



BIRMINGHAM TRACK CLUB
★ WHERE RUNNERS ARE FORGED ★

THE VULCAN RUNNER

January 2025 1



2025 ADAM'S HEART RUNS: RACE FOR YOUR HEART'S SAKE

By Vicky Brakhage, Adam's Heart Runs Race Director

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2025 ADAM'S HEART RUNS:

Race for Your Heart's Sake!



For most people, a new year means it's time to start making resolutions. For runners, it means it's time to plan our races for the year! We hope you will start your 2025 race calendar with Adam's Heart Runs on January 25, 2025, at the scenic Oak Mountain State Park.

Adam's Heart Runs offers three race distances: 5K, 10K, and 10-mile. Participants can choose their challenge, whether you're a seasoned runner looking for a competitive edge or a beginner taking your first steps towards a healthier lifestyle.

For those who conquer the 10-mile distance, you will receive a custom Adam's Heart dog tag upon crossing the finish line. Age-group winners will receive a custom wood medallion to commemorate your accomplishment. Thanks to our partners at the Trak Shak, the top three overall winners in each distance will receive a Trak Shak gift card.

Finally, make sure to smile for the camera! Marathon Runs will be on the course to catch that coveted "floating" shot. All pictures will be available for free after the race.

Mark your calendar, lace up your running shoes, and join us on
JANUARY 25, 2025

PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

Happy New Year! I hope your year is off to a great start!

It's hard to believe how fast 2024 went by. We had another amazing year for this fabulous club. With the turning of the calendar, it's always good to both reflect on the past year, as well as look forward to the one upcoming. 2024 was another great year for the BTC. Our membership numbers continue to grow, as we welcomed many first-time members and quite a few returning members who had been away for a while. Rebounding membership numbers and the success of our BTC Race Series races have put the club in good financial shape going into 2025. Our Saturday morning training run groups continued to grow, especially the Moderate Run group. We continued to grow our relationships with other area races, area running groups and the community at large. And, we re-established the runner exchange relationship with our Japanese sister city of Maebashi.

I am incredibly proud of all that the BTC accomplished and represented in 2024, and I look forward to carrying that momentum into 2025. All of this is possible because of the great BTC leaders, race directors, volunteers, our sponsors, and most importantly, you, our members.

Looking ahead into 2025, we have so much already in store. BTC Race Series registration is now open and you won't find a better race deal anywhere. Registering for the full Race Series gets you entry into all four BTC races (Adam's Heart Runs, Statue 2 Statue, Peavine Falls, and Vulcan Run), and BTC members get the best discount! Hurry, because the opportunity to buy the Race Series bundle ends on January 26!

First up in the Race Series is Adams Heart Runs on Saturday, January 25 at Oak Mountain State Park. What better way to start your year and get those running juices flowing than with a race. AHR has something for everyone with 5k, 10k and 10-mile distances. So, whether you're just getting back into the swing of things to start the year, or you're in the middle of hard-core training, this race is for you.

For our Saturday Morning Long Run group, the BTC is partnering with the Railway Marathon/Half Marathon for our current half marathon training. This race will once again be held on the Five Mile Creek Greenway in Fultondale. This race has a little something for everyone as well, with a 5k, 10k, half marathon, marathon, and even a 50k option. We will hold a preview run/run social at the race location (Black Creek Park in Fultondale) on Saturday, January 11. For our spring marathon training, we are targeting the Rock 'n' Roll Nashville Marathon and the Kentucky Derby Festival Marathon, both on the weekend of April 26.

Speaking of our Saturday Morning Long and Moderate run groups, starting in February, we will merge them and re-brand into the "BTC Saturday Morning Training Runs." We will still hold long distance runs at 6:00am, and the moderate distance runs at 6:30am (both typically from Trak Shak in Homewood). The biggest change will be merging the social media groups so that there is one stop for all information related to routes, water stops, etc. Be on the lookout for more information as we transition to make our signature weekly training events even better.

Finally, with the end of 2024, it's time to finish entering your 1200 Mile Club mileage for the year. We will be closing the entry for 2024 and launching 2025 very soon. Whether you're a first-timer, or a long-timer, congratulations to all who completed 1200 miles this past year! If you're looking to be a more consistent runner in 2025, there's no better way to provide accountability than joining the 1200 Mile Club. Just remember, you must be a BTC member to participate. Not yet a member? Not a problem – [click here to join!](#)

Wishing you all a Happy (Running) New Year!

Jamie Trimble
BTC President

PREVIEW RUN!

2025 *Railway* Marathon and Half Marathon

presented by **CRANEWORKS RENTALWORKS**

BTC ROUTE PREVIEW | SATURDAY, JANUARY 11
 Long Run Group 6:00am
 Moderate Run Group 6:30am
 Black Creek Park | Fultondale

BTC BIRMINGHAM TRACK CLUB

2025 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
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IT Chair
USATF Representative

Rebecca Williamson
Rebecca Williamson
Kim Benner
Trish Portuese
Jamie Trimble
Kabeer Ahmed
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

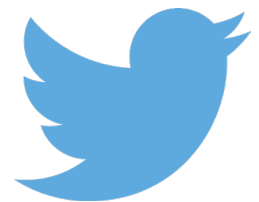


BTC Race Directors

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



The Birmingham Track Club Presents



ADAM'S HEART RUNS

JANUARY 25, 2025

5K, 10K, 10 Mile

RUNSIGNUP.COM



COMMUNITY CORNER UPDATE

By Jennifer Andress, Homewood City Council, External Affairs and Special Projects Director for Freshwater Land Trust, Chair for Jefferson County Greenways Commission, BTC President 2012-2014

Greetings and Happy New Year, BTC!

I am excited for the New Year for a multitude of reasons, but especially because 2025 has been designated by the Alabama Department of Tourism as the Year of Alabama Trails!

Look for a kickoff press conference next month, and a focus on Alabama's beautiful scenery offered from its greenways and blueways.

We here in Jefferson County have 129 miles of developed trails from our Red Rock Trail System, and opportunities to hike, bike and run throughout the entire county from east to west, north to south.

I will check in next month with more information on this Sweet Home Alabama tourism campaign, but check out our Red Rock Trail System here for new and beautiful trails to explore: [Find a Trail - Freshwater Land Trust](#)

Technically the Year of Alabama Trails will be a two-year campaign, and it will include a variety of "trails", such as BBQ, breweries, art festivals and other fun options for exploring our state and inviting tourism.

A few more updates for you as you get your miles in around town:

PHASE 2 OF THE SHADES CREEK GREENWAY

There has been an issue with grounding on one of the bridges, and the contractor is onsite and actively working on the repair needed. We expect to cut the ribbon on this extension in January, and feature this trail on Fox 6's Red Rock Tuesday on February 4, 2025.

GRIFFIN BROOK TRAIL

The Griffin Brook trail is a new trail for 2025, connecting Central Park in Homewood along Griffin Creek to Spring Park in Rosedale. The trail connects to the sidewalk system that will then carry you back to downtown Homewood or over the mountain to Birmingham and the Vulcan Trail. This project will go out to bid in Spring!

HUGH KAUL TRAIL

Have you seen our new 6,000 square foot mural located on the Hugh Kaul Trail near Avondale? This was a public-art collaboration between Freshwater Landtrust, Workshops Empowerment, Inc., and Studio by the Tracks to highlight the important work of the three organizations. It's beautiful, so check it out!

Lastly, in news from Homewood, Andrews Sports Medicine has cleared the Planning Commission with a favorable recommendation to redevelop the former Belk building at Brookwood Mall, for a 135,000 square foot surgery center. The next step for this development is to go to the Homewood City Council for a public hearing. It has not appeared on the agenda yet, but I will update you when I know a date, as this will impact one of our favorite running locations!

We have a lot to talk about next month, so I look forward to catching up then!



Hugh Kaul Trail near Avondale
(Photo credit: Pat Byington, B'ham Now)



MEDICATION AND MILES:

ADHD: When Meds for Hyperactivity Affect Activity (Part II)

By Ashton Bellamy, PharmD, and Kim Benner, PharmD

In the December issue of [The Vulcan Runner](#), we addressed some of the symptoms that children and adults alike may experience with ADHD. A multi-modal approach that includes non-pharmacologic and medications can be used when treating ADHD. The medications that can be used typically are divided into two groups: non-stimulants such as atomoxetine (Strattera) and viloxazine (Qelbree) and stimulants like amphetamines (Adderall, Vyvanse) and methylphenidates (Ritalin, Focalin). Although these medications are different in many ways, they have similar side effect profiles. In this second edition of the series, we will review the side effects and how they may impact exercise.

Possible Side Effects of Medications Used to Treat ADHD

Well-designed studies evaluating the long-term use of stimulants (as well as non-stimulants) and their side effects in children, adolescents, and adults are lacking. A review of available literature published in 2018 found that medications for ADHD were less well tolerated in adults compared to children and less efficacious.¹ It is important to note that many ADHD comparative studies, including this meta-analysis, have a short timeframe and don't follow patients for longer than 12 weeks for up to a year, so long-term data on outcomes is lacking.

Like non-stimulant medications, stimulants also carry concern for cardiovascular risk, and possibly a more severe concern. Stimulants increase levels of norepinephrine and epinephrine in the body. In turn, the heart rate and blood pressure will increase. Over time, these sustained increases in heart rate and blood pressure may result in cardiovascular changes, putting patients at higher risk for significant events, such as a heart attack. Robust information is not available for the true impact of the long-term effects on the heart of stimulants as well as non-stimulants. Some trials found that amphetamine or atomoxetine use was associated with small increases in systolic and diastolic blood pressure (BP < 5 mmHg) and heart rate (< 10 beats per minute) and methylphenidate was associated with "small increases in BP".² It was also noted that 5-15% of individuals can experience larger increases in systolic and diastolic blood pressure as well as heart rate. This review also noted the impact of not having long-term data available and therefore the authors could not suggest that available evidence was enough to change current clinical practice.

A review that included 19 studies with around four million patients looked at the risks of the medications used in ADHD management. The investigators were looking for cardiovascular outcomes specifically, which included high blood pressure, heart attacks, strokes, heart failure, blood clots, irregular heartbeats, or cardiac arrests. No significant associations between ADHD medication use and adverse cardiovascular outcomes (including heart attack, cardiac death, or stroke) were observed in any age groups studied. Nor were any significant differences observed between stimulants and non-stimulants.³

However, one of the few published long-term follow-up studies did observe different and significant outcomes. Individuals were followed for 14 years and evaluated for cardiovascular risks and outcomes. This study found that during the 14-year follow-up, each one year increase of ADHD medication use (stimulants and non-stimulants) was associated with around a 4% increased risk of cardiovascular disease.⁴ This study also observed that risks were increased over the first three years of use and then stabilized, which is similar to other findings where side effects are observed early in therapy, but then decline in intensity over time. While this is only one study, it does raise concern for adverse cardiovascular outcomes that could be associated with use of ADHD medications. The authors conceded that there may be additional differences in adverse effects between stimulants and non-stimulant medications. Evidence for differences between the different stimulants and their individual risks is not currently available.

Will These Medications Affect My Ability to Exercise?

It is always important to talk to your healthcare provider before beginning any new exercise regimen, changing your current regimen, and/or starting a new medication. Exercise can help with ADHD management by leading to decreased impulsivity and hyperactivity and improved attention and better executive functioning.⁵ Stimulants can increase heart rate and blood pressure, which will be exacerbated by exercise. Additionally, stimulants may increase core temperature, increasing risk of heat injury or lead to early fatigue. Conversely, stimulants may lead to improved athletic performance; however,

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MEDICATION AND MILES:

ADHD: When Meds for Hyperactivity Affect Activity (Part II)

By Ashton Bellamy, PharmD, and Kim Benner, PharmD

using stimulants for the sole purpose of athletic performance is illegal. Some researchers have found that amphetamines can mask fatigue during exercise and some ADHD medications can increase tolerance to higher blood lactate levels, allowing for longer and higher intensity workouts. This increased tolerance can also increase the threshold for fatigue, which could lead to overtraining and exertion.⁶

Agitation and irritability from ADHD medications may increase the risk of injury. A 2015 study evaluated people taking stimulants who performed a treadmill exercise test. Compared with nonusers, stimulant use was interestingly associated with decreased peak heart rate but an increased risk of exercise intolerance, where the body was unable to match the body's demands during exercise.⁷ Not being able to exercise can also have adverse cardiac outcomes and negatively impact quality of life.

Use of Additional Supplements

Another consideration for athletes on ADHD medications is the use of workout supplements. Stimulants can be harmful when combined with other stimulants, and most pre-workout supplements contain varying amounts of caffeine, which can lead to stress on the heart or palpitations. Some physicians recommend against taking pre-workout supplements if a patient currently is taking stimulant medications for ADHD medications. If supplements or vitamins are of interest, discussions with the athlete's healthcare provider or pharmacist can be beneficial.

Summary

Attention deficient hyperactivity disorder management is complex. Stimulants and non-stimulants can be effective in treating children, adolescents, and adults; however, they are not without their risks. One of the major concerns associated with stimulants and non-stimulants are the cardiovascular (heart) side effects. Both classes of medications can increase heart rate and blood pressure; however, the impact and extent of the increases may not be significant, nor may it affect every patient the same. Additionally, data comes from short-term studies that may not account for all long-term effects that these medications may have. Exercise can improve ADHD symptoms and quality of life. The medication side effects may positively or negatively impact exercise so it is important to discuss medications and their side effects as well as any concerns that may come up so that quality of life is optimized, and ADHD symptoms are minimized.

References:

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3. Zhang L, Yao H, Li L, et al. Risk of Cardiovascular Diseases Associated With Medications Used in Attention-Deficit/Hyperactivity Disorder: A Systematic Review and Meta-analysis. *JAMA Netw Open*. 2022;5(11):e2243597. Published 2022 Nov 1.
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SATURDAY
FEB 1

BTC ANNUAL PARTY
LETS TACO BOUT
RUNNING
2/1/25
AVONDALE UPSTAIRS 6-9PM
AWARDS FOOD DJ

The 2025 Edition of the BTC Race Series is Now Open!

For \$130, you can run all four of the BTC's signature races in 2025 (plus, BTC members save an additional \$20 - \$5 off each race) – this is a HUGE savings! Visit the [BTC website](#) for details.

The BTC's four races and dates for 2025 are:

- **Adams Heart Runs (5k, 10k & 10 mile):** Saturday, January 25, 2025
- **Statue 2 Statue 15k:** Saturday, April 5, 2025
- **Peavine Falls Run:** Friday, July 4, 2025
- **Vulcan Run 10k:** Saturday, November 1, 2025

To register, click on the Adams Heart Runs link under the "2025 BTC Races" heading – you'll see an option to sign up for the BTC Race Series. Pro Tip: [Join the BTC \(or renew your membership\)](#) to save even more!



BTC JANUARY RUN SOCIAL! JANUARY 11, 2025

Join the BTC on **Saturday, January 11, 2025 at the Black Creek Park trail** for a preview of the Railway Marathon and Half Marathon (the race also has a one-mile fun run, a 5k, a 10k, and even a 50k option, so it truly provides something for everyone)!

The Black Creek Trail is a lovely seven-mile trail in Fultondale. The out-and-back format will make it easy for you to get your mileage, whether you prefer a 6:00 a.m. start with the long run group or a 6:30 a.m. start time with the moderate group.

Thank you to the Railway Marathon crew for providing post-run HERO donuts and coffee!



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:

Carolyn Bell	Michael Connors	Heydon Hatcher	Charlie Parks	Lucy Stokes
Gavin Bell	Mark Erdberg	Curtis Hendrickson	Jack Stokes	Mark Turner
DeWayne Boyd	Misty Fontenot	William Kerby	Oliver Stokes	Monica Washington
Justin Brown	Robby Grames	Chris Liston	Lori Stokes	Bill Woody
Adrienne Carter	Robert Harris	Anthony Nix	Matt Stokes	

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.

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.



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!

We love to see members wearing their BTC gear around town at out-of town. Don't forget to take along your favorite BTC merch for those out-of-town races, and [send us a pic!](#) Winter gear will be available soon on the BTC website.



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!

BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator

As we get ready to close out 2024, many of you will be (or already have) completed at least 1200 miles for the 2024 edition of the 1200 Mile Club – congratulations! We are announcing the names of members who hit the 1200 mile mark before our Saturday runs – it’s awesome to see that list growing each week! Please don’t forget that our friends at the Homewood **O’Henry’s** are treating you to a cup of coffee after you hit this milestone. Please see Jamie Trimble, Hunter Bridwell, or Ellen Ortis after your next long run to grab a gift card if you’re not already gotten one.

Remember that those who volunteer for water stops receive a card for a free menu item from **Farm Bowl + Juice Co.** If you’ve set out a water stop in the recent past and did not get your Farm Bowl card, please look for one of these same people and they’ll get one in your hands.

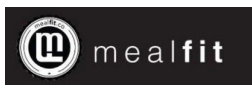
Lastly, we’ve added a discount code for the website RunningWarehouse.com! Are you curious about this code and what other benefits you have access to as a member of the BTC? You can find them any time under the MEMBERS ONLY section of your RunSignUp.com profile. <https://runsignup.com/MemberOrg/BirminghamTrackClub/Page/MembersOnly>

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)!

••• CURRENT LIST OF MEMBER PARTNERS •••



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

Call the P.O.L.I.C.E. for Injury Recovery!

By Hannah Cox, TherapySouth



At some point, due to overtraining, a fall, or poor running/lifting form, most runners will experience injury. Oftentimes, our athletes are seeking an expedited recovery so they can return to their season. A common question we are asked is how effective is R.I.C.E.? (Rest, Ice, Compression, Elevation?)

Although the R.I.C.E. acronym has long been a staple in the vocabulary of most runners, it has been replaced with a new acronym: P.O.L.I.C.E. The R.I.C.E. method insinuated a cessation of all activity, but P.O.L.I.C.E. does not. “Motion is lotion,” so we encourage our patients to continue to move even while injured! We want to challenge the injured joint and associated tissue by loading it to its current capacity (see my article on running through pain in the October issue of [The Vulcan Runner](#) for more information on this topic).

The P.O.L.I.C.E. method eliminates the “rest” component of the R.I.C.E. method in favor of both protecting the injured area but also loading the injured area to stimulate healing. The P.O.L.I.C.E. method incorporates both five elements: protection, optimal loading, ice, compression, and elevation.

Even if a patient is unable to walk or bear weight through his or her leg, we still want to get him or her moving. Movement encourages blood flow to the affected area. Blood has oxygen and nutrients (building blocks for healing) and delivers these to the healing site. As the body heals and repairs, the dead cells and metabolic by-products remain in the “interstitial tissue” (the tissue between cells, organs, etc.). Secondary to the physiological law of osmosis, fluid is attracted to this site so waste can be transferred to the lymphatic system. Often, swelling is associated as a bad consequence of injury, but it actually is required for the healing process. Active movements use a “muscle pump” system to expedite the removal of fluid and byproducts into the lymphatic system. Therefore, swelling is decreased quickly, and the healing process is expedited.

As an individual returns to sport and work, swelling may persist in the tissues. This is normal, but managing the amount of swelling for pain control and to prevent movement limitation of a joint is important. Swelling can be managed with ice post-activity and with compression.

Protection	Avoid further tissue damage. “Protection” doesn’t always indicate full immobilization for several weeks. But it could incorporate crutches or a brace to assist with walking, while performing activities in a scenario with reduced body weight. (i.e., activity performed in sitting, in a pool, biking with decreased resistance, etc.).
Optimal Loading	Challenging and stimulating the tissue in question (bone, tendon, muscle) to heal without making the injury worse (see the article referenced above for more details on how to do this).
Ice	Perform icing with a layer between your skin and the ice. Icing usually is performed post-loading for management of swelling. Perform for 10-15 minutes.
Compression	Compression can also manage swelling. My preference is for athletes to use compression socks or an Incrediwear® sleeve
Elevation	Elevation can help tackle swelling while icing. I like to pair elevation with active activities such as ankle pumps, quad sets, etc. to encourage muscle pumps to remove swelling.

If you have any questions regarding load variations and active movement, send us an e-mail at: tsendurance@therapysouth.net

1200 MILE CLUB

The 2025 edition of the 1200 Mile Club is now open! Remember: you must be a BTC member to join the challenge – [click here to join or to renew](#) your membership! If you still need to update your 2024 mileage for the 2024 edition of the 1200 Mile Club, please do so as soon as possible so we can recognize your accomplishments!

First time 1200 Mile Club finishers are entitled to purchase a coveted 1200 Mile jacket for a nominal fee, and recurring finishers receive patches to display for subsequent years.

Cumulative miles from 2024 are listed below.

Participant	Total
Adams, Ryan	1,177
Adwell, Stephen	1,408
Ahmed, Kabeer	1,957
Alvarez, Jose	1,378
Anderson, Kerri	100
Barron, Darlene	491
Barton, Tabitha	1,140
Basquill, Matt	1,401
Benner, Kim	1,828
Bennett, Mitchell	187
Blackmon, Kim	1,561
Bolen, Parker	1,203
Booher, Lisa	1,416
Bookout, Jason	1,662
Bookout, Kimberly	2,076
Bossard, Teri	1,486
Boswell, Ryan	933
Bouley, Rachel	1,833
Brakhage, Victoria	1,404
Bray, Elizabeth	1,901
Brown, Katie E.	1,781
Brown, Katie G.	1,384
Brown, Sean	670
Bryant, Jason L.	1,220
Burke, Julia	45
Burst, Theresa	1,485
Caine, Lawrence	1,058
Callahan, Chris	1,657
Calvert, Aaron	1,552
Campos, Chris	2,113
Carden, Melissa	1,969
Carlton, Bob	1,287
Chaffinch, Violet	1,064
Chambers, Gay	1,310

Participant	Total
Chandler, Teresa	1,430
Clay, Brad	2,174
Clay, Sarah	1,141
Cleveland, Jeff	1,502
Cliett, Stephanie	1,575
Cobb, Patty	1,443
Coe, Emily	1,480
Coe, Matt	1,315
Coffin, Diane	1,202
Coleman, Tim	1,650
Colpack, Susan	1,322
Cooper, Cara	1,252
Cowie, Katelyn	1,203
Cramer, Robyn	1,340
Cramer, Steve	404
Creed, Brad	1,245
Creel, Mary	1,095
Dawson, Ashley	2,134
Deffenbaugh, Todd	1,243
Dimicco, Al	1,430
Dixon, Jeff	1,949
Downs, Matt	1,124
Duke, Cindy	1,306
Eberhardt, David	1,257
Ennis, Amanda	1,251
Ennis, Matt	1,850
Estes, Cameron	1,593
Estrada, Steven	3,041
Evans, Debbie	1,809
Everitt, Mollie	1,206
Fisher, Kaitlin	613
Flanery, Haley	1,997
Fons, Aaron	1,204
Forbus, Reed	346

Participant	Total
Foreman, Michael	1,016
Foster, Ashley	1,333
Franklin, Shane	314
Frederick, Winston	1,532
Gaston, Katie	186
Gaston, Michael	1,817
Goode, Johnny	1,343
Goyal, Rita	1,661
Grainger, Matt	2,048
Gray, Meagan	1,633
Gray, Michael	1,200
Gruber, Marla	2,199
Gullapalli, Satya	548
Hall, Thomas	165
Hannah, Edward	40
Hanson, Valerie	1,093
Haralson, Danny	1,550
Haralson, Micki	1,534
Hargrave, Alan	1,354
Harlow, Craig	77
Harrelson, Karen	1,844
Harrison, Lisa	1,260
Hatcher, Heydon	1,479
Henninger, Alison	1,237
Herron, Michael	1,356
Hogeland, Angie	1,201
Hogeland, Jeff	1,608
Holder, Gene	1,206
Hoover, Alison	1,455
Hoover, Jim	187
Huddleston, Clare	2,000
Jenkins, Kaki	2,154
Jensen, Sarah	1,208
Johnson, Kimberly	378

Participant	Total
Johnson, Phillip	281
Johnson, Troy	1,355
Jones, Caleb T	1,236
Jones, Julie	1,204
Kaylor, Sara	774
Kazamel, Mohamed	2,500
Keith, Jerry	588
Kemper, Tricia	1,560
Kles, Ruth	1,564
Koepp, Bryan	560
Krick, Stefanie	1,888
Kuhn, Jimmy	2,098
Kulp, Loren	1,441
LaFon, Caroline	446
Laird, Audrey	1,238
Lamb, Patrick	1,325
Lancaster, Jeff	1,411
Landefeld, Dale	1,241
Losavio, Lauren	1,698
Lovett, Meg	1,210
Lyda, Beth	1,504
Lyda, John	1,539
Lyle, Randy	1,887
MacLane, Colin	133
Malick, David	1,777
Markham, Elishua	1,073
Mathews, Nikita	741
Mathews, Skip	1,102
Matthews, Jamieson	1,201
McCalley, Charles	1,463
McElroy, Catherine	1,370
McGriff, Colton	506
McLain, Chase	530
McShan, Kenneth	1,541
Melton, Kristen	819
Merry, Vicki Sue	1,620
Miller, Pamela	1,683
Millican, Randolph	1,215
Morris, Gordon	1,023
Moss, Renie	984
Muncher, Monica	945

Participant	Total
Nix, Anthony	1,526
Nodjomian, Jason	972
Noerager, Brett	2,761
Noerager, Felicia	1,424
Northern, Kristie	2,000
Oechslin, Tamara	997
Orihuela, Carlos	1,735
Orihuela, Catheryn	1,302
Ortis, Ellen	918
Padgitt, Scott	1,496
Palmer, Irma	542
Parks, Charlie	1,427
Pearce, Julie	0
Phelps, Tyler	3,627
Plante, David	1,350
Powell, Logan	1,435
Pritchett, Leigh Ann	340
Rakestraw, Stephanie	1,267
Randolph, Megan	1,533
Rawson, Brent	1,411
Rearden, Shannon	2,336
Reaves, Brandon	1,759
Reaves, Brittany	1,770
Renfro, Jeff	1,227
Richetti, Vee	1,200
Richey, Lori Beth	537
Rivera, Jose	1,615
Robinson, Tamara	1,942
Roper, Lynn	646
Rose, Billy	3,009
Ruschhaupt, Skyler	1,540
Russell, Maureen	2,004
Rutledge, Lisa	1,572
Sherer, Jeremy	1,217
Sherrell, Jeff	2,030
Shin, Ye Jung	2,330
Shinn, Ronald	1,248
Sides, Dean	982
Simpson, Kevin	1,208
Sims, Cecelia	99
Sloane, Mike	1,302

Participant	Total
Smith, Christie	1,418
Smith, Daryl	1,355
Smith, Erin	1,322
Smith, Holly	2,007
Smith, Jason	1,642
Smith, Jerry P.	1,328
Smith, Justin	1,203
Soileau, Chester	1,350
Spikings, Matt	1,202
Starnes, Dan	1,775
Steele, Julianne	81
Steers, Eddie	2,555
Stockton, Rick	1,225
Strother, Jamar	524
Thornton, Amanda	1,161
Trimble, Jamie	0
Valles, Tina	701
Waddell, Chassi	1,153
Waid, David	907
Walker, Brooke	1,219
Walker, Skylar	499
Walton, Suzie	1,284
Waters, Marc	1,349
Watkins, Britney	1,363
Watkins, Tommy	1,222
Watters, Ana	1,235
Watters, Larkin	1,803
Watters, Robert	1,588
Wells, Bradley	1,498
Wende, Adam	1,624
Whatley, Prince	1,072
Wheeler, Elizabeth	736
White, Robin	2,001
Whitt, Trey	1,225
Williams, Mattie	1,258
Williamson, Rebecca	1,201
Wiseman, Steve	1,707
Woody, Bill	1,434
Wu, Xing	1,255
York, Gary	2,054
Zajac, Jason	1,985

SHOW US YOUR BTC GEAR



SANTA SHUFFLE

December 24, 2024

Thank you to Trak Shak for sponsoring this year's Santa Shuffle on December 24, 2024! Lots of miles, fun costumes, (in)famous eggnog, and fun times with our running friends, but most importantly, we collected lots of donations for the Jimmie Hale Mission!



BTC EXECUTIVE BOARD MEETING

November 11, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Ruth Kles, Vicky Brakhage, Charles Thompson, Alex Morrow, Julie Pearce, Cameron Estes, Haley Flanery, Kim Benner, Hunter Bridwell, Rebecca Williamson, Alan Hargrave, Kaki Jenkins, and Trish Portuese.

Kaki Jenkins made a motion to approve the minutes of the October 2024 Executive Board Meeting. The motion was seconded by Hunter Bridwell and passed without opposition.

Membership (Cameron Estes)

We currently have 840 members and 667 memberships.

Treasurer (Ruth Kles)

Ruth Kles is currently working on the financials from the Vulcan Run 10K. She will send out the monthly financial report once all of the reimbursement payments have been issued.

Newsletter Editor (Julie Pearce)

The November newsletter will be sent out very soon. Julie Pearce is finishing up the cover article about Daniel Chaplin and his 50 States goal. The December newsletter publication date is December 2, 2024, so please have all content to Julie Pearce by Friday, November 22, 2024. We are currently using Constant Contact for sending the BTC newsletter, but Julie hopes to have a meeting with Ryan Boswell to transition to RunSignUp in the near future.

1200 Mile Club (Rebecca Williamson)

Rebecca Williamson has selected a vest for 1200 Mile Club members who have completed ten consecutive years. She believes that there are 11 members who currently qualify for this vest. Rebecca is looking into a possible ambassador program for the 1200 Mile Club and a way to commemorate those who have reached five consecutive years.

Japan Exchange (Jamie Trimble and Rebecca Williamson)

The six BTC members who travelled to Japan in August attended Japan-America Society of Alabama (JASA) event. Mark Jackson is the honorary Japanese consulate for Alabama and he recognized the BTC members at the event. Jamie Trimble is currently working on an official letter to get financial support for the Japan runner exchange program. Samford University is also interested in assisting with the Japan program and requested a meeting with Kim Benner, Jamie Trimble, and Rebecca Williamson.

Social Committee (Haley Flanery and Kaki Jenkins)

Discussion was held regarding the last social of the year. Haley Flanery suggested a "Holiday Ho Ho Ho Down," with a western theme. A possible date for the holiday social is December 14, 2024. Since that time of the year is so busy, it was decided that the social will probably be after one the Saturday Morning Long Run. Trak Shak will also be hosting their annual Santa Shuffle on December 24, 2024.

USATF Representative (Charles Thompson)

December is the beginning of indoor track and field at the Birmingham Crossplex.

Saturday Morning Long Runs (Jamie Trimble and Cameron Estes)

We are currently trying to combine the Saturday Morning Long Run and Saturday Morning Moderate Run social media accounts into one. Discussion was held regarding a goal of implementing this by the first of the new year. Some of the BTC members are planning a meeting in November to discuss the Iron City Underground Marathon in March to

consider that being the official BTC spring race. We need to encourage people to register for water stops on Saturday mornings.

On Saturday, November 16, 2024, is the Kulture City Half Marathon is happening downtown. Cameron is still posting a long that day, but she is planning to have multiple water stops at Jack's Shell in Mountain Brook in case there are not many water stop volunteers due to the race.

The Railroad Marathon is happening again in February of 2025, and they would love our participation. We did water stop last year, but we may consider them sponsoring a BTC social to promote the event.

Vulcan Run (Hunter Bridwell)

This year we had 710 registered for the Vulcan Run 10K. The current revenue from the race is looking at \$37,000, with reimbursements in the amount of approximately \$26,000. That gives us a total projected profit of approximately \$11,000. Hunter Bridwell confirmed that the City of Homewood and the post run venue were great to work with. For next year, Hunter and Trish Portuese will work on course modifications to remove the large hill and the alley. We would like to say a special thank you for all of the volunteers.

Hunter Bridwell made a motion to approve donations in the amount of \$1,000 to Girls on the Run and \$1,00.00 to Vulcan Park and Museum. The motion was seconded by Alex Morrow and passed without opposition.

Kim Benner (Volunteers)

Chris Solomon won the Trak Shak gift card drawing for volunteering at the Vulcan Run 10K. Kim Benner is calculating which volunteers for the year will receive a merchandise credit and which will receive a free BTC membership.

Marketing (Alex Morrow)

We are currently focusing our marketing on the 2025 BTC Race Series. Alan Hargrave did a great job with the email blast informing everyone that registration was open. Alex Morrow will focus on marketing the upcoming BTC social and the annual party. Alex wanted to give a special shoutout to Hunter Bridwell and Trish Portuese for their amazing job promoting the Vulcan Run 10K.

IT Chair (Alan Hargrave)

Alan Hargrave sent an email blast for 2025 BTC Race Series to approximately 1900 people. As of the first day registration was open, approximately 1400 people opened the email. We currently have 53 already registered for the race series. Seventeen people used coupons for reduced registration for when signing up for the individual races.

New Business

We have volunteered to sponsor a water stop for the Kulture City Half Marathon on Saturday, November 16, 2024. We will need between 6-10 people to work the very first water stop at mile 1.5 and the runners will hit it again and mile 7.5. The water stop is at First Avenue South on the Rotary Trail at 44th Street. Volunteers will need to be there around 6:30 and should be done by 9:30. The race does have RunSignUp for volunteers to register, but they just have one generic spot to register for a water stop and then it will ask you what organization you are with. It is here that you will select that you are with the Birmingham Track Club. Volunteers will receive a t-shirt and a ticket to the post race party.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, December 9, 2024, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups *Run Social at Black Creek Park*	January 11, 2025	6:00 a.m./6:30 a.m.
6th Annual Forging Families 5k, 10k, and 1 Mile Fun Run (Columbiana)	January 11, 2025	8:00 a.m.
Mobile Marathon (Mobile)	January 12, 2025	7:30 a.m.
BTC Saturday Long and Moderate Run Groups	January 18, 2025	6:00 a.m./6:30 a.m.
MLK Day 5k Drum Run	January 18, 2025	7:00 a.m.
Adam's Heart Runs – 5k, 10k, and 10-mile distances (Oak Mountain State Park) *BTC Race Series Event*	January 25, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	February 1, 2025	
LifeTime Miami Marathon and Half Marathon (Miami, FL)	February 1, 2025	
BTC Annual Party - Avondale Brewing	February 1, 2025	
BTC Saturday Long and Moderate Run Groups	February 8, 2025	
Railway Marathon and Half Marathon presented by Craneworks (Fultondale)	February 8, 2025	
BTC Executive Board meeting	February 10, 2025	
BTC Saturday Long and Moderate Run Groups	February 15, 2025	
BTC Saturday Long and Moderate Run Groups	February 22, 2025	
BTC Saturday Long and Moderate Run Groups	March 1, 2025	

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 Kabeer Ahmed](#), or visit the BTC website to [submit your race](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

