

# On the Wing

WWW.FOOTHILLSTRIDERS.ORG

January 2016



A Running,



Hiking,



and Biking Club

HAPPY  
NEW YEAR  
2016!



## **PLEASE JOIN US AT OUR NEXT CLUB MEETING:**

**THURSDAY, JANUARY 7**

**Calhoun's Restaurant**

**6:30 PM - "Eat & Socialize"**

**7:00 PM - Program & Business Meeting**

Please join us on Thursday, January 7<sup>th</sup> at Calhoun's on the Creek located at 751 Watkins Road across from Target next to Smoky Mountain Brewery in Maryville at the corner of Hwy 129 and 321.

We will "eat and socialize" from 6:30-7:00 PM, and the business meeting will begin at 7:00 PM.

They'll be no speaker this month. We will however elect new officers, discuss and vote on the budget, discuss our scholarship program, and recognize members who qualified in 2015 for the 1200 mile club (running/walking), 500 mile club (cycling), and 900 mile club (hiking). Please try and join us for this very important meeting.

### **Slate of Officers and Committee Chairs for 2016:**

**President: Tracy Nuchols**

**Vice-President: Eric Weatherbee**

**Secretary: Meghan Cole**

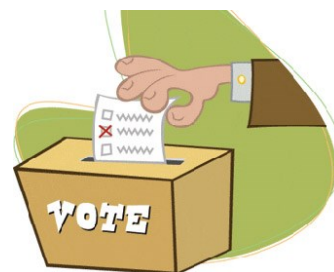
**Treasurer: Irene Guerinot**

**Running Chair: Brian Payne**

**Biking Chair: Eleanore Womac**

**Hiking Chair: Steve Larrabee**

**Program Chair: John Witherspoon**



# Foothill Striders Club Leadership Directory

**President:** Jennifer Brigati

Tel: 318-6885 Email: [jennifer.brigati@gmail.com](mailto:jennifer.brigati@gmail.com)

**Vice-President:** Tracy Nuchols

Tel: 679-4144 Email: [tpnuchols@gmail.com](mailto:tpnuchols@gmail.com)

**Program Chair:** John Witherspoon

Tel: 577-1995 Email: [plasticsp@aol.com](mailto:plasticsp@aol.com)

**Communications Chair:** Michelle Fortenberry

Tel: 701-720-7076 Email: [fortendesign@gmail.com](mailto:fortendesign@gmail.com)

**Treasurer:** Joyce Frey

Tel: 518-1975 Email: [jmfrey@comcast.net](mailto:jmfrey@comcast.net)

**Secretary:** Irene Guerinot

Tel: 406-7200 Email: [renaki507@gmail.com](mailto:renaki507@gmail.com)

## **CLUB COMMITTEES:**

**Hiking Committee Chair:** New Chair Needed

**Hike Leaders:**

Steve Larrabee (567-1950) [stelar40@aol.com](mailto:stelar40@aol.com)

John Barrow (982-3879) [barrowjh@att.net](mailto:barrowjh@att.net)

David Atkins (977-1404) [janddatkins@charter.net](mailto:janddatkins@charter.net)

**Running Committee Chair:** Brian Payne

Tel: 363-4851 Email: [Bmpkdp15@gmail.com](mailto:Bmpkdp15@gmail.com)

**Biking Committee Chair:** Ernie Frey

Tel: 403-2832 Email: [ernest.frey@comcast.net](mailto:ernest.frey@comcast.net)

**Co-Chair:** Eleanore Womac Email: [ejwomac@gmail.com](mailto:ejwomac@gmail.com)

**Membership Committee Chair:** Michelle Nuchols

Tel: 621-2403 Email: [jmnuchols@att.net](mailto:jmnuchols@att.net)

**Scholarship Committee Chair:** John Jagger

Tel: 981-8861 Email: [jjagger@charter.net](mailto:jjagger@charter.net)

**Adopt-a-Highway Chair:** New Chair Needed

**Scholars Run Event Director:** Wendi Walker

Tel: 964-3926 Email: [wendi0724@gmail.com](mailto:wendi0724@gmail.com)

**Tour de Blount Event Director:** Eleanore Womac

Tel: 414-8112 Email: [ejwomac@gmail.com](mailto:ejwomac@gmail.com)

**Webmasters:** Michelle Fortenberry & Jennifer Brigati

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

Email: [fortendesign@gmail.com](mailto:fortendesign@gmail.com) [jennifer.brigati@gmail.com](mailto:jennifer.brigati@gmail.com)

**Newsletter Contact:** Connie Ball

Tel: 983-9244 (Parks & Rec.)

Email: [connieball@parksrec.com](mailto:connieball@parksrec.com)

**Join or Renew  
Online**

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

**See the Slate of 2016  
Officers and Committee Chairs  
elsewhere in the newsletter!**



**Visit the Club's web site at  
[WWW.FOOTHILLSTRIDERS.ORG](http://WWW.FOOTHILLSTRIDERS.ORG)**

## *A message from Club President Jennifer Brigati*



I want to take this opportunity to wish you and your family a happy and healthy 2016. It has been a pleasure to work with you for the past two years as we aimed to improve the health and fitness of Blount County residents through running, cycling, and hiking. Please make plans to attend our first meeting of the new year on January 7<sup>th</sup> when we will elect new officers, discuss and vote on the 2016 budget, and plan for the upcoming year. We will also be presenting awards to runners/walkers who met the 1200 mile challenge, cyclists who met the 500 mile challenge, and hikers who joined the 900 mile club in 2015.

I know that many of you like to set big goals each year, and you can relate to people who attempt dramatic fitness feats at the beginning of January. The Pistol Ultra is January 2-3, and the club is manning the main aid station. Help is needed before, during, and after the 30+ hour event, so please go to [www.pistolultra.com/volunteers](http://www.pistolultra.com/volunteers) and sign-up for an open slot. I can't imagine anything more inspiring than watching an athlete go farther than they once thought possible.

I hope that you have been able to take advantage of the unseasonably mild weather, and have been able to squeeze in some runs, rides, or hikes despite the hectic pace of the holiday season. I also hope you've had a chance to reflect on your successes and challenges in 2015, and set some goals for yourself for 2016. Let's make 2016 a year of great accomplishments both for you personally, and for the Foothill Striders as a group.



In preparation for our January meeting, please note that a copy of the club's proposed budget for 2016 along with an explanation of new and increased expenditures are included in the newsletter again this month.



## Explanation of New & Increased Expenditures for the Striders' 2016 Proposed Budget

**LAB Bike Club Dues and Insurance:** This change from an advocacy club to a bike club will provide us with liability insurance to cover unlimited rides by members. Our old insurance as an advocacy club covered only 26 rides, and with a growing number of avid cyclists in the club we ran out of "official" rides mid-year. With this change, new riders can take one "trial" ride, but then must join the club to continue to ride with the group.

**Membership Events:** This line item, previously drawn from "miscellaneous" funds, will pay for our annual summer picnic and holiday party. Increasing the funds available for these two events will allow us to have nicer events to say "thank you" to our members, and also to couple our events with some sort of service project or philanthropic giving.

**Event Management Equipment:** This line item is a one-time expenditure to purchase the following items, which are necessary to reduce the strain placed on our volunteer event directors when they have to try to borrow and clean these items. Some items are additionally useful for promoting the club at fairs and other events.

1 Pop-up Tent

8 Tables

15 Water Coolers

1 Foothill Striders Banner (smaller than the one we currently have)

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](mailto:connieball@parksrec.com)

*The deadline to submit articles for next month's newsletter is Monday, January 18.*

**Welcome new member Jennifer Ratledge.**



# **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/>



There are currently no hikes scheduled for January. If you're interested in scheduling a hike this month, please contact one of the hike leaders listed in the Club Leadership Directory.



Also, visit the Tennessee Trails Association web site [www.tennesseetrails.org](http://www.tennesseetrails.org) or the Smoky Mountains Hiking Club web site [www.smhclub.org](http://www.smhclub.org) for hiking opportunities his month.



Striders' Cycling Facebook Page:

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

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

CONGRATULATIONS TO ALL WHO JOINED THE INAUGURAL FOOTHILL STRIDERS 500 MILE BIKE CLUB IN 2015. THE ACHIEVEMENT WAS IN THE DOING - RIDING ALL THOSE MILES - A FEAT SOME OF YOU THOUGHT OUT OF REACH AT THE BEGINNING OF THE YEAR. I AM PROUD OF ALL OF YOU!

FOR 2016, OUR CYCLING MILEAGE GOAL WILL INCREASE FROM 500 TO 1200 MILES TO MATCH THE 1200 MILES THE RUNNERS ARE WORKING TOWARDS. PERHAPS WE WILL HAVE SPECIAL BLING FOR THOSE WHO REACH 1200 MILES IN BOTH RUNNING AND CYCLING!

REMEMBER THAT EVEN IF YOU CAN'T RIDE OUTSIDE, MILES RIDDEN INDOORS ON YOUR TRAINER DO COUNT. AND, EACH SPIN CLASS YOU ATTEND COUNTS AS 15 MILES TOWARDS YOUR GOAL.

BE SAFE AND SMART AS YOU WORK TOWARDS THESE GOALS!



**Running →**



# Running



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



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

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

## LOCAL UPCOMING RACES

**January 1** – Calhoun's New Year's Day 5K Race in Knoxville <http://www.ktc.org/RaceNewYearsDay.html>

**January 2** – Pistol Ultra 50K Relay, 50K, 50 Mile, 100K and 100 Mile in Maryville <http://www.pistolultra.com/>

**January 9** – Trail of Tears 7-Mile Race in Cleveland, TN [http://www.runtricity.net/asp/racecal\\_manage.asp?action=view&racecalid=1407](http://www.runtricity.net/asp/racecal_manage.asp?action=view&racecalid=1407)

**January 16** – Norris Dam Challenge 12K Race in Norris, TN <http://www.oakridgetrackclub.org/2016-norris-dam-challenge-12k/>

**January 17** – Wanderers' 4-Mile Trail Race & 1-Mile Kids' Run at Maryville College <http://www.ktc.org/TrailRacing.html#Wanderers>

**January 17** – Trail Series 9 for \$99 Race Registration Deal Save big! Sign-up for 9 trail races throughout East TN. Offer expires 1/17/16. <https://runsignup.com/Race/TN/Maryville/TreadinTroddenTrailsEightRaceSeries>

**January 23** – Calhoun's Ten Miler/Winter High Mileage Series 10-Mile Race/4 Long Distance Race Series in Lenoir City <http://www.ktc.org/RaceCalhouns10.html>



**January 30** – Run 4 Their Lives 5K Race in Knoxville <https://runsignup.com/Race/TN/Knoxville/r4tlknoxville>

Visit the Knoxville Track Club's web site at [www.ktc.org](http://www.ktc.org) for more information regarding the above events and additional upcoming races.



As you know, the Foothill Striders is staffing the main aid station at the Pistol Ultra Run on January 2-3, and we *still* have slots to fill. In exchange for our assistance, Striders receive a discount on registration (contact Michelle Nuchols at [jmnuchols@att.net](mailto:jmnuchols@att.net) for discount code), and the Pistol Ultra will be making a donation to the club. 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".



Dear Reindeer Run Volunteers,

Thank you all for your support at this year's Reindeer Run on December 6th. Members of the Foothill Striders have been great to assist Parks & Rec. in providing a safe and efficient event for participants, and we greatly appreciate it! There is a great need for volunteers at every race, so I cannot thank you enough for your support. We had a record crowd with almost 750 registered participants, and everything seemed to go very well. We look forward to our 18th year in the Healthy Blount Triple Crown of Running. Our first race in 2016 is the Spring Sprint scheduled for April 9th. Please mark your calendars! Thank you again!

THANK YOU

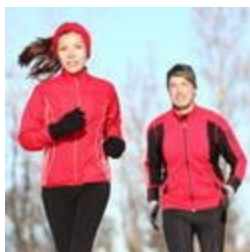
Kelly Forster, Parks & Rec.



[Click Here for results from the Reindeer Run and all three races in the 2015 Healthy Blount Triple Crown of Running series.](#)



[Click Here for photos from this year's Reindeer Run.](#)



Join us on one of our group runs on Monday, Tuesday & Thursday evenings or for a morning run on Saturdays. Check our FB Runners page for times & locations. *It's easier to keep going with company!*





# *Holiday Party!*

On Thursday, December 3rd, we gathered for our annual Holiday party. Every time we turned around we heard the comment shared with a laugh, "You clean up pretty nice!" This is what happens when a bunch of active people get together outside of their normal recreational settings. Every now and then we just need to prove that we have other clothes in our closet besides active wear and we don't always smell! The annual Foothill Striders Holiday party was a perfect venue for just that. Thank you to everyone who came out to the Dawg Patch to celebrate this great time of year. We had a great turnout and everyone seemed to enjoy the food, fellowship and fun!

The spirit of our club was alive and well at the party! In addition to having a great turnout and great fun, we came together to make a great impact! Through club members' generous donations, we were able to gift the Lanier Elementary School running club with 30+ pairs of socks, 7 hats/ toboggans, 20+ hand warmers, 30+ pairs of gloves, 60+ sets of matching hats & gloves, and \$60 dollars!!

We are very excited to be able to support this group. The Lanier Elementary School running club has made a huge impact on the community by promoting fitness and health. The club launched in 2012 with only 24 members and grew to over 90 members last year. In fact, last year, they won the Covenant Kids Run's Fittest School Challenge in a dramatic fashion, posting the largest participation percentage in the competition's history. Nearly 20 percent of the student body participated in the event!!

We hope these gifts will help encourage these children to remain active outside during the cold winter months. Please keep an eye out for other ways our club will be supporting the goal of health and fitness within our community.





## SCHOLARSHIP PROGRAM 2016

All Foothill Striders Scholarship Applications Forms and supporting documentation must be postmarked by **April 20, 2016**. Incomplete applications will not be considered. Awardees will be notified in May 2016 by phone and by email. Payments will be made to the student's financial aid office at the beginning of the fall semester.

Mail complete scholarship application packages to: **Kathy Nash, Ed.D**  
**1120 Elsborn Ridge Road**  
**Maryville, TN 37801-9330**

Foothill Striders will award a \$2,000 scholarship to a male and female student based on the following criteria.

### Criteria for Selection:

- Must be a resident of Blount County.
- Graduating from a high school located in Blount County.
- Has an unweighted GPA of 2.5 or higher on a 4.0 scale.
- Accepted to a regionally or nationally accredited institution of higher learning.
- Show involvement in biking, hiking, and/or running either through a school team or a community/church group. This includes participation in organized events such as track meets, cross country running, running races, duathlons, and triathlons.
- Complete Foothill Striders Scholarship Application Form and provide supporting documentation.

### Submit Package to Include the Following:

- Foothill Striders Scholarship Application Form,
- Official transcripts,
- Two letters of recommendations – mailed separately – from people unrelated to you, who can attest to your involvement in biking, hiking and/or running,
- List of biking, hiking, and/or running events to include year, place and time,
- List of awards, extra-curricular and community activities, plus work experience,
- Copy of school's acceptance letter, and
- An essay that includes the answers to the three questions, not to exceed two pages and double-spaced.

### Essay Questions:

1. What impact has your sport (biking, hiking and/or running) had on your life?
2. How do you think your sport will affect you in the future?
3. What are your plans for the future?

### Notes:

- The decisions of the scholarship selection panel are final.
- Application packages will be shredded once the awardees and financial aid offices have been notified.



## SCHOLARSHIP APPLICATION FORM

Student's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Permanent Address: \_\_\_\_\_

\_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

High School: \_\_\_\_\_

Institution of Higher Learning: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Financial Aid Officer: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

### Documentation Included:

- ☐ Official Transcripts
- ☐ List of Hiking, Biking and/or Running Events
- ☐ List of Awards, Extra-Curricular and Community Activities, plus Work Experience
- ☐ Copy of School's Acceptance Letter
- ☐ Essay

Contacted people who have agreed to write a letter of recommendation. Please provide names:

1. \_\_\_\_\_

2. \_\_\_\_\_





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](http://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.

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### 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