

# On the Wing

WWW.FOOTHILLSTRIDERS.ORG

August 2016



A Running,



Hiking,



and Biking Club

## PLEASE JOIN US AT OUR NEXT CLUB MEETING:



### THURSDAY, AUGUST 4

Calhoun's Restaurant

6:30 PM "Eat & Socialize"

7:00 PM Program & Business Meeting

*Please join us on Thursday, August 4th  
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 Kathy Prince  
with the Second Harvest Food Bank.

*Visitors welcome - come enjoy the fellowship!*



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](mailto:connieball@parksrec.com)

*The deadline to submit articles  
for next month's newsletter is  
Monday, August 22.*

# Foothill Striders Club Leadership Directory

**President:** Tracy Nuchols

Tel: 679-4144 Email: [tpnuchols@gmail.com](mailto:tpnuchols@gmail.com)

**Running Committee Chair:** Brian Payne

Tel: 363-4851 Email: [Bmpkdp15@gmail.com](mailto:Bmpkdp15@gmail.com)

**Vice-President:** Eric Weatherbee

Tel: 360-7003 Email: [eric.weatherbee@gmail.com](mailto:eric.weatherbee@gmail.com)

**Biking Committee Chair:** Eleanore Womac

Email: [ejwomac@gmail.com](mailto:ejwomac@gmail.com)

**Program Chair:** John Witherspoon

Tel: 577-1995 Email: [plasticsp@aol.com](mailto:plasticsp@aol.com)

**Membership Committee Chair:** Michelle Nuchols

Tel: 621-2403 Email: [jmnuchols@att.net](mailto:jmnuchols@att.net)

**Communications Chair:** Vacant

**Scholarship Committee Chair:** Kathy Nash

Tel: 982-1268 Email: [veggie\\_kathy@yahoo.com](mailto:veggie_kathy@yahoo.com)

**Treasurer:** Irene Guerinot

Tel: 406-7200 Email: [renaki507@gmail.com](mailto:renaki507@gmail.com)

**Adopt-a-Highway Chair:** Vacant

**Secretary:** Meghan Cole

Tel: 850-9073 Email: [mhynescole@gmail.com](mailto:mhynescole@gmail.com)

**Scholars Run Event Director:** Wendi Walker

Tel: 964-3926 Email: [wendi0724@gmail.com](mailto:wendi0724@gmail.com)

## **CLUB COMMITTEES:**

**Hiking Committee Chair:** Steve Larrabee

Tel: 567-1950 Email: [stelar40@aol.com](mailto:stelar40@aol.com)

**Tour de Blount Event Director:** Eleanore Womac

Email: [ejwomac@gmail.com](mailto:ejwomac@gmail.com)

## **Hike Leaders:**

David Atkins (977-1404) [janddatkins@charter.net](mailto:janddatkins@charter.net)

John Barrow (982-3879) [barrowjh@att.net](mailto:barrowjh@att.net)

John Witherspoon (577-1995) [plasticsp@aol.com](mailto:plasticsp@aol.com)

**Webmasters:** Jennifer Brigati & Eric Weatherbee

Tel: 318-6885 Email: [jennifer.brigati@gmail.com](mailto:jennifer.brigati@gmail.com)

Tel: 360-7003 Email: [eric.weatherbee@gmail.com](mailto:eric.weatherbee@gmail.com)

**Pictures for the website should be emailed to:**  
[thefoothillstriders@gmail.com](mailto:thefoothillstriders@gmail.com)



**Visit the Club's web site at**  
**[WWW.FOOTHILLSTRIDERS.ORG](http://WWW.FOOTHILLSTRIDERS.ORG)**

**Join or Renew**  
**Online**

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

**Newsletter Contact:** Connie Ball

Tel: 983-9244 Email: [connieball@parksrec.com](mailto:connieball@parksrec.com)

# A message from Club President Tracy Nuchols



Hope everyone is doing fine. Just wanted to drop a reminder of our upcoming event. This year's Scholars Run is scheduled for August 13th and is closing in fast. Claim your volunteer spot and mark your calendars to come out and help make this another fantastic Foothill Striders' event. Many volunteer slots are still available, and we need YOU to help fill them! It's easy, just click on the link below and sign up to lend a hand!  
<https://signup.com/login/entry/3865764520119>



**Laura Gagnon  
Missy Lane  
Trish Turner**

**Also, a big welcome to the many new members who elected to receive a free complimentary one-year membership to the club at this year's Tour de Blount.**



Thank you,  
Tracy Nuchols

PS: A big shout out to all of those who made this year's summer picnic a great success. Lots of food was eaten and plenty of fun was had by all.



With the extreme heat we've been having, **JUST A REMINDER** that sun rays are strongest between 10 AM & 4 PM. Remember to apply sunscreen often and try to stay in the shade if you must be outdoors during these times.



Congratulations to Kathy Nash who was a Super Star at this year's Tennessee Senior Olympics!

- 1600 Meter Powerwalk -- Gold
  - 1500 Meter Racewalk -- Gold
  - 200 Meter Dash -- Silver
  - 50 Meter Dash -- Silver
  - 100 Meter Dash -- Bronze
  - 4 x 100 Meter Relay -- First Place Team
- Qualified to go to Nationals in 2017!



**RUN, BIKE OR HIKE**



# 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/>

**July 30** Hike to Ramsay Cascade. This is a strenuous hike of 8 miles round trip. There is a 2,100-foot elevation climb to the Cascade, but the cool mist of the waters cascading off the rocks is a wonderful reward. You won't want to leave. This cascade is featured on the soft drink machines at Sugarland Visitor Center. Hike Leader: Steve Larrabee 567-1950 NOTE NEW MEETING PLACE: Meet in front of Food Lion in the Brown's Creek Shopping Center on E. Lamar Alexander Pkwy and we will leave at 8AM.

**August 6** Spruce Flats Falls at Fremont. Meet at Browns Creek Shopping Center in front of Food Lion at 8AM. This is a relatively short easy hike. Hike Leader: John Barrow 982-3879.

**August 11-13** Steve and Andy are going backpacking again. Starting at the end of Straight Fork Road, they will hike up Balsam Mountain to Laurel Gap shelter 4.5 miles and spend the night there. On the 12th, they'll hike Mt. Sterling Ridge toward Big Creek and back to Laurel Gap shelter by way of Gunther Fork Trail, which is a 14-mile loop. They'll spend the night at the shelter and hike out 7 miles on the 13th. Interested backpackers please contact Steve Larrabee at 567-1950. Shelter reservations are required.

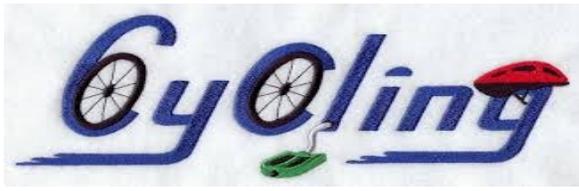


Visit the Tennessee Trails Association web site [www.tennesseetrails.org](http://www.tennesseetrails.org) or the Smoky Mountains Hiking Club web site [www.smhclub.org](http://www.smhclub.org) for other hiking opportunities his month.

Last month, Steve Larrabee and Andy Piercy started at the top of Deep Creek, went half way down then took Pole Road over Noland Divide and went down Noland Creek to the bottom. They also hiked Springhouse Creek to the top of the ridge and back down and only saw two other people in three days! Here are a few pictures from their trip.

**The Hiking Committee will meet Friday, August 5th at Panera Bread in Alcoa at 7PM to plan hikes for next month. Please join us if you would like to help or offer your input in planning.**





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



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

The Tour de France has provided us with the opportunity to watch the best cyclists in the world in scenic country sides and small towns. Their ability to ride 100+ miles day after day amazes me. Here are some things we can learn from them.

1. Maybe the most important, none of us draws a paycheck at the end of a ride - so keep your riding fun and enjoyable! Maybe that means riding a few less miles instead of pushing ourselves up another hill. Finish the ride hungry for the next one!
2. Be sure you're eating enough during the ride - especially important for rides lasting more than an hour. THIS IS NOT THE TIME TO CUT CALORIES TO LOSE WEIGHT. It doesn't have to be a lot, maybe 100-200 calories/hour. Avoid high protein items, they're harder for your stomach to digest - think fats and simple carbs.
3. During the hot days of summer, freeze water bottles and keep your liquids cool longer, or add lots of ice. The longer you can keep your body temperature from rising, the better your performance.
4. After the ride, stretch a little before hopping in the car or collapsing on the couch. Even 3-4 minutes of stretching will help.
5. Change your clothes. Our shorts and jerseys become sweaty breeding grounds for bacteria and can lead to saddle sores down the road.
6. One last tip we can learn from the pros: they sit down and enjoy a meal together after the ride! Eating ice cream or slurping down an icee with riders after a ride is a great way to unwind by laughing and encouraging each other!



Be safe and pedal on!



# Running

Striders' Runners' Facebook Page:  
<https://www.facebook.com/groups/335896459806594/>

*get out & run*



Brent Bueche & another Grand Masters title at the Carter Mill 10K!!



Cecil & Molly Callihan showing off their bling at the Crazy 8's 8K Run.



John & Cheri Conley in Nashville at the Stand up to Cancer Run.

## LOCAL UPCOMING RACES

**August 6** – Springbrook Sprint Triathlon: 200 yd. swim, 9 mile bike, 3 mile run in Alcoa. <http://racedayevents.net/events/springbrook-sprint-triathlon/>

**August 13** – Scholars Run 5K Race in Maryville. Find registration form elsewhere in the newsletter.

**August 20** – Rebel Run 10K Run, 5K Run/Walk & 1 Mile Fun Run/Walk in Maryville. <https://runsignup.com/Race/TN/Maryville/MCSFRebelRun5K>

**August 27** – Reach Out 5K Color Run in Gatlinburg. <https://runsignup.com/Race/TN/Gatlinburg/REACHOUTRUN5K>

**August 28** – Forget Me Not 5K Race in Knoxville. <http://forgetmenot5k.com/>

Also, please find information elsewhere in the newsletter about a new event this year, the Maryville Moonlight Mile Run on September 23 in downtown Maryville .

Visit the Knoxville Track Club's web site at [www.ktc.org](http://www.ktc.org) for more information regarding the above events and additional upcoming races.



Volunteers are still needed to help with the Scholars Run on August 13! Please [Click Here](#) to sign-up to help.



# Brookfield



## SCHOLARS RUN SPONSORS

### GOLD



### SILVER



# FOOTHILL STRIDERS 40TH ANNUAL Scholars RUN 2016

Second Leg of the  
Healthy Blount Triple  
Crown of Running

## 5K Run & 1 Mile Fun Run/Walk

Proceeds are to fund two annual scholarships sponsored by the Foothill Striders, Inc.



### GENERAL INFORMATION

**DATE:** Saturday, August 13, 2016  
**LOCATION:** Physical Education Building, Maryville College  
**CHECK-IN:** 6:45-7:30 a.m.  
**RACE TIME:** 8 a.m. – 5K Run  
 8:45 a.m. – 1 Mile Fun Run/Walk

**THE COURSE.** 5K Course includes area city streets. Split times will be provided at each mile. The 1 Mile Fun Walk/Run is situated entirely on the Maryville College campus.

**REGISTRATION & ENTRY FEE.** Individuals can pre-register in person at the Parks and Recreation Office located at: 316 S. Everett High Road, Maryville, TN 37804 through **Monday, Aug. 8.** Fee includes a race T-shirt. (Please add \$1.50 for XXL shirt orders.)

- Pre-registration closes Monday, Aug. 8. (early pre-registration deadline)
- Pre-registration fee: Adults – \$20, Students (18 and under) – \$18
- Day of Race registration fee: Adults – \$25, Students – \$20
- Or register online by Aug. 8 at [www.parksrec.com](http://www.parksrec.com)

**CORPORATE & SCHOOL GROUP CHALLENGE.** Each team consists of at least 3 members. The 3 fastest times will be added together to form the team score. Runners may register separately but must enter a corporation or school group name in the appropriate blank on the entry form. **Teams must pre-register.**

**T-SHIRTS.** All runners will receive an attractive, high-quality T-shirt (race day guarantee to pre-registered runners). Shirts will be available on the day of the race for day-of-race entries, as long as supplies last.

awarded for the top corporate/school groups.

**OTHER INFORMATION.** No baby strollers, bicycles, roller blades, dogs or use of headsets are allowed.

**AWARDS AND PRIZES.** An awards ceremony will be held on-site immediately following the race (approximately 9 a.m.). Special awards will be given to the top three finishers in each age group and to the male/female Overall and Masters winners in the 5K. All Fun Run/Walk participants will receive a ribbon. All race participants will be eligible for free door prize drawings which will take place immediately following the 5K and 1 Mile Fun Run/Walk. Plaques will be

Refreshments will be served immediately following the race for all registered participants.

**For more information regarding this race or the Triple Crown of Running, please contact Parks & Recreation at 865-983-9244.**

**Access results at [www.parksrec.com](http://www.parksrec.com)**

### AGE DIVISIONS

Male	8/under	9-11	12-15	16-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75/over
Female	8 /under	9-11	12-15	16-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65/over		

**Overall** Male & Female

**Masters** Male & Female (40 & over)

## 2016 SCHOLARS RUN ENTRY FORM

Detach and return form with check or money order (made payable to **Foothill Striders**):

**ATTN: Parks & Recreation, Scholars Run, 316 S. Everett High Road, Maryville, TN 37804**  
 or register online at: [www.parksrec.com](http://www.parksrec.com) (must register by Aug. 8).

PLEASE PRINT CLEARLY

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

SCHOOL GROUP \_\_\_\_\_

CORPORATION NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

EMAIL \_\_\_\_\_

I WILL RUN IN THE: \_\_\_\_\_ 5K \_\_\_\_\_ 1 MILE

T-SHIRT SIZE: (CIRCLE SHIRT SIZE): YOUTH: **M** ADULT: **S M L XL XXL** (Please add \$1.50 to entry fee for XXL shirt order.)

EMERGENCY CONTACT \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

RACE Number	
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For office use only

SEX \_\_\_\_\_

BIRTHDAY

Month Day Year

**AGE AS OF AUG 13, 2016:**

**ATHLETE'S RELEASE:** I know that running in road races is a potentially hazardous activity. I should not enter and run in this race unless I am medically able and properly trained. I assume all risks associated with running in this road race, including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course; all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Foothill Striders, Parks & Rec, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant my permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE

(If under 18 years of age, parent's signature required)

DATE



Join Good Neighbors of Blount County for the
2016 Maryville Moonlight Mile
Friday Night, September 23, 2016

Date/Time/Place: Friday, September 23, 2016 at 10:15 PM; the race begins on Lawrence Avenue in front of the Maryville High School Gymnasium. This is a point-to-point race (the start and finish are NOT in the same place).

Course Description: Starting on Lawrence Avenue in front of Maryville High School, runners will run southwest on Lawrence Avenue, take a right on South Cedar Street, and a right on West Broadway Ave. The final 0.7 miles are downhill to the finish line, adjacent to the downtown municipal parking garage.

Registration & Entry Fee: Early Registration Fee is \$10. Just \$10! Pre-registration ends September 16. Night of Race Registration is \$15. Thanks to gracious support from our partners, 100% of your entry fee will go towards Good Neighbors of Blount County.

Online Registration: You can easily register online at https://runsignup.com/Race/TN/Maryville/MoonlightMile.

T-Shirts: Short-sleeved t-shirts featuring our awesome, glow-in-the-dark logo (paying tribute to the old Midnight Mile). Pre-registered runners will receive a race shirt at race check-in. Other runners will receive a shirt as supplies last or at a later date.

Race Swag: Because the race will be run "under the lights" of Maryville, all runners will receive glow and light sticks.

Parking: Parking will be available at the finish line (downtown Maryville), at the starting line (Maryville High School), and all points in between.

Awards: Top 3 Male and Female Finishers. Top Male and Female Masters (40+), Grandmasters (50+). Top 3 in the following age groups: 0-5, 6-9, 10-14, 15-18, 19-24, 25-29, 30-39, 40-49, 50-59, 60-69, 70+.

Post-Race Celebration: All runners and family members are invited to join the post-race and awards celebration at (location TBD).

Information: For more information, please email MaryvilleMoonlightMile@gmail.com or visit Good Neighbors of Blount County's Facebook Page.

Results: Results will be posted at goodneighborsbc.org, and you'll be able to find them on our Facebook page.

Last Name : \_\_\_\_\_ First Name: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ State: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact/Number: \_\_\_\_\_

Gender (circle): Male Female Birthdate (M/D/Y): \_\_/\_\_/\_\_

T-Shirt Size (circle one): YS YM YL S M L XL XXL

Fees: (\$10) \_\_\_\_\_ make checks payable to Good Neighbors BC

Mail Entry Form to:

Good Neighbors of Blount County
1741 Triangle Park Drive
Maryville, TN 37801



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](http://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 1200 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

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**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