



BIRMINGHAM TRACK CLUB  
 ★ WHERE RUNNERS ARE FORGED ★  
**THE VULCAN RUNNER**

October 2024 **10**

# FIFTY YEARS OF THE VULCAN RUN

*By Hunter Bridwell, Vulcan Run Race Director*



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# FIFTY YEARS OF THE VULCAN RUN

Happy Fall(?) to all my running friends! We have entered the month of October, which means it's either going to start cooling off a little bit, or we'll get a taste of Alabama's third summer. It's a time for college football and for many of the marathons, half marathons, and other race distances that you each have been training for over the last few months. I certainly hope you will consider adding the 50th Vulcan Run to your race calendar! The Birmingham Track Club would love to be your host on the morning of Saturday, November 2, 2024 as we continue the tradition of holding the longest standing road race around these parts. [REGISTER HERE!](#)

We have a lot of exciting changes for this year. First and foremost, this will be a new course and a new host venue for the race! We had to make the tough decision to move the race out of Birmingham, but we are thankful to have landed in the shadows of Vulcan, with the start and finish of this year's race taking place in the heart of Homewood. You can check out the [course details at this link](#).

In addition to the new Vulcan Run course, we also are thrilled to once again be the RRCA

Alabama State 10k Championship race for 2024. In addition to our standard age group awards, we have the opportunity to hand out some RRCA state championship medals during our awards ceremony! As a member club of the RRCA, the Birmingham Track Club appreciates everything that the RRCA does for running in our area and across the country.

Don't forget to thank and support our sponsors whenever you get a chance – **Andrews Sports Medicine, The Trak Shak, TherapySouth, and Resolute Running**. Their support means the world to us, and we couldn't hold these events without them! I also want to personally thank **Trish Portuese of Championship-Racing** for helping to manage this event.

Lastly, thanks to every one of you for your continued support each and every year. Your officers at the Birmingham Track Club are thankful for all of you in our running community. You are what makes the BTC the best running club around! See you at the Vulcan Run on November 2!

**THANK YOU TO OUR  
VULCAN RUNNER  
SPONSORS!**



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# PRESIDENT'S ADDRESS

By Jamie Trimble



## Greeting BTC Members and fellow Birmingham runners!

Where did September go? While we've had a couple of "Fake Falls", some rain, and then more repeats of hot and humid Summer, things with the BTC have been sizzling! Our Saturday morning group runs have continued to grow and flourish as we've trained toward the goal race of BHM 26.2, which included a 5k, 10k, 10-mile, half marathon and marathon. Congratulations to all who ran one of these races! We were thrilled to see so many BTC volunteers on the course and behind the scenes – thank you for supporting these races!

I want to give a special shout out to all of our new members and renewed members. The BTC is really the best deal around. For \$24 a year (less with multi-year discounts), you help further the BTC's mission of supporting the running communities in and around the Birmingham area. In addition, your BTC membership includes many direct benefits, including discounts from local merchants as well as for many local and regional races. Some of these benefits are:

- Sponsored Saturday morning group runs and training
- Automatic 10% discount on all BTC races (Adams Heart Runs, Statue 2 Statue, Peavine Falls and Vulcan Run 10k)
- Reciprocal race discounts from other race promoters
- Special member-only race discounts
- Trak Shak: 10% off
- MealFit: 20% off first order
- Moving On Moving & Storage: 10% off
- Restore Hyper Wellness: 10% off services and 20% off memberships
- FleetFeet: 10% off
- Taco Mama/Otey's: 20% off
- Members-only 1200 Mile Club
- And many more!

I especially invite all of you whose membership has lapsed in the last few years to renew today! If you're not sure of your BTC membership status, just go to the following link to check your status and renew:

<https://runsignup.com/MemberOrg/BirminghamTrackClub/MembershipSearch>

Speaking of benefits, an EPIC group run social sponsored by ASCIS and our amazing friends at the Trak Shak was held on Saturday, September 28. This "Run Club Appreciation" event included ASICS shoe demos, giveaways, and a generous \$50 ASICS credit to all BTC members who attended. Not to mention, the coffee was flowing along with plenty of donuts and even yogurt parfaits. It was so good to see all of you who came out, and I hope you had as much fun as I did! Stay tuned for more amazing and fun BTC events in the near future.

Now, mark your calendars for the evening of Saturday, February 1, 2025 when we will hold our annual party and membership meeting at The Upstairs at Avondale. If you were there this past year, you know what a great time a bunch of runners can have when they're all dressed up and not sweaty. If you weren't there, you probably saw or heard about it and had a serious case of FOMO. You definitely don't want to miss the fun this time around. Our social committee is already hard at work on this event and we can't wait.

We're now less than a month away from the 50th running of our iconic Vulcan Run 10k on Saturday, November 2. This year we have a new course in Homewood and a new post-race event venue at Rosewood Hall at SoHo Square. Things are coming together for an amazing and fun race this year, and we're expecting our biggest field in several years. So, sign up today, taking advantage of the automatic BTC member discount and come help us celebrate 50 years of the Vulcan Run. And if you're not running the race, we can always use volunteers!

Finally, I know so many of you have been working hard these last several months training for fall goal races. Whether it's a World Major Marathon, an historic race like Vulcan, or even your first attempt at a local 5k, I want to wish EVERYONE the best as you toe the line in whatever race you're running. Be sure to wear your BTC gear and send us all the pictures of where running and racing takes you this Fall!

Stay safe out there and Happy Running!

**Jamie Trimble**  
*BTC President*

# 2024 Officers



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## BTC Race Directors

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

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## BTC Mission Statement

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

## Contact BTC at:

Birmingham Track Club  
P.O. Box 530363  
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## Race Results

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





# MAEBASHI, JAPAN AND BIRMINGHAM, ALABAMA: A STORIED HISTORY

By Abigail Morrow

I love words. I love the craziness of words like realizing that inherently “discombobulated” connotes that we walk around “combobulated.” I love that words inspire and respect that words can cut more deeply than any weapon. But what I love most of all is that words make the world a smaller place. Words took me as part of a group of ambassadors to Maebashi, Japan.

There are times in life when you look around and wonder how in the world you ended up there. Standing in a formal introduction ceremony in Maebashi, Japan as an ambassador of the Birmingham Track Club is one of those times. This wonder arose not just from the sheer experience of being treated as near royalty by a culture that prides itself on hospitality, but also literally wondering how Birmingham, Alabama and Maebashi -- a city 6769 miles away -- came together at all to be sister cities. Much to the delight of my literary heart, the answer is a poem – specifically, the poem “Youth” by Samuel Ullman<sup>1</sup>.

Who is Samuel Ullman? Great question. I had no idea. In short<sup>2</sup>, Ullman was a Birmingham businessman at the city’s beginnings in the late 1800’s. In 1918, he wrote “Youth” at the age of 78. General MacArthur, at the end of World War II, both had quotes from the poem in his office in Japan and often referenced the poem when speaking

with the media. The Japanese people respected MacArthur’s work ethic and the words of the poem itself, eventually, generations later, developing organizations to teach the work to its youth as an emblem of how to live:

*In 1945, Reader’s Digest published the poem and reported that MacArthur posted the poem in his office. Yoshio Okasa, a Japanese businessman, upon reading the article, was inspired to create a beautiful and moving translation in Japanese and display it in his offices. The popularity of “Youth” in Japan soared. Many carried folded-up copies of the poem in their pockets and wallets. In 1985, the Youth Association was formed in Tokyo. Its corporate and individual members across Japan are encouraged to study “Youth” and the writings of other philosophers and to share the joy and hope expressed in the poem. Writing in 1992, Jiro M. Miyazawa, who wanted to share the message of the poem and who had distributed more than 10,000 copies across Japan, stated: “Japan has been completely rebuilt since the devastation of World War II. I believe Samuel Ullman’s poem ‘Youth’ played a part in this process by sustaining the Japanese mind with its inspiring message.”<sup>3</sup>*

These words, which built these organizations also built in 1989, “a Japan-America Society of Alabama . . . to encourage international relationships between Japan and the United States<sup>4</sup>.” In the early 1990s, a Japanese businessman then worked to raise monies along with a Birmingham businessman to salvage the original Ullman home and establish a museum commemorating Ullman’s work and impact on the world.

The Birmingham Botanical Gardens is home to a beautiful Japanese garden and an authentic Japanese teahouse because of this on-going relationship stemming from this single poem.

Nearly 100 years after “Youth” was written, on July 3, 2017, Birmingham and Maebashi signed official sister city agreements, elevating the cities’ long-standing connection.

The impact of these words on not only Japan, but specifically the city of Maebashi, where a museum honoring both the Japanese author who translated the poem and Ullman stands, is touching. To have the ability to appreciate the long-standing impact of this connection as a representative of our city gave me new respect on how perspective matters, and how we often fail to appreciate what surrounds us.

The spirit of friendship lives on in the BTC/Maebashi Sister City Runners Exchange program.



# BTC AMBASSADORS REKINDLE FRIENDSHIPS THROUGH RUNNING

By Abigail Morrow



On August 25, 2024, BTC Ambassadors Jamie Trimble, Kim Benner, John Lyda, Beth Lyda, Alex Morrow, and Abigail Morrow recently traveled to Maebashi, Japan as part of the BTC/Maebashi Sister City Runners Exchange to participate in the Akagi Onuma Shirakaba Marathon

The BTC's longstanding relationship with Maebashi, Japan affords the opportunity for BTC runners to represent the club every year as an honored participant in a race put on by the city of Maebashi.

In prior years, that race has been the Maebashi marathon, but this year, it was a mountain adventure called the Akagi Onuma Shirakaba Marathon.

Let's answer those burning questions about what it's like and how you could go.

What's it like to run a race in Japan? Both very different and very familiar and truly amazing.

First, Formality.

You know upon arrival at the airport that you are truly an honored guest. Your every need is anticipated and addressed. A translator travels with you. We were met in the airport and from that moment, escorted through every step of our visit. It was like being a kid again.

Also, it is hard to convey the level of formality and propriety of Japanese culture. The best example I can give is buying a pack of gum. Here, you take gum to counter, hand your card (or self-scan), and take gum away. There, you place gum on counter, the clerk bows to you, presents to you with both hands a small tray, you are to bow and place your credit card on said tray with both hands, the clerk bows again and takes card/tray to register, processes payment, replaces said card on said tray, bows and presents said tray to you, you bow and retrieve said card, gum is wrapped up for you.

Whew.

This formality carries through every interaction. Last names are used – not first names. Punctuality is expected. Business cards should be studied and placed in a holder (not a back pocket).

At the official ceremony to meet the mayor of the city, there was an emcee who read the agenda for each portion of the 30-minute meeting, including an allotted amount of time for “small talk.”

Prior to the race start, there is a very formal presentation of honored runners. Runners from various groups are recognized from a seated tent and introduced by officials at a lectern. You sit through a several minutes long ceremony until you hear the only words you likely understand – your name. You stand, you bow. You feel very important. People clap for you.

But then, it's all Familiar.

During the starting ceremony, the crowd gasped at John Lyda's height (6'5"). Afterward, some of the city officials stood on their tiptoes to take pictures. One of the guides advises each of us by using his translator device “to not overexert ourselves.”

Race line up is by time. There is a starting corral based on race length. (Every distance is called a “marathon,” so that's confusing.)



# BTC AMBASSADORS REKINDLE FRIENDSHIPS THROUGH RUNNING



Waves are moved to the start line and the race begins, but it is VERY quiet. The whole race is nearly silent. You do not hear talking among the runners and, because you are on a mountain road, there are very few spectators.

The course itself is a 5K loop around a lake set high in the mountains. The road to the course was exceptionally curvy, akin to driving the Blue Ridge Parkway. Also, as here, the woods contain a great deal of kudzu.

The course is hilly. One hill is reminiscent of Statue to Statue. The view is beautiful. The lake is surrounded by heavily wooded mountains. Swan boats dot the water.

There are so many volunteers, and, as you are an honored guest, at each water stop, one volunteer screams in English at you, "Are you OKAY?" which at first makes you question how bad you look and then you remember, hospitality and not to exert yourself.

At the finish, your escorts find you immediately, concerned with your well-being and eager to meet your every need. You are handed a protein bar and bottle of Pocari Sweat (not a typo, it's like Gatorade, but the name leaves much to be desired).

Then, they transport you back to the city. There is no "after-party" or similar atmosphere. Awards are given seemingly as soon as the top runners completed their respective distances. All the runners depart quickly after finishing the race.

## Food and Fun

You are fed often and more than enough by your unfailing hosts. The hotel provided a traditional breakfast prepared on site, but unlike a standard "make your own waffles" affair with which you are familiar, there are rice, noodles, vegetables, miso soup, and even curry to start the day. Also, the line starts at 6:30 a.m. and not until, you guessed it, a formal ceremony to open the proceedings. Proceedings in this instance also include the coffee maker.

In addition to formal ceremonies, we ate well and seemingly often. One restaurant showcased a robot waiter. Another restaurant was a truly remarkable formal Japanese meal chosen for us. Most menus in more casual environments include pictures to give you a fighting chance.

Mornings were an opportunity to explore on our own, and we were given a personal tour of one of the oldest buildings in Maebashi by Tago, the architect of the teahouse at the Birmingham Botanical Gardens. He provided so much knowledge about the impressive design of the structure and its historical relevance.

Near the race course, we also visited a shrine built in 960 A.D. and learned about customs.

## Future

The Birmingham Track Club takes annual applications to participate as an ambassador. Ambassadors are responsible for the cost of airfare. The city of Maebashi generously covers all other expenses. Check the BTC website and social media for announcements on when the selection process begins.

1. To purchase the poem and learn more of its impact, click here <https://a.co/d/c66TYmr>
2. In much more detail as provided by the Birmingham Historical Society, click here [https://birminghamhistoricalsociety.com/wp-content/uploads/2020/08/bhs\\_newsletter\\_2008\\_ullman.pdf](https://birminghamhistoricalsociety.com/wp-content/uploads/2020/08/bhs_newsletter_2008_ullman.pdf)
3. Birmingham Historical Society Newsletter, August 2020, at p. 3, available at [https://birminghamhistoricalsociety.com/wp-content/uploads/2020/08/bhs\\_newsletter\\_2008\\_ullman.pdf](https://birminghamhistoricalsociety.com/wp-content/uploads/2020/08/bhs_newsletter_2008_ullman.pdf)
4. See generally, <https://najga.org/reference/birmingham/> and also, <https://bbgardens.org/toshinan-reawakening-a-treasure/#:~:text=The%20teahouse%20was%20crafted%20entirely,sister%20city%2C%20Maebashi%2C%20Japan.>
5. See <https://birminghamstercities.org/cities/maebashi/#:~:text=Overview,of%20politics%2C%20economy%20and%20culture.>

# MEDICATION AND MILES:

## Running on Rhodiola

By Randy Odom, PharmD and Kim Benner, PharmD

Running is an effective outlet for many, but those who prefer longer mileage races or extended training sessions might experience increased fatigue. Prolonged endurance events can induce significant stress responses and skeletal muscle damage.<sup>1</sup> With the rise of running events, some runners turn to dietary supplements to help support their performance and recovery.<sup>2</sup> Dietary supplements are now recognized as products taken intentionally to meet nutritional, clinical, and performance objectives, in addition to a regular diet.<sup>3</sup>

Rhodiola rosea (RR), also called the golden or arctic root, is a perennial flowering plant native to the mountainous regions of Europe and Asia. Historically, it has been used for medical purposes.<sup>4</sup> Traditionally, RR has been used for centuries to combat fatigue, increase stamina, and improve mood, as well as to alleviate symptoms of stress, anxiety, and depression.<sup>5</sup> But in recent years, its popularity as a dietary supplement has increased.<sup>6</sup>

Recently, RR has gained popularity as a natural remedy for various health conditions and as a performance-enhancing supplement in sports.<sup>5,6</sup> RR is classified as an adaptogen, meaning it helps the body adapt to and manage various forms of stress, including physical, mental, and environmental stress.<sup>6</sup> Adaptogens, in general, are herbal preparations known to enhance attention and endurance during fatigue and mitigate stress-induced impairments of the neuroendocrine and immune systems. They normalize body functions and strengthen systems compromised by stress, offering protective effects against various environmental assaults and emotional conditions.<sup>5,6</sup>

The roots and rhizomes of RR are rich in bioactive compounds, such as salidroside, rosavin, and flavonoids, which are believed to contribute to its unique stress-reducing and performance-enhancing properties. RR works by regulating several vital physiological processes, including the release of stress hormones, the production of neurotransmitters, and the activity of antioxidant enzymes.<sup>5,6,7</sup> RR has gained attention for its potential to support physical performance and endurance.<sup>7</sup> While some studies suggest that RR may improve specific aspects of physical performance, such as time to exhaustion, VO<sub>2</sub> max, and recovery from exercise, further research is needed to confirm these findings, as not all studies, particularly those involving running and walking, have consistently shown these results.<sup>8</sup>

One of the critical mechanisms by which RR may enhance physical performance is by reducing fatigue and increasing energy levels. Its bioactive compounds, such as salidroside and rosavin, influence the body's stress response pathways, improving the ability to cope with and recover from physical exertion.<sup>5,6</sup> RR may enhance oxygen utilization and improve cardiovascular function, leading to better endurance and aerobic capacity.<sup>8</sup>



Rhodiola is available as a capsule, tablet, dried powder, or liquid extract. It typically is dosed 100 – 600 mg daily up to 12 weeks, which is standardized to 2.7%-3% rosavin and 1%-2.7% salidroside.<sup>6-9</sup> It is best to start with a lower dose of 200-300 mg per day, split into two or three doses, and gradually increase if needed. Higher doses of 400-600 mg may offer more pronounced benefits for physical performance and endurance, but the optimal dosage can vary based on individual factors such as age, body weight, and health status.<sup>7-9</sup> Still, as with any herbal supplement, it is important to follow recommended guidelines and consult a healthcare professional, especially if you have underlying medical conditions or take other medications. While generally safe, RR may cause side effects such as dry mouth, dizziness, or headaches. It can also interact with medications like antidepressants or blood thinners, so consulting a healthcare professional before starting supplementation is essential, particularly if you have existing medical conditions.<sup>5-9</sup>

Brand Name	Manufacturer	Strength	Rosavins/ Salidrosides	Sold
Rhodiola Rosea	Pure Encapsulations	100 mg	3%/1%	Amazon
Rhodiola	Wild Harvest	175 mg	3%/1%	The Vitamin Shop
Rhodiola Rosea Extract	Double Wood	500 mg	1%/3%	Double Wood Supplements
Rhodiola	NOW	500 mg	3%/1%	Amazon
Rhodiola Extract	Life Extension	250 mg	3%/1%	Life Extension



# MEDICATION AND MILES:

## Running on Rhodiola

RR shows promising potential in enhancing physical performance and endurance by aiding the body's adaptation to physical stress. Studies have demonstrated improvements in time to exhaustion, VO2 max, and post-exercise recovery with RR supplementation, making it beneficial for athletes and active individuals aiming to enhance their overall physical capabilities and resilience. However, further studies are needed to determine RR supplementation's optimal dosage, timing, and safety across different populations and exercise regimens. Future research should also explore potential synergies between RR and other performance-enhancing supplements or training methods.

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# COMMUNITY CORNER

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



L to R: Jefferson County Commissioner Mike Bolin, Trussville City Council President Lisa Bright, Mountain Brook Mayor Stewart Welch, Senator Katie Britt, Trussville Mayor Buddy Choate, Jennifer Andress, Jefferson County Commissioner Joe Knight, Mountain Brook City Councilor Graham Smith, Jefferson County Manager Cal Markert

ADECA to build a trail head on the Green Springs end of the Greenway, to include a pavilion, a storage shed for Homewood Police and the Homewood Fire Department, and most importantly....BATHROOMS!

We should find out this month if our proposal was successful. Thank you to BTC President Jamie Trimble, BUTS President Amber Whilock, Trak Shak Co-Owner Jeff Martinez, and Cahaba Cycle owner Faris Malki for writing letters in support of this grant request.

### Hollywood Boulevard Bridge

At long last, our Co-operative (Jefferson County, Homewood, Mountain Brook and Birmingham) is “shovel-ready” with construction documents, and we are working on raising the remaining funds we need for a new lane, traffic light, striping and protected pedestrian access. We are confident that we will hit our goal by next year. We have met with every leader including Senators Katie Britt and Tommy Tuberville, Representative Gary

Palmer, and all of our State Representatives and Senators, and we are on our way to getting this long-time – and much anticipated -- project ready to bid.

### Highway 31 Grant

In 2021, I attended an Alabama League of Municipalities meeting in Montgomery, and learned about the ATRIPP-II grant from ALDOT for State highways, to improve traffic safety and efficiency. The City of Homewood applied for this grant last year, and we found out in January of 2024 that we were approved for a \$2 million for improvements on Highway 31!

In our designs, we have better sidewalks along Highway 31, less ingress and egress, and a crosswalk at Ventura, among other improvements. This work should go out to bid in Spring of 2025, for construction to begin next summer.

### Griffin Creek Trail

In the budget we just passed for Homewood, we have funds to complete a new trail connecting Central Park along Griffin Creek to Spring Park in Rosedale, connecting to the sidewalk system that will then carry pedestrian back to downtown Homewood or over the mountain to Birmingham and the Vulcan Trail.

### Highway 31 Tunnel

We also have funds to beautify the tunnel at the Piggly Wiggly going under Highway 31. I will share those illustrations when we get that project underway.

### Greetings, BTC!

It's been a while since I have written a Community Corner update for the BTC, but there has been a LOT going on in the world of trails and connectivity, so let's get caught up! I wear three different hats in this trail community, and I will be wearing all three here: Homewood City Council, the Jefferson County Greenways Commission, and Freshwater Land Trust.

Let's start in **Homewood**, aka Runner Central for Jefferson County!

### Phase 2 of the Shades Creek Greenway

There has been an issue with grounding on one of the bridges along the new portion of the trail, and Alabama Power has been working with ALDOT to resolve it. The trail cannot officially open until that issue is resolved, but we hope that will happen this month.

And speaking of the Shades Creek Greenway, the City of Homewood will be working with the Alabama Wildlife Center to address the owl issues that have been occurring. Nesting boxes and signage will be added later this month as possible solutions, after Chris Sykes addresses the City Council on October 21, 2024. In the meantime, please be aware of the potential for nesting owls in the area.

### Shades Creek Greenway Trail Head

In June, I attended an ADECA (Alabama Department of Economic and Community Affairs) conference in Montgomery to learn more about grants available for our trails in Alabama. With that information, we at the City of Homewood applied for a \$400,000 grant from



# COMMUNITY CORNER

## Reese Street

You may have noticed our new sidewalks connecting Central Avenue to downtown Homewood along Reese Street. Those have been a few years in the making, with the old-fashioned “Acorn” street lights and new crosswalks. This plus the one-way direction and more parking on Reese are all designed to improve walkability throughout all of downtown Homewood.

Moving on to Jefferson County: I serve as Chair of the Jefferson County Greenways Commission, which is a State Commission that manages Red Mountain Park, Ruffner Mountain, and Turkey Creek Nature Preserve. From Summer of 2023 to Spring of 2024, I chaired a search committee to hire the very first ever Jefferson County Parks Superintendent and Deputy Parks Superintendent.

We are thrilled to welcome Fran Marks as Jefferson County Parks Superintendent, and Amy Conyers as Jefferson County Parks Deputy Superintendent. You can learn more about them here: Parks Superintendent and Deputy Superintendent Announcement – Ruffner Mountain. This is an exciting time for the County and these three beloved outdoor spaces!



Fran Marks, Carlee Sanford and Amy Conyers

Finally, I am now employed at one of my very favorite non-profit organizations, Freshwater Land Trust. We have so much going on that you will love, as we work to develop the Red Rock Trail System:

## Red Rock Trail System

Driven by the Red Rock Trail System Action Plan (RRAP - included as a map here), which will guide the Red Rock Trail System’s development over the next 10-15 years, and, upon completion, will generate \$25 million of health, transportation, and economic benefits annually.

The RRAP is a bold vision to connect communities by developing a 36+-mile trail loop around the greater Birmingham metropolitan area, including connecting Ruffner Mountain in the east through Railroad Park downtown to Red Mountain Park in the west; it is expected to cost approximately \$40 million to complete.

## Valley Creek Rails-to-Trail

We are adding 4+ miles connecting the existing High Ore Line (a 3-mile trail connecting to Red Mountain Park) to the Birmingham Rapid Transit station at the Birmingham CrossPlex that will serve over 58,500 Birmingham residents, as well as residents from Midfield, Fairfield, Brighton, and Lipscomb.

## Civil Rights Trail

We are working on 3.16 miles of urban trail through downtown Birmingham, connecting City Walk BHAM to Morris Avenue and 20th Street to Legion Field through the Civil Rights District.

## Five Mile Creek Trail

We have completed 8.25 miles one-way extending from Gardendale to Brookside, making it 16.5 miles roundtrip in North Jefferson County.

## Shades Creek Greenway Phase 2 (Homewood)

We have connected another 1.4 miles on the Lakeshore Trail in Homewood westward moving towards Red Mountain Park.

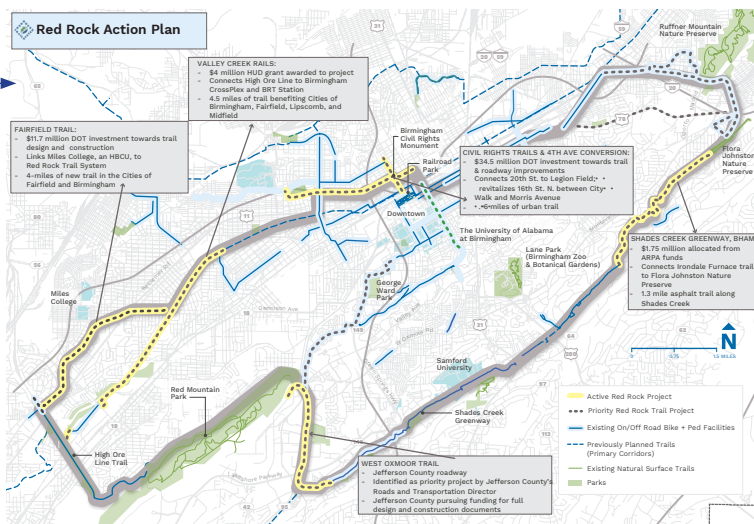
## Irondale Furnace Trail extension along Shades Creek (Birmingham)

This extension will link Birmingham/Mountain Brook at Irondale Furnace by 1.3 miles eastward to the Flora Johnston Nature Preserve near Irondale.

## Cahaba River Tributary Restoration & Trail Expansion at Grants Mill

We are working to restore an eroded tributary stream and extending an existing 0.4 miles of trail by another 0.1 mile on property including and adjacent to the existing Grants Mill canoe launch in Irondale.

Thank you for the opportunity to update the BTC on all of the exciting developments and improvements going on in our area! Please don’t ever hesitate to reach out with any questions about any of the above projects. Happy Fall Running!



# 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:

Tony Allen	Carol Cahill	Jennifer Davidson	Naomi Henry	Nikita Mathews	Edward Owen Pierce	Ronda Thompson
Tabitha Barton	Anthony Caldwell	Samantha Davis	Hannah Henson	Paul Mathews	Caleb Quinsey	Jimmy Tracy
Jessica Beard	Riley Cockerill	Wayne Davis	Matthew Hinshaw	Ron McIntosh	Lori Beth Richey	Hunter Treutel
Kim Blackmon	Nicole Cockerill	Cristin Dedmon	Katherine Hintz	Linda McIntosh	Lynn Roper	Marc Waters
Sydney Blankenship	Susan Colpack	Stephanie Denney	James Jackson	Rachel McKee	Gary Sanford	Takisha Watson
Parker Bolen	Tristan Cook	Bob Evans	Courtney Jones	Cassandra Mickens	Elizabeth Sellers	Heather Watters
Fran Box	Duncan Cook	Ashley Foster	Manu Kaushik	Pamela Miller	Ronald Shinn	Robert Watters
Lily Beth Bradley	Maddie Cook	Steve Fowler	Tom Kendrick	David Mooney	Boris Shoykhet	Larkin Watters
Joseph Brakhage	Michael Cowie	Karen Fowler	Carolyn Kezar	David Neaves	Tasha Shoykhet	Ana Watters
Elizabeth Brakhage	Katelyn Cowie	Katy Galloway	Anna Louise Lane	Mac Ortis	KadeSmith	Sarah Whorton
Alexis Brakhage	Mark Criswell	Michael Gaston	Sara Langston	Ellen Ortis	Erin Smith	
Hannah Broom	Jay Crosby	Alie B. Gorrie	John Lankford	Andy Ortis	Daryl Smith	
Hope Cahill	Mary Lee Crosby	Meagan Gray	Jason Leopard	Natalie Pang	Matt Spikings	
Shelby Cahill	Ethan Crosby	Hannah Green	Whitney Lugo	Shannon Parker	Kayla Stone	
Branan Cahill	Dow Davidson	Hilary Harkness	Colin MacLane	Millie Perez	Kim Taylor	

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.

## BE SAFE AND BE SEEN: REMINDERS FOR RUNNING IN THE DARK

- Wear light colored and/or reflective clothing.
- Wear a head lamp, but also remember to wear a light on your back – vehicles traveling behind you cannot see you.
- Always run facing traffic, and steer clear of running in the middle of the road.
- Watch for vehicles at stop signs and traffic lights – drivers cannot always see you and may cut close to the corner.
- Wear a Road ID (shoe tag, bracelet, etc.) -- in the event of an accident, someone may need to know how to reach your emergency contact.
- Be aware of local ordinances addressing the use of streets and sidewalks in early morning hours (see the City of Mountain Brook's ordinance at sidebar).
- Be alert, be aware, and be diligent on the roads!

*The Code of the City of Mountain Brook, Alabama, Section 46-7 - Use of City Streets and Roadways by Pedestrians.*

During the hours of 4:30 a.m. to 6:30 a.m., individuals shall be permitted to walk, jog, or run along and upon city streets and roadways, as long as said individuals are within six feet of the edge of the street or roadway, and provided that said individuals shall wear either:

(1) Reflective clothing between the waist and shoulders on the front and back that covers at least 50 square inches; or

(2) Strobe style continuously flashing lights at least two inches in diameter between the waist and shoulders that are visible from the front and back.

(Ord. No. 1665, § 1, 6-13-2005); Click [here](#) to view online.





## 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!





## 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

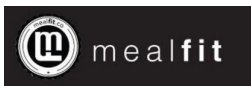
In the last quarter of the year a good number of you will be finishing your goal for the 1200 Mile Club -- Congratulations! As the newest BTC benefit, you can pick up a card after any long run for a free cup of coffee from the Homewood **O'Henry's**! Yes, just like getting a snow cone after your t-ball game, but the adult version! Look for Jamie, Hunter, Ellen, or anyone holding cards around The TrakShak on any given Saturday post-long run.

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>



## ... 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](mailto:Benefits@birminghamtrackclub.com)!



# THERAPYSOUTH

## Patellofemoral Pains

By Hannah Cox, TherapySouth



Patellofemoral pain syndrome (PFPS) is one of the most common conditions reported by runners. Individuals who are diagnosed with PFPS usually battle the condition chronically as 70%-90% of patients diagnosed have recurrent or chronic symptoms. (Bolglia, et al.) Individuals with this pain have global pain in the front of the knee or under the knee cap. Activities that exacerbate PFPS are descending inclines or stairs, squatting, kneeling, standing from a prolonged seated position, and running. There may be popping (painful and nonpainful) while bending the knee.

But good news: generally, these symptoms can be managed and even improved while continuing a training cycle! Initial strategies to manage the symptoms include running shorter durations, but more frequently throughout the week, slightly decreasing running speed, running on softer surfaces, and avoiding downhill running.

With all my patients who are in-season with their training, I refer to my evidence-based chart (see sidebar) with treatments and training suggestions. Generally, using a 0-10 scale (0 being the absence of pain and 10 being an ambulance ride) if the pain is rated as a 2 or less, then I have the patient continue running, but incorporate specific strengthening exercises (see sidebar). Generally, these are more difficult and load the knee more. For example, I may incorporate plyometrics or quad-biased squatting and lunges.

If pain remains between a 3-5 on that subjective rating scale during or after activity, I may have the patient increase aerobic cross training while incorporating less demanding strengthening exercises. This may include a modified range of motion (partial or tempo squats), hip strengthening performed in a single leg stance scenario, and increased endurance demands on hip stability.

If pain is given a rating of 6 or more, increased modification to strengthening exercises is necessary. This could include isometrics, in which strength is challenged without moving the muscle throughout the range of motion.

Discomfort or pain do not necessarily indicate that all activity should be stopped, so don't let that fear stop you from treating knee pain – ignorance is not bliss! Use both charts to guide your strength training and running volume choices if you are battling anterior knee pain. However, if your symptoms do not improve or become worse, come see one of our clinicians!

6-10	<b>Stop!</b> <ul style="list-style-type: none"> <li>A tissue's capacity to adjust to training variables has been exceeded.</li> <li>Continuing at this level will prevent healing and worsen injury.</li> </ul>
3-5	<b>Management Zone</b> <ul style="list-style-type: none"> <li>The discomfort feels closer to levels of acute injury.</li> <li>It is important to change training variables</li> <li>Modify form or activities</li> <li>Remain at current activity level and/or incorporate modified training load, intensity, duration, frequency or form</li> <li>Body continues to heal if training variables are managed appropriately</li> </ul>
0-2	<b>Therapeutic Discomfort Zone</b> <ul style="list-style-type: none"> <li>You may feel some discomfort and it may even mimic (at a lower intensity) pain from a chronic or acute injury.</li> <li>You can continue to train in this zone safely without worsening current injury or produce new injury.</li> <li>Progress training variables of: load, intensity, duration, or frequency</li> </ul>

Pain Rating	Appropriate Strengthening Exercises
6-10	Exercises performed without body weight (i.e., laying on a table) Isometric Exercises on the table or standing
3-5	Squats (Partial ROM- focus on the ROM that does not exceed a 5/10) Lunges (Partial ROM – focus on the ROM that does not exceed a 5/10) Frog jumps (limited distance or vertical height) Wall Clams Single leg Deadlifts (Modified – either partial ROM or less weight) Incorporate less single leg strengthening and more activities requiring both legs
0-2	Single leg hops in a series (forward and side-to-side) Jumping lunges Box jumps Hill repeats Squats > 60% 1RM (Posterior-chain and Quad-biased) Lunges > 60% 1 RM (Posterior-chain and Quad-biased) Emphasis on single leg strengthening / stability

**Source:**  
Bolglia, LA et al. National athletic trainers' association position statement: management of individuals with patellofemoral pain. J Athl Train. 2018;53(9):820-836.



# 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 October 4, 2024 are listed below.

Participant	Total
Adams, Ryan	966
Adwell, Stephen	1,195
Ahmed, Kabeer	1,266
Alvarez, Jose	1,378
Anderson, Kerri	100
Barron, Darlene	491
Barton, Tabitha	877
Basquill, Matt	1,030
Benner, Kim	1,373
Bennett, Mitchell	187
Blackmon, Kim	1,085
Bolen, Parker	929
Booher, Lisa	1,199
Bookout, Jason	1,126
Bookout, Kimberly	1,577
Bossard, Teri	1,124
Boswell, Ryan	844
Bouley, Rachel	1,218
Brakhage, Victoria	960
Bray, Elizabeth	1,353
Brown, Katie E.	1,235
Brown, Katie G.	1,318
Brown, Sean	473
Bryant, Jason L.	849
Burke, Julia	45
Caine, Lawrence	760
Callahan, Chris	1,225
Calvert, Aaron	1,124
Campos, Chris	1,799
Carden, Melissa	1,465
Carlton, Bob	652
Chaffinch, Violet	812
Chambers, Gay	942
Chandler, Teresa	1,050

Participant	Total
Clay, Brad	1,835
Clay, Sarah	850
Cleveland, Jeff	1,113
Cliett, Stephanie	1,236
Cobb, Patty	1,078
Coe, Emily	1,112
Coe, Matt	912
Coffin, Diane	575
Coleman, Tim	1,202
Colpack, Susan	978
Cooper, Cara	963
Cowie, Katelyn	938
Cramer, Robyn	1,157
Cramer, Steve	362
Creed, Brad	946
Creel, Mary	735
Dawson, Ashley	1,532
Deffenbaugh, Todd	958
Dimicco, Al	1,097
Dixon, Jeff	1,446
Downs, Matt	791
Duke, Cindy	974
Eberhardt, David	1,016
Ennis, Amanda	939
Ennis, Matt	1,430
Estes, Cameron	1,193
Estrada, Steven	2,398
Evans, Debbie	1,334
Everitt, Mollie	899
Fisher, Kaitlin	613
Flanery, Haley	1,313
Fons, Aaron	875
Forbus, Reed	346
Foreman, Michael	924

Participant	Total
Foster, Ashley	1,037
Franklin, Shane	314
Frederick, Winston	1,170
Gaston, Katie	186
Gaston, Michael	1,342
Goode, Johnny	1,006
Grainger, Matt	1,542
Gray, Meagan	1,443
Gray, Michael	900
Gruber, Marla	1,647
Gullapalli, Satya	548
Hannah, Edward	40
Hanson, Valerie	753
Haralson, Danny	1,077
Haralson, Micki	1,171
Hargrave, Alan	1,010
Harlow, Craig	77
Harrelson, Karen	1,401
Harrison, Lisa	957
Hatcher, Heydon	1,218
Henninger, Alison	966
Herron, Michael	1,000
Hogeland, Angie	877
Hogeland, Jeff	1,201
Holder, Gene	791
Hoover, Jim	187
Huddleston, Clare	1,566
Jenkins, Kaki	1,581
Jensen, Sarah	893
Johnson, Kimberly	255
Johnson, Phillip	261
Johnson, Troy	1,012
Jones, Caleb T	962
Jones, Julie	896

Participant	Total
Kaylor, Sara	774
Kazamel, Mohamed	1,944
Keith, Jerry	588
Kemper, Tricia	1,189
Kles, Ruth	1,218
Koepp, Bryan	302
Krick, Stefanie	1,422
Kuhn, Jimmy	1,258
Kulp, Loren	994
LaFon, Caroline	446
Laird, Audrey	861
Lamb, Patrick	1,035
Lancaster, Jeff	1,159
Losavio, Lauren	1,384
Lovett, Meg	933
Lyda, Beth	1,155
Lyda, John	1,190
Lyle, Randy	1,506
MacLane, Colin	52
Malick, David	1,299
Markham, Elishua	820
Mathews, Nikita	199
Mathews, Skip	794
Matthews, Jamieson	1,015
McCalley, Charles	1,180
McElroy, Catherine	1,046
McGriff, Colton	506
McLain, Chase	423
Melton, Kristen	819
Merry, Vicki Sue	1,202
Miller, Pamela	1,275
Millican, Randolph	1,051
Morris, Gordon	729
Moss, Renie	869
Muncher, Monica	700
Nix, Anthony	1,146
Nodjomian, Jason	811
Noerager, Brett	2,069
Noerager, Felicia	971
Northern, Kristie	1,452
Oechslein, Tamara	827

Participant	Total
Orihuela, Carlos	1,390
Orihuela, Catheryn	1,015
Ortis, Ellen	773
Padgitt, Scott	1,160
Palmer, Irma	542
Parks, Charlie	1,126
Phelps, Tyler	2,897
Plante, David	597
Powell, Logan	1,074
Pritchett, Leigh Ann	340
Rakestraw, Stephanie	930
Randolph, Megan	1,171
Rawson, Brent	1,042
Rearden, Shannon	1,571
Reaves, Brandon	1,315
Reaves, Brittany	1,153
Renfro, Jeff	944
Richetti, Vee	580
Richey, Lori Beth	537
Rivera, Jose	1,204
Robinson, Tamara	1,307
Roper, Lynn	646
Rose, Billy	2,289
Ruschhaupt, Skyler	1,421
Russell, Maureen	1,603
Rutledge, Lisa	1,098
Sherer, Jeremy	898
Sherrell, Jeff	1,579
Shin, Ye Jung	1,797
Shinn, Ronald	883
Sides, Dean	642
Sims, Cecelia	99
Sloane, Mike	1,071
Smith, Christie	1,152
Smith, Daryl	1,002
Smith, Erin	1,052
Smith, Holly	598
Smith, Jason	1,229
Smith, Jerry P.	1,006
Smith, Justin	1,046
Spikings, Matt	823

Participant	Total
Starnes, Dan	1,177
Steele, Julianne	81
Steers, Eddie	2,004
Stockton, Rick	732
Strother, Jamar	524
Thornton, Amanda	861
Valles, Tina	572
Waddell, Chassi	900
Waid, David	907
Walker, Brooke	939
Walker, Skylar	499
Walton, Suzie	935
Waters, Marc	992
Watkins, Britney	1,036
Watkins, Tommy	965
Watters, Larkin	1,399
Watters, Robert	1,174
Wende, Adam	1,427
Whatley, Prince	830
Wheeler, Elizabeth	736
White, Robin	1,326
Whitt, Trey	916
Williams, Mattie	607
Williamson, Rebecca	891
Wiseman, Steve	1,290
Woody, Bill	1,064
Wu, Xing	815
York, Gary	1,488
Zajac, Jason	1,526



# SHOW US YOUR BTC GEAR





# ASICS SOCIAL

Thank you to The Trak Shak and ASICS for sponsoring a fun social on September 28, complete with fabulous prizes, swag, and great shoes to demo!





# BTC EXECUTIVE BOARD MEETING

# September 9, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Ruth Kles, Vicky Brakhage, Bradley Wells, Julie Pearce, Ellen Ortis, Sarah Jensen, Charles Thompson, Alan Hargrave, Hunter Bridwell, Rebecca Williamson, Kim Benner, Kaki Jenkins, Cameron Estes, and Haley Flanery.

Julie Pearce made a motion to approve the minutes of the August 2024 Executive Board Meeting. The motion was seconded by Alan Hargrave and passed without opposition.

### **Membership (Cameron Estes)**

We currently have 818 members and 652 memberships.

### **Treasurer (Ruth Kles)**

The financial report was sent via email. The account statements are currently up.

### **Newsletter Editor (Julie Pearce)**

The September newsletter publication was a little late while Julie Pearce waited on content. The October newsletter will be published on October 7, 2024, so have all content to Julie by September 27, 2024. Hunter Bridwell offered to write an article about the upcoming Vulcan 10K. Abigail Morrow is working on an article about the Japan trip and the relationship between Birmingham and Maebashi, Japan.

### **Member Benefits (Ellen Ortis)**

Runners Warehouse is offering a discount to BTC members. Discussion was held regarding how to distribute that to BTC members.

### **Merchandise (Bradley Wells)**

Bradley Wells intends to take an inventory and have a sale on current merchandise. Bradley is hoping to do a BTC hoodie in October.

### **1200 Mile Club (Rebecca Williamson)**

Rebecca Williamson is looking into more options to honor special milestones for the jacket, such as lapel pins. We will plan discuss further next month.

### **Japan Exchange (Rebecca Williamson)**

Our current goal race to invite runners for the Japan Exchange is Statue 2 Statue. We are working on an official letter to Maebashi. Discussion was held regarding the possibility of starting a special committee to work on the Sister City runner exchange.

### **Saturday Morning Long Runs (Cameron Estes)**

We are getting closer to the goal race of BHM 26.2, so the distances are increasing.

### **Saturday Morning Moderate Group Runs (Sarah Jensen)**

The moderate group has different run/walk interval pace groups comprised of about 30 runners every Saturday. Participants are wearing name tags so they can get to know each other. The Moderate Run Group is hoping to host a supper club to keep the participants involved after the goal race. They are planning to host a cheer station/water station for BHM for those not running the race.

On September 28, 2024, both Saturday group runs will be sponsored by Asics. It will be an RSVP event. They will provide food and drinks after the run. All BTC members who RSVP for the event will receive a \$50 gift card and brand merchandise. Ww will send an email to all active BTC members notifying them to RSVP for the event.

### **Vulcan Run (Hunter Bridwell)**

We will need volunteers for BHM26.2. There will be a BTC water station, and we may need volunteers to help with packet pickup. Hunter Bridwell will plan to post something in the near future asking for volunteers.

The City of Homewood approved our proposed course for the Vulcan Run 10K, so we are working on getting the course USATF certified. Hunter is discussing catering options with Rosewood Hall. This year we are planning to do Top 50 male and Top 50 female finisher shirts. This is special for the 50th Anniversary of the Vulcan Run. We are also planning to have higher quality participant shirts and a new logo. Hunter is reaching out to the Trak Shak about sponsoring for the top 50 shirts. He is also reaching out to Trader Joes and Trim Tab about sponsorships. Checks will have to be printed for the Homewood Police Officers. Hunter is working on awards and there will be RRCA medals for the 10K state championship. Current registration is 318 runners, which is up quite a bit from last year. There will not be a 5K this year.

### **USATF Representative (Charles Thompson)**

On July 8, 2024, the Transplant Games of America had their track meet at the Birmingham Crossplex. On July 13, 2024, the Centerpoint High School track meet was cancelled due to extreme heat.

### **IT Chair (Alan Hargrave)**

Alan Hargrave has updated all of the individual BTC race web sites.

### **Marketing Committee (Jame Trimble)**

Alex Morrow is recruiting other members to help with the Marketing committee. They are planning a meeting and will have a report next month. Alex reached out to Eric Thomas about restarting BTC Ambassador program. Sarah Jensen is also working with Alex on combining the Facebook pages for the group runs into one cohesive group page.

### **Social Committee (Haley Flanery)**

The BTC annual party will be held on February 1, 2025, at Avondale Brewery. We are paying the deposit to book the venue. The DJ we used for the last annual party is available for that date and will charge \$600 plus a tray of cookies. Discussion was held about possibly using Taco Momma for catering.

### **New Business**

We are planning to get bids for one vendor to provide all shirts for the BTC races and one photographer to take pictures. For next month's meeting, we are requesting that all of the race directors provide a budget for each of their races.

Jamie Trimble plans to have a meeting with Jennifer Andress, Homewood City Council member, to discuss several projects involving running. Homewood is trying to build a pavilion on Lakeshore Trail and we would like to get an update on the Hollywood bridge. They also plan to discuss Homewood's involvement with the Sister City runner exchange. Eventually, Jamie hopes to also meet with Mountain Brook and Hoover representatives.

Runner safety concerns were discussed. There have been reports of homeless people staying under the bridge on the Lakeshore Trail. Days are getting shorter, so more runners are running in the dark, so we need to encourage members to wear a headlamp, don't run in the middle of the road, and watch for owls, etc.

The Saturday Morning Moderate Run Group are hosting a running seminar at Resolute Running after the Saturday Morning run on September 14, 2024. They plan to discuss strength training, injury prevention, etc. Discussion was held regarding a seminar with our friends at Therapy South for all BTC members.

There being no further business, the meeting was adjourned. The next meeting will be held a strategic planning meeting on Monday, October 14, 2024, at 6:00 p.m.

# Upcoming Events

EVENT	DATE	TIME
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 12, 2024	6:00 a.m./6:30 a.m.
<a href="#">Ann's 5k Run &amp; Walk for Life (Cropwell)</a>	October 12, 2024	8:00 a.m.
BTC Executive Board Meeting (location TBA)	October 14, 2024	6:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 19, 2024	6:00 a.m./6:30 a.m.
<a href="#">Nashville Ultramarathon &amp; Ruck (50k, 50 Mile, and 50k Ruck March)</a>	October 19, 2024	7:00 a.m.
<a href="#">Kid One Transport's Trick or Trot 5k</a>	October 19, 2024	8:00 a.m.
<a href="#">Impact Race to the Heights 5k Trail and Road Race</a>	October 19, 2024	8:00 a.m.
<a href="#">Ozan Haunted Wine Run 5k (Calera)</a>	October 20, 2024	11:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	October 26, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Vulcan Run 10k * BTC DISCOUNT *</a>	November 2, 2024	8:00 a.m.
<a href="#">Beat Bama Food Drive Color Run 5k and 1 Mile Fun Run (Auburn)</a>	November 3, 2024	4:00 p.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	November 9, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	November 16, 2024	6:00 a.m./6:30 a.m.
<a href="#">PRG KultureCity Birmingham Race (Half Marathon and 5k)</a>	November 16, 2024	7:00 a.m.
<a href="#">Hold the Fort 10k, 5k, and 1 Mile Warrior Walk (Pelham)</a>	November 16, 2024	8:00 a.m.
<a href="#">River Hills Run (trail) – 5k and 1 Mile Fun Run (Hayden)</a>	November 16, 2024	8:00 a.m.
<a href="#">Publix Battleship 12k (Spanish Fort)</a>	November 17, 2024	8:00 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	November 23, 2024	6:00 a.m./6:30 a.m.
<a href="#">BTC Saturday Long and Moderate Run Groups</a>	November 30, 2024	6:00 a.m./6:30 a.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](#).





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