



★ BIRMINGHAM TRACK CLUB ★
★ WHERE RUNNERS ARE FORGED ★

THE VULCAN RUNNER



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August 2015

Issue ⑧

Got Plans Saturday? Join the BTC for a Run!

-By Julie Pearce

Long run. Saturday morning, 6 a.m., at Trak Shak. How many of us organize our weekends around a calendar entry similar to that one? Judging by the growing number of participants in the Birmingham Track Club's long and moderate distance runs, quite a few! And that's not surprising, really – running with a group provides camaraderie, accountability, and a whole host of other benefits. But more on that later. . . .

The Evolution of the BTC Run Groups

Many of you are already very familiar with the weekly group runs sponsored by the BTC. But do you know how these runs started? The long run group started simply enough -- in the spring of 2006, a group of runners who had completed Danny Haralson's Couch to 5K program decided to try their hand (or rather, feet) at a longer distance. They chose the 2006 Chicago Marathon as their target race. According to Meredith Farrell, the

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BTC's first unofficial long run coordinator, Danny gave them a training plan, she coordinated routes and water stops, and the group continued to grow. Over the years, the group, which by that time had become known as "Meredith's Marathoners," trained for several marathons and other races, often traveling together to destination races and coordinating pre and post-race meals and get-togethers.

Meredith continued to coordinate the group until her family moved to Cullman in 2011, when Natalie Fergusson took over the task of planning routes and water stops for the group. By this time, the group had grown to the point that the BTC was actively promoting it as an official training group. Known for her love of a good hill and her well-organized routes, Natalie helped build the long run group by using social media to share routes and coordinate water stop volunteers.

After Natalie's move to Florida in 2014, the group's current coordinator, Monica Henley, took over the helm. Building on the strong foundation established by Meredith and Natalie, Monica now coordinates and posts a weekly route that is well-publicized on the group's Facebook page. She also organizes water stop volunteers and pace group leaders for paces ranging from 8:00 to 12:00 minutes per mile. ([Editor's note](#): Pacers are still needed for some of these paces; if interested, please contact [Monica](#)).

The long run group has grown to an average of 75 participants on any given Saturday. Monica plans distances and routes based on the target half and full marathons chosen by the BTC. Runners who need longer distances or an earlier start, often comment on the Facebook posts to find others with similar needs.

The BTC's moderate run group is a newer addition to the BTC family. Currently coordinated by Mark Criswell, the group typically runs up to seven miles on Saturday mornings. With a 6:30 a.m. start, the group also appeals to those who like to "sleep in" just a bit more.

Although the moderate run group is smaller than the long run group, Mark notes that the core group of participants continues to grow. He believes the group's runners have benefitted from the group mentality: "On more than one occasion, I have had runners remark to me that they ran a faster pace than usual just because they were running with a group. It makes a difference to have new friends and some accountability."

The Benefits of Group Training

Non-runners are often surprised at how social our sport can be. True, unlike team sports, running can be done alone, in solitude and quiet or to the soundtrack of one's favorite mismatch of tunes. And while there are benefits to those quiet times, for most distance runners, we eventually come to appreciate the camaraderie that group runs can provide. For me, knowing I have a group to meet for early morning runs motivates me to get moving much more than I would if I planned a solo run (call it the cattle prod effect).

Whether you are motivated by camaraderie, the competition of running with others, or the accountability of meeting others at hours once reserved for sleeping, group runs are worth adding to your routine. Running with a group can help us push the pace when we need to do so (or slow us down when we need to run slower). The BTC's long and moderate distance groups are large enough to accommodate most every pace – I've easily found running partners at my fastest paces and at my post-injury recovery paces.

As a practical matter, group runs provide us with a set, pre-measured course, water stops, and the safety and security

FAQ's about BTC runs

• **Do I have to be a member to participate?**

No, you do not have to be a BTC member; however, we hope you'll see the many benefits of being a member and decide to do so! (See page 15 for more information on those benefits). All are welcome!

• **Is there a cost to join the runs?**

BTC runs are free for ALL participants. Although BTC sponsors and supporters occasionally host water stops during a special event, the BTC depends on weekly volunteers to put out water stops for the groups. Water stops are listed on the Google doc link sent to all participants – simply add your name to the stop you want to handle, or email the coordinator to add you to the list. If you participate in group runs, please volunteer periodically to help with this important part of our runs!

• **But aren't these runs just for the fast runners?**

Absolutely not! Pace group leaders are provided for the long run group at a broad range of paces for the long run group at paces ranging from 8:00/mile to 12:00/mile. With the size of our groups, you're sure to find someone running your pace!

• **What if I'm a beginner?**

Join us! As long as you are comfortable running the mileage, the group will help you tackle the route! Most routes are flat, but if you're not yet used to hills, run them slowly (or walk) – no judging here!





Members of the long run group relax after putting in some miles

of a group. Good run coordinators (as the BTC is fortunate to have) are careful to plan routes that meet a variety of training distance and pace needs. Monica and Mark plan weekly routes with a mixture of flat courses and some hills for variety (hills can't be avoided in Birmingham, after all). Monica notes that she tries to provide relatively "flat" courses most of the time, but "throws in a tougher route" every fourth week.

Group runs provide us with someone to talk with as we log long miles and someone to laugh with over some of the strange things we encounter on a run (and no – we're not naming names here, but let's just say there are certain BTC members who are afraid of road kill, others who have come to the aid of lost pets and children, and still others who have an uncanny ability to attract the early morning barflies. . .). And not only do group runs provide us with companions who understand GI issues more than any other friends we could have, but companions who will encourage us to tackle hills and companions who will listen patiently to our training plans or tell us stories when we need a good distraction.

If you've not yet joined the BTC for a group run, why not? I can assure you, no matter which group you choose, you'll be welcomed with open arms, a cup of Gatorade, and a fun run with an amazing group of runners. Hope to see you out there!

Julie Pearce is an attorney who enjoys running the roads in Homewood and Mountain Brook during the early morning hours. She admits to being a bit of a co-dependent runner who prefers to run with friends whenever possible.



How Do I Join a Group?

For those interested in the long run group, visit the BTC website (events [tab](#)), or join the group's Facebook page . Note: It is suggested that you be able to run 4 miles for the half marathon training distances and 10 miles for the marathon training distances by the beginning of a training cycle.

Those interested in the moderate run group should join the moderate run group's [Facebook page](#) or contact Mark Criswell via Facebook, and he will add you to the group.

The Saturday Morning Moderate Distance group continues to grow

PRESIDENT'S ADDRESS

—Alex Morrow



Hello, fellow BTC Members

By the time you read this, we will have just held our annual BTC Run Social from Vulcan Park. This is the biggest BTC Run Social of the year and marks the kick-off for all things Vulcan 10k related. Those of you in attendance had a chance to enjoy great running routes, post-run refreshments, a kid's fun run, door prizes, music, children's activities and so much more! I truly enjoy our family-friendly events because they give us a chance to meet your family, and give all of us an opportunity to set great examples for our children who watch our every move. I want to extend a huge thank you to BTC Social Chair Katherine Dease, Run Coordinators Monica Henley and Mark Criswell, our Finish Line Crew Chairs, Tanya Sylvan and Darrell Gibson, and the countless other volunteers who pitched-in to help make this another amazing event.

Speaking of the Vulcan Run 10k, one of the great perks of being a BTC Member is the opportunity to receive FREE training for the Vulcan Run 10k! This is honestly one of the best parts of being a BTC member. Where else can you receive training from certified coaches, all for the cost of an inexpensive \$24 BTC membership? There are three different training programs, and one of these will fit you perfectly.

Couch to 10k: If you, or one of your family or friends, have never run a 10k, this is the perfect program. Lead by Coach Danny Haralson of Run University, this training program will make sure you are ready to complete your first 10k in style and have fun along the way. Coach Danny has helped thousands of runners achieve their first running goals, so don't miss out on this opportunity!

Achieve Your PR: Have you run a 10k before but want to get faster? Not sure how to make that happen? Then join me (Coach Alex Morrow) and the other coaches from Resolute Running as we take you through a training program guaranteed to help you achieve a PR (Personal Record). Not only will you learn a great deal about running, you will attend nutrition and injury prevention seminars to ensure you reach a level of success like never before. Who doesn't love setting PRs?

Earn Elite: Have you run 10ks before, continually gotten faster, and are now ready to break 42 minutes for the first time? This is the program for you! Coach Cary Morgan of Cadence Run Coaching will be leading the Elite program to make sure you turn in a screaming fast performance on race day. Coach Cary holds a bachelor's degree in exercise science and a master's degree in physical therapy. If you are looking to run incredibly fast, Coach Cary has the knowledge and experience to make that happen!

As you can see, we have a fantastic training program in place, and I want to encourage all of you to participate. To sign up, simply visit:

<http://birminghamtrackclub.com/vulcan-run-10k---race-info---training.php>

We are looking forward to a great fall of training, camaraderie, and fun as we get ready to run Alabama's premiere 10k, the Vulcan Run. Make sure to put the race date on your calendars -- November 7, 2015 will be here before you know it!

Kindest Regards,

Alex Morrow

BTC President



**Vulcan 10K
Registration is
now open!**

REGISTER TODAY

**BTC Member get \$5 off
online registration.**

**For more details visit the
BTC Website**

Membership News

There are some exciting changes happening with memberships for the Birmingham Track Club, and I am excited to be the first to tell you about them!

First, there's me! After several months of serving the BTC as Parliamentarian/General Counsel, I am pleased to take on the additional role of Membership Chair. The BTC is such an amazing group of runners, and it is my goal to spread the word on how awesome this club is. I know from experience that once people get a taste of the camaraderie, encouragement, and support that the incredible people in this group have to offer, they can't help but join in on the fun!

Currently, the BTC has 1,277 members. The Club is growing, and it's all thanks to you, our members. Please keep inviting your friends to our events and sharing how wonderful this great group is. And remind them that this is not a club for elite athletes only. We are a community of people who just like to get out and enjoy the world on foot. Whether you run, jog, or walk, we want you to do it with us! And whether you are a fast runner or a slow run/walker, you're sure to find others just like you.

But what is the most exciting news?

The BTC now has several new membership levels to offer! You know about our regular one- and two-year memberships for individuals and families. Well, now we are offering longer term memberships to provide even more great savings

for our dedicated members. Now you can sign up for a *Five-Year Membership* for \$96. That's right -- pay for four years and get the fifth year free! Or go all in on a *Lifetime Membership* for \$480. You pay for twenty years and never have to renew again! And for our very special members 70 years old and older, take advantage of our *70 at 70* plan, and pay just \$70 for a lifetime membership. With all of these great options, there's never been a better time to jump in and make a real commitment to your health and your love of running! (Please note, while we do still offer discounts on our one- and two-year memberships for active military, first responders, and students, those discounts do not apply to the already great reductions in dues for the long-term plans.)

These are exciting times in the BTC, and I'm thrilled to be a part of our growth. I look forward to seeing everyone at our upcoming events. If we haven't met, please come introduce yourself. I love getting to know all of our members personally and helping make your BTC experience a great one.

Cheers to many miles and even more smiles!

Lauren Weber is an attorney in Birmingham currently practicing at Magic City Law, LLC. She serves as Parliamentarian/General Counsel and Membership Chair for the BTC. You may find her running around town as she logs miles training for her first full marathon.

REGISTER AND SAVE \$5! USE COUPON CODE 15MW-STO
Register at: www.savetheos5k.com

REGISTER ←
→ **TODAY**

Saturday, August 29
8:00am 5K
9:15am Fun Run

Greystone Golf and Country Club
4100 Greystone Drive
Birmingham, AL 35242



RUNNING TOGETHER SEPARATELY

-By Carrie & Joey Longoria

Left to Our Own Devices

It was a love affair gone badly. Not "Gone Girl" bad. But, bad. See, I had been in my own blissful world of unknown running data until 2009, when I purchased my first Nike + watch from Trak Shak. I had done my research, I knew what I wanted, and I was coveting anyone who had one. We all know once you get to the point of coveting others' possessions: (1) you must kill the sin, and (2) you accomplish that by buying whatever it is you have been coveting. Yes, that is how I have rationalized numerous purchases over the years. "I don't want to sin any longer, so I shall buy the shoes, or the purse or the GPS watch, etc., etc. Satan be gone!"

And so it began. The Nike+ watch was charged, and data was transmitted. I was in love. Who doesn't love instant feedback? I knew my pace, I knew my elapsed running time, I could pause it, and I could upload the data and share it. Heaven, heaven, heaven. Much like the beginning of any romantic relationship, the watch could do no wrong. It looked good on my arm, people noticed, and it kept me engaged with its specific data and reports.

But, after some time had passed, it started acting weird. The battery wasn't holding a charge, the times reported weren't accurate, and the screen was starting to lose clarity. Its quirks were now annoying rather than endearing. So, I took it to the experts at Trak Shak, and it was indeed time for a new watch. The new Nike+ was purchased, and everything seemed to be okay, until I realized this new watch wasn't giving me the times I liked. It was all over the place on pace, and I was getting very obsessed (read: angry) over the total craziness of the data and reports. Come to find out, Nike was having an issue with this watch, and the company was replacing them for free....Whew!! Done. Nike+ was exchanged, running coach hired, password shared, and now more personal accountability. With this move came increased exposure of paces, miles run, speed work goals hit -- or in my case, not hit -- with this new watch.

This is where the love affair quickly went south. Once I started having assigned paces on training days, I became obsessed with my routes. If a faster pace was on my schedule, I would change my route to be more flat so I could hit that time. If the time was slower than I normally ran, I would run a normal route, but look at my average pace every 5 minutes to ensure I was in line with my specific plan. My love of looking around at all the beauty that is Alabama was gone. Getting lost in thought and working out/thinking through problems while I ran was not happening anymore. In fact, I was just as stressed or more so when I finished a run with the watch, than I was before I ran.



I started to realize the issue was the habit of depending on the watch, and I started resenting it. I didn't want to see that my pace uphill was too slow. I didn't want to see that my splits weren't at the exact prescribed pace per my plan, and I really didn't want to see any odd numbers when I finished a run. "I will not stop until I hit a solid number. Not 5.89 miles, it must be 6.0 miles!" The solution? I started going on runs without it. I would rationalize it by saying, "I need a break, and running without it one time won't hurt." I loved the freedom that came with not running with the watch. I was back running like I used to before I knew of performance watches and all their functions. Sure, I felt guilty, but I was back to enjoying my runs!

Then I met Joey. He loves his watch (still) and enjoys seeing the data and comparing it to previous training cycles. Being new in love,

we wanted to run together, and I didn't want him to think I wasn't pro watch, so I started wearing mine again. But, what I started noticing was his watch would give him a better time than my watch would. We would be together, running side by side, synced to the same satellite yet our average paces would be totally different. His would read 9:25 minute/pace, mine would read a 10:45. "WHAT?!" My mind began to fume, and I began to wonder if Nike+ had a bias toward men. Sure they can run faster, have less fat mass, get paid more on the dollar, but to be running side by side? Would my Nike+ really be bold enough to tell me our paces were that different? "Blasphemy!" I will get to the bottom of this! I did some research, and no one else had the issue. There were no recalls on my watch this time. The resentment toward my watch started to build again. I was quickly falling out of love. . .

The defining device moment, or as Joey has deemed it, "The Nike+ moment," occurred on a Sunday in March of 2014. Joey was still returning from an injury, and our easy runs together were like sunshine and roses. Our relationship was still new, and keeping up impressions was still very important. Until, that is, this particular run through the Spain Park trails. As we were running side by side, my watch decided it would report my average pace as 14:30 while Joey's watch reported much more realistic 10:15. Again, running side by side, same park, synced to the same satellite, my watch told me Joey was running 4 minutes faster per mile.

All composure was lost. My watch might have been thrown, cuss words might have been hurled through the Hoover sky with lungs filled with self-righteousness, and indignation, and the run might have completely stopped right there in the middle of the trail. . . Seriously, we stopped. Looking back through the haze of anger, I'm not sure if we stopped because I was having a temper tantrum and hyperventilating, or if it was because Joey stopped in awe of my display of behavior. I do know this....it was not my finest moment, and it didn't look pretty on me. We all know pretty is as pretty does. To this day whenever Joey can tell I am getting ready to lose my cool he will say, "Should I be prepared? Are we about to have another Nike+ moment?" It's a bold move on his part, because I am either going to laugh thinking about that day in March 2014, or I am going to completely lose it. Lucky for him, I have laughed every time, and it has defused the situation at hand.

In my own bold move, I threw away my watch that day in March of 2014. I was done with not enjoying runs anymore and comparing myself to others. I was done being in prison.

Since my running has transitioned more to the treadmill because of an injury, I have been more observant of other runners who still have their data driven watches and type A personalities. Some have more than one watch, because one has specific features the other doesn't. So they wear both. Or, they want to see which one is more accurate. Or, they don't want their running coach to know they are running more miles than they should be, so they report on one watch but run more miles on another watch their coach doesn't know about. I mean, how crazy is that? But, I assure you, it happens. Or, the best I've seen, are the runners who run in segments so they can report a faster time than they really would have run. For example, they need to run an 8:20 pace for 8 miles, but are coming off an injury, so for the sake of their upcoming Facebook post and their humble brag report on recovery, they run each mile at 8:20 but take 10 minute breaks (watch paused) in between each mile, so they can hit their times. A run that should take just over an hour has now taken over two hours for the sake of hitting their paces and for the sake of the #blessed Facebook post and humble bragging.

Ugh – enough, already!!! I can't take it. Are we so tied to our devices we miss the joy and beauty around us, whether it be the Alabama landscape or the friendships formed between those with whom we run? (Or for me, catching up on the treadmill with cable news because Joey doesn't like to watch it). Are we so tied to our devices we live in this prison so that something that is supposed to relieve stress is now causing it? Are we so intent on humble Facebook bragging that we manipulate runs into something they weren't meant to be? Do we think people really care?

I, for one, am done. (Well, I thought I was, until Joey got me another watch for Christmas...but that's another story for another day....it has to be calibrated to the treadmill, so it's not stress inducing, and it really does look cool – so it's more for show). Now when I hear people talking about their GPS watches, or fitbits, or tracking device on their phones, I feel free and lucky. Lucky not to be imprisoned by data, or the reports the data produces. The result? I am happier and stronger, because my runs are longer, my workouts are more enjoyable, and I don't dread them.*

*It should be noted that on the afternoon of writing this article, I was informed by my employer that I must order a Fitbit for our intercompany fitness competition. The irony has not been lost on me, as I will be wearing two devices, and I am scared of what may become of me. Joey is already checking on our Hilton points in case he needs to escape.

Joey and Carrie met through a very calculated ten mile run "meet up" one Friday morning in 2013. Both are avid runners, and although they have different goals, different paces, and different workouts, they share a common goal of staying injury free and eating healthy (most of the time). Their "Running Together Separately" column will share their sometimes similar, often different, viewpoints as they navigate life, love and running in the Magic City. They recently tied the knot in the Big Easy.

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Moderate Group Coordinator

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Marketing/Social Media

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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
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info@BirminghamTrackClub.com

Race Results

Find the latest and most complete local race results at the following:

birminghamtrackclub.com
championship-racing.com

VOLUNTEERING HAS ITS REWARDS

"The best way to find yourself is to lose yourself in the service of others" - Gandhi

Come find yourself while supporting fellow runners! You could win free race entries or other cool prizes – and the good feeling of knowing you have offered service to runners and the BTC. The BTC loves to show its appreciation for our volunteers. Our most recent volunteer winner is **Terri Chandler** - for working not one, but TWO shifts during packet pick up for the July 4th Peavine Falls race – thank you, Terri! We appreciate you and all of the 25+ volunteers who worked packet pick up and braved the rainy weather to ensure race day went off without a hitch!

The next BTC volunteer opportunity is the **Retro Run on August 8th** and then the **Vulcan Run November 7th**. Contact Kim at volunteers@birminghamtrackclub.com to let us how YOU can help! We love our volunteers!



August 17th & 18th

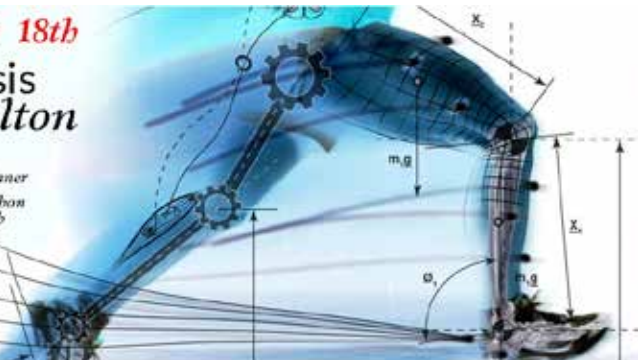
RUN Analysis by Ryan Bolton

2000 Summer Olympian
2002 Ironman Triathlon Winner
2015 Coached Boston Marathon
Winner Caroline Botich



The Trak Shak
Running Shoppe

craig@pkp4mrs.com



www.pkperformers.com

Meet an Olympic Triathlete! On **August 17th & 18th**, Coach Ryan Bolton, part of the first Olympic Triathlon team (*and coach of this year's Boston Marathon winner*), will be in Birmingham. Come by for discussions on training and racing, or sign up for a Run Analysis. For more information and to sign up, visit: www.pkperformers.com or email: craig@pkper4mers.com

BTC GEAR IS NOW AVAILABLE ONLINE!

You may now order BTC merchandise online. Online payment is not yet available, but you may place orders and arrange for local pick up (or delivery by mail, to our not-so-local members). From the [BTC website](#) homepage, click on the "Store" tab to see all available merchandise, register for upcoming BTC races, or renew your BTC membership.



TRAINING HAS BEGUN!

4 Bridges Half Marathon & 7 Bridges Marathon Chattanooga, TN - October 18, 2015

Are you ready to start your training? The Birmingham Track Club has picked the 4 Bridges Half Marathon and the 7 Bridges Marathon as our fall race. Not only will you be able to train with the BTC every weekend, you will receive a 15% discount off the registration into either race, the BTC will be at the race expo to welcome you into town, and we will have the BTC tent set up at the finish line to collect all of you as you finish and to celebrate together!



When does training start? Marathon long runs begin on June 13
Half Marathon long runs begin on June 27

Expectations: Marathoners should be able to run 10 miles by June 13
Half Marathoners should be able to run 4 miles by June 27

How To Register: <http://sevenbridgesmarathon.com/>

15% Off Discount Code: 15% off Discount Code for BTC Members will be included in the weekly BTC email blast.

Want a Free Entry Into the Race?
Become a BTC training pacer!

The BTC will once again provide pacers for our training groups as everyone prepares for the 4 Bridges Half Marathon and the 7 Bridges Marathon on October 18, 2015. If you are interested in serving as a pacer, not only will you receive a tech-fit pacing shirt, yours to keep, but you will receive a free entry into the race.
NOTE: This is a pacer for training runs only, not the race.

What Paces? We are searching for 8, 9, 10, 11, and 12 minute pacers.

Responsibilities: Familiarize yourself with the routes each week, maintain even-pacing for your group, offer encouragement and create a welcoming environment for all runners.

To Apply: Send an email to Alex Morrow at: president@birminghamtrackclub.com





**TRIPLE CROWN
HALF-MARATHON
CHALLENGE**

BTC Triple Crown 2015

The BTC Triple Crown Half Marathon Challenge is back for another year!

We have included two different races in our schedule this year. Our first stop is a brand new race right here in Birmingham, the Whistlestop Half on September 26th. We then travel to Chattanooga for the 4 Bridges Half Marathon on October 18th (in conjunction with the 7 Bridges Marathon). Finally, we come back to town for our now traditional final race, the Magic City Half on November 23rd.

Sign up for the Triple Crown to receive an awesome shirt and medal. Last year we had 74 BTC members successfully complete the challenge. Let's top that this year!

Reminders: (1) You must be a BTC member to participate. Join now! (2) You must still register for each race on your own, but once you register for the challenge, you'll receive discount codes for each race.

- Whistlestop Half Marathon -- www.team-magic.com/events/56 in Irondale, AL, on September 26th (15% off registration until June 30th, 10% off from then until race day for BTC Members).
- 4 Bridges Half Marathon -- www.sevenbridgesmarathon.com in Chattanooga, TN, on October 18th (15% discount to BTC Members)
- Magic City Half Marathon -- www.magiccityrun.com in Birmingham, AL on November 23rd (10% discount to BTC Members)

To sign up for the Triple Crown challenge, click [HERE](#).

COMMUNITY CORNER

— By Jennifer Andress, BTC Past President

Greetings, BTC! I hope you are running safely, visibly, and in good health! As our kids head back to school, now is a good time to review the rules of the road for safety's sake:

- Run against traffic so you can see the cars (or bicycles) that are coming, and be prepared to jump out of the way if a driver is not paying attention.
- Do not assume a car is going to stop at an intersection or stop sign (particularly when turning). Always stop to make sure it is safe before crossing.
- Wear lights and reflective clothing. If it is dark, do not assume cars can see you. If you are in a large group, position someone in the front and back with lights, and a few in the middle (at minimum). If you are alone, you need to be visible.
- If the sidewalk is not in bad shape, it is safer than the road. Use it.

I am going to leave the issues we discussed last month on the table. Please take a moment and email any of the contacts below on the BTC's behalf, and email me with any news or updates. I will publish them here in this spot next month. Also please send me any of your own suggestions, and I will research the appropriate officials to notify, and publish them and their contact in this space as well. Please note that these are Homewood and Mountain Brook issues, but the BTC wants to improve runner safety in ALL areas that we cover. My email address is pastpresident@birminghamtrackclub.com

Community Corner Call to Action! BTC members, particularly residents in these areas, please contact the following representatives and officials with our concerns:

The Bridge at Hollywood Boulevard over Highway 280: Needed:

1. *State Representative David Faulkner, District 46* - We need him to secure the federal funding we originally had in place via Representative Demarco. We also need him to work with ALDOT for a solution to this busy and dangerous thoroughfare. We welcome any communications with Representative Faulkner, and would love to publish any updates he can provide.

Phone: 334-242-7600

Email: david.faulkner@alhouse.gov

2. *Mountain Brook Mayor and City Council* - We need Mountain Brook BTC members to ask both the Mayor and City Council to re-commit funding for the City's portion of the project.

Mayor Terry Oden: 802-3800

City Council members: Alice Womack, Lloyd Shelton, Council Pro Tem Billy Pritchard, Council President Virginia Smith, Jack Carl
All Council members can be contacted via City Manager Sam Gaston (802-3800, gastons@mtnbrook.org).

3. *Homewood Mayor and City Council* - We need Homewood back on board for its funding, direction and support. Any polite and respectful correspondence from Homewood BTC members is appreciated!

Mayor Scott McBrayer: phone 332-6103 and email Scott.McBrayer@DignityMemorial.com

City Council:

President Bruce Limbaugh: bruce@limbaughtoyota.com

Ward 1 Michael Hallman: m.shane.hallman@gmail.com

Ward 1 Britt Thames: bthames1@gmail.com

Ward 2 Fred Hawkins: fred.hawkins2@gmail.com

Ward 2 Vance Moody: Vance.moody@homewoodal.net

Ward 3 Patrick McClusky: mccluskycc@yahoo.com

Ward 3 Walter Jones: walter.jones@homewoodal.net

Ward 4 Barry Smith: Barry Smith barryandkyle1@charter.net

Ward 4 Alex Wyatt (replacing Heather Reid): awyatt@plipc.com

Ward 4 Rich Laws: rllaws@armstrong.com

Ward 5 and President Pro Tem Peter Wright: pwright@sirrote.com

4. *State Senator Slade Blackwell, District 15* - Senator Blackwell was not involved in our earlier efforts, but we certainly could use his help! (He is a runner too).

Montgomery office: (334) 242-7851

Birmingham office: 324-7676

Email: SB@sladeblackwell.com

Flashing Lights at the Crosswalk by Starbucks in Mt. Brook Village

1. *Mountain Brook Mayor and City Council, via City Manager Sam Gaston.*

Phone: 802-3800

Email: gastons@mtnbrook.org

Trash Cans (with dog waste bags? Emergency phones?) and a Port-a-Potty on Lakeshore Trail

This came about while I was on a run recently with my family. My dog pooped and I had to carry her waste bag with me for a mile because there were no trash cans. I have also talked in the past with City Manager J.J. Bischoff about a port-a-potty. He was open to the idea. This is worth re-visiting, given the number of people who use Lakeshore trail. A BTC officer also suggested safety phones for anyone needing help along the Lakeshore Trail.

1. *Homewood Parks and Recreation Director Berkley Squires*

Phone: 332-6700

Email: berkley.squires@homewoodal.org

2. *City of Homewood Chief of Staff J.J. Bischoff*

Phone: 332-6112

Email: jj.bischoff@homewoodal.org

Safe Connector from Lakeshore Trail to Jemison Trail via Shades Creek Greenway under Highway 280 (Protective barriers at the least)

I believe this issue should go through Representative Faulkner and Senator Blackwell. This may involve ALDOT, and they can get information from that agency. I know at one time there was a TIGER state grant to assist in this area.

1. *State Representative David Faulkner, District 46*

Phone: 334-242-7600

Email: david.faulkner@alhouse.gov

2. *State Senator Slade Blackwell*

Montgomery office: (334) 242-7851

Birmingham office: 324-7676

Email: SB@sladeblackwell.com



— By Dean Thornton, MD

Inside the Runner will use medical imaging to offer readers a chance to see what is going on inside their bodies when something breaks down. From fractures to tendinitis to muscle injuries, this series will explore the imaging studies used to help doctors and other medical professionals treat running injuries.

Case 4 - "The Hipster"

A 30-something female runner reluctantly lets her running coach know that her left hip has started hurting on her longer runs. Between runs, she sometimes feels a dull ache in the hip and groin. When a round of hip strengthening exercises do not improve her symptoms, her coach suggests (emphatically) that she see a sports medicine physician. Physical examination reveals the muscles and tendons to be in good shape. X-rays of the pelvis and left hip are normal. And yet, the physician feels like there is still something going on with her patient's hip. So, the patient is sent for an MRI.

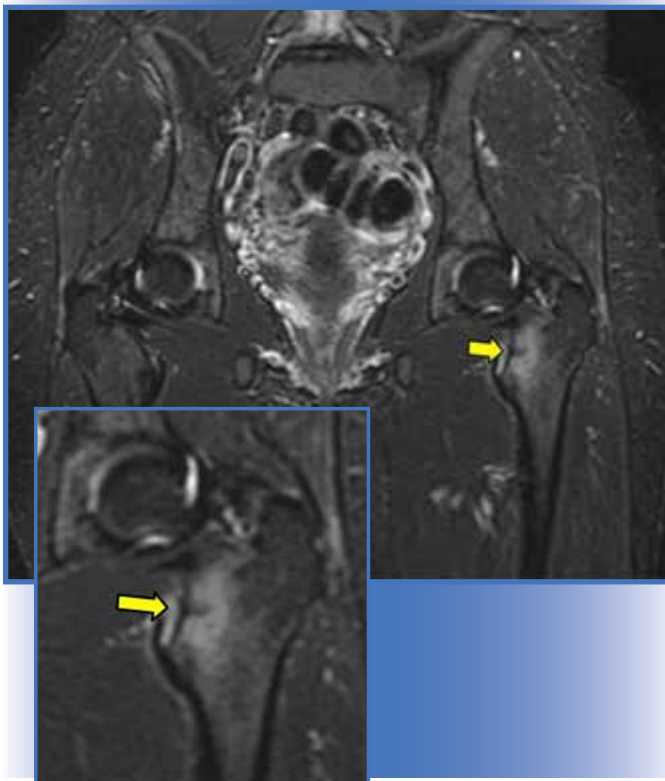
The first MR image of the whole pelvis shows a bright area (short arrow) representing inflammation and edema (excess fluid) in the left femoral neck, the narrow part of the hip bone just below the round femoral head (the "ball" of the hip joint). The enlarged, second MR image better demonstrates a dark line extending transversely across the femoral neck (arrow). Neither of these findings could be seen on the plain x-rays.

DIAGNOSIS: Femoral neck stress fracture.

Unfortunately, our runner has developed a stress fracture of her left femoral neck. The presence of a fracture line indicates more than just a stress reaction. Left unchecked, this fracture line could propagate across the femoral neck resulting in a displaced fracture, which would require surgery. Our somewhat dejected runner is given strict orders to refrain from weight-bearing on the left leg (including running!) along with a nice pair of crutches. After a few weeks, our runner will be able to transition to walking without crutches then to light exercise and eventually back to running. In the meantime, she will work with her sports medicine physician and running coach to identify any potential underlying risk factors such as low bone mineral density or excessive/improper training.

Dean Thornton, MD

Dean is a Musculoskeletal Radiologist with Radiology Associates of Birmingham and a Clinical Associate Professor of Radiology at UAB. He works with many local orthopedists and sports medicine physicians. He also likes to run.



#WhyIRun

— By Kristen Osborne

The “#Why I Run” series focuses on the different reasons that drive us to run. We want to know why YOU run. Health, charity, awareness, friendship? Email Kristen Osborne at kosborne@ggh-law.com, or tweet your comments [@bhamtrackclub](https://twitter.com/bhamtrackclub) using the hashtag #WhyIRun to tell YOUR story. We'll select runners to be featured each month in *The Vulcan Runner* or online.

Name: Phil “Moose” Morris

Age: 44

Occupation: Shift Manager at a 9-1-1 Dispatch Center

Hometown: Columbiana Alabama

Family: Married to Charity for 24 years, with two teenage children (Wally, 19 and Molly, 16)

Why did you start running?

After many years of hearing “our family just has bad genes” and living up to that expectation, I decided something had to change. High blood pressure from the age of 18 and difficulty breathing while walking began taking their toll.

Two friends from church who are marathon distance runners, Tim Taylor and Michael Hale, gave me the motivation to change. Through many discussions and their encouragement, I took that critical first step and began walking and later, running.

What was running like in the beginning?

Terrible. I quit several times over the first few months. I actually didn't tell anyone I was walking for fitness. Eventually, I downloaded the MapMyRun app and started recording my walks. I started at a slow 30 minute mile pace. Then, this Spring I bought a Fitbit, which coordinates with the app and helps keep me moving.

What are your favorite things about being a runner?

Spending most of your life as the big guy equals tough times. The decision to change was liberating. I love being on the road at sunrise knowing change is possible to the willing. A humbling slow walk with a stick is not really a secret you want people to know until you no longer need the stick. Little milestones were a huge deal, like walking a sub-20 minute mile, jogging to the closest mailbox, up a ½ mile to my distance, and so on. Those hard times ended up being highly rewarding. My first 5k with my family, Finish on the Fifty in Auburn, and recently, the 9 mile Hotter 'n Hell at Oak Mountain were amazing experiences. The Triple Crown series with the BTC is on my list of current goals.



How do you believe running has benefited your health?

Happiness crept back into my demeanor, or so my family says. My family enjoys my company again. Losing 116 pounds to date is another list topper. My blood pressure is beginning to regulate, and my breathing troubles have subsided. My diet has changed for the better, too – I have replaced red meat with chicken and fish (except for 1-2 times a month), and I make sure to eat more fruits and vegetables.



Having the courage to continually persevere carries me onward in life and in running. The start of the longest journey begins the same as the shortest; the first step. “When you walk, your step will not be hampered; and if you run, you will not stumble.” Proverbs 4:12

Kristen is an attorney and home fitness coach from Cahaba Heights.

WANT A DISCOUNT FROM YOUR FAVORITE LOCAL BUSINESS?

As a member of the BTC, you are entitled to a host of discounts from local businesses that support the BTC – a list of participating businesses is available on the [BTC website](#). From the Trak Shak, Fleet Feet, Taco Mama and Cahaba Brewing, we've got you covered!

Have a favorite runner-friendly local business that's not listed? [Let us know!](#) Partnering with the BTC is a great way for businesses to promote themselves while supporting our running community. BTC members love to support those who support our group, so it's a true win/win! Help us introduce the BTC to a new member benefits partner today – your fellow runners (and your favorite business) will thank you!



Need to Print Your BTC Membership Card?

It's easy!

- 1) Login to RunSignUp (runsignup.com).
- 2) Click on "Profile". On a desktop browser, you'll find this among the links at the top of the page. On a mobile browser, you may have to click the icon to expand the menu to see the Profile link.
- 3) Click "My Club Memberships" under Account Links. You'll see your BTC membership listed.
- 4) Click on "Membership Card". The page displayed is a PDF file that you can either print or save to your computer or smart phone. If you have a family membership, cards for the entire family will be displayed on one page.

Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell
at mcriswell@american-usa.com
for more information

JOIN US!



1200 MILE CLUB

**Cumulative miles submitted through July 2015 are listed below.
For a complete listing of monthly totals, [click here](#).**

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Adams, Ciell	2	659	Cason, Daniel	R	754	Edge, John	R	340
Affuso, Olivia	3	569	Caviedes, Octavio	1	271	Edmonds, Maggie	R	144
Alexander, S Rheagan	R	571	Chadha, Jennifer	R	217	Elrod, Stacey	R	707
Armstrong, Thomas	3	142	Chambers, Ron	R	1,032	Ensminger, Stephanie	R	0
Bailey, Leslie	1	533	Chandler, Teresa	5	909	Estes, Jeff	R	632
Bailey, Tut	R	295	Chiesa, Marco	R	264	Etchison, Nikki	R	0
Baker, Mark	1	311	Christenberry, Kim	R	0	Evans, Debbie	1	891
Baker, Ryan	R	146	Clay, Brad	8	1,499	Fell, Amy	2	1,004
Ballard, William	4	623	Clayton, Yocunda	R	605	Feller, Beth	1	885
Barnes, Conan	R	132	Cliett, Stephanie	R	1,010	Ferlitto, Cindy	R	6
Barnes, Jimmie	R	748	Clowers, Addison	R	903	Fincher, Valerie	R	346
Barry, Jenny	R	699	Coker, Leslie	R	643	Fonteneau, Kira	R	107
Bartee, Samm	R	410	Colmenares, Clinton	R	578	Foust, Hannah	R	352
Bartlett, Kari	1	616	Colpack, Chris	R	873	Franklin, Shane	3	745
Beasley, Cathy	R	523	Connell, Daniel	R	0	Frederick, Winston	6	1,047
Beggs, Mark	R	276	Cooper, David	R	160	Fuller, Lisa	R	146
Belcher, Michelle	2	448	Cornelius, Jeff	R	101	Gann, Michael	3	521
Benner, Kim	2	745	Corrin, LaRonda	R	544	Gant, Kelli	1	151
Benson, Wayne	4	571	Corrin, Roger	1	693	Ganus, Jack	7	638
Berg, Courtney	R	50	Cox, Damon	1	631	Gash, John	2	689
Berg, Dustin	R	251	Craig, Mary	R	702	Gaylor, Marcie	1	703
Berthold, Jean-Philippe	R	317	Cramer, Robyn	R	453	Gibson, Darrell	1	539
Beury, Bridget	R	232	Cramer, Steve	R	184	Gilbert, John	R	803
Bissell, Kim	R	687	Crawford, Drew	R	135	Goode, Johnny	5	918
Black, Dylan	R	783	Creed, Brad	4	500	Goolsby, John	3	435
Blankenship, Barry	2	352	Creel, Mary	R	650	Gordon, Brittany	R	395
Bonatz, Ekkehard	7	1,878	Crumpton, Dan	2	649	Greene, Michael	1	191
Booher, Lisa	3	604	Davis, Kevin	R	82	Greenwald, William	R	486
Bowman, Brian	R	0	Davis, LaJuana	R	259	Grice, Jenny	R	445
Bowman, Leisha	R	0	Davis, Sarina	R	0	Grossmann, Christopher	4	572
Brakhage, Victoria	R	893	Dawson, Ashley	1	1,132	Gullapalli, Satya	1	700
Brown, Charlie	3	724	Dease, Katherine	1	533	Haley, Jay	R	462
Brown, Michael	1	434	DeBardeleben, Anne	R	493	Halperin, Dave	1	1,105
Brown, Sean	1	639	Dell'Italia, Louie	R	541	Haralson, Danny	6	546
Bryant, David	1	840	Dell'Italia, Pat	R	631	Haralson, Micki	7	692
Bunch, Bryan	R	214	Denton, Matt	2	761	Hargrave, Alan	7	751
Bunch, Catherine	R	408	Dill, Greg	1	430	Harrelson, Heather	1	739
Busby, Madeline	1	608	DiMicco, Al	3	523	Harris Bowser, Javacia	R	139
Byrd, David	R	50	Dodson, Brooke	3	154	Harris, Robert	R	223
Callahan, Rachel	R	627	Dortch, Cherie	6	127	Harrison, Lisa	3	646
Carey, Christopher	1	557	Douglas, Nelle	R	893	Harvey, Gary	R	396
Carlton, Bob	R	775	Dunn, Wade	6	1,184	Harvey, Gordon	R	978
Carroll, Chad	R	105	Easterling, Natalie	R	563	Hathorne, Chad	R	474
Carter, Adrienne	R	270	Easterling, Tim	R	83	Havicus, Cari	R	649
Casey, Barry	1	747	Echols, Robert	R	30	Hayes, Debbie	1	863

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Hayes, Mikal	R	583	Losole, Liz	5	106	Pearce, Julie	4	537
Heaton, Bryan	1	549	Love, Thomas	1	554	Pearson, Blake	2	1,255
Heineken, Stephanie	R	519	Lyle, Randy	6	1,136	Pearson, Mary Scott	R	594
Henley, Monica	1	707	Lyles, Chris	R	511	Perry, Jeff	4	794
Henninger, Alison	R	694	Lyles, Kimberley	R	0	Peters, Scott	R	863
Hickerson, Patrick	3	708	Malec, Tim	R	722	Peterson, Stacy	1	596
Hill, Quinn	R	970	Malick, David	1	821	Pezeshkmehr, Megan	R	689
Hill, Susan	1	460	Martz, Adam	1	535	Pezzillo, Kate	1	48
Hill, Tucker	R	564	Mason, Erin	R	428	Pigford, Wells	R	301
Hodges, Max	R	477	Maughan, Kevin	R	651	Plante, David	2	825
Hollett, Brett	R	357	McConnell, Kim	1	473	Poole, Greg	1	0
Honea, Todd	3	625	McCoy, Jabe	1	1,357	Porter, Michael	R	0
Hoover, Alison	3	695	McKenna, Don	1	334	Portwood, Paul	R	1,100
Hoover, Jim	R	508	McKenna, Regan	R	428	Powell, Tim	R	586
House, Beth	2	575	McMahon, Mary Lee	1	0	Prestridge, John	R	603
Housler, Philip	1	441	McNair, Kelly	1	984	Ralph, Meghan	R	603
Hughes, David	R	452	McTune, Mark	2	939	Ramsey, Jamey	R	387
Hulcher, Alison	R	0	McVey, Simon	R	609	Randall, Lisa	5	344
Hunt, Leslie	R	709	McWilliams, Matthew	R	389	Ratliff, Garnet	R	51
Hyatt, Micheal	1	480	Meadows, Bryan	2	304	Richards, Amy	R	415
Ingle, Brandon	R	205	Merry, Vicki Sue	3	1,527	Richardson, William	R	796
Izard, Georgia	R	755	Miller, Tracy	R	518	Riner, Clint	R	656
Izard, Melody	R	802	Millican, Randy	2	602	Roberie, Josh	R	307
Jackson, Kelly	R	17	Millsap, Lanier	1	124	Roberson, Kevin	1	1,008
Jenkins, Kaki	1	714	Mixon, Joshua	R	95	Roberts, Fletcher	R	644
Johnson, Christy	R	145	Mooney, Sylvia	R	48	Roberts, Stephen	R	791
Johnston, Latta	R	754	Moore, Robert	1	878	Robinson, Rod	R	255
Jones, Delpha	1	315	Morgan, Danielle	3	581	Rocha, Roger	1	718
Jones, Ira	2	479	Morgan, Phillip	5	718	Rodriguez, Angie	1	650
Jones, Marcus	R	1,146	Morris, Dewayne	1	784	Rodriguez, Rick	R	54
Kane, Dawn	1	631	Morris, Justin	1	600	Roper, Lynn	R	0
Kane, Michael	1	690	Morris, Matt	R	758	Rose, Billy	R	919
Kaplan, Justin	R	0	Morrow, Abigail	R	0	Rosetta, Keith	R	0
Kelley, Robin	1	1,009	Morrow, Alex	4	723	Routman, Cynthia	R	460
Kemper, Tricia	R	649	Mothershed, Janie	1	532	Rutherford, Keith	7	642
Kin, Nicholas	R	627	Murchison, Reginald	1	1,132	Rutledge, Lisa	R	750
Knight, Diane	R	636	Murphy, Mandy	R	0	Sadler, Jason	R	519
Knight, Kristen	R	601	Murray, Jason	1	507	Sarrett, Kemper	R	597
Krause, Casey	R	464	Norris, Beth	1	738	Schaefer, Todd	R	871
Kuhn, Jimmy	7	811	Northern, Kristie	5	785	Secor, Debi	R	897
Laird, Audrey	R	774	Oehrlein, Kimberly	R	263	Self, Travis	R	546
Langston, Aaron	R	761	Oliver, Greg	1	929	Shaffield, Danny	1	1,135
Langston, Richard	3	701	Oliver, John	R	579	Shaffield, Mitzi	R	84
Leopard, Don	R	627	Opsomer, Liliene	R	244	Shaw, John	R	234
Lester, Treva	R	591	Osborne, Kristen	R	134	Sheppard, Gretchen	R	499
Lichlyter, Lee	R	559	Parks, Charlie	2	1,588	Shinn, Ronald	4	620
Lockett, Janet	R	492	Patlolla, Sandeep	R	425	Shirley, Scott	1	745
Longoria, Joseph	2	795	Patterson, Carrie	1	642	Sides, Dean	R	670
Lopez, Eric	R	0	Peagler, Shana	3	516	Silwal, Suman	4	674

TOTAL	YEARS	TOTAL
Simmons, Kelly	R	0
Simpson, Kevin	1	916
Sims, Robert	1	578
Sloane, Mike	R	742
Slocum, Brandon	R	561
Smith, Jason	R	889
Smith, Jerry	7	587
Spurlock, Nivada	1	804
Stearns, David	7	446
Stearns, Robert	R	476
Steely, Sonia	1	571
Stephenson, Amber	R	10
Stewart, Stephanie	R	526
Stockton, Rick	7	688
Talley, Beau	2	718
Talley, Shellie	R	297
Taylor, Trey	1	35
Thomas, Eric	3	1,262
Thomas, Jamie	R	615
Thornton, Dean	3	887
Tichnell, Josh	R	469
Tillery, Shaun	R	832
Traylor, Loren	R	970
Varnes, Vickie	1	972
Vinson, Hope	R	483
Wales, Kevin	R	446
Walker-Journey, Jennifer	R	700
Walker, Caroline	R	235

TOTAL	YEARS	TOTAL
Wall, Ron	2	677
Walters, Lara	1	0
Warren, Tom	R	666
Watkins, Janet	R	155
Watters, Robert	R	788
Weber, Amy	R	414
Weber, Lauren	R	304
Weeks, Max	R	14
Weisberg, Scott	4	0
Wells, Whitney	R	297
Wende, Adam	R	1,068
Whatley, Prince	7	1,084
Whidden, Lisa	1	813
Whitt, Trey	2	521
Williams, Christopher	R	281
Williamson, Chad	2	720
Wilson, Teresa	1	561
Windle, Dale	R	851
Wiseman, Steve	R	650
Woody, Bill	6	953
Wright, Sean	1	633
Wu, Xing	5	667
Yates, Durand	R	0
York, Gary	1	1,007
Young, Alyse	R	406
Zehnder, Justin	5	507
Zimlich, Kimberly	R	646



Hope is on the line.



JUST A CALL AWAY 5K
CRISIS CENTER

Join us for this brand new 5k benefiting Crisis Center, Inc.
Saturday, August 8th, 2015
UPTOWN Birmingham, AL
USAT&F certified, chip timed course

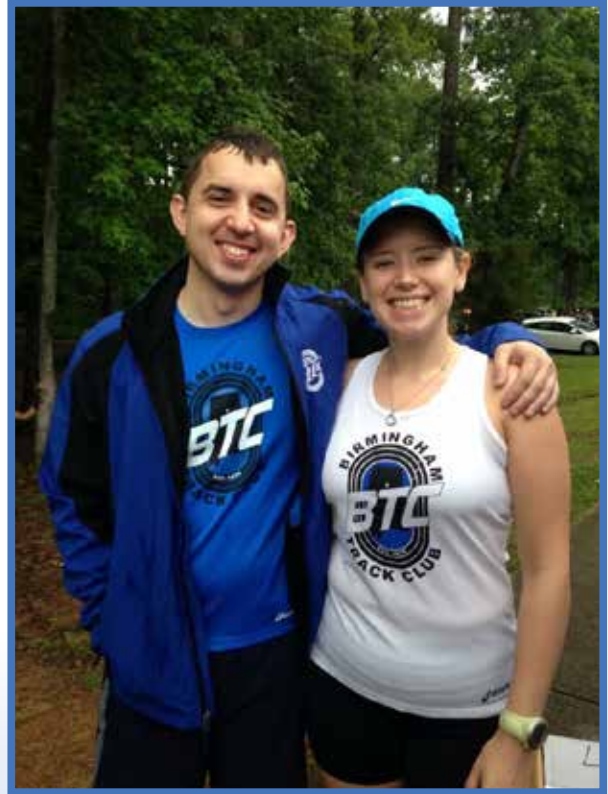
All current BTC members will receive \$5 off registration!
Please note that you must be logged in to Run Sign Up to activate the discount.

<https://runsignup.com/Race/AL/Birmingham/ACallAway5K>

SHOW US YOUR BTC GEAR!



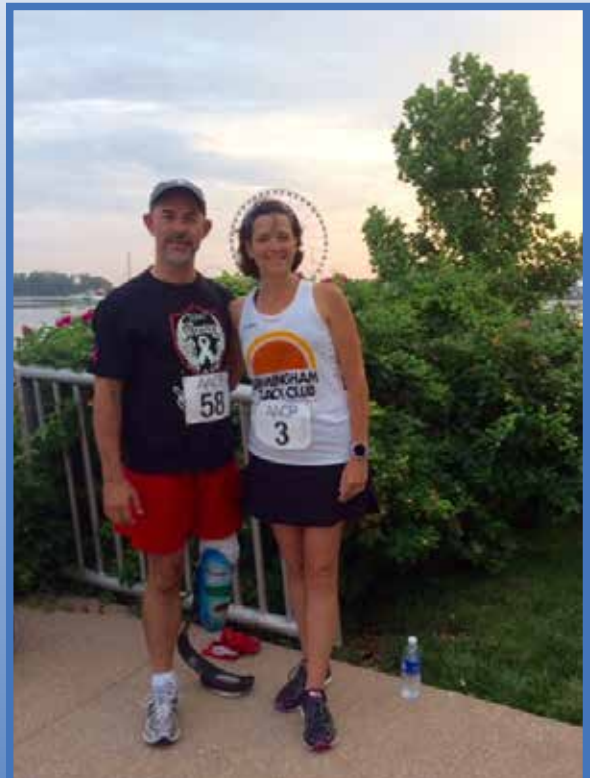
While on a mission trip, Kim Benner visited with the mayor of Yurimaguas, Peru



Michael Greene and Hannah Foust enjoyed their first Peavine Falls race



Mary and Jim Broome at the Peavine Falls race



Kim Benner and a colleague from Union University at a 5K in National Harbor, Maryland



Jennifer Andress gets in a run at Ross Castle, Killarney National Park, Ireland



Young BTC members Will and John Andress show off their BTC pride in Ireland



John, Keith and Will Andress enjoy the outdoors during a recent trip to Ireland



The Andress family in Ireland



Lisa Booher at the Space Needle in Seattle



Ali and Jim Hoover on the Thames Valley Trail in London, Ontario



BTC MEMBERS ENJOYED OUR EVENING RUN AND SOCIAL AT BIRMINGHAM PHYSICAL THERAPY & SPORTS MEDICINE



John Gash surveys the view at Oak Mountain State Park during a recent run



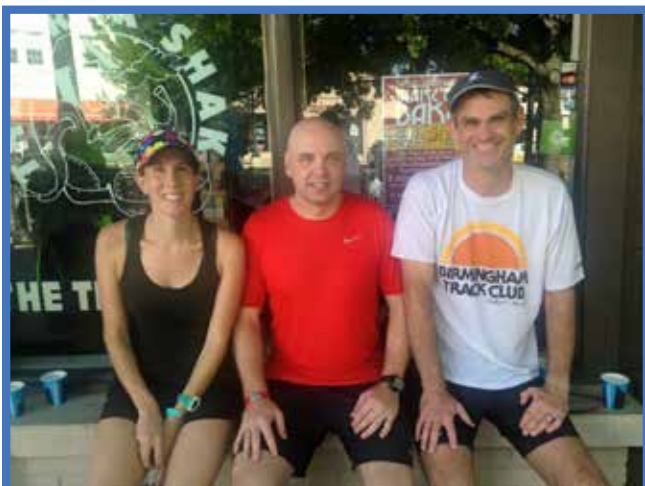
Justin Kaplan, Joey Longoria, Michael Greene and Ki Shin hit the track early to beat the heat



Darrell Gibson completed two 5K races on Disney's Castaway Cay island during a recent vacation



Julie Pearce in Puerto Rico



Katherine Dease, Joseph Dease and Chris Carey relax before a run

Show us where the BTC has taken you!

Email photos to:

JPearce@ggh-law.com

BTC MINUTES

July 13, 2015

Attendance: Alex Morrow, Darnell Allen, Leslie Bailey, Kelly McNair, Katherine Dease, Charles Thompson, Allison Stone, Alan Hargrave., Dean Thornton, Tanya Sylvan, Kemper Sarrett, Judy Loo, Hannah Foust, Lauren Weber, Lauren Floyd, Kim Benner

1. Approval of last month's minutes
2. Peavine Falls Update / tent (Alex)
 - a. 629 registered / 474 finished
 - b. No injuries, despite the rain!
 - c. Tent frame broke due to water weight; the tent frame will be replaced at no expense to the BTC
 - d. Through periscope, Alan broadcasting live video during the race.
 - e. Paper apps still need to be entered into run sign-up.
3. Newsletter Presentation (Julie)
 - a. Investigating a digital format for the newsletter such as a Blogspot or Mail Chimp.
 - b. Julie presented analytics for The Vulcan Runner in its current .PDF status (refer to handout)
 - c. Pros and Cons were discussed for .PDF and digital formats (refer to handout)
 - d. Comments from the committee:
 - i. Can we print a hard copy of the digital copy? Explore tools within the software package to see what's available and make sure this option is available to our members.
 - ii. Consider the speed of accessing the information
 - iii. Remove password protection
 - iv. Issuu (another option to consider) is an electronic publishing platform for magazines, newspapers, etc. that's accessible on any device and contains many features.
 - v. Try 2 formats in August (possibly through Dec) to get feedback from the members.
 - e. What are we trying to accomplish in the big picture?
 - i. Member benefit or opportunity to recruit new members?
 - ii. Recruitment tool – remove passwords
 - iii. Revenue – goal: \$1500.00 by year's end; opportunity to increase revenue through advertisements.
 - iv. Member benefits – opportunity to expand member benefits
 - v. Lifespan of upgrades? Cost? Basic versions are free; upgrades are reasonable
 - vi. Modest cost if you want the url to reflect organization name; Alan will investigate
 - vii. Can we create a newsletter within Run Sign Up? To date, no email in membership database. Probably will not be as robust as CC or mail chimp (demographics, etc.)
 - viii. August issue will be available in pdf and blog spot version. Find a position for ads in blog spot
 - ix. Each individual entry in blog spot will have its own link to a web address
 - x. Most platforms are already mobile friendly
 - xi. No comments option on blog spot
4. Socials (July 16 / August 1) - Katherine
 - a. July 16 (Thursday night Social) at Birmingham Physical Therapy and Sports Medicine in Cahaba Heights
 - b. In addition, staff from Fagan Sports Medicine will be on-site.
 - c. Food and drinks have been donated.
 - d. 1 door prize for a full gait analysis; 2 mini on-site
 - e. 3, 5 and 6 mile route options.
5. Vulcan (Allison Stone)
 - a. Met with traffic engineer today and will know fees soon
 - b. Elite program – meeting with Eric and Kyle tomorrow afternoon to finalize details
 - c. Who's handling sponsorships? Alex and Katherine
 - d. Training groups: still in the works
 - e. Beneficiaries: Vulcan Park, Girls on the Run – think about this
6. Ambassador Program / Lifetime Memberships (Darnell)
 - a. August 2 @ 8am w/ Black Girls Run
 - b. Lifetime Memberships (open forum discussion)
 - i. 5 year membership for \$96. 5 years for the cost of 4
 - ii. Lifetime membership: for the cost of a 20 year membership (\$480.00); 20 x the current annual membership rate
 - iii. Motion to approve - approved
7. Google Update (Alan)
 - a. We are set up with Google for Non-profits
 - b. User name and password assigned by the BTC.
 - c. We have to make the switch before we go live; timeline 30-60 days per Alan's request
 - d. Send and receive emails from a club account
 - e. Refer to document to set up account
8. Membership (Lauren)
 - a. 1277 members; 1010 memberships
9. Financials (Leslie)
 - a. We're in great shape
 - b. We have money for donations or to stay in account as liquid assets or contribute more to money market
 - c. Direct deposit on all races
 - d. August 15 is the deadline for 2014 taxes
10. Merchandise (Hannah)
 - a. Designs for ambassadors shirts – email to Darnell
 - i. \$11.00 each for 18 ambassadors
 1. quantity break is 24
 2. 24 @ \$11.00 is \$274.00 for shirts
 3. approved for \$275 for merchandise for ambassadors
 - b. on-line merchandise store
 - c. email to all the new design for Vulcan 10K shirt
11. Statue 2 Statue (Judy)
 - a. Proposal to change to April 2 due to conflicts with other events
 - b. Approved
 - c. Save the date email will go out via CC
12. Executive Committee Restructuring (Alex and Darnell)
 - a. Changes are in the works
13. Member Benefits (Kemper)
 - a. Kemper will go through the list and identify the point of contact; get the list to the social coordinator
 - b. Who needs to be removed? Who needs to stay?
 - c. Remove Culinard
 - d. Send an annual thank you note to the businesses that support us
14. Date of Next Meeting (Alex)
 - a. Second Monday of each month at the Vestavia Library
- f. August 1 – Vulcan Social
 - i. \$300.00 discount
 - ii. Kickoff for the Vulcan Run 10K free training programs
 - iii. Food and coffee from Panera; one mile fun run with medal for the kids; bouncy house; BTC apparel
 - g. October social – mini social
 - i. Location TBD

BTC Membership application



Single: ☐ Family: ☐ Renewal: ☐ Gender: ☐

First Name:

Last Name:

Street:

City:

State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F
 3. _____/_____/_____/_____/ M F
 4. _____/_____/_____/_____/ M F

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

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