

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

November 2016



A Running,



Hiking,



and Biking Club

PLEASE JOIN US AT OUR NEXT CLUB MEETING: THURSDAY, NOVEMBER 3

Calhoun's Restaurant

**6:30 PM "Eat & Socialize"
7:00 PM Program & Business Meeting**

*Please join us on Thursday, November 3rd
at Calhoun's Restaurant located at 751 Watkins Road
across from Target next to Smoky Mountain Brewery in Maryville.
We'll "eat & socialize" from 6:30-7:00 PM,
and the program and business meeting will begin at 7:00 PM.*

Speaker to be announced.

Visitors welcome - come enjoy the fellowship!

REMINDER!

NOVEMBER 6

**Set
Your
Clocks
Back**



NEWSLETTER

*The deadline to submit articles
for next month's newsletter is
Wednesday, November 16.*

Please forward all information to
connieball@parksrec.com

Foothill Striders Club Leadership Directory

President: Tracy Nuchols

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

Running Committee Chair: Brian Payne

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

Vice-President: Eric Weatherbee

Tel: 360-7003 Email: eric.weatherbee@gmail.com

Biking Committee Chair: Eleanore Womac

Email: ejwomac@gmail.com

Program Chair: John Witherspoon

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

Membership Committee Chair: Michelle Nuchols

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

Communications Chair: Vacant

Scholarship Committee Chair: Kathy Nash

Tel: 982-1268 Email: veggie_kathy@yahoo.com

Treasurer: Irene Guerinot

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

Adopt-a-Highway Chair: Vacant

Secretary: Meghan Cole

Tel: 850-9073 Email: mhynescole@gmail.com

Scholars Run Event Director: Wendi Walker

Tel: 964-3926 Email: wendi0724@gmail.com

CLUB COMMITTEES:

Hiking Committee Chair: Steve Larrabee

Tel: 567-1950 Email: stelar40@aol.com

Tour de Blount Event Director: Eleanore Womac

Email: ejwomac@gmail.com

Hike Leaders:

David Atkins (977-1404) janddatkins@charter.net

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

John Witherspoon (577-1995) plasticsp@aol.com

Webmasters: Jennifer Brigati & Eric Weatherbee

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

Tel: 360-7003 Email: eric.weatherbee@gmail.com

Pictures for the website should be emailed to:
thefoothillstriders@gmail.com



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

Join or Renew
Online

[Click Here](#) to become
a Club member
or to renew
your membership.

Newsletter Contact: Connie Ball

Tel: 983-9244 Email: connieball@parksrec.com

A message from Club President Tracy Nuchols



Just more or less a recap from last month's letter with one addition. I would like for you to pay close attention to the proposed changes to the by-laws that are in this month's newsletter. We as a Board are trying to make changes in the by-laws to help with the growth of the club, and to make it easier for club officers to conduct business due to the lack of attendance at our meetings. So please take the time to go over the proposed changes and provide feedback.

I also want to remind everyone of what needs to be addressed between now and January.

First of all, it's time to start planning for next year's budget. I would like to encourage you to be working on what you will need to fund the activities that you want in order for them to be successful. Whether it's a new idea or an existing event, budgeting will need to be approved within the next couple of months.

Second, the Pistol Ultra Marathon is December 31-January 1. The Striders will be manning the Main Aid Station again this year. Whether you are running or not, please mark your calendar to volunteer! If you are aiming for the 1,200 mile running club, this will be your last chance to get your volunteer credit for your 1,200 mile medal. You will receive credit for 2016 volunteering whether you volunteer on December 31 or January 1, but you need to make sure you are volunteering for the MAIN AID STATION or FINISHERS FOOD to receive your volunteer credit. If you have participated in any event of any kind, you know how treasured the volunteers are, and how important aid stations are, so come help out, cheer on, offer your help, and have a great time!

Finally, with the new year approaching, it's time to begin thinking of nominations for new club officers. There will be positions opening up, as well as a couple of positions that are already vacant. Please look over the positions posted in the newsletter and see which one interests you! If you have questions regarding positions, just ask. You may contact either myself or the current chair holder to get all your questions answered. The club needs you to continue to grow and to help reach out into the community to achieve our goals. Think about how you are contributing to your community now, and how you may be able to contribute next year and in the years to come!

Thank you,
Tracy Nuchols



A running, hiking,
and biking club.



**The Peach Family:
Jennifer, Geoff,
Edward and Miranda**

Sherry Valentine



**Thank you!
TO THOSE
That served!!** 
HAPPY VETERANS DAY!

NOVEMBER 11



NOVEMBER 24



MINUTES OF THE FOOTHILL STRIDERS'

OCTOBER 6, 2016, CLUB MEETING

As recorded by Club Secretary Meghan Cole



President Tracy Nuchols called the meeting to order at 7:05 p.m. at Calhoun's restaurant, with 18 people in attendance. In accordance with the club bylaws, there was not a quorum of members in attendance.

New Business

- Tracy explained that the Board had agreed to reduce the number of meetings to six per year: one meeting each quarter, plus a summer picnic and a holiday party. The club bylaws will also be updated to reflect a change to the quorum requirements, as 20 members will now constitute a quorum. Changes to the club bylaws will be printed in the November newsletter.
- Board positions that need to be filled in 2017 include Bike Chair and Treasurer.
- Beginning in January, membership dues for all members will be due. Memberships of those who joined the club in the last few months will rollover to 2017, however going forward, everyone's dues will be due at the first of the year so everyone will be on the same schedule.
- Tracy asked club members to think about other meeting locations since meeting attendance is down. Several suggestions were Royal Oaks and the Library. The Board will be sending out a survey to club members to fill-out anonymously regarding what they would like from the club. Our goal is to build a community-oriented club, and we all need to keep in mind how we can make the club better.
- Michelle Nuchols reminded the group that The Pistol Ultra is in need of volunteers, and stated she would share the volunteer link on the Striders Facebook page again. Tracy also reminded the group that the family run will meet two more weeks, with the last Monday run for that group being Oct. 24.

Program – Nicole Howe, an experienced runner and pacer with Marathon Pacing, talked to the group about what being a pacer entails, some of her favorite races, and how to make the most of running and racing so you can enjoy it year-round.

There being no further business to discuss, the meeting was adjourned at 7:53 p.m.

Proposed Changes to our Club Bylaws:

Article IV, Section 2. REGULAR MEMBER MEETINGS. The members' monthly newsletter preceding each meeting will print the place, day and hour of the regular ~~monthly~~ **quarterly** member meeting. Regular member meetings, with the exception of July and December, will be ~~held the first Thursday of each month~~ **announced for the following year in the December newsletter**, ~~except when the first Thursday is a national holiday, in which case the meeting will be held the second Thursday of the month.~~ The regular member meeting in July and December will be replaced by a July member picnic and a December member holiday party at places, dates and times designated by the Board of Directors and announced to the membership at the regular ~~monthly~~ **quarterly** member meeting preceding those activities.



Article IV, Section 5 QUORUM REQUIREMENTS. The presence of ~~ten (10%) percent of the~~ **twenty** members entitled to vote shall constitute a quorum for the transaction of business. The Secretary shall be responsible for verifying quorum requirements prior to any vote. When a quorum is present at any meeting, a majority of those present shall decide any question brought before the meeting, unless the question is one upon which by express provision of this corporation's charter, these by-laws or the laws of Tennessee, a larger or different vote is required, in which case such express provision shall govern the decision of such question.

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.



Striders' Hikers' Facebook Page:

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

October 29 Hike to Abrams Falls - Easy hike for beginners and families. Five miles total distance. Includes a drive around Cade's Cove which might be slow depending on the crowd. Meet at Browns Creek Shopping Center in front of Food Lion and leave at 8AM. Hike Leader: Steve Larrabee, 567-1950.

November 5 Hike to Walker Sisters' Cabin and Greenbriar School. This is an easy hike of about five miles. Hike Leader: Steve Larrabee, 567-1950. Meet at Browns Creek Shopping Center in front of Food Lion and leave at 7AM.

November 19 John Barrow, 982-3879, will lead a hike around Rich Mountain Loop. This is a moderately strenuous hike. Meet at Browns Creek Shopping Center in front of Food Lion and leave at 7AM.



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.



Pictures from last month's hikes:



On October 8th, Steve Larrabee, Andy Piercy and Jennifer McIntyre hiked Fork Ridge and Deep Creek Trails. There was an abundant wildflowers along the way.



On October 19th, Steve Larrabee and Theresa Walton hiked to Charlie's Bunion with a stop at Ice Water Springs Shelter on the way up and the Jump-off on the way back.



The Hiking Committee will meet Friday, November 11th at Panera Bread in Alcoa at 7PM to plan hikes for next month. Please join us or call Steve Larrabee at 567-1950 if you would like to help or offer your input in planning.



Striders' Cycling Facebook Page:

<https://www.facebook.com/groups/468165433262718/>



November offers two great, awesome, epilegendary cycling opportunities AND they are both on the same day - November 5! If you plan your day right, you can road ride in the morning and mountain bike in the afternoon!

THE SEVENTH ANNUAL
AMBC FALL FESTIVAL
 SATURDAY, NOVEMBER 5, 2016 - BAKER CREEK PRESERVE

PRESENTED BY **YEE-HAW** **Grayson** WITH SUPPORT FROM **WORLD** **BELL**

AMBC Fall Festival

Join the Appalachian Mountain Bike Club for a weekend of bikes, beer, food and music presented by **Yee-Haw Brewing Company**, **Sweet P's BBQ** and **Downtown Dive & Bell Bike Helmets!** We'll be at a new venue, **Baker Creek Preserve!**

On-site camping IS available (a short walk from the parking lot) and encouraged!

FEATURING:

- Group rides for all levels & **Bell Joy Ride - Knoxville, TN!**
- Skills clinics by **Sundance Mountain Bike Skills Clinics!**
- Bike Raffle** by **Tennessee Valley Bicycles!**
- Bike demos!
- Lunch from the **Savory and Sweet Truck!**

**Rider
 Lucas**

Nov. 5, 2016 @ 9am
 Cycology Bicycles
 Maryville, TN

Lucas Jones is an 8 year old boy who is fighting Alveolar Rhabdomyosarcoma. Alveolar Rhabdomyosarcoma is a cancer primarily affecting children and can be particularly aggressive. Lucas is currently undergoing a combination of therapies in his fight. All proceeds from this event will go to benefit Lucas and his family. Visit WeAreMaryville.com or [Facebook.com/myfspoke](https://www.facebook.com/myfspoke) for more details.

Please check the Striders' Cycling Facebook Page and local bicycle shops for scheduled rides in the area this month.





Running



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!



Striders' Runners' Facebook Page:

<https://www.facebook.com/groups/335896459806594/>

LOCAL RACES SCHEDULED THIS MONTH

- November 5** – [Veterans Heritage Ridge 5K Trail Run in Knoxville.](#)
- November 5** – [Nashville Ultra Marathon: 50, 60 & 70K & 50-Mile.](#)
- November 5** – [Oak Ridge Fall Classic 5K Race.](#)
- November 6** – [Starry Night Knoxville 8.5K Race.](#)
- November 12** – [Norris Dam Hard Trail Race: 25 & 50K.](#)
- November 19** – [Secret City Half Marathon & 5K Races in Oak Ridge.](#)
- November 20** – [Humana 5K Race in Knoxville. Registration Free!](#)
- November 20** – [Clayton Turkey Trot for Education 5K Race in Maryville.](#)
- November 24** – [Drumstick Dash 5K Race in Maryville.](#)

Visit the Knoxville Track Club's web site at www.ktc.org for more information regarding the above events and additional upcoming races.



The Foothill Striders will be manning the Main Aid Station again this year at the Pistol Ultra Run December 31-January 1, and we need your help!

Please go to: <http://www.pistolultra.com/volunteers> and follow the instructions to sign up for a time to help at the "Main Aid Station".



Volunteers Needed for Reindeer Run



This year's Reindeer Run is scheduled for Sunday, December 4th. Volunteers are needed to work registration, the 5K course, and the 1-Mile Fun Run. This race requires a lot of volunteers, so your assistance would be greatly appreciated. If you can help, please contact Kelly Forster at kforster@parksrec.com or call Parks & Rec. at 983-9244.

RACE HIGHLIGHTS



Another year and another Striders' group finishing a relay race stronger than the year before. Team Group Therapy finished the Bourbon Chase /Ragnar 200+ miles in 30:26:02. That was good enough to finish 164 out of 430 teams and 84 out of 278 in mixed open!! Pictured are team members Travis Wilson, Donnie Everett, Todd Hunt, Brian Payne, Katie Walters, Jeff Lindsey, Michelle Nuchols, Amy Farr, Sue Anne McDonald, Missy Lane, Joy Elfstrom, Judy Romanowski and Jennifer Moore. (Not pictured: Tracy Nuchols)

Cecil Callahan carrying Team Really's medals. The team finished 3rd at the Smoky Mountain Half-Marathon.



get out & run

You did it! Congratulations



Congratulations to Kathy Nash who brought home the Gold medal in the 1500m race walk at the East TN District Senior Olympics. She also won 2 Gold and 2 Silver medals in track events!!



2016 REINDEER RUN

Third Leg of Healthy Blount Triple Crown of Running

5K RUN & 1-MILE FUN RUN/WALK

SUNDAY, DECEMBER 4

2:00 P.M. - 5K RUN 2:45 P.M. - 1 MILE RUN/WALK

A portion of the proceeds to benefit the Empty Pantry Fund

Race sponsored by:



DATE, TIME, PLACE: Sunday, December 4, 2016 - 2:00 p.m. – Race starts in front of Ruby Tuesday Corporate Office, 150 W. Church Avenue, Maryville, TN

CHECK-IN: 12:30 - 1:30 p.m. the day of the race at the Maryville Municipal Parking Garage

REGISTRATION & ENTRY FEE: Individuals may pre-register at the Parks & Rec. office located at 316 S. Everett High Road, Maryville, TN 37804 by Monday, November 28 or online at www.parksrec.com. **Fee: Adults \$20.00 Students (18 & under) 18.00**
Day of race registration held 12:30 -1:30 p.m. **Fee: Adults \$25.00 Students \$20.00**
Fee includes a T-shirt. **Please add \$1.50 for XXL shirt orders.**

AGE DIVISIONS:
Male: 8 & under, 9-11,12-15,16-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75 & over
Female: 8 & under, 9-11,12-15,16-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65 & over
Overall: Male & Female
Masters: Male & Female (40 & older)

T-SHIRTS: All pre-registered runners will be guaranteed a shirt. Shirts will be available on the day of the race for day-of entries as long as supplies last. Those who are not able to attend the race may pick up their packet at the Parks & Rec. office after the race during regular business hours.

AWARDS/PRIZES: An awards ceremony for the Reindeer Run will be held on site immediately following the 1 Mile Run/Walk. Awards will be given to the top three finishers in each age group and to the male/female Overall and Masters winners in the 5K. All Fun Run/Walk participants will receive a ribbon. **Prizes will also be presented to two youth and two adults with the best Christmas costume. All race participants will be eligible for the free door prize drawings that will take place prior to the awards ceremony. There will also be an awards ceremony, door prize drawings and grand prize drawing for the Triple Crown of Running held on site immediately following all Reindeer Run activities.**

INFORMATION: Refreshments will be served following the race for all registered participants.

No baby strollers, bicycles, roller blades, or dogs are allowed to be used by any participant during the 5K race.

For more information, contact the Parks & Rec. office at (865) 983-9244.

DIRECTIONS: From Knoxville, take 129 S. past the airport. Just past the airport, follow the road split to the left heading towards 321 N. Go through 5 traffic lights. At the 6th light, make a right onto Church Ave. The parking garage will be at the first light on the right.

From I-75, take the Lenoir City exit and head north on 321 until you enter the Maryville City limits (water tower on left). After passing Shoney's Restaurant, go through 2 traffic lights. At the 3rd light, make a left onto W. Broadway. The parking garage will be at the 3rd light on the right.

The race will start in front of the Ruby Tuesday Corporate Office on Church Avenue.

PARKING: Parking available on E. Broadway next to Citizens Bank and in parking garages and lots on W. Church Avenue and Broadway.

COURSE: See map on reverse side.

To pre-register, detach and return form with check or money order to:
Parks & Rec. Attn: Reindeer Run, 316 S. Everett High Rd., Maryville, TN 37804
Check should be made payable to Parks & Rec.

or register online @www.parksrec.com (additional fees involved) by Monday, November 28.

2016 REINDEER 5K RUN & 1 MILE FUN RUN/WALK ENTRY FORM

Race No.

For office use only

Last Name _____ First Name _____ Sex _____
(please print clearly)

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

Birthdate: ____ - ____ - ____ Age as of Dec. 4, 2016 _____ 5K _____ 1 Mile _____
(month) (day) (year)

Shirt Size: (Circle one) **YOUTH:** MEDIUM (10-12) **ADULT:** SMALL MEDIUM LARGE X-LARGE XX-LARGE*
(*Please add \$1.50 to entry fee for XX-Large shirt orders.)

Emergency contact _____ Phone _____

ATHLETE'S RELEASE: I know that running in road races is a potentially hazardous activity. I should not enter and run in the Reindeer Run race unless I am medically able and properly trained. I assume all risks associated with running in the Reindeer Run road race, including but not limited to, falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Foothill Striders, Parks & Rec., and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Reindeer Run even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Date _____
(If under 18 years of age, Parent's signature)



The Foothill Striders Club is a local, non-profit organization, which promotes 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 to join online or to learn about club events
Find us on Facebook! Foothill Striders (Runners), Foothill Striders (Hikers) and Foothill Striders (Cyclists)

Membership Benefits Include:

- Regular group runs, hikes and rides
- Monthly newsletter delivered via email
- Eligibility to join the 1200 mile club (run/hike) or 1200 mile club (bike)

Community Involvement

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 riders.
Club members regularly volunteer at local running, cycling, and multisport events for adults and children

Foothill Striders Membership Application

Please complete this form, detach and mail to:
Foothill Striders, c/o Parks & Rec., 316 S. Everett High Rd, Maryville TN 37804

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