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BIRMINGHAM TRACK CLUB WHERE RUNNERS ARE FORGED THE VULCAN RUNNER

February 2025 **2**



SHADES CREEK GREENWAY EXPANDS OPTIONS FOR LOCAL RUNNERS AND MORE

By Jennifer Andress, External Affairs and Special Projects Director, Freshwater Land Trust, Homewood City Council, BTC President 2012-2014

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SHADES CREEK GREENWAY EXPANDS OPTIONS FOR LOCAL RUNNERS AND MORE



Homewood Department Heads Berkely Squires, Cale Smith and Wyatt Pugh and their staff, our Council and Mayor Alex Wyatt, and those who served before me on the Homewood City Council, including this group from circa 2000 cutting the ribbon on Phase 1!

I must say my favorite moment from the morning was when a runner came by just after we cut the ribbon and we all broke out with cheers. He did not know it, but he was the very first "official" runner to christen Phase 2 of the Shades Creek Greenway!

Thank you all for your patience, and check out this wonderful addition to the Shades Creek Greenway if you have not yet done so!

On January 17, 2025, the City of Homewood finally made it official, cutting the ribbon on the Phase 2 extension of the Shades Creek Greenway. It was a picture-perfect day, and we had an enthusiastic crowd gathered, along with all our local press representatives. Several members of the BTC were there, including President Jamie Trimble and co-owner of the Trak Shak, Jeff Martinez.

The Shades Creek Greenway in Homewood is a vitally important trail, not just for Homewood but for the entire region. The Shades Creek Greenway is one of the most highly used trails in the Red Rock Trail System®. With an estimated 145,600 users each year, Homewood's trail is not just an incredible resource for our citizens and Samford students -- thousands of people visit Homewood to walk, run, cycle, and explore the Shades Creek area by way of our trail, and Phase 2 gives them another 1.4 miles to explore.

The Shades Creek Greenway is the paramount east-west connector in the growing Red Rock Trail System®, a network of planned and established recreation and alternative transportation trails located throughout Jefferson County. Adding another 1.4 miles westward takes the user closer to Red Mountain Park, to which we eventually will connect.

The Red Rock Action Plan is a complete 36-mile loop around the metro area, connecting Red Mountain Park to Ruffner Mountain and back, and it would not be possible without this addition to the Shades Creek Greenway!

There are so many people to thank who got us to this point: Jane Reed Ross, Senior Landscape Architect with Goodwyn Mills Cawood and visionary and keeper-of-the-Shades Creek Greenway since 1990, Red Rock Trail System® Director for Freshwater Land Trust Carolyn Buck, Friends of Shades Creek,

SHADES CREST HIGH COUNTRY 5K

APRIL 12



Presented By

Shades Crest Baptist Church

Pre-registration costs:

- \$35 until April 12
- \$40 on Race Day
- \$10 Student Rate
- Rain or Shine: No Refunds



SCAN THE QR CODE TO REGISTER



REGISTER ONLINE
at RunSignUp.com

PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

Did you hear about last Saturday night (or see it on social media)? Believe it or not, this year's **BTC Annual Party** was even bigger and better than last year's soiree! This year's event at Avondale Upstairs was themed "Let's Taco 'Bout Running". We had delicious food catered by Taco Mama, Avondale drinks, some incredible taco/Tex-Mex themed desserts from our very own Haley Flanery, a DJ for a rocking dance party, some amazing decorations, and even an owl-themed cookie cake (IYKYK). We awarded our annual service awards, gave out 1200 Mile Club first time member jackets, recognized volunteer award winners, honored our 2024 BTC Race Series Race Directors, elected officers, and celebrated the past year of this amazing running club and all who participate in it. We'll have a full recap in the March issue of *The Vulcan Runner*!

Speaking of volunteer awards, you earn points each time you volunteer for a BTC race or BTC-related activity. These points accumulate throughout the year, and can add up to either BTC merchandise credit awards or a free year of membership. As I try to do regularly, I encourage everyone to volunteer in some capacity. By volunteering your time, you're helping the BTC and your fellow runners!



At our Annual Party we had the privilege of hosting a very special guest, **Road Runners Club of America (RRCA) President, Lisa Rippe**. Lisa enjoyed meeting so many of you and participating in our party. The next morning, some of our club members took Lisa

on a running tour of the Shades Creek Greenway (aka Lakeshore Trail). For those of you who may not know, the RRCA is an important organization to which the Birmingham Track Club belongs. As a member of RRCA, the BTC maintains its tax-exempt status, as well as obtains club insurance to cover all of our activities and events. Additionally, each member of the BTC also is a member of RRCA. Beyond the tax-exemption and insurance, RRCA provides an incredible and wide range of resources for runners and running clubs. If you'd like to know more, please visit www.rrca.org.

Adams Heart Runs was held on Saturday, January 25, 2025 at Oak Mountain State Park. This year, Race Director Vicky Brakhage dialed up a beautiful winter day for running, and we had a great turnout to start off this year's BTC Race Series. Congratulations to all who ran the race, and a special thank you to the volunteers who helped Vicky put on our first BTC race of the year. With the running of Adams Heart, the BTC Race Series registration is now closed. However, you can still register for our remaining three races: Statue to Statue 15k on Saturday, April 5, 2025, Peavine Falls Run on Friday, July 4, 2025, and Vulcan Run 10k on Saturday, November 1, 2025. You won't want to miss these iconic races!

It has been my privilege serving as your BTC President for the last two years, and I am honored to continue serving in this capacity for the next year. Serving with me are returning officers Bradley Wells, (Vice President), Vicky Brakhage (Secretary), Ruth Kles (Treasurer), and Hunter Bridwell (Past President). Thank you to each officer and to all of our committee chairs for your service to the BTC.

2024 was an amazing year for this club! I very much look forward to seeing what 2025 brings and hope to make it another incredible year in the Birmingham running community.

Happy Running!

Jamie Trimble
BTC President

2025 Officers



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Jamie Trimble

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Treasurer

Ruth Kles

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Vice-President

Bradley Wells

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Secretary

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Long Run Coordinator
Moderate Run Coordinator
Medical Director
Social Chairs

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Cameron Estes
Mark Criswell
Dr. Rachel Henderson
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BTC Race Directors

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Statue 2 Statue
Peavine Falls
Vulcan Run

Vicky Brakhage
Judy Loo
Marla Gruber
Hunter Bridwell

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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



MEDICATION AND MILES:

Avoiding the Burn – Acid Reflux & Running

By Ashton Bellamy, PharmD, and Kim Benner, PharmD

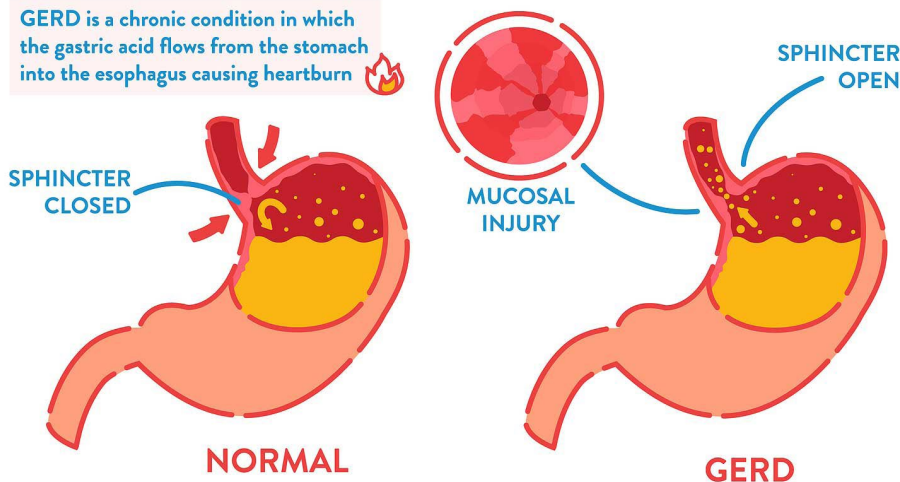
We've all felt - and maybe enjoy - the burn in our legs during and after a hard run, but we are miserable if we feel a different kind of burn: acid reflux. Surveys found that anywhere from 36-67% of endurance athletes have experienced upper gastrointestinal (GI) symptoms of gastroesophageal reflux (GER).¹ In the general population, the incidence of gastroesophageal reflux disease (GERD) varies by region, but in general, it affects Western cultures more. The prevalence of GERD is increasing as lifestyle and diet changes occur as well. Individuals may self-treat GERD with lifestyle modifications and/or over the counter (OTC) medications.

duration of reflux, attributed to transient lower esophageal sphincter relaxations that resulted in increased symptoms.² During exercise, blood is diverted from the stomach, which allows undigested food to stay there longer because of decreased contractility and motility - basically slowing your digestion.

The changing seasons also may impact the effects of GERD. Higher summer temperatures may increase stomach acid production, causing heartburn and indigestion. In the winter, people tend to spend less time outside, leading to lower vitamin D exposure and levels, which may relax the esophageal sphincter.

GASTROESOPHAGEAL REFLUX DISEASE (GERD)

GERD is a chronic condition in which the gastric acid flows from the stomach into the esophagus causing heartburn



The **signs or symptoms** that someone with GERD may experience while exercising are like those experienced at rest. These include heartburn, burning feeling in the chest, neck, or throat, sour, bitter, or acid taste in the mouth, regurgitation, and difficulty swallowing. Additional symptoms may include belching, bloating, nausea, vomiting, sore throat, hoarseness, and increased saliva production.

Risk factors. When not exercising, risk factors for GERD include being overweight, pregnancy, smoking, drinking alcohol, wearing too tight of clothing, especially in the waist, sleeping on the right side, lying down within 2 to 3 hours of eating, and taking non-steroidal anti-inflammatory drugs (NSAIDs such as ibuprofen, naproxen, diclofenac or meloxicam). A family history of GERD also may predispose a person to having acid reflux.

Pathophysiology. Gastroesophageal reflux occurs when stomach acid flows into the esophagus, irritating the lining of the esophagus. While still not fully understood why excess reflux occurs during exercise, several mechanisms are thought to contribute to the bothersome symptoms particularly in runners and athletes. Exercise can cause greater intra-abdominal pressure, leading to increased acid reflux. While running, physical movement is agitating to the stomach and its contents and can weaken the lower esophageal sphincter (LES), which functions to allow for one-way food and liquid entry into the stomach. A weakened LES then allows for the stomach contents to escape the stomach and start traveling up the esophagus, causing the symptoms associated with acid reflux. A small study found that exercise led to significantly higher percentages of time with an esophageal pH < 4 and a higher frequency and

The risk factors associated with possibly experiencing acid reflux during a workout or run include higher intensities, longer duration, exercise after meals, dehydration. High impact exercises like running, weightlifting, jumping rope, and cycling can put athletes at risk for experiencing acid reflux while working out. Eating right before exercising may cause acid reflux because stomach acid is released during eating and digestion in addition to exercise diverting blood flow from the stomach, which would then lead to slowed digestion. There is no recommended window for eating prior to exercise, but limiting fatty foods, protein, and fiber prior to exercise may be helpful because these take longer to digest. Taking care to avoid foods known to trigger heartburn like citrus, fried and fatty foods, spicy foods, tomatoes, and chocolate also can help mitigate symptoms while exercising.

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MEDICATION AND MILES:

Avoiding the Burn – Acid Reflux & Running



and after exercise may help wash digestive acids from the esophagus.

If symptoms are too bothersome, medication may be needed. While some acid reflux medications are available over the counter, this decision should be made in conjunction with a healthcare professional. One of these options is antacids, which work to neutralize stomach acid that has already been released and work the quickest. They are available over the counter and include commonly known medications such as Tums, Rolaids, Pepto-Bismol, and Maalox. While these are generally considered safe for most people, inappropriate usage can lead to side effects like constipation or diarrhea and stomach cramps.

Diagnosing exercise-induced GERD can include different tests that will need to be performed by a physician. These tests may include placing a pH probe into the stomach to measure acid levels in the esophagus for a specific amount of time. Alternatively, if other health conditions also are being considered, an exercise stress test on a treadmill can be performed to monitor esophageal and cardiac function while exercising and in the recovery period afterwards.

Outside of exercise, GERD can be diagnosed based on signs, symptoms, and tests. These tests may include an upper endoscopy, which looks for inflammation, irritation, and other problems, a pH test, or using other imaging methods.

Managing acid reflux symptoms caused by exercise involves a multi-modal approach that includes lifestyle modification and possibly medications. Some of the modifications that can be made include adjusting the workout to a lower intensity one, such as walking, using the elliptical, or yoga. Avoiding foods known to cause or exacerbate acid reflux can help; this list includes chocolate, alcohol, peppermint, caffeine/carbonated drinks, and fatty, spicy or acidic (tomato-based foods) products. Drinking small amounts of water before, during,

Histamine type 2 receptor antagonists (or H2 blockers) work to prevent release of stomach acid and work within an hour. These are available over the counter and by prescription -- Pepcid (famotidine) and Tagamet (cimetidine) are examples. Side effects of H2 blockers are uncommon and usually minor but may include dry mouth and abdominal pain. Lastly, proton pump inhibitors (PPIs) are the strongest class of medications that can be used for managing GERD. They work by binding to the stomach's proton pumps (these pumps produce the gastric acid that causes acid reflux) and are slower to work than antacids and H2 blockers, normally taking several days to experience full relief. Like H2 blockers, they are available over the counter and by prescription; however, over-the-counter use should be limited to 14 days. If no or inadequate relief is experienced within two weeks of over-the-counter PPI use, it is prudent to contact a healthcare provider for further workup and formal diagnosis. Examples of PPIs include Prevacid (lansoprazole), Prilosec (omeprazole), and Nexium (esomeprazole). PPIs, when used as directed or prescribed, are considered safe and most side effects are associated with long-term use.

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MEDICATION AND MILES:

Avoiding the Burn – Acid Reflux & Running

It is possible to prevent GERD in general by eating slowly, avoiding late meals, elevating the head of the bed, sleeping on the left side, maintaining a healthy weight, and avoiding certain foods. Additionally, wearing loose fitting clothing, not eating too close to exercise, hydrating, and choosing lower-impact activities can be strategies to help avoid experiencing the burn. Taking an antacid or H2 blocker prior to exercise may help prevent symptoms if other measures aren't adequate.

Exercise-induced GERD or acid reflux while exercising can be uncomfortable. There are several strategies to help prevent and treat GERD while exercising and in everyday life. If and when symptoms become too bothersome or interfere too much, it is best to discuss the symptoms with your healthcare provider for further workup and therapy.

References

1. Swanson DR. Running, esophageal acid reflux, and atrial fibrillation: a chain of events linked by evidence from separate medical literatures. *Med Hypotheses*. 2008;71(2):178-185.
2. Herregods TV, van Hoeij FB, Oors JM, Bredenoord AJ, Smout AJ. Effect of Running on Gastroesophageal Reflux and Reflux Mechanisms. *Am J Gastroenterol*. 2016;111(7):940-946.

Strengthen your movement with TherapySouth Endurance

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

Our services:

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



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



BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

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

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

Ashton Bellamy	Munish Goyal	Jeff Lancaster	JamieRose
Rachel Bouley	Meghan Goyal	Dale Landefeld	Megan Saalwaechter
Matthew Brannan	Valerie Hanson	Sheree Martin	Abigail Saalwaechter
Katie Brown	Mark Harrigan	Randy Millican	Emma Saalwaechter
Theresa Burst	Lori Harris	Madison Morris	David Saalwaechter
Jeff Cleveland	Lisa Harrison	Brett Noerager	Erin Saalwaechter
Robyn Cramer	Blake Harrison	Felicia Noerager	Chad Seales
Steve Cramer	Haley Hazelrig	Mae Noerager	Jeremy Sherer
Jackson Cramer	Angie Hogeland	Ben Noerager	Shaunda Smith
Emmagene Crunk	Jeff Hogeland	Ramsey Nuss	Matthew Smith
Wendi Culver	Bethany Hogeland	Tom Oliver	Jason Sweatt
Brittany Decker	Allen Howell	Michael Peet	Adam Vansant
Matt Downs	Clare Huddleston	Patti Peet	Greg Varner
Matthew England	Melanie M. Jackson	Logan Powell	Erin Watters
Reed Forbus	Michael Jenkins	Gregory Pugliese	Bradley Wells
Ashraf Fouad	Troy Johnson	Stephanie Rakestraw	Mary Elizabeth Whitley
Daren Freeman	Emily Johnston	Shannon Rearden	Trey Whitt
Rita Goyal	Ruth Kles	Beth Rose	
Shawn Goyal	Sophia Lal	Charlie Rose	

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.

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.



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 Group Runs Update



The Saturday Moderate Group is On the Move!

Big news! As of February 1, we are retiring the Moderate Distance Run FB group page and moving all our Birmingham Track Club group run events to one FB page. We will still have our moderate distance/pace group runs at 6:30 a.m. on Saturdays, but the event will be posted on what is currently called the BTC Long Run page (soon to be renamed). The BTC will continue to host 6:00 a.m. runs that will target half marathon and full marathon training, so there will be something for every runner!

Be sure to add yourself to the <https://www.facebook.com/groups/BTCSaturdaylongrun> page if you haven't already! We are excited to be on one big, happy BTC family page!



On February 1, 2025

WE ARE MOVING

BTC Moderate run events will be posted on the BTC Saturday Group Run FB page (currently called Saturday Long Run)

[Facebook.com/groups/BTCSaturdayLongRun](https://www.facebook.com/groups/BTCSaturdayLongRun)

BTC MEMBER BENEFITS SPOTLIGHT

By Ellen Ortis, Member Benefits Coordinator

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

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

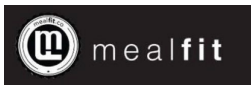
Lastly, we’ve added a discount code for the website RunningWarehouse.com! Are you curious about this code and what other benefits you have access to as a member of the BTC? You can find them any time under the MEMBERS ONLY section of your RunSignUp.com profile. <https://runsignup.com/MemberOrg/BirminghamTrackClub/Page/MembersOnly>

NEED TO DOWNLOAD YOUR BTC MEMBERSHIP CARD?

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

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

••• CURRENT LIST OF MEMBER PARTNERS •••



REMEMBER TO USE YOUR BTC MEMBERSHIP BENEFITS

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

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



THERAPYSOUTH

Strength Training: The Key to Injury Prevention

By Hannah Cox, TherapySouth



In sports medicine research, the greatest predictor of injury is previous injury (surprisingly, it isn't your running shoes, height, weight, or speed that determine injury risk!). Although people may have a predisposition for a specific injury based on demographics or training preferences, moderate strength training can prevent these injuries from ruining your 2025 running season!

Strength training, when performed consistently, builds not only muscle but also strengthens the connective tissues (i.e., tendons, ligaments, and bones). With increased density and tensile strength of these structures, an individual is more equipped to an increased training load and a wider variety of training without injury.

To achieve these benefits, the recommended dosage is to strength train two to three times per week. Research suggests that training at or above 60% of your one-repetition maximum (1 RM) is ideal for boosting strength and improving tissue health. While calculating your 1 RM is one method, you can simplify the process by using the Rate of Perceived Exertion (RPE) scale: Aim for exercises that feel greater than a 6/10 in effort, which ensures you're working hard enough to see results.

Beyond strength training sessions, finding the sweet spot in your weekly routine is key. A total of four to six days of exercise per week is ideal, balancing hard work with adequate rest and recovery. A strength training session can be a stand-alone workout, or it can be a small addition to your run. Sometimes I tell my patients to do prescribed exercises to targeted problem areas for 15 minutes before their run. The benefit is two-fold: it provides a warm-up, and strength training is included!

If you're new to strength training, start gradually to allow your body to adapt. Focus on proper form, choose challenging but manageable weights, and build your consistency. Over time, you'll notice not only improved strength but also fewer aches and pains, even in areas with a history of chronic issues.

Remember, preventing injuries isn't about avoiding specific activities—it's about preparing your body to handle increased levels of stress!



If you have any questions regarding strength training, send us an e-mail at: tendurance@therapysouth.net

ADAM'S HEART RUNS

Photo Credit: MRuns
January 25, 2025



1200 MILE CLUB

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

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

Cumulative miles from 2025 are listed below.

Participant	Total
Ahmed, Kabeer	172
Aquino, Eugene	170
Basquill, Matt	64
Benner, Kim	149
Bossard, Teri	120
Bouley, Rachel	0
Calvert, Aaron	145
Campos, Chris	0
Carlton, Bob	118
Chaffinch, Randy	106
Chaffinch, Violet	111
Chandler, Teresa	105
Clay, Brad	72
Cliett, Stephanie	126
Cobb, Patty	112
Coe, Emily	193
Coe, Matt	0
Conner, Melanie	174
Cooper, Cara	125
Cowie, Katelyn	0
Cramer, Robyn	77
Cramer, Steve	56
Creel, Mary	101
Davis, Samantha	85
Deffenbaugh, Todd	126
Denney, Stephanie	74
Dill, Kinsley	68
Downs, Matt	119
Duke, Cindy	109
Estes, Cameron	143
Estrada, Steven	254
Flanery, Haley	165
Freeman, Daren	134
French, Eric	0

Participant	Total
Gaston, Katie	0
Gaston, Michael	235
Grames, Robby	114
Gray, Michael	65
Haggard, Georgia	80
Hall, Thomas	31
Hanson, Valerie	0
Hargrave, Alan	100
Harrelson, Karen	155
Harrison, Lisa	90
Hatcher, Heydon	76
Herron, Michael	130
Hogeland, Angie	106
Hogeland, Jeff	165
Hoover, Alison	182
Jenkins, Kaki	0
Jensen, Sarah	133
Johnson, Kimberly	100
Johnson, Phillip	100
Jones, Julie	113
Kaylor, Sara	0
Kles, Ruth	144
Knight, David	0
Krick, Stefanie	124
Kuhn, Jimmy	0
Kulp, Loren	140
Lancaster, Jeff	96
Lane, Anna Louise	65
Losavio, Lauren	100
Lyle, Randy	97
Markham, Elishua	109
Mathews, Nikita	116
Merry, Vicki Sue	125
Millican, Randy	105

Participant	Total
Moss, Renie	22
Pinnick, Honora	101
Pinnick, Jonathan	0
Quinsey, Caleb	111
Rakestraw, Stephanie	126
Richetti, Vee	0
Rodgers, Brian	161
Rose, Jamie	138
Ruschhaupt, Skyler	0
Russell, Maureen	184
Sherer, Jeremy	111
Sherrell, Jeff	0
Shin, Ye Jung	142
Shinn, Ronald	97
Smith, Daryl	128
Smith, Erin	148
Smith, Holly	0
Smith, Jason	0
Smith, Jerry P.	100
Soileau, Chester	0
Stockton, Rick	126
Sweatt, Jason	0
Toth, Christopher	0
Toth, Nick	0
Varner, Greg	108
Vaughn, Catherine	100
Waddell, Chassi	83
Walker, Brooke	89
Washington, Monica	0
Waters, Marc	101
Watkins, Tommy	111
Wende, Adam R	41
Wheeler, Elizabeth	143
Whitley, Mary Elizabeth	123

SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

January 6, 2025

The meeting was called to order by President Jamie Trimble.

Attendance: Jamie Trimble, Bradley Wells, Ruth Kles, Vicky Brakhage, Alex Morrow, Marla Gruber, Judy Loo, Trish Portuese, Alan Hargrave, Cameron Estes, Hunter Bridwell, Haley Flanery, Sarah Jensen, Julie Pearce, and Charles Thompson. Hunter Bridwell made a motion to approve the minutes of the November 2024 Executive Board Meeting. The motion was seconded by Alex Morrow and passed without opposition.

Membership (Cameron Estes)

We currently have 835 members and 663 memberships.

Treasurer (Ruth Kles)

Ruth Kles is currently working on 1099's and end of the year financials. Ruth wrote off several old invoices from 2021-2022, which had not been paid. All Vulcan Run 10K expenses have been paid. The BTC account currently has approximately \$50,000, after paying some Adam's Heart Runs expenses.

Newsletter Editor (Julie Pearce)

The January newsletter will be sent out very soon. The February newsletter publication date is February 3, 2025, so please have all content to Julie Pearce by Friday, January 24, 2025. We are currently using Constant Contact for sending the BTC newsletter, but Julie hopes to have a meeting with Ryan Boswell to transition to RunSignUp in the near future. Alan Hargrave has provided a template for using RunSignUp for the newsletter.

Adam's Heart Runs (Vicky Brakhage)

The volunteer registration is open on RunSignUp. We should need the same number of volunteers as last year. All of the water stops are covered already. Jamie Trimble will reserve the rental truck and has volunteered to drive it. Vicky Brakhage and her husband will help with loading the truck on Friday, January 24, 2025. All of the t-shirts have been ordered, the awards and 10-mile finisher dog tags have been completed. Vicky is still waiting to hear from Oak Mountain State Park about the option for the BTC to pay all of the registered runners' park entry fees. She is also waiting to hear from Trader Joe's about providing post-race food items. This year's registration is already up by over 70 runners from this same time last year.

Vicky Brakhage made a motion to allocate \$8,700 for Adam's Heart Runs. This is slightly up from last year since funds have been included to pay park entry fees, but it could go down if we don't hear back from Oak Mountain State Park. The motion was seconded by Hunter Bridwell and passed without opposition.

Social Committee (Haley Flanery)

The BTC Annual Party is scheduled for Saturday, February 1, 2025, from 6:00-9:00 p.m. at Avondale Brewery. The theme for the party is "Let's Taco Bout Running." Taco Momma is offering a big discount for catering. We are planning the same budget as last year. Some of the drink prices increased, but we are saving money on the catering, so the expenses should average out. The ticket price will remain the same from last year, \$20 for BTC members and \$40 for non-members. The RRCA president, Lisa Rippe, is going to be in town and will attend the annual party. We plan to comp her entry fee.

Saturday Morning Long and Moderate Group Runs (Cameron Estes and Sarah Jensen)

On Saturday, January 11, 2025, both group runs are meeting at Black Creek Park, which is the location of the Railway Half and Full Marathon that is scheduled to take place on February 8, 2025. The race organizers are providing Hero Donuts and coffee for after the run. The course is basically 6.5 miles out and back. Since our mileage for this Saturday is 8 and 11 miles, everyone can just head out and turn around to reach their mileage goal. Cameron Estes will confirm if we need water stop volunteers or if the race organizers will be providing hydration on the course.

On Saturday, January 18, 2025, the organizers of the Wine 10K will be kicking off their training plan and have offered to sponsor post-run food and refreshments.

The Moderate Run Group is looking into a new target race and will likely pick another 5K to train for later in the year.

The BTC is still planning to combine both the Saturday Morning Long Run and the Saturday Morning Moderate Run into one Facebook Group. Cameron Estes will still put together the long run routes that start at 6:00 a.m. and Sarah Jensen will put together the moderate run routes that start at 6:30 a.m., but both groups will just have to come to one page to see all of the routes. We plan to set a deadline to merge the groups on February 1, 2025.

Volunteers (Jamie Trimble for Kim Benner)

In 2023, the BTC had 104 unique volunteers. Of these, 11 earned a free BTC annual membership, and 5 additional annual memberships were awarded by random draw. For 2024, there were 90 unique volunteers. Of these, 12 people earned a free annual membership (though 6 already have lifetime memberships).

Jamie Trimble made a motion to award 4 free annual memberships via random draw and to award 17 other volunteers with a \$20 merchandise credit. Alex Morrow seconded the motion, and it passed without any opposition.

1200 Mile Club (Jamie Trimble, Bradley Wells, and Alan Hargrave) The 2024 miles entry form will close on January 26, 2025. 1200 Mile Club jacket orders will be done through RunSignUp and will need to be placed within the next week. We are planning to keep the same jacket from last year. Bradley Wells will check on the jacket cost, but he believes they are the same price as last year. We still have jackets left over from last year and Hunter Bridwell has some jackets from past years. Bradley offered to bring some jackets to the Saturday Morning Group Runs so people can try the jackets on to pick a size. Will plan to go ahead and open registration for the 2025 1200 Mile Club.

Marketing (Alex Morrow)

We are currently focusing our marketing on Adam's Heart Runs, the BTC Annual Party, and the upcoming run socials with the Railway Marathon and Wine 10K.

IT Chair (Alan Hargrave and Jamie Trimble)

Alan Hargrave has been handling both jobs as the BTC IT chair and the BTC web master since we lost our last fulltime web master. Kabeer Ahmed has agreed to take over as our new web master. We hope to move our current website to RunSignUp, which will be more cost effective.

USATF Representative (Charles Thompson)

Indoor track and field at the Birmingham Crossplex is very popular.

New Business

Hunter Bridwell, as past president, will form a nomination committee for 2025 BTC officers and annual awards. Those selected for the committee will be notified via email.

Olympic medalist, Jenny Simpson, is traveling the country with her husband, Jason, and they are coming to Birmingham on January 22 and 23, 2025. Jeff Martinez with the Trak Shak, Resolute Running, and the Birmingham Track Club are working to host her for a group run on the Trak Shak on Wednesday evening and then she will give a presentation on her experience in running on Thursday evening. The BTC has offered a \$100 donation for the group run and presentation.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, February 10, 2025, at 6:00 p.m.

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	February 8, 2025	6:00 a.m./6:30 a.m.
Railway Marathon and Half Marathon presented by Craneworks (Fultondale)	February 8, 2025	7:45 a.m.
BTC Executive Board meeting	February 10, 2025	6:00 p.m.
BTC Saturday Long and Moderate Run Groups	February 15, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	February 22, 2025	6:00 a.m./6:30 a.m.
War Eagle Run Fest Half Marathon and 5K (Auburn)	February 22, 2025	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 1, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	March 8, 2025	6:00 a.m./6:30 a.m.
Down South Dash: Steps for Hope 5k and 1 Mile Fun Run (Auburn)	March 8, 2025	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 15, 2025	6:00 a.m./6:30 a.m.
BTC Saturday Long and Moderate Run Groups	March 22, 2025	6:00 a.m./6:30 a.m.
Ranger Battle Run 5k and 1 Mile Fun Run (Camp Hill)	March 22, 2025	8:00 a.m.
BTC Saturday Long and Moderate Run Groups	March 29, 2025	6:00 a.m./6:30 a.m.
Visit Tuscaloosa Half Marathon, 5k, and 1 Mile Fun Run (Tuscaloosa)	March 29, 2025	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	April 5, 2025	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 Kabeer Ahmed](#), or visit the BTC website to [submit your race](#).



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