

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

www.BirminghamTrackClub.com
www.Facebook.com/BirminghamTrackClub
www.Myspace.com/BirminghamTrackClub

BTC



THE VULCAN RUNNER

VOL. 35

★ FEBRUARY 2011 ★

ISSUE 2

BTC ANNUAL PARTY ALL NEW OFFICERS SET FOR NEW YEAR

– By Michele Parr

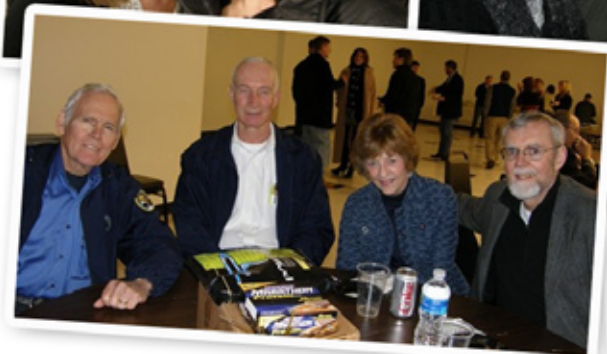
The annual meeting of the Birmingham Track Club was held on Friday, January 21, 2011, in the Dogwood Room at the Vestavia Civic Center.

Tim O'Brien called the meeting to order and the club's business was conducted.

Judy Loo, Membership Chair, asked all members who have not been receiving the newsletter emails to check with her to ensure she has the correct email address. A change of address or an error reading the address provided can put a member out of touch.

Tim O'Brien presented gifts in recognition of outgoing officers. Leaving office were Mark Baggett, Past-President; Johnaca

ANNUAL PARTY
<continued on Page 3>



PHOTOS BY DUVERGNE DUFFEE

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

PLEASE SUPPORT BTC SPONSORS



TrakShak.com



Bobs-Bikes.com



IntuitiveTouchBodywork.com



BirminghamMenus.com/Cosmos



Ideas. Products. Solutions.

EbscoCreativeConcepts.com



NarrowGateSolutions.com



RedMountainLaw.com

2011 Officers



President
Brad Clay
bradclay@aol.com
(205) 249-5795



Vice President
Jason Murray
Jasonm01@gmail.com



Secretary
Mitzi Duer-Savelis
jmduer@gmail.com



Treasurer
Randy Lyle
randy.lyle.cpa@gmail.com



Past President
Tim O'Brien
timoalabama@aol.com

BTC Committees

Historian	Arthur Black	historian@birminghamtrackclub.com	
Marathon Coach	Al DiMicco	262coach@birminghamtrackclub.com	(205) 822-0499
Masters Events	Frank Newland	mastersevent1@birminghamtrackclub.com	(205) 271-7553
Medical	Jack Hasson		(205) 870-1864
Media Relations	Tim O'Brien	presidentbtc@gmail.com	(205) 612-8780
Membership	Judy Loo	btcmembership@gmail.com	(205) 612-4335
Merchandise	Chris Brown	chrisb0608@hotmail.com	
Mini Track Meets	Brent Cotton	cotton9394@bellsouth.net	(205) 447-9223
New Runner's Society	Danny Haralson	newrunners@birminghamtrackclub.com	(205) 380-1779
Parliamentarian	Jason Murray	jasonm01@gmail.com	(205) 567-9090
Club Photographer	Duvernne Duffee	photos@birminghamtrackclub.com	
Road Race Chair	Rick Melanson	rrc@birminghamtrackclub.com	(205) 835-0030
Social Chair	Micki Haralson	mickiharalson@gmail.com	(205) 972-1258
Vulcan Run Director	Danny Haralson	danny@rununiversity.com	(205) 380-1779
Vulcan Run Assis. Director	Johnaca Kelley	btcpres09@gmail.com	(205) 540-1372
'The Vulcan Runner' Editor	Mark Baggett	btcpresident07@gmail.com	(205) 422-7055
Webmaster	Chuck Self	support@narrowgatesolutions.com	

BTC Mission Statement

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

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

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

ATTENTION BTC MEMBERS!

'Vulcan Runner' is available MONTHLY in color!!

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

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

CARPORT CROSSFIT

1820 1st Ave South
Irondale, AL 35210
205-527-3133

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

Set New PR's with the
Benefits of Crossfit:

Increased Cardio Function
Decreased Body Fat
Increased Muscle Mass
Increased Strength
Increased Power
Increased Speed

**NEW INDOOR
LOCATION**

**UNLIMITED
Group Training
ONLY \$100/month!**

Call for details.

ANNUAL PARTY <continued from Page 1>

Kelley, President; and Debbie Cleghorn, Treasurer. Tim O'Brien, who stepped up to fill in as President when Johnaca's pregnancy forced her to retire, becomes Past-President with the election of new officers.

Rick Melanson, Road Race Chair, recognized the directors of all the BTC races:

Frank Newland - Heart Run and BTC Classic

Mike Renda - Knights of Columbus Run

Chris Hunsberger - Perseverance Run

Jack Karn - High Country 5K

Judy Loo - Statue to Statue

Rick Melanson - Peavine Falls Run

Danny Haralson - Vulcan Run and Fat Danny's Trail Run

Micki Haralson - Run For Wishes

Michele Parr provided a summary of the results of the 1200 Mile Club for 2010. Awards were available at the meeting and will be available at the BTC booth Mercedes weekend.

Tim O'Brien presented the two awards that the club may present annually.

Nominees for the Randy Johnson Award, presented to the newer member who has demonstrated outstanding leadership and freely given of his or her time in volunteering to help further the mission of the BTC were Chris Caughran for her work with BTC merchandise and with the Maebashi visitors during their Vulcan Run stay and David Joyner who served as the coordinator for the Maebashi visitors. The award was presented to Chris.

Nominees for the Arthur Black/Rick Melanson Award, the oldest award presented to the most outstanding club member over the past year or for continued outstanding leadership and service to the BTC were Johnaca Kelley for her leadership as President of the club and for her advancement of the quality of the BTC merchandise and Michele Parr for her service as Treasurer, work as volunteer coordinator for Statue to Statue and Run for Wishes, newsletter contributions, and 1200 Club administration. The award was presented to Michele.

The final order of business was the election of club officers for the coming year. The Executive Committee presented a slate

ANNUAL PARTY <continued on Page 4>



Professional Massage Therapy
Cynthia J. Harris, LCSW, LMT, NMT

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

KNEAD THERAPEUTIC MASSAGE, LLC

2028 Kentucky Avenue, Ste. 208
Vestavia Hills, Alabama 35216 • Telephone 205-223-2256
www.kneadtherapeuticmassage.com



**Find the BTC on
Facebook**

Facebook.com/BirminghamTrackClub



Tim O'Brien presenting Michele Parr with the Dr. Arthur Black / Rick Melanson service award.



Chris Caughran holding her Randy Johnson service award.

ANNUAL PARTY <continued from Page 3>

of Brad Clay, President; Jason Murray, Vice-President; Randy Lyle, Treasurer; and Mitzi Duer-Savelis, Secretary. Charles Amos Thompson nominated himself from the floor for President. The slate, with the exception of President, was approved by acclamation. In a show of hands, Brad Clay was elected President.

Once the meeting adjourned, the party began. Club members enjoyed the music of Hash Brown, fronted by Reese Rushton, and catered food from All Around Town Catering, led by Mark Giorgi. Door prizes of BTC merchandise and hour-long massages from Intuitive Touch Bodywork and Knead Therapeutic Massage were awarded throughout the evening. Once again Cathy Colburn assisted in the acquisition of great wine at great prices. Micki Haralson, Social Chair, extends her thanks to all who helped organize, set up, and clean up, with special thanks to Burt Chandler and Debbie Cleghorn. •

micheleparr@mindspring.com



Dr. Arthur Black/Rick Melanson Annual Service Award Winners

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

1977: Ray McKinnis
1978: Ann Randle
1979: Victor Cohen
1980: Rick Melanson
1981: Adam Robertson
1982: Larry Boots
1983: Bobbie Wright
1984: Red Hamilton
1985: Wallace McRoy
1986: Rick Melanson
1987: Charles Amos Thompson
1988: Gordon E. Seifert

1989: Bill Crow
1990: Carl Howard
1991: Alice Biggs
1992: Cathy McCain
1993: Jeff Tesnow
1994: Jim Taylor
1995: Jack Karn
1996: Al DiMicco
1997: Valerie McLean
1998: Norman & Jane Thomas
1999: Jennifer Kyle
2000: Peggy Heal

2001: Trish Portuese
2002: Helen Tankersley
2003: Susan Hales & Judy Loo
2004: Danny & Micki Haralson
2005: Susan McCullum
2006: Jeanne Welsh
2007: Maria Cecil
2008: Mark Baggett
2009: Jerry Smith & Meredith Farrell
2010: Michele Parr



Randy Johnson Annual Service Award Winners

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

2006: Meredith Farrell
 & Mark Baggett

2007: Phil Min

2008: Tom Scales
2009: Cathy Colburn

2010: Chris Caughran



February BTC

'Incoming' President's Message

– Brad Clay

Hello! I write this less than I week since you elected me to serve as president of the club this year, and it is already off to a whirlwind of an experience. Let me take this opportunity on behalf of the club to thank those who are rotating off the board of directors. Fortunately, **Johnaca Kelley** has graciously agreed to lead our "runner exchange" program with Maebashi, Japan (in both directions), **Mark Baggett** will continue to edit and publish "The Vulcan Runner," and **Debbie Cleghorn** will probably regret that I have her contact information.

Many thanks go to **Micki Haralson** and all those who helped to organize the Annual Meeting and Party. Congratulations to **Chris Caughran** and **Michele Parr**, who won the club's most prestigious awards, and those who made the 1200 Mile Club this year.

Micki has agreed to continue to serve as social chair for the 3rd year, and she has plans for a robust social schedule, so be on the lookout for upcoming activities. If you are interested in assisting her, please don't be shy in reaching out.

Most of the other members of the executive committee remain intact. We are planning a retreat this weekend in which we will be setting goals for the club for the upcoming year. One of the activities we will be conducting is distributing an online survey

for the membership to give us feedback and suggestions for this year. Please take the time to respond when it hits your inbox.

Speaking of your inbox, if you are reading this, you are obviously receiving communication from the club, but ask your running buddies and others you know are in the club if they are. If not, suggest they check their spam folders, and if emails from the club are not there, have them contact the club's membership chair, **Judy Loo** at BTCmembership@gmail.com.

I'm sure one of the goals this year will be to actively increase the volunteer base for the club. Last November, I was fortunate to run the **Chickamauga Battlefield Marathon**. The Chattanooga Track Club produces this race, and they report that they have 250 volunteers to assist with the event, and the Chattanooga club has a membership of 400 – half that of the BTC's! The BTC needs and wants the help of its members, so if you haven't found your place yet in our community whether it's at races, groups runs, social events, helping new runners, track meets, or others, please hear me saying on behalf of the club, we need you! (see Page 14)

I'm grateful to report that the **1200 Mile Club** will return this year; **Michele Parr** will once again be coordinating for the club. Perhaps lots of miles and marathon training is not for you, so in addition, **Tim**

Roberts has agreed to assist me in bringing back the **BTC Grand Prix** (see Page 12), a friendly competitive program which recognizes consistency over the course of the year in local races. Points are given for showing up and how well one places in his/her age group at a select number of races. Rewards/recognition will be given by age group at next year's Annual Meeting and Party. The Mercedes Half/Marathon and the Adam's Heart Runs will be the two races in the Grand Prix for February. Watch for further details soon.

At this year's Annual Party, I had the pleasure of meeting one of the club's founders, **Adam Robertson** (the Adam in Adam's Heart Run). He shared with me that when the club was founded in the late '70s, he would see about 5 people running on the weekend, "and I knew all of them!" He remarked how impressive it is now to see 100's of people running on the weekends and other times, and how proud he is of the role the BTC played in making it happen. Our challenges have certainly changed; for example now most weekends offer more competing runs and races than sometimes we can cover (heard about a potential 2nd marathon coming to town?), but the mission and purpose of the BTC remain the same, "to encourage fitness through running." Have fun as you do so and as you motivate those in your circle. •

bradclay@aol.com

33rd Annual Adam's Heart Runs to be held Feb. 26th

– Submitted by Frank Newland,
AHR Race Director

On **February 26th, 2011** at 9 a.m., the Birmingham Track Club will host the **33rd running** of the **Adam's Heart Runs**. The 5K, 10K and 10-mile runs will be at Oak Mountain State Park. The runs, which are growing in popularity with each year, have minimal automobile traffic and routes through the quiet environs of the largest

state park in Alabama.

The 10-mile route has a USATF certification. There are just a handful of certified 10 mile races in this area. This is a wonderful race for anyone who wants to break age group records for the 10 mile.

For those who prefer to run shorter distances the AHR offers both a 5K and a 10K. It's a great opportunity for runners of all these distances to gather at one place.

This is part of what has made these runs so appealing to runners for more than 30 years.

There are awards for overall and age group winners of all three races. The races are at Oak Mountain State Park (up Terrace Drive) and the park has waived the park entry fee for the race contestants.

For more information please visit the Adam's Heart Runs website at www.BTCclassic.com •

Meet your new 2011 BTC OFFICERS

Brad Clay — PRESIDENT

Greetings! My dad, who was a 3-sport Birmingham all-city athlete back in the day, raised me with a love of sports, and I began playing ball at age 5. I greatly enjoyed it, but at the end of high school it abruptly ended. Outside of a few church/community softball, basketball, or volleyball leagues, and occasionally 2-3 days in the gym per week, I lost the exercise outlet (and it showed). Events personal, work-related, and a few random encounters led me to begin to run, and sometime in 2001-2002, I eventually found myself running the 5-mile loop on a Wednesday night group run in Homewood. Of course, this experience led to joining the Birmingham Track Club. I went through the usual progression of running a 5K and eventually worked up to the marathon. For nearly 10 years, I have had a blast meeting all kinds of interesting folks in the club as we have chased PR's and more mileage. With the birth of our first child in my "old age" about a year ago, I have new motivation to stay healthy. I have been on the board of directors for the last two years as secretary of the club, and I am excited about the opportunity to serve as president. I hope to work and play hard in our effort to continue to shape the club as a fabulous, fun, rich, and rewarding experience for its members.



Jason Murray — VICE PRESIDENT

I've lived in Birmingham all of my life. I got my undergraduate degree at UAB and Masters in Finance from The University of Alabama (roll tide!). My wife Ashley and I live in Hoover and have been married a little under a year. I've been an athlete all of my life, but have only been a runner for around 4 years. I got into running one day as a challenge to myself to do something different and stretch myself. So, I set a lofty goal to make my first ever race the Mercedes Half marathon in 2007. Smart, right? Well, we all know the ending of this story and it wasn't pretty. A slight stress fracture in my left foot led me to the Trak Shak one Wednesday night. Little did I know that I would meet such a great group of friends who've motivated me and become such a huge part of my life. 4 years later, I now look forward to working with new leadership as Vice President to serve the BTC!



Mitzi Duer-Savelis — SECRETARY

I started running back in the summer of 2007. At the time I had a coworker who had just run Boston and she was such an inspiration to me. At her suggestion I used Hal Higdon's training plan. My first race was the Twilight Retro Run. Bad weather was predicted for the day and I called the Trak Shak multiple times to see if the race was still on. "Rain or shine!" they'd say. After that, I



was hooked. I kept thinking.... "If I can run three, surely I can run five...six...ten...thirteen..." Since then I have run 13 half marathons, 1 full marathon, and 1 sprint triathlon. My running buddies call ourselves "The Bama Babes" and we have traveled to Virginia Beach, Chicago, and Seaside to run halves. My husband, Marc, proposed to me at the finish line of the Mercedes in 2009. To our delight, the event was captured in the Birmingham News and broadcast on Fox 6. I look forward to serving as your secretary of the BTC and giving back to a club that has given me so many opportunities.

Randy Lyle — TREASURER

I started running in May 2008 with Danny Haralson's C25K program. Our target 5K was Race to the Courthouse. At first, I wasn't sure I would continue past the 5K but I actually enjoyed it. My first 10Ks were Hueytown and Vulcan that fall. By this point, my obsessive personality took over and I was addicted to running. In February 2009, I ran my first half marathon at Mercedes. Later in 2009, I ran my first marathon in Baltimore. Now, I just collect medals and race shirts any chance I get. In 2010, I completed 8 marathons (including 2 ultras) and 4 half marathons. I may not be fast, but I do get to the finish line.

I earned my accounting degree from The University of Alabama and have 21 years experience in various financial roles. Most recently, I spent 13 years at Southern Progress Corporation. I look forward to serving the club as treasurer this year.



Tim O'Brien — PAST PRESIDENT

Hi Everybody! I am honored to move into the role of Past President and I am looking forward to a new year for our BTC! This is a terrific organization to be a part of and I am excited about our newly elected Board of Directors. Runner participation in locals races has grown by leaps and bounds over the past couple of years and we want to continue to support the Birmingham Metro community and to market our own BTC races, as well. The BTC is only as strong as its members, and we feel we have a wide range of talent in our club, not just in running and fitness, but in other capacities. We would love input, ideas and participation in helping us spread the word about the benefits of running. Hope to see you out on the road! •



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 here for duration of **Fall/Winter**.

TUESDAY MORNINGS: 5:30 A.M.

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

QUESTIONS: newrunners@birminghamtrackclub.com

Race/Event Calendar (Feb. '11 thru March '11)

– Compiled by Rick Melanson

Email: rrc@birminghamtrackclub.com

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

FEBRUARY 5

Heart & Sole 5K & 1 Mile Fun Run

– Birmingham, AL, 9:00 a.m.

West end of Greenway Trails on Lakeshore Parkway near soccer fields.

Info: www.gabeshopeinc.org

FEBRUARY 12

5KBR

– Birmingham, AL, 8:00 a.m.

Linn Park downtown. USATF CERTIFIED COURSE.

Web: www.mercedesmarathon.com

FEBRUARY 13

BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.

Contact Brent Cotton for location.

Info: (205) 447-9223

Mercedes Full & Half Marathon

– Birmingham, AL, 7:00 a.m.

Linn Park. USATF CERTIFIED courses (Marathon is Boston qualifier). Register on active.com.

Web: www.mercedesmarathon.com

FEBRUARY 26

Adam's Heart Runs 5K, 10K, 10 Mile

– Birmingham, AL, 9:00 a.m.

Oak Mtn State Park upper picnic area. 10 mile course is USATF CERTIFIED. Register on raceit.com or mail entry forms to Rick Melanson, 5365 Creekside Loop, B'ham, AL, 35244.

MARCH 5

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

– Birmingham, AL, 8:30 a.m.

Crestline Elementary School. USATF CERTIFIED COURSE. Register on active.com.

Info: Mike Renda (616-7548)

Email: knightsofcolumbusrun@weebly.com

Power Run 5K/10K

– Trussville, AL, 8:30 a.m.

Trussville Mall Park, chip timing.

Info: 205-226-1245

Email: NHedrick@southernco.com

MARCH 12

Perseverance Run 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.

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

Info: Chris Hunsburger (879-1758)

MARCH 14

BTC Mini Track Meet

– Birmingham, AL, 2:00 p.m.

Contact Brent Cotton for location.

Info: (205) 447-9223

MARCH 19

Clayhouse House 5K & 1 Mile Fun Run

– Birmingham, AL, 8:30 a.m.

Crestline Elementary School. USATF CERTIFIED COURSE.

Info: Heather Locklar (931-215-1618)

Oak Mountain 50K Trail Run

– Pelham, AL, 7:30 a.m.

Oak Mountain State park upper picnic area

Web: <http://webpages.charter.net/jnparker/om50.html>

MARCH 26

Rumpshaker 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.

Sloss Furnace. Individual & Team Competition. USATF CERTIFIED COURSE. Register on www.imama-thlete.com

Info: Trish Portuese (933-8911)

Equal Access Birmingham's Run for the Health of It

– Birmingham, AL, 8:30 a.m.

Crestline Elementary School. USATF CERTIFIED COURSE.

Info: Natalie Roebuck (281-743-1963)

Web: www.eabfundraising.com

FUTURE (local only)

04-02 – **Big Springs 5K**

04-09 – **High Country 5K**

04-16 – **Statue To Statue 15K**

04-30 – **Women's Health 5K Run**

05-07 – **Casey's Cause Run 5K**

05-14 – **ZOO Run 5K**

05-21 – **Run For Wishes 5K**

05-28 – **Big Butt Run**

06-04 – **Fireman's 5K for MDA**

06-18 – **Stampede 5K Run**

The Birmingham Track Club Presents

Saturday, February 26, 2011

All Races begin at 9:00am



The 33rd Adam's Heart Runs

5K-10K-10Mile

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

Date: Saturday, February 26, 2011

Place: Oak Mountain State Park: Dogwood Pavillion

Race Time: 9:00am CST

On-line Registration: www.raceit.com

Registration Begins: 7:30am CST

Inquire: newlafr@yahoo.com

Contact Info: Frank Newland, 205-621-9912

AHR Website: www.btcclassic.com

Fees: \$20.00 mail postmark by 2/22/11

\$20.00 early on line. Register by 2/22/11

\$23.00 late on line. Register by 2/24/11

\$25.00 on site race day registration.

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

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

Pay Checks to: Heart Run

Send Form to: Rick Melanson, 5365 Creekside Loop
Hoover AL 35244

Expected Race Weather:

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

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

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

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

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

Please circle one: 5K 10K 10 Mile

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

Address: _____

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

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

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

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

Signature: _____ **Date:** _____

Parent (if under 18 years old)

Application and waiver required for each runner



**THE TWENTY-THIRD ANNUAL
KNIGHTS OF COLUMBUS RUN**
SPONSORED BY COUNCIL #5164
TO BENEFIT CHILDREN AND ADULTS WITH INTELLECTUAL DISABILITIES
"ONE NATION UNDER GOD"

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

"NEW USATF CERTIFIED COURSE (AL00020JD)"

DATE AND TIME: Saturday, March 5, 2011 8:30 A.M. (NOTE TIME CHANGE!)

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 28, 2011
REGISTRATION ON LINE @ Active.Com
RACE DAY: \$20.00 – Late Registration for Individual
Participants on Race Day – 7:00 A.M. – 8:15 A.M

INDIVIDUAL AGE GROUP CATEGORIES: MEN and WOMEN
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 – 8:30 A.M. 1 MILE – FUN RUN WALK 9:15 A.M.

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

DOOR PRIZES: LOTS OF MAJOR PRIZES!

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

ENTRY FORM (PLEASE PRINT)

LAST NAME _____ **FIRST NAME** _____

ADDRESS _____

ZIP _____ **CITY** _____ **STATE** _____ **SEX** _____

Date of Birth _____ **Age (as of March 5, 2011)** _____ **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

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.**



**Townes, Woods,
& Roberts P. C.**

Contri Bros.
Gift Baskets and Florist



Major City Sportsman
3131 4th Ave. S., Birmingham



Mark E. Smith
205.661.1150



CHICKAMAUGA CHASE 2011



15K, 5K, SCENIC WALK & KIDDIE K

FORTY-THIRD RUNNING

SATURDAY, APRIL 16

CHICKAMAUGA & CHATTANOOGA NATIONAL MILITARY PARK

WWW.CHICKAMAUGACHASE.COM

2010 1200 Mile Club Notes and Stats

– Submitted by Michele Parr,
1200 Mile Club Coordinator

A total of 107 BTC members reported their mileage as part of the program. Many of those fell off along the way, either because they knew they wouldn't reach the goal or because they simply stopped tracking their mileage. Ultimately, 64 members reported mileage that qualified them for membership in the BTC 1200 Mile Club.

Of the 64 who succeeded, 33 qualified for the first time, 10 qualified for the second time, and 21 have qualified all three years the program has been in existence.

The greatest number of miles reported were completed by Prince Whatley, a total of

2750.1, well over double the minimum amount required to qualify. Seven people recorded mileage in excess of 2000 miles and thirteen more exceeded 1500 miles. Seven people squeaked out the total, reporting 1205 miles or less.

Runners passed the 1200 mile mark as early as June and as late as December. One runner fell short by less than 10 miles.

The most miles run in any month were 320 by Brad Clay in October. Two runners met the goal despite injuries resulting in months with a zero total.

The intention of the program is to encourage consistency of training. The reality is that monthly totals tend to be cyclical with mileage increasing and decreasing based on the individu-

al runner's race schedule. **The most consistent runner was Rachel Eidson** who completed a total of 1202 miles with no month less than ninety-four or greater than 104.

Participation in the program is open to all BTC members. The rules are simple. Track your miles each month. Both running and walking count. Estimating the distance covered by walking that occurs as part of your daily life doesn't. After all, the point is training, consciously doing something as exercise. At the end of each month, send an email to 1200@birminghamtrackclub.com with your name, the month, and your total miles for that month. You must report the mileage within 5 weeks of the end of the month for those miles to be counted. Start now! •

1,200 Mile Club

Those who accomplished their 1,200 mile goal in 2010

BTC MEMBER NAME	TOTAL	DEC '10	NOV '10	YEARS	BTC MEMBER NAME	TOTAL	DEC '10	NOV '10	YEARS
Andress, Jennifer	1366	100.5	102	1	Kuhn, Jimmy	2062	175	180	3
Baskerville, Jennifer	1265.6	82	63	1	Loo, Judy	1220	113.2	105.6	1
Beasley, Martin	1272.4	103	55	3	Losole, Liz	1309.1	88	84.5	1
Benson, Wayne	1344	102	115	3	Lyle, Randy	2025.4	153.3	162.2	2
Bonatz, Ekkehard	2457	219	159	3	McCalley, Charles	1233.87	127.1	133.5	3
Bradshaw-Whittemore, Al	1220.1	10.5	177	3	Milam, Heather	1631.7	160.4	149.6	1
Briggs, Melissa	1294.95	79.35	98.3	1	Miller, Pamela	1477.75	52.5	139	1
Bullock, Sharon	1341.9	104	124.1	1	Morgan, Cary	1987	182	152	1
Burnette, Jack	1405	132	85	1	Morgan, Danielle	1625.82	131.1	174	1
Chandler, Teresa	1539	112	155	1	Morgan, Phillip	1571.24	104.2	167	1
Clark, Beth	1613	111	149	1	Northern, Kristie	1218.6	153.6	163	1
Clay, Brad	2611	248	183	3	Parr, Michele	1273	96	124	2
Cook, Oscar	1434	40	71	3	Pasqualini, Ellie	1479.5	86.5	61	2
Creed, Brad	1263.3	89.2	89.3	1	Peagler, Shana	1329.22	138.9	164.4	1
Dortch, Cherie	1200.61	132.2	147	3	Peagler, Zach	1239.1	80.2	128.8	1
Dunn, Wade	2600.5	237.2	202.1	2	Randall, Lisa	1659.34	123.53	164.36	1
Eidson, Rachel	1202	104	102	1	Roberts, Tim	1809.4	145.7	39.9	3
Farrell, Meredith	1337.8	69.3	94.5	2	Rodriguez, Jose	1778.06	95.6	196.76	1
Ford, Joe	1286.9	121	119	3	Rutherford, Keith	1200.25	172.25	178	3
Ganus, Jack	1296	127	102	3	Sample, Holly	1393		120	2
Goff, Ali	1203.25	168	120.5	1	Shinn, Ronald	1223.95	120.49	115.29	1
Goode, Johnny	1953	193	180	2	Smith, Jerry	1317	128	108	3
Greenwald, Bill	1205	189	78	1	South, Christopher	1327.14	40.4	89	1
Grossman, Christopher	1200.24	107.45	75.55	1	Stearns, David	1224.9	121	95	3
Haralson, Danny	1272	118	88	3	Stockton, Rick	1486	137.2	100.9	1
Haralson, Micki	1420.7	111.5	100	3	Stroud, Vanessa	1208.2	100.5	36.5	1
Hargrave, Alan	1214	132	163	3	Weeks, Lance	1200.07	160.05	176.08	2
Harris, Dena	2211.93	0	0	1	Whatley, Prince	2750.1	229.7	229.5	3
Henry, David	1220.6	98.2	76.7	3	Winborn, Charles	1211	98.5	126	1
Jones, Ira	1388.5	96.5	85	2	Woody, Bill	1292	119	122	2
Joyce, Lynn	1210.75	117.75	93	3	Wu, Xing	1649.93	156.1	147.74	1
Joyner, David	1905.4	174.09	153.84	1	Zehnder, Justin	1659.5	126	119.5	1

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

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 2011 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 17 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, 2012, then you will receive a BTC '1,200 Mile club' jacket! Repeat members will receive a prized patch for each year they complete the 1,200 mile year that they can sew to their jacket to let others know how many years they've completed that goal.

RULES AND REQUIREMENTS:

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

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

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

2011 Birmingham Track Club GRAND PRIX

HOW IT WORKS:

- You must be a BTC member in good standing on race day.
- Overall winners are given 5 points, and then put into their age group.
- The five year age groups consist of 0-4 through 100-104.
- You must finish the race.
- Awards go to the top 3 Males and Females in each age group and presented at the Annual Meeting and Party.
- Tie breakers are determined by the number of 1st place finishes.

POINT ALLOCATION:

- Top 10% in each age group get 20, Next 10% get 15, Next 10% get 10, The rest get 5
Example 1: If an age group has 10 or fewer, the 1st gets 20, 2nd gets 15, 3rd gets 10 and the rest 5.
Example 2: If an age group has 11-20 then 1st and 2nd get 20, 3rd and 4th get 15, and 5th and 6th get 10 and the rest 5.
- Half-points will be awarded for non-BTC races, i.e., 10 for top 10%, 7 for next 10%, 5 for next 10%, and 3 for remaining participants.
- Volunteers at BTC races and selected events will receive 40 points.
- It will be the participant's responsibility to report his/her involvement from the previous month to the BTC in the first 10 days of the new calendar month; e.g., report activity for February by March 10th.

THE SCHEDULE:

February 12 – KBR 5k
February 13 – Mercedes Marathon (double points)
February 13 – Mercedes Half Marathon
February 26 – Adam's Heart Runs**
March 5 – Knights of Columbus Run**
March 12 – Perseverance Run**
March 19 – Oak Mountain 50k (triple points)
March 26 – Rumpshaker 5k
April 9 – High Country 5k**
April 16 – Statue to Statue (double points)**
May 14 – Zoo Run 5k**
May 21 – Run for Wishes 5k**
May 28 – Vision Run your Butt Off 5k**
June – BTC Classic Track Meet**
June 18 – Fultondale Stampede 5k
July 4 – Peavine Falls Run**
August – Twilight Five Run
September – Fat Danny's Trial by Trail**
October – Hueytown 5k/10k**
October – Maple Leaf Run
November – Vulcan Run**
November – JCC Montclair Run

** denotes BTC event

NOTE: Schedule will be subject to change without notice.

HELP THE BTC AT THE 10TH ANNUAL MERCEDES MARATHON / HALF MARATHON

Volunteers needed for the Expo at Boutwell Auditorium

(Friday, February 11th from Noon – 7 p.m. and Saturday, February 12th 8 a.m. – 6 p.m.)

Exercise your hospitality to out of town guests looking for information on the race or on Birmingham, extol the virtues of becoming a member of the Birmingham Track Club, help sign-up new or renew members into the club.

If you have a few hours free, contact Tom Scales at tomscale@gmail.com

Volunteers needed for BTC mile during the race on Sunday, February 13th, 2011

Injury put you out of the race this year? Didn't have the time to train?

Want a front row seat to the action and enjoy the fact you're not experiencing the pain and exhaustion you're witnessing? Help the BTC at its sponsored fluid stop during the race.

Contact Tim O'Brien at timoalabama@aol.com

**** Double points for the 2011 Grand Prix will be awarded to those who volunteer! ****



**\$10 discount for
Birmingham Track Club members**

Experience LaStone®

This ancient art of healing uses elements of Mother Nature to bring relief to tense muscles, sore joints, stressed emotions and weary spirits. Integrating traditional massage with the placement of smooth, heated basalt and cool marble stones, this therapy uplifts and restores the mind and body.

LaStone Therapy® has combined the best of science, massage technique and skilled practice with a deep reverence for the sacredness of bodywork and earth's sacred tools, the stone.



Wellness for the Mind, Body, Spirit

INTUITIVE TOUCH BODYWORK

2719 18TH PLACE SOUTH • HOMEWOOD, AL 35209 • 205.999.8376

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

From time to time an old conversation shows up on the Internet and in chat rooms, the claim that slow runners are ruining the marathon. The argument is that the marathon is no longer an athletic competition if the majority of the participants have no expectation of winning the race. They are nothing more than recreational runners out to check an entry off on a bucket list.

All I can say in response to that is what possible negative difference could slow runners have on a marathon, or on any race for that matter? If we're getting in the way of the runners who truly have a chance to win the race, well, shame on us! I may grumble as I line up at the back of the pack since being there means I have to run farther than the fast folks, but I make my way back there nevertheless. I do remember overhearing a group of newbies seeking counsel regarding how to approach the start of their first race that wasn't chip-timed. Their inclination was to line up as close to the front as they could in order to have the best finish time possible. A more-experienced runner helped correct their thinking.

If we stay out of the way and help the races make money that often goes to support worthwhile charities, I say shut up and let us run, walk, or waddle our way through the distance. It's easy to disparage us, but what lots of those fast runners never consider are the many advantages of running slowly.

On one recent run I came out at the end eleven cents cash money ahead of where I was when I started. Yep, I'll stop and pick up change I spot during a run, whether heads or tails. I found a nickel during the Rocket City Marathon that I guarantee you hundreds of people ran past before I picked it up. I'll bet I've found at least a couple of bucks during my seven years of running.

Running on icy sidewalks wasn't as perilous for me as it was for faster folks in recent weeks. I could spot the stuff and slow down to work around it without much extra effort. During one of those runs my running partner had no trouble adjusting to a sudden change of direction I made to avoid a downtown sidewalk planter. A faster runner might have caused a nasty spill.

What about all those races in scenic locales? I get to enjoy the view. I'll bet Paula Radcliffe never noticed the view of the Manhattan skyline from the top of the Verrazano-Narrows Bridge. I took pictures from there during the New York City Marathon. I looked at the wedding cake at the run-through wedding chapel during the Las Vegas Half. I enjoyed the historic district in Huntsville. At my pace it's good to have something to look at.

If those aren't good enough to convince you of the merits of slow running, let me tell you there are lots of fun people in the back. The runners at the front always have those serious game faces on, poised and ready to hit the button on their watches as soon as the gun sounds. I'm usually so far back I can't hear the National Anthem or the starter's gun. What I can hear are the jokes and the laughter of the other recreational runners around me. That's a pretty good way to run a race. •



micheleparr@mindspring.com

Double Trouble

Meet **Phil** and **Danielle Morgan**, an 'Iron Man' watchin' husband and wife running team!

Phil Morgan

1. **Last movie you liked so much, you watched it twice?** Iron Man
2. **Name one guilty pleasure?** Milkshakes
3. **Favorite place on earth?** Under a beach umbrella.
4. **Worst place on earth?** Tuscaloosa, Alabama



5. **One item you would want with you on a desert island?** A big boat.
6. **Most interesting person you've ever met?** Danielle Morgan
7. **Coolest trophy or prize you ever won?** My first marathon medal (the 2009 St. Jude Memphis Marathon)
8. **Favorite TV show?** Two and a Half Men
9. **Favorite fast-food joint?** Taco Bell

10. **Who would play you in a movie?** Kevin Spacey
11. **Something unique about the town you grew up in?** Oxford, Alabama in the shadow of Mount Cheaha was originally known as "Lick Skillet". (Which Danielle would say explains a lot about my table manners.)
12. **If you could play an instrument, what would it be?** Guitar
13. **Scariest thing that ever happened to you?** I've been advised not to discuss that.
14. **Favorite book?** To Kill a Mockingbird
15. **Favorite meal?** New York strip, baked potato, and salad.
16. **Why do you run?** I love running, and I love other runners!
17. **When did you start?** May 2005
18. **What's your biggest running accomplishment?** Running the 2010 Thunder Road Marathon with a PR (4:15) and feeling good at the finish. It was only my 3rd marathon, and after the first two I could barely walk!
19. **Favorite BTC story?** In October, Danielle and I went with a really fun group of BTC members to run in the Bourbon Chase Relay. There were 12 runners and our drivers and all our gear crammed into two vans, and we ran 200 miles of Kentucky roads in about 30 hours. We were smelly, sleep deprived, and our legs hurt – but we had a GREAT time!
20. **Words to live by or favorite running mantra?** I'm always inspired on Tuesday mornings doing the Hill Run when Zach Peagler sings "The Climb" by Miley Cyrus, and also by the words of English-born American poet Young MC who penned, "Don't just stand there, bust a move!" But to be serious, I think the Bible explains the real reason we do long runs in Romans Chapter 5, "...rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."

Danielle Morgan

1. **Last movie you liked so much, you watched it twice?** Iron Man
2. **Name one guilty pleasure?** Jelly Belly Jelly Beans (the sour ones).
3. **Favorite place on earth?** I'm not sure where that is yet. I still have tons of places I want to go.
4. **Worst place on earth?** Walmart!
5. **One item you would want with you on a desert island?** A boat I guess.
6. **Most interesting person you've ever met?** My husband Phil is the most interesting person I've ever met but my grandfather was also very interesting. I could sit for hours listening to all the stories he would tell of when he was growing up. He lived through a lot and he was also a pretty amazing man.



7. **Coolest trophy or prize you ever won?** Well that would have to be every medal I have. Oh and I think I my mom still has some of my old cheerleading trophies from Elementary School.
8. **Favorite TV show?** Law & Order SVU
9. **Favorite fast-food joint?** I'm a Vegetarian.....I don't really do fast-food.
10. **Who would play you in a movie?** Natalie Portman
11. **Something unique about the town you grew up in?** I moved to Oneonta, AL in the 8th Grade. It is known as the "Covered Bridge Capital". They have a Covered Bridge Festival every year in October.
12. **If you could play an instrument, what**

- would it be?** I have always wanted to learn to play the piano. My daughter is 10 and plays. She said she would teach me. I may take her up on it one day.
13. **Scariest thing that ever happened to you?** I got lost in Disney World once when I was 8 yrs. old for about 2 hours. I cried the entire time and didn't think I would ever see my Mom again. I'm not sure it was the scariest but I am sure it has a lot to do with my fear of being alone.....just kidding.
14. **Favorite book?** I have to admit I'm stuck on the Twilight Series right now and am reading the last one "Breaking Dawn". I am definitely Team Edward.
15. **Favorite meal?** My favorite meal is probably Japanese. I love going to Mt. Fuji and getting their sweet potato rolls.
16. **Why do you run?** I run for my health and for my sanity. I also love the friends I have made since joining a running group.
17. **When did you start?** The first mile I ever ran was with Phil in 1997 and I thought I was going to die. Since then I ran a little bit but did not get serious about running until 2008 when I ran my first half marathon at Mercedes.
18. **What's your biggest running accomplishment?** That would have to be when I ran the St. Jude Marathon. This was my first full marathon and when I finished I felt so many emotions at one time all I could do was cry when I crossed the finish line.
19. **Favorite BTC story?** It has been so much fun being a part of this group. We have done so much these past two years. I could tell lots of stories from the Bourbon Chase but I will keep those to myself for now (just kidding). One that meant a lot to me is when we went to run the Thunder Road Marathon in Charlotte in December and I got sick the day before the race and wasn't able to do the full marathon. Everyone was so concerned about me (even my running friends who weren't with us). They kept calling and checking on me while I was laid up in the hotel room. I did end up being able to do the half with a sweet friend (Kathy Smith) who took care of me so I could at least come home with a medal.
20. **Words to live by or favorite running mantra?** When I get really tired and feel like I can't keep going I think about the movie "Finding Nemo" and repeat to myself "Just keep running, just keep running".

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 FEBRUARY 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 2/28/11



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.Facebook.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

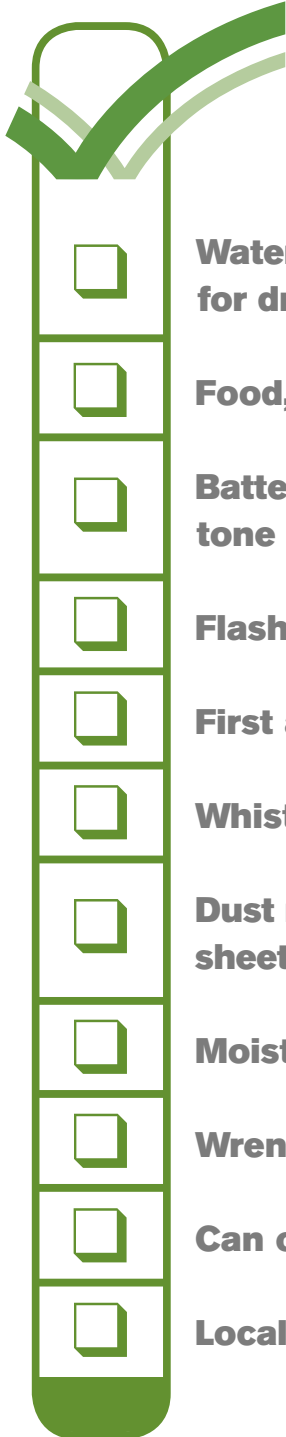
PREPARE. PLAN. STAY INFORMED.

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