

BTC

THE VULCAN RUNNER



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= ISSUE 7

TAKE ME OUT TO THE BALLGAME

Club takes road trip to see Atlanta Braves

– By Michele Parr, Treasurer

What do you get when you put a few dozen BTC members, their families, and their friends on a bus, point it east, and ride for three hours? A great day at the ballpark! That's exactly what happened on July 20. After a couple of years without it,

through the efforts of Danny Haralson and John Gordon, the Braves trip was brought back by member request.

If you're a Braves' fan, it wasn't the best baseball you've seen them play. It can be tough sitting in the July heat watching the home team get clobbered 15-6. Home plate umpire Chris

Guccione's tight strike zone made it a long day for Braves' pitchers Jo-Jo Reyes and Buddy Carlyle, who gave up 12 of the 15 runs in just 3 innings. The tough ball/strike calls finally got to Braves' manager Bobby Cox, who got ejected for the 141st time in his career. That and Mark Texiera's two home

runs were as exciting as it got for the home crowd.

But for many who made the trip, it wasn't just about baseball. Some, like Patty Landry, had never been to a Braves game. "The cost was a great deal, so why not go?" she said. Jason McLaughlin, who had never been to Turner Field, joined Cindy Sullivan and Justin Arcury for a guided tour of the stadium provided by Terri Chandler, who used to live in Atlanta. Some went for the baseball. Others just thought it sounded like fun.

"I like baseball," explained Mari Harrison, "so it seemed like a great way to spend a Sunday." Others found the trip served as an excuse to drink beer in the morning without running a race first. McLaughlin just "love(s) a good road trip." And a good road trip it was. There were singles, couples, fathers and sons, and families with kids on the trip. It was as diverse a group as the BTC itself. We returned sweaty, sunburned, and tired with one kid clutching the foul ball he'd retrieved off Chipper Jones' bat and another wearing his brand new Brian McCann jersey with snow cone juice all over the front.

BRAVES <continued on Page 2>

Turner Field, as seen from where the BTC sat while watching the Braves play.



PHOTOS COURTESY OF ANN MITCHELL AND MARK BAGGETT



BRAVES <continued from Page 1>

The beauty of Turner Field is that there are lots of things to do there besides watch baseball. The Chop House restaurant beyond the right field wall was popular with the BTC for its Tomahawk Ale. Along the left field side of the park there's a giant Coca Cola bottle built with baseball gear and a base path set up for kids to run. There are interactive games and even museums in the tunnels below the seats.

Perhaps the only disappointment (other than the final score) was the failure to deliver on the promise to make a lottery ticket stop on the way back to Alabama. John Gordon, it turns out, dozed off and didn't give the driver the signal to exit. Somebody noticed about the time we crossed the Alabama line. So if anyone offers to let you in on lottery tickets acquired on the trip, be careful. They're probably ALABAMA lottery tickets.

Everyone who was asked indicated they'd take the trip again in an instant. Johnaca Kelley's response to the question was, "We're going again? WHEN?!" The question is will we go again? With empty seats on a bus with only room for 50, the BTC Executive Committee expressed mixed feelings about that possibility, though the consensus seems to be that we should try it again next year.

President Mark Baggett responded, "True, it looks like we did not break even, although I think for what little money we end up not recovering, it was well worth it. We had members who participated in the bus trip who never come to any social events who really seemed to have a good time. I think that if we can decide on a date further in advance and let people know sooner, we may at least break even, might even fill the bus up."

Parliamentarian Phil Min agreed, "I think you work off the positive momentum of this time, don't try to make it any bigger and sell it out."

Past President Danny Haralson was much more guarded in his response. "We've only broken even once out of four trips," he said. "Personally, I'm not sure we should (go again). I love it, but if the members don't support it enough to almost 'sell it out' then clearly it's not a priority to many members."

While many who went may wonder why more people didn't go, Micki Haralson cut to the heart of the matter: "They just don't realize how much fun all of the BTC gatherings are. The whole point is not whether you like baseball or not; the point is getting to know your peers in a different, more relaxed setting. It's a great way to strengthen current friendships and to begin new ones." •

Email Michele at treasurer@birminghamtrackclub.com



For more photos from Braves trip and other BTC events:
<http://birminghamtrackclub.com/gallery>



TOP: **John Gordon** chats with Lee the bus driver before the trip.
ABOVE: **Ekkehard Bonatz** enjoys the game with his son.
RIGHT: **Micki Haralson** enjoys some traditional baseball cuisine.



TOP: **Scott Holden** (left) and **John Gordon** wave at the camera, as they sit in the middle of the BTC group.

RIGHT: **Danny Haralson** enjoys a brew at the ballpark.

CORNER: **Mark Baggett** catches some shut-eye on the trip home.

BOTTOM: **Michele Parr** strikes a pose.



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):

www.birminghamtrackclub.com/vulcan-runner-newsletter

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Race Results Find the latest and most complete local race results at the following:
birminghamtrackclub.com trakshak.com run42k.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
(205) 879-LEGG

2008 BTC Executive Meetings

BTC Executive meetings are open to the membership and we encourage attendance. 'Town Hall' formatted meetings will give time to members to make their voices heard and bring up discussion topics, with food & drinks provided by the BTC.

***BTC Merchandise will also be available at 'Town Hall' formatted meetings, including the featured merchandise item of the month.**

August 6th

Wednesday

(Town Hall format*)

OutTakes Deli, 6:30 p.m.

September 7th

Sunday

Cosmo's Pizza, 2:30 p.m.

October 5th

Sunday

Jackson's Bistro
(upper floor), 2:30 p.m.

November 5th

Wednesday

(Town Hall format*)

OutTakes Deli, 6:30 p.m.

December 7th

Sunday

Cosmo's Pizza,, 2:30 p.m.

All dates/times/locations are tentative and those planning on attending should check future issues of 'The Vulcan Runner', watch their email or check the BTC website calendar for possible updates:

birminghamtrackclub.com/cal
btcpresident07@gmail.com

Submit a
story or
photos for
future issues

**'THE VULCAN
RUNNER'**

newsletter@birminghamtrackclub.com



August BTC President's Message

– Mark Baggett

For those of you who missed out on the club's bus trip to see the Braves play the Washington Nationals, you missed out on a fun time. A BIG thanks to **John Gordon** and **Danny Haralson** for setting everything up. Everyone seemed to have a great time and even though the Braves got their butts kicked, it was still a worthwhile trip. See **Michele Parr's** story on **Page 1**.

Meredith Farrell, who heads up the BTC's New Runner's Society, and her hubby **Eric** welcomed their first bundle of joy in to the world on July 23rd. We miss seeing Meredith out for group runs but know she and her husband have their hands full. Check out **Page 9** for all of the details. **Congrats Meredith and Eric!**

April Dennis has stepped up to be the BTC's Team Captain again for this year's **Race for the Cure**, which will take place Saturday, October 11th in Linn Park. April did a wonderful job with organizing our club team last year and we are looking forward to helping raise funds and awareness again to help fight breast cancer. The club will be offering **BTC merchandise** to the team members who raise the most donations so please consider joining our team. Check out **Page 9** for info. and April's contact info.

Every month it seems **'First Fridays'** socials and the **'Thirsty Third Thursday'** Pub Runs grow in numbers. Our next 'First Friday' will take place Sept. 5th at **Jackson's Bar & Bistro** in SOHO Square, located behind the Trak Shak in Homewood. We are doing something a little different with T.T.T. this month - instead of doing a Pub Run, **Katie Hannigan** has arranged for us to attend the Baron's Baseball game on Aug. 21st. Everyone is responsible for their own ticket and we'll meet in Section 208, with a game time of 7:05 p.m. Details on both fun events can be found on **Page 9**.

Training for the **Las Vegas Marathon** kicked off mid-July and as of Saturday, August 16th the group will be up to running 10 miles. If you still want to train with our group you have time. Training for the Las Vegas Half-Marathon will start in a few weeks. More info. on this trip and how to join our training

group, check out **Page 10**. Once we get to Las Vegas in December, the club will have some fun activities for interested people to check out. If you want to train on your own you are still invited to go to Vegas with us, non-members are also very welcomed!

Fat Danny's Trial By Trail Run returns this year on Saturday, Sept. 6th, at Oak Mtn. at 7:30 a.m. **Race entry for BTC members is ONLY \$5**, non-members is \$25 (great time for non-members to join!). Due to scheduling conflicts last year, Fat Danny's didn't happen but everything is a go for this year. Danny Haralson is heading up the race and if you haven't tried running trails, you really should. If you are a newbie to running trails or want to come out and run the course IN ADVANCE, come out this Saturday, Aug. 16th at 7 a.m. for a TRIAL run (free - just bring your own water). We'll meet at the upper picnic area (up Terrace Dr.) in Oak Mtn. State Park and the mileage will be 5 miles. Danny talks about running trails in his month **Coach's Corner** on **Page 10** and more info. on Fat Danny's can be found on **Page 5**.

If you are new to running or looking for way to safely return to running, Danny will be starting up another edition of **Running 101: Couch to 5K**. Many, many of our members were introduced to running via Danny so we know how worthwhile this program is. Spread the word....maybe you know of someone else who wants to start (or get back to) running - this is a perfect opportunity. There is in informational meeting **Saturday, Aug. 16th**, 9:30 a.m. at the Homewood Trak Shak (no run involved) and training starts **Monday, Aug. 25th** at the Colonial Bank parking lot at 6 p.m., next to the Mtn. Brook YMCA. More info. on **Page 12**.

If you don't run, you'll rust!

btcpresident07@gmail.com
www.myspace.com/bamaspyder

FAT DANNY'S Trial by Trail Run

WHEN:

Saturday, Sept. 6th, 7:30 a.m.

WHERE:

Oak Mountain State Park
(Upper Pavilion area, Terrace Dr.)
Last parking lot on the right past the 'beach'

ENTRY FEE:

BTC members...**\$5.00**
Non-members...**\$25.00**

ALL ENTRANTS RECEIVE:

Cool-looking singlets

AFTER THE RUN:

We'll have a **cookout** following the run. ALL members are asked to bring a side dish - enough to feed 6 to 8 people.

GIVE TO THE NEEDY:

Please bring your old shirts, shoes, clothing (that's usable) or a non-perishable food item to donate to those less fortunate. The BTC will have a pick-up station available for donations.

A GREAT DAY TO...

...try running trails!
...enjoy good food, fun,
and fellowship!
...do something good for
those less fortunate!

QUESTIONS/INFO:

danny@rununiversity.com

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The View from the BACK OF THE PACK

– By Michele Parr, Treasurer

I had the best of intentions about running on my vacation. Really, I did. I picked the clothes that could be rinsed out easily between runs. I wore my running shoes on the plane to avoid contaminating clean clothes with shoes with a couple hundred Alabama miles on them. Yep, I could see myself running through the rolling hills of Ireland amidst some of the most beautiful countryside in the world.

Have you guessed that it didn't exactly turn out that way? What you probably aren't going to guess is why.

Turbulence on our descent into Shannon airport was the first bump in the road. As we got closer and closer to that green island, I got greener and greener myself. A desperate search of the seatback pocket in front of me did not reveal one of those little bags. Even before the ding that announced the captain had turned off the fasten seatbelt sign, I was dashing to the bathroom to leave my breakfast behind. It was a rough start to the trip, but I wasn't planning to run until the next day anyway.

The next morning, jet-lagged and queasy, I crawled out of bed, laced up my shoes, and encountered the next obstacle. Where could I run? We'd traveled about 100 miles the day before on extremely narrow roads with stone walls in place of shoulder. Since this was a trial run anyway, I jogged from the door of the hotel down the private lane to the highway. That short run was exactly what I'd dreamed about, rolling hills, horses in the pasture, the earthy smell as I ran through trees older than I am. Reality struck when I reached the highway. A quick glance in both directions told me I wasn't going to try to share that curvy, narrow road with the cars I saw flying by, so I jogged back the way I came. It was about a mile total, and I considered it a good start.

We logged lots of miles over the next few days, many of them on foot as we explored castles and monasteries and churches and even the Irish National Stud farm. I wore my running shoes, but these miles didn't make it into the log. Neither did my second run. It didn't involve running attire and wasn't planned. We ran through the streets of Dublin to make the last train to Arlow, back to the Bed and Breakfast where we were staying. That was a close one!

I didn't find anywhere to run again until near the end of the trip. Our lodging was about a quarter of a mile from the town, and there was a bicycle path from there and beyond. It wasn't the bucolic environs I'd imagined, but it still felt good to work my heart and lungs a bit. Ann, who hadn't heard me slip out or back in, had an interesting response when I told her I'd gotten a run in. "Good," she said,

"maybe you'll be in a better mood today." It wasn't that I'd been in a bad mood. It's just that traveling, even with your favorite person in the world, is stressful. The run helped.

The vacation ended too quickly, as vacations tend to do. We returned on a Friday evening, just in time to join my regular group for the Saturday morning long run. The heat and the distance that day both took a toll, and by the end of the run, the last visible bit of County Clare was gone from my shoes. •

treasurer@birminghamtrackclub.com



PHOTO COURTESY
OF MICHELE PARR

Advertise in THE VULCAN RUNNER

Do you own a business you'd like to advertise in The Vulcan Runner? Do you have a race or business you want the rest of the BTC community to know about? If so, below are our monthly rates* for placing ads, along with approx. sizes available:

1/5 page (1.5 in. x 10 in.) – \$15 **1/2 page** (7.5 in. x 5 in.) – \$50 **Full page** (7.5 in. x 10 in.) – \$100
1/4 page (3.7 in. x 5 in.) – \$25 **1/2 page** (3.7 in. x 10 in.) – \$50

*Advertisers who pay for an entire year in advance will get 12 months for the price of 10 months (ex. a Full page for 12 months would cost \$1,000, instead of \$1,200).

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

To place an Ad or for more info:
newsletter@birminghamtrackclub.com

27th Annual Peavine Falls Run sets a new record for finishers

– By Rick Melanson, Race Director

The 27th Annual running of the PEAVINE FALLS RUN is now history. There were 395 registered and 364 finishers – a new record! I really thought that the 4th falling on a Friday would result in a lot of travelers driving to the beach for a long week-end, but I guess the nearly \$4.00/gallon for gas curtailed a lot of that. The 61 registered the first year has grown each year since except for one year that the race was on a Monday and a lot of people went out of town.

I am planning on ordering more t-shirts

next year (especially small and mediums). The dressing style really has an impact on the size distribution – especially for the women. It used to be that the women wanted XL or L to sleep in, but now they want small, short shirts that offer little room for breathing.

The only complaint I heard about this year's run was that we ran out of water on the course. This is partly my fault because when I picked up all of the product at Coca Cola I failed to notice that the cups were not loaded into my truck. I ended up going to "Sams" to get the cups but all they had were 12 oz cups. The aid station people

"filled" the cups up to the top and runners drank half and poured the other half over their head. The volunteers realized that they should have only filled them half up because we actually had 60 gallons on the course instead of 50 we had last year. This will be corrected next year.

I only heard of one injury serious enough to stop a runner and he was given a ride back to the parking lot after straining or pulling a muscle coming down the hill. I never heard how the runner was or what his name was.

Usually we have some fruit and cookies left over after the race, but this was a hungry bunch of runners. There was not a bite left over of anything.

The volunteers were great – as usual for this race. I do not really recruit any people but several come out 1 ½ hours before the race and just take over the registration and food and drink tables. A lot of the volunteers also run in the race.

Since this was the 27th Annual running of the event I had 27 one dollar bills to give to the 27th runner crossing the finish line and that person just happened to have bib #27!

There are some old time runners who still remember the year that I added another really steep hill "after" the parking lot and crossing the wood bridge leading you to the bath rooms. Some would like to see it happen again but then there are some that would be "up in arms" if I did it. It was worth all of the complaining just to see the look on Richard Gowins face when he came across the original finish line and then was directed up the hill. There were several finishers who were on all fours climbing the hill and there was also a few nasty letters from runners who were not amused at all with the course change.

That was almost as bad as the year one runner turned off course on the trail portion of the run and about 6 or 7 others followed. He claimed that it was a "Y" with no directions on which way to go, but I still claim that it wasn't. Every since then I have had someone standing there to direct the runners so that I am not attacked again at the finish line while trying to time the people who ran the right course. Brad Lichenstein even admitted that he knew that was not the right course, but he thought we might have changed it once again. Who knows what next year might bring? •



Samuel Mueller after receiving \$27.00 for finishing 27th in the 27th Annual running of the PEAVINE. Also, notice his bib number...what are the odds?



PEAVINE female winner, **Rebekah Potts**, who finished 5th overall.

PHOTOS BY RICK MELANSON



☐ Yes, I want to be a "Fund Runner" for the Alcohol & Drug Abuse Treatment Centers, Inc. By checking yes you indicate your interest in raising funds for the great incentive items below!

Please check which level you set as a Fundraising goal.

☐ Roadrunner: \$100.00

Sobriety Run Stadium Cup

☐ Pacers: \$250.00

Sobriety Run Lunch Bag

☐ Merit Runner: \$500.00

Sobriety Run Duffel Bag &
\$25.00 gift certificate to TrakShak

☐ Premier Runner: \$1000.00

Sobriety Run Fleece Jacket &
\$50.00 certificate to TrakShak

SOBRIETY 5K RUN

BENEFITTING THE ALCOHOL & DRUG ABUSE TREATMENT CENTERS, INC.

REGISTRATION FORM

SOBRIETY 5K SATURDAY, SEPTEMBER 13, 2008 8:00 A. M. LINN PARK, BIRMINGHAM

Register online at www.active.com or fill out the form below. Detach this entry portion and return to any TrakShak or mail in postmarked by September 6, 2008 with your entry fee made payable to ADATC P. O. Box 10009, Birmingham, AL 35211

Make checks payable to ADATC. Entry \$25 by September 6th /Race day Registration is \$35.00

FIRST NAME _____ M.I. _____ LAST _____

GENDER M F AGE RACE DAY D.O.B. / /

EMAIL _____ PHONE _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

SHIRT SIZE YL S M L XL XXL XXXL HOW DID YOU HEAR ABOUT THE SOBRIETY 5K RUN _____

TOTAL ENCLOSED \$ _____

CREDIT CARD PAYMENTS: Visa MC Name on Card _____

Card Number _____ Exp. Date _____ Authorize _____

Signature _____

I hereby authorize ADATC Sobriety 5k Run to immediately bill the indicated entry amount against my credit card account. I further authorize to be billed against this same account if I fail to surrender the Timing Device immediately following completion of the SOBRIETY 5K.

LIABILITY WAIVER AND RACE AGREEMENT: In signing this form, I understand and agree that although the organization of the ADATC Sobriety 5k Run have exercised due care to promote the safety of all participants, there are factors present, including traffic, weather, course conditions, etc.... Which are beyond the control of the sponsors and events organizers. I hereby release all event sponsors, be they individuals or organizations, of all blame or liability for any injury, misadventure, harm or loss or inconvenience suffered as a result of taking part in this event or in any other associated activities. I know that running or walking a road race is a potentially hazardous activity, and that I must be medically and physically able. I further agree to follow all applicable laws and conduct my activities in a safe and prudent manner.

Signature (Age 18 or older) _____

Unsigned entries will not be accepted. Parents must sign for children under 18-years old.

It's a girl!

Congratulations to BTC member **Meredith Farrell** (head of the BTC's New Runners Society and marathon training organizer) and her husband **Eric** on the birth of their baby girl.

Anna Kate Farrell was born July 23, 2008 at 4:26 p.m. She weighed 6 lbs 13 oz. and was 19.5 inches long.

Little Anna is ready to start her marathon training!!

Email the new Mom at:
tmcmeredith@bellsouth.net



BTC First Fridays

Come mingle with your fellow BTC members on the 1st Friday of each month from 4:30 to 7:30 p.m. Stop by after work or on your way out for the evening.

No run. Locations & times are tentative*

September 5th

Jackson's Bar & Bistro (SOHO Square)
1831 28th Avenue So., Homewood, 35223

October 3rd - Rare Martini (Lakeview)

November 7th - Fox & Hound (U.S. 280)

December 5th - TBA

BTC Thirsty Third Thursday Runs

Join us for Pub/Java Runs, held on the 3rd Thursday of each month at 6 p.m. **Bring cash & I.D. for optional Pub/Java stops.** Locations & times are tentative*

August 21st

Baron's Baseball Game

Game starts at 7:05 p.m., meet in Section 208. Tickets are \$6, everyone is responsible for their own ticket. \$1 pint night. **No run involved, all are invited!**

Sept. 18th - Dave's Pub (Five Pts. South)

October 3rd - TBA

November 7th - TBA

December - Annual X-Mas Lights Run

*All dates are tentative. Before the event, check www.birminghamtrackclub.com/cal

• 17th Anniversary •

2008 Komen Birmingham Race for the Cure

Race for the Cure: Join the BTC team!

Saturday, October 11th, 2008

Linn Park (downtown), Birmingham

Funds raised during Race for the Cure support the local chapter of the Komen Foundation and its mission to eradicate breast cancer as a life threatening disease. Registration costs only \$30 (\$15 for children), but please also help the BTC team exceed its donation goal by joining our team.

BTC merchandise will be awarded to team members bringing in the most donations.

If you cannot run, please consider making a donation on the team's behalf instead.

QUESTIONS/CONTACT:

April Dennis

BTC 'Race for the Cure'
Team Captain

a_garden25@yahoo.com





August Coach's Corner

– By Danny Haralson

There's a lot more to running than there is running.

In Mel Brook's Broadway musical *The Producers*, Max Bialystock, a producer is trying to convince Leo Bloom, a nebbish accountant, to produce a show with him and in the attempt he tells him, "Leo, there's a lot more to you than there is to you."

There's a lot more to running than there is to running. The varieties include but are not limited to long slow distance, short fast speed work, tempo runs, fartleks (stop it!), and trail running.

Trail running is much different than regular road running and light years from the treadmill. In trail running you simply head out into the woods and run! There are single track trails (narrow, where hikers and the occasional mountain bike has gone), wider double tracks or even wide trails like 'roads'. There are roots, rocks, not much reggae, no cars and lots of natural beauty.

Some trails are more 'technical' than others meaning that a particular trail may have switch backs (sort of hair-pin turns for runners) with rocks, hills, and some trails are less technical thus perfect for the neophyte.

In the Birmingham area we're blessed with several trails – Oak Mountain State Park has miles of trails, Hoover near Regions Park, Ruffner Mountain, the Levite Jewish Community Center and hopefully sooner rather than later, the Red Mountain Park.

There are 2 kinds of trail runners: those who have fallen and those who are going to; so as you progress you will learn to watch your step, your ankles will get stronger and the opportunity to 'trip' will be come less and less frequent as you gain in confidence.

Trail running is also much easier on your 'joint's' than the 'asphalt jungle'. Here's a comparison – take golf ball and drop it in the street. Now, run go get it then step in a yard and drop it. Notice the differences, the softer surface, the beauty of nature, and the varying terrain all conspire to make trail running a genuine gift to runners and offer a true alternative to running the same streets day in and day out.

On September the 6th at 7:30 a.m. the BTC will once again hold *Fat Danny's Trial by Trail* Run at Oak Mountain State Park in the upper picnic area (up Terrace Drive). We'll be in the same parking lot as the Peavine Falls run though not the same pavilion. The race will start at 7:30 a.m. and is approximately 5 miles. This is an excellent event for those wanting to experience trail running.

Before the run we'll go over the basics of trail running such as letting other's pass and being mindful of nature and then off you'll go! After the run we'll have a cookout and awards for the participants. Cost is only 5 bucks for BTC members. Watch for details on the website as well as a *Trial by Trail* Run to be held for those wanting to 'see' the course....

The more variety you throw into your running, the more interesting it is and the less likely it is you'll get bored. Trail running is another opportunity to improve your running through building strength, running hills (up and down) and just enjoying the different and varying vistas that you can see in the woods. As the commercial used to say, "Try it you'll like it!" •

For more info. on *Fat Danny's Trial by Trail* Run, see Page 5 for complete details.

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



ONLINE: www.lvmarathon.com

The BTC invites you to join us as we run the **LAS VEGAS FULL/HALF MARATHON**

Pick from either the half or full marathon. We'll have weekly training runs on Saturday mornings for those who want to train with us, however, you **MUST** contact Meredith if you want to train with us (this is a must!). ALL are welcomed!

Training to start mid/late July, starting at 6 miles

RACE DATE: Sunday, December 7th, 2008

TO SIGN UP: tmcmeredith@bellsouth.net





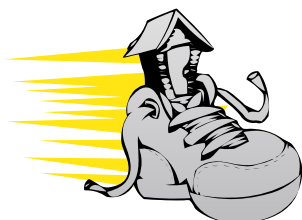
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Saturday, August 16th, 9:30 a.m. at the Trak Shak in Homewood (No run - just info. followed by Q&A). First Group Run will be **Monday, Aug. 25th** at Colonial Bank parking lot, (next to Mtn. Brook YMCA) at 6 p.m.

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(205) 503-5544

Race/Event Calendar (Aug. thru Sept. 2008)

– Compiled by Rick Melanson

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)

AUGUST 8

Midnight Run 5K

– Cullman, AL, 12:00 a.m. (Midnight)
Info: Eva Bank, Cullman City Parks & Recreation (256-734-9157)
P.O. 788, Cullman, AL 35036

AUGUST 11

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Vestavia High School Track. All ages, children and adults. Awards for the children.
Info: trackmeets@birminghamtrackclub.com
Web: birminghamtrackclub.com/btc-track-meets

AUGUST 12

Chickasabogue Park 2 Mile Run/Walk

– Saraland, AL, 6:30 p.m.
Info: Port City Pacers (251-473-7223)

AUGUST 16

Greystone 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
Founders Clubhouse Aquatics Complex on 4100 Greystone Dr.
Info: Christy Johnson (986-5139)
Email: cjohnson@greystonecc.com

Life Is A Beach 5K Trail Run

– Dothan, AL 7:30 a.m.
Westgate Park Trail
Info: Larry Dykes (334-792-6021)

AUGUST 23

9th Annual Liberty Park Run 5K & 1 Mile Fun Run

– Birmingham, AL 8:00 a.m.
Vestavia Hills Elementary Liberty Park, 17051 Liberty Parkway.
Info: Johanne Rosene (967-7137)

Killen Founder's Day 5K & 1 Mile Fun Run

– Killen, AL, 7:00 a.m.
Info: Joe Quillen (256-366-0040)

5K Rural Fun Run & 1 Mile Fun Run/Walk

– Thomaston, AL, 8:00 a.m.
Info: Gayle Ethridge (334-627-3386)

AUGUST 30

Alabama Butterbean Festival 5K & 1 Mile Run

– Pinson, AL, 7:00 a.m.
Both the 5K and the 1 Mile runs are USATF CERTIFIED COURSES. The 1 mile is a flat loop course ideal for setting new AL State Record time. Large festival with arts and crafts, car & motorcycle show, music, food, etc.
Info: Shane Shellnut (413-9024)
Web: www.butterbeanfestival.com

Monte Sano Races 5K & 10K & Fun Run

– Huntsville, AL, 8:00 a.m.
Monte Sano State Park
Info: Beth Benefield (256-881-2642)
2712 Imperial Dr, Huntsville, AL 35801
Email: msrr@comcast.net

AUGUST 31

Tupelo Marathon and 14.2 Mile Run

– Tupelo, MS, 5:00 a.m.
Email: tupelomarathon@yahoo.com
Web: www.tupelorunningclub.homestead.com

SEPTEMBER 1

Chick-Fil-A/Sneakers 5K River Run

– Montgomery, AL, 7:30 a.m.
Info: West Marcus (334-263-2424)

SEPTEMBER 6

Fat Danny's Trial by Trail Run

– Pelham, AL, 7:30 a.m.
Oak Mt. State Park Upper picnic area (Terrace Drive). Approx. 5 miles run, cook out afterwards.
Info: Danny Haralson (380-1779)
Email: danny@rununiversity.com

SEPTEMBER 7

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Vestavia High School Track. All ages, children and adults. Awards for the children.
Info: trackmeets@birminghamtrackclub.com
Web: birminghamtrackclub.com/btc-track-meets

SEPTEMBER 13

Sobriety 5K Run

– Birmingham, AL 8:00 a.m.
Downtown Birmingham (Linn Park) using USATF CERTIFIED COURSE (BE&K 5K).
Info: Jerri Haslam (313-1322)
Email: jlhaslam@yahoo.com

SEPTEMBER 20

ERA Oxford Realty 8K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
Homewood Park on Oxmoor Rd. USATF CERTIFIED COURSE.
Info: Liz Montgomery (205-531-7735)

SEPTEMBER 27

Are U ABLE 5K Run/Walk and Roll

– Pelham, AL 8:00 a.m.
Oak Mt. State Park upper picnic area.
Info: Jennifer Christy (934-5903)
Web: www.UAB.edu.pt

Trot With Swat 10K

– Dothan, AL, 8:00 a.m.
Info: Brian Goguen (334-794-9029)

TUESDAYS

BTC Sunrise or Hill Group Run

– Birmingham, AL, 5:30 a.m.
Mountain Brook YMCA, meet in lobby area. Free showers and lockers available.

WEDNESDAY

Trak Shak Group Runs

– Homewood, AL, 5:30 p.m.
Trak Shak store in downtown Homewood. All paces. Largest weekly group run in B'ham area!
Web: www.trakshak.com

SATURDAYS

Red-Eye-Run – 6.2 miles

– Birmingham, AL, 7:00 a.m.
Mountain Brook Village in front of Western Super Market. Varied pace to suit anyone.

FUTURE 2008 EVENTS

(local only)

- 10-04 Hueytown 5K/10K
- 10-11 Komen's Race For The Cure 5K
- 10-18 Maple Leaf Run 5K
- 10-18 Runaway for Domestic Violence 8K
- 10-25 Cross Point 5K
- 11-01 Vulcan Run 10K
- 11-08 North Jefferson Charity Run 8K
- 11-15 Gopher Run 8K
- 11-22 Iron Bowl Run 5K
- 12-13 Village to Village 8K

'Make It by Midnight' Marathon: A big PR for 'Maniac' Min

– By Phil Min

I had a 6 minute PR (personal record) at the **Make It by Midnight Marathon** Friday night, July 18th, in Macon, Georgia.

I finished in 6 hours and 34 minutes, which is 6 minutes **slower** than my last PR of 6 hours and 28 minutes set last year at the Twisted Ankle Trail Marathon. That means I get to hold on to my distinction of having the slowest marathon finish time in Meredith's Marathoners, at least until I can find some other twisted event! How did I manage to finish this event an hour and a half slower than Grandfather Mountain a mere week earlier?? Through some very hard work.



Phil Min proudly wears his Taekwando medal and tiara after finishing the MAKE IT BY MIDNIGHT MARATHON.

The "Make It By Midnight Marathon" was dreamed up a few weeks ago by Andrew Strickland and Deborah Botkin, a couple of middle Georgia Marathon Maniacs. They decided to have a no frills race in the middle of the summer and did not even have a course in mind until a couple of weeks ago. You can follow the madness that was evolution of this event on the Macon Tracks Bulletin Board. It is both fascinating and troubling to see how this race was hatched, the underlying concept was simple: everyone would begin at a time that would allow them to finish at Midnight. So it would be the opposite of a "regular" race where everyone starts together and then spreads out. The directors decided to keep the numbers low, limiting the entire marathon and half marathon to 25 entries. This turned out to be fortuitous.

The final course was not determined until about a week before the event. It was decided to do multiple laps of a 4 mile loop in the Lake Wildwood subdivision, where Andrew resided. This is one of the largest residential areas in Macon, and is a gated community with very limited access. Andrew did not ask permission to do the event in the community, and indeed the final instructions told us not to alert the security guard at the entrance that we were in a race. He told us just to inform the guard that we were going to a "party".....which we were. To borrow a phrase "what happens in Macon, stays in Macon!"

I ran the Cherry Blossom Marathon in March of 2002 in Macon and it was a very hilly course covering northern Bibb County. I did not really anticipate that it would be this hilly in a subdivision, but it was. Each 4 mile loop had over 400 feet, so it totaled over 2,800 feet of climb over the 26.2 miles. I am not sure that Mercedes has more climb than that! It was a pretty course, but never flat, either up or down. There were two aid stations....one was in the race director's driveway and a water drop at about the two mile point. We were directed on the course by signs that had the Initials MIBM and arrows on them. This is so the Neighborhood Associa-

tion and the security guards would not figure out what was going on. The little sign stakes had small flashlights taped onto them, and the race director (who was also running the race) turned these on when it got dark. The batteries did run down on these lights, however, and I missed one turn and had to back track a mile to get back on course!

It was a very toasty 92 degrees when I started the race. There were 8 entries in the full marathon and so I ran by myself for 4 of the 6 full laps. It was really pretty miserable out there weather wise. The temperature did drop after the sun went down, but the humidity increased sharply and it was pretty tough out there for someone who does not like hills and hot weather. I had a 2:30 through the half, but started to slow dramatically. I did fell bad, I just needed to slow down. Half way through the Lap 5, I ran into someone who had started early to try to get 30 miles in. He was walking and so, I just fell in with him and walked most of the last 8 miles. I enjoyed the walking more than I did some of the faster pace earlier in the evening, especially up those hills. I think hardly anyone (even the half marathoners) actually finished by midnight. We all did not anticipate what we were up against....but if we had really known, we probably would not have started! The support at the aid station was good and the volunteers were a lot of fun. For a \$5.00 entry fee, you got a medal and a tiara. The medal is a Taekwando medal, but what the heck!

DESPITE THE CONDITIONS 100% OF THE PARTICIPANTS FINISHED THE RACE. That is pretty amazing. I finished with my new friend at around 1 a.m. and started back to Birmingham. I had planned to drive all the way home, but soon found I was just too wiped out to make it. I pulled over and got a room.

I really met my match in this race, but I am glad I went out there and gave it a try and got a new PR for my efforts. Anyone doing this next year, come prepared with a sense of adventure and some hot weather training! •

Email Phil at pemin@mac.com

Interested in joining a new group of runners?

Come join your fellow track club members for the

Monday Morning Milers Club!

The Milers run with a group of men from the Firehouse Shelter - this group of very new walkers/runners are looking for a new form of exercise and are excited to have some of Birmingham Track Club's very own runners to help them in this new venture. This is a great opportunity for you to exercise and give back to the community.

If you are interested, please contact Bentley Sloan at vbsmith@uab.edu for more information.

Double Trouble

For this month's "Double Trouble," we feature Sidney Shackelford and Phil Min, two active members who you'll see at most group runs and club events. Phil, a member of the 'Marathon Maniacs,' helped train Sidney for her first marathon and she hasn't looked back since! Without further ado, here's **Sidney** and **Phil**.

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

– Tim Roberts (tim.roberts@arbitron.com)

Sidney Shackelford

Age: 25

Status: Single

Hometown:
Birmingham, Alabama



- 1. Last movie you liked so much, you watched it twice?** "Without Limits," a movie about Steve Prefontaine, which Phil Min loaned to me.
- 2. Name one guilty pleasure?** Chocolate
- 3. Favorite place on earth?** Not really sure, but I certainly enjoy the Trak Shak on Wednesday nights
- 4. Worst place on earth?** Thankfully, I can't answer this one
- 5. One item you would want with you on a desert island?** Food & water (sunscreen wouldn't be a bad idea either)
- 6. Most interesting person you've ever met?** My friends are all interesting.
- 7. Coolest trophy or prize you ever won?** Best non-running related was a painted oar for Honor Camper when I was 11.
- 8. Favorite TV show?** "Desperate Housewives" or "Grey's Anatomy."
- 9. Favorite fast-food joint?** Chick-Fil-A. I love chicken biscuits!
- 10. Who would play you in a movie?** Kristin Davis or Reese Witherspoon.
- 11. Something unique about the town you grew up in?** Courtney Cox is from Birmingham and we went to the same High School.
- 12. If you could play an instrument, what would it be?** I wish I had stuck with the piano.
- 13. Scariest thing that ever happened to you?** Car wreck when I was 18 – luckily it ended up only being a fender-bender.
- 14. Favorite book?** The latest book that I really enjoyed is called "See You in a Hundred Years" by Logan Ward.
- 15. Favorite meal?** A meal from Jinesei, McCormick and Schmick's, or shrimp and grits from Open Door Café.
- 16. Why do you run?** I like being in good shape and I enjoy my running friends.
- 17. When did you start?** Danny Haralson's "Couch to 10K" in August 2006. Bentley Sloan encouraged me to sign up for the program and she came out for runs and ran with me many times! It was great running my first ½ marathon with her less than 6 months after I started in the Colonial Bank parking lot. With Danny's encouraging emails and great training program, I was well prepared for the Mercedes Half in February 2007. Phil Min took me under his wing and gave me so much encouragement in preparing for the full. It was great running the MCM with Phil!
- 18. What's your biggest running accomplishment?** My first full marathon which was the 2007 Marine Corps Marathon in Washington, D.C.
- 19. Favorite BTC story?** Favorite memories include post race parties at the Boutwell, training with Meredith's marathoners, traveling to Washington D.C. for Marine Corps Marathon, a baby shower that turned into a dance/karaoke party, Wednesday nights, and recognizing many friends and family cheering us on during Mercedes 2007. Another fun memory took place on a Wednesday night when I looked at the people around me and realized that I was running with Geoff Gottlieb and some other fast runners. Many of them were probably taking it easy that night, but it was a thrill to keep up with them for the 5 mile route!
- 20. Words to live by or favorite running mantra?** Carpe Diem

Phil Min

Age: 53

Status: Married

Hometown:
Cleveland, Ohio



- 1. Last movie you liked so much, you watched it twice?** "32 Short Films About Glenn Gould," which highlighted the different aspects of the life, work, and character of the acclaimed Canadian classical pianist.
- 2. Name one guilty pleasure?** Coffee
- 3. Favorite place on earth?** The beach
- 4. Worst place on earth?** Between Mile 10 and 11 of the Tupelo Marathon....I just never have liked that place for some reason...
- 5. One item you would want with you on a desert island?** The internet (like the new commercial)
- 6. Most interesting person you've ever met?** My wife, Leigh Ann
- 7. Coolest trophy or prize you ever won?** Medal from "Make it By Midnight Marathon"...it's a Taekwondo medal!
- 8. Favorite TV show?** "Intervention"
- 9. Favorite fast-food joint?** Whattaburger
- 10. Who would play you in a movie?** Jackie Chan
- 11. Something unique about the town you grew up in?** Rockwood, Tennessee. It is the home of a Rhodes Scholar (my sister).
- 12. If you could play an instrument, what would it be?** Bagpipes!
- 13. Scariest thing that ever happened to you?** Realizing that I can be a positive influence in the lives of my students
- 14. Favorite book?** "The Walking Drum" by Louis L'Amour ...not profound, but fun!
- 15. Favorite meal?** Loaded Baked Potato
- 16. Why do you run?** If I had to think about a serious reason, I would probably quit!
- 17. When did you start?** Spring of 2000...I was working on my dissertation.
- 18. What's your biggest running accomplishment?** Doing my first 5K after returning to running in March of 2000.
- 19. Favorite BTC story?** Running with Meredith Farrell at the Auburn Classic after she had only 2 hours of sleep. Talk about grouchy!
- 20. Words to live by or favorite running mantra?** Inch by inch, life's a cinch!

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To beat the heat, learn to **SWEAT IT OUT**

— By Gina Kolata, *New York Times*

You already know that if you exercise outside on hot and humid days, you should drink plenty of water. And you are probably well aware of the risk of heat stroke given the countless reports about the warning signs.

But if you're going to be out exercising anyway, you may have different questions: How long does it take to acclimate to the heat and humidity, and what is the best way to do it? How much does your performance time slow when it is sweltering and humid, and why? Does it help to douse your head with water?

Should you go out in the morning, when it is cooler but the relative humidity is higher, or at night, when it tends to be hotter but less humid?

The answers, some exercise physiologists say, are not always what you might expect.

There is no question that heat can take a toll on performance. Look, for example, at results from races on the second weekend in June, when a heat wave gripped the Northeast.

On June 7, over 4,000 women ran the New York Mini 10-K race in Central Park. When the race began at 9 a.m., it was 71 degrees and the humidity was 78 percent. The winning time, 32 minutes 43 seconds, by Hilda Kibet, was the slowest in a decade.

"From the beginning, my legs were not really moving," Ms. Kibet told *The New York Times*.

That same day in similar weather and humidity, in Cambridge, Md., nearly 1,400 athletes raced in the Eagle Man Half Ironman — a 1.2-mile swim, a 56-mile bike ride, and a 13.1-mile run. Among them was Amy Roth, 32, the director of corporate partnerships at the Whitney Museum in Manhattan. She had trained hard, but the run, in particular, was difficult in the intense heat.

"I felt like I was dragging along but I couldn't move any faster," Ms. Roth said.

Still, she ran at a mile pace of 8:07.

"There were very fast people, very good athletes, who were walking, who just couldn't do it," she said.

Afterward, some posted comments, agonizing over their sluggish times, on Slowtwitch.com. "You could see the neuroses: 'Oh, my God, am I getting slower? What does this mean?'" Ms. Roth said.

The next day, 190 professional cyclists started the Philadelphia International Championship, a 156-mile race. It was 79 degrees at 9 a.m. start, and 94 degrees when the last cyclist finished in mid-afternoon. About half of the competitors dropped out. The winning time, 6:14:47, by Matti Breschel of Team CSC, based in the Netherlands, was nearly a half hour slower than last year's time, when it was cooler and drier.

One reason performance declines on sultry, humid days is that working muscles have to compete with the skin for blood. Directing more blood to the skin removes body heat and helps keep your body's temperature from rising to dangerous levels. But that can mean less blood reaches muscles.



PHOTOS BY FILIP KWIATKOWSKI (NEW YORK TIMES)

At the same time, when your body becomes hotter, muscle enzymes speed up, burning glycogen more rapidly, depleting stores of the sugar that the muscles use for fuel.

Until now, most studies of the effects of heat on performance used treadmills or stationary bikes. If the subjects simulated a 5-kilometer road race lasting 15 to 20 minutes, their times would be 10 percent slower at 100 degrees than at 70 degrees. The longer the subjects ran, the more the performance declined.

One concern is that studies with treadmills may not accurately reflect what happens outside on a scorching day. With no wind indoors, for example, sweat will not evaporate as effectively.

Scott Montain and Matthew R. Ely, researchers at the United States Army Research Institute of Environmental Medicine in Natick, Mass., analyzed real-world data from seven major marathons, comparing performances over years when temperatures and humidity varied but the race course remained the same. Heat affected slower runners more, probably because they were on the course longer and ran in packs. Warm bodies close together make it harder for one's body heat to dissipate.

An elite runner capable of finishing in less than two and a half hours on a cool day (41 to 50 degrees) would be 2.5 percent slower in warmer climes (68 to 77 degrees.) A three-hour marathoner on a cool day would be slowed by 12 percent in the heat, the researchers reported.

It may seem like a brilliant idea, then, to pour water over your head to cool down. That is what Floyd Landis did during a grueling ride on a hot day in the Alps during the 2006 Tour de France.

And last month, on that balmy Saturday, amateur runners used the same trick, dousing their heads, in an 8-kilometer race in Moorestown, N.J. Town residents also squirted runners with their garden hoses.

It is a useless ploy, said Samuel N. Cheuvront, another researcher at the Army institute. "Sweat must evaporate to provide cooling," he said. "Dripping does not help."

In fact, he added, if you get too wet you risk hydromeliosis, when sweat pores become blocked, which makes you even hotter.

At least most races are held in the morning, when it is usually cooler and more humid, than later in the day, when it is hotter and drier.

Cold and humidity stresses the body less; you

heat up less when it is cooler. Relative humidity may be greater on cool mornings, but what really matters for sweat evaporation is water vapor pressure. And water vapor pressure is lower when the air is cooler, meaning sweat evaporates faster.

Dr. Cheuvront said that if you have to choose between exercising in the morning when it is 60 degrees and 80 percent humidity, or in the evening when it is 90 degrees and 50 percent humidity, choose the morning.

Yet as challenging as heat and humidity are, people can acclimate. Blood volume expands, which reduces the strain on the heart from the increased demand for blood flow to the skin and muscles. And sweating increases — people who are heat adapted sweat sooner and more profusely, allowing their bodies to cool more efficiently.

For example, if you are not acclimated and run for an hour in 98-degree heat, your core temperature may go up to 103 degrees, bordering on the danger zone, said Craig Crandall, who studies heat acclimation at the University of Texas Southwestern Medical Center in Dallas. But if you are acclimated, your temperature might be 101 degrees after an hourlong run, which is well within the safety zone. Acclimation takes at least five days, Dr. Cheuvront found. He first asked participants to walk on a treadmill for 100 minutes in a room that was kept at 100 to 120 degrees.

On Day 1, Dr. Cheuvront said, they usually last 30 to 45 minutes. Then, he added, they will either request to get off the treadmill; collapse; or reach the safety-limit core temperature of 104 degrees, at which point they are stopped. By Day 5, just about everyone lasts 100 minutes.

It is possible to adapt even more. Dr. Cheuvront's subjects continued to improve when they walked on the treadmill in that hot room for five more days.

Some people naturally adapt to heat much more than others. But Dr. Cheuvront said he had never come across a person who did not adapt at all.

The key to acclimation, he said, is to exercise in the heat daily and to be sure you are sweating profusely — wearing extra layers of clothing can help if you are exercising indoors or in cooler weather. Given a choice between spending more time in the heat but exercising less intensely, or less time and exercising more intensely, it is safer to choose to go longer and work less intensely, he said.

Ms. Roth's impression that running was much harder than cycling in the heat was correct, physiologists say. And it is not just because there is more cooling wind when you ride. It is also because you don't cycle upright, so your heart has less of a fight against gravity to pump blood to skin. That is especially true in the heat, when blood vessels in the legs are distended and blood tends to pool in the feet, making the flow of blood up to the head even more difficult.

But no matter how much you train in the heat, it will never be easy, athletes and researchers say. So perhaps the best strategy is to just accept discomfort and slowness.

"Heat is the X factor," Ms. Roth said. "Sometimes you have to just forget it and move on." •

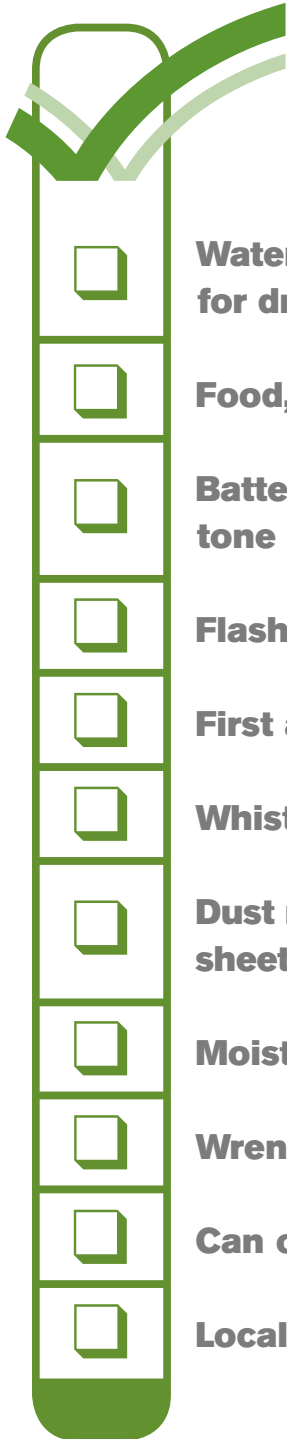
PREPARE. PLAN. STAY INFORMED.

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

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



We would like to take this opportunity to invite you to be a member of the Birmingham Track Club or to renew your existing membership. The Club sponsors or sanctions many local races and keeps members informed of upcoming races, training runs, results, socials, etc. through our monthly newsletter 'THE VULCAN RUNNER'. Additionally, BTC Members receive merchandise discounts at local merchants. It's a great way to meet other runners and stay informed of running events in the area. Again, thanks for your participation and we hope that you will join us as we promote individual and community fitness through running.

PLEASE check one:

☐ **New Member application** ☐ **Renewal** ☐ **Change of Address**

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ ☐ Male ☐ Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

_____ ☐ Male ☐ Female
Last Name First Name M.I. Birth Date

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities, and as a member I assume all risks involved. Therefore I hereby, for myself and anyone entitled to act on my behalf, do waive and release the Birmingham Track Club, Road runners Club of America, USA Track and Field, all sponsors and any others involved from any claims or liabilities arising out of my participation in these activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of such events for any legitimate purpose.

Signature (Parent's signature if under 18 years of age) _____

Date _____

YEARLY MEMBERSHIP (please circle one): **\$25** (single) **\$35** (family)

Send this signed application and check made payable to the BTC to the following address:

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

(205) 879-LEGG btcmembership@gmail.com

You can also join online at
WWW.ACTIVE.COM
(Event I.D. # 1397208)



BTC MILEAGE LOG



2008																																MONTH	
Month/Day	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	GOAL	TOTAL
June																																	
July																																	
August																																	
September																																	
October																																	
November																																	
December																																	
June-Dec. TOTAL																																	

		MONTH																																
		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	GOAL	TOTAL
2009	January																																	
	February																																	
	March																																	
	April																																	
	May																																	
	June																																	
	July																																	
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Jan.-Dec. TOTAL																																		