

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

July 2015



A Running,



Hiking,



and Biking Club



In lieu of our monthly meeting, please join us on Tuesday, July 14th at 6:00 p.m. at the Sandy Springs Park pavilion located at 702 Best Street in Maryville for our annual summer potluck. Bring your family and/or friends and a dish or dessert to share and come join the fun!



Happy 4th of July

If you see an article or information you think would be useful/helpful to our members, please forward to Connie Ball to include in the newsletter at connieball@parksrec.com

The deadline to submit articles for next month's newsletter is Monday, July 20.

Congratulations to this year's scholarship winners: Cole Buckner and Sara Bowden!

Foothill Striders Club Leadership Directory

President: Jennifer Brigati

Tel: 318-6885 Email: jennifer.brigati@gmail.com

Vice-President: Tracy Nuchols

Tel: 679-4144 Email: tpnuchols@gmail.com

Program Chair: John Witherspoon

Tel: 577-1995 Email: plasticsp@aol.com

Communications Chair: Michelle Fortenberry

Tel: 701-720-7076 Email: fortendesign@gmail.com

Treasurer: Joyce Frey

Tel: 518-1975 Email: jmfrey@comcast.net

Secretary: Irene Guerinot

Tel: 406-7200 Email: renaki507@gmail.com

CLUB COMMITTEES:

Hiking Committee Chair: Whitney Gratz

Tel: 661-3214 Email: whitney.gratz@yahoo.com

Hike Leaders:

Steve Larrabee (567-1950) stelar40@aol.com

John Barrow (982-3879) barrowjh@att.net

Running Committee Chair: Brian Payne

Tel: 363-4851 Email: Bmpkdp15@gmail.com

Biking Committee Chair: Ernie Frey

Tel: 403-2832 Email: ernest.frey@comcast.net

Co-Chair: Eleanore Womac Email: ejwomac@gmail.com

Membership Committee Chair: Michelle Nuchols

Tel: 621-2403 Email: jmnuchols@att.net

Scholarship Committee Chair: John Jagger

Tel: 981-8861 Email: jjagger@charter.net

Adopt-a-Highway Chair: Open

Scholars Run Committee Chair: Wendi Walker

Tel: 964-3926

Email: wendi0724@gmail.com

Tour de Blount Event Director: Eleanore Womac

Tel: 414-8112 Email: ejwomac@gmail.com

Webmasters: Michelle Fortenberry & Jennifer Brigati

Tel: 701-720-7076 Tel: 318-6885

Email: fortendesign@gmail.com jennifer.brigati@gmail.com

Newsletter Contact: Connie Ball

Tel: 983-9244 (Parks & Rec.) Fax: 983-8831

Email: connieball@parksrec.com



**Join or Renew
Online**

An on-line account has been set-up on the club's website, where you can become a member or pay dues.

**Visit the Club's web site at
WWW.FOOTHILLSTRIDERS.ORG**



MINUTES OF THE FOOTHILL STRIDERS'
JUNE 4, 2015 CLUB MEETING
As recorded by Club Secretary Irene Guerinot



President Jennifer Brigati called the meeting to order at 7:00PM at Calhoun's Restaurant, welcoming the 25 people in attendance. In accordance with the club bylaws, there was a quorum of members present.

Minutes – Upon a motion and a second, the minutes of the May 7, 2015 meeting were approved.

President's Report – Jennifer had a few reminders for the membership:

- Pistol Ultra: 1) Many volunteers will be needed, 2) If you are participating as a runner, check the newsletter for a 10% discount code.
- Club Picnic in July: Potluck, please bring a dish to share. Katie Walters is in charge.
- New Club Shirts: Orders are due June 15.
- Website Maintenance: Any member who would like to have information added should contact Jennifer.

Treasurer's Report – Joyce reported that the club account is very healthy due to Tour de Blount. She also stated that a lot of participants registered on-line through Active. The Treasurer's Report was approved as submitted.

Membership Report – Michelle Nuchols had samples of the new club t-shirts. She stated orders can be placed through her or through our FB page.

Running Report – Brian Payne informed the membership of the numerous races ran during the month of May (Smoky Mountain Half Marathon, Farragut 13.1, Zombie 10K, Ted Russell), and the many PRs attained by members. The Scholars Run 5K, hosted by the Foothill Striders, is taking place August 8th and Wendy Walker is coordinating.

Hiking Report – Whitney Gratz announced the June 13th hike to Ramsey Cascade. Check the newsletter for more information. Whitney will be stepping down from her position as Hiking Chair in September; and a volunteer is needed to take over. Please contact any officer if you are interested.

Biking Report – Eleanore Womac expressed her appreciation for all the help Sally Joines, Tracy Nuchols, Katie Walters, and Jeff Lindsay offered before, during, and after the Tour de Blount. She stated the Sunday rides Michelle Nuchols is organizing have been a big success. Tracy Nuchols expressed his gratitude for the assistance so many volunteers offered manning the rest stops for the TdB. He presented the PR Girls with the best rest stop prize (\$100). The Girls then turned around and donated the \$100 to Kathy Nash for the "Relay for Life" event. Tracy also announced the groups that have already volunteered for the 2016 Tour de Blount: Miata Group, Lion's Club, and the PR Girls.

Scholarship Report – John Jagger announced the names of the students selected to receive the club's scholarships this year: Cole Buckner (WBHS/MHS) and Sara Bowden (MHS). Both students have participated in a large variety of running events (cross country, 800M, 5K, etc) and have a very impressive academic record (3.969/3.961 GPA respectively). Cole will be attending UTK (Kinesiology/pre-PT), and Sara will be studying Music after training to be a Boston Crusader. John also mentioned that this is the 29th year the club has been able to offer scholarships to two deserving Blount County high school graduates. To date, the club has donated \$68,900 to deserving student athletes.

New Business – The club will be ordering a six foot banner for use during athletic events.

Program – Michelle Hanks, Executive Director of the American Red Cross, East TN Chapter discussed the history of the American Red Cross; what they do to help on various levels for individual emergencies, family emergencies, community emergencies, and traveling to help in other areas. She also talked about the need and importance of volunteers.

Having no further business to discuss, the meeting was adjourned at approximately 8PM.

A message from Club President Jennifer Brigati



If you're reading this, I'm relieved to learn that you haven't melted in this heat. After complaining about all the ice and snow this winter, we have been rewarded with a scorcher of a summer. All joking aside, it is important to know your limits and to watch for signs of heat distress when you're exercising in this weather. According to the CDC, the signs you want to watch for are: heavy sweating; weakness; cold, pale, or clammy skin (or red, hot, dry skin); fast, weak pulse (or rapid, strong pulse); nausea or vomiting; high body temperature; fainting or unconsciousness. As an athlete, some of these signs may be a little hard to distinguish from your normal experience (I can't remember the last time I didn't experience heavy sweating and a rapid pulse on a run), so it is important to know your own body and respond quickly if you're feeling "weird" in a way that could be due to heat distress. Watch your running/hiking/cycling partners too; help each other to stay safe.

While hiking, cycling, and running can be very challenging in the heat, some activities are better in warm, sunny weather. Picnicking is one of my favorite warm weather activities, and the risk of heat-stroke from picnicking is relatively low. Please plan to join us for the Foothill Striders annual potluck picnic on Tuesday, July 14th at 6 pm at Sandy Springs Park. Bring your family and/or friends, and a dish or dessert to share. The club will supply the drinks. This is a great opportunity to invite a friend who is interested in the club, but nervous that they might not be able to "keep up" with the group.

Another fun activity with a low heat-stroke risk is volunteering. The Scholar's Run 5K is coming up on August 8th, and we could use a few more volunteers, particularly folks who are not running and can be on the course or at the finish line. If you are interested in helping, please contact Wendi Walker at wendi0724@gmail.com.

Take care of yourself in the heat this summer, and I hope to see many of you on the roads or greenways (in the early morning, in the shade) soon.

Jennifer



As an incentive to participating in this year's Tour de Blount, complimentary one-year memberships were offered to riders who were not already Foothill Striders members.

Marvin Beard	Philip Mummert
Greg Bradley	Mike Newcomb
DeWayne Britt	Mark Oldham
Brandon Bruce	John O'Neil
Andrew Bryson	Steve Owens
Robert Coleman	Lydia Pair
Kirby Davis	Jeff Peters
Chris Des Marteau	Michael Prescott
Edwin Deyton	Dave Prichard
Tom Dittmaier	Tony Reagan
Chris Dohahue	Dennis Ridley
Amy Dukes	Richard Roat
Zane Dukes	Deb Ross
Babs Evers	Emma Scarbrough
Hilary Gallegos	Walt Scarbrough
Jim Galo	Bill Shaffer
Russell George	William Skolfield
Karen Goodrick	Owen & Gina Snowden
Randy & Karen Hatfield	Bradley Snyder
Betsy Haughton	Matt Sunshine
Mike Headrick	Gary Surcey
Mike Jennings	Ricky Thompson
Risa Jennings	James Tornstrom
Lou Laconca	Hannah Vandeveire
Joe Leatherwood	Amit Vora
Paul Lee	Trent Webster
Marti Lewis	Brenda White
Harry McIntosh	Tony Williams
Debbie McNelly	John Wilson
Todd Morse	

JOIN US! for a hike, bike ride or run



The objective of our hiking program is to serve our members, therefore, members please let hike leaders know what kind of hikes you would like. Leaders will be especially anxious to schedule hikes for our members who are working on their 900-mile badge.



Check-out the Club's Facebook Hiking page for more hiking news!

<https://www.facebook.com/groups/158699770950942/>

HELP WANTED

Whitney Gratz will be stepping down as Hiking Chair in September, so we need someone to volunteer to fill this position. Please contact any officer if you are interested.

Saturday, July 25 We'll do a loop hike from Turkeypen Ridge Trail to Finley Cane Trail and down Bote Mountain Trail approximately 8 miles. We will leave the Olympia Athletic Club parking lot at 8:00 a.m. Please contact hike leader, David Atkins, at janddatkins@charter.net or call 865-977-1404 if interested.



Visit the Tennessee Trails Association web site www.tennesseetrails.org or the Smoky Mountains Hiking Club web site www.smhclub.org for other hiking opportunities his month.

June 13th hike to Ramsey Cascades:
Sharon Corn, Noreen Serio & David Atkins



Striders' Bikers' Facebook Page:
<https://www.facebook.com/groups/468165433262718/>

Congratulations to all those who keep raising their cycling mileage towards the 500 mile goal AND a shout out to those who have already reached it!

If you're looking for a group to ride with, check out the Sunday afternoon ride group. Times, places and distances are posted on the Foothill Striders (Bikers) page.

One of my favorite, flat rides in the area - pretty much the only flat ride in the area - is Coulter's Bridge to Tremont. However, traffic on Hwy. 321 through Townsend is crowded with distracted drivers this time of year, making it one of my least favorite places to ride! Did you know there are back roads you can bike from River Road (Old Walland Hwy.) to Townsend and back? It's a bit hillier, but may be easier on your nerves. If you do ride on Hwy. 321, stay alert and ride single file. Pedal on!

PLEASE CHECK THE STRIDERS' BIKERS' FACEBOOK PAGE AND LOCAL BICYCLE SHOPS FOR SCHEDULED RIDES IN THE AREA THIS MONTH.



RUN, BIKE OR HIKE



Running →



Running

LOCAL UPCOMING RACES

July 3 – Pilot Fireball Moonlight Classic 5K Race in Knoxville
<http://www.ktc.org/RaceFireball.html>

July 4 – One Nation Under God Independence Day 5K Race in Sweetwater
<https://runsignup.com/Race/TN/Sweetwater/OneNationUnderGodIndependenceDay5K>

July 12 – Stalk Your Quarry 5 & 10 Mile Trail Races & 1 Mile Kids Run at Ijams Nature Center in Knoxville
<http://www.ktc.org/TrailRacing.html#Quarry>

July 14 – Wolf Run 7 Mile Trail Race in Kingsport Run
http://www.runtricity.net/asp/racecal_manage.asp?action=view&racecalid=745

July 25 – Color the Smokies 5K Race in Pigeon Forge
<https://runsignup.com/Race/TN/PigeonForge/ColortheSmokies5K>

Registration for the Pistol Ultra opens soon. Since the Foothill Striders will be running the main aid station this year, club members are offered 10% off any event (discount code "FS10"). *This is for members only*, and if you're doing the relay all three runners must be club members to use the code. Please **DO NOT** post this code on social media. Also please plan to volunteer a shift with us before or after you run. We are very excited about this opportunity to partner with a fantastic local event!



Visit the Knoxville Track Club's web site at www.ktc.org for additional area races this month.



Are you a member of the Foothill Striders? Are you a runner? Then join us on Facebook at <https://www.facebook.com/groups/335896459806594/>



Don't forget to send your running photos and race news to connieball@parksrec.com for the newsletter & post them on our FB Runners page!



HATFIELD & MCCOY marathon



Vicky Cromwell, Kathy Nash, Lisa LaBair & Linda French



Jennifer Brigati finished 2nd Overall Female and Gigi Santos placed 1st in her age group!



If you haven't joined in on our group runs on Monday, Tuesday, & Thursday evenings & Saturday mornings you're missing out on the fun! Check our FB Runners page for times & locations.



Buckner and Bowden Receive Foothill Striders Scholarships for 2015



Two local long-distance runners will be entering college this fall with financial assistance from the Foothill Striders club. Cole Buckner and Sara Bowden were selected to receive \$2,000 awards through the club's annual scholarship program.

Buckner is a graduate of Maryville High School (although he attended William Blount H.S. up until his senior year). He was an excellent student, achieving an unweighted G.P.A. of 3.97. He "lettered" in track each year in high school, and in cross country his sophomore through senior years. In addition to being a true student-athlete, Buckner was also involved in extracurricular and community service activities throughout his high school career. Buckner told the club at the June meeting that he will be attending the University of Tennessee (Knoxville) and that he intends to prepare for a career in the field of physical therapy.

Bowden is also a graduate of Maryville High School and an excellent student, as well, with an unweighted G.P.A. of 3.96. In her application, her coach noted that she is the only runner (girl or boy) in the history of MHS to compete in the State cross country meet four years in a row. Bowden was unable to attend the June meeting since she is touring the country this summer with the Boston Crusaders Drum & Bugle Corps. The season will culminate at the international competition in Indianapolis in August and then she will have one week off before she begins band practice at the University of North Texas. She wants to teach music and coach track after she graduates.

The Foothill Striders' scholarships have supported deserving student-athletes since 1987. Scholarship awards to date have totaled \$68,900. Buckner and Bowden join a long list of local runners who have been recognized by the club over the years.



The Foothill Striders Club is a local, non-profit organization, which was established in the early 1980's to promote recreation and healthy lifestyles among its members and to provide them with an avenue for community service. The Club organizes various activities for the membership and the public including hikes, bike rides, runs, walks, and picnics. The Club is dedicated to promoting the healthy enjoyment of the natural recreational resources of East Tennessee.

- * Visit our web site at **www.foothillstriders.org** for club events and links to the club's hiking, biking, and running Facebook groups.
- * Regular annual membership dues are \$15 for an individual or \$20 for a family, which includes an informative monthly newsletter delivered via email.

Community Involvement

Many members also enjoy the opportunities for community involvement afforded through club membership.

- * The Club has given over \$100,000 to our local community including GSMNP.
- * The Club uses the proceeds from its annual Scholars Run to fund two \$2,000 scholarships each year.
- * The Club sponsors the annual Tour de Blount bicycle event, which attracts approximately 500-700 riders.
- * The Club has "adopted" a section of U.S. Highway 321 near Heritage High School.
- * The Striders assist with the Spring Sprint and Reindeer Run road races each year.

Foothill Striders Membership Application

Please complete this form, detach and mail to:

Foothill Striders, c/o Parks & Rec., P.O. Box 789, Alcoa, TN 37701-0789

Member Name: _____

Address/City/State/Zip Code: _____

Email Address: _____ Phone: _____

Birthday of member: _____

Type of membership: ___ Individual (\$15) ___ Family (\$20)

Please check here and add \$10 if you want paper copies of the newsletter delivered to your address: ___

Primary Interests: Running Biking Hiking Other _____

Interested in helping with: Spring Sprint Tour de Blount Scholars Run
Reindeer Run Adopt-a-Trail Program Adopt-a-Highway Program
Leading occasional group runs Leading occasional group hikes
Leading occasional group rides Organizing social events