

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

April 2016



A Running,



Hiking,



and Biking Club

PLEASE JOIN US AT OUR NEXT CLUB MEETING:



THURSDAY, APRIL 7

Calhoun's Restaurant

6:30 PM "Eat & Socialize"

7:00 PM Program & Business Meeting

Please join us on Thursday, April 7 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.

Our speaker will be William Norris from Bike N Tri, who will discuss bike prep before a race, in addition to bike tips and services offered.

Visitors welcome - come enjoy the fellowship!



Spring is finally here, and the Striders has a lot of activities planned for the upcoming months. Please join us for a hike, bike ride or run or maybe even volunteer to help with the Tour de Blount or Spring Sprint. We promise you'll have a great time!

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: Michelle Fortenberry

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

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: New Chair Needed

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

Webmaster: Jennifer Brigati

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

Newsletter Contact: Connie Ball

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

A message from Club President Tracy Nuchols

I hope everyone is doing great and has been enjoying this beautiful weather we have had for the past few days. Whether you like to bike, hike, or run it has been great for all of them. I know as spring approaches, everyone will want to be outside. It's been a cold winter, and many are ready to get moving! In doing so, I hope that you will take every opportunity to join one of our group activities. Not only will you make great friendships, you will become a part of something bigger that promotes healthy habits and motivates yourself and others! I want to remind you that we offer regular group runs throughout the week, regular bike rides now that weather is more favorable, and watch our website for information on upcoming planned hikes. We have three Facebook pages (one for each interest) to keep you informed.



***Kenneth Baker & Family
Cherie & Robert Banner
Chuck Blair & Family
Susan Cornett & Family
Joel Frick
David Lantz
Crystal & Sonny Lasky
Lenore & Martin Odendaal
Eric Rice***

On March 12th, a few of us were able to play a part in the Great Smoky Mountains Scavenger Hunt at Tremont. The Foothill Striders provide partial sponsorship for this event each year, as well as having members participate. We were able to get a look into how much research, physical and mental exertion, and time it took to accomplish this feat. Congratulations to all the teams who took part. If this is not an event you are familiar with, I would encourage each of you to mark your calendars for next year, pull together a team, or volunteer to help to where needed.

We are still working hard to finalize details on this year's Tour de Blount on May 14th. Please consider volunteering your time to help make this the most successful year yet, and have our 25th annual ride a hit!

*Thank you!
Tracy Nuchols*



Kathy Nash, Patti Jelinski, Kathryn King, Rasr from Germany and Kathy Swartz participated in the Tremont Scavenger Hunt on March 12th.

If you have information you would like to include in our next newsletter, please forward to Connie Ball at connieball@parksrec.com

The deadline to submit information is Monday, April 18.



MINUTES OF THE FOOTHILL STRIDERS'
MARCH 3, 2016 CLUB MEETING
As recorded by Club Secretary Meghan Cole



President Tracy Nuchols called the meeting to order at 7 p.m. at Calhoun's restaurant with 27 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 February 4, 2016, meeting were approved as submitted.

Treasurer's Report – Irene Guerinot distributed copies of the March 2016 Treasurer's Report, and stated the club is financially healthy. She stated she has started the paperwork for the Scholars Run and has also paid part of the fees. She stated the insurance for the bike club has increased, and she is also looking into the insurance for the Tour de Blount. Upon a motion and a second, the Treasurer's Report was approved as submitted.

Cycling Report

- Eleanore Womac brought medals for those who had not yet received theirs for completing the 500 Mile Challenge.
- Meredith McKinney suggested the club have bike jerseys made. Eric Weatherbee stated he would contact Nic Hankins about designing the jerseys.
- Eleanore announced she had posted a change in Sunday rides on the cycling Facebook page. There will now be three distinct groups: A, B and C. This change will allow for everyone to ride as safely as possible. The groups will be determined by pace, and will have established rollout times so bikes and cars can easily coexist on the roads.
- A volunteer sign-up sheet for the Tour de Blount will be circulated at the April meeting; Eleanore stated that volunteers are vital to the success of the event. Tracy stated there will be six rest stops this year, which means more volunteers will be needed than in previous years. A volunteer will also be needed to help with the kids' ride. \$2,000 has been secured from sponsors, 70 riders have already signed up, and the logos have been designed. Eleanor stated the event will start at Heritage High School this year; although the routes will set out in different directions, they will all end at Heritage. Check the cycling Facebook page for the Tour de Blount routes and more information.

Hiking Report – Nothing reported.

Running Chair – Brian Payne discussed upcoming races: Resurrection Run March 26, Spring Sprint April 9, PRC Superhero 5K April 16. He congratulated Becky Tener who won her age group at the Strawberry Plains Half Marathon, Eric Weatherbee who placed third in his age group at the Whitestone 30K, and all others who have raced recently.

Old Business – Volunteers are needed to man the Striders' booth and the water stop the club is sponsoring at the Resurrection Run on March 26th. Those interested in volunteering should email Tracy. The club's new banner will be displayed at our booth that day.

New Business

- Tracy stated he would like to create groups within the club; a sponsorship committee, a PR committee and a volunteer committee. These committees can help lessen the burden on one single club member, and overall teamwork will make securing sponsors, promoting the club, and organizing volunteers easier.
- Tracy also discussed that the website had been down recently. Jennifer Brigati was able to get the site up and running again, but the club is in need of someone to maintain and update the website in WordPress.

Program – Tom Howe, President of the Knoxville Chapter of the Tennessee Ornithological Society and a staff member of Foothills Land Conservancy, discussed birds of Tennessee and the Smoky Mountains.

There being no further business to discuss, the meeting was adjourned at 8:00 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/>

April 2nd Cades Cove Stroll: The group will choose either a 4 or 8 mile hike around and through Cades Cove, cutting across the cove on either Sparks Lane or Hyatt Lane. This is an easy hike, great for beginners or casual hikers. Meet at Olympia Athletic Club parking lot and leave at 8 AM. Hike Leader: John Witherspoon, 577-1995.

April 9th Steve and Andy will be hiking Thomas Divide Trail to Sunkota Ridge down to Deep Creek parking lot near the Deep Creek Campground. This is a strenuous hike greater than 15 miles. We will camp the night before at Smokemont Campground. Meet at the Thomas Divide trailhead, 3 miles south of Newfound Gap at 9 AM. Call Hike Leader Steve Larrabee at 567-1950 before the 8th if you plan to come. You are welcome to camp with them.

April 9th Little River Trail Wildflower Hike: Hike length to be determined by group. We will hike out as far up Little River as the group wants to go and then hike back. This is an easy hike on a wide level trail following the Little River with a couple of waterfalls. Meet at Olympia Athletic Club parking lot and leave at 8 AM. Hike Leader: John Barrow, 982-3879.

April 23rd Maddron Bald Trail to Old Settlers Trail to McCarter Cabin. Moderate hike but short; less than 5 miles. Old stone walls, chimneys and the McCarter Cabin built in 1876 and recently restored are features of this hike. Meet at Olympia Athletic Club parking lot and leave at 8 AM. Hike Leader: Steve Larrabee 567-1950.



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.



The Hiking Committee meets the second Friday of each month at Panera Bread in Alcoa at 7 PM to plan hikes for the following month. Join us if you would like to help or offer your input in planning. April's meeting will be the third Friday on the 15th due to camping trip on the 8th.

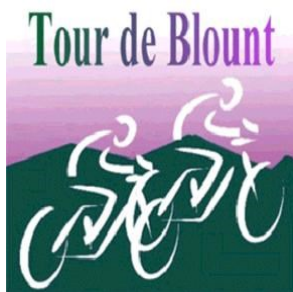




Striders' Cycling Facebook Page:

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

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



Fast approaching - the 25th Tour de Blount!

When: May 14 @ 7:30 am - 2:30 pm

Where: Heritage High School

Who: Riders and Volunteers

What: 18/25, 40, 63 and 72 mile routes



Sally Joines and Tracy Nuchols have both returned to offer their enthusiastic talents to the TdB'16 Committee! Their personalities help make the Tour the fun, rider-friendly event it needs to be to encourage riders to participate. Both contribute many, many hours planning. Many of you have asked about volunteering - THANK YOU! Volunteers make the Tour possible and fun. Tracy will be organizing the rest stops. Besides good weather, great rest stops are probably the most important factor for a successful Tour de Blount! Last year was awesome, please contact Tracy if you'd like to cheer the riders along their journey. Sally will be coordinating all other volunteers - those for packet pick-up, set-up, day of registration, lunchtime, breakdown - we need lots! All volunteers get a cool TdB shirt and our unending appreciation! And of course, it is our 25th birthday and Sally has assured us there will be BIRTHDAY CAKE!

Our Sunday rides have begun, and Mike Jennings has graciously agreed to help coordinate and lead on Sunday! Watch FB for updates on rides and especially for those "WILD CARD" Sundays - Mike's special picks for rides around the area!



SAFETY - SAFETY - SAFETY

Always wear a helmet. Always.



Assume drivers on the road are not paying attention. Our roads are narrow and curvy (and hilly) and most do not have yellow lines or road markings. Cars commonly drive in the center of the road - therefore, RIDE as close to the right side of the road as possible. Please help keep yourself and your fellow cyclists safe!

Eleanore



Running
→



Running



Are you a member of the Foothill Striders?
Are you a runner? Then join us on Facebook:

<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

April 2 & 3 – Covenant Health Knoxville Marathon,
Half Marathon and 5K Races
<http://knoxvillemarathon.com/>

April 9 – Spring Sprint 5K Race in Alcoa.
[Click Here to register on-line](#) or see registration form
elsewhere in the newsletter.

April 10 – I.C. King of Trails 7-Mile Race in Oak Ridge.
<http://www.ktc.org/TrailRacing.html#King>

April 16 – [PRC Superhero 5K Race](#) in Maryville

April 16 – Chickamauga Chase 15K & 5K Road Races
and 8-Mile Trail Race in Ft. Oglethorpe, GA.
<http://www.chickamaugachase.com/events/trail-race.cfm>

April 17 – Trideltathon Sprint Tri
400-Meter Swim, 6-Mile Bike, 3-Mile Run in Knoxville.
<http://www.ktc.org/TrailRacing.html#DarkHollow>

April 22 – Earth Day 5K Race in Gatlinburg.
<http://www.gatlinburg.com/events/details.aspx?id=112>

April 23 – Fun at the Fort 5K Race in Fort Loudon.
For more information, contact [Lorie Samples](#).

April 30 – [Cornerstone Race for Recovery to benefit
Susannah's House](#) in Alcoa.

April 30 – Three Sisters Ultra Festival at Maryville
College <http://ultrasignup.com/register.aspx?did=35363>

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

*Don't forget about our group runs on Monday, Tuesday
and Thursday evenings and Saturday mornings.
Check our FB Runners page for times and locations.*



Join fellow Striders members in the 1200 mile club for runners/walkers in 2016! Just join the Foothill Striders
(Runners) group on Facebook, and look for the 1200 mile club post at the end of each month. Club members who
complete 1200 miles on foot and volunteer for at least one Striders' supported event in 2016 will receive a medal.

RACE Highlights™



Whitestone 30K

Brandy Barton,
Michelle Nuchols,
Eric Weatherbee,
Katie Walters, Amy Farr,
Wendi & Jason Walker,
and Jeanne Williams
at the Whitestone 30K.



CONGRATULATIONS TO ALL OUR WINNERS THIS MONTH!



Warrior 10 Miler

Big winners at the Warrior
10 Miler on March 12th:
Brent Beuche 2nd Overall
David Black, ←
Taylor Coad 4th Overall
and Becky Tener 3rd in
her age group. →



Andy Atkinson placed 3rd
in his age group at the
Barleys St. Patrick's Day 5K.



VOLUNTEERS NEEDED FOR SPRING SPRINT

Parks & Rec. is sponsoring the annual Spring
Sprint road race on Saturday, April 9th. If you're
planning on running in the race, that's great. If
you're not participating as a runner, please
consider participating as a **VOLUNTEER**. Parks &
Rec. counts on the club's help each year for this
event, and this is one way we can thank them for
the assistance they give the club all year long.
If you can help, please contact Kelly Forster at
983-9244 or kforster@parksrec.com. Thank you!



2016 SPRING SPRINT

5K RUN & 1 MILE FUN RUN/WALK

SATURDAY, APRIL 9, 2016

8:30 A.M. - 5K RUN 8:35 A.M. - 1 MILE FUN RUN/WALK

A portion of the proceeds to benefit the
Area 15 Special Olympics

Race sponsored by:



MEET AT MOE'S ALCOA
HAMILTON CROSSING



DATE, TIME, PLACE:	Saturday, April 9, 2016 - 8:30 a.m. - Springbrook Recreation Center, 1537 Dalton Street, Alcoa, TN 37701
CHECK-IN:	7:15 - 8:00 a.m. the day of the race
REGISTRATION & ENTRY FEE:	Individuals may pre-register at the Parks & Rec. office located at 316 S. Everett High Road, Maryville, TN 37804 by Monday, April 4 or online at www.parksrec.com. Fee: Adults \$20.00 Students (18 & under) \$18.00 Day of race registration held 7:15 - 8:00 a.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 & up 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 runners will receive a quality, cotton/poly blend T-shirt. Shirts will be available on the day of the race for day-of-race entries as long as supplies last. Those who do not get their packets on race day may pick them up at the Parks & Rec. office approximately 2 weeks after the race.
AWARDS/PRIZES:	An awards ceremony will be held on site immediately following the race at approximately 9:30 a.m. Awards will be given to the top three finishers in each age group. All Fun Run/Walk participants will receive a ribbon. <i>Race participants will be eligible for nice door prize drawings immediately following the 5K race.</i>
GENERAL INFORMATION:	No baby strollers, bicycles, roller blades or dogs are allowed to be used by any participant during the race. The use of headsets is not recommended due to traffic on race route. Refreshments will be served immediately following the race for all registered participants. For more information regarding this race or the Triple Crown of Running, please contact the Parks & Rec. office at (865) 983-9244.
<u>NEW!</u> RACE ROUTE:	The 5K course starts and ends at Springbrook Rec. Center. The route goes along Alcoa Rd. to Mill St. to Faraday, <u>right</u> on Springbrook Rd., <u>left</u> on E. Edison, <u>left</u> on Wright, <u>left</u> on Vose, then continues on Faraday, Lodge and back to Alcoa Rd. to the finish line. The course is rolling and winds through a quiet neighborhood. Course/Finish line closes one hour from start time.
DIRECTIONS:	From Knoxville, take 129 South to Wright Road (at Shoneys on left just before airport). Make a left onto Wright Road and go through two traffic lights. Make a right onto Alcoa Road. Springbrook Recreation Center will be on your left.

Detach and return form with check or money order to:
Parks & Rec. Attn: Spring Sprint, P.O. Box 789, Alcoa, TN 37701-0789
or register online @www.parksrec.com (additional fee involved)
Check should be made payable to Parks & Rec.

Race No.

For office use only

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

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

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Birthdate: ____ - ____ - ____ Age as of **April 9, 2016** ____ 5K Run ____ 1 Mile Run/Walk ____
(month) (day) (year)

Shirt Size: (Circle one) **YOUTH:** MEDIUM (10-12) **ADULT:** SMALL MEDIUM LARGE X-LARGE XX-LARGE*

Would you like to donate \$1.00 to our Scholarship Fund for disadvantaged children? ____ Yes ____ No

Amount enclosed \$ _____ (*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 Spring Sprint road race unless I am medically able and properly trained. I assume all risks associated with running in the Spring Sprint road race, including but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, 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 Parks & Rec., Foothills Striders, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Spring Sprint road race 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 500 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