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THE VULCAN RUNNER



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November 2015 Issue 11



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RUNNING WITH GRATITUDE

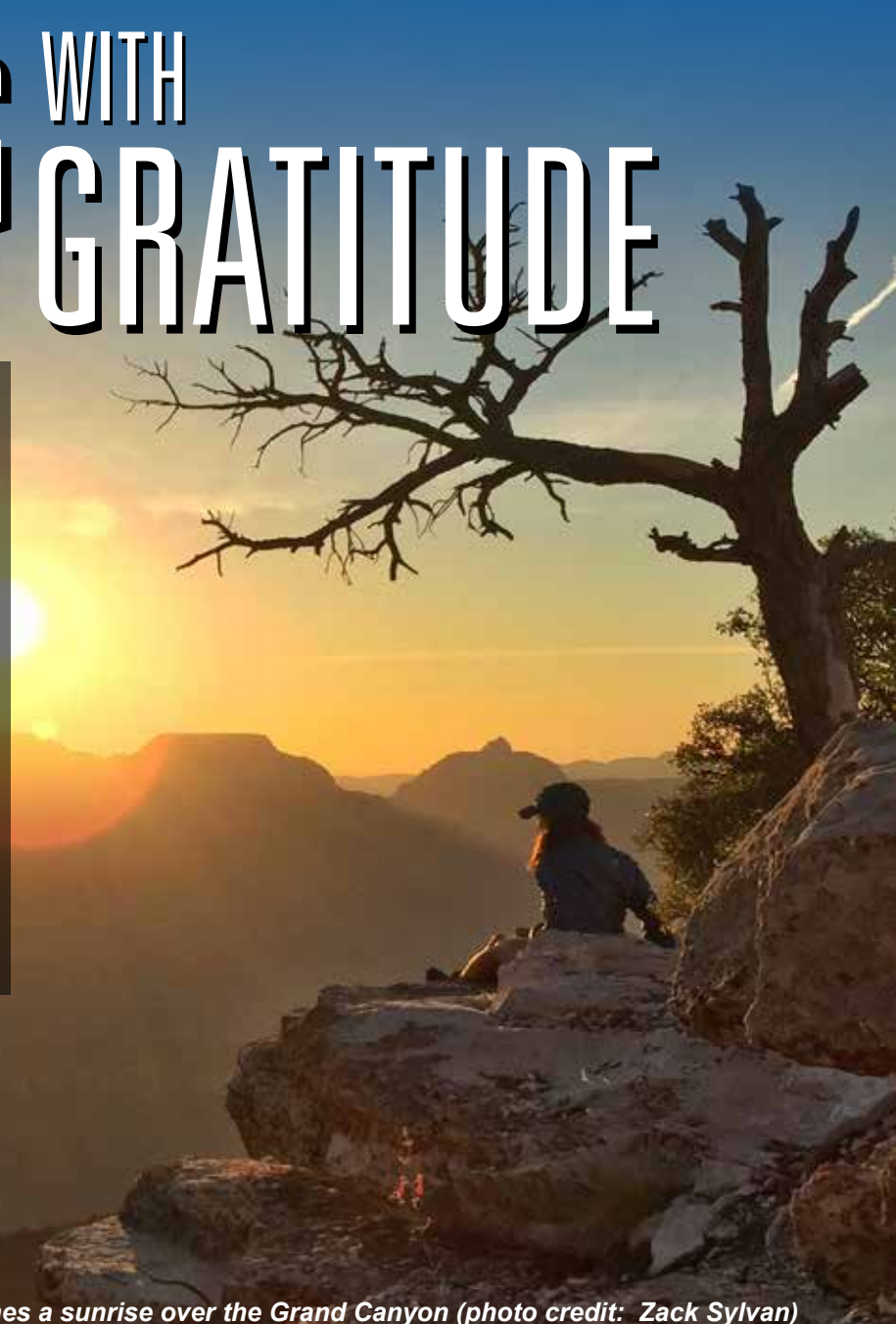
-By Kristen Osborne

Runners complain. A lot. If we don't have the exact perfect weather conditions that we want, it's the course. Or the packet pickup. Or a bad training run. Or shorts that suddenly cause chafing when they never have before. Or an entirely too talkative running buddy. Or...well, you get the idea.

We can be a grouchy bunch and so quickly forget how blessed and grateful we should feel just to be out doing something we love to do. Injuries are the main way that we remember how wonderful the simple act of running, anywhere or anytime, actually is. But there are other opportunities for thankful running as well.

For almost 40 years now, runners have laced up their shoes to tackle a 10k race hosted by the Levite Jewish Community Center on the morning of Thanksgiving. It's an area tradition that certainly

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BTC Finish Line Coordinator Tanya Sylvan watches a sunrise over the Grand Canyon (photo credit: Zack Sylvan)

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prepares any runner for a satisfying Thanksgiving meal later in the day.

In recent years, the race has become known as the Sam Lapidus Montclair Run, renamed in honor of a local teenager who bravely fought but sadly lost his battle with a rare bone cancer. Sam was a fixture at the LJCC; his memory lives on through the annual Montclair race. The proceeds from the race benefit the Alabama Center for Childhood Cancer and Blood Disorders at Children's Hospital. Race organizers recently added a 5k race as well in hopes to attract even more participants to this fun tradition.

Although I am usually out of town on Thanksgiving, I found myself stuck at home alone last year due to work. While I was certainly trying to be thankful that I had a job to grumble about, I knew I needed to do something that day other than work to take my mind off of missing my Nana's sweet potato casserole. I signed up for the Sam Lapidus Montclair Run.



The day before the race, my stepfather, Judge Tom Young of Alexander City, AL, called to say that he was going to drive up that morning and run the 10K with me. We had a fantastic time at the race and shared a celebratory Cracker Barrel breakfast afterwards. We both agreed that it was one of our favorite Thanksgivings in recent memory. No cooking or cleaning. No house guests. Just running and pancakes.

I noticed that a lot of people ran with friends or family members that day. It wasn't about time or a PR for most. Complaints were few and far between, despite the absolutely frigid temperatures.

It reminded me of how much running has actually given me. I have countless new friends that I never would have met otherwise. The friendships we make as runners are the things we think about first.

As fellow BTC member Margaret DeHaye said, "I'm so thankful that I got into running because, as a result, I reconnected with an old friend and have met many new amazing friends since I began training for my first big run.

And I feel the running community is so welcoming!"

Loren Traylor discovered a new love of early runs through her sleep-deprived friends: "I'm thankful for the great friendships I have made along my running journey!" She also noted (while stifling a yawn) that her running friends "are the only thing that could get me up at 4:00 a.m. to start a long run."

Running races with my family members, especially my stepfather, has brought us much closer and gives us "reasons" to simply spend time together.

Health is another major blessing we glean from running. Take a look at this month's #WhyIRun feature to see how Rachel Callahan uses running as a treatment for her health condition. Running was the launching point for my own major health overhaul, leading to my huge interest in all kinds of fitness activities.

We benefit emotionally. The endorphins from a good run, or really any run at all, boost our moods. Training for and completing race goals give us confidence and a sense of accomplishment. If you can finish a distance race, you can do anything.

I have also developed an ability to drink beer and run simultaneously. I know I'm not alone in gaining that new skill as the recent Tour de Brewer's races have been very well-attended.

As we enter into the holiday season, blessings, gratitude, and thankfulness are given an opportunity to rise to the front of our minds. It's a perfect time to remember what being a part of this running community does for us. And what we can, in turn, do for others.

The Run Gardendale running club is certainly practicing gratitude and giving back in their Run Gardendale Turkey Trot. This race presents another great opportunity for runners to participate in a race on Thanksgiving morning, especially for our runners north of the city. The Turkey Trot has 5, 4, and 3 mile courses, and walkers are welcome.

The first 100 to register pay only \$10 with a clothing donation to The Firehouse Shelter. After those 100, the fee is only \$15 with a clothing donation. Race organizers are asking specifically for donations of new men's socks, long johns, and gently used coats. Race Director David Crockett adds that in addition to clothing donations, "everything over [our] costs goes to the Firehouse Shelter."

Whether at the Turkey Trot, the Montclair Run, or another Thanksgiving race wherever you are traveling for the holiday, start the day right, with a run and a heaping dose of thankfulness.



Are you running a Thanksgiving Day race? What are you thankful for as a runner? Post your comments on the [BTC Facebook page](#) or [tweet](#) with #BTCgratitude to share your thoughts. You can also email the author, Kristen Osborne at kosborne@gqh-law.com. Kristen is an attorney, writer, and home fitness coach from Cahaba Heights.

PRESIDENT'S ADDRESS

—Alex Morrow



Hello, fellow BTC Members

I love this club! You might naturally assume I have an affinity for our crazy bunch of runners since I serve as President for the organization, but that notion is not powerful enough to express my feelings. I love this club! My exuberance is at a high point because two weeks ago I watched, and was part of, nearly 200 Birmingham Track Club members who made the trek to Chattanooga for the 4 Bridges Half and the 7 Bridges Full Marathon. It was an amazing time!

Being in a distant town and seeing BTC members, shirts, and hats no matter where you went was exciting and comforting. For one weekend, the BTC took over Chattanooga and made it our home base. It was a great experience to spend time with club members post-race at the BTC tent, erected right next to the finish line, to hear shouts of, "Go BTC!" as you ran by on the course, and then later that afternoon to walk in to a random restaurant for a post-race celebration meal only to realize you knew half the patrons in the joint! I have said it a hundred times, but once more will not hurt. Running may be considered a solitary sport, but it sure helps to have the BTC family supporting you along the way.

Speaking of the BTC family, I cannot wait to see nearly 2000 of you at this year's Vulcan Run 10k on November 7. Billed as the "South's Premiere 10k," The Vulcan Run is by far my favorite 10k, and what's not to like? From the beautiful course, to the amazing scenery, to the fantastic post race party, to being able to run a race with 2000 of your closest friends, it always adds up to a great time. Our wonderful Vulcan Run Race Director, Allison Stone, has upped the ante and is making this year's race extra special. You are going to love what you see on race day. Make sure to read on in this issue of The Vulcan Runner for more information about the race. By the way, the finisher's shirts are awesome! If you want one and have not registered, do so now! Only those who preregister are guaranteed one. You can register at the following link:

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

The Vulcan Run 10k is next up on our agenda, but as usual, there are dozens of exciting projects in the pipeline coming our way. I am thrilled to announce a date has been set for the 5th Annual Resolution Run at Red Mountain Park. I recently met with Valerie McLean from the Trak Shak and Red Mountain Park Executive Director David Dionne and his staff, to discuss the logistics of this fun event. Make sure to mark your calendars for January 2, 2016. This year there will be a 1-mile fun run, as well as 5k, 10k, and 20k options. When the BTC launched this race five years ago, no one could have predicted how large it would become. Last year, nearly 600 runners came out to participate in this family friendly event, and this year will be even bigger! Not only is it a great way to ring in the New Year, but proceeds help fund Red Mountain Park, which truly is a jewel found within our city limits. Stay tuned, registration will open soon.

After the Resolution Run, we will all start gearing up for the 2016 BTC Race Series, which will kick off with Adam's Heart Runs 5k, 10k, and 10 miler on February 6, 2016. I met with AHR Race Director Lisa Booher last week, and preparations are already well under way. Not only is Lisa working on the race logistics, she has a few other surprises in store for the kickoff of the BTC Race Series. The 2016 AHR races were strategically placed on the weekend before the Mercedes Half and Full Marathon. The thousand or more BTC members who run Mercedes usually need a run the weekend prior in the 6 to 10 mile range as they taper for race day. AHR provides the perfect opportunity not only get in the last long run of your Mercedes training, but to do so with hundreds of friends and receive a finisher's shirt as well! How nice would it be if all of our long runs worked out that way?

Lastly, and speaking of Mercedes, the BTC has officially launched our long run training programs targeting the Mercedes Half and Full Marathon. Each Saturday at 6:00 a.m. in front of the Trak Shak in Homewood, hundreds of your fellow BTC members are meeting and running together as we get ready for Mercedes. Join us! The mileage, running routes, and water stops are provided -- just show up and run. In addition, our friends at the Trak Shak have begun opening their store early so you can get any last minute supplies you may need before your run. It really is a wonderful opportunity to take advantage of your club membership. You keep hearing me talk about family, well this is what it is all about. Come run, sweat, and laugh with us -- I know you will enjoy it as much as we do.

Kindest Regards,

Alex Morrow

BTC President



SAVE THE DATE

BTC's 5th Annual Resolution Run

At Red Mountain Park

Saturday, January 2, 2016

Elite Field Announced 2015 Vulcan Run 10k

The starting line of the 41st running of the Vulcan Run 10K will have a truly international flavor. Former Olympians and Olympic hopefuls from around the globe will toe the 19th Street starting line on November 7. Elite athletes from five continents will lead over 1500 runners.

Carmen Hussar (Canada) returns to reclaim the top spot in the women's field. She is the 2011 and 2012 Vulcan Run champion. **Justyna Mudy-Mader** (Poland) is a five-time NAIA collegiate national champion and a two-time winner of The Rocket City Marathon. **Gisela Olalde** (Mexico) is new to the Vulcan Run but as course record holder of the Mercedes Marathon, she knows the streets of Birmingham quite well. **Victoria Veronko** (Russia) is a steeplechase track runner and will be making her road debut at the Vulcan Run. **Abgael Wanjiku** (Kenya) is only 18 years old but is unafraid of her more experienced competitors. She recently won Cedar Rapid, Iowa's Fifth Season Health Solution 8K in 26:55.

Rounding out the women's elite field are **Jennifer Dunn** (Birmingham, AL), **Elena Kidd** (Homewood, AL), **Elizabeth Laseter** (New York, NY) and **Megan Williams** (Homewood, AL). Dunn, Kidd and Laseter each posted top 10 finishes in the 2014 race while Williams will be making her first competitive start at the event.

American men will look to be favored in the men's elite field. **Sean Brown** (Denver, CO) is a 2016 US Olympic Marathon Trials qualifier. **Austin Duckworth** (Austin, TX) returns to Birmingham with hopes of improving upon his third place finish in the 2014 race.

Matt Hammersmith (Greenville, SC) will attempt to match the pace of his wife, Victoria Veronko, in the women's field. **Cory Leslie** (Greenville, SC) another steeplechase racer, won the bronze medal at the recent 2015 Pan American Games. **Samuel Mueller** (Auburn, AL) is fresh off a win at the Richard S. Caliguiri Great Race 10K in Pittsburg, Pennsylvania while clocking a time of 31:22. **Wilkerson Given** (Greenville, SC) has just returned from altitude and is ready to test his race legs. **Jay Stephenson** (Rome, GA) finished fifth in last year's race and indicates his fitness level is now better. Local

athletes **Scott Fuqua**, **Mark Pepin** and **Michael Niezgoda** will add strength to the field of American hopefuls.

Kane Grimster (Australia) and **Martin Muriithi** (Kenya) will add the international flair to the elite men's field.

Austin Duckworth believes the competition will be strong. "I am very excited to come back to race against a fantastic field in my hometown." A native of Birmingham, Duckworth is glad for an opportunity to find a high caliber local race so his local friends



Austin Duckworth

and family can watch him complete.

"While East Africans have been considered the epitome of distance runners for several decades, I see the gap getting tighter" says Kile Putman, Elite Athlete Coordinator for this year's event. "We really wanted to showcase everyone and not just fast kids from one region. Especially with the Olympic Games next year" he added.

The female and male winners of the 41st annual Vulcan Run each receive \$1,000. Total payout goes five places deep with the first American in each division receiving a \$100 bonus.

The Vulcan Run 10K will start at 8:00 a.m. on November 7. Registration and additional information can be found at www.birminghamtrackclub.com



Elizabeth Laseter



Samuel Mueller

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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:

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Race Results

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

birminghamtrackclub.com
championship-racing.com

Membership News

Please welcome the following new and returning members to the Birmingham Track Club:

- Amy Drum
- Rob Drum
- Barbara Rourke
- Bryan Heaton
- Vastine Stabler
- Wayne Qualls
- Rachel Hagues
- Vicki Sue Merry
- Shannon Kirchmer
- Adam Lindsey
- Katherine Morgan
- Marc Bell
- Meredith George
- Nathan Collins
- Ronda Thompson
- Leslie Coker
- Kristie Northern
- Loren Traylor
- Dean Thornton
- William Churchwell
- Margo Churchwell
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- Sara Rowe
- Brady Spencer
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- Chris Holmes
- Jen Zappa
- Ashley Crane
- Melony Trammell
- Jay Haley
- Mark Turner
- Cindi Routman
- Beatrice Chaicharncheep
- Sandra Jones
- Victoria Brakhage
- Jason Sandlin
- Bethany Davidson
- Gerald Gillespy
- Stephanie Ensminger
- Catherine Benson
- Don Parker
- Katie Bell
- Chase Douglas
- Willow Barnett
- Mike Morrissey
- Larry Boackle
- Laura Boackle
- Tomie Ann Boackle
- Edward Boackle
- Gary York
- David Plante
- Rachel Oser
- Amy Weber
- Catherine Anne Carroll
- Tyler Lahti
- Kimberley Lyles
- Chris Lyles
- Mimi Seeley
- John Gilbert
- Simone Durand
- Leigh Ann Hyche
- Rhett Wheeler
- Shannan Easter

Welcome new members to our great big, crazy, happy family!

Cheers to many miles and even more smiles!

Lauren Weber
Membership Chair



HOMWOOD, ALABAMA - Saturday December 12, 2015



www.MustacheDache.com

2015

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RUNNING TOGETHER SEPARATELY

-By Carrie & Joey Longoria

Destination: "RUNcation"

Contributing interviews with:

Natalie Ferguson

Garnett Ratliff

Blake and Mary Scott Pearson

Justin Kaplan

As we write this, we are less than thirty-six hours from heading off to Philadelphia for the Rock and Roll Half Marathon in the city of brotherly love. "Eye of the Tiger" is already buzzing in my head! Weather predictions are now in the upper 30s, which is still shorts and short sleeve weather, as I am quickly reminded by my beloved about the time I forgot key articles of clothing when we ran the NYC half in 2014 (33 degrees). So, what better mindset to write a segment about destination races, right?

To get varied opinions and input, we decided to ask a handful of runners a list of standard questions. We received an array of answers to most, but similar responses on a few. We hope this article will be useful in helping you prepare for your next destination race with a little comic relief in the "what is something you have forgotten" portion. It's no mystery that we runners are a strange breed, making the logistics of travel AND a race very interesting at times. Yes, I have been known to email a race director asking what type of hydration will be on the course (Gatorade or Powerade) and if there will be mile markers on the course. I blame my dad for these habits though! (He's much worse). Alright travel junkies! Here we go:

How do you choose what out of town races you run?

"I have many criteria and all of them have to do with the city itself. I refuse to go anywhere to run a race that is not a place I would otherwise visit. I don't care how downhill, fast or festive the race is. At the end of the day, it's a race and I'm a corporate worker bee...not a professional runner. I'm not running a race in a Podunk town."

"The first destination race we did was the Kilkenny Half Marathon in Ireland. We had already booked the vacation there and then looked to see if there was anything running related happening while we were there. It was not an intentional running vacation, but it turned out to be a great choice!"

What are the biggest obstacles logistically with traveling and/or on race day?

"Finding someone to watch our kids and get them everywhere they need to go is always the hardest part. We like to pick a loop course so that we don't have to bus to or from the start/end. It makes for a much more relaxed morning"

"Getting everything in order logistically with travel and driving, etc. Also, making sure I don't have any work obligations [is important.]"

"So far I have never flown to a race. As a person with ADD, packing is stressful enough without having to worry about forgetting something I need for a race. When I drive my car, I know I can pack 3 bags for an overnight trip by myself and then run around the house randomly picking up things that I think about afterwards and throwing them in bags. Getting rid of the concern that I might have forgotten something gets rid of all the stress."

"We were concerned about taking our nursing 9-month old to Japan with us given that a baby had never taken the pre-arranged BTC trip before, and we didn't know local culture and customs regarding children and their place in society. But we also didn't want to leave her in the states for two weeks without us. It turned out to be great. She was included in everything we did and even helped us meet more local people. She was passed around many folks that we got to spend time with and even got to meet the Mayor of Maebashi!"

What is on your packing list?

"I made a packing list YEARS ago that is in the notes section of my phone. It includes running and vacation things. Now, I don't have to think when I am filling luggage, and I haven't forgotten anything since making the list! To start the list, I referenced mommy blogs and running blogs and then figured out what would best fit our family when I travel."



The Fergusson Family travels to Japan

"It's anything and everything that I have ever heard anyone say they needed, anything that any article I ever read suggested, and anything that I think about randomly that someone else never mentioned, which might help"

"See <http://www.runnersworld.com/for-beginners-only/what-to-pack-for-a-marathon>."

*(from Joey): One thing I ALWAYS do when flying for a race is pack my race day gear in my carry-on. This way, no matter what happens with any other luggage, I can rest easy that I always have what I really need.

What is something key you forgot to pack & what did you do?

"I forgot to pack socks once. I did the race without them. TERRIBLE idea. I had the worst blisters."

"I have had to wash sports bras in the hotel sink and blow them dry with the hair dryer because I haven't packed enough."

"Band-aids. They were on the packing list but I didn't really think we would need them. Post-race blisters are no good without band-aids! Thankfully the gift shop in our hotel had some."

Do you experience the destination either before or after the race?

"I have yet to run in a City that I have not already spent time in. That way, I don't have to worry about it."

"I like to experience the city after the race and conserve my energy before. Plus, eating afterwards is more fun! I usually arrive the day before and spend 2-3 days after."

"Always experience the destination AFTER the race. It's difficult to enjoy the food and local drink and be concerned with how far you walk or how many sets of stairs you are taking in a day just because you want to have a good race. Ideal is probably fly in, 2 days rest / healthy eating, race, then spend a week enjoying whatever you went there to enjoy."

"Both. In Chicago we did a boat tour so that we could see the city without walking too much."

What has been your favorite out of town race?

"Chicago is our favorite for a big trip. We love Seaside for something smaller that you can drive to easily."

"Favorite out of town races - two of them. (1) Chattanooga - first out of town race where my whole family came. First (AND ONLY) marathon, and it was awesome that they could be there. (2) Kiawah - awesome hotel right at the start line, perfect weather, beautiful course, beautiful city. Also turned out to be perfect weather."

"I've never felt so safe in Japan. We took 3 a.m. walks with a baby along city streets without looking over our shoulders, to get over jet lag. It's one of the safest places you'll ever visit. I also placed in that race. They celebrate top 6, and I was fourth, so I received presents and a bit more fanfare than I deserved, but it was a really fun moment to be able to share with my husband and our baby."

"New Orleans RnR Half. What better place for post-race food!?"

How do you include your family?

"Sometimes, I include them by not making them come and not putting them through the stress of a race day."

"Traveling with my friends allows us to make an adventure out of it."

"We ask our parents to watch our kids so that we can race. With both of us running this is super helpful."

How do you take care of things when you go by yourself?

"I get a hotel room very close to the course (even if it costs a little more). I always have everything I need. I lay it all out as soon as I get there."



Chicago Marathon weekend

"We get family and friends to help. It's always a juggling act."

"I haven't been by myself. Jason and I are the type of people that when one of us is doing something really cool, the other one wants to be a part of it, even if it's just from the sidelines. Travel is always more fun when you are with people you know and like." (Side note: Carrie and I love this answer, Natalie!)

How do you prepare for a course?

"I do not prepare for a course."

"I don't like to know the negative aspects of a course, so I don't [prepare]."

"We study race maps, the elevation profile and talk to people who have done the race. We like to watch course video if it is available. We look at the locations of the aid stations and water stops and plan our nutrition based on what will be available at each location. Talking to people who have done the race is probably the most helpful because they can alert you to potential issues of which you might otherwise be unaware."

"You don't. Ultimately, you are in a strange environment and if you are really worried about every last detail, then you will miss out on the bigger picture of travel, which is connecting with people and learning to be a bit less absorbed in ourselves and the way we have always done things."

Well, I have realized that my packing job for Philly is suddenly inadequate! I can't wait to discover what I have forgotten on this trip! Carrie, of course, has had her suitcase laid out for days and won't forget a single thing.

One thing that we do have in common is being submerged in the culture and local food when we travel. Seriously, why go to a great destination and eat chain food you can get at your local shopping center? Part of the experience is the culture, architecture, and history of your destination. Personally, I think that connection allows you to have a more enjoyable and meaningful race, whether you are "racing" it or enjoying the sights and sounds of running through a great city, which is an amazing way to see it! Safe and happy travels!

Nearly 200 BTC members traveled to Chattanooga to participate in the 7 Bridges Marathon and 4 Bridges Half Marathon. We had a blast!



COMMUNITY CORNER

— By Jennifer Andress, BTC Past President

Greetings, BTC! I have an update on some of the safety issues that have been featured in this column over the last four months. As I have reported, I have been communicating with local Homewood and Mountain Brook officials in regards to improvements to the areas we as BTC runners frequent: the Lakeshore Trail, the bridge on Hollywood Boulevard over Highway 280, and Mountain Brook as you enter from the Homewood side.

And as I have said before, so many good things happen while out on a run. As luck would have it, I was running with a friend on Jemison Trail late one weekday morning last month when I saw State Representative David Faulkner on his way to a meeting. I stopped right then and there, told him about this column, and asked him where things stood regarding the proposed pedestrian bridge over Highway 280. He put my phone number in his phone and texted me his number to talk at a more opportune time. I am thrilled to say Representative Faulkner has been very responsive to our concerns about safety, and we have talked at length several times.

He explained what we already knew: that we are starting over from square one in gathering support from both City Councils of Mountain Brook and Homewood (which we have) and that we need to get the City of Birmingham involved again, as well as ALDOT. We are prepared to undertake this project once again.

In the meantime, Representative Faulkner agreed to take immediate action on our behalf to investigate the status of the promised sidewalks on the Highway 280 access road behind the zoo, connecting Mountain Brook Village to Homewood via Poinciana. If you remember, these sidewalks, connecting to the new zoo sidewalks, are what Mountain Brook designated its bridge funds to construct once ALDOT and Birmingham decided against their commitment to the bridge. Representative Faulkner remembered that he was told about the sidewalks when he first took office almost a year ago.

Representative Faulkner contacted Mountain Brook City Manager Sam Gaston on our behalf about the status of these sidewalks. Mr. Gaston reached out to Homewood City Councilman from Ward Two, Fred Hawkins, who is in communications with ALDOT about its work on this project.

From Councilman Hawkins: "Homewood and Mountain Brook are waiting on the agreement from ALDOT. I was told they had it and had found a mistake and were correcting it. We were to have it by next week [*last week of October---JA*]. Birmingham would then execute that agreement and send back to ALDOT for the Governor's signature. We can't set up our grant account until all of that happens. Our consultant is ready to go."

(Let me also note that construction on these sidewalks would also address the exposed metal that BTC officer Darrell Gibson brought to our attention last month, as the sidewalks would go right over the area where this safety hazard is located.)

Representative Faulkner was extremely attentive when we discussed ideas for safety improvements for runners and cyclists in our area. He even suggested a town hall meeting with Mountain Brook and Homewood city officials, for BTC members to talk about our concerns and suggestions. I will keep you posted on this fantastic idea!

I am waiting to hear back from Homewood Fire Chief John Bresnan about safety phones on the Lakeshore Trail. His latest update is that he is looking at and pricing options.

Regarding another community concern, I will be addressing the Homewood City Council on behalf of the BTC on October 26th, in regards to a new proposed comprehensive no-smoking ordinance. This new proposal prohibits smoking in all businesses, including on restaurant patios, increases the distance from a business one can smoke from 10 feet to 20 feet, and includes all e-cigarettes for the first time. This proposed ordinance matches those in Vestavia Hills, Birmingham, and 27 other Alabama municipalities. Several physicians who also are runners and triathletes will be speaking as well.

Our position is that Jefferson County has one of the highest lung cancer rates in the state, our heart disease rate is 18% higher, and our stroke rate is 50% higher than national rates. This ordinance will significantly reduce exposure to secondhand smoke.

So therefore, I will have a lot to update for you in next month's issue of The Vulcan Runner! In the meantime, if you or any member of your running group has suggestions for improvements for our running area and routes, please send them my way, and we will begin contacting the appropriate city or elected official. My email address is: pastpresident@birminghamtrackclub.com.



**EVERYONE HAS A
LIMIT...NOT EVERYONE
FINDS IT!**

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7AM December 12

Red Mountain Park

Register at ultrasignup.com



Introducing our new BTC Member Benefits Partner!



This month, we are pleased to welcome **Kicks Shoes for Kids** as a new member benefit partner!

Kicks is a full-service retailer for kids' footwear and accessories in the Patton Creek area of Hoover. The store carries New Balance, Asics and other athletic brands, as well as outdoor brands such as Keen, Chaco, Reef and Sanuk, and many fashion brands.

The Kicks staff prides itself on finding shoes that fit your child's feet well. One size does not fit all in this business, which is why Kicks carries a wide range of styles and sizes

to ensure a perfect fit. The store carries shoes for babies and first time walkers through children in the early elementary grades. Wearing good shoes that fit correctly is beneficial to your child, the same way it is vital to you as a runner.

Kicks is pleased to offer a **10% discount** to BTC members on their purchases of non-discounted items. Show your BTC card or mention your membership to take advantage of this special discount! Don't forget to sign up for the store's fantastic Frequent Buyer program as well.

Kicks Shoes for Kids
Patton Creek Shopping Center
181 Main Street #229
Hoover, Alabama 35244
205.982.6888

An up-to-date listing of all current member benefits partners and the discounts and perks they offer to BTC members is listed on the [BTC website](#). As always, please contact [Kemper Sarrett, Member Benefits Coordinator](#), to recommend new member benefits partners.

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.

CAFFEINE AND RUNNING A “Latte” Benefit?

— By Kim Benner, Stacy Farry, and Zackary McMullan

Caffeine's easy accessibility and ergogenic (energy producing) effects are thought to have made it the most widely used stimulant worldwide. It is estimated that 90% of adults consume caffeine as a part of their normal diet.¹ Caffeine can be found in coffee, tea, cola products, energy drinks/bars/gels, some vitamins/supplements, non-prescription medications (cough syrups and weight loss products) and even chocolate! Caffeine has been shown to increase mental alertness, improve mood, enhance reaction time and improve athletic performance.²

Caffeine is thought to work by increasing the amount of adrenaline that is released in the blood stimulating the release of free fatty acids, sparing muscle glycogen from fat or muscle tissue.³ Caffeine is classified as “ergogenic,” which means that it increases the ability for “work” output. Clinical studies investigating the effects of caffeine showed overall improved performance in athletes competing in endurance sports such as running, rowing, biking and swimming. One of the studies included in the analysis showed an increase in performance of 23.8 seconds for runners who used caffeine before an 8 kilometer run.⁴ Furthermore, evidence suggests that benefits occur at relatively low doses of caffeine, approximately 2-3 milligrams per kilogram, the equivalent of around 2 cups of coffee.

While there is evidence that caffeine may enhance athletic performance, disadvantages to caffeine consumption must also be considered. Side effects of caffeine include: anxiety, jitteriness, inability to focus, gastrointestinal (GI) upset, insomnia, irritability and potentially elevated heart rate.³ These side effects are typically more prominent at higher doses, greater than 9 milligram per kilogram (for the average 70kg/154 lb person, this would be equivalent to around 5-6 cups of coffee), but can also be seen at lower doses. Potentially serious heart rhythm alterations (arrhythmias) have been reported after very high doses of caffeine.²

Caffeine also is a known diuretic, meaning it causes an increase in urine production; this can affect hydration status, especially in athletes engaging in strenuous exercise. Another important factor to consider with caffeine is that of withdrawal when one abruptly stops the intake of caffeine. Symptoms of caffeine withdrawal including headache, fatigue, decreased energy, depressed mood and irritability, are not uncommon upon discontinuation of caffeine, even after relatively short periods of use.²

The use of caffeine in athletes continues to be a controversial topic. At one point, caffeine was included on the banned list of substances by the International Olympic Committee. However, the ruling has since changed, limiting urine caffeine concentrations to less than 12 mcg/ml, likely due to the widespread use of caffeine in everyday life. This limit gener-



CAFFEINE CAVEATS

~ Caffeine, even at small doses, can promote a stimulant effect on a person engaged in a strenuous activity or even at rest.

~ Side effects of typical doses of caffeine can be increased heart rate or jitteriness, but larger doses can also lead to dangerous heart alterations.

~ Even small doses of caffeine can increase urination which, particularly during long or strenuous activities (with or without hot, humid weather!), can lead to poor performance due to decreased hydration status. Try drinking more water to offset this side effect.

~ “Caffeine withdrawal headaches” (along with other not-fun effects) can occur when one suddenly stops caffeine intake after using it for a long period of time. To avoid this, try slowly removing caffeine from your diet rather than going “cold turkey.”

ally allows for modest daily caffeine intake. Because caffeinated beverages have become so universal among people in general, normal daily consumption in athletes is seen as acceptable overall. However, use of high dose caffeine to artificially enhance athletic performance is viewed by many in the same category as other “performance-enhancing drugs”.

Stacy Farry and Zackary McMullan, PharmD. 2016 Candidates and Kim Benner, PharmD, BCPS, FASHP, FPPAG. Kim Benner is a distance runner and current Volunteer Coordinator for the BTC. When she's not running the streets of Birmingham, Kim is a clinical pharmacist at Children's of Alabama, a Professor of Pharmacy Practice at Samford University and a mother of two non-running boys.

References:

1. Burke LM. Caffeine and Sports Performance. *Appl Physiol Nutr Metab* 2008;33(6):1319.
2. Bordeaux B, Liberman HR. Benefits and risks of caffeine and caffeinated beverages. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. (Accessed on September 15, 2015.)
3. Spriet LL, Graham TE. Caffeine and Exercise Performance. *American College of Sports Medicine*. <http://www.acsm.org/docs/current-comments/caffeineandexercise.pdf>
4. Bridge CA, Jones MA. The effect of caffeine ingestion on 8 km run performance in a field setting. *Journal of Sports Science*. 2006; 4 (433-9).

RRCA UPDATE



Alex Morrow, BTC President and RRCA Alabama State Representative has announced that The Vulcan Run has once again been named the RRCA Alabama State Championship 10k race. He noted that "all of us at the Birmingham Track Club are honored to have that designation. The RRCA only picks races to be championship events if they stand up to the high standards outlined by their organization. The race must be professionally managed, organized, executed, and be a favorite among those who participate. The Vulcan Run 10k is definitely a race of that caliber, and we expect another fantastic running this year."

Long known as "The South's Premiere 10k," local runners have made The Vulcan Run a favorite hometown tradition, but the race has become a favorite among elite runners as well (read about this year's elite athletes on page ____). The crisp weather, fall leaves and scenic course also make the race enjoyable for spectators and participants alike.

Allison Stone, Race Director for The Vulcan Run, acknowledged that "[w]e are extremely honored to be the RRCA Alabama State 10k Championship event, yet we have our sights set even higher as we are striving to once again become the designated Regional 10km Championship event in the very near future. Looking ahead even further, our ultimate goal is to continue to grow and improve in order to contend for the National 10k Championship designation. We believe this is a very realistic and attainable goal for us, as The Vulcan Run has long been considered one of the South's premier running events."



SAVE THE DATE

BTC Annual End of the Year Party

**Officer elections, annual
awards, 1200 mile club
recipient recognition
and plenty of food and
libations**

**Discounted tickets for BTC
members**

Saturday, January 9, 2016

#WhyIRun

— By Kristen Osborne

This 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 to tell your WHY and be featured in the next edition. Kristen is an attorney, writer, and home fitness coach from Cahaba Heights.

Name: Rachel Callahan

Neighborhood: Surrounded by but not in Mountain Brook - our neighborhood is like the pimple on Mountain Brook's nose - we don't belong, but there we are, driving them insane by being stuck to them. Otherwise known as the "The Old Leeds Road area"

Family: I am married to co-BTC member Chris, and the mother of possibly the youngest BTC member Ali (8) and not-yet-BTC member Noah (4). Noah does accompany us on runs - in the jogging stroller. He is always sure to stretch really good before and after runs and complain about what a rough run it was while the rest of us are pouring in sweat.

Occupation: I am the accountant for my husband's company from home. I have blogged at graspingforobjectivity.com for almost 8 years. I take photographs of sunsets and Birmingham and sell prints, note cards, calendars and more at picturebirmingham.com with 100% of the proceeds going to a local charity that rescues victims of human trafficking. And I homeschool my children.

When did you start running and why?

I started running in July 2014. I had been diagnosed with Dysautonomia in August 2013. I had taken all of the other advice they'd given me to "feel better" - I was eating right, I was drinking 100 ounces of water a day, and I was enjoying a lot of salt. But I was still feeling pretty poor. Dysautonomia is a nervous system disorder that affects a lot of things, but is chiefly about a low blood volume and pressure. Stand-

ing up can make me black out. So running, even though it was highly recommended, seemed like a REALLY bad idea. But all the doctors said it would work. I finally got desperate enough to try it after a year of struggling through my illness, and the immediate results were shocking.

Apparently, the act of forcing blood to flow through my veins (and up into my head) really does make me feel better. I became immediately hooked on running - because it made me feel really good. My choices then became laying down and feeling worse, or going for a run and feeling better. From the very first month of running, I began averaging 100 miles a month and haven't slowed down yet, despite a few injuries.

Who has helped or inspired you as a runner?

My husband Chris has been a vital part of my running endeavors. He has given me advice, encouraged and enabled me to run on my crazy daily schedule, and has run with me, making it so much more fun.

What is your favorite piece of runner's equipment or gear that you can't live without?

I am an accountant by degree, so I am motivated by numbers, and by competing against myself. I would have quit running if it weren't for my FitBit and my MapMyRun app. They give me the objective feedback I need to keep running and growing.

What is your favorite place to run or your favorite race?

My knees aren't really excited about doing hills, so I love to run downtown, on Jemison trail, or on Lakeshore trail. My favorite place to run if I have a little drive time is the Chief Ladiga Trail through the Talladega National Forest - especially in the fall, it is a dream run.

You can find Rachel at her blog, GraspingForObjectivity.com. Also check out her beautiful photography at PictureBirmingham.com, which benefits The Wellhouse, helping victims of human trafficking.



VULCAN RUN



★ BIRMINGHAM, AL ★

NOVEMBER 7TH, 2015

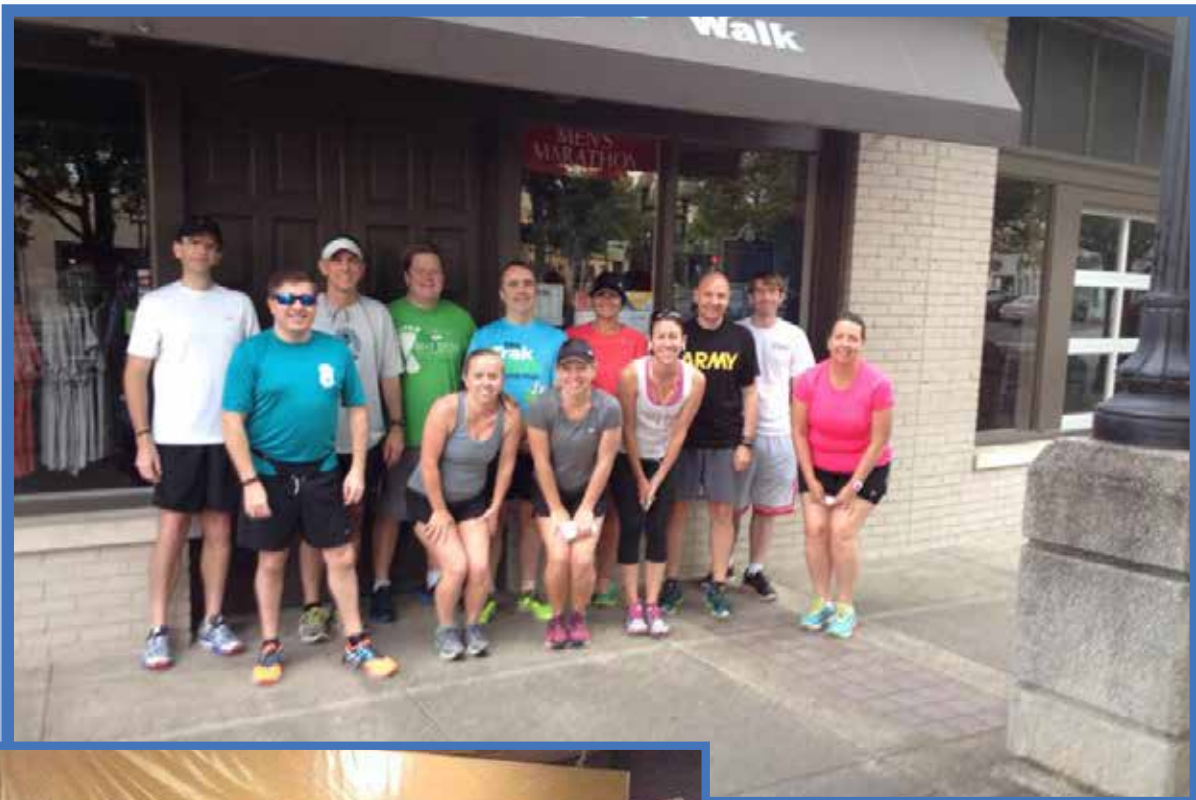
41ST ANNIVERSARY VULCAN RUN 10K
ALABAMA STATE 10KM CHAMPIONSHIP



Saturday Morning Moderate Runs

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

JOIN US!



Final Race of the 2015 Southeastern Trail Series

Enter coupon code "BTC-50K" at Checkout
for a 10% Discount

Tranquility Lake 50K

Tranquility Lake 20K

50K and 25K Trail Race

Oak Mountain State Park - Saturday, November 21 - Birmingham AL - 7:00 AM Start

Presented by: SoutheasternTrailRuns.com



www.mountainhighoutfitters.com



It's Who I Am



**Kick off the New Year
at the**

BTC's 5th Annual Resolution Run

Saturday, January 2, 2016

Red Mountain Park

It's almost time for the Resolution Run on historic Red Mountain. This year's run will offer a 5k, 10k and 20k course that will take you on various parts of Red Mountain. New this year is a one mile fun run.

Back by popular demand is a scavenger hunt along the routes with prizes for the lucky winners. You don't want to miss this fun New Year's tradition! The 20k run begins at 7:30 am, and all other runs begin at 8:00 am.

Stay tuned! Registration will open soon, so make sure to check the next issue of *The Vulcan Runner* for the link to register online.

We hope to see you there!

1200 MILE CLUB

*Cumulative miles submitted through September 20, 2015 are listed below.
For a complete listing of monthly totals, [click here](#).*

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Adams, Clell	2	904	Cason, Daniel	R	974	Edge, John	R	1,117
Affuso, Olivia	3	690	Caviedes, Octavio	1	271	Edmonds, Maggie	R	144
Alexander, S Rheagan	R	954	Chadha, Jennifer	R	217	Elrod, Stacey	R	890
Armstrong, Thomas	3	142	Chambers, Ron	R	1,198	Ensminger, Stephanie	R	0
Bailey, Leslie	1	820	Chandler, Teresa	5	1,150	Estes, Jeff	R	907
Bailey, Tut	R	295	Chiesa, Marco	R	264	Etchison, Nikki	R	0
Baker, Mark	1	311	Christenberry, Kim	R	0	Evans, Debbie	2	1,209
Baker, Ryan	R	146	Clay, Brad	8	2,309	Fell, Amy	3	1,232
Ballard, William	4	1,036	Clayton, Yocunda	R	905	Feller, Beth	2	1,229
Barnes, Conan	R	132	Cliett, Stephanie	1	1,274	Ferlitto, Cindy	R	6
Barnes, Jimmie	R	1,103	Clowers, Addison	1	1,323	Fincher, Valerie	R	346
Barry, Jenny	R	872	Coker, Leslie	R	943	Fonteneau, Kira	R	107
Bartee, Samm	R	694	Colmenares, Clinton	R	925	Foust, Hannah	R	494
Bartlett, Kari	1	716	Colpack, Chris	R	1,127	Franklin, Shane	3	1,123
Beasley, Cathy	R	848	Connell, Daniel	R	0	Frederick, Winston	7	1,552
Beggs, Mark	R	276	Cooper, David	R	160	Fuller, Lisa	R	887
Belcher, Michelle	2	854	Cornelius, Jeff	R	101	Gann, Michael	3	1,006
Benner, Kim	2	1,088	Corrin, LaRonda	R	544	Gant, Kelli	1	151
Benson, Wayne	4	866	Corrin, Roger	1	878	Ganus, Jack	7	680
Berg, Courtney	R	50	Cox, Damon	1	927	Gash, John	2	955
Berg, Dustin	R	251	Craig, Mary	R	1,077	Gaylor, Marcie	1	845
Berthold, Jean-Philippe	R	396	Cramer, Robyn	R	616	Gibson, Darrell	1	917
Beury, Bridget	R	232	Cramer, Steve	R	250	Gilbert, John	R	1,038
Bissell, Kim	R	768	Crawford, Drew	R	135	Goode, Johnny	6	1,367
Black, Dylan	R	1,122	Creed, Brad	4	796	Goolsby, John	3	635
Blankenship, Barry	2	352	Creel, Mary	R	940	Gordon, Brittany	R	590
Bonatz, Ekkehard	7	2,440	Crumpton, Dan	3	1,250	Grabeldinger, Nikki	R	983
Booher, Lisa	3	1,047	Davis, Kevin	R	82	Greene, Michael	1	191
Bowman, Brian	R	0	Davis, LaJuana	R	259	Greenwald, William	R	642
Bowman, Leisha	R	129	Davis, Sarina	R	0	Grice, Jenny	R	995
Brakhage, Victoria	R	1,184	Dawson, Ashley	2	1,740	Grossmann, Christopher	4	883
Brown, Charlie	3	1,156	Dease, Katherine	1	656	Gullapalli, Satya	1	1,110
Brown, Michael	1	833	DeBardeleben, Anne	R	940	Haley, Jay	R	639
Brown, Sean	1	874	Dell'Italia, Louie	R	842	Halperin, Dave	2	1,718
Bryant, David	2	1,247	Dell'Italia, Pat	R	965	Haralson, Danny	6	989
Bunch, Bryan	R	214	Denton, Matt	2	1,150	Haralson, Micki	7	905
Bunch, Catherine	R	408	Dill, Greg	1	430	Hargrave, Alan	7	1,076
Busby, Madeline	1	931	DiMicco, Al	3	706	Harrelson, Heather	1	976
Byrd, David	R	50	Dodson, Brooke	3	154	Harris Bowser, Javacia	R	139
Callahan, Rachel	R	975	Dortch, Cherie	6	127	Harris, Robert	R	416
Carey, Christopher	1	985	Douglas, Nelle	1	1,346	Harrison, Lisa	3	1,131
Carlton, Bob	R	1,172	Dunn, Wade	7	1,833	Harvey, Gary	R	857
Carroll, Chad	R	105	Easterling, Natalie	R	918	Harvey, Gordon	1	1,401
Carter, Adrienne	R	270	Easterling, Tim	R	83	Hathorne, Chad	R	733
Casey, Barry	1	1,004	Echols, Robert	R	30	Havicus, Cari	R	1,013

www.BirminghamTrackClub.com
November 2015

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Hayes, Debbie	2	1,281	Lopez, Eric	R	0	Patterson, Carrie	1	955
Hayes, Mikal	R	863	Losole, Liz	5	106	Peagler, Shana	3	799
Heaton, Bryan	1	999	Love, Thomas	1	808	Pearce, Julie	4	1,020
Heineken, Stephanie	R	519	Lyle, Randy	7	1,817	Pearson, Blake	2	1,826
Henley, Monica	1	973	Lyles, Chris	R	684	Pearson, Mary Scott	R	1,027
Henninger, Alison	R	1,113	Lyles, Kimberley	R	0	Perry, Jeff	4	794
Hickerson, Patrick	3	943	Malec, Tim	R	722	Peters, Scott	1	1,276
Hill, Quinn	1	1,268	Malick, David	1	1,026	Peterson, Stacy	1	1,058
Hill, Susan	1	857	Martz, Adam	1	817	Pezeshkmehr, Megan	R	857
Hill, Tucker	R	996	Mason, Erin	R	661	Pezzillo, Kate	1	48
Hodges, Max	R	782	Maughan, Kevin	R	848	Pigford, Wells	R	558
Hollett, Brett	R	357	McConnell, Kim	1	575	Plante, David	3	1,302
Honea, Todd	3	774	McCoy, Jabe	1	1,401	Poole, Greg	1	0
Hoover, Alison	3	1,087	McKenna, Don	1	334	Porter, Michael	R	0
Hoover, Jim	R	917	McKenna, Regan	R	428	Portwood, Paul	1	1,334
House, Beth	2	826	Mcmahon, Mary Lee	1	0	Powell, Tim	R	586
Housler, Philip	1	733	McNair, Kelly	1	1,029	Prestridge, John	R	899
Hughes, David	R	602	McTune, Mark	3	1,377	Ralph, Meghan	R	924
Hulcher, Alison	R	0	McVey, Simon	R	975	Ramsey, Jamey	R	387
Hunt, Leslie	R	1,081	McWilliams, Matthew	R	723	Randall, Lisa	5	550
Hyatt, Micheal	1	480	Meadows, Bryan	2	304	Ratliff, Garnet	R	51
Ingle, Brandon	R	205	Merry, Vicki Sue	3	1,975	Richards, Amy	R	665
Izard, Georgia	1	1,263	Miller, Tracy	R	837	Richardson, William	1	1,236
Izard, Melody	1	1,315	Millican, Randy	2	921	Riner, Clint	R	972
Jackson, Kelly	R	17	Millsap, Lanier	1	124	Roberie, Josh	R	378
Jenkins, Kaki	1	1,100	Mixon, Joshua	R	95	Roberson, Kevin	2	1,526
Johnson, Christy	R	202	Mooney, Sylvia	R	48	Roberts, Fletcher	R	1,033
Johnston, Latta	R	982	Moore, Robert	1	913	Roberts, Stephen	R	1,196
Jones, Delpha	1	315	Morgan, Cary	5	2,237	Robinson, Rod	R	255
Jones, Ira	2	870	Morgan, Danielle	3	1,087	Rocha, Roger	1	1,049
Jones, Marcus	1	1,720	Morgan, Phillip	6	1,242	Rodriguez, Angie	1	899
Kane, Dawn	1	818	Morris, Dewayne	1	784	Rodriguez, Rick	R	54
Kane, Michael	1	878	Morris, Justin	1	805	Roper, Lynn	R	0
Kaplan, Justin	R	938	Morris, Matt	R	990	Rose, Billy	1	1,225
Kelley, Robin	2	1,338	Morrow, Abigail	R	0	Rosetta, Keith	R	0
Kemper, Tricia	R	1,038	Morrow, Alex	5	1,492	Routman, Cynthia	R	853
Kin, Nicholas	R	876	Mothershed, Janie	1	659	Rutherford, Keith	8	1,244
Knight, Diane	R	816	Murchison, Reginald	2	1,687	Rutledge, Lisa	R	880
Knight, Kristen	R	907	Murphy, Mandy	R	0	Sadler, Jason	R	716
Krause, Casey	R	652	Murray, Jason	1	755	Sarrett, Kemper	R	935
Kuhn, Jimmy	7	918	Norris, Beth	1	962	Schaefer, Todd	R	1,150
Laird, Audrey	R	1,053	Northern, Kristie	5	1,033	Secor, Debi	1	1,278
Langston, Aaron	R	1,002	Oehrlein, Kimberly	R	474	Self, Travis	R	884
Langston, Richard	3	999	Oliver, Greg	2	1,363	Shaffield, Danny	2	1,462
Leopard, Don	R	861	Oliver, John	R	977	Shaffield, Mitzi	R	812
Lester, Treva	R	747	Opsomer, Liliane	R	244	Shaw, John	R	234
Lichlyter, Lee	R	832	Osborne, Kristen	R	134	Sheppard, Gretchen	R	910
Lockett, Janet	R	723	Parks, Charlie	2	2,123	Shinn, Ronald	4	954
Longoria, Joseph	2	1,156	Patlolla, Sandeep	R	425	Shirley, Scott	1	987

TOTAL	YEARS	TOTAL
Sides, Dean	R	1,015
Silwal, Suman	5	1,501
Simmons, Kelly	R	0
Simpson, Kevin	2	1,385
Sims, Robert	1	1,033
Sloane, Mike	R	935
Slocum, Brandon	R	892
Smith, Jason	R	1,163
Smith, Jerry	7	885
Spurlock, Nivada	1	1,044
Stearns, David	7	581
Stearns, Robert	R	476
Steely, Sonia	1	828
Stephenson, Amber	R	10
Stewart, Stephanie	R	526
Stockton, Rick	7	1,073
Talley, Beau	2	1,146
Talley, Shellie	R	297
Taylor, Trey	1	35
Thomas, Eric	3	1,732
Thomas, Jamie	R	953
Thornton, Dean	3	1,164
Tichnell, Josh	R	469
Tillery, Shaun	1	1,431
Traylor, Loren	1	1,546
Trimble, Jamie	R	1,030
Varnes, Vickie	2	1,290
Vinson, Hope	R	618

TOTAL	YEARS	TOTAL
Wales, Kevin	R	446
Walker-Journey, Jennifer	R	914
Walker, Caroline	R	235
Wall, Ron	2	969
Walters, Lara	1	0
Warren, Tom	R	975
Watkins, Janet	R	155
Watters, Robert	1	1,287
Weber, Amy	R	863
Weber, Lauren	R	418
Weeks, Max	R	14
Weisberg, Scott	4	0
Wells, Whitney	R	297
Wende, Adam	1	1,619
Whatley, Prince	8	1,261
Whidden, Lisa	1	813
Whitt, Trey	2	851
Williams, Christopher	R	509
Williamson, Chad	2	1,064
Wilson, Teresa	1	983
Windle, Dale	R	1,130
Wiseman, Steve	R	1,028
Woody, Bill	7	1,386
Wright, Sean	1	927
Wu, Xing	5	1,084
Yates, Durand	R	0
York, Gary	2	1,568
Young, Alyse	R	632
Zehnder, Justin	5	784
Zimlich, Kimberly	R	646



**Please join the BTC as we train for the Mercedes Full and Half Marathons on
February 14, 2016.**

**The BTC Saturday Long Run Training Group meets at 6:00 a.m. at the Trak Shak
in Homewood. See the [Group Runs Page](#) on the BTC website, or join the BTC
Saturday Morning Long Runs Facebook page for updates and routes.**

See you on the roads!

"FEETS" OF STRENGTH

We have had an amazing month of running! Birmingham runners took over the city of Chattanooga for the Seven Bridges Marathon weekend, and we had several members conquer races in other cities as well. We all share in celebrating the accomplishments of our fellow members!

At the Little Warrior Run on October 10, 2015, BTC member **Vicky Whitlock Brakhage** finished as first female and ninth overall. Great job, Vicky!

Teresa Crain of Vestavia Hills qualified for Boston at the Erie Marathon at Presque Isle and set a six-minute PR. Congrats Teresa!

Allen Crawford of Springville had a very special weekend in Chattanooga. He is new to distance running and trained hard to finish a half marathon in under two hours. Not only did he achieve that goal by completing the Four Bridges Half Marathon in 1:46:28, he killed that race on his birthday! Don't forget to congratulate Allen and cheer him on as he tries to beat that time at Magic City as he rounds out the Triple Crown Challenge!

Self-described "new runner" **Joseph Dease** finished 1st in his age group and 3rd overall with a PR of 21:08 at the Little Warrior Run on October 10, 2015. Way to go, Joseph!

A big congratulations to the "retired" **Jim Hoover** for his second place overall finish at the Trick or Trot 5k on October 17, 2015. Way to run, Jim!

Kudos to **Vicki Sue Merry**, a BTC member in Cantonment, Florida, on completing her very first 100K -- the Wildcat 100 in Pensacola, Florida. That's incredible!

Alex Morrow ran the 42nd Berlin Marathon on September 27, 2015, finishing with a PR time of 3:08. Congratulations, Alex!

Bob Sims recently completed the Marine Corps Marathon, posting a 7 minute PR with a time of 4:52. Awesome run, Bob!

And while I don't want to brag on myself, I would like to share that I finally completed my first full marathon, the Chattanooga Seven Bridges Marathon. I could never have done it without the support and encouragement from all of the members of this outstanding club. Thank you all for helping me reach my goal!

Set a new PR? Complete your first marathon or endurance race? Let the BTC know about it! We want to acknowledge the accomplishments of the people who make our club so awesome - our members. Submissions can be made to Lauren Weber, Membership Chair, via the [BTC website](#).



Joseph Dease



Jim Hoover



Bob Sims



Lauren Weber

SHOW US YOUR BTC GEAR!



Karen West and Ginger Reeves tackle the first leg of the BTC Triple Crown Challenge at the Whistlestop Half Marathon



Kristen Osborne, Ekkehard Bonatz and Jaime Holt at the Little River Canyon Half Marathon



Spotted at the Jesse Owens Cross County meet: Keith Rutherford sporting his 1200 Mile Club jacket

Alex Morrow ran the Berlin Marathon Breakfast Run on September 26, 2015 – a “fun run” prior to the Marathon the next day. The run began at Schloss Charlottenburg (Charlottenburg Palace) and ended at the Berlin Olympic Stadium, site of the 1936 Olympic Games.





The Andress Boys



Michael Gann, Rachel McPhillips and Joey Longoria were part of the "fastest team" at the Trick or Trot 5K at Sloss Furnace



BTC gear is so awesome, even safety patrol members wear it!



Clinton Colmenares braves the elements to get in an early run in Greenville, SC

Show us where the BTC has taken you!

Email photos to:

Newsletter@BirminghamTrackClub.com

BTC GEAR IS NOW AVAILABLE ONLINE!

The weather is getting cooler, and fall race season is upon us. Time to update your wardrobe with some snazzy new BTC gear! We have a great selection of long and short sleeved shirts, Headsweats logo hats and other gear now available to order on the [BTC website](#).

If you are registered for the BTC Race Series and have not yet picked up your race series shirt, please coordinate with [Hannah Foust](#) to make arrangements to get it from her at a BTC long or moderate distance run or at another event. This year's shirt is great-looking, so don't miss out adding one to your collection!



BTC MINUTES

October 12, 2015

Attendance: Leslie Bailey, Kim Benner, Hannah Foust, Alan Hargrave, Monica Henley, Alex Morrow, Kile Putman, Kemper Sarrett, Allison Stone, Charles Thompson, Dean Thornton, Lauren Weber

1. September minutes were approved.
2. Financial Update: Total Club Balance = \$63,395
3. Membership Update: Total Memberships = 1007, Total Members 1277
4. Membership Benefits: Suggestion for creating a list of benefits for members that is easy to access.
5. Currently have 160+ members registered for either the full or half marathon in Chattanooga.
6. Vulcan Update: Presently have 550 runners registered. Preparing for final marketing push. Need volunteers. Also have a need for volunteers to host two elite runners in their

homes. Still need a photographer.

7. Vulcan Social Recap: Social was ver successful. Chik-Fil-A was a gracious host that provided even more than ordered. The restaurant is also going to serve as an official viewing station for the race.

8. Merchandise Updates: Designing 2 new shirts and a pullover for winter.

9. BTC Emails will go into effect immediately.

10. Newsletter Update: The views of the traditional (PDF) newsletter have risen tremendously. However, the E-Newsletter has dropped in number of views.

11. Next meeting date is November 9, 2015 at 6:00 p.m., Vestavia Hills Library.

BTC Membership application



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

First Name:

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Last Name:

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Street:

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City:

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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

UPCOMING EVENTS

EVENT	DATE	TIME
The Vulcan Run 10K (RRCA State Championship 10K and BTC Race Series)	November 7, 2015	8:00 a.m.
Run Away 5K	November 14, 2015	8:00 a.m.
Run to the Son 10K, 5K and 1 mile Fun Run	November 14, 2015	8:00 a.m.
Drumstick Dart 5K and 1 mile Fun Run	November 14, 2015	8:00 a.m.
Blow Away 5K	November 14, 2015	8:00 a.m.
5K at the Junction	November 14, 2015	8:30 a.m.
Dirt Dash 5K and Fun Run/Walk	November 14, 2015	7:00 a.m.
Tranquility Lake 50K and 25K Trail Race	November 21, 2015	8:00 a.m.
Take it to the Mat 5k and Fun Run (Warrior)	November 21, 2015	8:00 a.m.
Magic City Half Marathon (BTC Triple Crown Series)	November 22, 2015	8:00 a.m.
Magic City 5K	November 22, 2015	8:30 a.m.
Sam Lapidus Montclair Run 10K and 5K	November 26, 2015	8:00 a.m.
Run Gardendale Turkey Trot (5, 4 and 3 mile courses)	November 26, 2015	8:00 a.m.
Kaiser Coastal Half Marathon, 5K and 1 mile Fun Run (Orange Beach)	November 28, 2015	8:00 a.m.

Submit races and other running-related events to [Webmaster Dean Thornton](#) to be included on the BTC Events page in The Vulcan Runner and online.