

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

October 2015



A Running,



Hiking,



and Biking Club

PLEASE JOIN US AT OUR NEXT CLUB MEETING:



THURSDAY, OCTOBER 1

Calhoun's Restaurant

6:30 PM "Eat & Socialize"

7:00 PM Program & Business Meeting

Please join us on Thursday, October 1 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 Dr. Charles Raper, a local pediatrician, who has run 135 marathons including ultras of various distances up to 100 miles! He has run the Boston Marathon 10 times, and was running during the bombing. His family is very active as well, and they have accomplished the Grand Canyon together.

Visitors welcome - come enjoy the fellowship!

Also, join us for a run, hike or bike ride this month.

More details inside.

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: New Chair Needed!

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: New Chair Needed!

Scholars Run Event Director: Wendi Walker

Tel: 964-3926

Email: wendi0724@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.)

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**

A message from Club President Jennifer Brigati



I am excited about the upcoming Foothill Striders meeting on October 1st. Why am I excited? Well, it's partially because we will have a great speaker, Dr. Charles Raper. Dr. Raper is a local pediatrician who also happens to have run 135 races of marathon distance or longer, including some 100-milers. He has run Boston 10 times, and was running the year that the bombings occurred. He is someone who truly leads by example when talking to his young patients and their families about a healthy lifestyle. This is one that you don't want to miss!

I am also excited about the October meeting because we are going to continue a discussion we started last month regarding event management. What new events might the Striders want to start in 2016? How do we want to structure our event management teams? What equipment does the club need to purchase to make the demands on event directors more manageable? I hope you will join us as we discuss future events for the Foothill Striders.

In mid-October, the club's Executive Committee will meet to draft the 2016 budget. If you have a request for expenditures in the upcoming year, please send a budget and justification for items to a board member by October 1. We will discuss all requests received by October 1 at the budget meeting.

The Foothill Striders is YOUR club. I know you'd rather be out running, hiking or biking in this beautiful fall weather than sitting in a meeting, but the success of our club depends on YOU. Please mark your calendar for 6:30 p.m. on Thursday, October 1, and join us in helping to build our club so we can get more of our Blount County neighbors out there running, hiking and biking with us!



**Donna Dixon
Kelsey Godfrey
Mark Libby**

Please support our partners and sponsors!

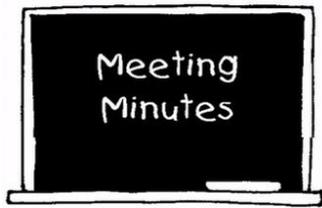
The Foothill Striders would like to thank:

Anderson Lumber Company,
Assured Storage,
Blount Discount Pharmacy,
Blount Memorial Hospital,
Bobby Beatty Used Cars,
Broadway Carpets,
Ciruspath, Cycology,
The Daily Times,
Emergency Communications Services
of Blount County,
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.

**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, October 19.***



MINUTES OF THE FOOTHILL STRIDERS' SEPTEMBER 3, 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 15 people in attendance. In accordance with the club bylaws, there was not a quorum of members present. The meeting took place but the membership did not bring up any items for vote.

Meeting Minutes – Upon a motion and a second, the minutes of the August 6, 2015 meeting were approved.

President's Report – Jennifer made several announcements to the membership:

1. The Knoxville Track Club (KTC) is considering making changes to the way they view "teams".
2. Autumn Fest Partnership: KTC will place the Foothill Striders' logo on volunteer shirts.
3. Budget 2016-2017: The Board will meet in mid-October. Jennifer urged the membership to think of upcoming needs and submit budget requests to any board member (including rationale) by October 1st.
4. Meeting Speakers: Please contact John Witherspoon with any suggestions/assistance you may have.
5. Scholarships: The conversation continues regarding the idea of offering applications to other athletes, not just runners. A committee (Eleanore Womac and Katie Smith Walters) will consider changes and present their ideas to the club.

Treasurer's Report – Joyce reported that the club has enjoyed financial success recently. The Scholars Run was a huge success with monies still coming in from the event.

Membership Report – Nothing reported.

Running – Nothing reported.

Hiking – Nothing reported.

Biking – Group rides continue with great success and increasing participation. The "two group option" has been received very well. Ride leaders need to make sure waiver forms are on file for all participants. To avoid additional paperwork and mistakes in the future, the club's membership form is being modified to include a participant liability clause, which will eliminate the need for future participant waivers forms.

New Business

1. Pistol Ultra: Much help will be needed from Foothill Striders volunteers at the 2016 Pistol Ultra Run! We are teaming up to man the main aid station. Mark your calendar for January 2-3 and sign up now to help.
2. H2O Monitor: The Foothill Striders' hikers assist fisheries in the GSMNP to monitor H2O quality; volunteer hours go to the park.
3. Triathlon Interest: Several club and community members have expressed interest. The problem with such an event could be the insurance cost. Tracy Nuchols will research options and report back to the membership.
4. Operating Fees for Races: Numerous topics were discussed: chip time, coolers, miscellaneous equipment. Ideas will be revisited at future meetings.

Program – There was no program this month.

Having no further business to discuss, the meeting was adjourned at approximately 7:55 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/>

HELP WANTED

HIKING CHAIR NEEDED!

Please contact any officer if you're interested in helping.

Saturday, October 17 The Foothill Striders will hike on Gold Mine Trail to Cane Creek Trail in and out and then on Cooper Road Trail to Abrams Creek Ranger Station. The hike is approximately 8.8 miles. We'll leave Olympia Athletic Club parking lot at 8:00 a.m. If interested, please contact hike leader David Atkins at janddatkins@charter.net or call 865-977-1404.



Also, 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.

CONGRATULATIONS to DAVID ATKINS who is now a member of the 900-mile club! David is pictured finishing his first map coming off of Wet Bottoms Trail. →



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

The days are getting shorter, which means less daylight for riding. But we have options! Do you really enjoy busting it loose on your bike and wish you could get a taste of competing? Then, triathlons are for you and your two wheeled sidekick! A triathlon consists of a swim, bike and run portion of varying lengths. The great thing is, you don't HAVE to do all three portions alone - you can form a relay team! Find a runner - easy enough to do, find a swimmer - a little harder, but they do exist - and sign up! The camaraderie is like nothing else! You can start planning now for a triathlon next spring or summer. The shorter days may not allow as much outdoor riding. But you can bring your training inside either using a bike trainer at home, or if you belong to a gym, you can attend a Cycling class. Both are great ways to maintain fitness when riding outside is not an option.



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

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/](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

October 3 – Atomic Duathlon & Sprint Triathlon in Lenoir City 5K Run or 5K Swim/ 30K Bike/ 5K Run
[https://runsignup.com/Race/TN/LenoirCity/
AtomicSprintTriathlonandDuathlon2015](https://runsignup.com/Race/TN/LenoirCity/AtomicSprintTriathlonandDuathlon2015)

October 3 – Pets Are Blessings 5K Race in Oak Ridge
A charity event to raise money for local animal rescue groups.
<http://www.ktc.org/Applications2015/PetsRBlessings15.pdf>

October 4 – Pi Beta Phive-K 5K Race for Education in Gatlinburg. For more information, contact [Shanna Fuller](#) 865.604.9928

October 9 – Hann Jivin' in the Dark 6-Mile Night Trail Race in Knoxville's Urban Wilderness
<http://www.ktc.org/TrailRacing.html#HannJive>

October 10 – Townsend 10K Race For more information, contact [Howard Jackson](#) 865.546.1000

October 11 – Pilot CrossKnox 15K Race in Knoxville
<http://www.ktc.org/RaceCrossKnox.html>

October 17 – Superhero Heart Run 5K & 2K Races in Alcoa [http://www.superheroheartrun.com/event-
locations/knoxville-tennessee/](http://www.superheroheartrun.com/event-locations/knoxville-tennessee/)

October 18 – Seven Bridges Marathon in Chattanooga 1K, 5K, Half Relay, Full Relay, Half Marathon & Marathon
<http://sevenbridgesmarathon.com/>

October 18 – Hops and Hope 5K in Knoxville
<http://www.ktc.org/Applications2015/HopsandHope15.pdf>

October 24 – Farragut Fall 5K in Knoxville
<https://runnerreg.us/farragutfall5k/>

October 31 – Farragut 13.1, 5K & Kids Mile in Knoxville
<http://www.ktc.org/RaceFarragut13.1.html>

October 31 – Smoky Mountain Zombie Fest 5K Race In Sevierville [https://runsignup.com/Race/TN/Sevierville/
SmokyMountainZombieFest5K](https://runsignup.com/Race/TN/Sevierville/SmokyMountainZombieFest5K)

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

The Foothill Striders is staffing the main aid station at the Pistol Ultra Run on January 2-3, 2016. In return, Foothill Striders members receive a discount on registration, and the Pistol Ultra will be making a donation to the club. We need your help to make this aid station awesome. Please go to: <http://www.pistolultra.com/volunteers> and follow the instructions to sign up for a time to help out at the "Main Aid Station". If those slots fill up, there are plenty of other volunteer opportunities available at the event, and I'm sure the volunteer coordinator (our very own Wendi Walker) would love to have your help!

Foothills Striders having some fun running the Cades Cove loop and breakfast afterwards.



DON'T MISS OUT ON ALL THE FUN!
Join us on one of our group runs.
Check our FB page for times & locations.





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