

VULCAN RUN 10K IS NEAR!

ARTICLE, COURSE MAP &
RACE ENTRY: **PAGES 6-8**

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Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

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

BTC

THE VULCAN RUNNER



VOL. 33

★ **SEPTEMBER/OCTOBER 2009** ★

ISSUE 7



New runner Dawn Kent (45), within blocks of finishing her first 5K, with encouragement from Couch to 5K coach Danny Haralson in blue shorts.

"These days, I still consider myself a beginner, but I've come a long way since May."

COVERING THE DISTANCE

– By Dawn Kent,
Couch to 5K Graduate

When I was preparing to run my first 5K back in June, my best friend said she would definitely be there for support, because, as she put it: "If you're going to run and nothing's chasing you, I'm not going to miss that."

A joke, of course, but not too far from the truth. I had always hated running, going all the way back to the Presidential Fitness Test in elementary school. Cranking out that

mile was not my idea of fun.

Not much changed later in life. I was a take-a-yoga-class-or-walk-on-the-treadmill kind of girl. Running is hard, I thought.

But things started changing last year, when I heard about Danny Haralson's "Couch to 5K" class from several friends who had been through it. I was also looking for a good workout that I could do anytime and anywhere, without having to be at the gym.

And let's face it. What woman doesn't have a pair of so-called skinny jeans hang-

ing in the back of her closet that she always plans to fit into again one day?

So, I was in. I signed up for Danny's class that kicked off in May and went all out. I even bought those brand new running shoes that are way too shiny in the beginning. Yeah, I screamed "newbie."

I could barely run a quarter-mile at first, and about three weeks in, I was having serious doubts about the whole thing. Flashing back to those Presidential Fitness Tests, I

COUCHER <continued on Page 1>



Dawn Kent, after completing 'Race To The Courthouse 5K' and, therefore, graduating from Danny Haralson's "Couch to 5K" running program.

COUCHER

<continued from Page 1>

started to think that maybe I wasn't cut out for this kind of workout.

But I stuck with it, keeping up with our weekly running schedules and meeting for group runs. Some days were tough, and I just had to walk it out. "Cover the distance" became my mantra, while encouragement from Danny, Jerry and the rest of the class went a long way.

And you know what? It did get easier. Somehow, I made it to one mile, then two, and I wondered what happened to the person who couldn't even make it around that office parking lot those first few weeks.

Our class celebrated success at the Race to the Courthouse 5K on June 27. I'm not going to say I flew across the finish line (I'm pretty slow!) but I did make it the entire 3.1 miles, running all the way!

These days, I still consider myself a beginner, but I've come a long way since May. I'm running my second 5K at the end of August, and I'm hoping to do a 10K sometime this fall.

I still think running is hard – very hard on some days – but tackling it has given me a great sense of accomplishment. I sleep better, eat better and all around feel healthier than ever, and I have a great workout that I can do anytime and anywhere.

In fact, on two separate trips this summer to Salem, Oregon, and Amelia Island, Florida, I went running. So I guess you say I've done it from sea to shining sea!

It's also been fun to surprise old friends who knew I was never a runner, and they have all been totally supportive. My best friend, herself a triathlete, has been one of my biggest cheerleaders, waiting for me at the finish line of the 5K and snapping away with her camera.

And by the way, those skinny jeans are no longer hanging in the back of my closet. I get a lot of wear out of them now. •

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

Chair: Johnaca Kelley

btcpres09@gmail.com

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

MEMBERSHIP

Chair: Judy Loo

judy.loo@healthsouth.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.

Executive Meeting Minutes

– Submitted by
Tim O'Brien, Vice President

August Meeting

• Meeting began @ 7:00 p.m.,
8/12/09, at Salsarita's in
Homewood.

IN ATTENDANCE

Johnaca Kelley: President
Tim O'Brien: Vice-President
Debbie Cleghorn: Treasurer
Micki Haralson: Social Chair
Rick Melanson: Road Race Chair
Phil Min: Parliamentarian
Charles Thompson

OFFICER REPORTS

► TREASURER - DEBBIE CLEGHORN:

• Treasurer Report
• Final Statue to Statue numbers.

► SOCIAL CHAIR - MICKI HARALSON:

Run For Wishes logistics:
• Sponsors, donations, radio spots,
and course planning.

Upcoming Social Runs:

• Historic Gables, September Trak
Shak Trek in Trussville and October
Costume run at Cosmo's in 5 Points.

Other:

• Possible interest by local radio sta-
tion to put on a race. More informa-
tion will follow.

► ROAD RACE - RICK MELANSON:

• Discussed Fat Danny Trail Run
logistics
• New Village to Village 10k on
existing certified course to come in
December

► PRESIDENT - JOHNACA KELLEY:

• Discussion of Skirt Chaser Race
and what would be expected of BTC
if we decided to participate.

• Idea of Time Prediction Race

Ruffner Trail:

Readdressing with Executive Com-
mittee to bring to next month's
meeting some concrete ideas to
discuss and develop a time table

Website Update:

Still a couple challenges, but are very
close to have it up and running.
• There were no items that needed to
be voted on

Meeting adjourned at 7:54 p.m.

2009 Officers



President

Johnaca Kelley
btcpres09@gmail.com
(205) 540-1372



Vice President

Tim O'Brien
timoalabama@aol.com
(205) 612-8780



Secretary

Brad Clay
bradclay@aol.com



Treasurer

Debbie Cleghorn
Dwcleg@live.com



Past President

Mark Baggett
btcpresident07@gmail.com
(205) 422-7055

BTC Committees

Build A Better Club	Susan McCullum	babcb@birminghamtrackclub.com	(205) 368-5058
Historian	Arthur Black	historian@birminghamtrackclub.com	(205) 822-1993
Marathon Coach	Al DiMicco	262coach@birminghamtrackclub.com	(205) 822-0499
Marketing	Micki Haralson	marketing@birminghamtrackclub.com	(205) 972-1258
Masters Events	Frank Newland	mastersevent1@birminghamtrackclub.com	(205) 271-7553
Medical	Jack Hasson		(205) 870-1864
Media Relations	Tim O'Brien	timoalabama@aol.com	(205) 612-8780
Membership	Judy Loo	btcmembership@gmail.com	(205) 612-4335
Merchandise	Johnaca Kelley	btcpres09@gmail.com	(205) 540-1372
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Parliamentarian	Phil Min	pemin@mac.com	(205) 849-6840
Club Photographer	Duvergne Duffee	photos@birminghamtrackclub.com	
Road Race Chair	Rick Melanson	rrc@birminghamtrackclub.com	(205) 979-1731
Social Chair	Micki Haralson	mickiharalson@gmail.com	(205) 972-1258
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Webmaster	Chuck Self	webmaster@birminghamtrackclub.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):



www.birminghamtrackclub.com/vulcan-runner-newsletter

REDESIGN OF BTC WEBSITE LAUNCHED

Visit www.BirminghamTrackClub.com



"Come check out the new website, and know that even more improvements to it are on the way in the near future."

– Johnaca Kelley, BTC President



Home Beginners Training Calendar Results About the BTC Racing Info Photos Store News Contact

Danny's Heroes - August 29, 2009




☆☆☆☆ August 29, 2009 ☆☆☆☆

New BTC RACE. 9:00AM at Alabama Adventure Theme Park in Bessemer. All entrants get free day pass to park. Online registration at www.runforwishes.com

recent news

Safety Alert
Danny's Heroes - August 29, 2009

current newsletter






benefits of membership
join now

join the BTC

group runs
pace tools
how far did I go?

tools for runners


stay connected










BTC EMAIL

Sign up for BTC run/race info. via email by clicking on envelope

MEMBERSHIPS



SPONSORS




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

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Developed by 



September/October BTC President's Message

– Johnaca Kelley

This Spring I reached the point where I felt like I should buy new running shoes. Honestly, I had not logged too much running mileage over the Winter in that pair of shoes. But, I had used them for the indoor exercise activities I maintained more regularly. (Winter is a very hard season for my asthma as it relates to outdoor running, and I just cannot commit to a treadmill - Boring!) SO YEAH, Danny's voice was also there in my head saying don't use your "running shoes" for other sports or even walking. Off I went to purchase shoes and get back into running outdoors. I found a very nice pair of Saucony shoes. After the first time I ran in them, I realized what a mistake the previous pair of shoes had been, even though they too were Saucony. Believe me, the wrong pair of running shoes will cause you to not run. Winter is tough for me, but sure there were mild days this past Winter too. And I am standing there after this victorious run and the Rocky style fists in the air finale up a set of stairs, thinking "You Dolt!" I should have bought new shoes as soon as I realized the other pair was not up to my expectations. Even though the bite to my pocket book would have been difficult, I cannot put a price on feeling happy and healthy. Plus, I could have donated those shoes to charity while they were still very new. The more years I do this, surely I am more likely to occasionally buy a pair that end up wrong for me. I tend to perform better in lightweight



shoes more geared toward cushion. But just like their owners, all feet are unique. So if you are struggling with your feet due to running; your shoes may be the problem. Here are some helpful guidelines:

PICKING A RUNNING SHOE (PER RRCA GUIDELINES):

- Choose a shoe that is made specifically for running
- Purchase your shoe from a running specialty retailer where knowledgeable staff ensures you get the right shoes for your feet and running style.
- Try on several different brands. What works for your friend or significant other might not work for you.
- Test run the shoe at the store and compare them with other brands.
- Don't pick a shoe based on the color; pick the shoe based on the fit.

I would add to this that normally you need to go up at least a half to whole size higher in your running shoes as opposed to your everyday shoes. For example I wear a 7.5, but for running I wear a 8.5. Due to the extra room, my feet are allowed to expand as heat increases during running.

I know many club members are already familiar with these guidelines, but I hope I have pointed out that even a well coached runner can still goof. So perhaps reminders for seasoned runners are as important as initial advice for beginners. •

"Gotta be the shoes!" — Spike Lee for Nike

btcpres09@gmail.com

BTC 3rd Annual

Halloween Social Run

Saturday, October 31st @ 11:00 a.m.

This fun run begins and ends at Cosmo's Pizza across from 5pts. Fountain. Run 2-3 miles and play a game during the run. Game prizes will be \$ off coupons that can be used toward any purchase at Cosmo's Pizza directly after the run. All who run are guaranteed at least one coupon for participating. Game will be explained before run begins. Cosmo's Pizza will offer delicious Brunch items along with their usual menu that day. This social is open to both BTC members and non-members, so invite your friends along.

Wear a costume for the Costume Contest and win BTC merchandise. BTC Merchandise will also be available for purchase at discount prices. *New BTC members and those renewing their membership will receive a FREE BTC merchandise item.*

Register for Vulcan Run 10K! Those that do after the social run will also receive a secret surprise.

If you would like to volunteer to help with this event or have questions, please email Johnaca: btcpres09@gmail.com



Fall in love with **VULCAN RUN 10K** this season!

– By Johnaca Kelley

My first 10K ever was Vulcan Run and I fell in love with the race. I started running with Danny Haralson's Couch to 5K program. I ran my first 5K at Barber Motor Sport the year Race for the Cure was held there. I remember thinking after the race, which was more like Race for the Potty after standing at the starting line for so long due to the race delay, that I was already half way to the 10K. I told several of my fellow couchers who were concerned about continuing on to Vulcan Run 10K the next month, that we only had to run like we did that

day - twice. The feeling was so good, we could have run the 5K twice already. And the majority of our group did continue on to run in Vulcan Run 10K. If not for that race, I seriously doubt I would be your club president now. But more important than that, I learned a true love for the sport of running and sharing that love became a commitment for me. Something so simple as a 10K made a huge impact on my life for the better. And I truly hope I am not alone and even more runners will receive their own little piece of joy from Vulcan Run this year.

So what would make this



Coach Danny Haralson, front, poses with his 'Coucher' group, before they ran their 10K graduation race at VULCAN last year in Linn Park.

race so special? Well, it is the perfect time of year in Birmingham, Alabama for a race. The weather traditionally co-operates with sunny skies and

a mild temperature, maybe a light breeze. The course is a beautiful tour of downtown to Highland Avenue and back to Linn Park. This race benefits Vulcan Park, the YMCA's Strong Kids Campaign and the BTC. So just by registering for the race you can support your club, along with a Magic City historic landmark and the future of Birmingham. Wow, what more do you need to motivate you?

This year the race will even use Dchip technology for timing. Another change is that packet pick-up will take place at Homewood's SoHo Plaza outside the Homewood Courthouse on Thursday, November 5th from 10am until 6pm, and Friday, November 6th from 10am until 6pm. On race day you can register and/or pick up your packet from 6:30am until 7:30am at Boutwell Auditorium. Some of the sponsors this year are Yogurt Mountain, Brannon



Club President Johnaca Kelley, left, and Jenny Craton sell BTC merchandise inside Boutwell Auditorium at last year's VULCAN RUN.

VULCAN

<continued on Page 7>

VULCAN <continued from Page 6>

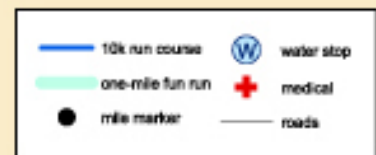
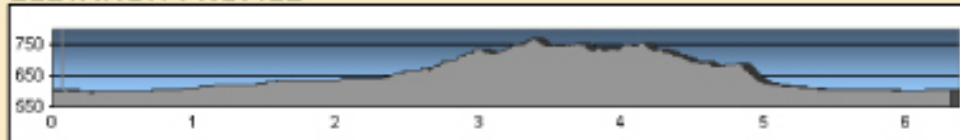
Honda, City of Birmingham, Narrow Gate Solutions and CBS 42. Racers can register until Thursday, November 5th, online through Active.com and the link is on the new and improved Vulcan Run website: www.vulcanrun.com. The race begins at 8am on Saturday, November 7th at Boutwell Auditorium, 1930 8th Avenue

North.

Also offered this year is registration for the Magic City Mile, which will start at 9:30am on race day. This is a great run for the kids and all finishers receive an award. Awards for the 10K will be issued at the after party inside Boutwell Auditorium where food, beverages and merchandise will be available. Live music will also en-

sure a true party atmosphere.

Volunteers are in high demand again this year. Many of the volunteers can still run the race as well. If you would like to volunteer to help, contact race director Danny Haralson danny@rununiversity.com, Cathy Colburn catherinecolburn@gmail.com or Johnaca Kelley btcpres09@gmail.com.

**ELEVATION PROFILE**



SATURDAY, NOVEMBER 7, 2009
BIRMINGHAM, ALABAMA

VULCAN RUN

RACE ENTRY



www.mountainhighdesigns.com

Presents:

VULCAN RUN, November 7, 2009

Individual Entry: 10K Individual _____ Magic City Mile _____

For Official Use Only:

Bib #: _____

Amount Received: \$ _____

Check #: _____

Last Name:

First Name:

Address:

City:

State:

Zip:

E-Mail:

Sex: M

F

Phone:

Age:

Date of Birth:

Are you a Birmingham Track Club Member:

Yes

No

Would you like a membership application mailed to you:

Yes

No

T-shirt Size:

YL

S

M

L

XL

XXL

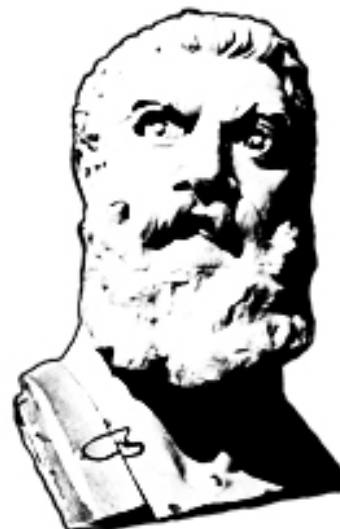
(\$2 extra for XXL t-shirt)

Entry Fee enclosed:

Postmarked by August 31 \$25.00 _____
Postmarked by October 31 \$30.00 _____
Race Day Registration \$35.00 _____

Magic City Mile:

Individual \$12.00 _____
XXL T-shirt \$ 2.00 _____



Online registration at www.active.com through 11:00 p.m. Nov. 6th
Registration and Packet pick-up at SOHO Square in Homewood
1903 29th Ave South 35209
Thursday 11/5 and Friday 11/6 10:00 a.m. – 6:00 p.m.
Saturday morning 6:00 a.m. Boutwell Auditorium.
Entry fee is non-refundable and non-transferable.
Do not mail after October 31st.

Please pay amount by check or money order in US funds to Vulcan Run and mail to:

Vulcan Run
P.O. Box 59349
Birmingham, AL 35259

WWW.VULCANRUN.COM

Vulcan Run reserves the right to refuse any registration.

Date: _____

(Signature of applicant (or Parent/Guardian if under age 18))

**Teddy Bear
Land**



Teddy Bear Land, Inc.
presents the

TWENTY-FIRST ANNUAL

NORTH JEFFERSON CHARITY 8K RUN

USATF/RRTC Certified 8K Course (#AL 91027 JD)
AND ONE MILE "FUN RUN/WALK"
To Feed Needy Families in the North Jefferson County

THE NORTH JEFFERSON NEWS

**GARDENDALE
CHIROPRACTIC
CENTER P.C.**

James F. Fox, D.



DATE: Saturday, **OCTOBER 17, 2009**

LOCATION: Start and finish lines are in the Gardendale K-Mart Parking Lot, 901 Decatur Highway North (Old Highway 31). From Birmingham, take the Fieldstown Road Exit # 271 from I-65 North, turn right (east) and go four blocks to Decatur Highway and K-Mart.

TIME: Race Day Registration is 6:30 to 7:15 AM. The 8K Run begins promptly at 7:30 AM; the One-Mile Run/Walk begins at 8:30 AM.

ENTRY FEE: (Pre-registration and Race Day): All fees are fully tax deductible (Tax #63-1094688). Pre-registration fees (Postmarked by October 14, 2009) are \$12500 for the 8K Run and \$12.00 for the One Mile Run/Walk. Race Day fees are \$20.00 for the 8K Run and \$15.00 for the One Mile Run/Walk. An Official Entry Form or a photocopy must be used for each race. Proceeds go to feed needy families in North Jefferson County.

COURSE INFORMATION: The 8K Course is flat and fast (*nineteen state age group 8 K records have been set here*). The route is clearly marked and on well-paved surfaces. Split times are given for each mile. A water station is located at the mid point. Water, soft drinks, fresh fruit, and restrooms are available at the start/finish lines. The Gardendale Police Department handles traffic control. These races are sanctioned by the Birmingham Track Club.

AGE DIVISIONS—8K:

Male: 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Female: 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

AGE DIVISIONS—ONE MILE FUN RUN/WALK:

Children: 0-4, 5-7, 8-10, 11-13 ** Children under seven in either race *must* be accompanied by an adult.

AWARDS: T-shirts will be given to the first 200 registrants. All registrants will qualify for the drawing for special prizes. **YOU MUST BE PRESENT TO WIN THESE PRIZES.**

8K Run: Overall, Masters, and Grandmasters (50+) awards will be presented to the first place male and female finishers. First, second, and third place male and female finishers within each age division will also receive trophies. Overall, Masters, and Grandmasters trophy winners are not eligible for age division awards.

One-Mile Fun Run/Walk: This event is open to all runners and walkers of all ages. All finishers will receive a ribbon. First, second, and third Overall winners, of all ages, registered in the One-Mile Run/Walk, will receive trophies. A medal will be awarded to the male and female winner of each child's age division. Overall trophy winners are not eligible to receive age division medals.

INFORMATION: Race Director: Ken Friedrich 631-8768
Co-Director: Mike Renda 616-7548

ENTRY FORM—PLEASE PRINT

Last Name _____ First Name _____
Address _____
Zip _____ City _____ State _____ Sex _____
Date of Birth _____ Age (as of Oct 17, 2009) _____
T-ShirtAdult sizes Small _____ Med _____ Large _____ X-Large _____
Telephone _____ B'ham Track Club Member? YES ___ NO ___
Race Participation 8K _____ One-Mile _____
MAKE CHECK PAYABLE AND MAIL TO: North Jefferson Charity Run
c/o Ken Friedrich, Race Director
6820 Sunset Drive
Gardendale, AL 35071

WAIVER AND RELEASE (Please read and Sign): I certify that I have decided to participate in the North Jefferson Charity Run with full knowledge that being physically fit and sufficiently trained is necessary to prevent any injury to myself. In consideration of acceptance of my entry, I, for myself, my heirs, devisees, executor, administrators, and assignees hereby waive, release, and discharge any and all claims against the North Jefferson Charity Run Committee, Pepsi, Gardendale K-Mart, the Gardendale Police Department, the City of Gardendale, the Birmingham Track Club, etc. and all sponsors, named and unnamed, arising out of participation in the North Jefferson Charity Run. The Releaser further agrees to abide by all decisions made by the Race Committee, regarding rules and eligibility.

Applicant Signature _____

Parent/Guardian Signature if under 18 _____

Date _____

**The
OutHouse**



Magic City Sportswear
3131 4th Ave. S., Birmingham



City Council
Police Department
Park & Recreation

**Steve Horton
Plumbing**

**Harbison
Lock and Key**

**The Awards
Palace**





Southlake Orthopaedics

Sports Medicine & Spine Center, P.C.

Board Certified Orthopaedics

Michael T. Ellerbusch, M.D.

Sports Medicine & Rehabilitation, Board Certified

William D. Krauss, D.O.

Fellowship Trained in the Foot & Ankle

William P. Bryant, M.D. († 2006)

C.J. Talbert, M.D.

Michael F. Blum, M.D.

Ekkehard Bonatz, M.D.

Brookwood Medical Plaza
513 Brookwood Blvd. Suite 402
Birmingham, AL 35209
(205) 503-4060

MedPlex Medical Building
4517 Southlake Pkwy. Suite 202
Birmingham, AL 35244
(205) 985-4111

Inverness Center
One Inverness Pkwy. Suite 204
Birmingham, AL 35242
(205) 503-5544

07/10

INTERESTED IN HASHING?

Need a new twist in your running routine and training? Consider Hashing!

– By Victor Zirkelbach

Hashing combines running trail, hare hunting, and most importantly socialization. There is a 3-5 mile jog/run led by “the Hare,” who is trailed by “the Pack.” The trail run is followed by “The Circle” to recap the run. Unlike normal road races, awards in the Circle are beer or another beverage of your choice and the pack regales you with a song! The Circle is generally followed by social time of dining, drinks and socializing. Hashes are held in various locations. Hares can be as creative as they like in “laying the trail,” the object being to keep the pack from catching him or her!

Vulcan Hash House Harriers hash weekly on Tuesday evenings and Magic City Hash House Harriers hash whenever the mood strikes.

There are a couple of annual **Magic City Hash** runs that are more of a “pub crawl” theme. These are the **RED DRESS RUN** held close to Valentine’s day and the **HALLOWEEN HASH** where costumes are encouraged.

Vulcan Hash House Harriers (a.k.a. Vulcan H3) occasionally have a few special events that involve longer and more challenging trails in places like Mount Cheaha and Oak Mountain which take place on weekends, not Tuesday nights.

Birmingham is fortunate to have 2 active Hash Groups that work together to provide fun and entertaining hash runs and socials on a regular basis.

Weekly ‘meetings’ are on Thursday evenings at LaPaz in Crestline Village from 7 p.m. until whenever. This is termed our ‘mismangement’ meetings since we occasionally may discuss hash business while we dine and drink. **ALL RUNNERS ARE WELCOMED!**

**For more info. on Birmingham hashing visit:
www.vulcanh3.com or www.mch3.com**

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

www.birminghamtrackclub.com

www.mymch3.com/birminghamtrackclub

BTC

THE VULCAN RUNNER

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The little-known world of

– Submitted by Shacey Gordon

Hashing for me, started back in the days before the internet... when word of mouth was the only way one found out about hashing. At that time and to some extent today, it has the air of something just slightly underground and subversive. This appealed to me then and still does.

I was in the US Air Force at the time, and ran regularly with several buddies. One day one of them, knowing I like to run, asked me if I liked to drink beer. In such a casual, offhand way. “Why yes, of course I do!” I replied from my mouth. “Good!” he said, “since we’ll do a little running AND beer drinking.”

I agreed we’d go run 4 or 5 miles then meet at a pub somewhere for a beer. That was the case. Well, not right away. We met and I got to his car and we drove to some sort of the way parking lot somewhere that was not attached to any pub that I could see. A few folks that “looked like” runners, or at least dressed like runners, had already gathered. Then I realized I recognized a few of them. In fact, some were officers from my squadron, and a few other folks I worked with. I hardly recognized them. “Out of uniform and out of character!” I also noticed they were already drinking beer, albeit discreetly in paper cups. I found this a bit disturbing at the time (OH MY how times have changed!) and couldn’t imagine STARTING a run after a beer or two. I thought these folks were crazy. That I, I discovered, I was too.

HASHING – continued on Page 2

WHAT IS HASHING?

Basically hashing is a form of non-competitive cross-country running with the main objective of working up a decent thirst. Great emphasis is placed on the social aspect at the end of the “hare-chase”.

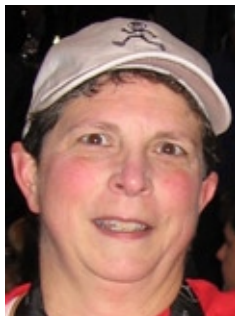
Hashing is a fun activity and not to be taken at all seriously and can appeal to all levels of runners.

Hashing was the lead story in the Sept./Oct. 2007 issue of ‘The Vulcan Runner’. Visit link to download the FREE .pdf file:
birminghamtrackclub.com/vulcan-runner-newsletter

The View from the BACK OF THE PACK

— By Michele Parr

My Independence Day started with ... an air horn. Yep, an air horn. I was in Tampa to attend a fellow BTC member's wedding and took advantage of the trip to visit with my cousin. Her partner knew I was training and would need to run, so she suggested we sign up for the Kiwanis Midnight Run. Since Danny put a question mark beside the 10 miler he put on my schedule for that week's long run, I figured that meant 10K would be close enough. I've run in Tampa before. It was going to be hot and humid. Midnight seemed as good a time of day to run as any. I was in.



Because I'd never run late at night, this race posed some challenges. When and what should I eat? How much of a nap should I take and when? What on earth could I do to occupy the hours between dinner and race time? You've got to understand. I don't see midnight on New Year's Eve. Besides, it was a Friday night. I'm usually in bed by 9:30 in preparation for long run Saturday morning. This was all uncharted territory. (For the record, a full dinner at 8:00 is not a good choice unless you enjoy raging indigestion for 6.2 miles, a two hour nap after lunch is just right, and a little bit of TV followed by

early arrival at packet pick-up helps with parking but can be a bit boring.)

The event offers three races, a one mile, a 5K, and a 10K. The races are run sequentially, making it possible for racers to run all three. Those of you doing the math know that I could have done my scheduled 10 by running them all. I wasn't going to get that carried away.

If you've ever participated in a race with multiple distances, you know how hard it can be to do right. These guys have it down to a science. They've been doing it for 30 years and have definitely figured it out. You run them sequentially, you let the last finisher complete the course before starting the next race, and you make sure the runners have a clear path. The finish for this one requires racers to make a left turn from the road into a shopping center parking lot. Exceptional traffic control kept the crowd gathering for the 5K from blocking the progress of the milers. Likewise, the back of the pack 5K runners had a clear path through the turn to the finish.

After watching the earlier races and waiting for my turn for what seemed like forever, finally it was time for the 10K. I lined up at the back with my friend who insisted she was going to run/walk the distance. Usually I don't hear the signal that starts the race, but that air horn couldn't be missed. We were off. Early on we hit the first "hill," a short bridge, where I found myself smiling as I passed runners unaccustomed to such elevation. My running buddy left

me behind at first; then I overtook her on her walk break only to be passed once she started running again before I finally forged ahead for good.

The route runs across the Dunedin Causeway to Honeymoon Island State Park with the roadway completely closed to vehicular traffic for the duration. At the top of the second of the three bridges, I savored the cross breeze and the moonlight reflecting off the bay. As I entered the park heading to the turn-around, I heard a chorus of frogs. Add in the water jug luminaries lining both sides of the road and you get the most peaceful route I've ever run.

Volunteer support was unmatched by anything I've ever encountered, but I was even more impressed by the runner support. When I made it back in just over 1:15 (I keep telling you I'm slow), looking like I'd jumped in the bay, racers who had finished were lining the home stretch cheering for each runner who passed by. They were still there, still cheering, when I made my way back to find my buddy after turning in my chip and grabbing some Gatorade. My run/walk friend finished just five minutes behind me to take 14th in our age group to my 13th (of 15) and place 401 to my 385 (of 419).

All in all, this was a great way to get my run in during a busy weekend trip. Sure, I was up past 2:00 a.m., but it beat getting up at 5:00 to try to beat the heat. •

micheleparr@mindspring.com

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SAFETY ALERT

– Johnaca Kelley, BTC President

Prominent BTC Coach and Race Director, Danny Haralson, was the victim of a hit and run recently, while training on his bicycle. Danny is OK! He is banged up and has a few cracked ribs. But this event could have easily turned out much worse. ANYONE riding or running on Lakeshore at Wildwood should find another route or be EXTREMELY careful, riding or running in a group of more than 4 for safety's sake. PLEASE consider routes that are specifically designated for riding or running as primary for your training. Let's face it, between motorist that just do not want us on the road at all and the ones not paying attention because they are on their cell phones, statistically the odds are against us having a safe ride or run on busy roads. There have been 3 major incidents on Lakeshore since 2000 resulting in 2 deaths, and several serious injuries - Carol Johnson is one of them, (who at one time had a BTC Race named after her). All happened in the mornings and typically Sunday. - according to former BTC

President Trish Portuese.

Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wearing white is not as good as wearing neon, fluorescent, or other bright colors when riding or running day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you. Wear a Road ID or similar product (<http://www.roadid.com/common/id.aspx>) is highly recommended by the BTC as well. If you do not have one, at least take your driver's license with you. Also, try to be predictable in your movement. Stay in a straight line and on a straight path as much as possible. If you are riding, wear a helmet. Danny had one on and it is now cracked all the way across! That helmet saved him from having a severe head trauma. Pass this information on to not only your riding and running friends, but anyone that drives. We need to make drivers aware that we are out there and appreciate them being considerate of us. And we need to be safety minded and considerate of them as well. •

Birmingham Track Club 2009 CALENDAR RUNS • EVENTS • SOCIALS

More info: mickiharalson@gmail.com

Online: birminghamtrackclub.com/cal

JANUARY

- 1st **Resolution Run** (Birmingham)
- 24th **BTC Annual Party** (Vestavia)
- 7th **Adam's Heart Runs** (Oak Mtn. State Park)
- 23rd **Fat MONDAY Run** (Trussville)

MARCH

- 7th **Knights of Columbus Run** (Crestline Village)
- 14th **Perseverance 5K Run** – (Homewood)
- 16th **St. Patrick's Eve Run**, (Lakeview District)

APRIL

- 1st **April Fools Spring Potluck** (Homewood)
- 4th **High Country 5K Run** (Hoover)
- 16th **"Taxes are done." Run** (Liberty Park)
- 18th **Statue2Statue 15K** (Homewood to Vestavia)

MAY

- 4th **Quattro de Mayo** (Colonnade)
- 16th **Zoo Run** (Birmingham)

JUNE

- 6th **BTC Track & Field Classic** (Hoover)
- 16th **Stampede Preview Social Run** (Fultondale)

JULY

- 4th **Peavine Falls Run** (Oak Mtn. State Park)
- 14th **Pelham Pace Preview Run** (Pelham)

AUGUST

- 15th **Fat Danny's Trial by Trail** (Oak Mtn. State Park)
- 18th **Back to School UAB Run** (Birmingham)
- 29th **Run for Wishes** (Ala. Adventure Theme Park)

SEPTEMBER

- 17th **Trak Shak Trek Run** (Trussville)

OCTOBER

- 3rd **Hueytown 5K/10K** (Hueytown)
- 31st **Annual Halloween Costume Run**
See Page 5 for info. (Cosmo's Pizza, Birmingham)

NOVEMBER

- 7th **Vulcan Run 10K** (Birmingham)
- 14th **North Jefferson Charity Run** (Gardendale)
- 24th **Burn 'em before You eat 'em Montclair Run** (Birmingham)

DECEMBER

- 20th **End of the Year Run** (Oak Mtn. State Park)
- 22nd **Christmas Light Tour Run** (Birmingham)

Race/Event Calendar (Oct. thru Nov. 2009)

– Compiled by Rick Melanson

Email: rrc@birminghamtrackclub.com

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

OCTOBER 3

Hueytown 5K/10K

– Hueytown, AL, 8:00 a.m.
10K is USATF CERTIFIED COURSE.
Starts and ends at Hueytown Elementary School on 112 Forest Ave.
Info: Phil Robertson (491-8039)

OCTOBER 7

BTC Executive Meeting

– Homewood, AL, 7:00 p.m.
Salsarita's in SOHO square.

OCTOBER 10

Fleet Feet Monte Sano 15K & 1 Mile Run

– Huntsville, AL
Info: Mike O'Melia – 256-361-3633.

1 Mile River Bottom Burnout

– Florence, AL
USATF CERTIFIED COURSE. RRCA State One Mile Championship.
Info: Gary House (256-710-6122)

OCTOBER 11

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Contact Brent Cotton for location.
Info: (205) 447-9223

OCTOBER 17

North Jefferson Charity Run 8K & 1 Mile Fun Run

– Gardendale, AL, 7:30 a.m.
K-Mart on Hwy 31. USATF CERTIFIED COURSE – flat and fast – perfect for State Records. Lots of door prizes after the awards.
Info: Joyce or Ken Friedrich (631-8768)

6th Annual Liz Hurley Ribbon Run

– Huntsville, AL, 8:00 a.m.
Separate Men's and Women's 5K, downtown Huntsville.
Info: Michele Savage (256-94520)

OCTOBER 24

Run Away From Domestic Violence 8K

– Birmingham, AL, 8:00 a.m.
Hwy. 119, Health and Wellness Ctr (at back entrance to Greystone)
USATF CERTIFIED COURSE.
Info: Mandy Cox (408-6600)

Cross Point 5K & 1 Mile Fun Run

– Argo, AL, 8:00 a.m.
Cross Point Baptist Church (Exit 148 off I-59)
Info: Brian Harris (655-0364)

OCTOBER 31

BTC Halloween Costume Run

– Birmingham, AL, 11:00 a.m.
Cosmo's Pizza, 2-3 miles, costume contest, game prizes for BTC merchandise. **More info. on page 5.**

Trussville Chamber of Commerce Maple Leaf Run 5K & 1 Mile F.R.

– Trussville, AL, 8:00 a.m.
Trussville Chamber next to Hewitt Trussville Middle School. USATF CERTIFIED COURSE.
Info: Dianne Poole (655-7535)

Miles For Smiles 5K

– Birmingham, AL, 8:00 a.m.
Crestline Elementary School. USATF CERTIFIED COURSE.
Info: Steven Strickland (747-0613 or 251-391-7568)

2nd Annual 5K Run & 1 Mile Fun Run/Walk to Benefit Lorie Johnson Foundation

– Birmingham, AL, 9:00 a.m.
Mt. Laurel off Hwy 280. USATF CERTIFIED COURSE.
Web: loriejohnsonfoundation.org
Info: Steve Bishop (365-4911)

NOVEMBER 7

35th Annual Vulcan Run 10K & 1 Mile Fun Run

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

NOVEMBER 8

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Contact Brent Cotton for location – 447-9223

NOVEMBER 14

Vestavia Run For the Hills 5K/10K

– Birmingham, AL, 7:30 a.m.
Wald Park next to Vestavia Hills Park and Recreation.
Info: Steve Ammons (482-2700)

Huntsville Half Marathon & Heroes 5K

– Huntsville, AL, 8:00 a.m.
Hillwood Baptist Church
Info: (256-881-0331)

NOVEMBER 21

4th Annual Iron Bowl 5K

– Hoover, AL, 8:00 a.m.
Hoover High School
Info: Will Choat (862-9457)
Email: hooverkiwanis@hotmail.com

Dizzy Fifties Trail Run 50K/40 Miler & 50 Miler

– Huntsville, AL, 6:30 a.m.
Monte Sano State Park.
Info: Jeff Kyser (256-539-5428)

Dam-Bridge 10,000 Meter Race

– Florence, AL 8:00 a.m.
Shoals Conference Center and Hotel
Info: Todd Allen (256-627-0658)

NOVEMBER 26

LJCC Montclair 10K Run & 1 Mile Fun Run

– Birmingham, AL, 8:30 AM
Levite Jewish Community Ctr. On Montclair Rd. USATF CERTIFIED COURSE.
Info: 879-0411

NOVEMBER 28

"Living Water's For the World 5K" & 1K

– Decatur, AL, 8:00 a.m.
Westminster Presbyterian Church
Info: Jan Elmore (256-351-7426)

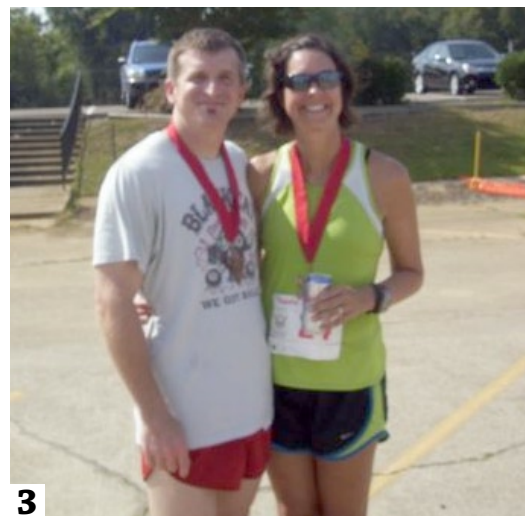
FUTURE (local only)

12-12 – Village to Village Run
12-19 – Meadowbrook 5K Run
12-20 – BTC End-Of-Year Run
01-09 – Red Nose 10 mile & 5K
01-23 – Village to Village 8K
01-30 – Conquer Cancer Run
02-13 – BE&K 5
02-14 – Mercedes Marathon & Half Marathon



Tupelo Marathon SNAPSHOTS

– Photos submitted by Phil Min



1. Pamela Miller
2. Alan Hargraves
3. Matt and Hillary Brennan
4. Catherine Thompson and Micki Haralson
5. Jake, Micki, and Tom Myers
6. Denny and Marie McCay
7. Danny Haralson



Double Trouble

For this issue **Diane Eaton** and **Emily Stein** are taking their turn in the spotlight and are also our first Daughter/Mother comparison.

Diane Eaton Mother

Daughter **Emily Stein**



1. Last movie you liked so much, you watched it twice?
"Mamma Mia!"

2. Name one guilty pleasure? A double scoop of chocolate mocha almond ice cream in waffle cone

3. Favorite place on earth? I loved Denali National Park and all of Alaska, the last great frontier

4. Worst place on earth? Any place where it is hot and there is no air conditioning

5. One item you would want with you on a desert island?
My Bible

6. Most interesting person you've ever met? Elizabeth Elliot

7. Coolest trophy or prize you ever won? I've been a member of some tennis teams who won state but the prizes were not that cool...a glass tennis ball paper weight???

8. Favorite TV show? "Dancing with the Stars"

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

10. Who would play you in a movie? Sandra Dee

11. Something unique about the town you grew up in? Eden, Texas is known as the "Garden of Eden" though it has just a little park in the square of downtown

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

13. Scariest thing that ever happened to you? When a logging truck turned in front of me

14. Favorite book? "Marley and Me"

15. Favorite meal? Steak and baked potato with all the trimmings

16. Why do you run? I like the way it makes me feel - after I stop - and I just enjoy being with all the young people

17. When did you start? In Danny's Couch-2-5k program, the hottest day in August, 2007

18. What's your biggest running accomplishment? My first Half Mercedes Marathon

19. Favorite BTC story? I just love to listen to everyone's stories when we run; it keeps my mind occupied.

20. Words to live by or favorite running mantra? "It doesn't matter how fast you run, just cover the distance"; and "fail to train, train to fail"

1. Last movie you liked so much, you watched it twice?
"The Notebook"

2. Name one guilty pleasure? Starbucks chai tea latte

3. Favorite place on earth? Beach

4. Worst place on earth? This sounds terrible, but I don't enjoy hiking or camping or anything outdoorsy, except running!

5. One item you would want with you on a desert island?
Diet Coke

6. Most interesting person you've ever met? The pastor at my church, Harry Reeder.

7. Coolest trophy or prize you ever won? I never win anything.

8. Favorite TV show? "Jon and Kate plus 8"

9. Favorite fast-food joint? Chic-fil-a

10. Who would play you in a movie? Candace Cameron

11. Something unique about the town you grew up in?

Dothan, AL - it is the peanut capital of the world.

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

13. Scariest thing that ever happened to you? When my daughter had to go to the ER for falling on her head!

14. Favorite book? Anything by Jodi Piccoult

15. Favorite meal? Pizza

16. Why do you run? I run because I love the way I feel after I finish a good run and I love my running friends - they keep me sane!

17. When did you start? May of 2007 - Danny's couch to 5K program

18. What's your biggest running accomplishment? I ran the Mercedes Marathon on February of 2008!

19. Favorite BTC story? I don't really have a favorite story, I just love the running community and anytime someone new moves to town, I always tell them to get involved with the BTC to meet new people. It is such a hospitable and welcoming group!

20. Words to live by or favorite running mantra? "Just cover the distance, it doesn't matter if you have to walk a little, just cover the distance!"

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)

Annual BTC **END-OF-YEAR RUNS**

December 20th, 8:00 a.m.
Oak Mountain State Park

End 2009 on the right foot!

3, 6, or 10 Mile options at the Oak Mtn. State Park. Runs start at lake, 5-7 miles from MAIN entrance. Water and snacks will be provided. Timing clock, no entry fee.

INFO:

Johnaca Kelley, President
btcpres09@gmail.com



Runner's wait for the start of last year's End-Of-The-Year Runs.

PHOTO COURTESY OF GEOFF GOTTLIEB

RUNNING TIDBITS

— Compiled by Tim O'Brien

RUNNING QUOTES

"Life is short... running makes it seem longer." — **Baron Hansen**

"There is the truth about the marathon and very few of you have written the truth. Even if I explain to you, you'll never understand it, you are outside of it." — **Douglas Wakiihuri speaking to journalists**

"Get going. Get up and walk if you have to, but finish the damned race." — **Ron Hill**

"People don't know why we run, but it's the hard work you put into practice, and the reward you get from the race." — **Courtney Parsons**

DID YOU KNOW?

LONGER RACES FOR MARATHON TRAINING IN THE MONTH OF OCTOBER IN ALABAMA

Training for a November or December marathon? There are two half marathons and a 10 mile run all within a couple hours of Birmingham that could be fit into your schedule. You can use the distance as part of a training run, use them to practice your pacing, get your pre-race preparation techniques down and to just enjoy another challenge.

Saturday October 3rd: "HyundaiHalf Marathon in Montgomery" www.montgomeryhalf.com

Saturday October 10th: "10th Annual Tough Ten 10 mile run in Auburn" www.auburnrunning.org

Saturday October 31st: "Life Without Limits Half Marathon" www.lifewithoutlimits.racesonline.com

TREADMILLS VS. OUTDOOR RUNNING

Runners have different opinions about which is better and which is easier. Some people love the treadmill. Others prefer the outdoors no matter the condition. Then there are those who combine the two and make use of what is at their disposal. Here are a couple differences...

- 9 minute pace and slower there really is no difference between the two. If running a faster pace, outdoor running burns more calories than a treadmill. This is due to the fact that outdoors there is wind resistance.
- Running on a treadmill can mimic hill inclines just fine, but they do not have a decline setting allowing your legs to work the different muscles needed.
- Outdoor running...the legs propel the body forward. Treadmill running repositions works on repositioning your legs to keep you stable.
- Treadmills have a constant softer surface to run on while outdoor running can have many more obstacles.

'MANIAC' MIN'S MARATHON REPORT

Hatfield-McCoy Marathon

– By Phil Min, *Marathon Maniac*

The summertime is the traditional time for family get-togethers and reunions. These events see many people traveling hundreds and even thousands of miles to reconnect with the other folks that share a common bond, but only see in person on a very limited basis. The Hatfield-McCoy Marathon is one of these events on a couple of levels. It is the centerpiece of the Hatfield-McCoy Reunion Festival held in Pike County, KY and adjacent Mingo County, WV every June. It also operates as a quirky reunion for marathoners throughout the country who return on a regular basis to run the hills and be treated to some of the finest hospitality anywhere.

I did this marathon several years ago and it has a rather unique quality that really beckoned me to return and enjoy it again. I think people from Birmingham have “discovered” this race and there seem to be several that make the trek to Williamson, WV each year. It is really not a bad drive as there is 4 lane highway every mile of the way from Birmingham to the starting line. However, you pass through some steep climbs and breathtaking views that make you wonder what the drive was like in the days of the narrow two lane roads.

The entry fee is only \$45.00, and you get a lot for your money. There is a complementary pasta feed at a white linen restaurant the night before the race that includes an entertaining skit about the history of the “feud”. You also get an outstanding Bar-B-Que lunch at the finish, along with a large medal, personalized finisher award (in a moonshine jar) and t-shirt. Definitely one of the most afford-

able marathons I have entered this year!

One of the only drawbacks is that there are not a lot of hotel rooms in Williamson, WV, so you must book early to stay there. I (and many others) stayed in Pikeville, KY which is an easy twenty minute drive to the Start Line. No Motel 6 in Pikeville, but I did get very nice accommodations for about the same price range. I arose early on Saturday and followed a line of cars into the starting area at the parking lot of the Food City store in Goody, KY. This is actually a good place to start, as you can get any last minute needs at the store and they are very nice about the cars being parked there for so long. Each marathoner is assigned to either the Hatfield or McCoy clans, with the times being averaged out to decide the winner of the “feud” for that year. This was the tenth anniversary of the race and by far the largest field for the event. Many of them were repeaters and Race Director David Hatfield moved around the runners before the start greeting everyone personally and even remembering many names.

The temperature was about 71 degrees at the start, but it was overcast, foggy and pretty comfortable. At 7 AM we took off out of the parking lot and down US 119 for about a mile, before turning into “another world”. As we made the left off onto a country road, it is literally like a trip back into time. If you have seen the movie “Coal Miner’s Daughter”, this is the type of scenery you will be running through for the next 25 or so miles. You travel through a series of small coal mine camps with unusual names: Hardy, Toler, Buskirk. There is a water stop/aid station EVERY mile of the way, many with

HATFIELD-MCCOY <continued on Page 18>



Phil Min (2nd from left) gathers with fellow 'Maniacs' before the start of the Hatfield McCoy Marathon that runs in Kentucky and West Virginia.

PHOTO COURTESY OF PHIL MIN

HATFIELD-MCCOY <continued from Page 17>

enthusiastic youngsters bring the drinks out in the road to the runners. As the route moves in a river valley most of the way, the course is actually pretty flat. The two exceptions to this however, are climbs that are pretty memorable! The first comes at the six mile point and involves a mile long ascent of Blackberry Mountain. This encompasses a pretty tough grade at times that will really slow you down. After this, there is a gentle 4 mile descent to the Tug River which you cross on your way into Matewan, West Virginia. Matewan was the scene of a massacre involving striking miners and Pinkerton agents. John Sayles made a famous movie of this event in the 1980's. We left the half-marathon runners behind in Matewan and headed back into Kentucky, running north along the winding Tug River. The sun was beginning to peek out from behind the clouds and the temperature and humidity were rising. I had hit the halfway point in 2:19, which I had not think was too bad considering the number of pictures that I had been stopping to take. I could feel myself wanting to slow a little more at times and did not fight the urge. Miles 14-18 is really one of the prettiest parts of the course. You are running along the river on a peaceful and shady country lane. At one point the road runs out, and you are on a dirt "tractor trail". As it had rained buckets during the week, the footing got somewhat dicey, but the trail emptied out onto the Tug Valley Country Club where I ran on a golf cart path. At this point I found myself running with a

Father-Daughter pair of Maniacs from California, and their friend from New Mexico. The golf cart path leads back to the river and a crossing over a "swangin' bridge" back into West Virginia. You then travel on the West Virginia side of the golf course and eventually cross again into Kentucky. At mile 22, you meet the second major hill on the course. It is not as tough as Blackberry Mountain, but comes at a bad time, since it is much hotter and fatigue is a major factor. I found myself "breaking it up" with walk/run. At the top, I came across another Maniac who was struggling and walked most of a mile with him until he got over his "bad patch". We then jogged our way past the town of Aflex (the Christmas decorations were still up on the utility poles!), and crossed the Tug River the final time on the way to the finish line in downtown Williamson. My time of 5:08 was not one of my best, but it was hot and I was glad to be finished with my twelfth marathon of the year. It seems like most of the town is out to greet you at the finish line. There is a car show, live bands, and other events to draw a big crowd in to the area. I think I mentioned that they have a big feed at the end and it is done up in style. Shuttle vans whisk you back to your car at the starting area and you can take a shower at the municipal pool. It is truly a community event and you are made to feel like one of the family. It made me wonder why I had waited so long to return. I highly recommend the Hatfield-McCoy as a great time (if not the fastest). I will bet you can't do just one! •



1. The course is flat in places. 2. A volunteer keeps with the theme of this unique race. 3. "We heered that it's down thataway." 4. Hatfield and McCoy give you a "high five" as you finish. 5. Trophy in a moonshine jar.



BTC MILEAGE LOG



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Jan.-Dec. TOTAL			

Club Merchandise SEPT/OCT **Item Of The Month**

CLUB CAR TAG

**FREE BTC
window
decal with
order!**

**\$4
each**
+ shipping*



VEHICLE TAG DETAILS:

- Plate size is 12 inches wide by 6 inches tall (standard size). Fits most all makes/models.
- Plate is thick white plastic with royal blue logo and print (as pictured)
- Limited quantity available so order while supplies last!
- Orders will be mailed regular post or UPS, depending on quantity ordered.



Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Phone _____ Email Address (print clearly) _____

Quantity Item name

*Please add **\$1.75** shipping per plate.

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

Johnaca E. Kelley, BTC President
c/o EBSCO Creative Concepts
825 5th Avenue South
Birmingham, AL 35233

btcpres09@gmail.com

Offer good till 10/31/09

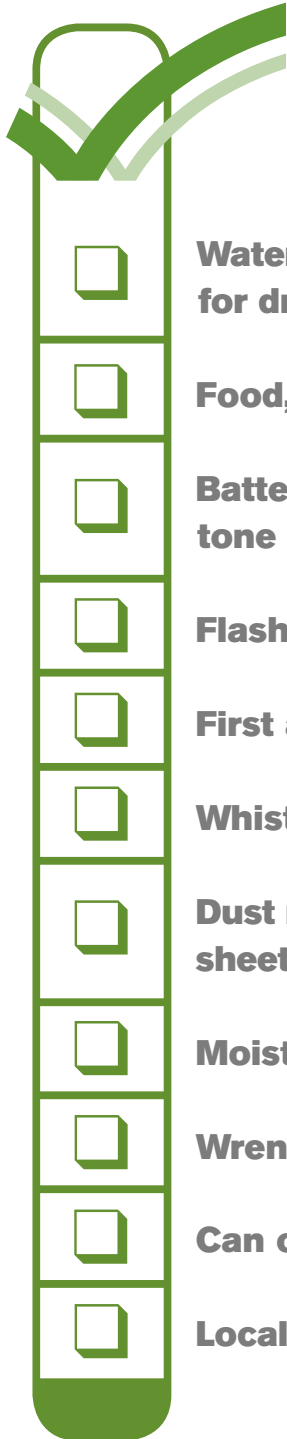
PREPARE. PLAN. STAY INFORMED.

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

Birmingham Track Club

MEMBERSHIP APPLICATION

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



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

PLEASE check one:

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

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ ☐ Male ☐ Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

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

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

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

Date _____

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

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

Birmingham Track Club
P.O. Box 530363 Birmingham, AL 35253
btcmembership@gmail.com

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