

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

July 2016



A Running,



Hiking,



and Biking Club

POOL PARTY

FRIDAY, JULY 9



Green Meadow Country Club Pool

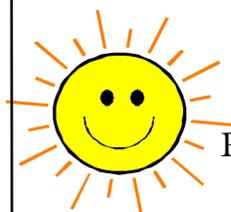
7:00 - 9:00 PM

In lieu of our monthly meeting, please join us on Friday, July 9th from 7:00 to 9:00 PM at the Green Meadow County Club Pool located at 1700 Louisville Road in Alcoa for our annual summer potluck and pool party this year. Bring your favorite dishes to share and your family and join us for swimming, great food and fellowship, music and fun!

Summer
FUN

The Club has a lot of activities planned for the upcoming months. Please join us for a hike, bike ride or run or maybe even volunteer to help with the Scholars Run.

Come join the fun!



Sun rays are strongest between 10 AM and 4 PM. Remember to apply sunscreen often and try to stay in the shade if you must be outdoors during these times.

Have a
Happy
4TH of
JULY

Foothill Striders Club Leadership Directory

President: Tracy Nuchols

Tel: 679-4144 Email: tpnuchols@gmail.com

Vice-President: Eric Weatherbee

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

Program Chair: John Witherspoon

Tel: 577-1995 Email: plasticsp@aol.com

Communications Chair: Vacant

Treasurer: Irene Guerinot

Tel: 406-7200 Email: renaki507@gmail.com

Secretary: Meghan Cole

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

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



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

Running Committee Chair: Brian Payne

Tel: 363-4851 Email: Bmpkdp15@gmail.com

Biking Committee Chair: Eleanore Womac

Email: ejwomac@gmail.com

Membership Committee Chair: Michelle Nuchols

Tel: 621-2403 Email: jmnuchols@att.net

Scholarship Committee Chair: Kathy Nash

Tel: 982-1268 Email: veggie_kathy@yahoo.com

Adopt-a-Highway Chair: Vacant

Scholars Run Event Director: Wendi Walker

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

Tour de Blount Event Director: Eleanore Womac

Email: ejwomac@gmail.com

Webmasters: Jennifer Brigati & Eric Weatherbee

Tel: 318-6885 Email: jennifer.brigati@gmail.com

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

Pictures for the website should be emailed to:
thefoothillstriders@gmail.com

Newsletter Contact: Connie Ball

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

Join or Renew
Online

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

A message from Club President Tracy Nuchols

I hope everyone has enjoyed their spring. As summer approaches, I just wanted to throw out a reminder about this year's Scholars Run scheduled for August 13th. It is fast approaching and we are heavy in the planning phase for this year's race. We would like for it to be the best one yet but we are going to need everyone's help to pull it off. We hope you will be able to come out, help, and join the fun!

To volunteer, you can sign up at volunteerspot.com, or contact Wendi Walker, Jennifer Brigati, or Michelle Nuchols (please see the Membership Directory for their contact information) to see how you can lend a hand. The link to volunteerspot.com has also been posted on our Facebook pages, so be sure you hop over to the site to pick your spot! The more people involved the better the event, and we want this one to be the best yet!

Also, if you have any ideas on how to make it an even better event just shoot Wendi or me an email.

Tracy Nuchols

P.S. The next Striders' meeting will be our annual summer picnic. See the announcement for details.

A big "Thank you" to Roy and Nancy Wolfe, family members of Bill Shaffer, for their donation of children's bicycle helmets. These helmets will be provided to children in need of a new helmet to help ensure their safety and to encourage the growth and enjoyment of bicycling.

Thanks!
😊



***Brent Bueche & Family
Rick Gift
Karin Papenhausen and
John Campbell
Sarah Wimmer***

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
Monday, July 18.***



I want to express my sincere thanks for all your help with our Relay for Life event this year. My team, the East Tennessee Wanderers, raised \$5,998!!! Your support means a lot to me, and to our team! Above is a group photo of our team.

Kathy Nash



MINUTES OF THE FOOTHILL STRIDERS'

June 2, 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 30 people in attendance. In accordance with the club bylaws, there was a quorum of members present.

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

Treasurer's Report – Nothing reported.

Cycling Report – Eleanore Womac reported the Tour de Blount (TDB) had approximately 280 registered riders in 2015 and 346 in 2016. She stated the event drew a large crowd this year and was profitable and got a lot of publicity through a local TV station as well as reporters present. Looking ahead to 2017, she stated there may be a need for more volunteers. She thanked all volunteers and club members who helped make this year's event a success, and stated the club will need to decide where to take the event in the future, whether we want to grow it into more of an event than a ride. Eleanore stated she will head the event for the next two years, but then someone else will need to fill her role. Sally Joines encouraged volunteers to come to her or Eleanore with suggestions. She stated participants loved the homemade food provided at the end of the ride, and the friendliness of club members and volunteers. Tracy thanked Eleanore and Sally, and all volunteers; he noted that having good volunteers make it a much better event.

Running Report – Brian Payne congratulated the numerous Striders' members who placed in the Spring Sprint. He also congratulated Irene Guerinot on completing her first marathon; Eric Weatherbee on running 50 miles in 12 hours at the Three Sisters Ultra; Brent Bueche for placing second overall at the Be a Factor 5K; and Becky Tener and her son as well as Amy Farr and her son for placing in the mother-son category at the KTC Expo 10K. He also thanked all of the club members who supported the Special Olympics.

Hiking Report – Steve Larrabee announced scheduled June hikes, and stated a Hiking Committee meeting was scheduled for June 17th to discuss hikes for next month.

Old Business – Tracy stated the Scholars Run will be held August 13th at Maryville College. Michelle distributed a volunteer sign-up sheet and encouraged everyone to help with the event. Tracy stated he would like to make the Scholars Run as popular as the TDB, however, it is a difficult race to run, so we need all the support we can get from volunteers.

New Business

- Jeanne Williams stated Will Jorgensen still needs volunteers for the Ozone Endurance Challenge on June 3.
- Tracy stated he will have a discount code for The Pistol Ultra Run. The code is for current Striders' members only and is not to be shared publicly. Those interested in the code should email him.
- Scholarship Chair Kathy Nash presented two Blount County students with scholarships: Emma Dickenson, a graduate of Alcoa High School and Mullin Scott Green, a graduate of Maryville High School. Both students plan to attend the University of Tennessee in the fall. Irene will send \$2,000 for each student to UT's financial aid office. There were 13 scholarship applicants this year. Each had to submit two references, an essay, and his or her GPA and transcripts. Emma's essay was titled "Running Through High School" and Mullin's was titled "The Foothill Striders Scholarship". Kathy stated she had three people help her review the applications.

There being no further business to discuss, the meeting was adjourned at 7:25 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:

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

July 7-9 Backpack trip starting at the top of Deep Creek on the 7th and ending at the bottom of Noland Creek on the 9th. We will hike 7.5 miles the first day, 8.5 miles the second day and 9.6 miles the last day. If you have experience backpacking and would like to join us, call Steve at 567-1950. You will be responsible for your own back country permit and fees.

July 23 Andrew's Bald/Clingman's Dome. Hike along Forney Ridge trail out to Andrew's Bald. Difficulty is moderate but a short hike on a rocky trail 1.8 miles out to Andrew's Bald with spectacular views from there, then back to the parking lot 1.8 miles, then for anyone who wants, a short hike up to the Clingman's Dome tower, 0.5 miles up a steep but paved trail. Hike Leader: John Barrow, 982-3879. 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 8 am.

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 8 am.



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.



Steve Larrabee and Andy Piercy hiked the Hemphill Bald loop near Balsam Mountain overlooking Maggie Valley on June 4th. There were still a number of different wildflowers in bloom along the trail that follows the park boundary. At the bald, there is a stone picnic table with an inset in the stone pointing out the various features that are visible from the bald including Purchase Knob, Maggie Valley, Cataloochee Ski Resort, Lake Junaluska and other mountains, towns and valleys in that area. We were worried it was going to rain all day, but all we had was a twenty minute shower around 1:30 p.m. By then, it was a welcome relief. At our campground, the temperature never got above 66 degrees mainly due to the mile high altitude, and the hike topped out at around 78 degrees when we descended to Caldwell Fork trail.

The Hiking Committee will meet Friday, July 15th at Panera Bread in Alcoa at 7 PM to plan hikes for next month. Please join us if you would like to help or offer your input in planning.



Andy Piercy



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/>

I'm sure the death of 5 bicyclists in Michigan affected all of us in some way. It's a sober reminder that we are vulnerable when we ride outside. The assailant in Michigan, and he is an assailant, drove into 9 bicyclists. These 9 cyclists were people like us - regular people in our age ranges who ride bikes for pleasure and health.

What can we do to protect ourselves? Here are a few suggestions.



1. Always ride to the right side of the road.
2. Use a mirror and lights.
3. Wear visible clothing.
4. Pay attention to the direction of the sun. Is it shining directly into the eyes of the drivers? I'm always more alert if it's morning or evening and the sun is low. Notice traffic. Do the drivers see you?
5. If your peloton is more than 4 or 5, consider dividing into smaller groups.
6. If vehicles are not able to pass you, SAFELY pull over and let them pass. Be courteous.
7. If a driver acts aggressively and you feel threatened: I would get off the road and call 911. If I was near a house or business, I would stop there and call 911.
8. Obey traffic laws.
9. Wear a helmet.
10. Realize drivers may be distracted - don't let yourself be distracted.

I know this is a somber post, but let's do everything we can do to keep ourselves safe. It starts with being aware of the area you're riding in, the roads you are riding on, the weather conditions, the time of day (is it rush hour, is school getting out?), etc. Always wear a helmet.

This is not a complete list of safety precautions. If there are any glaring omissions - please post them on our Facebook page.

Ride on, Ride safe.



Running



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



Above: Brent Bueche, Cecil Callihan, Amy Farr, Jennifer Seylier & Kathy Nash at the Tellico Summer Solstice 1/2 Marathon. **Left:** Relay Team: David Joines, Michelle Nuchols & Amy Farr who finished 1st Overall at the Tellico Summer Solstice Triathlon.



John & Cheri Conley celebrating their 1st Tri of the summer & the 36th anniversary of their first date!

LOCAL JULY RACES

July 2 – Tour de Rocky Top Bike Ride 100/85/62/50/30 mile options in Knoxville. <https://racedayevents.net/events/tour-de-rocky-top/>

July 4 – One Nation Under God - Independence Day 5K Race in Sweetwater. <https://runsignup.com/Race/TN/Sweetwater/OneNationUnderGodIndependenceDay5K>

July 10 – “Beatin’ a Hastie Retreat” 9 or 4 1/2 Mile Trail Race & Kids Run in Knoxville. <http://www.ktc.org/TrailRacing2016.html#Hastie>

July 16 – “Shawns.com Carter Mill 10K Splash” in Knoxville. <http://www.ktc.org/RaceCarterMill.html>

July 30 – XTERRA Panther Creek 4 1/2 Mile & 1/2 Marathon Trail Races in Morristown <http://www.active.com/morristown-tn/running/trail-run-races/xterra-panther-creek-trail-race-2016>

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 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 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

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