

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

March 2016



A Running,



Hiking,



and Biking Club



PLEASE JOIN US AT OUR NEXT CLUB MEETING:

**THURSDAY, MARCH 3
Calhoun's Restaurant**

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

Please join us on Thursday, March 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.

Our speaker will be Tom Howe. Tom is a staff member of the Foothills Land Conservancy and President of the local bird watchers society, and will discuss birds of Tennessee & the Smoky Mountains.

Visitors welcome - come enjoy the fellowship!

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 Co., 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.**

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

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CLUB COMMITTEES:

Hiking Committee Chair: Steve Larrabee

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

Hike Leaders:

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

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

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

Tour de Blount Event Director: Eleanore Womac

Email: ejwomac@gmail.com

Webmasters: Michelle Fortenberry & Jennifer Brigati

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Newsletter Contact: Connie Ball

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**Join or Renew
Online**

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

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

A message from Club President Tracy Nuchols



I hope everyone is doing well. I just wanted to drop a few reminders of some upcoming events that we have been asked to help with.

First is the GSM Scavenger Hunt on March 12th. Four volunteers are needed for the following positions and times:

- *One person to help in the store directing people to different places in the park, and to write receipts for donations (10AM-4PM),
- *Two people in the scoring area (2:30-6:30PM), and
- *One person to help with check-in and door prizes (2:30-6:30PM).

Second is the Resurrection Run scheduled for March 26th at Sandy Springs Park. As in the past, we'll be manning a water stop for runners, and we'll also have a booth at the event to provide information about the Foothill Striders to help our organization grow. We need about 6 people to cover the water stand and cheer on runners, and 2-3 to cover the booth before and after the race.

Third is the 25th Annual Tour De Blount on May 14th. Don't forget to mark your calendar because we will need lots of volunteers to make it the best one ever! Watch for more info to follow on how you can help make this another successful year!

Thank you for all the volunteer support you have provided in the past! These events would not be possible without all the volunteer support provided.

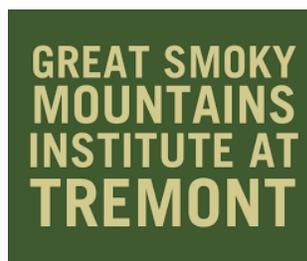
PS: Don't forget if you have any suggestions for new events, or on how to make our current events even better, please drop me a line.

Thank you! Tracy Nuchols



We are currently making plans for our 25th Anniversary of the Tour de Blount. Last year was successful ONLY because we had so many of you volunteering. You handled registration, lunch, aid stations, took pictures, rang bells, marked routes, moved mountains of supplies around - all with smiles and encouragement and laughter! Your attitude and demeanor makes the Tour what it is and we will be asking for volunteers again this year. Probably starting at the March Striders' meeting we will begin our list, but you can always volunteer simply by letting me, Tracy Nuchols or Sally Joines know!

Thank you!
Eleanore Womac, Event Director



[Click Here for complete details of the Great Smoky Mountains Scavenger Hunt.](#)

If you'd like to volunteer to help with the event, please email Tracy at tpnuchols@gmail.com or 679-4144.





**MINUTES OF THE FOOTHILL STRIDERS'
FEBRUARY 4, 2016 CLUB MEETING**
As recorded by Club Secretary Meghan Cole



President Tracy Nuchols called the meeting to order at 7:00 p.m. at Calhoun's Restaurant, with more than 35 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 meeting were approved with one correction: the reference to Jennifer Brigati should have been Jennifer Singh.

Treasurer's Report – Irene Guerinot stated a signatory change was done so she can now sign checks for the Foothill Striders. She reported that two donations were received for the Tour de Blount; \$1,000 from Alewine Family Pottery and \$1,440 from Pioneer Registration Services. The club also received a check from Active for \$210 for membership dues.

Hiking Report – Tracy announced that the annual Great Smoky Mountains Scavenger Hunt at Tremont will be held Saturday, March 12. The Club has been asked to fill at least four volunteer spots, which is a great volunteer opportunity for club members.

Cycling Report – Eleanore Womac stated she had extra 500 Mile Challenge medals for those who should have but did not pick up a medal at the January meeting. She announced that registration for the Tour de Blount has begun, the routes have been laid out, and we have already received \$1,500 in sponsorships. Many volunteers are needed for this event, and members were encouraged to sign-up. Watch Facebook for more information in the coming months.

Donna Dixon, with Smoky Mountain Wellness, announced this will be her fifth year hosting the Smoky Mountain Wellness booth at the Maryville Farmers' Market. She stated the Smoky Mountain Bicycle Skills Rodeo will be held April 30. The event is for children ages 7-12, and is a great opportunity for kids to learn bike skills. East Tennessee Children's Hospital is providing free bike helmets for the event. She circulated a sign-up sheet and encouraged volunteers. She stated she will be attending upcoming Striders' meetings and looks forward to being involved with the club. Donna also noted that May is National Bike Month, and mentioned The National Bike Challenge that begins in May. She stated she is now a certified cyclist training instructor, and offered bicycle safety courses to bike rodeo volunteers. Tracy reiterated how important volunteers are for the bicycle rodeo, and noted that the event is a great way to get kids involved in biking. He also spoke of how successful the event has been in previous years.

Running Report – Brian Payne congratulated Jennifer Brigati on being the Overall Female finisher in the ONU Polar Bear Indoor Marathon with a time of 3:37:14. He announced there will be a Striders run/bike/walk at Cades Cove on February 15. He read Michelle Nuchols' Facebook post for the event and encouraged members to attend.

(Continued on page 5)

Old Business – None reported.

New Business:

- Tracy announced that the club will be manning a water stop at the Resurrection Run 5K on March 26. Dennis Ridley noted that 2016 will be the fifth year for the event, which is always held the Saturday before Easter. The Run benefits Family Promise of Blount County; Dennis stated a cumulative amount of \$62,000 has been raised from previous events. The Striders supported this event last year, and Dennis encouraged members to volunteer again.
- Tracy noted that the new club banner will be beneficial as members volunteer at upcoming events, and stated he would like to see the banner used at more events this year i.e., the Spring Sprint and the Reindeer Run, to let others in the community know of the club's presence.
- Tracy discussed the club's donation of items to the Lanier Elementary School running club in December, and stated he would like to look into supporting more local running clubs, perhaps a different club every year. He also suggested that the club do a kids' running challenge or a high school track event to help promote wellness and increase the club's prominence in the community. A 10K race and a bike/run trail duathlon were also mentioned as possible future club events.
- Tracy announced that Kroger's sponsorship for the Tour de Blount has changed. In the past, they have donated a lot of food for the event, however they are now suggesting that members enroll their Kroger Plus card in their Community Rewards program to earn money for the club. Tracy is concerned that this will take away money from local schools if club members have already enrolled in the program to benefit schools. However, cards can be enrolled to benefit multiple organizations, and all donations will help.
- Will Jorgensen discussed the Montvale Endurance Challenge, a new family-friendly event scheduled for June at Camp Montvale to help raise money for the Harmony Family Center consisting of 6 to 48 hour long events, with the main idea being to see who can run the farthest in a given time frame. He stated registration will begin soon, and he will also post information on the Striders' Facebook page.
- Michelle Nuchols mentioned that a new tri store, Bike N' Tri, is set to open in Maryville. The owners anticipate opening in March, and the store will be located on Broadway Avenue.

Program – Jeanne Williams, a physical therapist with Quest Therapy Consultants, discussed physical therapy, Quest Therapy Consultants, proper stretching and exercises.

Having no further business to discuss, the meeting was adjourned at 8:25 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:

[tps://www.facebook.com/groups/158699770950942/](https://www.facebook.com/groups/158699770950942/)

No hikes have currently been scheduled for March, however please watch our Facebook Page for hikes being scheduled this month. Also, if you're interested in scheduling a hike, please contact one of the hike leaders listed in the Club Leadership Directory.



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.



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.

As I sit inside, with a broken arm, looking outside at a landscape that is sopping wet and still has remnants of snow scattered about, my memories take me back to a place I'd rather be - out riding up and down our hills in East Tennessee! Memories hold out a hope that we'll be back in that place again in a little while. However, what to do during those times, hopefully rare, when it is absolutely impossible to ride outside?

YOGA!! Here is a link to an excellent article listing the valuable benefits of yoga for cyclists: <http://www.usacycling.org/how-cyclists-can-benefit-from-a-yoga-practice.htm>

It's a short read. After reading it, or perhaps before, you may tell yourself, "I can't do yoga, I'm horrible at it, I can't do the poses, etc." Yoga is one of those delightful things - like hiking, biking, and running - where you can start reaping the benefits without necessarily being "good" at it! In fact, I don't consider myself really "good" at any of those things but I continually find myself reaping the benefits. And one of the most rewarding benefits is the realization that regardless of my skill level, I can still reap the benefits of connecting with other people.



Eleanore



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!



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

March 5 – Be Great Run 8K Race in Knoxville.
<http://bqctnv.org/event/be-great-run-8k/>

March 5 – Oak Ridge Schools Run to Stomp Out Tobacco 5K Race <http://www.oakridgetrackclub.org/2016-oak-ridge-schools-on-the-run-to-stomp-out-tobacco-5k/>

March 6 – Run With The Bearden Bull Dawgs 5K Race in Knoxville. <https://runsignup.com/Race/TN/Knoxville/BeardenBulldogRun>

March 6 – Chattanooga Marathon
<http://www.chattanoogamarathon.com/>

March 12 – Warrior Ten Miler and 5K Race in Sevierville.
<https://runsignup.com/Race/TN/Sevierville/Warrior10Milerand5K>

March 13 – KTC's Dark Hollow Wallow 11 or 5 Mile Trail Race at Big Ridge State Park in Maynardville.
<http://www.ktc.org/TrailRacing.html#DarkHollow>

March 13 – Barley's St. Patrick's Day 5K Race in Knoxville. <https://runsignup.com/Race/TN/Knoxville/BarleysStPatricksDay5K>

March 16 – St. Patrick's Day Historic Social Run in Market Square. For more information, contact [Lauren Chiles](#).

March 19 – SCHS Foundation Running from Winter 5K Race in Sevierville. <http://allevents.in/sevierville/schs-foundation-running-from-winter-5k/1691446177800522>

March 19 – Spring Forward 5K Race in Knoxville. <https://runsignup.com/Race/Events/TN/Knoxville/SpringForward5K>

March 26 – Resurrection Run 5K Race in Maryville.
<https://runsignup.com/Race/TN/Maryville/ResurrectionRun>

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

STRAWBERRY PLAINS HALF MARATHON

Highlights



Eric Weatherbee



Michelle Nuchols, Katie Walters, and Amy Farr



Lisa LaBair



Amy Farr



Volunteers are need to help with the Resurrection Run on March 26th, if you are able to help, please contact Tracy Nuchols or Dennis Ridley at 984-7807 or dnridley51@gmail.com.



**Marcia Cline &
Thomas LaRocco
Shawn Evans
Randy Small**

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, March 14.



Parks & Rec. is no longer using their P.O. Box. Therefore, all club memberships & dues should now be mailed to *316 S. Everett High Road, Maryville, TN 37804.*



Don't forget to set all of your clocks one hour ahead!

SUNDAY, MARCH 13



Watch for the new Parks & Rec. Spring/Summer Program Guide that will be included in the Daily Times on Wednesday, February 24th or visit their website at www.parksrec.com





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