

On The Wing

WWW.FOOTHILLSTRIDERS.ORG

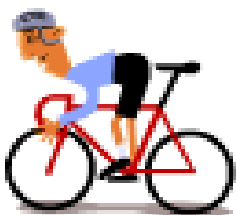
May 2015



A Running,



Hiking,



and Biking Club



PLEASE JOIN US AT OUR NEXT CLUB MEETING:

THURSDAY, MAY 7

Calhoun's Restaurant

6:30 PM "Eat & Socialize"

7:00 PM Program & Business Meeting

Please join us on Thursday, May 7th 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 Tim Patterson,
Manager of Cycology Bike Shop.

Visitors welcome - come enjoy the fellowship!

Please support our partners and sponsors!

The Foothill Striders would like to thank:

Assured Storage, Blount Discount Pharmacy, 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, Provision Health Partners, 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 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: Whitney Gratz

Tel: 661-3214 Email: whitney.gratz@yahoo.com

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: 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

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Newsletter Contact: Connie Ball

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Email: connieball@parksrec.com



**Join or Renew
Online**

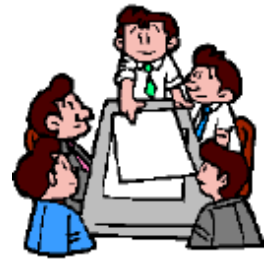
An on-line account has been set-up on the club's website, where you can become a member or pay dues.

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



MINUTES OF THE FOOTHILL STRIDERS' APRIL 2, 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 36 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 March 5, 2015 meeting were approved.

President's Report – Jennifer announced that this year the club will be involved with Outdoor Knoxfest; she and Robin Miller will provide running coaching. She also mentioned that the club has an opportunity to partner with Pistol Ultra for 2016 by assisting with the main aid station. Specifics related with such a commitment will be announced soon through our FB page as well as the upcoming newsletter, giving an opportunity to the membership to think about it and be prepared to vote during the May meeting. Jennifer reminded everyone about the upcoming Resurrection Run benefitting a very worthy cause. Numerous club members are running and volunteering.

Treasurer's Report – Joyce announced that net income for March was \$207 with \$90 in membership dues collected and \$135 spent for volunteer t-shirts. She also announced that money for Tour de Blount is coming in steadily resulting in \$390 in sponsorships and registrations. Sponsorships to date are Provision Health, Cirrus, Broadway Carpets, Woody's, Garza Law Firm, and Blount Discount Pharmacy.

Membership – Nothing reported.

Running – Brian Payne summarized the amazing Striders' performance during March (Warriors, Barley's, and CHKM races). Approximately forty members were involved with the CHKM races, either as runners, volunteers or both. He asked for PRs: Jackie Keeble, Jeni Ratledge, and Irene Guerinot. Firsts were attained by Katie Smith Walters and Taylor Coad. He reminded the membership of the group runs taking place on Mondays, Tuesdays, and Thursdays at 7 p.m. at Pearson Springs Park.

Hiking – A Cade's Cove moonlight walk is scheduled for May 2nd. If you want to participate, please let Whitney Humphrey Gratz know.

Biking – A lot of volunteers are going to be needed for Tour de Blount. Sign-up sheets will be available next month. Help will also be needed with the 2nd annual Bike Rodeo taking place May 2nd at the Farmers Market. Bike rides are scheduled for every Sunday. Watch our FB page for up to date information.

Scholarships – Applications have been delivered to local high schools for qualifying graduating seniors to apply. The Striders will be offering two scholarships; one for a girl and one for a boy. The deadline to apply is April 24th. If any member is interested in serving on the Selection Committee, please let John Jagger know.

NEW BUSINESS

Tracy Nuchols reported that several members have expressed the desire to have new Striders shirts made, which the membership approved. Jennifer requested that the new shirts have the club's logo on them.

Program – Jennifer introduced Jennifer Jones, Executive Director of the Great Smoky Mountains Institute at Tremont. Dr. Jones talked about the Institute's mission and the role it plays for our community.

Having no further business to discuss, the meeting was adjourned at approximately 7:50 p.m.

A message from Club President Jennifer Brigati

The Foothill Striders were recently presented with an opportunity to partner with the Pistol Ultra on January 2-3, 2016. The proposal is for the club to run the main aid station at the start/finish area in exchange for a monetary donation to the club and a discount on the race for club members who volunteer. Those of you who ran or volunteered at this event last year know what a big undertaking this will be. In order to commit, we need two people willing to be co-captains for the aid station. From set-up to tear-down the station will need to be manned from 5AM on Saturday to 4PM on Sunday. By having two people share the job, we will be able to ensure that each can get some sleep, however this will be a big commitment. If you are willing to help the Foothill Striders and the Pistol Ultra by being a captain for the aid station, please email me before our next meeting (May 7). The Pistol Ultra is a fantastic event, and I think this is a great opportunity for us to earn some money for the club while helping runners achieve their goals.

In addition to captains, we will also need many volunteers to work four-hour shifts. Once we have captains in place, I will start asking for volunteer commitments. Pencil it in on your calendar for Jan. 2 and 3 so you "save that date". Running the 50K on Saturday? Why not volunteer on Sunday? People travel from across the country to run this race, so let's show them a warm Tennessee welcome!

While you have your calendar open, make sure you've got May 16th marked for the Tour de Blount, and August 8th marked for the Scholars Run. These are the club's two main fundraisers, so I hope to see all of you out there riding, running, or volunteering. A huge thank-you to everyone who volunteered at the Spring Sprint and the Resurrection Run last month!

Jennifer



 **MARK YOUR
CALENDARS!**

for the Foothill Striders'



Saturday, May 16



**For those riding in the event,
here are the Top 10 Rules
for Bicycle Safety**

1. Wear a **helmet** for every ride and use lights at night.
2. Conduct an **ABC Quick Check** before every ride: A) Check air, B) Check brakes, C) Check cranks, chain & cassette.
3. **Obey traffic laws.** ride on the right, slowest traffic farthest to right.
4. **Ride predictably** and be visible at all times.
5. At intersections, ride in the right-most lane that goes in your **direction**.
6. **Scan** for traffic and signal lane changes and turns.
7. Be prepared for mechanical emergencies with **tools and know-how**.
8. Control your bike by practicing **bike handling skills**.
9. **Drink** before you are thirsty
10. and **eat** before you are hungry.

Have fun!

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.



Check-out the Club's Facebook Hiking page for more hiking news!

<https://www.facebook.com/groups/158699770950942/>



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

Saturday, May 2 Please join us for our spring night walk around Cades Cove. We will meet at Firefly Cafe in Townsend at 6:30PM to eat. The walk will start at 8:30PM at the Cades Cove gate. Please RSVP to Whitney at stridershiker@yahoo.com. We need to know if you are coming for dinner, the walk or both!

Saturday, May 23 We'll hike Bote Mountain Trail taking a left on West Prong Trail to Tremont. Then we'll hike in and out on Lumber Ridge Trail back to Tremont. Some may want to omit the Lumber Ridge in and out for a shorter hike. Total distance approximately 12 miles. We'll leave the Olympia Athletic Club parking lot at 8:00AM sharp. Please contact Hike Leader David Atkins at janddatkins@charter.net or call 977-1404.



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' Cyclist Facebook Page:

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

Spring has finally arrived and cyclists all around have been out riding. Michelle Nuchols has been leading group rides on Sunday afternoons, and has ridden on some beautiful routes. If you're unfamiliar with our area roads, or prefer a group ride, Sunday afternoons are the perfect time to get out. Especially if you're a runner and you're recovering from a long run on Saturday! Rides are generally about 20 miles, and sometimes feature good food at the end! And if you're really lucky, you and your bike may end up in the movies! Watch for Striders' member Frankie Woody and his GoPro camera!

The Tour de Blount is only weeks away! This event helps generate funds for our two Strider scholarships. We live in one of the most popular destinations for cyclists, and riders will be treated to beautiful Blount County scenery!

Many of you have already volunteered to help with the event. Thank you so much! The event would not be possible without you! Listed below are some areas where we still need help. Please email Eleanore Womac at ejwomac@gmail.com if you're able to help.



- Homemade cookies
- Cinnamon Rolls or early morning snack for volunteers
- 4 volunteers to help mark the course the week of May 11th. (Exact day TBD.)
- 4 volunteers to help with packet pick-up and registration on May 15th, 5-7pm at Vienna Coffee
- 10-12 volunteers on May 16th (in addition to our awesome rest stop volunteers!). Hours will be about 6:30 to 8:30AM.

**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

May 2 [Cornerstone 5K Race for Recovery](#) to benefit Susannah's House in Alcoa

May 2 [Gateway to the Smokies Half Marathon](#) in Waynesville, NC

May 3 [Suck It Up, Buttercup 5K](#) in Oak Ridge

May 6 Runners Market Bearden 5Five15 Fundraiser & 5-Mile Fun Run for athletic prostheses for amputees in Knoxville

May 9 [Mudders Day Madness 5K](#) in Maryville

May 9 Runnin'-n-Rasslin' 5K in Maryville. For more info, contact Craig Brown 865-250-8090.

May 16 [Walk Me Home East 5K](#) in Alcoa

May 17 [Beatin' a Hastie Retreat 9-Mile & 4½-Mile Trail Race](#) in Knoxville's Urban Wilderness & 1-Mile Kids Run

May 17 [Highland Half Marathon & Scot Trot 5K](#) at Maryville College

May 23 [KTC EXPO 10K & 5K](#) in Knoxville

May 25 [SCHS Memorial Day 5K](#) in Sevierville

May 29 [Running Cancer Out of Town 5K Glo Run](#) in Pigeon Forge

May 30 [Tiva-Que 5K](#) in Knoxville

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

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!



Taylor Coad
1st marathon - 3:03
15th Overall
Boston Qualifier!



Relay team David & Sally Joines and Michelle & Tracy Nuchols

Check out our FB Page for many more pictures & results for this race, the Resurrection Run and others!

Thank You!



Dear Spring Sprint Volunteers:

Thank you for your support at the Spring Sprint on Saturday, April 11! Without your support, we would not have been as successful in providing a great event! The weather was absolutely gorgeous for a morning run! I saw several new faces volunteering this year along with several dedicated volunteers that help every year, and I really appreciate your support! We are always in need of many volunteers at each and every race, so if you haven't been a volunteer in the past and would like to, please join us at the Scholars Run on August 8 or at the Reindeer Run on Dec. 6. I hope to see you then!

Kelly Forster, Parks & Recreation



New Members Are Joining

Brent Bueche & Family

John Goff

Will Jorgensen

Regina Rath

Sara Smiddy

Amy Tokar

**Welcome
to the Club**

We are always looking for
informative information.

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, May 18.

THANK YOU!



A running, hiking,
and biking club.



Sunday, May 10

**HAPPY
BIRTHDAY!**

**Misty Abele
David Atkins
Joe Black
Connor Brock
John Conley
Sharon Corn
Clay Cromwell
Vicky Cromwell
Donnie Everett
Tiffany Everett
Irene Guerinot
Wendy Havlock
Sydney Johnson
Amy Jones
Adam Morrell
Joe Nash
Michele Owen
David Pearce
Tony Price
Robin Robinette
Daniel Romanowski
Chad Smith
Philip Smith
Kathy Swartz
Alyssa Tuttle
Michelle Wallin
Keith Walters
Eleanore Womac
Russell Youngblood**

*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.





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:

<input type="checkbox"/> Spring Sprint	<input type="checkbox"/> Tour de Blount	<input type="checkbox"/> Scholars Run
<input type="checkbox"/> Reindeer Run	<input type="checkbox"/> Adopt-a-Trail Program	<input type="checkbox"/> Adopt-a-Highway Program
<input type="checkbox"/> Leading occasional group runs	<input type="checkbox"/> Leading occasional group hikes	
<input type="checkbox"/> Leading occasional group rides	<input type="checkbox"/> Organizing social events	