

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

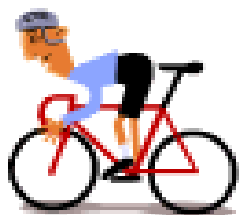
March 2015



A Running,



Hiking,



and Biking Club



PLEASE JOIN US AT OUR NEXT CLUB MEETING:

THURSDAY, MARCH 5

Calhoun's Restaurant

6:30 PM - "Eat & Socialize"

7:00 PM - Program & Business Meeting

Please join us on Thursday, March 5th 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 Joe Black,
who is a physical therapist and an avid cyclist.

Visitors welcome - come enjoy the fellowship!

Please support our partners and sponsors!

The Foothill Striders would like to thank:

Assured Storage, Blount Memorial Hospital, Bobby Beatty Used Cars, Broadway Carpets, CBBC, Cirruspath, Cycology, The Daily Times, Emergency Communications Services of Blount County, Everett Hills Baptist Church, Garza Law Firm, Kroger, Maryville-Alcoa-Blount County Parks & Rec, Morrell Investment Management, Perennial Ponds, Ruby Tuesday, Vienna Coffee House, and Woody's Gas Station for their support.

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

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

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: Mike Morrell

Tel: 681-0333 Cell: 405-1851

Email: mbarry51@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'
FEBRUARY 5, 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 30 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 January 8, 2015 meeting were approved.

President's Report – Jennifer announced the formation of two committees to research ideas the membership has been entertaining for sometime. The first committee (Michelle Nuchols, Brian Payne and Robin Miller) will work on a new running event (with a distance other than 5K) and the second committee (Tracy Nuchols, Whitney Gratz and Sally Joines) will research the feasibility of introducing a new running event for kids. Jennifer urged club members to contact committee members with ideas. She also noted that the club's website now includes the names of businesses that offer discounts to our members so please make sure you bring your membership to those establishments for the discount.

Treasurer's Report – Joyce reported that the 990EZ tax return and the charitable exemption paperwork have been filled. She also noted that club signatories need to be changed; John Jagger is stepping down with Jennifer Brigati replacing. Upon a motion and a second, the Treasurer's Report was approved as submitted.

Running – Brian summarized the Striders' amazing performance during January (Calhoun's New Year's Day 5K, Pistol Ultra, Trail Run at MC, Calhoun's 10-Miler, Hot Chocolate 5K/15K Atlanta). He urged club members to inform him of any PRs!

Hiking – Club hikes were scheduled for February 7th and 21st. There will also be a BBQ dinner and a full moon walk at Cade's Cove. Whitney will inform members of possible dates and ask for a vote. Look for more up to date information on FB and the newsletter. If you plan to participate in a hike, please let Whitney know so the group doesn't leave without you!

Biking – Ernie reported that the low temperatures have not helped with rides. As the weather improves, information about upcoming rides will be posted on FB. Eleanore unveiled the 2015 Tour de Blount shirt and gave the first two shirts to Ernie and Joyce as a "thank you" gift for their amazing work with the club over the years. She also thanked Tracy, Sally and Jennifer for their assistance to date with the Tour de Blount logistics. She mentioned that Cycology is offering their popular women's road series again this year (25 weeks for \$25), and stated those that complete the course receive \$25 towards their next purchase.

NEW BUSINESS

Scavenger Hunt – March 21, Great Smoky Mountains at Tremont

Heels & Wheels – April 18, Johnson University / event supports Great Smoky Mountains at Tremont

Resurrection Run – Request for volunteers for water stops in exchange for membership table

Overnight Backpacking Trip – March 6th & 7th – more information will be in the newsletter and on FB

Program: Jennifer introduced Alexa Shutt (M.P.H., Ph.D.), Visiting Instructor of Exercise Science at Maryville College, who discussed sports nutrition and nutrition for running!

Having no further business to be discussed, the meeting was adjourned at approximately 7:45pm.

A message from Club President Jennifer Brigati

After what seemed to be a very mild winter, we sure got a blast of cold air in February! It's as though Mother Nature is testing us to see how much we really want to achieve our spring goals. I am always impressed by the dedication of our members though; I've seen runners bundled up to run in temperatures that would keep any sane person home, hikers braving ice and snow to get in their miles, and cyclists battling the boredom of the trainer so they will be ready to go when the weather improves.



It may not seem like it right now, but very soon the weather will warm and our schedules will fill with fun outdoor activities. Make sure you mark your calendar now; Saturday, May 16th is the 2015 Tour de Blount. Eleanore Womac and her team have been working very hard to make this a premier cycling event, and I want to provide them with as much support as possible. Please plan to either ride in the event (if you start training now you can be ready for the 29 miler!) or volunteer in some way. Volunteers will be needed for packet stuffing early in the week, packet pick-up on Friday evening, and of course for many different jobs on the day of the event. Let's make volunteer recruitment the easiest part of Eleanore's duties as the event director.

There are two additional dates I would like you to mark on your calendar; April 11th and August 8th. These are the dates of the first two races in the Healthy Blount Triple Crown of Running. Please sign up to run (and bring a friend) or plan to volunteer. You can even volunteer and run. The August heat of the Scholars Run actually sounds pretty good right now!

These icy wintery days may seem like they are going to last forever, but before you know it we'll be enjoying pleasant spring weather and then complaining about the sweltering heat of summer. Before your calendar fills up, make plans to ride, run, or volunteer at a Foothill Striders event.

Jennifer



**John Barrow
David Marks**

**Happy
Birthday**

**SAMUEL BROCK
MARK BURNS
VANESSA CARNES
DAVID CARTER
BETSY CUNNINGHAM
LINDA FRENCH
WHITNEY GRATZ
SCOTT HAVLOCK
STEVE KIEFER
SUE KIEFER
TABITHA LINDSEY
ROBIN MORRELL
SUZANNE PARKER
JASON SMITH**

***If your birthday is not listed,
we're not aware of it,
so please be sure and include it
on your next membership renewal form.**

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.



**A running, hiking,
and biking club.**

**Anyone is welcome to join us!
Participants are asked to contact
hike leaders to confirm participation
and/or for more details.**

Saturday, March 7 - Cancelled last month due to weather - This will be an 8-mile hike that involves an A to B trip so at least two vehicles will be needed. We will start at the Sugarland Mountain trailhead on Little River Road and hike 3.1 miles to the junction with Huskey Gap Trail. This is a deceptive 900 foot gain in elevation, as this section of trail gains 600 feet in the first mile, drops 400 feet in the next half mile, then gains 700 feet over the next 1.6 miles to Huskey Gap. We turn right and descend 500 feet on Huskey Gap Trail then 2.1 miles to Little River Trail. We turn right again and descend another 500 feet on the Little River Trail over 2.8 miles to Elkmont and the vehicle we've parked at the Little River trailhead. We will leave Olympia parking lot at 8:00 AM. Hike Leader: John Barrow 982-3879.



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.



→
Kathy Swartz and Kathy Nash
braving the cold on their hike
to Low Gap Trail .



Check-out the Club's Hiking page on Facebook for more hiking news!
<https://www.facebook.com/groups/158699770950942/>



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

We have 15 people already participating in the 500 mile challenge! Remember, you can start anytime. Rumor has it that one of peloton will reach the 500 miles by the end of February! Vive' le Foothills! Keep pedaling, spinning - whatever!

Tour de Blount plans are progressing. We have awesome, super comfy shirts this year for participants AND volunteers! We're working to make this a premiere event for Blount County!

LADIES, remember Cycology's Training Series starts in April. No where in the country will you find a better program for improving bike skills. Cost is \$25 (which you get back in store credit if you complete the class) and includes about 6 months of Saturday morning group rides with Sag support. You'll learn basic bike maintenance, discover good places to ride, meet new friends and become healthier along the way! PLUS, you'll be ready for the Tour de Blount. And you get a shirt! What could be better? Make plans to be join!

**DUE TO THE COLD TEMPERATURES, NO RIDES HAVE BEEN SCHEDULED THIS MONTH.
PLEASE CHECK THE STRIDERS' CYCLIST FACEBOOK PAGE AND LOCAL BICYCLE SHOPS
FOR SCHEDULED RIDES IN THE AREA THIS MONTH.**



JOIN US! for a run

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!

UPCOMING LOCAL RACES

March 1 – Whitestone 30K and Team Relay in Paint Rock
<http://www.ktc.org/RaceWhitestone.html>

March 7 – Warrior 10-Miler and 5K in Sevierville
<https://runsignup.com/Race/TN/Sevierville/Warrior10Milerand5K>

March 7 – Be A Hero Be Great 8K & 2-Mile Run/Walk
in Knoxville
<http://www.ktc.org/Applications2015/BeGreat8K15.pdf>

March 8 – Dirty South Trail Half & Dirty Double Trail
Marathon in Knoxville
<http://www.ktc.org/TrailRacing.html#DirtySouth>

March 11 – St. Patrick's Day Historic Run in Market
Square in Knoxville

March 14 – PRC Superhero 5K in Maryville
<https://secure.ministrsync.com/ministrsync/event/website/home/?e=8773>

March 14 – Lucky Kidney 6K in Knoxville
<http://www.ktc.org/Applications2015/LuckyKidney15.pdf>

March 15 – Barley's St. Patrick's Day 5K in Knoxville
<https://runsignup.com/Race/TN/Knoxville/BarleysStPatricksDay5K>

March 21 – Firefighter Fit for Duty 5 & 10K in Gatlinburg
<http://www.gatlinburgfire.org/events>

March 21 – Knoxville's Superhero 5K at Ijams in Knoxville
<https://runsignup.com/Race/TN/Knoxville/KnoxvillesSuperhero5K?embedId2=MrjYAATL>

March 22 – Music City Half Marathon in Nashville
<http://www.imathlete.com/events/EventOverview.aspx?fEID=22565>

March 28 – Running The Shoals Marathon, Half Marathon
& 5K Races <http://www.halfmarathons.net/alabama-running-shoals-arathon-half-marathon-5k/>

March 29 – Covenant Health Marathon, Half Marathon &
5K Races in Knoxville <http://www.knoxvillemarathon.com/>

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 Mondays, Tuesdays and Thursdays!
Check our FB page for scheduling
and join us for a great time.



Striders at the
Strawberry Plains
Half Marathon & 10K
on February 7th.



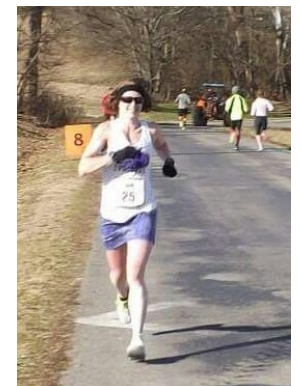
Katie Walters



Sally Joines & Kathy French



Judy Romanowski and Sue McDonald



Club President
Jennifer Brigati

If you see an article or information
you think would be useful/helpful
to our members,
please forward to Connie Ball
via email at connieball@parksrec.com
no later than Monday, March 16th.

THANK YOU!



Membership letters and
printable cards have been
emailed to all current members
who have provided a functional
email address. If you did not receive
one of these letters, please contact
Membership Chair Michelle Nuchols
at 621-2403 or jmnuchols@att.net

Check out the newest rave: Pickleball

The Smoky Mountain Pickleball Club
plays at the Everett Recreation Center on
Tuesday, Wednesday, and Thursday
mornings from 9AM – Noon. Training
sessions are also offered on Monday and Wednesday
mornings by members of the club. During good weather,
play moves outdoors to the Bassel Courts on Joule Street
in Alcoa.



Pickleball, the fastest growing adult sport in the country,
is a fun game that is played on a badminton court with
the net lowered to 34 inches at the center. It is played
with a perforated plastic baseball-sized ball (similar to a
whiffle ball) and wood or composite paddles. It is easy
for beginners to learn, but can develop into a quick,
fast-paced, competitive game for experienced players.
The game is popular with seniors but can be enjoyed by
all. Tennis, racquetball and ping-pong players love the
competitive nature of the sport and regularly participate
in competitive tournaments.

For more information, contact Bob Yager at 865-766-
7454 or bobyager42@gmail.com or Ole Olson at
cololeolson@bellsouth.net or visit [http://usapa.org/
whatis_pbball/index.php](http://usapa.org/whatis_pbball/index.php).



Watch for the new Parks & Rec.
Spring/Summer Schedule of Programs &
Events that will be included in the Daily
Times on Wednesday, February 25th or visit
their website at www.parksrec.com



SUNDAY, MARCH 8



Spring is in the air...

*The first day of Spring is March 20th, 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 it will be worth your time!*



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