



BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER

September 2024 **9**

MONT BLANC ADVENTURE

By Rita Goyal



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MONT BLANC ADVENTURE



I first heard of the CCC trail course – the Courmayeur/Champex/Chamonix -- in the European Alps via an inspirational running video someone sent to me while I was training for my second marathon. I was intrigued by this 100k race through Courmayeur, Italy to Champex and then Chamonix France, so I started following this “little sister to the UTMB” race over the next two years.

The CCC is part of the UTMB – the Ultra Trail de Mont Blanc -- a competitive ultra marathon that traverses through the French, Italian, and Swiss Alps. It is considered one of the most difficult and competitive races in the world. The UTMB is the centerpiece of the UTMB World Series Finals, which is a week-long event that includes seven different races ranging from the 171 km UTMB to the shortest distance -- a 15k loop through the Italian Alps. The CCC trail course is roughly half of the UTMB, covering 100km.

The start line in the center of Courmayeur overflows with an atmosphere that only Italians know how to create. After the first kilometers, you will quickly climb to 2500m of altitude to enjoy an exceptional landscape, facing the Mont-Blanc and the Grandes Jorasses mountain. The path to the Grand col Ferret alpine pass invites you to cross into Switzerland, where you participants enjoy the incomparable welcome of the volunteers of La Fouly, Champex and Trient. Once the course crosses the border in France, participants discover the authenticity of the village of Vallorcine, before climbing up to Vallons des Chezerys, a true corner of paradise with a magnificent view over the Mont Blanc mountain chain. The course then winds to Chamonix, a lovely French resort area near the Italian and Swiss borders.

When the chance to hike and run this section of the Tour De Mont Blanc (TMB) presented itself this summer, this BTC runner said

MONT BLANC ADVENTURE



YES! After all, we BTC'rs know our hills – from the Mercedes Marathon hills to BHM 26.2's route up Green Springs and the Key Circle hills, and of course, the iconic hills of the BTC's own Statute to Statute race from Vulcan to Liberty Park.

The TMB (tour de Mont Blanc) did not disappoint with its technical footing, steep ascents and descents (translation: beat up toes), glacier-melt-water crossings, varied daily temperatures and “fighting cows” - the adventure was 100% worth it as we embraced the Alpine Auberge hospitality culture (white beer and local fare after your ascent) while wrapped in the surreal beauty of the Italian, French and Swiss Alps.

To say we fell in love with the Italian hospitality (the best yogurt, prosecco, red wine, pizza, pasta, and gelato in the world can be found in Courmayeur) and the French alpine cheeses, alpine food, chocolates and charming window box-filled towns like Champex and Chamonix is an understatement...the next time I go up a series of Birmingham hills, I have the perfect mental picture to channel that CCC climbing vibe and beautiful stories to share with my BTC tribe!

[MORE PICTURES ON NEXT PAGE](#)

MONT BLANC ADVENTURE



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

Did you feel it? A couple of weeks ago we had slightly cooler temperatures, lower humidity, and overall pleasant running weather. Alas, it was not meant to last it was simply “fake fall.” But, we can all hope that real fall isn’t too far away. In the meantime, as you train for your fall races, remember to keep in mind our [tips for running in the summer heat](#) found in the June issue of *The Vulcan Runner*. And please, please, please continue to volunteer for those water stops on Saturday mornings!

Last month, I had the honor and privilege of leading a delegation of our club leaders to Maebashi, Japan as part of a runner exchange. Maebashi is Birmingham’s official Japanese sister city, and prior to the global pandemic, the BTC participated in a runner exchange program with Maebashi. The program was halted due to the pandemic, and as a result of various other factors, it has been slow to restart. This trip was one of learning about the relationship between Maebashi and Birmingham, connecting and rebuilding our international relations, and coming together with Maebashi residents through running a race there.

My fellow delegates, Kim Benner, Alex Morrow, Abigail Morrow, John Lyda, Beth Lyda, and I were able to learn so much about the history of the relationship between Maebashi and Birmingham, as well as gain a much deeper understanding and appreciation of our sister city relationship. In particular, we learned of the importance the sister city relationship has to the people and leaders of Maebashi. Overall, it was an amazing experience!

We have set a goal to reciprocate this runner exchange with runners and delegates from Maebashi by bringing them to Birmingham next spring to participate in our very own Statue 2 Statue race. This will be a significant endeavor led by the BTC. It will require a lot of preparation, as well as support from the community in and around Birmingham, Birmingham city and other local municipalities, as well as local businesses. Be on the lookout for a full recap of our

trip as well as much more on the history of our relationship with Maebashi in an upcoming edition of *The Vulcan Runner*.

If you didn’t join us in August for the BTC/Thursday Night Runners meetup or for the run social from Trim Tab Brewing, you really missed out on some fun! We had incredible turnouts for both events and enjoyed some snacks and libations courtesy of the BTC and our friends at Trim Tab Brewing.

Now, you really won’t want to miss our next big social event. “Big” might actually be an understatement, because this is going to be HUGE. On Saturday, September 28, ASICS, in conjunction with The Trak Shak, is sponsoring our BTC Saturday Morning Group Runs as a “Run Club Appreciation” event. There will be tons of giveaways, co-branded shirts, ASICS gift cards for all BTC members in attendance (via RSVP), and much more! So, mark your calendars for September 28 and be on the lookout for more information about signing up to participate. This will be an event unlike any we’ve ever had and one you definitely won’t want to miss!

Speaking of our Saturday Morning Group Runs, we continue to train for the BHM 26.2 races on Sunday, October 6. The long run group is working towards the marathon and half marathon, while the moderate run group is training for the 5k and 10k, including our new 5k/10k new runner/return to running trainees. BHM 26.2 has also added a 10-mile option for those looking for a middle-distance race. Remember too, BTC members receive a discount on all BHM 26.2 races, which is applied at checkout. Like I always say, membership has its privileges!

Stay safe out there and Happy Running!

Jamie Trimble
BTC President



2024 Officers



President

Jamie Trimble

president@birminghamtrackclub.com



Treasurer

Ruth Kles

treasurer@birminghamtrackclub.com



Vice-President

Bradley Wells

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Moderate Run Coordinator
Medical Director
Social Chairs

Lauren Weber
Cameron Estes
Mark Criswell
Dr. Rachel Henderson
Britney Cowart
and Kaki Jenkins

parliamentarian@birminghamtrackclub.com
longruns@birminghamtrackclub.com
moderateruns@birminghamtrackclub.com
medical@birminghamtrackclub.com
social@birminghamtrackclub.com

Marketing/Social Media
Membership
Membership Benefits
Merchandise

Alex Morrow
Cameron Estes
Ellen Ortis
Bradley Wells
Julie Pearce

marketing@birminghamtrackclub.com
membership@birminghamtrackclub.com
benefits@birminghamtrackclub.com
store@birminghamtrackclub.com
newsletter@birminghamtrackclub.com

“The Vulcan Runner” Newsletter
Japan Exchange Program
1200 Mile Club
Volunteer Coordinator
Historian
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Webmaster
IT Chair
USATF Representative

Rebecca Williamson
Kelly Sims
Kim Benner
Trish Portuese
Jamie Trimble
Alan Hargrave
Alan Hargrave
Charles Thompson

japan@birminghamtrackclub.com
1200@birminghamtrackclub.com
volunteer@birminghamtrackclub.com
historian@birminghamtrackclub.com
finishline@birminghamtrackclub.com
webmaster@birminghamtrackclub.com
itchair@birminghamtrackclub.com
usatfrep@birminghamtrackclub.com



BTC Race Directors

Adam's Heart Run
Statue 2 Statue
Peavine Falls
Vulcan Run

Vicky Brakhage
Judy Loo
Marla Gruber
Hunter Bridwell

adamsheart@birminghamtrackclub.com
statue2statue@birminghamtrackclub.com
peavinefalls@birminghamtrackclub.com
vulcan@birminghamtrackclub.com



BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health, and recreation.



Contact BTC at:

Birmingham Track Club
P.O. Box 530363
Birmingham, AL 35223
secretary@BirminghamTrackClub.com

Race Results

Find the latest and most complete local race results at the following:
birminghamtrackclub.com
championship-racing.com



MEDICATION AND MILES:

Caution When Using Cinnamon!

By Kim Benner, PharmD

In the March 2022 issue of *The Vulcan Runner*, our Meds and Miles column addressed the health benefits of cinnamon. Cinnamon is most commonly used for flavoring a variety of foods ranging from confections to curries to beverages. But the spice also has a multitude of medicinal uses, including lowering blood sugar and cholesterol, and anti-inflammatory properties, while also aiding in vasodilation (increased blood flow). Cinnamon also has been shown to reduce the severity of allergic rhinitis. For runners, cinnamon can be beneficial in reducing inflammation and soreness, as well as balancing blood sugar -- plus, it tastes great in post-run treats!

However, in the Fall of 2023, WanaBana cinnamon apple puree and applesauce products, sold via Amazon, Dollar Tree, Family Dollar/ Dollar Tree combination stores, were recalled due to elevated levels of lead and chromium. Interestingly, prior to this recall, the FDA had asked states to prioritize testing of ground cinnamon and other spices. In March of 2024, the FDA issued an alert based on lead found



Table of recalled cinnamon products*

Distributor	Retailers	Brand Name
Advance Food International, INC	Premium Supermarket	Shahzada
Moran Foods, LLC, Saint Ann, MO	Save A Lot	Marcum
Mamtakim, Inc. Elizabeth, NJ	Eurogrocery	Compania, Indillor, Orientale
ALB-USA Enterprises Inc., Bronx, NY	Eurogrocery	ALB Flavor
La Frontera Imports	Frutas Y Abarrotos Mexico, Inc.	La Frontera
American Spices LLC, NY	Fish World	Spice Class
Raja Foods LLC, Skokie, IL	Patel Brothers	SWAD
Greenbriar International, Inc, Chesapeake, VA	Dollar Tree Family Dollar	Supreme Tradition
El Chilar, Apopka, FL	El Torito Market	El Chilar

*Table adapted from <https://www.fda.gov/food/alerts-advisories-safety-information/more-ground-cinnamon-products-added-fda-public-health-alert-due-presence-elevated-levels-lead>. Updated July 30, 2024.

in these follow-up studies. The FDA has determined that the ground cinnamon products listed in the table below contained elevated levels of lead and that prolonged exposure to these products may be unsafe (See full table in the FDA alert for amounts of lead, lot numbers and pictures of the product). The FDA is advising consumers to throw away and not to buy these ground cinnamon products and has requested that the firms voluntarily recall these products.

The FDA issued a third public health alert July 25, 2024 stating that thorough product testing conducted by the New York State Department of Agriculture and Markets and confirmed by the FDA determined that an additional ground cinnamon product: Distributor: El Servidor Corp of Elmhurst, NY,, sold at Mannan Supermarket, Inc. under brand name: El Servidor, contained elevated levels of lead and that exposure to this product may be unsafe. The FDA is advising consumers to throw away and not to buy this ground cinnamon product. The July 25 product chart of recalled products was again updated on July 30, 2024. Refer to FDA sites for most recent information on recalled products.

Many patients may have no obvious immediate symptoms to excessive amounts of lead. Patients should consult a healthcare provider if exposure to elevated levels of lead is suspected. Short term exposure to elevated lead could result in the following symptoms: headache, abdominal pain/colic, vomiting, and anemia (low blood counts). Longer term exposure to elevated lead could result in the following additional symptoms: irritability, lethargy, fatigue, muscle aches or muscle prickling/burning, constipation, difficulty concentrating, muscular weakness, tremors, and weight loss.

The potential for adverse health effects from consuming food contaminated with lead varies depending on the level of lead in the food, the age of the consumer, the length, amount, and frequency of exposure to lead in the food, and other exposures to different sources of lead. For example, the very young are particularly vulnerable to the potential harmful effects from lead exposure because of their smaller body sizes and rapid metabolism and growth. High levels of exposure to lead in utero, infancy, and early childhood can lead to neurological effects such as learning disabilities, behavior difficulties, and lowered IQ. For more information about childhood lead prevention poisoning, go to <https://www.cdc.gov/lead-prevention/about/index.html>.

FDA Actions: The FDA has a “Closer to Zero” initiative, which focuses on reducing childhood exposure to lead. Removing the ground

MEDICATION AND MILES:

Caution When Using Cinnamon!

cinnamon products in this alert from the market will prevent them from contributing elevated amounts of lead to the diets of children. The FDA is also continuing its “Toxic Elements” monitoring program, which includes testing a variety of foods including colored spices offered for sale in the U.S. The FDA also sent a letter to all cinnamon manufacturers, processors, distributors, and facility operators in the U.S. reminding them of the requirement to implement controls to prevent contamination from potential chemical hazards in food, including in ground cinnamon products. The FDA will continue to work with firms to ensure they are meeting their responsibilities under provisions of the Current Good Manufacturing Practice, Hazard Analysis, and Risk-Based Preventive Controls for Human Food rule.

References

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- *Investigation of Elevated Lead & Chromium Levels: Cinnamon Applesauce Pouches.* November 2023. <https://www.fda.gov/food/outbreaks-foodborne-illness/investigation-elevated-lead-chromium-levels-cinnamon-applesauce-pouches-november-2023#:~:text=In%20response%20to%20this%20investigation%2C%20Wanabana%20has%20voluntarily,variety%20pack%20and%20certain%20Weis%20cinnamon%20applesauce%20pouches..> Accessed July 31, 2024.
- *FDA Alert Concerning Certain Cinnamon Products Due to Presence of Elevated Levels of Lead.* March 6, 2024. https://www.fda.gov/food/alerts-advisories-safety-information/fda-alert-concerning-certain-cinnamon-products-due-presence-elevated-levels-lead?utm_medium=email&utm_source=govdelivery. Accessed July 31, 2024.
- *FDA MedWatch - More Ground Cinnamon Products Added to FDA Public Health Alert Due to Presence of Elevated Levels of Lead.* July 30, 2024. (<https://www.fda.gov/food/recalls-outbreaks-emergencies/alerts-advisories-safety-information>). <https://content.govdelivery.com/accounts/USFDA/bulletins/3abb7cc>. Accessed August 1, 2024.

Strengthen your movement with TherapySouth Endurance

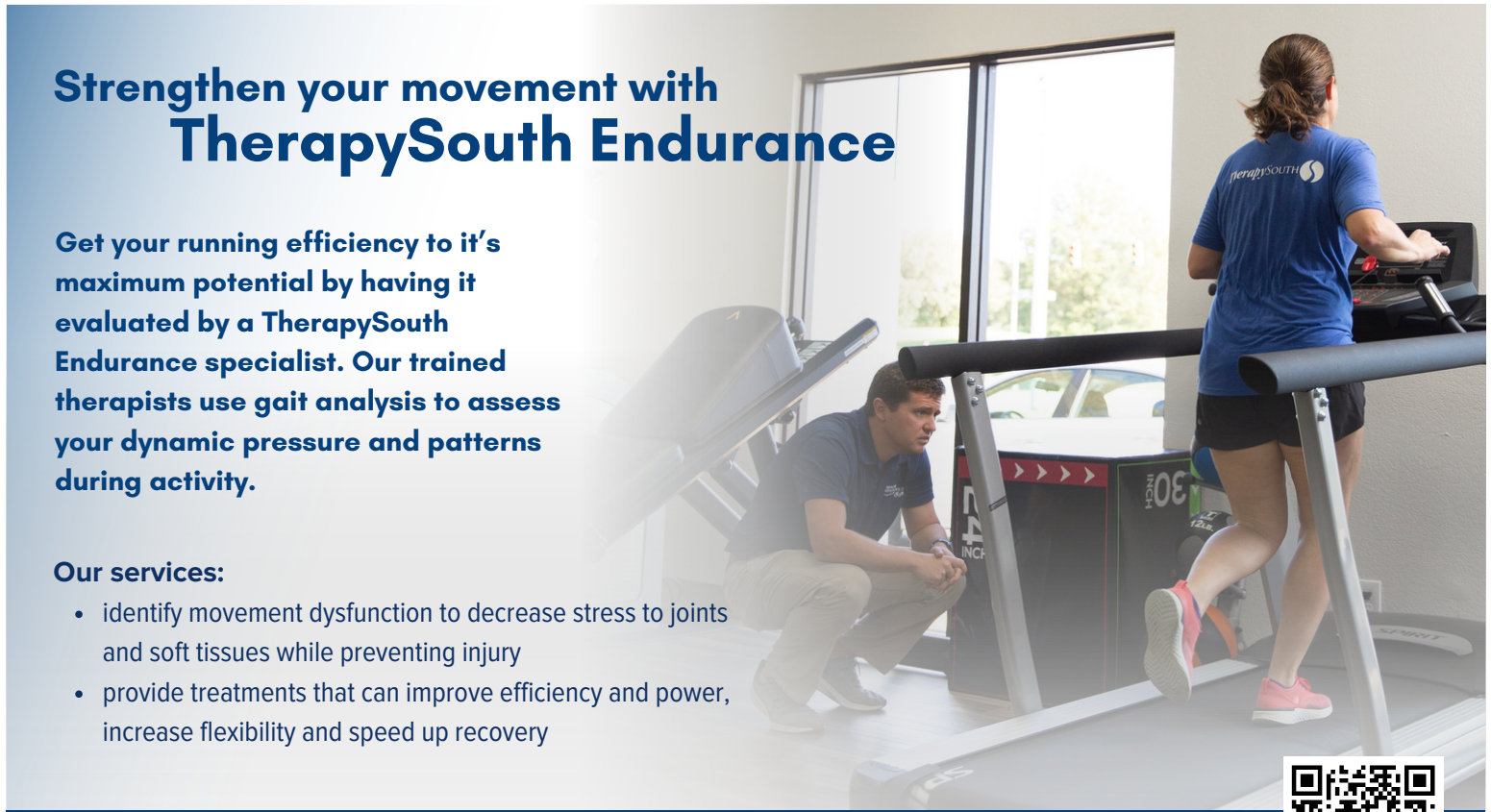
Get your running efficiency to it's maximum potential by having it evaluated by a TherapySouth Endurance specialist. Our trained therapists use gait analysis to assess your dynamic pressure and patterns during activity.

Our services:

- identify movement dysfunction to decrease stress to joints and soft tissues while preventing injury
- provide treatments that can improve efficiency and power, increase flexibility and speed up recovery



Scan the QR code to learn more about our wellness programs.



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

There are tons of great reasons to become a member of the Birmingham Track Club! The BTC sponsors and sanctions many local races. The BTC publishes your favorite monthly newsletter, *The Vulcan Runner*, to keep you up to date on the local running community. The BTC also sets up weekly training runs with various distances, targeting half and full marathons, and makes sure that there are water stops along the way. Don't miss out on fantastic socials that are making a comeback, as well as exclusive BTC apparel for our members. Most importantly, BTC Members receive

discounts on BTC races, as well as many other races in and around the Birmingham area, and at several local merchants!

Whether you are a beginner or an experienced runner, joining the BTC is a great way to get involved in the running community, meet other runners, and stay informed of running events in the area. We invite all of you to [join the BTC](#) or [renew your membership!](#) See you on the run soon!

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

Jessica Beard	Jake Cook	Sara Langston	Tasha Shoykhet
Parker Bolen	Katelyn Cowie	Jason Leopard	Ryan Smith
Fran Box	Cindy Cutchen	Andrea Lueder	Matt Spikings
Lily Beth Bradley	Cristin Dedmon	Colin MacLane	Kayla Stone
Alexis Brakhage	Stephanie Denney	Nikita Mathews	Kim Taylor
Elizabeth Brakhage	Bob Evans	Jennifer McGlawn	Tre Thomas
Joseph Brakhage	Armand Fernandez	Pamela Miller	Ronda Thompson
Hannah Broom	Kathryn Foti	David Mooney	Hunter Treutel
Branan Cahill	Katy Galloway	Carlos Orihuela	Marc Waters
Carol Cahill	Alie B. Gorrie	Catheryn Orihuela	Takisha Watson
Hope Cahill	Meagan Gray	Nina Orihuela	Ana Watters
Shelby Cahill	Hannah Green	Natalie Pang	Heather Watters
Anthony Caldwell	Naomi Henry	Shannon Parker	Larkin Watters
Randy Chaffinch	Katherine Hintz	Millie Perez	Robert Watters
Violet Chaffinch	Anna Hurst	Caleb Quinsey	Sarah Whorton
Duncan Cook	Courtney Jones	Lynn Roper	Gwen Williams
Maddie Cook	Tom Kendrick	Elizabeth Sellers	Jim Williams
Tristan Cook	Anna Louise Lane	Boris Shoykhet	

If you are a prospective member, welcome! We hope you will decide to [join the BTC](#) – the [benefits](#) are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. [Visit the BTC website](#) for more information.

Ready to Get More Involved in the BTC?

As an all-volunteer organization, the BTC relies on its volunteers for all aspects of our club, from organizing weekly runs and races to coordinating the 1200 Mile Club and selling our exclusive BTC merchandise. Are you ready to take on a new challenge or just give back to the club? If so, we can use your help! In addition to volunteering for upcoming races and events, we need volunteers to help with our Finish Line Crew and volunteers to write articles and put together content for *The Vulcan Runner*.

Multiple volunteers also are needed each week for the water stops the BTC coordinates for our long and moderate distance runs on Saturdays – please see the weekly routes for a link to sign up to provide water and sports drinks at a water stop, or to volunteer to make a financial contribution towards these much needed items.

To learn more about the many ways you can get more involved with the BTC, please contact [BTC President Jamie Trimble](#).



BTC Merchandise

Shop our BTC merchandise available on the [BTC website](#) – stock up!



SHOW US YOUR BTC GEAR!

Where will the BTC take you this summer? Don't forget to take your BTC gear on your summer vacations, and snap a pic to share! Need new BTC gear? It's coming soon on the BTC website! Submit your pictures to newsletter@birminghamtrackclub.com.



BTC Group Runs Update

You can easily adapt your Saturday long runs around our schedule – please join us! We meet every Saturday morning at 6:00 a.m., usually at The Trak Shak in Homewood. Please visit our [BTC Long Run Facebook page](#) for details on the weekly routes. Please contact Cameron Estes, our [BTC Long Run Coordinator](#), with questions, suggestions, or ideas. While there is no cost to join the group, we do depend on members to help out with the water stops we all need (especially during the hot summer months). You can volunteer to provide a water stop at the [RunSignUp.com](#) link we'll post each week, or you can donate money toward provided water stop supplies if that is easier for you.



Our Moderate Run Group also meets on Saturday mornings. This group runs shorter mileage on Saturday mornings (typically 3-8 miles), usually starting at 6:30 a.m. The group also has several sub groups who prefer a run/walk approach. It is the perfect starting place for those who are new to long miles or those who just prefer to run shorter distances. Check out the group's [Facebook page](#) for details. Thank you to Sarah Jenson for all of her hard work coordinating this group!

Feets of Strength

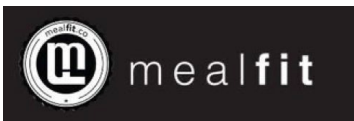
Congratulations to BTC member **Johnny Goode**, who ran his 38th (!) consecutive Peachtree Road Race on July 4, 2024 – that's so impressive! Johnny was too busy enjoying the run to snag a photo, but we look forward to hearing about #39 next year!

Fall race season will soon be upon us – don't forget to let us know about your PRs and running-related adventures so we can celebrate YOU!

BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator

... CURRENT LIST OF MEMBER PARTNERS ...



NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

Download (or print) your membership card by clicking [this link](#) or by following these instructions:

- Go to <https://runsignup.com/MyClubMemberships>.
- Log into RunSignUp using the email you used to register with the BTC.
- Click the **“Membership Card”** link for your current BTC membership (need to renew you membership? Click **“manage”** to do so easily).
- Print your membership card or save a .PDF to your phone. Easy peasey!
- Enjoy your BTC discounts (and be sure to support the local businesses who support the BTC)!

REMEMBER TO USE YOUR BTC MEMBERSHIP BENEFITS

- » **MealFit:** 20% off first order. Use Code BHAMTC online (mealfit.co).
- » **Trak Shak:** 10% off. Present card
- » **Moving On:** 10% off. Present card.
- » **Restore:** 10% off services and 20% off memberships. Present card.
- » **FleetFeet:** 10% off. Present card.
- » **Taco Mama/Otey's:** 20% off. Present card.

We are adding more fabulous BTC benefits every month. Does your company want to be a part of the action? Email Benefits@birminghamtrackclub.com!



THERAPYSOUTH

Poetic Justice

By Hannah Cox, TherapySouth



First, a haiku about the best way to prevent or address a current injury:

*Strength training or stretch
A combination is best
Both keep you running happy*

Often, as training load increases, a muscle will become hypertonic (read as: the muscle becomes really tight). Initially, the common reaction to combat the muscle tension is to try to improve flexibility with stretching and massage. Although both interventions are helpful, they will not prevent injury or rehab an acute injury.

A muscle may become hypertonic because it is weak and lacks endurance for repetitive activity. I see this often in runners who have tight hip flexors. Fearful they may make hip flexor pain worse, these patients avoid strengthening, and focus on mobility exercises. Although this may relieve discomfort in the short term, it will only exacerbate the problem as they progress with the volume of training -- especially as they have now contributed to the underlying problem by opening a new, and extremely weak, range of motion through gains in flexibility. Realistically, as we improve

the range of motion through which a muscle can move, we should also strengthen that muscle, specifically focusing on the new range of motion.

“Time under tension” is the best way to prepare a muscle (and bone!) for heavy activity. As the load capacity of these tissues increase, the more the athlete can increase training volume while minimizing risk of injury (and also not feel as sore and beat up during these heavy cycles). An individual’s body is better able to manage the forces put through joints by attenuating them and storing them as potential energy.

To visualize my point, look at the envelope of function chart by Scott Dye. The X/Y graph on the left demonstrates a runner with increased capacity for load -- strong muscles, stronger tendons, etc., all made possible through increased range of motion and motor control throughout the full range of motion. This runner can complete longer and more frequent training sessions while avoiding injury when compared to the runner on the right. Likely the runner on the right will encounter injury while preparing for his or her next race.

I cannot emphasize enough the importance of strength training. Not only will it prevent injury, but it will also make you faster and more efficient. If you have any questions for specific strengthening exercises to achieve your goals, shoot us an email at: tendurance@therapysouth.net

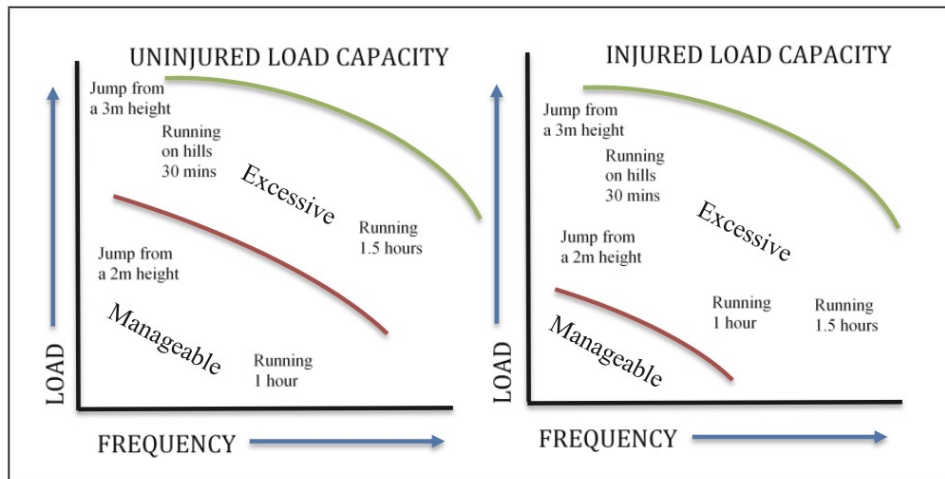


Figure 1.4. Envelope of function.

Adapted from Dye SF. The pathophysiology of patellofemoral pain: a tissue homeostasis perspective. *Clin Orthop Rel Res.* 2005 July;(436):100-110.

1200 MILE CLUB

The 2024 edition of the 1200 Mile Club is now open! You may sign up via the link you received via email in January, or [via this link on the BTC website](#). You must be a BTC member to join the challenge – [click here to join](#) or renew your membership!

First-time finishers are entitled to purchase a coveted 1200 Mile Club jacket for a nominal fee. Recurring finishers receive patches to display for the years they complete the challenge. Other exclusive 1200 Mile Club swag is available for purchase as well.

Cumulative miles from September 6, 2024 are listed below.

Participant	Total
Adams, Ryan	894
Adwell, Stephen	906
Ahmed, Kabeer	1,266
Alvarez, Jose	1,378
Anderson, Kerri	100
Barron, Darlene	491
Barton, Tabitha	784
Basquill, Matt	919
Benner, Kim	1,197
Bennett, Mitchell	187
Blackmon, Kim	1,085
Bolen, Parker	806
Booher, Lisa	1,071
Bookout, Jason	1,126
Bookout, Kimberly	1,347
Bossard, Teri	1,016
Boswell, Ryan	798
Bouley, Rachel	1,003
Brakhage, Victoria	760
Bray, Elizabeth	1,353
Brown, Katie E.	1,068
Brown, Katie G.	1,106
Brown, Sean	366
Bryant, Jason L.	758
Burke, Julia	45
Caine, Lawrence	587
Callahan, Chris	1,102
Calvert, Aaron	970
Campos, Chris	1,238
Carden, Melissa	1,298
Carlton, Bob	652
Chaffinch, Violet	717
Chambers, Gay	858
Chandler, Teresa	900

Participant	Total
Clay, Brad	1,635
Clay, Sarah	735
Cleveland, Jeff	853
Cliett, Stephanie	1,099
Cobb, Patty	940
Coe, Emily	913
Coe, Matt	912
Coffin, Diane	575
Coleman, Tim	1,072
Colpack, Susan	845
Cooper, Cara	854
Cowie, Katelyn	843
Cramer, Robyn	1,023
Cramer, Steve	334
Creed, Brad	828
Creel, Mary	640
Dawson, Ashley	1,342
Deffenbaugh, Todd	876
Dimicco, Al	968
Dixon, Jeff	1,275
Downs, Matt	733
Duke, Cindy	868
Eberhardt, David	922
Ennis, Amanda	845
Ennis, Matt	1,295
Estes, Cameron	1,060
Estrada, Steven	2,075
Evans, Debbie	1,334
Everitt, Mollie	783
Fisher, Kaitlin	613
Flanery, Haley	1,313
Fons, Aaron	772
Forbus, Reed	280
Foreman, Michael	811

Participant	Total
Foster, Ashley	901
Franklin, Shane	314
Frederick, Winston	1,035
Gaston, Katie	186
Gaston, Michael	1,155
Goode, Johnny	777
Grainger, Matt	1,350
Gray, Meagan	1,213
Gray, Michael	789
Gruber, Marla	737
Gullapalli, Satya	548
Hannah, Edward	40
Hanson, Valerie	640
Haralson, Danny	928
Haralson, Micki	1,012
Hargrave, Alan	874
Harlow, Craig	77
Harrelson, Karen	830
Harrison, Lisa	867
Hatcher, Heydon	1,086
Henninger, Alison	845
Herron, Michael	875
Hogeland, Angie	795
Hogeland, Jeff	1,047
Holder, Gene	791
Hoover, Jim	187
Huddleston, Clare	1,363
Jenkins, Kaki	1,372
Jensen, Sarah	810
Johnson, Kimberly	255
Johnson, Phillip	261
Johnson, Troy	885
Jones, Caleb T	864
Jones, Julie	758

Participant	Total
Kaylor, Sara	296
Kazamel, Mohamed	1,729
Keith, Jerry	588
Kemper, Tricia	1,057
Kles, Ruth	1,068
Koepp, Bryan	302
Krick, Stefanie	1,263
Kuhn, Jimmy	1,258
Kulp, Loren	866
LaFon, Caroline	446
Laird, Audrey	761
Lamb, Patrick	894
Lancaster, Jeff	1,002
Losavio, Lauren	1,211
Lovett, Meg	933
Lyda, Beth	1,025
Lyda, John	1,033
Lyle, Randy	1,357
MacLane, Colin	0
Malick, David	1,224
Markham, Elishua	760
Mathews, Nikita	199
Mathews, Skip	697
Matthews, Jamieson	875
McCalley, Charles	1,035
McElroy, Catherine	888
McGriff, Colton	506
McLain, Chase	357
McShan, Kenneth	0
Melton, Kristen	749
Merry, Vicki Sue	1,046
Miller, Pamela	1,136
Millican, Randolph	995
Morris, Gordon	615
Moss, Renie	762
Muncher, Monica	620
Nix, Anthony	1,043
Nodjomian, Jason	699
Noerager, Brett	1,894
Noerager, Felicia	860
Northern, Kristie	1,282

Participant	Total
Oechslin, Tamara	717
Orihuela, Carlos	1,200
Orihuela, Catheryn	691
Ortis, Ellen	692
Padgitt, Scott	1,032
Palmer, Irma	542
Parks, Charlie	1,126
Patrick, Yeadon	0
Pearce, Julie	0
Phelps, Tyler	2,507
Plante, David	597
Powell, Logan	940
Pritchett, Leigh Ann	340
Rakestraw, Stephanie	829
Randolph, Megan	1,044
Rawson, Brent	909
Rearden, Shannon	1,571
Reaves, Brandon	1,162
Reaves, Brittany	1,153
Renfro, Jeff	848
Richetti, Vee	580
Richey, Lori Beth	537
Rivera, Jose	886
Robinson, Tamara	0
Roper, Lynn	646
Rose, Billy	1,984
Ruschhaupt, Skyler	1,233
Russell, Maureen	1,399
Rutledge, Lisa	966
Sherer, Jeremy	796
Sherrell, Jeff	1,441
Shin, Ye Jung	1,514
Shinn, Ronald	728
Sides, Dean	586
Silwal, Suman	0
Simpson, Kevin	0
Sims, Cecelia	99
Sloane, Mike	695
Smith, Christie	1,009
Smith, Daryl	887
Smith, Erin	914

Participant	Total
Smith, Holly	598
Smith, Jason	1,229
Smith, Jerry P.	898
Smith, Justin	957
Spikings, Matt	709
Starnes, Dan	1,177
Steele, Julianne	81
Steers, Eddie	1,786
Stockton, Rick	732
Strother, Jamar	524
Thornton, Amanda	757
Trimble, Jamie	0
Valles, Tina	522
Waddell, Chassi	785
Waid, David	907
Walker, Brooke	848
Walker, Skylar	499
Walton, Suzie	832
Waters, Marc	883
Watkins, Britney	939
Watkins, Tommy	879
Watters, Ana	0
Watters, Larkin	1,261
Watters, Robert	1,041
Wells, Bradley	0
Wende, Adam	1,427
Whatley, Prince	765
Wheeler, Elizabeth	736
White, Robin	1,112
Whitt, Trey	827
Williams, Mattie	607
Williamson, Rebecca	791
Winstead, Rachel	0
Wiseman, Steve	1,158
Woody, Bill	941
Wu, Xing	815
York, Gary	1,343
Zajac, Jason	1,313

BTC EXECUTIVE BOARD MEETING

August 5, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Ruth Kles, Vicky Brakhage, Alex Morrow, Hunter Bridwell, Kaki Jenkins, Trish Portuese, Cameron Estes, Kim Benner, Judy Loo, Rebecca Williamson, Alan Hargrave, Ellen Ortis, Julie Pearce, Bradley Wells, and Sarah Jensen,

Alan Hargrave made a motion to approve the minutes of the July 2024 Executive Board Meeting. The motion was seconded by Alex Morrow and passed without opposition.

Membership (Cameron Estes)

We currently have 803 members and 641 memberships.

Treasurer (Ruth Kles)

The financial report will be sent via email in the near future. The monthly financials are up due to an increase in memberships.

Newsletter Editor (Julie Pearce)

The September newsletter's publication date will be September 3, 2024. Please have all content to Julie Pearce by August 23, 2024. Julie would like to include a fun article on the available water stops around Homewood and Mountain Brook in an upcoming newsletter. This article will feature where the water stops are located and give fun little details about them.

Member Benefits (Ellen Ortis)

There is an energy drink company that would like to send us some samples to distribute. If anyone has any suggestions for business that might like to work with the BTC, please let Ellen know and she can reach out to them.

Merchandise (Bradley Wells)

Bradley Wells is waiting to hear back about a possible BTC tank top.

1200 Mile Club (Rebecca Williamson)

There are currently 226 registered for the 1200 Mile Club for 2024.

Japan Exchange (Rebecca Williamson)

It doesn't appear that we have ever had an actual group of runners from Japan come to run one of our local races. We have had a single runner come to Birmingham a couple of times, but we are working on having our first official group come to Birmingham to run. As such, we need to work on our fundraising and grant requests. The group traveling to Maebashi, Japan later this month will have a strategic planning meeting to discuss details for the trip. Rebecca Williamson is looking into gifts for a gift exchange.

Social Committee (Kaki Jenkins)

There was a good turnout at the Thursday night social with Thursday Night Runners. Our next social will be on Saturday, August 10, 2024. We are looking into some door prizes to give away. There will be a food truck, but the food is not included with the social.

Saturday Morning Moderate Runs (Sarah Jensen)

There are currently 30 people registered for the beginner 5K training plan that officially kicks off at the social on Saturday, August 10, 2024.

Saturday Morning Long Runs (Cameron Estes)

There will be a 12-mile route for the social on August 10, 2024. Water stops will be determined.

Marketing (Alex Morrow)

Our marketing is currently focusing on the social on Saturday, August 10, 2024, and the training plan for BHM.

Volunteers (Kim Benner)

Discussion was held about possible volunteer needs for BHM 26.2. We can turn on volunteer registration through RunSignUp once we confirm with BHM what volunteers are needed.

IT Chair (Alan Hargrave)

Alan will update the Google drive document for the race directors in preparation for the strategic planning meeting on Thursday, August 8, 2024.

Vulcan Run (Hunter Bridwell, Trish Portuese)

Hunter Bridwell is waiting on rental information from Rosewood Hall for the Vulcan Run 10K after party. Trish Portuese submitted permits through the City of Homewood, and we are just waiting on their approval. Trish anticipates getting a response within the next two weeks. Once we get approval, we can submit the race route for USATF certification. In case the City of Homewood denies our permits, we will need to have a couple of back up plans for other race routes.

New Business

The BTC Executive Board will hold a strategic planning meeting on August 8, 2024, at the home of Hunter Bridwell. The meeting will focus on the 2025 BTC Race Series and more ways to promote the club and grow membership in 2025.

Finish Liza's Run reached out about holding another nationwide run on Friday, August 30, 2024, in honor of Liza Fletcher, who was tragically kidnapped and murdered while out for her morning run. Cameron Estes will reach out to them to coordinate a run for that day.

There being no further business, the meeting was adjourned. The next meeting will be held a strategic planning meeting on Thursday, August 8, 2024, at 6:00 p.m. at the home of Hunter Bridwell.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	September 7, 2024	6:00 a.m./6:30 a.m.
BTC Executive Board Meeting	September 9, 2024	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	September 14, 2024	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	September 21, 2024	6:00 a.m./6:30 a.m.
Hold the Fort 5k, 10k, and 1 Mile Warrior Walk (Oak Mountain)	September 21, 2024	8:00 a.m.
15th Annual Head Over Teal 5k/10k/Family Fun Day	September 28, 2024	7:00 a.m.
BTC Saturday Long and Moderate Run Groups: ASICS/The Trak Shak Run Club Appreciation Event (details forthcoming)	September 28, 2024	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	October 5, 2024	6:00 a.m./6:30 a.m.
Run for Resilience Ostomy 5k	October 5, 2024	8:00 a.m.
Impact Road Race: 5k, 10k, and 1 Mile Fun Run (Oak Mountain)	October 5, 2024	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 12, 2024	6:00 a.m./6:30 a.m.
Ann's 5k Run & Walk for Life (Cropwell)	October 12, 2024	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	October 19, 2024	6:00 a.m./6:30 a.m.
Ozan Haunted Wine Run 5k (Calera)	October 20, 2024	11:30 a.m.
BTC Saturday Long and Moderate Run Groups	October 26, 2024	6:00 a.m./6:30 a.m.
BTC Vulcan Run 10k * BTC DISCOUNT *	November 2, 2024	8:00 a.m.
Beat Bama Food Drive Color Run 5k and 1 Mile Fun Run (Auburn)	November 3, 2024	4:00 p.m.

BTC discounts are applied automatically for all current BTC members when registering through RunSignUp. Need to join or renew your membership? [Click here!](#)

Need to add a race (actual or virtual) to the calendar?
[Email Webmaster Alan Hargrave](#), or visit the BTC website to [submit your race](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

