends. The Knerrs lived in Miami when Emily was diagnosed with her condition, but relocated to Birmingham.

Emily has endured a stem cell transplant, chemotherapy, and radiation. She has done it with the courage of a warrior. Instead of accepting this terrible disease she fought it. Instead of accepting



Photos of Emily Knerr, a local seven-year-old girl who has a rare form of ovarian cancer.

**RUN FOR EMILY** <continued on Page 3>

## Interested in advertising in our club newsletter?

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

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

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[btcpresident07@gmail.com](mailto:btcpresident07@gmail.com)  
(205) 422-7055

## BTC Committees

<b>Historian</b>	Arthur Black	<a href="mailto:historian@birminghamtrackclub.com">historian@birminghamtrackclub.com</a>	
<b>Marathon Coach</b>	Al DiMicco	<a href="mailto:262coach@birminghamtrackclub.com">262coach@birminghamtrackclub.com</a>	(205) 822-0499
<b>Masters Events</b>	Frank Newland	<a href="mailto:mastersevent1@birminghamtrackclub.com">mastersevent1@birminghamtrackclub.com</a>	(205) 271-7553
<b>Medical</b>	Jack Hasson		(205) 870-1864
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<b>Mini Track Meets</b>	Brent Cotton	<a href="mailto:cotton9394@bellsouth.net">cotton9394@bellsouth.net</a>	(205) 447-9223
<b>New Runner's Society</b>	Danny Haralson	<a href="mailto:newrunners@birminghamtrackclub.com">newrunners@birminghamtrackclub.com</a>	(205) 380-1779
<b>Parliamentarian</b>	Phil Min	<a href="mailto:pemin@mac.com">pemin@mac.com</a>	(205) 849-6840
<b>Club Photographer</b>	Duvernne Duffee	<a href="mailto:photos@birminghamtrackclub.com">photos@birminghamtrackclub.com</a>	
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<b>Webmaster</b>	Chuck Self	<a href="mailto:support@narrowgatesolutions.com">support@narrowgatesolutions.com</a>	

## BTC Mission Statement

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

**Contact BTC at:** *Birmingham Track Club*  
P.O. Box 530363, Birmingham, AL 35253  
[info@BirminghamTrackClub.com](mailto:info@BirminghamTrackClub.com)

**Race Results** Find the latest and most complete local race results at the following:  
**[birminghamtrackclub.com](http://birminghamtrackclub.com) [trakshak.com](http://trakshak.com) [run42k.com](http://run42k.com)**

## ATTENTION BTC MEMBERS!

**'Vulcan Runner' is available MONTHLY in color!!**

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

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





Find the BTC on  
Facebook

**Facebook.com/BirminghamTrackClub**

**RUN FOR EMILY** <continued from Page 1>

limitations, she continues to achieve goals and dreams of any other second grader.

Throughout my entire life I have been an active person. One who concerned himself with being physically healthy. However, with the typical excuses of work and raising a seven-year-old, I found myself like many thirty-seven-year-old men with an expanding waistline and no end in sight. I was fifteen pounds overweight and needed to find a way to resolve that.

Then I read about ultra marathons which seemed to spark a light. I had been something of a runner completing four half marathons, but nothing further. So on August 25, 2009, I registered for the Mississippi 50 Ultra Marathon. That same day I began my quest for "couch to 50 miler." It definitely was illogical and probably not very smart.

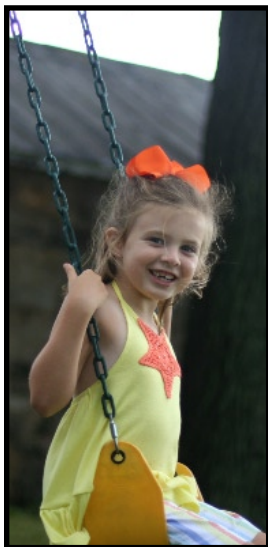
However, a little less than seven months later (and twenty five pounds lighter), I completed the 50 miler. I experienced jubilation and a sense of euphoria that only runners can experience. That feeling lasted about ten days when I felt that my accomplishment was empty and I couldn't understand why. That was until I heard about and met Emily. Then it became crystal clear that I needed a real purpose to my running, that I needed to run for someone other than myself.

On November 6, 2010, I will run the Pinhoti 100. This 100 mile ultra marathon starts in Heflin, Alabama, and takes you to the top of Mt. Cheaha and finishes in Sylacagua. I am not an elite runner who will try to win the race. Quite the opposite, I am a typical runner and my only goal is make the thirty hour cut-off.

This time I run for the sense of purpose and to celebrate Emily's courage. I am trying to tap into another word synonymous with runners: generosity.

**My goal is to get one thousand people to donate ten dollars.** This money will benefit the Knerr family. You can read about Emily's brave battle and donate at **www.Run4Emily.com**. So please join in with me celebrating the courage of this brave seven year old. •

Read about Emily's  
brave battle and  
donate at  
**Run4Emily.com**



**WANT TO MAIL YOUR DONATION? SEND IT TO:**

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## September/October BTC President's Message

— Johnaca Kelley

### Hosting Committee needed ASAP for Maebashi Japan runners!

We will have 4 visitors from Maebashi, Japan joining us for Vulcan Run 2010. They will arrive Thursday, November 4th at 4:45 p.m. at Birmingham Airport. The Birmingham Mayor's office has already reserved accommodations for them at Tutwiler Hotel for all 4 nights of their visit. They will depart from Birmingham Airport on Monday, November 8th at 6:45 a.m.

During their stay the BTC will be responsible for accompanying our guests to local sites such as the Civil Rights Museum, Art Museum and Vulcan Park. We will also be with them for most of their meals. And we have offered to have them join one of our group runs during their stay.

We are also working on having a Vulcan Run Race Eve pasta dinner. Anyone can buy a ticket to join the meal and it will help serve as a fundraiser for the hosting of our guests.

The Birmingham Mayor's office will pay part of our guest's expenses and the BTC and Vulcan Run will pay the rest. The Mayor's office will also provide a translator. Currently transportation for our guests is another important concern for the BTC to tackle. We could take turns using our own vehicles or if enough money is raised, we could hire a service.

So whether you can help with the planning by becoming a committee member, help with the money by making a contribution, volunteer to be a host or driver for the events planned or simply wish to buy a dinner ticket and join the runners on the night before the race, please let me know.

All help is appreciated, and do not forget that Maebashi will be host-



ing our runners again in 2011. They have hosted

us more times than we have hosted any one of them, so it is time we make this a tradition of runner hospitality.

**PLEASE HELP!** Contact us via email at [btcpres09@gmail.com](mailto:btcpres09@gmail.com) and [cdavidjoyner@yahoo.com](mailto:cdavidjoyner@yahoo.com)

**If you wish to mail a donation to the Japan Hosting Fund, please send a check with "Japan" in the memo field to our P.O. Box:**

Birmingham Track Club, P.O. Box 530363, Birmingham, AL 35253

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

*"Who travels for love finds a thousand miles not longer than one."*

— Japanese Proverb quote

## 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:**

[timoalabama@aol.com](mailto:timoalabama@aol.com)



# 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](mailto: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.*

Sept. 21st  
Oct. 19th  
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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# VULCAN RUN 10K

## SET FOR 35TH RUNNING ON NOVEMBER 6TH

– By Tim O'Brien

**T**his year's Vulcan Run 10K, November 6th, will be the 35th running of what has long been considered Alabama's most prestigious 10K race. Vulcan Run is the longest running road race in the state and is one of the South's most premiere running events. It is embraced not only by Southeast competitors, but by the local community as well. It's a road race that starts in the heart of Birmingham's downtown area and takes runners through the Highland Park areas, into Five Points South and back downtown. There is a Kids Fun Run, and there is a great after party for the runners, volunteers, friends and families.

### HISTORY

The Vulcan Run started in 1975. It has always been run in the fall months, allowing for an even more scenic course with the changing color of the leaves and the possibility of a cool race start. The course has stayed pretty much the same all these years, with the start and finish lines moving around but still close to where they are today. In the first year, and only the first year, the course was run backwards from what it is today. There have been several race directors in the history of the run. One of the first was Versal Spalding, and Danny Haralson is its present day director, having taken over in 2008 from long-time director Trish Portuese.

For a few years Vulcan Run was part of a running weekend for Birmingham. The Vulcan 10K and Fun Run were on Saturday and there was a Vulcan Marathon that was on Sunday. The 10K remained while the Vulcan Marathon stopped.

### PRESENT DAY

Danny keeps the image of the Vulcan Run strong in the Southeast and aggressively promotes not only the Vulcan 10K event, but running in general.

Elite runners from all over America come to run the Vulcan 10K. It continues to gain ground as a top notch event in the Southeast. It also has some of the top local runners competing at a high level as well. Birmingham's Scott Strand is just one of the local runners who give a strong showing year after year.

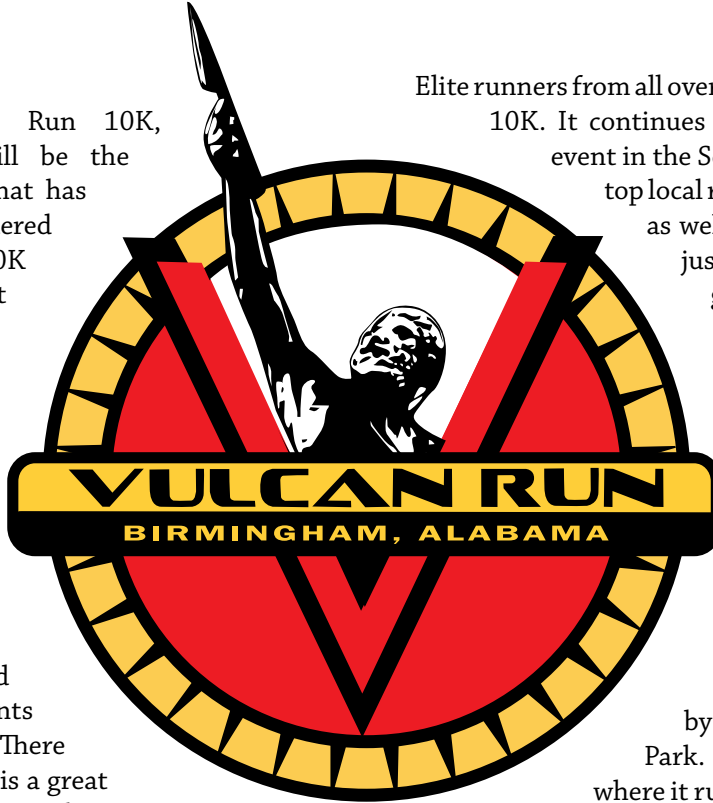
It's a race not just for the elite, but for every level of runner. Danny has several training groups for first time runners and has a few groups right now that lead up to the Vulcan 10K which will be their very first 10K ever. All runners are welcome.

Vulcan Run 10k starts by City Hall and finishes by Linn Park. The Fun Run starts right at 20th where it runs into Linn Park. Children who run the 1 mile Fun Run are given medals when they cross the finish line. It is held after the 10K and this allows the children to run through the same big finish line

### JAPAN

This year there is a new facet to the run, one that hopefully will continue. Three runners from Birmingham's sister city, Maebashi Japan, have been invited and will run in the 10K. Over the last few years Maebashi has invited runners from Birmingham to take part in their Half Marathon and 8K in the spring. Current Birmingham Track Club president Johnaca Kelley has worked with the city of Birmingham and the city of Maebashi to return the favor with the Vulcan 10K being the race of choice. (If you would like to help be a part of entertaining our Sister City visitors, please contact Johnaca at btcpres09@gmail.com). The BTC is looking forward to showing our Maebashi visitors Birmingham along with the Vulcan Run.

For more info. about this year's  
VULCAN RUN 10K and Fun Run go to:  
**VulcanRun.com**



## AUGUST BTC

# Executive Meeting Minutes

– Submitted by Brad Clay, Secretary

► Meeting began 5:31 p.m., Aug. 17th, 2010

### IN ATTENDANCE

**Johnaca Kelley:** President  
**Tim O'Brien:** Vice President  
**Debbie Cleghorn:** Treasurer  
**Brad Clay:** Secretary  
**Mark Baggett:** Past President  
**Jason Murray:** Parliamentarian  
**Rick Melanson:** Road Race Chair  
**Cathy Colburn:** Volunteer Chair  
**Chris Brown:** Merchandise  
**Tom Scales:** Merchandise  
**Charles Amos Thompson**



### OFFICER & COMMITTEE REPORTS

#### ► PRESIDENT - Johnaca Kelley

- Reported that the BTC is examining the possibility of purchasing new finish line equipment (system using disposable chips). Frank Newland is leading the research and Jason Murray will examine the financial implications.
- Chris Brown and Tom Scales are new co-chairs of the Merchandise committee. Although flexible, Chris will take lead in managing orders and Tom will take lead at events. This Saturday, Aug 21st, they will be moving items from Johnaca's office to the Vulcan Run storage unit.
- Jason Murray is the BTC's new Parliamentarian as Phil Min's other volunteer work has temporarily taken him away from the BTC EC.
- Vulcan Run and guests from Maebashi: the city of Birmingham and the BTC will be hosting 4 runners from Maebashi, Japan during the Vulcan Run. They are arriving on 11/4, departing on 11/8, and will be staying at the Tutwiler as guests of the city of Birmingham. The following needs remain: hosts/guides, transportation, fundraising pre-Vulcan Run pasta dinner. The mayor's office will also provide an interpreter and admission to various Birmingham attractions. CT suggested the BTC reach out to member Naomi Abe for help. Let Johnaca know where you can help.

#### ► VICE PRESIDENT - Tim O'Brien

- Tim is volunteering to lead review of web account services. If you have issues or ideas you would like addressed, please let Tim know.

- Discussed the need for member email accounts or message board online.

#### ► ROAD RACES – Debbie Cleghorn

- Informed EC that the Lakeshore Foundation/Commercial Real Estate Women want to host a 5K/10K downtown on 9/11 and asked Rick to both certify and conduct finish line services. Due to late notice and conflicting race, he is unable to do so.

#### ► VOLUNTEER COORDINATOR – Cathy Colburn

- Led discussion on how BTC can recruit more volunteers; noted challenge of having large club leads members to think no need exists and also many members want to run races or are involved in own training plans.
- Discussed reward system modeled upon Vulcan Tri-Club in which members who volunteer are eligible for rewards monthly.
- Group discussed whether this should be cash reward (e.g., \$20-25) or BTC merchandise. Also discussed possibility of having different levels or tiers for more frequent volunteers with greater rewards or perhaps exclusive volunteer merchandise.
- Decided system should be an option at all events in which the BTC is involved or asked to be involved and not only the BTC-sponsored races.
- MB pointed out that FaceBook should prove a valuable new tool in recruiting volunteers.
- Discussed how to monitor: CC suggested a sign-in located on the BTC webpage to claim "credit" after an event. Would be an honor system.
- Discussed need to have an active volunteer list maintained.
- Discussed having a volunteer table set up at races as pre-race meeting and organizational point.

### ADDITIONAL DISCUSSION

- Fat Danny's – should be similar to previous year. Most shirts and visors are available.
- Vulcan Runner newsletter needs a lead article for October on the Vulcan Run. TO volunteered to write it.
- Vulcan Runner newsletter will also need a recap of Fat Danny's written. CC tentatively volunteered to do so.

► Meeting adjourned at ~6:33 p.m.

## BTC NEWEST MEMBERS

Those who joined  
in July/Aug. 2010

**Shirley &  
Anthony Smith**  
**Suham Silval**  
**Pat Foley**  
**Mark & Lisa  
Baker**  
**Casey Woodring**

**John Bardley**  
**Barbara Fields**  
**Amanda Reid**  
**Maria Garrett**  
**Kim Yarboro**  
**Emily Celner**  
**Natalie Smith**

**Mary Dumas**  
**Ben Morton**  
**Kristie Northern**  
**Ed Bauer**  
**Bobby &  
Alexia Boyd**  
**James Durant**

**Jason &  
Christy Zarzaur**  
**Bonnie Ropog**  
**Michael Wade**

**TOTAL ACTIVE  
MEMBERS**

**605**





# Woodstock 5K SNAPSHOTS

– Photos submitted by Phil Min

Anniston recently hosted the Woodstock 5K, the **RRCA Southern Regional 5K Championship**. Here are some snapshots taken by our own Phil Min.



1. Janet Watkins and Caroline Walker 2. Ann Marks 3. Scott Strand 4. Theresa Burst 5. Sean Brown  
6. Lisa and Caroline Randall, Caroline Walker 7. Lori Vonpingel and Sarah Russ 8. Crowd shot



# Race/Event Calendar (Oct. thru Nov. '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 )

## OCTOBER 2

### Hueytown 5K/10K

– Hueytown, AL, 8:00 a.m.

Hueytown Elementary School. 10K is USATF CERTIFIED COURSE and is BTC RACE. Register on active.com.

**Web:** www.hueytownrace.com

### 3rd Annual UAB Liver Walk & 5K Run

– Birmingham, AL, 8:00 a.m.

UAB Campus Green

**Info:** 205-975-9698 / 542-7418

**Email:** livercenter@uab.edu

## OCTOBER 9

### Susan G Komen Race for the Cure 5K & 1 Mile Fun Run

– Birmingham, AL, 9:00 a.m.

Downtown Linn Park. USATF CERTIFIED COURSE.

**Web:** www.komenncalabama.org

**Contact:** 205-930-8886

**Email:** birminghamrace@gmail.com

### Trak Shak USATF All Comers & Coaches Challenge Open 3K Race

– Hoover, AL, 12:45 p.m.

Veterans Park on Valleydale Road, \$10 entry.

**Web:** www.trakshak.com

## OCTOBER 10

### BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.

Contact Brent Cotton for location.

**Info:** (205) 447-9223

## OCTOBER 17

### Maple Leaf 5K Run & 1 Mile Kid's Run

– Trussville, AL, 8:00 a.m.

5K USATF CERTIFIED COURSE.

Start and end at Trussville Chamber

of Commerce next to Hewitt Trussville Middle School.

**Contact:** Dianne Poole (655-7535)

## OCTOBER 23

### Run Away from Domestic Violence 8K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.

St.Vincent's 119 Health and Wellness (Hwy.280). USATF CERTIFIED COURSE - RRCA SOUTHERN REGION 8K CHAMPIONSHIP Race.

**Info:** Angela Dunn (542-3560)

**Web:** www.runawayrace.com

## OCTOBER 23

### United Cerebral Palsy "Life Without Limits" 1/2 Marathon, 5K & Fun Run

– Florence, AL

## OCTOBER 30

### CrossPoint 5K & 1 Mile Fun Run

– Argo, AL, 8:00 a.m.

CrossPoint Church right off Argo exit on Hwy 59. USATF CERTIFIED COURSE.

**Info:** Brian Harris (655-0364)

### Eagle 5K & 1 Mile Fun Run

– Calera, AL, 8:00 a.m.

Calera High School off Hwy. 25.

USATF CERTIFIED COURSE.

**Info:** Joel Dixon (566-6078)

**Email:** j2dixon@shelbyed.k12.al.us

## 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. Register online @ active.com.

**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.

**Info:** Steve Ammons (482-2700)

## 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, 4:00 p.m.

Contact Brent Cotton for location.

**Info:** (205) 447-9223

## NOVEMBER 20

### Hoover Kiwanis Rivalry Run 8K/5K

– Birmingham, AL, 8:00 a.m.

Hoover High School.

**Info:** Will Choat (862-9457)

## 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)

## FUTURE (local only)

12-04 – Jingle Bell Run 5K

12-19 – Meadow Brook 5K

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)  
4<sup>th</sup> 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



**Miles reported through September 19th, 2010****1,200 Mile Club**

<b>BTC MEMBER NAME</b>	<b>TOTAL</b>	<b>AUG '10</b>	<b>JULY '10</b>	<b>BTC MEMBER NAME</b>	<b>TOTAL</b>	<b>AUG '10</b>	<b>JULY '10</b>
Andress, Jennifer	902.5	117.5	137	Landy, Randi	468.4		
Armstrong, Tommy	652.4		126.2	Loo, Judy	785.9	98	132
Baskerville, Jennifer	911.8	121.7	131.5	Losole, Liz	917.6	132.4	143.5
Beasley, Martin	804.4	118	86	Lupinacci, Tim	786.5	116	75.5
Bedics, Tom	627			Lyle, Randy	1381	191	186.3
Benson, Wayne	903	72	80	Mann, Steven	20		
Bonatz, Ekkehard	1618	237	223	Martin, Cary	464.3		58.1
Bowman, Bill	668	83	87	McCalley, Charles	739.82	127.25	117.7
Bradshaw-Whittemore, Al	651.1	195.3	71.5	McCarthy, Mike	150		
Briggs, Melissa	946.1	92.5	120.44	McConnell, Katie	646.85	100	101
Brown, Sean	719	95	104	McConnell, Kim	636.5	100.65	145.6
Bullock, Sharon	868.8	137.4	124	Milam, Heather	1058		107.9
Burnette, Jack	746		133	Miller, Pamela	1005.5	124.5	112
Chandler, Teresa	973	105	106.5	Morgan, Cary	1345	191	215
Clark, Beth	1055	126	116	Morgan, Danielle	1002.82	129.52	121
Clay, Brad	1558	292	274	Morgan, Phillip	989.64	120.54	93
Colburn, Cathy	690	102	70	Murray, Jason	58		
Cook, Oscar	1035	193	163	Parr, Michele	767	128	116
Creed, Brad	834	111.6	112.5	Pasqualini, Ellie	1040.5	146	134.5
Davis, Milton	388.4	27.5	34.5	Peagler, Shana	723.38	115.8	102.3
Dortch, Cherie	589.77		78.5	Peagler, Zach	773	100.8	101.4
Dunn, Wade	1744.8	232.1	246.5	Peck, Jeremiah	613.57	58.26	65
Eidson, Rachel	701		99	Randall, Lisa	1056.66	141.47	150.22
Engels, John	623.4	109	79.4	Richey, Jim	583	26	52.3
Estes, Jeff	630.7	83.3	87.7	Roberts, Tim	1347	214.7	147.1
Evans, Bob	627	105	54	Rodriguez, Jose	1122.7	119.75	141.28
Farrell, Meredith	867.3		135.75	Rutherford, Keith	505	70	65
Fleming, Marcy	500.5			Sample, Holly	909	150	115
Ford, Joe	808.9	94	101	Sankey, Greg	764.27	17.5	18.85
Frederick, Winston	778	68	101	Shaw, Joe	434.7		0
Ganus, Jack	842	103	108	Shinn, Ronald	810.9	93.09	99.11
Goff, Ali	723.75	104	98	Silwal, Suman	506.1	209.3	190.2
Goode, Johnny	1204	185	128	Smith, Jerry	930	108	97
Goolsby, John	186			Smith, Reid	589.5		104
Greenwald, Bill	824	112	185	South, Christopher	1089.94	81.9	104
Grossman, Christopher	811.72	115.17	113.62	Stearns, David	804.6	112.5	108.6
Hales, Susan D.	688	102	90	Stockton, Rick	970.2	143.5	144.7
Haralson, Danny	970	81	107	Street, Tess	43		
Haralson, Micki	918.2	144	139	Stroud, Vanessa	1027.9	198.8	242.55
Hargrave, Alan	646	114	30	Thurmond, Nicole	118		
Harris, Dena	1711.54	148.2	264.45	Vaughan, Keith	348	45	41
Harris, Kendall	370			Veal, Matt	113		
Harris, Skip	280.7			Walker, Caroline	179		
Harris, Vickie	278			Watkins, Janet	418		
Henry, David	821.5	99.7	109	Weeks, Lance	691.25	6.5	0
Jenkins, Mike	167			Whatley, Prince	1634.3		293.7
Jones, Ira	889.7	152	158	Winborn, Charles	737	95.5	74
Jones, Latoria	198			Woody, Bill	762	131	99
Joyce, Lynn	787	108	121	Wu, Xing	1055.68	147.67	132.97
Joyner, David	1071		179.12	Yaghmai, Greg	747	110	128
Klasing, Leslie	864.2	162	71	Yancey, Lisa	516	57	75
Kuhn, Jimmy	1334	205	189	Zehnder, Justin	956		160

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

# The View from the BACK OF THE PACK

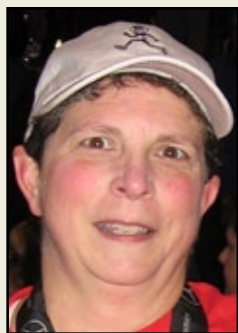
– By Michele Parr

I've run through a lot of training partners over the years. If most of the people I've run with were still running, I'd develop a bit of a complex. It's easier to take if they just don't want to run than it would be if they just didn't want to run with ME.

First came the original slow girls in the back. If you've ever done group runs, you know how easy it is to find "your" people. All you have to do is run a couple of miles and you'll find yourself running with the folks who are likely to become your regular partners. I logged lots of those early, tough miles with that group, but they pretty much all wandered away after that first Mercedes weekend.

I found another running buddy the first time I did the Red Nose 10 miler. Three people finished behind me that day. One was walking, one was a 70-year-old guy, and one became my long run partner for a couple of years. Her first marathon seemed to quench her thirst for running. These days she's more interested in theatre and her brand new daughter.

Later I spent a summer running with the Irish Mafia: Hannigan, Sullivan, McLaughlin, and Cleghorn. That lasted until the Marine Corps Marathon convinced most of them to run shorter distances, if at all.



Along the way I've run with lots of runners who were just getting started or just getting back into it. That's one of the advantages of being part of the only group running slowly enough for people running a foreign route to keep in view as they learn their way: you meet lots of new folks.

This summer I started breaking in another new partner. Like most new runners Sophie has a tendency, as Danny Haralson would say, to take off like her ass is itching and her hair is on fire. It's not long before she's panting and her tongue is dragging. We're working on learning to pace as we're building up her stamina. I have to say she's a natural, making lots of progress in a short time. She's even less inclined to chase cars that she was in the beginning. Yep, this buddy has four paws.

When we adopted Sophie from the Humane Society a little over three years ago, they told us she had lots of miniature Schnauzer in her. There's definitely some terrier as well; her temperament tells us that. The black spots on her tongue attest to a Chow somewhere in her bloodlines. Bottom line, she's a combination of lots of things, just like most of us.

Without question she's the most enthusiastic running partner I've ever had. She never cancels on me. Nothing ever comes up at the last minute. There are no crises at work. She gets excited every time I head toward the front door, especially if she sees me pick up the leash. Her eyes even light up when I sit down in the living room to tie my shoes. She's willing to go morning or evening seven days a week. That's a little more than I can handle, especially during the summer in Alabama. In fact, my plans to run with her have been delayed as we've worked on just walking my hilly neighborhood in the heat. The only down side so far is that plastic bag I must carry along that's always heavier on the return. •

micheleparr@mindspring.com

# Get involved in the BTC!

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

## NEW RUNNER'S SOCIETY

**Chair:** Danny Haralson

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

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

## SOCIAL

**Chair:** Micki Haralson

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

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

## MERCHANDISE

**Chair:** Johnaca Kelley

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

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

## MEMBERSHIP

**Chair:** Judy Loo

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

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



# Double Trouble

Meet **Cherie** and **Susan**, our two runners on the hot seat this month!

## Cherie Dortch

1. **Last movie you liked so much, you watched it twice?** Hairspray
2. **Name one guilty pleasure?** Pastry Art's Caramel, Marble, and Espresso Baby Bites
3. **Favorite place on earth?** On a sandy white beach at sunset
4. **Worst place on earth?** Any place without Jesus



5. **One item you would want with you on a desert island?** A bottomless glass of Bellini
6. **Most interesting person you've ever met?** I had the honor and privilege of meeting my sorority's (Tau Beta Sigma) founder, Wava Banes Turner Henry, at our District convention held at Tuskegee University in 2004.
7. **Coolest trophy or prize you ever won?** I won a record from the radio station on my birthday when I was like 13.
8. **Favorite TV show?** The Biggest Loser
9. **Favorite fast-food joint?** Chick-fil-A
10. **Who would play you in a movie?** I know a lot of you would say Beyonce, but I

think it would say Sanaa Lathan.

11. **Something unique about the town you grew up in?** It's the birthplace of Mardi Gras (Mobile, AL not New Orleans)
12. **If you could play an instrument, what would it be?** I actually play 2 instruments, the flute and the piccolo.
13. **Scariest thing that ever happened to you?** Witnessed my friend have a roll-over car accident right in front of me.
14. **Favorite book?** Eat, Pray, Love J
15. **Favorite meal?** Seafood – Catfish, shrimp, oysters
16. **Why do you run?** Initially for the fitness, now for the friends I've made... (ahhhh)
17. **When did you start?** June 2006
18. **What's your biggest running accomplishment?** Training for my 1st marathon
19. **Favorite BTC story?** Me and my cousin ("Cousin" from New York) did the Mercedes Half Marathon 2008 after our 1st half together a few months prior. She enjoyed the race so much that we planned to do our 1st full marathon together at Mercedes 2009. Due to the course change, we decided to do the half again instead. I registered on time, she did not. After finding out that the race was sold out and she would have to wear a "scarlet" bib she opted not to sign up. To my surprise race weekend "Cousin" still came to Birmingham and was my course support and biggest fan for several spectator stops. Just as I rounded the corner from 2nd Ave S to 20th Street she ran me in for the finish where I had my best time for a half EVER!
20. **Words to live by or favorite running mantra?** I have two that I keep posted over my desk at work... *"Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve. It doesn't matter whether you're a lion or gazelle - when the sun comes up, you'd better be running."* and *"The key to mastering any new skill — consistency over intensity."*

## Susan D. Hales

1. **Last movie you liked so much, you watched it twice?** Ratatouille
2. **Name one guilty pleasure?** Inhaling a bag of Cape Cod Potato Chips
3. **Favorite place on earth?** Sitting by my



- Christmas tree, drinking eggnog and watching "How the Grinch Stole Christmas!" cartoon.
4. **Worst place on earth?** Checkout line at Walmart
5. **One item you would want with you on a desert island?** Working motorboat
6. **Most interesting person you've ever met?** My dad

7. **Coolest trophy or prize you ever won?** Five dollars' worth of video game tokens at Putt-Putt Golf, in the 5th grade.
8. **Favorite TV show?** Mad Men
9. **Favorite fast-food joint?** Chick-fil-A
10. **Who would play you in a movie?** Mini Mouse
11. **Something unique about the town you grew up in?** Tuscaloosa is one day older than the State of Alabama. Tuscaloosa was incorporated the day before Alabama was admitted to the Union.
12. **If you could play an instrument, what would it be?** Piano
13. **Scariest thing that ever happened to you?** Wild hogs running through campsite in North Georgia
14. **Favorite book?** Dandelion Wine, by Ray Bradbury
15. **Favorite meal?** Roasted chicken with leek bread pudding
16. **Why do you run?** Clear my head
17. **When did you start?** 2006
18. **What's your biggest running accomplishment?** Running two laps around the parking lot beside Mountain Brook Y.
19. **Favorite BTC story?** Judy Loo spitting a candy cane across the sidewalk while running down Montevallo Road. Wow! Amazing aim!
20. **Words to live by or favorite running mantra?** "Never add chocolate sauce to a turkey sandwich."

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

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

– Phil Min (pemin@mac.com)

## Club Merchandise SEPT/OCT Item Of The Month

# SHOE POUCHES

### POUCH DETAILS:

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



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

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

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

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

**Quantity**    **COLOR/DESCRIPTION**


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

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

Johnaca E. Kelley, BTC President  
c/o EBSCO Creative Concepts  
3500 Blue Lake Dr. Ste. 150  
Birmingham, AL 35243

**btcpres09@gmail.com**

Offer good till 11/30/10





# BTC MILEAGE LOG



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

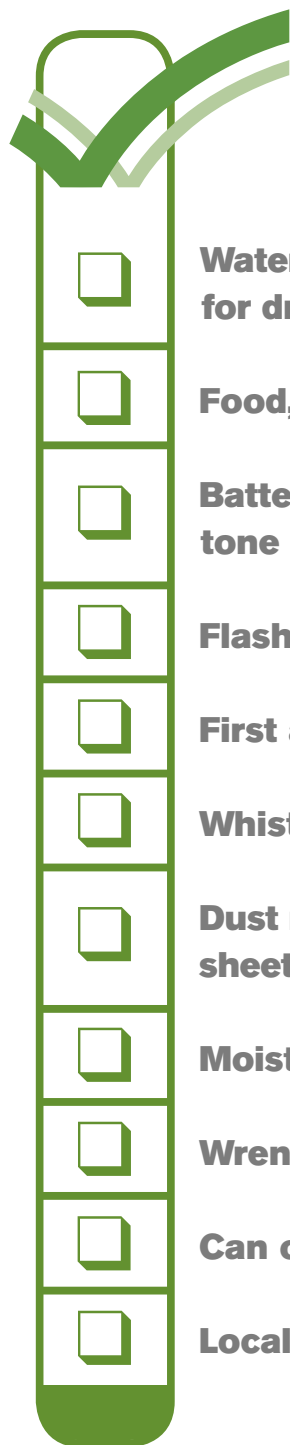
# PREPARE. PLAN. STAY INFORMED.

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