

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

September 2015



A Running,



Hiking,



and Biking Club



PLEASE JOIN US AT OUR NEXT CLUB MEETING:

THURSDAY, SEPTEMBER 3

Calhoun's Restaurant

6:30 PM "Eat & Socialize"

7:00 PM Program & Business Meeting

Please join us on Thursday, September 3 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!

Scholars RUN 2015

**The Striders'
39th annual
Scholars Run
was a huge success.
More details inside!**



**HAPPY
LABOR
DAY**

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: Vacant

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: Vacant

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

**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.

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



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

A message from Club President Jennifer Brigati

One of my favorite things to do is look at the pictures posted to our Facebook groups each day. A picture was posted in the Foothill Striders (Bikers) group yesterday that made me so happy; there were 20 people on a recent Sunday afternoon ride. When I first became involved with the Striders there were regular group runs and hikes, but no regular rides. Thanks to the efforts of some of our fabulous members, we now have a group that rides every Sunday. I think their secret recipe for getting a group ride going was a combination of being welcoming to riders of all levels, and planning the rides to end near ice cream shops. If you haven't joined them for a ride yet, just check the Facebook page for the location and time, and bring your safety gear and appetite!

The hiking division of our club is also doing well, but the addition of a new little hiker to the club (Baby Gratz) means that Whitney needs to step down as our hiking chair. The hiking chair coordinates the monthly hikes and provides information about these excursions for the club newsletter and local newspaper. The chair is also a board member, representing hiking interests on the Foothill Striders board. This person does not have to lead hikes, although they are certainly welcome to do so if they are so inclined. If you are interested in serving as our hiking chair for the remainder of 2015, please contact me or one of the other board members.

Our contingent of runners has also been busy lately, with group runs being held each Monday, Tuesday & Thursday evening at Pearson Springs. These folks have also been running plenty of races, including our Scholars Run that was held on August 8th. Please join me in thanking Wendi Walker and her team for directing a fabulous Scholars Run this year. Wendi has agreed to direct the event again next year, and is already planning how to make the 40th anniversary race the best one yet.

When you're not busy biking, hiking or running, please take a minute to thank our sponsors or patronize their businesses. We are grateful to Blount Discount Pharmacy, Blount Memorial Hospital, The Daily Times, Anderson Lumber Co., Perennial Ponds, Knoxville Endurance, Morrell Investments, Assured Storage, The Pistol Ultra, Pokey's & Sports, and WS Packaging Group for their sponsorship of the 2015 Scholars Run. Our events and programs would not be possible without the support of these sponsors.



Please support our partners and sponsors!

The Foothill Striders would like to thank:

Anderson Lumber Company,
Assured Storage,
Blount Discount Pharmacy,
Blount Memorial Hospital,
Bobby Beatty Used Cars,
Broadway Carpets,
Cirruspath, Cycology,
The Daily Times,
Emergency Communications Services
of Blount County,
Everett Hills Baptist Church,
Garza Law Firm,
Knoxville Endurance, Kroger,
Maryville-Alcoa-Blount County
Parks & Rec.,
Morrell Investment Management,
Perennial Ponds,
Provision Health Partners,
Ruby Tuesday, The Pistol Ultra
Vienna Coffee House,
Woody's Gas Station,
and WS Packaging Group

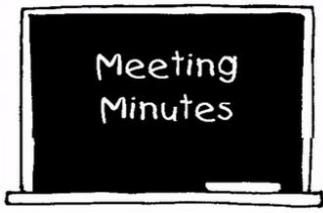
for their support.

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, September 21.



McLaughlin Family



MINUTES OF THE FOOTHILL STRIDERS' AUGUST 6, 2015 CLUB MEETING

As recorded by Club Secretary Irene Guerinot



President Jennifer Brigati called the meeting to order at 7:00 p.m. at Calhoun's Restaurant, welcoming the 24 people in attendance. In accordance with the club bylaws, there was a quorum of members present.

Minutes – A motion was made to approve the minutes of the June 4, 2015 meeting as submitted. The motion was seconded and unanimously approved.

President's Report – Jennifer announced that in 2016 Irene Guerinot will step down as Secretary and assume the duties of the Treasurer. The Club will need a new Secretary in 2016, and in September a new Hiking Chair. Please contact any officer if you are interested in serving on the board. Jennifer initiated a conversation about the selection of the Striders scholarship recipients. Issues discussed include eligibility, citizenship, selection, requirements, volunteerism, etc. This topic will be discussed further at our September meeting. John Jagger will compose a short history of the Striders' scholarship program and distribute to members.

Treasurer's Report – Nothing reported.

Membership Report – Nothing reported.

Running – Wendi Walker announced that although many members had volunteered for the Scholars Run more volunteers were still needed; she asked those who could help to show up early at Cooper Athletic Center at Maryville College the morning of the race. Brian Payne urged members to brag on themselves; go on the Striders' FB page and list their PR, etc. The month of July and early August was very busy for the Club with the Midnight 8K race, Sweetwater Triathlon, and Springbrook Sprint Triathlon.

Hiking – Nothing reported.

Biking – Eleanore Womac brought a few 2015 Tour de Blount shirts that were still available for anyone who wanted to purchase (\$10). The Sunday rides continue with great participation; Tracy Nuchols announced the "2 group options"; two groups of different speeds to allow a group to push themselves if they feel it, and a group for comfort. No one is left behind. Check the FB page; soon the riders will be coming up with riding skills workshops, seminars, and clinics.

New Business – Michelle Nuchols reminded members that runners who have reached 600 miles by the end of June will be receive a coupon from Fleet Feet with in-store discounts via e-mail!

Program - There was no program this month.

Having no further business to discuss, the meeting was adjourned at 7:35 p.m.

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/>

**HELP
WANTED**
**HIKING CHAIR
NEEDED!**

Please contact any officer if you're interested in helping.

Saturday, September 19 We'll hike out of Elkmont Campground to Meigs Mountain Trail to Curry Mountain Trail and back to Metcalf Bottoms. This loop hike is approximately 8 miles. We'll leave the Olympia Athletic Club parking lot at 8:00 a.m. Please contact hike leader, David Atkins at jandd@charter.net or call 865-977-1404 if interested in participating.

Friday & Saturday, September 18 & 19 Several members will be camping in Cosby and hiking Mt.Cammerer - Friday, we'll start at Big Creek ranger station, hike up the Appalachian Trail and take Lower Mt. Cammerer Trail to Cosby campground. Saturday, we'll hike up Low Gap from Cosby, take the Appalachian Trail to Mt. Cammerer Trail to the fire tower and back, then down Chestnut Branch to Big Creek. Each day is about 12 miles, moderately strenuous. If you're interested in joining us, please call Steve Larrabee 865-567-1950.



Also, visit the Tennessee Trails Association web site www.tennessee trails.org or the Smoky Mountains Hiking Club web site www.smhclub.org for other hiking opportunities this month.



Pictured on a hike to Turkeypen Trail are Patti Jelinski, Sherry Ball, Russ Youngblood, Jim Self, Sharon Corn and David Atkins. Noreen Serio was taking the picture.



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

As fall approaches, so will lower temperatures and lower humidity! Hooray! September should be a great month to up your mileage a little bit since you've been training in some pretty wicked heat and humidity. Maybe you don't want to up your mileage - try climbing the Foothills Parkway or riding to Elkmont. If you start early in the morning, vehicle traffic is greatly reduced. Buy a blinking red light to put on the back of your bike. You will be more visible, even in daylight, to drivers. Our Sunday bike rides are no drop rides. These rides now have 2 groups allowing the front group to push themselves if they would like, while providing a second group option geared more for those interested in road cycling, but just beginning. Not only do we have an additional Thursday ride, but we have added Wednesday rides as well!

And a huge shout-out to our bicyclists (and other club members) who are using their biking skills to do triathlons. Relay teams are so much fun! Think about forming one and doing a Tri this fall or next spring.

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



Running →



Running

FOOTHILL STRIDERS 39TH ANNUAL Scholars RUN 2015

The 2015 Scholars Run 5K & 1 Mile Fun Run/Walk was a big success, with just under 300 runners registered for the two events. This year, the 1 mile run started 45 minutes after the 5K race so that families could run together, which was a big hit with participants. The weather on August 8th was ideal, with cooler temperatures and less humidity than usual, allowing for some fast times.

The overall winners of the 5K race were Travis Wilson (17:12) and Emily Bell (18:19). The Masters winners were Keith Gemeinhart (18:21) and Kathy Wolski (18:33). The youngest finisher was Cade Robinson (Age 4) and the oldest finisher was Charles Kern (Age 86 with a finish time of 30:56!). There were many first-timers at the race, and we congratulate each of them on finishing their first 5K.

We are thankful to the many sponsors who made this event possible: Blount Discount Pharmacy, Blount Memorial Hospital, The Daily Times, Anderson Lumber Company, Perennial Ponds, Knoxville Endurance, Morrell Investments, Assured Storage, The Pistol Ultra, Pokey's & Sports, and WS Packaging Group. We would also like to extend a special thanks to Aaron Clark of Blount Discount Pharmacy who announced the awards at the event, and to Parks & Rec. for their assistance. The Scholars Run is our main fundraiser for the scholarships we award to deserving Blount County students each year, and these sponsors and partners allow us to continue this scholarship program.

Please make plans to join us for the 40th annual Scholars Run next year!



Overall Male
Travis Wilson



Overall Female
Emily Bell



Our own First Place Winners:
Jennifer Brigati & Kathy Nash



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!

LOCAL UPCOMING RACES

September 5 – The Cancer Kicking 5K Race in Lenoir City
<https://runsignup.com/Race/TN/LenoirCity/CancerKicking5k>

September 12 – The Road Home Half Marathon and 5K Race in Somerset, KY
<http://www.theroadhomehalfmarathon.org/>

September 13 – Townsend 15K
<http://www.ktc.org/RaceWearsValley.html>

September 20 – Anchor Splash Triathlon in Knoxville
3 Mile Run/ 6 Mile Bike/ 300 Yard Swim
<https://racedayevents.net/events/anchor-splash-sprint-tri/>

September 26 – Marine Mud 5K Off-Road Run in Knoxville
<http://www.knoxmud.org/>

September 26 – Team Faith 5K in Maryville
<https://runsignup.com/race/tn/maryville/oneless5kbyteamfaith>

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



Join us on our group runs
on Monday, Tuesday, &
Thursday evenings &
Saturday mornings.
Check our FB Runners
page for times & locations.



A big THANK YOU to all those who volunteered for the event!





AN OVERVIEW OF THE FOOTHILL STRIDERS' SCHOLARSHIP PROGRAM

The Foothill Striders organization was established as a running club in the early 1980s. In addition to supporting members in their pursuit of fitness and healthy living through running, beginning in 1987 the club also established an annual scholarship program. The early club members believed that such a program would be a fitting community service project, and that high school distance runners do not receive the recognition and support that athletes in many other sports enjoy. For the past 29 years, the Striders have supported local distance runners by offering two scholarships each year to graduating high school seniors -- one each to a boy and girl runner. Awards started out at \$400 each, and that figure has been adjusted over the years to the current award of \$2,000. To date, nearly \$70,000 has been awarded to deserving local student-athletes through the program.

The application requirements have remained simple and straightforward over the years. Applicants are asked to document their distance running (one mile or more) resume on the application. They are also required to submit their high school transcript and an acceptance letter from the school they plan to attend. If they want to, applicants also have the option of submitting letters of recommendation, a personal essay and/or a resume of community service.

In general, the selection committees over the years have first considered the strength of the applicants' running resume. They then review the applicants' transcripts in an effort to determine whether there is a reasonable likelihood that they can succeed in college. Finally, the personal information (if submitted) has sometimes been used as a "tie-breaker" in order to determine the recipient. It has not always been the fastest runner, or the student with the highest GPA, or the person with the most service to the community that has received the scholarship award. The club can be very proud, however, of the impressive group of well-rounded student-athletes who have received the scholarship awards. They are strong runners who are dedicated to the sport; they are good-to-excellent students; and they are responsible citizens, as well.

At the August meeting, the question was raised as to why the award is limited to distance runners and not to young hikers or bikers, as well. It was noted that in its early years the Foothill Striders was a club for (distance) runners. The hiking and biking components of the club evolved later. It was also mentioned at the meeting that it is less subjective to evaluate a group of runners (who are timed over a range of set distances), as opposed to hikers or bikers. It was noted that triathletes are eligible to apply since they would meet the distance running requirement.

The scholarship program has been very successful over the years. That does not mean that it should not be reviewed, and amended if it can be improved for the future. Any such effort, however, should recognize why and how the program got started, and the fact that it has served nearly sixty very deserving student-athletes over the years. To that end, it is hoped that this brief overview can be a helpful beginning to such a review and evaluation.

John Jagger



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