

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

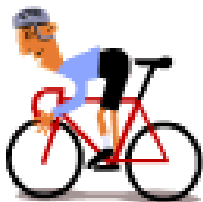
February 2016



A Running,



Hiking,



and Biking Club



**PLEASE JOIN US AT OUR
NEXT CLUB MEETING:**

**THURSDAY, FEBRUARY 4
Calhoun's Restaurant**

**6:30 PM "Eat & Socialize"
7:00 PM Program & Business Meeting**

Please join us on Thursday, February 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 Jeanne Williams, P.T. a physical therapist with Quest Therapy Consultants.

Visitors welcome - come enjoy the fellowship!

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, Cirruspath, Cycology, The Daily Times, Emergency Communications Services of Blount Co., 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.**

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: Michelle Fortenberry

Tel: 701-720-7076 Email: fortendesign@gmail.com

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: New Chair Needed

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: Michelle Fortenberry & Jennifer Brigati

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**Join or Renew
Online**

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

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

A message from our New! Club President Tracy Nuchols



A New Year is upon us and we all have those New Year resolutions that we normally make, and so do I as the new President of the Foothill Striders. First of all, I hope to more unify the group as a whole. Not that we are divided, but I feel that we could come together more as one group instead of three individual groups of hikers, bikers, and runners. Each group has their own event during the year, and I hope we can support each one as a whole so we can offer our community the best events possible. This year is the 25th anniversary of Tour de Blount and the 40th annual Scholar's Run, and I would like to see both events be the biggest and best ever. To do so, we need to have plenty of volunteers to cover each event. In addition, there is a local scavenger hunt each year that our hikers participate in that also needs our support. All of these events are in the planning stages right now but more information will follow in the near future. I hope that each of you can find a place in your busy schedule to help support these events.

Secondly, another goal is for our club to get more involved with our local schools' running clubs. I feel that if we can get kids more involved at an early age, this will help fight obesity in children and promote our main goal which is the overall health and well-being of our community. I feel that the best way to do this is to show them we care and be there to support them in any way possible. Whether that means to show up at one of their events just to cheer them on or to help support them financially. Most importantly, kids just want to feel that someone cares about them, so show them that we do.

My third and final goal is to find a way for our club to grow. This is where I need some help. I feel that we have a great group of people, as good as any organization around, but sometimes that is not enough. We need to find ways to get more people involved, so if you have any ideas or suggestions please feel free to share them with me. My e-mail is tpnuchols@gmail.com or cell number 865-679-4144.

I would like to encourage each of you to join in one of our regular group activities of your interest. I challenge the Foothill Striders to make your presence known in our community, and at our group events to encourage others to participate. Whether it's by offering volunteer services at one of our organized events, or by leading one of our many weekly group activities. Your presence can make a difference. Be that difference.

Additionally, I would like to share with you what a great impact our club can make. Last month, we stepped up to the challenge of manning the Main Aid Station at the Pistol Ultra Marathon. Many hours went into this. Inventory of supplies, reviewing needed items, finding volunteers (many being from our own Foothill Striders group), shopping for supplies, and race time! I would like to take this opportunity to thank so many of you who were able to assist in us pulling off this huge accomplishment. I would also like to thank the Pistol Ultra Marathon and Will Jorgenson for their very generous donation to the Foothill Striders. The club was presented with a donation check of \$1,000 for our assistance with this event. With one of our goals being to provide yearly scholarships for students, a donation of this magnitude makes a great impact on our club! Not only were you there for aid station volunteering, but you were there for encouragement, cheering on the runners, and running with them (at times complete strangers!) to keep them going. Your deeds did not go unnoticed by those at this great event!

We are hoping to have a few different opportunities for our members this year. I have heard people mention that they would like to try some trail running and biking so hopefully we can have someone lead groups in this area. Finally, I would like to say thank you to all of those who supported our events last year and I hope that you will find time again this year to help.

Tracy Nuchols



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

As recorded by Club Secretary Meghan Cole



President Tracy Nuchols called the meeting to order at 7PM at Calhoun's Restaurant, with more than 40 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 November 5, 2015, meeting were approved as submitted.

Treasurer's Report – Joyce Frey distributed copies of the club's 2016 proposed budget and noted that the club made \$2,194 in 2015 favorable to the budget.

Running Chair – Brian Payne presented plaques to Kathy Swartz, Kathy Nash and David Atkins, who became members of the 900 Mile Club and hiked every trail in the Smoky Mountains. Brian then asked for a show of hands of those who ran in races in the last month which many in the room had. He announced that the club had two members, Gigi Santos and Michael Wood, who each finished the 100 Miler at the Pistol Ultra. He then presented 17 members with awards for the 1200 Mile Club. See the Striders' runners' Facebook page for more details.

Cycling – Ernie Frey updated the club on Adventure Cycling's National Bike Travel Weekend to be held June 3-5, 2016. Find more information on Facebook. Eleanor Womac reported that 2015 was the first year for the bike challenge, and 35 riders had participated. She presented 22 members with awards for the 500 Mile Challenge; see the Striders' cycling Facebook page for more details. The challenge for 2016 is 1200 miles. Eleanore reminded everyone that you can log miles on your bike trainer at home, and every spin class counts for 15 miles.

Old Business – Will Jorgensen thanked club members who volunteered at the Pistol Ultra. He distributed Papa John's gift certificates to all of the club volunteers present at the meeting, and he presented Tracy with a plaque in appreciation of the club's generous support. A donation of \$1,000 was also given to the club. Gigi thanked all of her friends and club members who supported her and helped her finish the 100 Miler.

New Business – Tracy made several announcements:

1. He introduced Nominating Chair Jennifer Singh, who presented the officer nominees for 2016: President: Tracy Nuchols; Vice President: Eric Weatherbee; Secretary: Meghan Cole; Treasurer: Irene Guerinot; Running Chair: Brian Payne; Biking Chair: Eleanore Womac; Hiking Chair: Steve Larrabee; and Program Chair: John Witherspoon. Tracy asked if anyone else in the club wanted to run; without opposition, the nominees were voted into office.
2. Tracy stated the goal of the club is to promote health and well-being in the community, and he encouraged all club members to get involved. In 2016, the club will work toward once again being a hiking, biking and running club – not three separate entities.
3. He stated that the club's insurance has changed, and the club is now considered a bike club. The change provides us with liability insurance to cover unlimited rides by members. Our previous insurance as an advocacy club only covered 24 sponsored rides a year. This change means new riders must sign a liability form and can participate in one ride, but they must join the club to continue to ride with the group. Sponsored rides will protect the group, and it's the bike leader's responsibility to ask riders if they're members.
4. In the past, the club has used Parks & Rec. equipment for races and other events, which hasn't always been convenient. Buying a tent, a table, chairs, water coolers and a Foothill Striders banner will help members promote the club at events and help us grow as a group.

Several club members had New Business items to discuss also:

1. Carol Tuttle suggested business cards for the group as a way to get the club's name out there to others often seen on the greenway.
2. Jennifer Brigati asked where the new equipment will be stored; Tracy noted there is a storage shed near Sonic that the club can use at no charge.
3. Wendi Walker asked whether it would be beneficial to establish a disclaimer for bikers who do not want to join the club but would like to continue riding with the club. Joyce said she was unsure of the legalities of something like that, but noted that bike dues are only \$15 per year. Riders are encouraged to build fellowship and explain the benefits of joining the club to nonmembers.
4. Will Jorgensen thanked Wendi for organizing all of the Pistol Ultra volunteers.
5. Ernie Frey reminded the club that the Senior Olympics will be held June 24-30, 2016, and it is a qualifying year for the National Senior Games 2017. You must be 50 years old to participate.

Upon a motion and a second, the 2016 proposed budget was approved as presented.

Kathy Nash introduced herself as the new Scholarship Chair and said there is a new Scholarship Application Form for 2016. The criteria has been revised, and this year's scholarship is not limited to runners. Applicants can now show involvement in biking, hiking or running. The club approved the application form to be distributed to the community, and Kathy said she would post the application to the club's Facebook page after the meeting.

Program – None.

Having no further business to be discussed, the meeting was adjourned at 8:03PM.

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:

[tps://www.facebook.com/groups/158699770950942/](https://www.facebook.com/groups/158699770950942/)

Saturday, February 6 Hike to Rich Mountain Loop. This is a moderately strenuous hike of 8.5 miles. We will meet at Olympia Athletic Club parking lot and leave at 8AM. Hike Leader: John Witherspoon, 577-1995.



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' Cycling Facebook Page:

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

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

Welcome to the new year cyclists! We have a couple of important changes that apply to all of our cyclists.

First, the mileage for our Foothill Striders 2016 Cycling Challenge is 1200 miles for the year. EVERYONE busted out the miles last year so we had to increase the challenge this year. Remember, each indoor cycling class you attend counts as 15 miles towards your goal, and all miles accumulated on your indoor trainer count towards your goal too.

Secondly, and most important, are changes in the insurance that covers our group rides.

- 1) All of our group rides are now covered by insurance.
- 2) Non-members (people who are not current members of the Foothill Striders), may participate in ONE club ride, but they must sign a waiver for that ride. After that, they must join the club in order to participate in future Striders' group rides.

This is the requirements of our new insurance. Please encourage friends who enjoy riding with us, but are not club members, to join the Striders. Fees for a single yearly membership are \$15; a family membership is \$20. Thank you for spreading the word!

We will look at having membership application forms available at future club rides and the possibility of collecting fees for someone who might like to join.

One last thing, at our last meeting Ernie Frey suggested a destination weekend for cyclists. For example, traveling to Abingdon or Damascus, VA for a weekend of riding the Virginia Creeper or surrounding area. Suggestions and feedback are welcome. Happy riding!





Running



Are you a member of the Foothill Striders?
Are you a runner? Then join us on Facebook:

<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

February 6 – Strawberry Plains Half Marathon & 10K Race
<http://www.ktc.org/RaceStrawplains.html>

February 7 – Super Bowl Fun Run Earth Fare in Bearden
For more information, contact [Lauren Chiles](#).

February 13 – Hot Chocolate Lovers Valentines 5K Race in Knoxville
<https://runsignup.com/Race/TN/Knoxville/ZenEvoChocolateLoversValentine5K>

February 13 – Dirty South Trail Half & Dirty Double Trail Marathon in Knoxville's Urban Wilderness
<http://www.ktc.org/TrailRacing.html#DirtySouth>

February 20 – February Freeze 5K Race in Pigeon Forge
<https://runsignup.com/Race/TN/PigeonForge/FebruaryFreeze5K>

February 20 – Black Warrior Trail Runs: 50K, 25K, 50K Relay and 5-Mile Race
<http://www.blackwarrior50k.com/>

February 27 – Surgoinsville 10-Miler Race
http://www.runtricity.net/asp/racecal_manage.asp?action=view&racecalid=283

February 28 – Whitestone 30K Race and Team Relay in Paint Rock, TN
<http://www.ktc.org/RaceWhitestone.html>

February 28 – Fall Creek Falls 50K and Half Marathon Trail Races in Pikeville, TN
<https://runsignup.com/Race/TN/Pikeville/FallCreekFalls50KHalfMarathonTrailRuns>

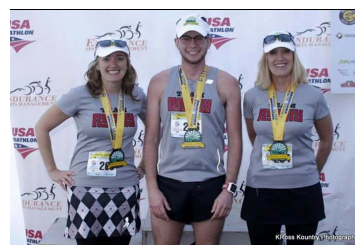
Visit the Knoxville Track Club's web site at www.ktc.org for more information regarding the above events and additional upcoming races.

CHALLENGE YOURSELF



Do you love a good challenge? If so, join fellow Striders members in a 1200 mile club for runners/walkers in 2016? It's easy to join and a lot of fun! Just join the Foothill Striders (Runners) group on Facebook, and look for the 1200 mile club post at the end of each month. Post your miles (running, walking, or both - you decide) and I will keep track of them and post progress graphs each month. Club members who complete 1200 miles on foot and volunteer for at least one Striders' supported event in 2016 (Pistol Ultra, Tour de Blount, Spring Sprint, Scholars Run, Reindeer Run, and others TBA) are eligible to receive a 1200 mile club medal.

Jennifer Brigati



Third place finishers in the 50k Relay: Sally Joines, Taylor Coad & Linda French



Second place finishers in the 55K Relay: Jennie McKelvey, Katie Walters & Robin Miller



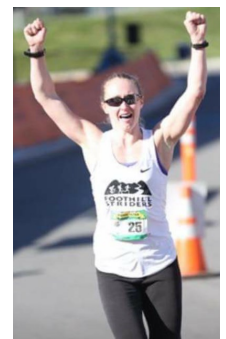
Rocket City Marathon Finishers



Jennifer & Mitch Moore



Eric Weatherbee, Katie Walters, Jennifer Brigati, Michelle Nuchols, GiGi Santos & Julie Young



100 Mile Finishers Michael Wood and Gigi Santos, and Jennifer Brigati finishing the 55K.

CONGRATULATIONS TO ALL OUR MARATHONERS THIS MONTH!



Maryville · Alcoa · Blount County

Watch for the new Parks & Rec. Spring/Summer Schedule of Programs & Events that will be included in the Daily Times on Wednesday, February 24th or visit their website at www.parksrec.com

**Beverley Benzon
Heather Davis
Laura Davis
David Schoeni**

National Wear Red Day®
FRIDAY, FEBRUARY 5, 2016

Let's unite to prevent heart disease and stroke.

Get tips on how you can get involved. Go to GoRedForWomen.org/WearRedDay.



Happy Valentine's Day

Please note that Parks & Rec. is no longer using their P.O. Box.

Therefore, all club memberships & dues should now be mailed to **316 S. Everett High Road, Maryville, TN 37804.**



FOOTHILL
Striders

A running, hiking, and biking club.



If you're like me, I'm ready for some warm, sunny weather! Hopefully, the groundhog will NOT see his shadow on February 2nd so we can start scheduling more outside club activities!

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, February 15.



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., 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