

On the Wing

WWW.FOOTHILLSTRIDERS.ORG

December 2015



A Running,



Hiking,



and Biking Club



[Click Here for
Hometown
Christmas
Events](#)



*You're Invited
Holiday Party*

**SAVE THE DATE!
FOR THE FOOTHILL STRIDERS'
ANNUAL HOLIDAY PARTY**

**THURSDAY, DECEMBER 3RD
6:00-8:30 PM**

**Please watch your email for an invite.
This will be a fun, family-friendly event
that you don't want to miss!**

**HO! HO! HO!
MERRY CHRISTMAS!**

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

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

**See the Slate of the 2016
Officers and Committee Chairs
elsewhere in the newsletter!**

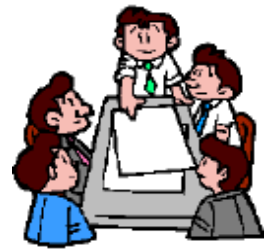


**Visit the Club's web site at
WWW.FOOTHILLSTRIDERS.ORG**



MINUTES OF THE FOOTHILL STRIDERS' NOVEMBER 5, 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 24 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 September 3, 2015 meeting were approved with the following correction: the sentence “Autumn Fest Partnership: KTC will place our (Foothill Striders) logo on the volunteer shirts” will be replaced with “KTC and the Foothills Striders Club discussed potential partnership regarding the Autumn Fest”.

President's Report – Jennifer made several announcements:

- The Blount BENEfITs team, which is one of several teams in the Blount County Community Health Initiative, is applying for the “Healthier TN” Community status for Blount County through the state, and is trying to coordinate efforts with local health groups.
- Good Neighbors (a community ministry) would like to institute a new event run, “Moonlight Mile”. Jennifer will ask Eric Weatherbee to attend one of their meetings and provide more detailed information.
- The 2016 proposed budget will be published in the December newsletter and voted on at our January meeting.
- Kathy Nash has agreed to serve as Scholarship Chair.
- Kathy Nash and David Atkins became members of the 900 Miler Club!!
- The club needs to revisit the discussion regarding new events in the community.
- The Reindeer Run is scheduled for Dec. 6th. Volunteers will be needed. Jennifer urged members to get in touch with Kelly Forster at kellyforster@parksrec.com in order to place their name on the volunteer list. A sign-up sheet was also circulated at the meeting.

Nominating Chair Report – Jennifer Singh presented **THE SLATE OF OFFICERS AND COMMITTEE CHAIRS FOR 2016** including President: Tracy Nuchols; Vice-President: Eric Weatherbee, *please note there were no nominees for this position at the time of our meeting, Eric was nominated at a later time*; Secretary: Meghan Cole; Treasurer: Irene Guerinot; Running Chair: Brian Payne; Biking Chair: Eleanore Womac; Hiking Chair: Steve Larrabee; and Program Chair: John Witherspoon, which will all be voted upon at our January meeting.

Treasurer's Report – Nothing reported.

Membership Report – Nothing reported.

Running – Brian Payne presented a detailed report of running activities, PRs, and events from the past month. Upcoming events and runs are listed on our Facebook page, website, and in the newsletter.

Hiking – Nothing reported.

Biking – Eleanore reported that the “500 Mile Challenge” for bikers in 2016 is going to become a 1000 Mile Challenge or 1200 Mile Challenge. She announced that the Appalachian Mountain Bike Club is having a Fall Festival on November 7th which includes lots of fun activities. Visit their web site <https://ambc-sorba.org/fallfestival/> for more information.

New Business – None to report.

Program – Jennifer introduced Muna Rodriguez-Taylor, an Ironwoman who works with Endurance Sports Management and the Rocky Top Multisport Club. Muna shared her journey into the Ironman competition.

Having no further business to discuss, the meeting was adjourned at 7:25 pm.

FOOTHILL STRIDERS 2016 PROPOSED BUDGET

GENERAL OPERATING ACCOUNT

Income:

Memberships	
Active	\$800.00
New	400.00
Renewal	800.00
Total Memberships	2,000.00
Checking/Savings Acct. Interest	1.00
Sponsorships	0
Total Income	2,001.00

Expenses:

Newsletter	75.00
Speakers, Meeting Expenses	250.00
LAB Bike Club Dues	115.00
LAB Insurance	546.45
RRCA Dues	363.00
RRCA Director & Officer Insurance	373.00
RRCA Liability Insurance	190.00
Web site	100.00
Annual Audit	150.00
Quicken Software	80.00
Postage & Office Supplies	175.00
First Aid Kit Updates	100.00
Volunteer T-Shirts	0
Marketing	250.00
Corporate Annual Report	20.00
1200 Mile Club Member	250.00
500 Mile Club Member	120.00
Parks & Rec Fee	1,000.00
Membership Events	750.00
Event Management Equipment	2,500.00
Miscellaneous	250.00
Total Expenses	7,657.45

Net General Operating Income (Loss) **(5,656.45)**

TOUR DE BLOUNT

Income:

Sponsorships	3,000.00
Registrations	12,250.00
Total Income	15,250.00

Expenses:

Event Insurance	1,300.00
Advertising	100.00
City Permit	25.00
Road Paint	100.00
Food	400.00
Shirts (including design fees)	3,800.00
Port-a-lets	800.00

Police Work	525.00
Custodian	100.00
Rider Premiums	1,200.00
T-Shirt Quilt	350.00
Double Event Medals	250.00
Miscellaneous	200.00
Total Expenses	9,150.00

Net Tour de Blount Income (Loss) **6,100.00**

SCHOLARS RUN

Income:

Sponsorships	4,000.00
Registrations	4,200.00
Total Income	8,200.00

Expenses:

Applications & Postage	0
Use of Maryville College	175.00
Trophies	750.00
Food	100.00
Shirts	3,000.00
Police Work	200.00
Advertising	100.00
Miscellaneous	150.00
Certification of Course	500.00
Total Expenses	4,975.00

Net Scholars Run Income (Loss) **3,225.00**

NET INCOME (LOSS)

FROM OPERATIONS **3,669.00**

Donations and Scholarships

Scholarships @ \$2,000 each	4,000.00
Tremont Scavenger Hunt	500.00
Total	4,500.00

NET INCOME (LOSS) AFTER DONATIONS & SCHOLARSHIPS **(831.00)**

This is a copy of the club's 2016 proposed budget for membership review. The budget will be voted upon at our January meeting. Please see an explanation of new & increased expenditures elsewhere in the newsletter. If you have any questions, please feel free to contact Joyce Frey or Jennifer Brigati.

A message from Club President Jennifer Brigati



"It's the most wonderful time of the year..." Holiday songs may say it's the most wonderful time, but for many of us it's the most stressful time of the year, and winter weather interfering with our running, hiking, and cycling can leave us downright grumpy. It's possible to get through the holidays with your sanity and fitness level intact, but it requires some flexibility and planning. Warm clothes, reflective gear and headlamps can help you enjoy some workouts outdoors, and a trainer or a treadmill can keep you on track when it's just too cold, dark, or icy to be outside. It's also a great time to try a new class at the gym, or a new cross training activity (indoor rock climbing, anyone?).

Of course this time of the year also brings fun events, like our Foothill Striders holiday party. The Striders' party planners have been hard at work, and we have a fun venue picked out that is sure to bring enjoyment to the whole family. Mark your calendars for Thursday, December 3rd, 6-8:30 PM, and check your email for an invite to the event.

While you have your calendar out, mark the Pistol Ultra on January 2-3. The Foothill Striders are staffing the main aid station, and we need people to work the station around the clock to support runners going as far as 100 miles! You can sign up to help by going to www.pistolultra.com/volunteers. While you're volunteering, you can cheer on the many Foothill Striders that are running the event!

Be sure to put the January Foothill Striders meeting on your calendar too. We will meet on Thursday, January 7th at 6:30 PM, and our agenda will include giving out 1200 mile club (running/walking/hiking) and 500 mile club (cycling) awards, voting in new officers, and discussing and voting on the 2016 budget. It's a meeting you don't want to miss!

I know it's tempting, but don't go into hibernation this winter. Stay physically active in whatever way you can, and come socialize with your running/hiking/cycling friends at one of our upcoming events. Before you know it, we'll be complaining about the heat again!



Explanation of New & Increased Expenditures for the Striders' 2016 Proposed Budget

LAB Bike Club Dues and Insurance: This change from an advocacy club to a bike club will provide us with liability insurance to cover unlimited rides by members. Our old insurance as an advocacy club covered only 26 rides, and with a growing number of avid cyclists in the club we ran out of "official" rides mid-year. With this change, new riders can take one "trial" ride, but then must join the club to continue to ride with the group.

Membership Events: This line item, previously drawn from "miscellaneous" funds, will pay for our annual summer picnic and holiday party. Increasing the funds available for these two events will allow us to have nicer events to say "thank you" to our members, and also to couple our events with some sort of service project or philanthropic giving.

Event Management Equipment: This line item is a one-time expenditure to purchase the following items, which are necessary to reduce the strain placed on our volunteer event directors when they have to try to borrow and clean these items. Some items are additionally useful for promoting the club at fairs and other events.

- 1 Pop-up Tent
- 8 Tables
- 15 Water Coolers
- 1 Foothill Striders Banner (smaller than the one we currently have)

**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, December 14.***

Welcome new members Becky Martin and Pam Yarnell

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/>

There are no hikes currently scheduled for December. If you're interested in scheduling a hike this month, please contact one of the hike leaders listed in the Club Leadership Directory.



Also, visit the Tennessee Trails Association web site www.tennesseetrails.org or the Smoky Mountains Hiking Club web site www.smhclub.org for hiking opportunities his month.



CONGRATULATIONS to KATHY NASH who is now a member of the 900-miler club!



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.



Take time during the winter months to either do some routine maintenance on your bicycle or take it to your local bicycle shop and have maintenance performed on it. Simple things like cleaning the chain, inspecting the brake and gear cables, and checking the tires are important for keeping your bike in proper working condition. And, every cyclist should know how to change a flat tire. If you have not learned how, either watch a YouTube video or go to a cycling clinic at your local bike shop.

RUN, BIKE OR HIKE



Don't forget to volunteer to help with the Reindeer Run and Pistol Ultra!

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/>



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

December 5 – Ugly Christmas Sweater 5K Race in Knoxville <http://www.ktc.org/Applications2015/UglySweater15.pdf>

December 5 – Rockin' Santa Half Marathon & Sunshine Santa 5K Race in Knoxville <https://runsignup.com/Race/TN/Knoxville/RockinSantaHalfMarathonSunshineSanta5K>

December 6 – Reindeer Run 5K Race in Maryville <http://www.active.com/kids/maryville-tn/running/distance-running-classes/reindeer-run-5k-students-18-and-under-2015> Registration form is also included in this newsletter.

December 12 – KTC's Loyston Point Scramble 7-8 Mile Trail Race in Andersonville, TN <http://www.ktc.org/TrailRacing.html#Loyston>

December 12 – Faithwalk & Al Ichiki 5K Race in Knoxville <https://runsignup.com/Race/TN/Knoxville/Faithwalk>

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



As the evenings get colder and darker, it's a challenge to get that run in after a long day. Join us on one of our group runs on Monday, Tuesday & Thursday evenings or for a morning run on Saturdays. Check our FB Runners page for times & locations. It's easier to keep going with company!



Kaye Walker at the Foothills Half Marathon. [Click Here to see more pictures from the event.](#) There's also a lot of pictures on FB.



Congratulations to Foothill Striders Rebel Run 5K winners Jennie McKelvey & Amy Farr and Eric Weatherbee who won 3rd Overall (PR)!



The Foothill Striders is staffing the main aid station at the Pistol Ultra Run on January 2-3, 2016, and we *still* have slots to fill. In exchange for our assistance, Striders receive a discount on registration (contact Michelle Nuchols at jmnuchols@att.net for discount code), and the Pistol Ultra will be making a donation to the club. Please go to: <http://www.pistolultra.com/volunteers> and follow the instructions to sign up for a time to help at the "Main Aid Station".



Volunteers Still Needed for Reindeer Run



This year's Reindeer Run is scheduled for Sunday, December 6th. Volunteers are needed to work registration, the 5K course, and the 1-Mile Fun Run. This race requires a lot of volunteers, so your assistance would be greatly appreciated. Also, as the end of the year approaches, just a reminder to the 1200 mile club participants that in order to be eligible for "bling" you must volunteer for one Foothill Striders-supported event, and the Reindeer Run is a great opportunity to do so. You can still participate in the race if you volunteer to help with registration or clean-up. To volunteer to help, please contact Kelly Forster at kforster@parksrec.com or call Parks & Rec. at 983-9244.



plus so many other benefits!



Congratulations to Brent Bueche who won First Male Grandmasters in the Farragut 1/2 Marathon!





2015 REINDEER RUN

Third Leg of Healthy Blount Triple Crown of Running
5K RUN & 1-MILE FUN RUN/WALK

SUNDAY, DECEMBER 6

2:00 P.M. - 5K RUN 2:45 P.M. - 1 MILE RUN/WALK

A portion of the proceeds to benefit the
Empty Pantry Fund

Race sponsored by:



DATE, TIME, PLACE: Sunday, December 6, 2015 - 2:00 p.m. – Race starts in front of Ruby Tuesday Corporate Office, 150 W. Church Avenue, Maryville, TN

CHECK-IN: 12:30 - 1:30 p.m. the day of the race at the Maryville Municipal Parking Garage

REGISTRATION & ENTRY FEE: Individuals may pre-register at the Parks & Rec. office located at 316 S. Everett High Road, Maryville, TN 37804 by Monday, November 30 or online at www.parksrec.com. Fee: Adults \$18.00 Students (18 & under) 15.00
Day of race registration held 12:30 - 1:30 p.m. Fee: Adults \$25.00 Students \$20.00
Fee includes a T-shirt. Please add \$1.50 for XXL shirt orders.

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 & older)

T-SHIRTS: All pre-registered runners will be guaranteed a shirt. Shirts will be available on the day of the race for day-of entries as long as supplies last. Those who are not able to attend the race may pick up their packet at the Parks & Rec. office after the race during regular business hours.

AWARDS/PRIZES: An awards ceremony for the Reindeer Run will be held on site immediately following the 1 Mile Run/Walk. 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. Prizes will also be presented to two youth and two adults with the best Christmas costume. All race participants will be eligible for the free door prize drawings that will take place prior to the awards ceremony. There will also be an awards ceremony, door prize drawings and grand prize drawing for the Triple Crown of Running held on site immediately following all Reindeer Run activities.

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

No baby strollers, bicycles, roller blades, or dogs are allowed to be used by any participant during the 5K race.

For more information, contact the Parks & Rec. office at (865) 983-9244.

DIRECTIONS: From Knoxville, take 129 S. past the airport. Just past the airport, follow the road split to the left heading towards 321 N. Go through 5 traffic lights. At the 6th light, make a right onto Church Ave. The parking garage will be at the first light on the right.

From I-75, take the Lenoir City exit and head north on 321 until you enter the Maryville City limits (water tower on left). After passing Shoney's Restaurant, go through 2 traffic lights. At the 3rd light, make a left onto W. Broadway. The parking garage will be at the 3rd light on the right.

The race will start in front of the Ruby Tuesday Corporate Office on Church Avenue.

PARKING: Parking available on E. Broadway next to Citizens Bank and in parking garages and lots on W. Church Avenue and Broadway.

COURSE: See map on reverse side.

To pre-register, detach and return form with check or money order to:
Parks & Rec. Attn: Reindeer Run, 316 S. Everett High Rd., Maryville, TN 37804
Check should be made payable to Parks & Rec.

or register online @ www.parksrec.com (additional fees involved) **by Monday, November 30.**

2015 REINDEER 5K RUN & 1 MILE FUN RUN/WALK ENTRY FORM

Race No.

For office use only

Last Name _____ First Name _____ Sex _____
(please print clearly)

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

Birthdate: ____ - ____ - ____ Age as of Dec. 6, 2015 _____ 5K _____ 1 Mile _____
(month) (day) (year)

Shirt Size: (Circle one) **YOUTH: MEDIUM (10-12) ADULT: SMALL MEDIUM LARGE X-LARGE XX-LARGE***
(*Please add \$1.50 to entry fee for XX-Large shirt orders.)

Emergency contact _____ Phone _____

ATHLETE'S RELEASE: I know that running in road races is a potentially hazardous activity. I should not enter and run in the Reindeer Run race unless I am medically able and properly trained. I assume all risks associated with running in the Reindeer Run road race, including but not limited to, falls, contact with other participants, the effects of weather, 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 event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Reindeer Run even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant 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 _____ Date _____
(If under 18 years of age, Parent's signature)



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