



BIRMINGHAM TRACK CLUB
★ WHERE RUNNERS ARE FORGED ★

THE VULCAN RUNNER

March 2025 **3**



BTC ANNUAL PARTY RECAP

By Jamie Trimble, BTC President

www.BirminghamTrackClub.com

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BTC ANNUAL PARTY RECAP



The BTC Annual Party was held on Saturday, February 1 at Avondale Upstairs. This year's theme was "Let's Taco 'Bout Running". We had food catered by Taco Mama, themed Avondale drinks, some incredible taco/Tex-Mex themed desserts from our very own Haley Flanery, and some amazing decorations. There was even an owl-themed cookie cake to commemorate this past year's incidences with owl attacks on Lakeshore Trail.

We recognized our 1200 Mile Club first-timers as well as consecutive 5-, 10-, 15-year and lifetime milestone achievers. First-time participants received their 1200 Mile Club jackets. You can view a complete list of participants at [this link](#) on the BTC website.

We also presented our annual service awards. **Cameron Estes** received the prestigious Dr. Arthur Black/Rick Melanson Annual Service Award. This is the highest annual award the club gives for outstanding service and leadership. Cameron serves as both the Membership Chair and as the Saturday Morning Long Run Coordinator and is most deserving for her many years of service. She will now be the caretaker of the Dr. Arthur Black/Rick Melanson annual service award trophy (aka the BTC Cup) for the next year.

Haley Flanery received the Randy Johnson/Danny Haralson Annual Service Award. This award is given to a "newer" member who has demonstrated outstanding leadership and freely given their time volunteering in ways that help further the mission of the BTC. Haley is the BTC Social chair and is the creative and organizational force behind all of the club's social and outreach events.

In addition to the annual service awards, BTC Race Directors were recognized and given gift cards for their service. Vicky Brakhage (Adams Heart Runs), Judy Loo (Statue 2 Statue 15k), Marla Gruber (Pevine Falls Run) and Hunter Bridwell (Vulcan Run 10k) all were recognized for their tireless and uncompensated service in organizing and putting on the BTC Race Series races.

Club officers also were elected for 2025:

- President: Jamie Trimble*
- Vice President: Bradley Wells*
- Secretary: Vicky Brakhage*
- Treasurer: Ruth Kles*
- Past President: Hunter Bridwell*

We also recognized a very special guest, Road Runners Club of America (RRCA) President, Lisa Rippe. The RRCA is an important organization to the Birmingham Track Club. As an RRCA member club, the BTC maintains its tax-exempt status and obtains insurance to cover all of our activities and events.

Finally, after all of the awards, elections, recognitions and, of course, eating, everyone hit the dance floor and partied the night away.

An invite to the best, most fun party around is only one "perk" of your BTC membership. If you are not yet a member, or if your membership has lapsed, [please join \(or re-join\) today!](#)

PRESIDENT'S ADDRESS

By Jamie Trimble



Greeting BTC Members and fellow Birmingham runners!

Can you believe it's March already? The year is practically half over! We may only have two months under our belt in 2025, but the year is off to a great start for the BTC and the Birmingham running community.

One follow-up to the BTC Annual Party last month regarding our BTC annual service award winners. Congratulations to **Cameron Estes** on receiving the prestigious Dr. Arthur Black/Rick Melanson annual service award. This is the highest annual award the club gives for outstanding service and leadership. Cameron serves both as our Membership Chair and as our Saturday Morning Long Run Coordinator. Since Cameron was traveling for a family running event the weekend of the Annual Party, we presented her with the award at the Saturday Morning Group Run on Saturday, February 22 (how fitting).

Congratulations to **Haley Flanery** who was awarded the Randy Johnson/Danny Haralson Annual Service Award. This award is given to a "newer" member who has demonstrated outstanding leadership and freely given their time volunteering in ways that help further the mission of the BTC. Over the last year or so Haley has stepped up as the creative and organizational force behind our social and outreach events. If you have been to a BTC social, BTC sponsored race water stop, or the BTC Annual Party, you have seen the fun (and amazing decorations) Haley has brought to our club's events. Congratulations to Cameron and Haley, and thank you both for all you do to support this amazing club.

On Saturday, February 8, the Railway Marathon/Half Marathon was the culmination of our Saturday group half marathon training. Not only was this our target half marathon training race, the BTC partnered with Railway to man the water stop for the marathon and half marathon distances. With our "donut" theme, we brought the excitement and support on a warm, muggy morning. Congratulations to all who ran the race(es) and a huge thanks to Hunter Bridwell, Dean Sides and Eric French for being the best water stop volunteers.

On Saturday, February 22, BTC members once again marshalled the starting area of the Blue Cross Blue Shield of Alabama Kids Marathon at Spain Park High School. This "race" is a five-month endurance building running/walking program designed for children in kindergarten (K5) through 5th grade. The kids run the marathon distance over the course of the five-month program. These are the BTC members of the future, and we certainly support and

applaud their efforts. Thanks to Hunter Bridwell, Joey Saffold and Kabeer Ahmed for managing the corrals and containing all the kids' excitement until it was time for them to complete their marathon.

February also saw a significant change in our Saturday Morning Run Group(s). In case you missed it, our Facebook presence is no longer divided between the Long Run and Moderate Run Facebook groups. We now have a consolidated "Saturday Morning Run Group" page. We still have the longer distances starting at 6:00am, and the shorter to moderate distances starting at 6:30am. Each week there will be two events posted with the run routes and water stop locations. So, no matter what distance you need, you now have one centralized place to find all of the relevant information. Many thanks to Sarah Jensen, Cameron Estes, and Alex Morrow for making this transition for us.

Next up in the BTC Race Series is the 33rd running of the iconic Ellis Porch Statue to Statue 15k on Saturday, April 15. Race Director Judy Loo has lots of fun in store once again this year. This race is a Birmingham running rite of passage that you do not want to miss! Be sure to sign up to run "The South's Toughest 15k" by March 21 in order to be guaranteed a race shirt. Remember, BTC membership gets you an automatic discount. And as always, we can use plenty of volunteers to help make this a great race.

Finally, don't forget to "spring forward" into Daylight Saving Time on Sunday, March 9. That means for you morning runners, the first few weeks of DST will be darker for longer in the mornings. When running in the dark, remember to wear bright, reflective clothing, carry a light, try to run with a friend (or several, like the BTC Saturday Morning Run Group), and always obey the running rules of the road.

Stay safe out there and Happy Running!

Jamie Trimble
BTC President

2025 Officers



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Treasurer

Ruth Kles

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Vice-President

Bradley Wells

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Secretary

Vicky Brakhage

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BTC Committees

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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
Britney Cowart
and Kaki Jenkins

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"The Vulcan Runner" Newsletter
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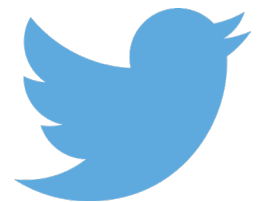


BTC Race Directors

Adam's Heart Run
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



STATUE 2 STATUE 15K: THE SOUTH'S TOUGHEST 15K IS BACK!

By Judy Loo, Race Director

I hope you've marked April 5, 2025, on your calendar because it's the date for the second race in the BTC Race Series: the Statue to Statue 15k Run! I've been working on something exciting for the event, but I'm keeping it a surprise for now -- you'll have to be there to find out more. And just to clarify, no, I didn't remove the hills! The hills are there to help make you a stronger runner.

Be sure to sign up by March 15 to guarantee your race shirt. The Statue 2 Statue race organizers, volunteers, and sponsors are all looking forward to seeing you there!

A quick reminder: please park at the finish line area, as we will be bussing participants to the start line. The last bus will depart at 6:30 a.m. sharp to ensure the race starts promptly at 8:00 a.m. Please do not wait until the last bus to arrive at the start line. If you miss the 6:30 a.m. bus, you'll be responsible for getting to the start line on your own.

And don't forget your race bib! If you need a replacement, we'll have them available at the finish line, where registration and race day packet pickup are located (VCA Liberty Animal Hospital, located at 3810 River Run Drive).



The South's Toughest 15k

**SATURDAY
APRIL 5, 2025**

**REGISTER
HERE!**

A PASSION FOR RUNNING INSPIRES HOPE

By Amanda Vandegrift, President, Rumpshaker, Inc. and Race Director, Rumpshaker 5K



Everyone reading this article has felt the rush of accomplishment after finishing a long run. Often the drive to set new goals and dream bigger follows. I remember the exact moment running became my passion: the finish line of my first half marathon. Each new race I completed only deepened my love for the sport. But it was my mother's inspiring example that led me to start the Rumpshaker 5K and to share a passion for hope with our entire community.

A Legacy of Strength and Determination

My mom, Lisa Martz, was diagnosed with colon cancer at just 48 years old. Through nearly four years of treatments, she remained a powerful symbol of hope and endurance to our family and friends. As I participated in races to support many good causes, I realized there wasn't an event focused on raising awareness for colon cancer. Eager to change this, I began planning a 5K but soon paused to spend quality time with my mom. When she passed away in October 2007, our family drew on the strength and faith she had always shown. Soon after, we returned to that 5K idea and hosted our first Rumpshaker 5K in March 2009 with the goal to raise awareness about the disease.

Growing from a Simple Race to an Impactful Non-Profit

Our first race was an overwhelming success. With this momentum we were able to launch Rumpshaker, Inc. later in 2009. Creating the organization allowed us to broaden our mission from awareness to directly helping those affected by colorectal cancer. Due to dedicated runners, volunteers, and families who believe in our cause, the annual Rumpshaker 5K is still the lifeline of our organization. Thanks to your generous support, we have:

- Donated **over \$250,000** to local hospital GI labs to assist with purchasing advanced diagnostic equipment (2010-2015).
- Provided **over \$175,000** in direct aid to patients to help with short-term financial needs (2015-present).
- Awarded **more than \$125,000** in scholarships through the Lisa Martz Hope Scholarship for college students impacted by colorectal cancer (2015-present)
- Sponsored screening for low income patients who have been identified as high-risk for colon cancer (2025).
- Hosted a monthly support group, the **"Semi-Colon Club,"** offering a caring space for anyone affected by the disease.
- Organized community outreach programs, including health fairs and lunch-and-learn events to educate our community about this preventable, treatable and beatable disease.

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A PASSION FOR RUNNING INSPIRES HOPE



What do We Mean by Preventable, Treatable and Beatable?

Colon cancer can be prevented or detected early through proper screening. Consider these key facts:

- Colorectal cancer is the third most diagnosed cancer and the second leading cause of cancer deaths in the U.S.
- It affects men and women equally.
- Polyps (the early form of colon cancer) can be removed during screening before they become cancerous (PREVENTABLE).
- Early detection can dramatically increase treatment success and survival rates (TREATABLE AND BEATABLE).

Are You at Risk?

Answer these questions to see if you might be at higher risk for colorectal cancer:

1. Are you age 45 or older?
2. Have you had a colorectal polyp or cancer in the past?
3. Has anyone in your family had polyps or colorectal cancer?
4. Does your diet include foods high in fat and low in fiber?
5. Have you been diagnosed with Crohn's Disease or ulcerative colitis?
6. Have you noticed persistent changes in your bowel habits?

If you answered "yes" to one or more of these, talk to your doctor about screening options and additional risk factors.

JOIN US FOR THE RUMPSHAKER 5K!

We hope you'll step up to the starting line and help us continue Lisa's legacy of hope, awareness, and support. Your participation keeps our mission going. Don't wait -- sign up, lace up your running shoes, and be a part of a movement that could save lives.

For more information or to register, visit www.Rumpshaker5k.com or email us at info@rumpshaker5k.com.

MEDICATION AND MILES:

Managing Medications and Staying Active During Ramadan

By Yunus Jabir Hampton, Pharm.D. Candidate 2025 and Kim Benner, PharmD

Ramadan, the ninth month of the Islamic calendar, is a time of spiritual reflection, self-discipline, and community. Millions of Muslims worldwide fast from dawn to sunset, refraining from food, drink, oral medications, and other physical needs. At sunset, the fast is broken with an evening meal (Iftar), followed by a pre-dawn meal (Suhoor) to prepare for the next day's fast.¹ In 2025, Ramadan is expected to begin on the evening of February 28, with the first full day of fasting on March 1. While fasting has both spiritual and physical benefits, it requires careful planning, especially for those who take daily medications or maintain an active lifestyle. With the right approach to medication management, hydration, and exercise, individuals can stay healthy while observing their fast.

Managing Medications During Ramadan

Fasting may alter the usual timing of medications, making adjustments necessary to maintain their effectiveness and safety. Many drugs taken multiple times a day can be rescheduled to fit within non-fasting hours, while extended-release formulations may provide consistent therapeutic effects throughout the day. However, not all medications have long-acting options, and some, particularly those for diabetes and hypertension, require additional modifications to minimize risks such as low blood sugar, dehydration, or blood pressure fluctuations. Nonetheless, any changes in medication schedules should be made under the guidance of a healthcare provider.²

Diabetes Management

For individuals with diabetes, prolonged fasting increases the risk of low blood sugar, particularly for those using insulin or sulfonylureas. To prevent hypoglycemia, adjusting insulin regimens may be necessary. For example, those using basal insulin once daily may require a 15% to 30% dose reduction at Iftar, while individuals on twice-daily basal insulin may need to maintain their morning dose (administered at Iftar) and reduce their evening dose (administered at Suhoor) by 50%. Patients on premixed insulin may benefit from switching to a 50/50 formulation rather than the traditional 70/30 mix for better blood sugar control during fasting hours. Insulin pumps offer a safe and flexible alternative, allowing adjustments based on individual needs. Regardless of insulin regimen, routine blood glucose monitoring is crucial, as finger-prick testing does not break the fast. Continuous glucose monitors (CGMs) can provide additional safety if available.³

Most oral diabetic medications can be continued without changes, though sulfonylureas should be taken at Iftar instead of Suhoor to reduce hypoglycemia risk. Sodium-glucose cotransporter-2 (SGLT-2) inhibitors should be used with caution due to their potential to cause dehydration and urinary tract infections, especially in older adults or those with multiple comorbidities. Glucagon-like peptide-1 (GLP-1) receptor agonists are generally safe and have a lower risk of hypoglycemia compared to sulfonylureas.^{3,4}

Cardiovascular Disease Management

For individuals with well-controlled hypertension or heart disease, fasting generally is safe. However, those with poorly managed hypertension or a history of hypertensive crises should seek medical advice before fasting. Whenever possible, medication adjustments should be minimized. If modifications are necessary, sustained-release antihypertensive medications are preferred, while diuretics should be avoided before fasting due to the risk of dehydration. Patients should monitor their blood pressure regularly and be aware of symptoms of orthostatic hypotension, such as dizziness upon standing.⁴

Anticoagulation therapy, including warfarin, can be safely continued with proper monitoring. Those taking direct oral anticoagulants (DOACs such as Eliquis, Pradaxa or Xarelto) should consult their

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MEDICATION AND MILES:

Managing Medications and Staying Active During Ramadan

healthcare provider to determine if any adjustments are needed. Among antiplatelet medications, clopidogrel (Plavix) is often preferred over ticagrelor (Brilinta) during Ramadan due to its longer half-life. To minimize gastrointestinal side effects, antiplatelet agents should be taken with food during non-fasting hours.⁴

Exercise and Hydration Strategies During Ramadan

Maintaining physical activity during Ramadan requires thoughtful scheduling and intensity adjustments. Research suggests that exercising after Iftar, when the body has replenished nutrients and fluids, is the most effective approach for preserving muscle strength and optimizing recovery. High-intensity activities such as weight training, sprinting, or long-distance running are best performed after breaking the fast.^{5,6}

That said, some individuals may still prefer to exercise before Iftar or even during fasting hours. Research on elite athletes found that while fasting can increase perceived fatigue, actual performance levels may remain relatively stable.⁷ Those choosing to work out while fasting should listen to their bodies and opt for lower-intensity activities such as walking, stretching, or yoga to prevent overexertion. Running, in particular, should be done in cooler conditions, such as early morning or late evening, and should be followed by proper hydration and nutrition after breaking the fast.⁸

Staying hydrated is equally important, as dehydration can increase fatigue and affect overall well-being. Studies on hydration patterns during Ramadan recommend spreading fluid intake throughout non-fasting hours. One approach, known as the “4-2-2 pattern,” encourages drinking four glasses of water at Iftar, two during the evening, and two at Suhoor, helping ensure adequate hydration. Limiting caffeinated and sugary beverages can further help prevent dehydration by reducing excessive fluid loss.⁹

Summary

Successfully observing Ramadan while managing health requires preparation and awareness. Medication schedules may need adjustments, particularly for individuals with diabetes or cardiovascular conditions. Thoughtful approaches to hydration and exercise can help prevent fatigue and dehydration. Consulting a healthcare provider before Ramadan can ensure a smooth transition and support a safe fasting experience.

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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

CHIP
TIMING

SCAN
THE QR CODE
TO REGISTER



REGISTER ONLINE
at RunSignup.com

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:

| | | | |
|----------------------------|----------------|-------------------|----------------|
| Darrin Abernathy | Ramsey Fulgham | Kristen Melton | Suman Silwal |
| Matt Basquill | Craig Harlow | Susanne Moore | Holly Smith |
| Sean Brown | Melody IZard | Kimberly Oehrlein | Justin Smith |
| Andrea Castro | Steve Johnson | Charles Oehrlein | Cory Stephens |
| Mary Kendrick Christiansen | Ann Klasner | Richard Oehrlein | Jeff Troha |
| Taylor Christiansen | David Knight | Lisa Randall | Lisa Troha |
| Tyler Cromey | Lauren Losavio | John Robertson | Matthew Vinson |
| Angela Croushorn | David Malick | Carlie Robertson | Prince Whatley |
| John Croushorn | David Malick | Lisa Rutledge | Ronald Wyers |
| Lori Davidson | Kim Mantle | Dean Sides | |

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 now called the Birmingham Track Club Saturday Run Group page. 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 [Birmingham Track Club Saturday Run Group page](#) if you haven't already! We are excited to be on one big, happy BTC family page!



On February 1, 2025

WE HAVE MOVED



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

Facebook.com/groups/BTCSaturdayLongRun

COMMUNITY CORNER:

Alabama Trails in the News

By Jennifer Address, Freshwater Land Trust, Homewood City Council, BTC President (2012-2014)

TOP 25 TRAILS IN 2025



Map of the top 25 trails of the state. (Alabama Tourism)

Greetings, BTC! And Happy Year of Alabama Trails!

On February 27, 2025, on top of Red Mountain at Vulcan Park, 2025 was declared The Year of Alabama Trails by the Alabama Department of Tourism. It was a picture-perfect day that was attended by most of the Alabama greenspace community.

Representatives from the Department of Conservation and Natural Resources, Rails to Trails Conservancy, Alabama Trails Foundation, Innovate Alabama, City of Birmingham Department of Transportation and our team at Freshwater Land Trust joined Alabama Department of Tourism Director Lee Sentell to “cut the ribbon” on this exciting venture, designed to show the rest of the world what our beautiful, biodiverse state has to offer.

According to Director Sentell, Alabama’s tourism industry set a new record in 2024, bringing in 29 million visitors and \$24.2 billion in revenue. The tourism industry supports 245,000 jobs in Alabama, with outdoor recreation bringing in \$4.3 billion annually.

The Year of Alabama Trails is designed to highlight our outdoor trails, greenspaces and blue ways. In fact, this will be a two-year campaign, and next year you will see other types of trails highlighted - think BBQ, arts and culture, breweries, etc..

Alabama knows what the runners of the BTC have known for years: that outdoor recreation brings people to the area, where they will spend their money and their time. The Red Rock Action Plan, the 36-mile loop within the Red Rock Trail System® connecting Red Mountain Park to Railroad Park to Ruffner Mountain, will bring \$24 million to Jefferson County upon its completion. According to the Innovate Alabama report completed in 2020 by the Hoover Institution of Stanford University, for every \$1 spent developing outdoor recreation opportunities, \$1.72 is given back to the community.



The first big Year of Alabama Trails event coming next month is an outdoor recreation-influencer bicycle tour of North Alabama, beginning on the Georgia border of the Chief Lidiga trail the week of April 21. After a few days in the Huntsville area, the group will embark

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COMMUNITY CORNER:

Alabama Trails in the News

from the Pepper Place market on April 26 for a tour of the downtown Birmingham trails and historical sites, before heading out to the Five Mile Creek trail in Fultondale. This event is open to the public, so mark your calendars and grab your bike!

In other news, look for the water fountains in Mountain Brook and Homewood to be turned on at the end of March or beginning of April. According to Mountain Brook Parks and Recreation Director Shanda Williams: "We want to get past the freezing temps, and there were a couple more close calls in the long-range forecast. It's not easy to turn them on and off so we want to leave them on when we do it."

I will have some updates on new Birmingham trails next month, so stay tuned, BTC!



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.



BTC MEMBER BENEFITS SPOTLIGHT

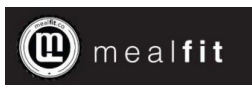
By Ellen Ortis, Member Benefits Coordinator

2024 was a great year for the BTC! We hope all of you enjoyed some of the many benefits of BTC membership – from race discounts to gear discounts, and special offers by some of our favorite businesses, BTC membership is the best deal around! You can always find the latest and greatest list of “BTC perks” on the **“Members Only”** section of the BTC website, and you can see a list of races offering discounts to members [here](#). If you need to sign up or renew your membership, you can do so [here](#).

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

By Hannah Cox,
TherapySouth



Managing and Preventing Osteoarthritis: Rest is Rust and Motion is Lotion!

Many of my athletic adults (specifically speaking to those ranging from 35 to 60 years of age) develop knee pain with increased activity. Commonly, x-rays are performed to evaluate the cause of knee pain. X-ray results usually indicate the development of osteoarthritis. Osteoarthritis (OA) is commonly characterized by the deterioration of hyaline cartilage within the knee joint, leading to pain and functional impairments. Concerned, these athletes question whether they should continue their training regimens, fearful that being active may make the pain and degeneration worse. However, emerging research suggests that muscle impairments, particularly in the quadriceps, play a significant role in both the onset and progression of OA. Maintaining an active lifestyle with proper strength training is a crucial strategy for managing and potentially preventing OA-related knee pain and dysfunction.

Research indicates that a lack of quadriceps strength is significantly associated with knee pain, independent of radiographic changes in the knee joint. This suggests that factors beyond cartilage deterioration contribute to OA-related pain and disability. Given that the quadriceps serve as the primary dynamic stabilizers of the knee, muscle weakness leads to instability and increased pain. Therefore, targeted muscle strengthening exercises can help mitigate these effects and improve knee function, allowing individuals to continue running and engaging in other forms of physical activity.

Muscle dysfunction may precede and even accelerate cartilage deterioration in individuals with OA. Studies reveal that individuals with OA exhibit strength deficits ranging from 10% to 56% in the quadriceps compared to healthy age- and sex-matched controls. Additionally, reductions in quadriceps size (atrophy) have been observed in individuals with knee OA. Such deficits highlight the importance of maintaining muscle mass to decrease pain with running and other physical activity.

If your x-ray results indicate that you are developing OA, do not let this serve as

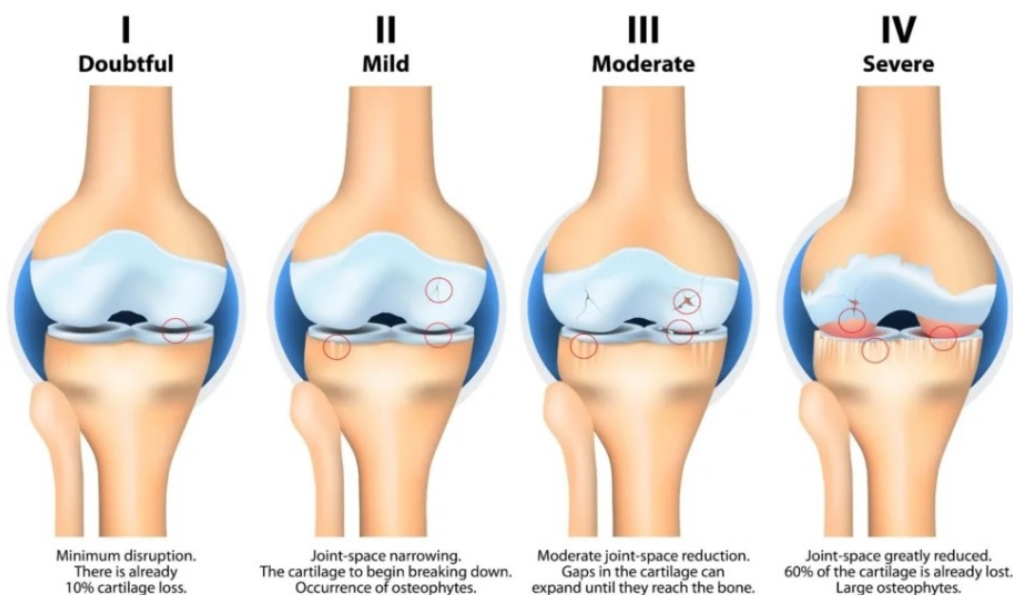
a “death sentence” to your active lifestyle! In fact, it is now more important than ever to maintain consistency with exercise. It is important to incorporate strengthening exercises that primarily challenge the quadriceps, but also strengthen the hamstrings and hip muscles. Inactivity and rest will lead to rust, whereas motion is lotion!

If you need some good quadricep strengthening ideas, let us know -- come by one of our clinics, and we can get you on a strengthening regimen and modify your running plan!

Sources:

1. Alnahdi AH, Zeni JA, Snyder-Mackler L. Muscle impairments in patients with knee osteoarthritis. *Sports Health*. 2012 Jul;4(4):284-92. doi: 10.1177/1941738112445726. PMID: 23016099; PMCID: PMC3435919.
2. Muraki S, Akune T, Teraguchi M, Kagotani R, Asai Y, Yoshida M, Tokimura F, Tanaka S, Oka H, Kawaguchi H, Nakamura K, Yoshimura N. Quadriceps muscle strength, radiographic knee osteoarthritis and knee pain: the ROAD study. *BMC Musculoskelet Disord*. 2015 Oct 16;16:305. doi: 10.1186/s12891-015-0737-5. PMID: 26474770; PMCID: PMC4609096.

STAGE OF KNEE OSTEOARTHRITIS



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

BTC ANNUAL PARTY PICTURES



BTC ANNUAL PARTY PICTURES



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! The BTC is pleased to welcome Matt Grainger as the new Coordinator of the 1200 Mile

Club! 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 | 312 |
| Aquino, Eugene | 170 |
| Basquill, Matt | 64 |
| Benner, Kim | 292 |
| Bookout, Jason | 0 |
| Bookout, Kimberly | 0 |
| Bossard, Teri | 268 |
| Boswell, Ryan | 71 |
| Bouley, Rachel | 170 |
| Brakhage, Victoria | 161 |
| Bray, Elizabeth | 0 |
| Brown, Sean | 0 |
| Bryant, Jason L. | 0 |
| Calvert, Aaron | 304 |
| Campos, Chris | 0 |
| Carlton, Bob | 118 |
| Chaffinch, Randy | 193 |
| Chaffinch, Violet | 204 |
| Chandler, Teresa | 190 |
| Clay, Brad | 164 |
| Cleveland, Jeff | 258 |
| Cliett, Stephanie | 250 |
| Cobb, Patty | 112 |
| Coe, Emily | 193 |
| Coe, Matt | 186 |
| Colpack, Susan | 0 |
| Colvard, James | 27 |
| Conner, Melanie | 174 |
| Cooper, Cara | 208 |
| Cowie, Katelyn | 160 |
| Cramer, Robyn | 171 |
| Cramer, Steve | 89 |
| Creed, Brad | 205 |

| Participant | Total |
|--------------------|-------|
| Creel, Mary | 101 |
| Davis, Samantha | 85 |
| Deffenbaugh, Todd | 246 |
| Denney, Stephanie | 74 |
| Dill, Kinsley | 68 |
| Dixon, Jeff | 332 |
| Downs, Matt | 225 |
| Duke, Cindy | 222 |
| Ennis, Matt | 330 |
| Estes, Cameron | 284 |
| Estrada, Steven | 503 |
| Flanery, Haley | 165 |
| Fons, Aaron | 0 |
| Franklin, Shane | 0 |
| Frederick, Winston | 122 |
| Freeman, Daren | 260 |
| French, Eric | 0 |
| Gaston, Katie | 0 |
| Gaston, Michael | 458 |
| Goode, Johnny | 0 |
| Grainger, Matt | 389 |
| Grames, Robby | 220 |
| Gray, Michael | 165 |
| Haggard, Georgia | 164 |
| Hall, Thomas | 31 |
| Hanson, Valerie | 156 |
| Hargrave, Alan | 200 |
| Harrelson, Karen | 290 |
| Harrison, Lisa | 175 |
| Hatcher, Heydon | 130 |
| Herron, Michael | 204 |
| Hogeland, Angie | 180 |
| Hogeland, Jeff | 235 |

| Participant | Total |
|-------------------|-------|
| Hoover, Alison | 182 |
| Jenkins, Kaki | 196 |
| Jensen, Sarah | 133 |
| Johnson, Kimberly | 203 |
| Johnson, Phillip | 205 |
| Jones, Julie | 113 |
| Kaylor, Sara | 0 |
| Kles, Ruth | 239 |
| Knight, David | 0 |
| Krick, Stefanie | 240 |
| Kuhn, Jimmy | 0 |
| Kulp, Loren | 240 |
| Lancaster, Jeff | 229 |
| Landefeld, Dale | 115 |
| Lane, Anna Louise | 165 |
| Losavio, Lauren | 201 |
| Lugo, Whitney | 225 |
| Lyda, Beth | 0 |
| Lyle, Randy | 97 |
| Malick, David | 0 |
| Markham, Elishua | 204 |
| Mathews, Nikita | 231 |
| Mathews, Skip | 217 |
| McCalley, Charles | 0 |
| Melton, Kristen | 0 |
| Merry, Vicki Sue | 125 |
| Miller, Pamela | 265 |
| Millican, Randy | 105 |
| Morris, Gordon | 184 |
| Moss, Renie | 36 |
| Namer, Lexi | 210 |
| Noerager, Brett | 477 |
| Noerager, Felicia | 226 |

| Participant | Total |
|----------------------|-------|
| Northern, Kristie | 410 |
| Oliver, Tom | 241 |
| Orihuela, Carlos | 231 |
| Orihuela, Catheryn | 0 |
| Padgitt, Scott | 241 |
| Pearce, Julie | 0 |
| Pinnick, Honora | 101 |
| Pinnick, Jonathan | 0 |
| Powell, Logan | 374 |
| Quinn, Vivian | 275 |
| Quinsey, Caleb | 199 |
| Rakestraw, Stephanie | 220 |
| Renfro, Jeff | 203 |
| Richetti, Vee | 279 |
| Rodgers, Brian | 318 |
| Rose, Billy | 448 |
| Rose, Jamie | 242 |
| Ruschhaupt, Skyler | 0 |
| Russell, Maureen | 347 |
| Rutledge, Lisa | 0 |
| Sherer, Jeremy | 198 |
| Sherrell, Jeff | 0 |
| Shin, Ye Jung | 282 |
| Shinn, Ronald | 97 |
| Silwal, Suman | 0 |
| Simpson, Kevin | 407 |
| Sloane, Mike | 0 |
| Smith, Daryl | 228 |
| Smith, Erin | 249 |
| Smith, Holly | 0 |
| Smith, Jason | 0 |
| Smith, Jerry P. | 198 |
| Soileau, Chester | 0 |
| Starnes, Dan | 298 |
| Stephens, Cory | 0 |
| Stockton, Rick | 227 |
| Sweatt, Jason | 0 |
| Thornton, Amanda | 152 |
| Toth, Christopher | 0 |

| Participant | Total |
|-------------------------|-------|
| Toth, Nick | 0 |
| Varner, Greg | 203 |
| Vaughn, Catherine | 194 |
| Vinson, Matthew | 0 |
| Waddell, Chassi | 182 |
| Walker, Brooke | 89 |
| Walker, Skylar | 0 |
| Washington, Monica | 0 |
| Waters, Marc | 201 |
| Watkins, Tommy | 225 |
| Wende, Adam R | 128 |
| Whatley, Prince | 211 |
| Wheeler, Elizabeth | 282 |
| White, Robin | 0 |
| Whitley, Mary Elizabeth | 230 |
| Whitt, Trey | 111 |
| Wiseman, Steve | 263 |
| Wyers, Ronald | 0 |
| York, Gary | 371 |

SHOW US YOUR BTC GEAR



BTC EXECUTIVE BOARD MEETING

February 10, 2025

The meeting was called to order by President Jamie Trimble.

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

Bradley Wells made a motion to approve the minutes of the January 2025 Executive Board Meeting. The motion was seconded by Kaki Jenkins and passed without opposition.

Membership (Cameron Estes)

We currently have 835 members and 663 memberships. Bradley Wells inquired about how our membership numbers compare to last year, and it was confirmed that there were 770 members at this time last year. Jamie Trimble sent an email to all former members whose memberships expired in 2024 to encourage them to renew. Approximately 8-10 members renewed as a result of this email.

Newsletter Editor (Jamie Trimble)

The February newsletter was sent using RunSignUp instead of Constant Contact. The March newsletter publication date is March 3, 2025, so please have all content to Julie Pearce by Friday, February 21, 2025.

Treasurer (Ruth Kles)

January's financials have been reconciled and all 1099's have been issued. Race directors will need to obtain a W-9 for all individuals or LLC's to whom we pay more than \$600.

1200 Mile Club (Jamie Trimble, Bradley Wells, and Matt Grainger)

We would like to welcome Matt Grainger as the new chair of the 1200 Mile Club. Bradley Wells is looking for a new patch vendor and plans to re-order 2023 patches with the 2024 patches. We intend to reopen 1200 Mile Club jacket orders and send an email to first time finishers who missed the first order opportunity. We have extra jackets in inventory from past years, so we plan to list those in the RunSignUp store and will send an email to the general membership to sell those jackets on a first come first serve basis.

Adam's Heart Runs (Vicky Brakhage)

We had a great race at this year's Adam's Heart Runs. The number of registered runners was up from last year. All expenses have been submitted and there was a profit of approximately \$300.

Social Committee (Kaki Jenkins)

The BTC Annual Party was a success. For next year, we will have to look for a different venue, as we have maxed out the capacity of Avo Upstairs. We will need to balance size versus the cost.

Merchandise (Bradley Wells)

Bradley Wells is working on new Spring and Summer merchandise. There was also a request to look into ordering more hoodies.

USATF Representative (Charles Thompson)

The Samford Track Meet will be at the Birmingham Crossplex on February 14, 15, and 16th.

IT Chair (Alan Hargrave and Jamie Trimble)

Alan Hargrave noted that we will save \$52 per month by sending the monthly newsletter from RunSignUp instead of Constant Contact. Marketing (Jamie Trimble)
We are currently focusing our marketing on Statue 2 Statue.

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

We have officially transitioned the Saturday Morning Long Run and Moderate Run groups into one Facebook group. Sarah Jensen is planning to do another introductory training group this year and is looking for ideas on a target race.

Japan Exchange (Rebecca Williamson)

We are changing the goal race for the Japan Exchange to the Vulcan Run 10K and are currently looking into sponsorships, donations, and fund-raising ideas. We are getting ready to send letters to Maebashi in a few weeks.

Statue 2 Statue (Judy Loo)

Judy Loo is working on sponsorships and new ideas for finisher swag to replace finisher medals.

New Business

The RRCA Convention is coming up on April 25-26, 2025, in Minneapolis, Minnesota. Jamie Trimble and Kim Benner attended the last two years. This year, Bradley Wells and Matt Grainger would like to attend.

Jamie Trimble made a motion to approve \$3,000 to send two members to the RRCA convention. The motion was seconded by Hunter Bridwell and passed without opposition.

The RRCA President, Lisa Ripey, really enjoyed the BTC Annual Party. She was also very impressed with our newsletter.

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



Upcoming Events

| EVENT | DATE | TIME |
|---|----------------|---------------------|
| 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. |
| Village 2 Village 10k/7.5k | 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. |
| The Bell Center 5k | March 15, 2025 | 8:00 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. |
| Rumpshaker 5k and Fun Run | 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. |
| Statue 2 Statue 15k *BTC RACE SERIES RACE* *BTC DISCOUNT* | April 5, 2025 | 8:00 a.m. |
| BTC Saturday Long and Moderate Run Groups | April 12, 2025 | 6:00 a.m./6:30 a.m. |
| Shades Crest High Country 5k | April 12, 2025 | 8:00 a.m. |
| UAB National Alumni Society Scholarship Run | April 12, 2025 | 8:00 a.m. |
| BTC Saturday Long and Moderate Run Groups | April 19, 2025 | 6:00 a.m./6:30 a.m. |
| BTC Saturday Long and Moderate Run Groups | April 26, 2025 | 6:00 a.m./6:30 a.m. |
| The Indy 5k | May 2, 2025 | 5:30 p.m. |
| BTC Saturday Long and Moderate Run Groups | May 3, 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](#).



BECOME A BTC MEMBER!
FOLLOW THE QR CODE

