

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

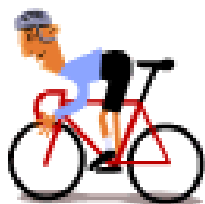
May 2016



A Running,



Hiking,



and Biking Club

PLEASE JOIN US AT OUR NEXT CLUB MEETING:



THURSDAY, MAY 5

Calhoun's Restaurant

6:30 PM "Eat & Socialize"

7:00 PM Program & Business Meeting

Please join us on Thursday, May 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 Jason Altman,
Race Director for the Knoxville Marathon.

Visitors welcome - come enjoy the fellowship!

HAPPY 
*Mother's
Day*

SUNDAY, MAY 8


**HAPPY
MEMORIAL
DAY**  

MONDAY, MAY 30

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: Vacant

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: Vacant

Secretary: Meghan Cole

Tel: 850-9073 Email: mhynescole@gmail.com

Scholars Run Event Director: Wendi Walker

Tel: 964-3926 Email: wendi0724@gmail.com

CLUB COMMITTEES:

Hiking Committee Chair: Steve Larrabee

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

Tour de Blount Event Director: Eleanore Womac

Email: ejwomac@gmail.com

Hike Leaders:

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

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

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

Webmasters: Jennifer Brigati & Eric Weatherbee

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Tel: 360-7003 Email: eric.weatherbee@gmail.com

Newsletter Contact: Connie Ball

Tel: 983-9244 Email: connieball@parksrec.com



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

***Join or Renew
Online***

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

A message from Club President Tracy Nuchols



This month's update from me is a little different than something I usually write. As some of you may know, over the past several weeks I have been fighting a few different injuries and haven't been as active as I usually am. As I wait for the time that I can start back into my regular exercise routine, I find myself wondering if I can mentally get back into the lifestyle I once had. As we all know, it is hard to find the time to exercise due to our busy schedules, but it is even harder to find the desire. I find myself already making excuses (not enough time in the day, tired, have more important things to do, etc...), and I am still at least a month and a half away from starting back. Currently, I am thinking to myself "**more important things**"! What is more important than my health (both mental and physical)? Granted there are things that we need and want to do, but we also need to make time to take care of ourselves so that we can be there for the ones we love and care about. In the time that I have been less active, I can already tell a difference in how I feel. There are so many things we take for granted, and our health is one of them. I have been on several runs where I was complaining, thinking of excuses why I shouldn't be there, and of other things that I could be doing. I think back to something I witnessed on a run one evening. I was once again complaining to myself about being there and how much it was hurting when I looked up to see a young man being pushed down his driveway in a wheelchair. Talk about a reality check! If that won't do it, nothing will. Something to ponder on: Are you making excuses not to make healthy, positive lifestyle choices because it is the easy way out, or have you lost the desire.....

P.S. Don't forget the Tour de Blount is May 14. Let's make it the best one ever!!!

Tracy Nuchols



***Scott & Candice Houser
Wallace Houser
Jeff & Risa Jennings
William Kelch & Mary Leitmaker
Lori Keller
Don Knight
Tom Lindquist
Christina Morse
Douglas Sofer
Glenda Sublett
Rabekah & Rhonda Sweeney
Taylor & Kristi Weatherbee
Brian Whitlock***

NEWSLETTER

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 Wednesday, May 18.

RUN, BIKE OR HIKE





MINUTES OF THE FOOTHILL STRIDERS' April 7, 2016 CLUB MEETING

As recorded by Club Secretary Meghan Cole



President Tracy Nuchols called the meeting to order at 7 PM at Calhoun's restaurant with more than 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 March meeting were approved with one correction: The Treasurer's Report presented by Irene Guerinot at the March meeting which was approved by the club was for the month of February not March.

Treasurer's Report – Irene stated she was still working on the Treasurer's Report for March, as she was waiting to receive all of the invoices for the month, which Tracy stated he would get to her. Irene noted the club has received more than \$1,000 in sponsorships for the Tour de Blount (TDB): \$500 from CirrusPath LLC, \$500 from Blount Discount Pharmacy, \$250 from Woody's Marathon and \$20 Panera gift cards. She stated she has filed the annual report with the state, and has been trying to get in touch with Vanguard to update the club's information to reflect a new president and a new treasurer.

Cycling Report – Sally Joines reported that we currently had 100 registered for the TDB, and the registration fee will increase April 10th. She displayed posters for the event and stated she would give them to those who were interested. She noted that 2016 is the 25th year of the TDB and encouraged everyone to help make this year the best ever. She stated the event began at Heritage High School 25 years ago, and the fact that it will be held at Heritage again this year is special. She also displayed a quilt of event T-shirts and stated that anyone who would like to donate an event shirt not currently on the quilt should let her know, as more shirts can be added. Volunteers are still needed to help mark routes for the TDB and with registration the night before the event at Vienna Coffee House and also the morning of the event Saturday, May 14. Anyone interested in helping should contact Eleanore Womac or Sally. The first 350 people to register receive pint glasses.

Running Report – Brian Payne announced that Striders members ran 600 miles combined participating in the 5K, half marathon and marathon the weekend of the Covenant Health Knoxville Marathon. In the marathon, Becky Tener, Jennifer Brigati and Taylor Coad all placed in their respective age groups; Sara and Andrew Smiddy and Irene Guerinot completed their first marathon; and Amy Farr completed her second marathon. Brian also congratulated Eric Weatherbee, Brandy Barton and Amy Farr for placing in their age groups in the Resurrection Run 5K and Andy Atkinson for placing in his age group in the Barley's St. Patrick's Day 5K.

Hiking Report – Steve Larrabee discussed upcoming hikes. He stated the Hiking Committee holds monthly meetings the second Friday of each month at Panera Bread, however the April meeting is scheduled for the 15th due to a schedule conflict this month.

Old Business – Tracy stated the TDB will have four routes this year. Sally stated John Becker with WBIR will be this year's honorary grand marshal, and will also be participating in the event. She stated she is not sure if his involvement will bring a media presence to the event, but she will let club members know as soon as she knows more.

New Business

- Chris Hamby with the City of Alcoa spoke to the club about the construction of a permanent restroom facility convenient to the Springbrook Corporate Center Lake and Greenway Trail. She stated it would be a year-round heated and cooled facility that would cost roughly \$130,000. She stated it would take approximately two years to complete construction, and Parks & Rec will maintain the facility upon completion. She asked if anyone had questions, and provided her email address for those who would like to contact her after the meeting. She stated the City is applying for a grant for the project and asked for the club's support in the process. The club voted and unanimously endorsed the project.
- Wendi Walker and Tracy updated the club on the Scholars Run scheduled for August 13th at Maryville College. Wendi stated that it takes a lot of work to make the Scholars Run successful, and she would like to see a large organized group help make that happen, i.e. help organize volunteers, work on sponsorships, do advertising and shirts. She noted that one possibility for advertising is fliers; club members could put fliers on cars at events leading up to the run. Tracy noted the TDB is a good example of how a lot of volunteers can contribute to an event's success, and encouraged club members to help Wendi in anyway possible.
- Dennis Ridley announced that there were 500 participants in the Resurrection Run and that the event raised \$22,000. He thanked all those involved with the event.
- Will Jorgensen announced that registration for the Montvale Endurance Challenge is now open. He stated it is a family-friendly event with multiple race options, and encouraged everyone to check it out.

Program – William Norris of Bike N' Tri discussed his new bike shop in downtown Maryville along with nutrition and training.

Having no further business to discuss, the meeting was adjourned at 8 PM.

JOIN US! for a hike, bike ride or run . . .



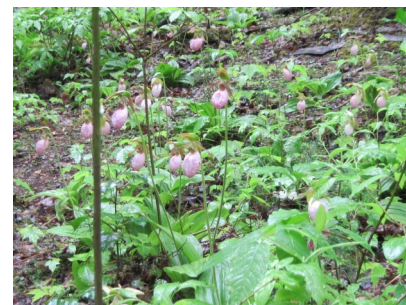
The objective of our hiking program is to serve our members, therefore, members please let hike leaders know what kind of hikes you would like. Leaders will be especially anxious to schedule hikes for our members who are working on their 900 mile badge.



Striders' Hikers' Facebook Page:

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

May 7th We will hike the Ace Gap trail to view the Lady's Slippers. Meet at Olympia parking lot and leave at 8 AM. This is a short easy hike. Hike Leader: John Barrow, 982-3879, Email: barrowjh@att.net
To the right is a picture of the pink Lady's Slippers taken on this same hike in May 2014.



May 21st John Witherspoon will lead a hike somewhere near Greenback. Watch the Foothill Striders' Hiking FB page for more details. Will leave from Olympia at 8 AM. Hike Leader: John Witherspoon, 577-1995, Email: plasticsp@aol.com



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.

The Hiking Committee meets the second Friday of each month at Panera Bread in Alcoa at 7 PM to plan hikes for the following month. Join us if you would like to help or offer your input in planning.



Striders' Cycling Facebook Page:

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

Many, if not most, of our cyclists have set new riding records during the past month! Some of you are riding your bike MUCH more often than before. Some of you have logged more miles in the past month than ever before. And some of you have ridden your "longest-ride ever" in the past month! Each time we ride, we grow a little more. A little stronger, a little faster, a little more skilled, and a little more empowered! Keep safe! Have fun AND keep riding!

Tour de Blount

The 2016 Tour de Blount is nearly upon us. Volunteers are always needed before, during and after. Please contact Sally Joines at 363-9775 or sjoines@bellsouth.net if you can help. Did you know that you can help even while riding in the TDB? Help us by encouraging other cyclists along the way, especially those who may be testing their limits more than they have ever done before. Or reminding cyclists of good safety habits while riding. Many of our riders will be newer cyclists and may forget or may not even know cycling safety rules. Help a fellow cyclist along while you're enjoying the day!

Please check the Striders' Cycling Facebook Page and local bicycle shops for scheduled rides in the area this month.



Saturday, May 14
Help us celebrate 25 years of the Tour de Blount!
[CLICK HERE](#) for more details.

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/>

LOCAL UPCOMING RACES

May 7 – Mudder's Day Madness 5K Race in Maryville.
<https://runsignup.com/Race/TN/Maryville/MuddersDay5K>

May 7 – Wild Hann Jivin' at Night 6-Mile Trail Race & 1-Mile Kids' Run in Knoxville's Urban Wilderness.
<http://www.ktc.org/TrailRacing.html#HannJive>

There are two triathlons in Dickson, TN on May 7th.
[CLICK HERE](#) for more details.

May 14 – **Tour de Blount**

May 15 – Heart & Sole 5K Race in Knoxville.
<https://runnerreg.us/heartandsole2016>

May 21 – Blount County Melanoma Awareness 5K Race in Maryville. <https://runsignup.com/Race/TN/Maryville/BlountCountyMelanomaAwareness5K>

May 21 – Cades Cove Social Run 4, 8 & 11-Mile options. 7AM For more information, contact [Lauren Chiles](#).

May 22 – Highland Half Marathon and Scot Trot 5K Race at Maryville College. <https://runsignup.com/Race/TN/Maryville/SmokyMountainHighlandRaces>

May 28 – KTC EXPO 5K & 10K Races on the 100 Block in Knoxville. <http://www.ktc.org/RaceExpo.html>

May 30 – Foothills Sprint Triathlon in Lenoir City.
<http://racedayevents.net/events/foothills-sprint-triathlon/>

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 Monday, Tuesday
and Thursday evenings and Saturday mornings.
Check our FB Runners page for times and locations.*



Join fellow Striders members in the 1200 mile club for runners/walkers in 2016! Just join the Foothill Striders (Runners) group on Facebook, and look for the 1200 mile club post at the end of each month. Club members who complete 1200 miles on foot and volunteer for at least one Striders' supported event in 2016 will receive a medal.

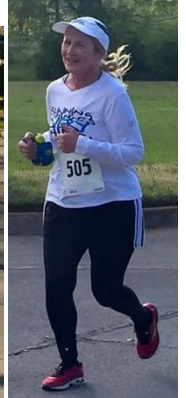


Don't forget to send your running photos
and race news to connieball@parksrec.com for the
newsletter & post them on our FB Runners page!



SPRING SPRINT

1st Leg of the 2016 Triple Crown of Running



Congratulations to Brent Beuche, Meghan Cole, Michelle Nuchols, Amy Farr and Kathy Nash who all won in their respective age groups at this year's Spring Sprint.



Dear Spring Sprint Volunteers:

Thank you for all your support at the Spring Sprint on April 9th! Without your help, we would not have been successful in providing a safe and quality event. It truly takes many volunteers for this type of event. To those of you who are loyal race volunteers, I appreciate your dedication every year! To those of you who are new, I appreciate your interest this year and hope you can join us again for the next two races in the Healthy Blount Triple Crown of Running. We can still use more volunteers at each race, so if you haven't been a volunteer in the past, please join us at the Scholars Run on Saturday, August 13th and at the Reindeer Run on Sunday, December 4th. I hope to see you then!

Kelly Forster, Parks & Rec.

Congratulations to all those who participated
and placed in this year's Knoxville Marathon!



The Foothill Striders Club is a local, non-profit organization, which promotes 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 to join online or to learn about club events
Find us on Facebook! Foothill Striders (Runners), Foothill Striders (Hikers) and Foothill Striders (Cyclists)

Membership Benefits Include:

Regular group runs, hikes and rides

Monthly newsletter delivered via email

Eligibility to join the 1200 mile club (run/hike) or 500 mile club (bike)

Community Involvement

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 riders.

Club members regularly volunteer at local running, cycling, and multisport events for adults and children

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