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Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

www.BirminghamTrackClub.com

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www.Myspace.com/BirminghamTrackClub

BTC



THE VULCAN RUNNER

VOL. 35

★ JANUARY 2011 ★

ISSUE 1

COLD WEATHER RUNNING TIPS

– By RRCA

The onset of winter needn't bring a seasonal halt to a runner's enthusiasm or routines. Outdoor exercise in the winter can be a pleasurable experience. The major risk posed by running in subfreezing air is frostbite and minor irritations to the respiratory tract. With some minor precautions these risks can be eliminated.

1 Wear clothing in layers so that warm air can be trapped between the layers. Depending on the weather conditions, 2 to 4 layers on the trunk and 1 to 2 layers on the legs are appropriate. It is helpful if the outer layers have vents and zippers to allow excess heat to escape as you become warm. On windy days the outer layer should be of wind resistant material.

2 Clothing made of material which carries the sweat away from the body is best, like wool, silk, or "space age" synthetics like polypropylene or polyester. Avoid cotton as it tends to hold the sweat.

3 Hat and gloves are crucial as these regions of the body have a substantial role in the regulation of body temperature. Mittens tend to be warmer than gloves. On very cold days mittens worn over gloves are very effective. Stocking caps or ski masks are

COLD WEATHER <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

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'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>

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**NEW INDOOR
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**UNLIMITED
Group Training
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Call for details.

COLD WEATHER <continued from Page 1>

desirable. On very windy days goggles or eye glasses can provide additional protection.

4 The outer layer should be light colored and have reflective material if you are running during darker hours. Reflective material works only if there is a light source. Blaze orange becomes poorly visible brown at night. Light colored material is visible even without a strong light source. During snowy days dark colors provide visible contrast and attract solar energy.

5 Pin to your clothes or shoes emergency identification, preferably of a waterproof material. Let someone know where you are going to run and when you expect to return. Do not run with headphones.

6 Plan your run so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind. Be alert when running in snowy, icy conditions particularly near vehicular traffic.

7 Avoid overdressing. Feel a bit underdressed and chilly as you start, knowing that later as you run in your layered environment the temperature will rise about 20 degrees.





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**Find the BTC on
Facebook**

Facebook.com/BirminghamTrackClub

RUN IN JAPAN!

Maebashi, Japan's Mayor's Office and Running Club is inviting the BTC to participate in their 2011 City Marathon, scheduled for April 24th (note: not a full marathon).

The condition will be the same as the previous years, with 3 runners invited at first, and some more slots made available, if the other two sister cities choose not to participate in the race. Often Birmingham is the sister city that sends 6 runners to the race; 5 runners attended in 2005. Our hosts pay for race entries, meals and lodging for a 3-4 night stay while in Maebashi.

If you are interested in applying for the 2011 team, you must meet the following 4 requirements:

1. Be able to pay for your own flight to and from Japan.
2. Be able to coordinate your flight arrival and departure with the BTC team so your pick-up and delivery to Maebashi is easy for our generous hosts.
3. Be a current BTC member, you may join or renew at time of your selection if you are not already a member.
4. Have a valid passport.

You DO NOT have to be a fast runner! As with all aspects of the BTC, runners of all size, gender and speed are Welcome!



TO APPLY:

Send a 100+ word essay stating why you should be chosen to go to Japan in 2011.

Next, email your essay to **btcpres09@gmail.com** by Feb. 4, 2011. If you need to mail your entry, you may send it to:

Johnaca Kelley
c/o EBSCO Creative Concepts
3500 Blue Lake Drive, Ste. 150
Birmingham, AL 35243

December BTC Executive Meeting Minutes

– Submitted by Brad Clay, Secretary

▶ Meeting began 5:37 p.m., Dec. 21st, 2010

IN ATTENDANCE

Tim O'Brien: President
Brad Clay: Vice President
Debbie Cleghorn: Treasurer
Judy Loo: Membership
Jason Murray: Parliamentarian
Rick Melanson: Road Race Chair
Tom Scales: Merchandise
Randy Lyle
Danny Haralson
Charles Amos Thompson



OFFICER & COMMITTEE REPORTS

▶ VULCAN RUN - Danny Haralson

- Vulcan Run just under 2000 runners, higher % of females this year
- Expenses similar to last year; need for more sponsors next year
- Danny would like to be race director next year and has plans to increase participation
- EC discussed potential for new race timing system
- May move storage from Oxmoor to Southside

▶ SOCIAL - Danny Haralson for Micki Haralson

- Annual meeting and party set for Friday, Jan 21, 2011
- New location: Dogwood Rm. at Vestavia complex, 1973 Merryvale Rd
- Doors open at 6pm, program at 6:30pm, band at 7pm
- Will need help to set up and clean up in order to get deposit returned
- Need floor plan submitted to Vestavia 2 weeks before event

▶ PRESIDENT - Tim O'Brien

- End of Year Awards will be taken through end of calendar year
- Nominees must be current BTC members
- Resolution Run will be Jan. 1st at 5-points South at 9:30 a.m.
- Announced Board of Directors slate for next year: President, Brad Clay; Vice-President, Jason Murray; Secretary, Mitzi Savelis; Treasurer, Randy Lyle.
- EC will meet next on Jan 18, 2011

▶ VICE PRESIDENT - Brad Clay

- Led discussion of website needs focused on online volunteer sign-up
- Discussed need of membership sign-up to be available online
- Discussed Heart & Sole 5K on 2/5/2011
- Discussed running festival at Ruffner Mt 4/23/2010
- Will send email blasts regarding nominations and party

▶ TREASURER - Debbie Cleghorn

- Delivered monthly financial report
- EC briefly discussed line items in which expenses exceeded revenues

▶ MERCHANDISE - Tom Scales

- Discussed meetings with EBSCO, JRAG, and other vendors
- Discussed plans to purchase merchandise for winter/early Spring, eg, Mercedes
- Discussed inventory process

▶ OTHER DISCUSSION

- Jason Murray will research Active, ImAthlete, and RaceIt, for the club
- Johnaca Kelley has volunteered to coordinate Maebashi exchange
- Charles Thompson reported ~2400 runners participated in the USATF Jr. Olympics at Spain Park on 12/11/2010
- Charles Thompson communicated his desire to run for BTC President

▶ Meeting adjourned at ~6:48 p.m.

BIRMINGHAM TRACK CLUB ANNUAL PARTY

Food • Drinks • Music & Dancing • Yearly Elections & Awards

WHEN: Friday, January 21, 2011 (*Doors open 6:00 p.m.*)

WHERE: Dogwood Room (*Vestavia Hills City Complex, Merryvale Rd.*)

ADMISSION: **\$10/person** (*before 6:30 p.m.*); **\$15/person** (*after 6:30 p.m.*)

(Members can bring 1 guest. Those who are not guests or current members must purchase/renew membership at the door before entrance.)

QUESTIONS:

mickiharalson@gmail.com

*** Business Casual Attire requested ***



Facebook.com/BirminghamTrackClub

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

JANUARY 8

Red Nose Run 5K/10 MILE

– Birmingham, AL
10 Mile @ 7:00 a.m., 5K @ 8:30 a.m.
Start and end at SOHO in Homewood in front of City Hall. Both courses USATF CERTIFIED. Register online at active.com.

Info: championship-racing.com

JANUARY 9

BTC Mini Track Meet

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

JANUARY 22

Village to Village Run

– Birmingham, AL, 8:00 a.m.
Starts at Mtn. Brook Village close to the Old Post Office and the ZOO. Register online @ active.com.
Web: championship-racing.com

JANUARY 29

Brenda Ladun Conquer Cancer 8K Run and 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
St. Vincent's One Nineteen (Back entrance to Greystone) USATF CERTIFIED COURSE. For directions, register and info go to www.active.com (search key word Brenda Ladun).

Info: Kate Kelley 930-8869

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.

Web: www.GabesHopeInc.org

FEBRUARY 12

5KBR

– Birmingham, AL, 8:00 a.m.
Linn Park downtown. USATF CERTIFIED COURSE.

Info: MercedesMarathon.com

FEBRUARY 13

BTC Mini Track Meet

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

Mercedes Marathon & Half Marathon

– Birmingham, AL, 7:00 a.m.
Linn Park. USATF CERTIFIED courses (Marathon is Boston qualifier). Register on active.com.

Web: 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. Sign up on **RaceIt.com** or mail entry forms to:

Rick Melanson, 5365 Creekside Loop, Birmingham, AL, 35244

Web: www.btcclassic.com

FUTURE (local only)

03-05 – **Knights Of Columbus 5K**
03-05 – **Power Run 10K/5K**
03-12 – **Perserverance Run 5K**
03-19 – **Clayhouse 5K**
03-26 – **Rumpshaker 5K**
03-26 – **Equal Access Run For Health 5K**
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 – **Make A Wish 5K**

**23rd Annual
KNIGHTS OF COLUMBUS RUN
March 5, 2011**



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



Mike Renda Agency

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.**



Mark E. Smith
205.661.1150



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



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

Race to the Beach!

PENSACOLA DOUBLE BRIDGE RUN

15K Run • 5K Run/Walk
Saturday, February 5, 2011
Pensacola, FL

Visit www.PensacolaSports.com for details

- Cross two bridges and finish on beautiful Pensacola Beach.
- Pre-race pasta dinner and post-race party
- Join runners from across the country.

*Register now for the Pensacola Double Bridge Run;
plan to stay the weekend on beautiful Pensacola Beach, FL.*



\$10 discount for
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Join us for our second annual Heart & Sole 5K and 1 Mile Fun Run/Walk benefiting Gabe's Hope, Inc. Last years event was a huge success and we are looking for an even better event this year! Early Registration ends Jan 7th!

heart & sole

a 5K run to benefit Gabe's Hope

February 5, 2010

5k begins at 9am

fun run at 10am

5K...\$25

1 Mile Run/Walk...\$20
(until Jan. 7th, 2011)

Greenway trails on Lakeshore Parkway
Greensprings entrance **(1800 South Lakeshore Drive)**

register today on **active.com***
or on event morning

all proceeds benefit **Gabe's Hope Inc.**

Gabe's Hope provides, encouragement, support and light to families of babies born with congenital heart defects and other life threatening conditions in Alabama.

*closing date for active.com is Thursday, Feb. 3, 2011 @ 11:59 PM

for more info: **www.gabeshopeinc.org**

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

DON'T LET **ANXIETY** & **STRESS** AFFECT YOUR RUNNING

– By Stan Popovich

Sometimes, fear and anxiety can get the best of us in running. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a runner can use to help manage their fears and every day anxieties.

Occasionally, you may become stressed when you have to run in an important event. When this happens, visualize yourself doing the task in your mind. For instance, you have to run in front of a large group of people in the next few days. Before the big day comes, imagine yourself doing the event in your mind. By doing this, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things. This is a great technique to use right before your next event.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements. This will help to manage your negative thinking before your running event.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your running event to help you feel better. The next time you feel anxious you



can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help. •

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties.

For additional info. visit: <http://www.managingfear.com>

Miles reported through December 20th, 2010**1,200 Mile Club**

BTC MEMBER NAME	TOTAL	NOV '10	OCT '10	BTC MEMBER NAME	TOTAL	NOV '10	OCT '10
Andress, Jennifer	1265.5	102	139	Klasing, Leslie	1149.8	39	90.6
Armstrong, Tommy	652.4			Kuhn, Jimmy	1887	180	210
Baskerville, Jennifer	1183.6	63	94.7	Loo, Judy	1001.2		110.2
Beasley, Martin	1169.4	55	160	Losole, Liz	1221.1	84.5	101
Bedics, Tom	887			Lupinacci, Tim	859		
Benson, Wayne	1242	115	98	Lyle, Randy	1872.1	162.2	150.6
Bonatz, Ekkehard	2238	159	208	Martin, Cary	629.1	35.1	26.8
Bowman, Bill	927	88	80	McCalley, Charles	1106.77	133.5	96.95
Bradshaw-Whittemore, Al	1209.6	177	198.1	McConnell, Katie	646.85		
Briggs, Melissa	1215.6	98.3	95.4	McConnell, Kim	847.15		120.5
Brown, Sean	959	51	85	Milam, Heather	1471.3	149.6	59.8
Bullock, Sharon	1237.9	124.1	112	Miller, Pamela	1425.25	139	157.5
Burnette, Jack	1188		139	Morgan, Cary	1653		156
Chandler, Teresa	1427	155	153	Morgan, Danielle	1494.72	174	171.9
Clark, Beth	1502	149	162	Morgan, Phillip	1467.04	167	163.4
Clay, Brad	2363	183	320	Northern, Kristie	1065	163	191
Colburn, Cathy	761			Parr, Michele	1177	124	158
Cook, Oscar	1394	71	112	Pasqualini, Ellie	1393	61	154.5
Creed, Brad	1174.1	89.3	118.2	Peagler, Shana	1190.32	164.4	166.54
Davis, Milton	500.7		71.8	Peagler, Zach	1158.9	128.8	154.7
Dortch, Cherie	1063.17	147	137.1	Peck, Jeremiah	809.11		123.46
Dunn, Wade	2363.3	202.1	207.3	Randall, Lisa	1535.81	164.36	161.89
Eidson, Rachel	1098	102	94	Richy, Jim	785.2	100.2	74.4
Engels, John	679.4			Roberts, Tim	1663.7	39.9	131
Estes, Jeff	658.7		25	Rodriguez, Jose	1682.46	196.76	200
Evans, Bob	991	146	139	Rutherford, Keith	1028	178	184
Farrell, Meredith	1268.5	94.5	127.5	Sample, Holly	1393	120	112
Fleming, Marcy	809.5		95	Sankey, Greg	827.94		
Ford, Joe	1165.9	119	124	Shinn, Ronald	1103.46	115.29	63.53
Frederick, Winston	790	10	2	Silwal, Suman	757.4		122.3
Ganus, Jack	1169	102	106	Smith, Jerry	1189	108	82
Goff, Ali	1035.25	120.5	88	Smith, Reid	990.5	89	101
Goode, Johnny	1760	180	198	South, Christopher	1286.74	89	78.8
Greenwald, Bill	1016	78	39	Stearns, David	1103.9	95	93
Grossman, Christopher	1092.74	75.5	95.9	Stockton, Rick	1348.8	100.9	132.2
Hales, Susan D.	812			Stroud, Vanessa	1107.7	36.5	0
Haralson, Danny	1154	88	74	Vaughan, Keith	547	55	70
Haralson, Micki	1309.2	100	147	Weeks, Lance	1040.02	176.08	132.54
Hargrave, Alan	1082	163	152	Whatley, Prince	2520.4	229.5	219.5
Harris, Dena	2211.93	0	239.33	Winborn, Charles	1112.5	126	133.5
Henry, David	1122.4	76.7	112	Woody, Bill	1173	122	145
Jones, Ira	1292	85	153.8	Wu, Xing	1493.83	147.74	142.62
Jones, Latoria	473		75	Yaghamai, Greg	1127	133	115
Joyce, Lynn	1093	93	108	Yancey, Lisa	692	50	71
Joyner, David	1731.31	153.84	161.75	Zehnder, Justin	1377		

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

Get involved in the BTC!

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

NEW RUNNER'S SOCIETY

Chair: Danny Haralson

newrunners@birminghamtrackclub.com

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

SOCIAL

Chair: Micki Haralson

mickiharalson@gmail.com

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

MERCHANDISE

Chairs: Chris Brown & Tom Scales

chrisb0608@hotmail.com & tomscale@gmail.com

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

MEMBERSHIP

Chair: Judy Loo

BTCmembership@gmail.com

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

The View from the BACK OF THE PACK

— By Michele Parr

I met my first marathoners at my very first Couch to 10K meeting. Danny kept pointing to people who kept spouting amazing numbers about how many they'd run. Maybe he was trying to show us that ordinary people of all shapes, sizes, and ages could run successfully. Maybe he was trying to let us know that the volunteers helping us knew at least a little bit about running. I don't know exactly what his motivation was, but for a non-runner amongst runners, the distance was incomprehensible.



I did my target 5K and 10K and even started running half marathons, but a few at a time runners who started with me, and then after me, began signing up for marathons. Some tried to convince me that I should do it, too. Every time I crossed the finish of a half marathon I tried to imagine heading out for another lap, but I just couldn't picture it. Eventually, though, the distance and its runners sucked me in.

Very quickly I learned something about marathoners that marathoners don't tell their prospective victims. I'm not quite sure why they leave out this pertinent bit of information since no doubt you've noticed that runners are quick to talk about running, and marathoners love to talk about marathoning. They'll tell you about the places they've been and the routes they've run and the conditions they've endured. They'll tell you which races have the best courses, the best food, the best medals, the best volunteers, as well as the worst of all those. For all their talking, there's one thing they don't tell you. Marathoning hurts!

Remember when you started running? Someone somewhere probably was giving you advice. Part of that advice likely included the fact that it was okay to be sore as the result of a hard run, but if the actual running hurt, you should stop, rest, and perhaps seek medical attention. With marathoning, it's not so much that it's SUPPOSED TO hurt as it's understood by those who do it that it's GOING TO hurt. Maybe I should have known that without being told.

It stands to reason that it would. With an average stride length of a meter, a runner takes over 42,000 steps in a marathon. That's a lot of pounding even without the training. My point is that none of those crazy marathon people who are forever trying to convince the sane ones that they should do one marathon or all three Alabama marathons or the Goofy Challenge ever says, "You really ought to do this! You'll get some really cool medals, and it's going to hurt like \$%@*!"

I have a theory about why marathoners keep marathoning despite the agony. The pain fades; the medals last. So instead of thinking about the excruciating final miles or the days of hobbling, instead of thinking of the endless hours of training, instead of thinking of all the reasons not to do it again, they think about the feeling they got when they crossed the finish line and someone draped a mylar blanket around their shoulders and placed that medal around their neck. Priceless! •

(Michele is a two-time marathoner with a PR of 5:48:25.)

micheleparr@mindspring.com

Double Trouble

Meet **Meg Waites** and **Catherine Thompson**, two fast movin' EBSCO employees on the hot seat this month!

Catherine Thompson

1. Last movie you liked so much, you watched it twice? I really don't do movies but I love all James Bond movies!

2. Name one guilty pleasure? A massage. Although I don't feel guilty about it as long as I keep running!

3. Favorite place on earth? Diving in Bonaire, Netherlands Antilles.



4. Worst place on earth? Somewhere cold.

5. One item you would want with you on a desert island? Does my husband count as an item?

6. Most interesting person you've ever met? Stevie Wonder

7. Coolest trophy or prize you ever won? I placed in Adam's

Heart Run a couple of years ago (don't look to see how many were in my age group). I also won a hand-made messenger bag that is really neat.

8. Favorite TV show? It was 24, but now it's House.

9. Favorite fast-food joint? Chick-fil-A of course!

10. Who would play you in a movie? I've been told I can look like Kim Cattrall.

11. Something unique about the town you grew up in? I'm a local gal. We have the coolest track club.

12. If you could play an instrument, what would it be? The guitar.

13. Scariest thing that ever happened to you? I think I've blocked it from my memory.

14. Favorite book? Patricia Cornwell's "Scarpetta" series.

15. Favorite meal? Seafood. Seared tuna in particular.

16. Why do you run? It started for fitness and still is, but now it's also for fun and friends.

17. When did you start? 2007

18. What's your biggest running accomplishment? Either the 3N3 Marathon Challenge or surviving my first Flying Monkey Marathon.

19. Favorite BTC story? I always like to read Michele Parr's column "The View from the Back Of The Pack"!

20. Words to live by or favorite running mantra? *You can do this!*

Meg Waites

1. Last movie you liked so much, you watched it twice? The Big Lebowski.

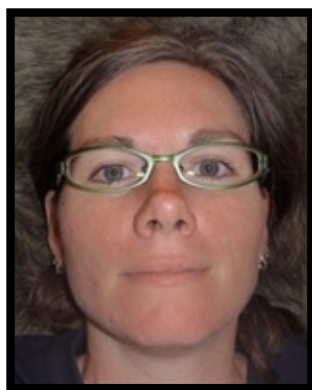
2. Name one guilty pleasure? Ritter Sport dark chocolate with whole hazelnuts. The word Sport helps me feel less guilty.

3. Favorite place on earth? The Locust Fork of the Black Warrior River.

4. Worst place on earth? An airplane.

5. One item you would want with you on a desert island? Les Stroud.

6. Most interesting person you've ever met? Three-way tie: Lee, Leah, and Neal Waites.



7. Coolest trophy or prize you ever won? I got a medal for placing in my age group in the XTERRA Oak Mountain 21K -- completely unexpected.

8. Favorite TV show? Flight of the Conchords.

9. Favorite fast-food joint? Chik-Fil-A

10. Who would play you in a movie?

Kim Deal, in the version of my life where I play bass and sing in a band called The Pixies.

11. Something unique about the town you grew up in? My family lived in Mobile, Montgomery, and Tuscaloosa before moving to Birmingham when I was 12, but

I suppose I did most of my growing up here. I remember when Vulcan's spear glowed green or red, depending on whether there had been any traffic fatalities. It was uniquely freaky.

12. If you could play an instrument, what would it be? I play the guitar. If I could pick another instrument, it would be drums. Or violin. Or flute. Do I really have to pick just one?

13. Scariest thing that ever happened to you. I got lost in New York City when I was 14 years old.

14. Favorite book? "The Amazing Adventures of Kavalier and Clay" by Michael Chabon.

15. Favorite meal? Everything Indian.

16. Why do you run? I enjoy the camaraderie when running with others, and the solitude when running alone.

17. When did you start? I did Danny's Couch to 5K group in 2007, then stayed on for the 10K, then the half marathon, then the full marathon. Then I discovered trails.

18. What's your biggest running accomplishment? Even though I've run a couple of marathons, I still consider the Black Warrior 25K my greatest accomplishment. At the time, it was my longest trail run. I hope to do the 50K some day.

19. Favorite BTC story? I don't know whether this qualifies as a BTC story, but at one of the Fat Danny's Trial by Trail runs, I quite confidently led a small group of people back into the woods after misreading one of the arrows. In fact, I have managed to go the wrong way on the majority of the trail races I've done. I need a "Don't Follow Me" tech shirt.

20. Words to live by or favorite running mantra? Same effort. I repeat those two words as my feet hit the ground -- two foot strikes for each word. It keeps me on an even keel regardless of the terrain. Well, in my mind it does. My splits might beg to differ.

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 JANUARY 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 1/31/11



BTC MILEAGE LOG



		MONTH	
		GOAL	TOTAL
1			
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	GOAL		
	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

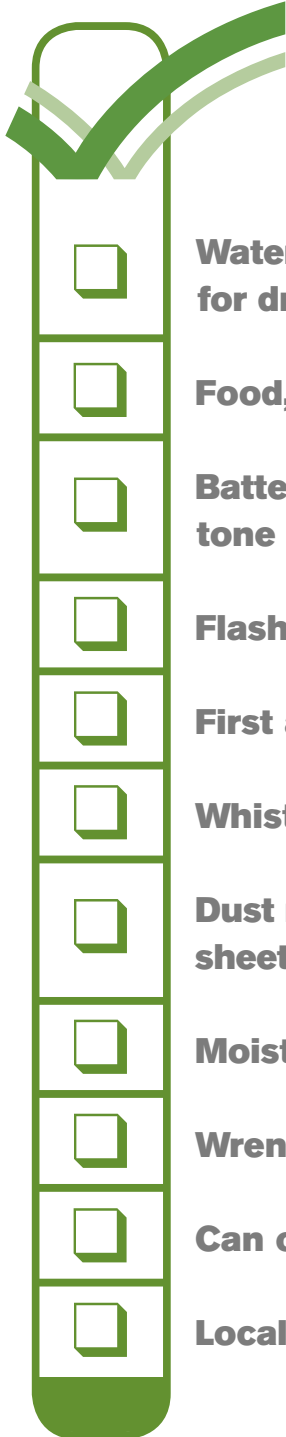
PREPARE. PLAN. STAY INFORMED.

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