



BIRMINGHAM TRACK CLUB
 WHERE RUNNERS ARE FORGED
THE VULCAN RUNNER

November 2024 **11**



DANIEL CHAPLIN'S JOURNEY TO THE RECORD BOOKS

By Julie Pearce

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DANIEL CHAPLIN'S JOURNEY TO THE RECORD BOOKS



If you run or walk the streets of Homewood very often, you likely have seen Daniel Chaplin out pounding the pavement. And if you're lucky enough to be one of his many friends, you're likely to get an enthusiastic greeting, a high five, or even a hug. Daniel may be a local celebrity, but his accomplishments have now led him to world record status and widespread recognition.

I first met Daniel back in September of 2012, when some friends formed a team with him to run the Talladega Half Marathon. As "Daniel and the Dynamites," they ran together to complete what was Daniel's first half marathon. Like many of us, Daniel caught the running bug after that, and was soon looking for a new challenge. He discovered the 50 States Half Marathon Club, and he set his eyes on an ambitious prize.

Soon thereafter, Daniel began traveling the country to run half marathons. Along the way, he has become an Athlete Ambassador for the National Down Syndrome Society (NDSS), knocked out a full marathon (the New York City Marathon, no less), and even become a champion ballroom dancer. Daniel says, "Running for a great cause, like Down Syndrome, shows people like us who have DS can make a

big difference in this world. Individuals like us with DS really are more alike than different."

"It really has been an incredible experience, running in a half marathon in all 50 states. When I first started, I didn't know if I could complete one, [but I am now] able to say that I did it, by overcoming insurmountable hurdles in my life."

– Daniel Chaplin

His parents, Jane and David Chaplin, as well as his siblings, Vernon and Rosalind, are tireless supporters of Daniel, but if you talk to Daniel for any length of time, you quickly realize that his goals and ambitions are all his own. Commenting on Daniel's journey, David Chaplin said, "Daniel's mom, Jane, and I are very proud of Daniel's drive and perseverance. He's done a lot of training on his own, often not under great conditions. And there have been lots of other activities he's had to put aside. But it's all been worth it to him. He's met so many great people during his race journey. Many as fellow runners, but a lot as racing partners as

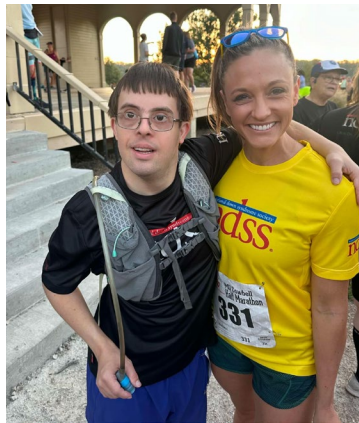
well. What's been one of the most gratifying things for me has been seeing how accepting and inclusive the running community has been about having Daniel join so many races. And seeing how much Daniel's participation has helped people become aware of all that people with Down syndrome can accomplish."

DANIEL CHAPLIN'S JOURNEY TO THE RECORD BOOKS

I had the privilege of running the Railway Half Marathon in Fultondale, Alabama with Daniel. The course is set along the Black Creek trail, and the race was held during Covid, which meant there were very few spectators. But I had more fun completing this race with Daniel than if we'd had all of the entertainment of a big city marathon -- we sang, danced, came up with some ideas to make races more inclusive, and generally just had a blast. After months of solo and small group Covid running, running with Daniel that day truly made running fun again.



About a year ago, Daniel started working with local running coach Wendi Culver with Cadence Run Coaching. Wendi has had the opportunity to help Daniel train for his races, as well as run alongside him. As she says, "He is a special guy who is determined and focused on what he wants to achieve and works so hard to reach the goals! I am so proud of how hard he has worked and honestly think we are just seeing the beginning of all Daniel will do."



On October 6, 2024, Daniel completed the Mo' Cowbell Half Marathon in St. Charles, Missouri, chosen to be his 50th state because his family originally hails from the "Show Me State." Birmingham's Brittany Decker traveled with him to complete the race following a fun send-off with lots of local friends in attendance.

At the end of the race, Daniel's 50 state quest was complete. And not only did he check a huge

bucket list item off of his list, but he also set a world record: Daniel will be entered into the Guinness Book of World Records as the first person with Down Syndrome to complete a half marathon in all 50 states.

Daniel's favorite message is, "We are more alike than different." While that's true in so many ways, in Daniel's case, I don't know very many people with the kind of drive and determination he exhibits every day. As Wendi Culver says, "It has been a long journey, which is a testament

to Daniel's determination and spirit. Daniel's dedication has inspired people around the country -- all of us! It lets us all know that the right support and mindset are invaluable in achieving our goals."

So what's next for Daniel? Rumor has it he is making plans to complete 100 half marathons. I have absolutely no doubt he'll succeed!



THE 50TH ANNUAL VULCAN RUN

By Hunter Bridwell, Vulcan Run Director

The 50th anniversary edition of the Vulcan Run was a big success! Despite some challenges that led to the course being moved, the City of Homewood welcomed us with open arms, leading to a great event. It was a nice, albeit warm, morning for a race, and the back end of the course was a good challenge for all of our participants. We may look at some slight course modifications for next year, but overall, we were very pleased with the event. We were honored to be chosen as the RRCA 10k State Championship event for 2024. Rosewood Hall was a great host for our post-race party and awards ceremony, and we look forward to improving upon everyone's experiences as we look forward to year two in Homewood!



Congratulations to the winners of the 2024 Vulcan Run and the RRCA Alabama State 10k championship!

RRCA CHAMPIONS

Male

- Top 1 Overall: Solomon Kagimbi
- Top 1 Master (40+): Samuel Ongaki
- Top 1 Grand Master (50+): Jay Hills (65 years old)
- Top 1 Senior Grand Master (60+): Sidney Mays

Female

- Top 1 Overall: Sarah Crouch
- Top 1 Master (40+): Carmen Hussar
- Top 1 Grand Master (50+): Julie Croushorn
- Top 1 Senior Grand Master (60+): Tricia Holbrook

CASH PRIZE WINNERS

Male

- 1st: Solomon Kagimbi
- 2nd: Gregoire Saury
- 3rd: Stephen Gomez
- 4th: Taylor Flowers
- 5th: Zach Carlton
- Masters 1st: Samuel Ongaki

Female

- 1st: Sarah Crouch
- 2nd: Carman Hussar
- 3rd: Amanda Cuomo
- 4th: Emily Golden
- 5th: Lori Williamson
- Masters 1st: Carman Hussar

TEAM WINNERS

- Largest: Oneonta 5 am Running Club
- Co-Ed: Cahaba Distance Project

- All Male: N/A
- All Female: N/A

THE 50TH ANNUAL VULCAN RUN



PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

Happy 50th Birthday, Vulcan Run 10k! This past Saturday, November 5, 2024, we celebrated the 50th running of our signature race, the Vulcan Run 10k. While this year's race was on a new course and at a new post-race venue, it was an amazing event. Adding to that, it was also the RRCA State 10k Championship. We had over 700 runners who took to the streets of Homewood in the shadow of the Vulcan statue. Congratulations to all who ran this year, especially to all of our new 10k State Champions.

With an event like this, there are so many thank-you's to give out. First, thank you to our dozens of volunteers who worked tirelessly throughout the weekend to make the race such a success. These events are possible not only because of the work of the race directors and BTC Board, but also because of regular members who give of their time and talents to help us with so many aspects of race logistics. From packet pickup, to race setup/breakdown, food service, water stops, and course marshalling, the Vulcan Run was a success because of you! For each BTC race, we award one random volunteer with a Trak Shak gift card as a small token of appreciation. Congratulations to our Vulcan Run 10k volunteer winner **Chris Solomon!**

Speaking of Trak Shak, there's no single organization (other than the BTC) that gives so much to the Birmingham running community. Thank you to **Jeff Martinez** and all the folks at **Trak Shak** for your generous contributions to our races. For a number of years, one of the more unique (and coveted) aspects of the Vulcan Run 10k has been special shirts for the Top 200 finishers. To commemorate the race's 50th anniversary, this year's special recognition was shirts for the Top 50 Male and Top 50 Female finishers. Congratulations to those who achieved this recognition, and thank you to Trak Shak for once again sponsoring this award and the cool retro shirts.

Thank you to all of our many sponsors and race partners. Our BTC club-level sponsors are **TherapySouth** and **Andrews Sports Medicine**. It's through their generosity and support that the BTC is able to be who we are for the Birmingham running community. **Resolute Running Training Center** sponsors the entire BTC Race Series, which helps us put on all of our races through the year. Thank you to our many other Vulcan Run 10k race sponsors and partners: **Championship Racing, Trim Tab Brewing, Trader Joe's, Tag Specialties, the City of Homewood and Homewood Police Department, Setup Events**, and the many other vendor partners.

Finally, last but most certainly not least, thank you to our amazing **race director Hunter Bridwell** and **race consultant Trish Portuese**. They have worked tirelessly over the last several months to relocate the race, set up a new race course, book and manage a new post-race venue, and then put on an absolutely fantastic event to celebrate the 50th Vulcan Run 10k.

With the Vulcan Run now complete, that concludes this year's BTC Race Series races. We have had a great year and look forward to the 2025 BTC Race Series being even bigger and better. Be on the lookout in the coming days for registration opening for the full 2025 BTC Race Series and notably the first race, Adam's Heart Runs. Adam's Heart Runs will be held at Oak Mountain State Park on Saturday, January 25, 2025, and will once again offer 5k, 10k and 10-mile distances. What better way to start your running year than to get in a January race with the BTC? And remember, registering for all four BTC Race Series Events is THE best race deal around; even better when you're a BTC member and get the additional membership discount.

Stay safe out there and Happy Running!

Jamie Trimble
BTC President



2024 Officers



President

Jamie Trimble

president@birminghamtrackclub.com



Treasurer

Ruth Kles

treasurer@birminghamtrackclub.com



Vice-President

Bradley Wells

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com



BTC Committees

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

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

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

Marketing/Social Media
Membership
Membership Benefits
Merchandise

Alex Morrow
Cameron Estes
Ellen Ortis
Bradley Wells
Julie Pearce

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

"The Vulcan Runner" Newsletter
Japan Exchange Program
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Rebecca Williamson
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Kim Benner
Trish Portuese
Jamie Trimble
Alan Hargrave
Alan Hargrave
Charles Thompson

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



BTC Race Directors

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

Vicky Brakhage
Judy Loo
Marla Gruber
Hunter Bridwell

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



BTC Mission Statement

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



Contact BTC at:

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

Race Results

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



MEDICATION AND MILES:

Spread the Word not the Germ: Strategies to Protect Yourself during Cold and Flu Season

By AnLi Link and Cindy Shelton, PharmD candidates 2025, and Kim Benner, PharmD



The fall season brings more than cooler weather (and better running!), changing leaves, and pumpkin-flavored foods; it also brings cold and flu season. In the United States, cold and flu season typically runs from October through May and affects millions of people each year. The flu, also known as influenza, is defined as an acute respiratory infection caused by influenza viruses. The common cold is defined as a viral infection that affects the upper respiratory tract, which includes the nose and throat. While the flu and common cold are caused by different viruses, people will usually experience similar symptoms with both, including runny nose, sore throat, fever, cough, and body aches. According to the U.S. Centers for Disease Control and Prevention (CDC), the best way to decrease the spread of viruses is through prevention. With this season upon us, it is important to remember tips and tricks to prevent the spread of common colds and the flu to keep you healthy and doing the things you love.

1 Vaccinate. The best way to prevent the spread of viruses like the flu is to get vaccinated. The CDC currently reports that over the last 12 months, 48% of Americans had received their flu vaccine. The CDC recommends that everyone six months and older get a flu shot each year before the start of fall. This allows for a two-week period post vaccine administration to develop immunity to the flu virus. A question asked frequently is “will the flu shot cause me to get the flu?” Contrary to popular belief, you cannot get the flu from the flu vaccine because it is not a live vaccine. This means that the flu shot is made from germs that have been killed or just tiny parts of the germ, like proteins. These vaccines can’t make you sick because the germs are already dead or missing the parts that can cause illness. A live vaccine however is a “tamed”

version of the real germ (virus or bacteria). It’s still alive, but it’s so weak that it can’t make you sick. This type of vaccine teaches your body how to fight off the real germ if you come across it later. FluMist is a live flu vaccine given as a nasal spray and while it has been available for years (and popular for children), it was recently approved to be self-administered at home. This may be an option for certain people for the next flu and cold season.

Flu isn’t the only virus that can be prevented by vaccination. There are other vaccines that fight against the spread of viruses, such as COVID-19 and respiratory syncytial virus (RSV). There are different COVID-19 vaccines to protect against different types of COVID-19 virus, but they all generally require more than one

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Spread the Word not the Germ: Strategies to Protect Yourself during Cold and Flu Season

shot. Keep in mind that the current (2024-25) COVID vaccine is not a “booster” per se but a reformulated vaccine to cover the current circulating COVID strains; so even if you had the past COVID shots and boosters, this one is new and improved.

The RSV vaccine requires only one shot and is only approved for people who are 60 years old and older, but that could change as more studies are developed. There is also a vaccine for a type of bacterial pneumonia (pneumococcal; not a virus), called Prevnar 20, which is for patients 65 years and older or for certain patients with chronic conditions such as asthma, heart disease, or diabetes. It is important to talk to your healthcare provider or pharmacist with any questions or concerns. Insurance typically pays for all recommended vaccines.

2 Practice good hygiene. Viruses including cold and flu viruses are spread both through physical contact and through air particles. Certain germs can live on surfaces for hours, and one germ can multiply into millions of germs in one day. Therefore, it is important to take measures to decrease the spread of germs, because they spread fast and can last a while. Washing your hands often; disinfecting frequently touched surfaces such as doorknobs, countertops, handrails, and gym equipment; and covering your mouth and nose when coughing or sneezing are things that can be done every day and can lower the spread of germs.

3 Protect your personal space. As mentioned earlier, germs can spread not only through physical contact but also through the air. Actions like sneezing and coughing can send germs as far as six feet and can land on surfaces or another person’s body. Thus, maintaining personal space, especially when you do not feel well or have viral-like symptoms, can limit the spread of germs.

4 Know when to see your health care provider. The flu typically can be treated at home with over the-counter (non-prescription) medications. If you experience a fever or body aches, it is best to use acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). For symptoms such as congestion, saline nasal sprays or decongestants can be used to help relieve sinus pressure. To help treat a cough at home, you can use honey (for children over one year of age), cool mist humidifiers, or cough suppressants such as Dimetapp or Delsym for older children and adults. To help manage a runny nose or sore throat, you can take an antihistamine such as Claritin, Xyzal, Zyrtec or Benadryl to help “dry up” and prevent a cough due to postnasal drip. Also staying well hydrated, and believe it or not, eating warm chicken soup, can help with many of these symptoms.

While the flu can be treated by several over-the-counter medications, it also is important to talk to your health care provider or pharmacist to ensure that the medications you buy and are taking at home regularly do not interact with each other. If your symptoms are severe, or you have been exposed to the flu, you may be prescribed an antiviral medication such as Tamiflu or Xofluza. These medications should be used within 48 hours of symptom onset to be the most effective. They work by helping shorten the flu duration, reducing the risk for severity, especially for higher risk patients.

Cold and flu season typically runs from October through May and affect millions of people every year. These viruses are spread by germs through physical contact or air particles. While these viruses are present during this time of year, there are many ways to prevent the spread of germs, such as vaccination, utilizing proper hygiene, maintaining appropriate distance when you are feeling sick, and reaching out to your doctor when appropriate. By using these techniques, you are not only helping yourself from getting sick, but you are also helping to keep others from getting sick, which leads to a stronger and healthier community.

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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:

Maggie Baggett
Alan Baggett
Till Baggett
Evan Baggett
Davis Baggett
Michael Brown
Jody Coombs

Pat Dell'Italia
Lee Fetner
James Graham
Morgan Hurst
Herman Mannings III
Josh Martin
Kerriann Martin

Molly Miller
Lexey Monceaux
Caroline Morris
Jamie Powell
Vivian Quinn
Sarah Rabiee
Jeff Ray

Jennifer Ray
Rod Robinson
Leigh Anne Rula
Abbie Tarabella
Phil Teninbaum
Scott Trousdale
Gracie Trulove

Jennifer Walker-Journey
Melissa Weaver
Brittany Wyatt
Gary York

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

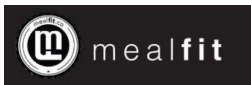
By Ellen Ortis, Member Benefits Coordinator

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>

••• CURRENT LIST OF MEMBER PARTNERS •••



NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

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

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

REMEMBER TO USE YOUR BTC MEMBERSHIP BENEFITS

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

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



THERAPYSOUTH

Sounds Like Your Soleus

By Hannah Cox, TherapySouth

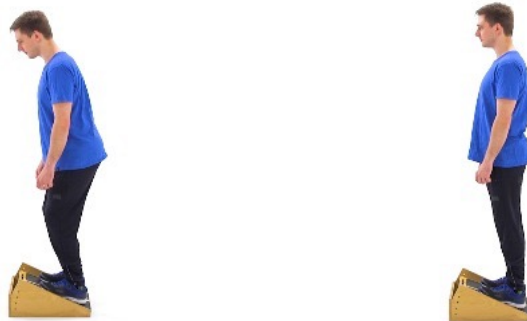
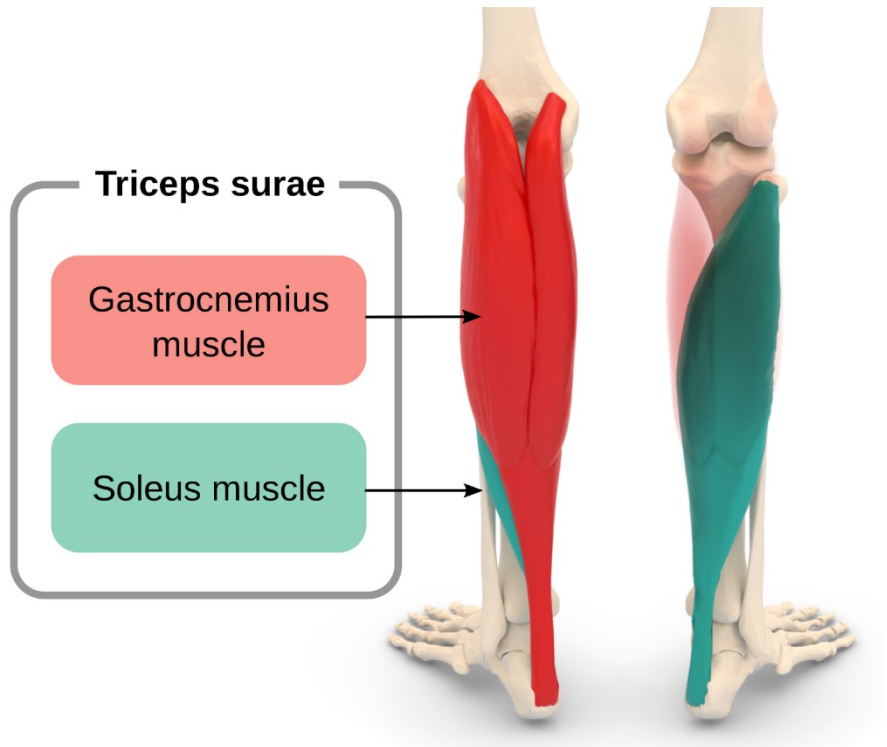


Oftentimes, athletes come into the clinic with complaints of calf pain. They show me the stretches and exercises they perform at home, but indicate despite their hard work, the pain or training progression has not improved.

These clients are doing appropriate calf stretches but are not targeting the specific muscle that has betrayed them! There are two main muscles in the calf compartment that contribute to the push-off phase of the gait cycle. These two muscles are the gastrocnemius and soleus; together, the tendons of these muscles come together to form the Achilles tendon. As you can see in the illustration, the gastrocnemius muscle (pictured in red) is longer. It is a biarticular muscle, which means that it crosses two joints, thus contributing to the movement of two joints. (In this case, the gastrocnemius affects movement at the knee and ankle.) The soleus (pictured in green) is shorter, and only crosses the ankle joint. Therefore, in order to focus our efforts on stretching and strengthening the soleus muscle, the knee must be in a flexed position. To affect the soleus muscle, the same stretches and strengthening exercises are performed, but with a knee that is bent.

You can see in the example below that only a small amount of knee flexion is required to affect the soleus muscle as opposed to the gastrocnemius muscle.

The next time you have pain or tightness in your calf, be sure to stretch the soleus. The soleus can betray a runner just as easily as the gastrocnemius. If you have any questions or concerns about stretching and strength training for the calf, shoot us an email: tsendurance@therapysouth.net



Picture Credit:

Database Center for Life Science (DBCLS)[2] - Polygon data are from BodyParts3D[1]

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 9, 2024 are listed below.

Participant	Total
Adams, Ryan	1,078
Adwell, Stephen	1,318
Ahmed, Kabeer	1,656
Alvarez, Jose	1,378
Anderson, Kerri	100
Barron, Darlene	491
Barton, Tabitha	996
Basquill, Matt	1,159
Benner, Kim	1,534
Bennett, Mitchell	187
Blackmon, Kim	1,301
Bolen, Parker	1,071
Booher, Lisa	1,199
Bookout, Jason	1,429
Bookout, Kimberly	1,783
Bossard, Teri	1,270
Boswell, Ryan	855
Bouley, Rachel	1,408
Brakhage, Victoria	1,105
Bray, Elizabeth	1,685
Brown, Katie E.	1,433
Brown, Katie G.	1,383
Brown, Sean	596
Bryant, Jason L.	962
Burke, Julia	45
Caine, Lawrence	867
Callahan, Chris	1,350
Calvert, Aaron	1,315
Campos, Chris	1,932
Carden, Melissa	1,638
Carlton, Bob	652
Chaffinch, Violet	919
Chambers, Gay	1,076
Chandler, Teresa	1,050

Participant	Total
Clay, Brad	2,010
Clay, Sarah	960
Cleveland, Jeff	1,243
Cliett, Stephanie	1,360
Cobb, Patty	1,225
Coe, Emily	1,186
Coe, Matt	1,099
Coffin, Diane	777
Coleman, Tim	1,354
Colpack, Susan	1,118
Cooper, Cara	1,054
Cowie, Katelyn	1,036
Cramer, Robyn	1,274
Cramer, Steve	385
Creed, Brad	1,057
Creel, Mary	740
Dawson, Ashley	1,753
Deffenbaugh, Todd	1,048
Dimicco, Al	1,198
Dixon, Jeff	1,603
Downs, Matt	891
Duke, Cindy	1,090
Eberhardt, David	1,137
Ennis, Amanda	1,047
Ennis, Matt	1,599
Estes, Cameron	1,355
Estrada, Steven	2,625
Evans, Debbie	1,489
Everitt, Mollie	1,010
Fisher, Kaitlin	613
Flanery, Haley	1,313
Fons, Aaron	984
Forbus, Reed	346
Foreman, Michael	1,016

Participant	Total
Foster, Ashley	1,180
Franklin, Shane	314
Frederick, Winston	1,306
Gaston, Katie	186
Gaston, Michael	1,551
Goode, Johnny	1,141
Goyal, Rita	1,360
Grainger, Matt	1,732
Gray, Meagan	1,443
Gray, Michael	977
Gruber, Marla	1,886
Gullapalli, Satya	548
Hannah, Edward	40
Hanson, Valerie	891
Haralson, Danny	1,244
Haralson, Micki	1,305
Hargrave, Alan	1,148
Harlow, Craig	77
Harrelson, Karen	1,572
Harrison, Lisa	1,069
Hatcher, Heydon	1,306
Henninger, Alison	1,070
Herron, Michael	1,128
Hogeland, Angie	985
Hogeland, Jeff	1,309
Holder, Gene	1,113
Hoover, Alison	1,324
Hoover, Jim	187
Huddleston, Clare	1,670
Jenkins, Kaki	1,804
Jensen, Sarah	955
Johnson, Kimberly	255
Johnson, Phillip	261
Johnson, Troy	1,170

Participant	Total
Jones, Caleb T	1,043
Jones, Julie	1,028
Kaylor, Sara	774
Kazamel, Mohamed	2,144
Keith, Jerry	588
Kemper, Tricia	1,313
Kles, Ruth	1,357
Koepp, Bryan	507
Krick, Stefanie	1,563
Kuhn, Jimmy	1,799
Kulp, Loren	1,151
LaFon, Caroline	446
Laird, Audrey	982
Lamb, Patrick	1,151
Lancaster, Jeff	1,261
Landefeld, Dale	1,014
Losavio, Lauren	1,539
Lovett, Meg	1,081
Lyda, Beth	1,285
Lyda, John	1,314
Lyle, Randy	1,644
MacLane, Colin	88
Malick, David	1,459
Markham, Elishua	915
Mathews, Nikita	514
Mathews, Skip	918
Matthews, Jamieson	1,044
McCalley, Charles	1,314
McElroy, Catherine	1,175
McGriff, Colton	506
McLain, Chase	465
Melton, Kristen	819
Merry, Vicki Sue	1,202
Miller, Pamela	1,414
Millican, Randolph	1,071
Morris, Gordon	861
Moss, Renie	939
Muncher, Monica	785
Nix, Anthony	1,296
Nodjomian, Jason	875
Noerager, Brett	2,299

Participant	Total
Noerager, Felicia	1,215
Northern, Kristie	1,611
Oechslin, Tamara	901
Orihuela, Carlos	1,547
Orihuela, Catheryn	1,172
Ortis, Ellen	847
Padgitt, Scott	1,341
Palmer, Irma	542
Parks, Charlie	1,129
Phelps, Tyler	2,897
Plante, David	1,023
Powell, Logan	1,192
Pritchett, Leigh Ann	340
Rakestraw, Stephanie	1,047
Randolph, Megan	1,171
Rawson, Brent	1,163
Rearden, Shannon	1,749
Reaves, Brandon	1,480
Reaves, Brittany	1,478
Renfro, Jeff	996
Richetti, Vee	980
Richey, Lori Beth	537
Rivera, Jose	1,204
Robinson, Tamara	1,487
Roper, Lynn	646
Rose, Billy	2,489
Ruschhaupt, Skyler	1,421
Russell, Maureen	1,725
Rutledge, Lisa	1,320
Sherer, Jeremy	1,025
Sherrell, Jeff	1,730
Shin, Ye Jung	2,023
Shinn, Ronald	1,031
Sides, Dean	764
Simpson, Kevin	658
Sims, Cecelia	99
Sloane, Mike	1,071
Smith, Christie	1,247
Smith, Daryl	1,136
Smith, Erin	1,213
Smith, Holly	1,507

Participant	Total
Smith, Jason	1,229
Smith, Jerry P.	1,130
Smith, Justin	1,135
Spikings, Matt	935
Starnes, Dan	1,490
Steele, Julianne	81
Steers, Eddie	2,244
Stockton, Rick	1,004
Strother, Jamar	524
Thornton, Amanda	991
Valles, Tina	628
Waddell, Chassi	1,013
Waid, David	907
Walker, Brooke	1,043
Walker, Skylar	499
Walton, Suzie	1,063
Waters, Marc	1,127
Watkins, Britney	1,146
Watkins, Tommy	1,065
Watters, Larkin	1,529
Watters, Robert	1,299
Wende, Adam	1,427
Whatley, Prince	916
Wheeler, Elizabeth	736
White, Robin	1,326
Whitt, Trey	1,019
Williams, Mattie	1,049
Williamson, Rebecca	1,011
Wiseman, Steve	1,440
Woody, Bill	1,209
Wu, Xing	1,041
York, Gary	1,655
Zajac, Jason	1,928

SHOW US YOUR BTC GEAR



FEETS OF STRENGTH

Race season is well underway, and we know our BTC friends are busy with some impressive racing!

Congratulations are in order for **Kim Benner**, who completed her 84th half marathon recently in St. George, Utah. Kim logged an impressive sub-1:50 time and earned herself a new PR in the process. Way to go, Kim!

Rita Goyal has had a busy month as well. In addition to completing the Chicago Marathon with a shiny new sub-four hour PR, Rita also

completed the New York City Marathon a short time later. With the completion of the New York City Marathon, Rita has completed all seven of the Abbot World Marathon Majors. Congratulations, Rita!

Have you completed a new distance, nailed a new PR time, or experienced an epic running adventure? [Let us know](#) about it so the BTC can celebrate YOU!



BTC EXECUTIVE BOARD MEETING

October 14, 2024

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Ruth Kles, Vicky Brakhage, Sarah Jensen, Charles Thompson, Cameron Estes, Marla Gruber, Kim Benner, Bradley Wells, Hunter Bridwell, Rebecca Williamson, Alan Hargrave, and Trish Portuese.

Kim Benner made a motion to approve the minutes of the September 2024 Executive Board Meeting. The motion was seconded by Ruth Kles and passed without opposition.

IT Chair (Alan Hargrave)

Alan Hargrave completed the membership conversion to RunSignUp's Version 2. They don't have the option to print membership cards yet, but they project it will be available within the next year. If you go to the "Members Only" page on a mobile phone, there is a link to "Manage My Membership," which will let you open the membership card with Apple Wallet. We assume it will also work with Google Wallet. This will allow members to have a copy of their membership card on their phone.

Membership (Cameron Estes)

The new RunSignUp Version 2 is making it hard to find the total membership numbers, but we currently have 838 members and 667 memberships.

Treasurer (Ruth Kles)

Ruth Kles will send out the monthly financial report via email, but there is nothing new to report.

Newsletter Editor (Jamie Trimble)

The November newsletter publication date is November 4, 2024, so please have all content to Julie Pearce by Friday, October 25, 2024. We will get pictures from Vulcan Run for the newsletter.

Member Benefits (Jamie Trimble)

The Member Benefits section of the BTC website has updated thanks to Alan Hargrave.

Merchandise (Bradley Wells)

Bradley Wells intends to take an inventory and have a sale on current merchandise on Saturday, October 19, 2024. Bradley is hoping to do a BTC hoodie/sweatshirt pre-sale in the next month.

1200 Mile Club (Rebecca Williamson)

Rebecca Williamson would like to request that everyone wear their 1200 Mile Club jackets to the first Saturday Morning Long Run in December for a group picture. Discussion was held regarding how to recognize the consecutive 10-year 1200 Mile Club members, such as a special vest or possibly they can apply to be an ambassador to one of the BTC races. When you hit 20 consecutive years, you become an ambassador to any race you choose. The ambassador can have some perks like a 1200 Mile Club vest, free race entry, maybe free merchandise from Trak Shak. Rebecca will look into proposed budget for the new 10-year and 20-year ambassador program.

Japan Exchange (Rebecca Williamson)

Rebecca Williamson recently spoke with Mark Jackson, is the honorary Japanese consulate for Alabama. Mark is going to talk to Delta about possibly comping or discounting flight tickets to bring runners from Maebashi, Japan over to Birmingham for Statue 2 Statue. We are

waiting to hear about the budget for Sister Cities and how much will be allotted for us to bring runners over from Maebashi. We are compiling a list of people and organizations that would like to get involved with Sister Cities.

Social Committee (Jamie Trimble)

We are committed for the BTC Annual Party on February 1, 2025, at Avondale Brewery. Deposits have been paid for the venue and the DJ. There was a great turnout for the Asics Social at the Trak Shak. We saw a boost in memberships.

Saturday Morning Long Runs (Cameron Estes)

The long run group is just doing various mileage for now. This upcoming Saturday will have 6 and 10-mile routes, which will include a preview run of the new Vulcan Run 10K course. Hunter Bridwell will have donuts and coffee after the preview run. Let Cameron know if you have any ideas for what race to focus on next. For example, if there are any large groups doing a particular race like Rocket City, we could possibly gear or weekly mileage towards that. Discussion was held about a Halloween run on the Saturday before Halloween. Bradley Wells offered to put together an advertising flier for that. There will not be an official long run the morning of Vulcan Run 10K.

Saturday Morning Moderate Group Runs (Sarah Jensen)

The Moderate Run Group wrapped up their official 5K and 10K training plans. They now have a group planning to do Vulcan Run 10K. Sarah is going to send out a survey to the group for feedback. They plan to pick a new 5K and 10K race for March or April of next year.

Vulcan Run (Hunter Bridwell)

Registration for the Vulcan Run 10K is currently up 40-50 runners from this time last year. Hunter Bridwell is planning to do a couple more big advertising pushes for registration and the t-shirt deadline. We are really promoting the 50th Anniversary logo on the T-shirts. Something special we are doing for the 50th anniversary is that we are providing registered runners with a drawstring bag with the logo for packet pickup. Hunter met with the catering people at Rosewood Hall to finalize everything for the post-run party. The morning of the race, we will need course marshals to guide the runners, because there are some parts of the course that will need guidance. We still need volunteers for packet pickup, set up, and tear down. Hunter and Trish are confirming how many police officers are needed. Hunter is working with a videographer to put together a promotional video celebrating the BTC and 50 years of the Vulcan Run. Volunteer registration is open on RunSignUp.

USATF Representative (Charles Thompson)

On October 12, 2024, there was a track meet in Choccolocco. On October 16, 2024, at 6pm, John Carroll High School, the Central Alabama Trak and Field Official Association will have a meeting to discuss officiating at the Birmingham Crossplex starting in December.

Marketing Committee (Jame Trimble)

Let Alex Morrow know what additional marketing is needed to advertise Vulcan Run 10K.

There being no further business, the meeting was adjourned. The next meeting will be held as a strategic planning meeting on Monday, November 11, 2024, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	November 9, 2024	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	November 16, 2024	6:00 a.m./6:30 a.m.
PRG KultureCity Birmingham Race (Half Marathon and 5k)	November 16, 2024	7:00 a.m.
Hold the Fort 10k, 5k, and 1 Mile Warrior Walk (Pelham)	November 16, 2024	8:00 a.m.
River Hills Run (trail) – 5k and 1 Mile Fun Run (Hayden)	November 16, 2024	8:00 a.m.
Publix Battleship 12k (Spanish Fort)	November 17, 2024	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	November 23, 2024	6:00 a.m./6:30 a.m.
St. Catherine's Turkey Trot for Hunger- 5k Walk/Run and 1 Mile Fun Run (Chelsea)	November 28, 2024	7:30 a.m.
Turkey Trot at the Junction 5k (Ensley)	November 28, 2024	8:00 a.m.
Sam Lapidus Montclair Run – 10k, 5k, and 1 Mile Fun Run	November 28, 2024	8:30 a.m.
BTC Saturday Long and Moderate Run Groups	November 30, 2024	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	December 7, 2024	6:00 a.m./6:30 a.m.
The Carpet Capital 10 Miler and 5k (Dalton, GA)	December 7, 2024	9:00 a.m. EST
Jingle Bell Run 5k	December 7, 2024	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	December 14, 2024	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	December 21, 2024	6:00 a.m./6:30 a.m.
Holiday Run (details TBA)	December 24, 2024	TBA
BTC Saturday Long and Moderate Run Groups	December 28, 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](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

