



NRC Takes on New Challenges

January and February are usually the months we dread. The weather is cold, and snow is a real possibility. Most of us runners just try to get through it, knowing that warmer spring days are ahead.

Leave it to the Nolensville Running Club to turn the dreaded months of winter into some of the best days of the year! 2017 has already ushered in some exciting days and new accomplishments for our club.



It began in January. Scott Alexander decided that NRC needed a little extra motivation.

Dozens of people committed to running at least one mile every day of the month. NRC called it the “Winter Streaker Challenge.”

The rules were simple. Go outside and run—everyday, at least one mile, no excuses.

No one could have predicted the amazing response. NRC had never done this before, but runners were eager to conquer the challenge. Even people who don’t usually run with the club joined in.

In all, 66 people completed the

streak. One runner, Beckett Eller, was just six years old. NRC doesn't back down.

Not to be outdone, NRC runner Yong Kim took it upon himself to create another exciting challenge for February.

The Nole’Wood Marathon took runners on a scenic 26.2 mile course through parts of Nolensville and Brentwood.

Runners had to log all 26.2 miles of the course during the month of February. Despite the daunting task, dozens of runners finished the course and were rewarded with a slick wooden medal.

We can’t wait for what’s next!



Happy Birthday NRC!



The Nolensville Running Club is gearing up for a celebration. Our favorite club is turning seven this month!

It’s amazing how far we’ve come in just seven years. It all started with a handful of people showing up for a run. Back then they called themselves “The Hog Drivers Running Club” (thankfully that name didn’t last long).

Today, NRC can easily welcome more than 100 people to its Wednesday night runs. It’s impossible to participate in a running event in Middle Tennessee and not see at least a few NRC shirts among the participants. This is a special group!

This year we’re celebrating our birthday in the best way we know—we’re running together!

We hope you have an excellent sense of timing, because on March 29th we’ll be holding another prediction run!

The rules are simple...tell us exactly how long you think it will take you to complete the Wednesday night route. Here's the trick...you can't wear a watch. You have to be an excellent judge of your own personal running speed.

Past winners have finished the 5K route within a few seconds of their guess.

We’ll also be collecting our annual membership dues this month. This money helps us pay our annual liability insurance policy through the Road Runners Club of America.

This year we’re asking each NRC family to pay \$10 for its annual membership. We hope you agree that it’s hard to put a price on your NRC experience, but \$10 is well worth it. The NRC Store is now open for dues!

Thank you for helping us celebrate another great year!

NRC Takes to the Trails



The Nolensville Running Club has earned its stripes on the road. Most of us can run track and back in our sleep. Names like Dortch, Stonebrook and Countryside are part of our normal vocabulary. But lately, more and more NRC runners are taking their talents to the trails.

Each Saturday, groups of NRC runners can be found running trails at Percy Warner, Long Hunter or any number of outdoor spots.



NRC's Rachel Eller hits the trails

Trail running is not for the faint of heart. Anyone who has run trails will tell you that cuts, scrapes and bruises are part of the experience. You'll find yourself dodging rocks and climbing steep hills. But trail runners also describe how incredibly awesome it is!

There's nothing like getting out in the woods and using your God-given talent to run! Many of us say we've become addicted to running. The trails can intensify that feeling even more. People who run trails are hooked.



NRC has even formed its own "Trail Tribe." There's a new logo (see the last page), and gear will soon be arriving in the NRC store.

If you're interested in running trails, you don't have to look far. Ask one of the trail tribe crew and they'll be glad to show you what you've been missing. Happy Trails!

Need NRC Bling?

Are you like me? Do you keep checking the NRC facebook page hoping the NRC store is open for business?

The wait is over! The bling penguin has been very busy preparing for our next sale.

New race shirts for men and women will be available. We want you to wear your NRC logo proudly at your next event, or while you're training.

We'll also be selling some gear with the new NRC Trail Tribe logo for those of you who've been going off-road.

Remember to act fast. The NRC store is usually open for a short time and then it's over. We all need new Bling for Spring!

A Busy Beginning to March

Did anyone happen to notice all of the running that happened during the first weekend in March?

NRC was well represented with groups in Little Rock, AR, Albany, GA, and here at home at the Tom King Half Marathon.

NRC is kicking butt and taking names. Even running icons like Bart Yasso are recognizing how awesome we are!



The NRC Grand Prix Returns

It's back by popular demand! The NRC Grand Prix gives runners a great chance to stay fit during the summer by tackling some shorter races and important NRC events.

Steve Kraft is our Grand Prix master and he is already preparing his spreadsheets to keep track of the men and women who will try to complete each race. Mark your calendars for this year's events!

- Saturday, June 17, Nolensville 5K
- Saturday, June 24, Miles for Amelia, Nolensville
- Tuesday, July 4 Firecracker 5K or 10K Brentwood
- Saturday, August 5, Smyrna Parks 5K, Smyrna
- Saturday, September 9, Heroes in Recovery 6K, Leiper's Fork



Race Report: The Pistol Ultra

If you're like me, the idea of running an ultramarathon seems crazy. I am so impressed by anyone who can run more than 26.2 miles without needing an ambulance to take them home.

There are a few NRCers who choose to run ultra races several times a year. Who are these people? They are some of the most dedicated and inspiring runners in our midst.

Gina Loyd is an ultra-machine. Chances are good that she is currently training for, or just completed another ultra race. Gina routinely runs more miles in a day than most of us run in a week!



"When I started running I was impressed by seeing so many people push themselves," said Gina. "My goal in running is to always see how far I can push my mental limit."

The Pistol Ultra in Alcoa, Tennessee is one

of those races that requires both physical and mental toughness.

This year Gina, her husband Jason, and several other NRC members participated in the Pistol over the New Year's Holiday. With distances from 10 to 100 miles, there's something for everyone. There's even a 50K relay (2 or 3 people).

Gina ran both the 50K and the 50 mile race in a 24 hour period. Its fondly referred to as the "Double Barrel." Gina ran so many miles that weekend, she even rang in the New Year on the paved greenway route.

"It's a good race for people to meet and connect with other ultrarunners," said Gina. "I'll never forget standing at the start line at 4am before the 50 miler. My legs were tired."

Much of the race was run in the midst of icy rain and temperatures in the 30's. Thankfully other NRC members came to East Tennessee just to cheer on our runners!

The course is run on a paved greenway and follows a 10 mile loop. There are also some excellent aid stations to keep runners warm, fed, healthy, and entertained.

Although ultrarunning isn't for everyone,

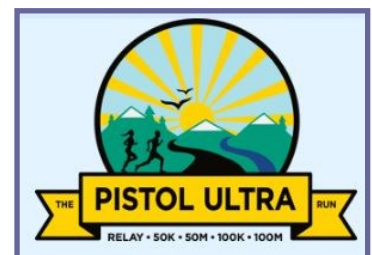


Gina Loyd says the Pistol is a great race to get your feet wet in the ultra world.

"This is a nice 50K for someone who runs marathons. You can do things you thought you never could do," said Gina.

Next year's race is slated for March 17 and 18 in Alcoa.

If you're in the mood to try an ultra, or you'd like to compete as a relay team, you can learn more by visiting www.pistolultra.com.



Introducing a New Logo!



Take a look at our NEW Trail Tribe Logo. It's Awesome!!!

Stay Tuned

NRC is taking over Nolensville! Ok...not quite, but the Nolensville Running Club is taking over the annual Change for a Chance 5K running race. This year it will be called the Nolensville 5K. Stay tuned for more information about the June 17 race and our annual Couch to 5K program. We're excited for what's in store!

Race Calendar

- March 24-25, 2017 – Ragnar Relay Tennessee
- April 1, 2017 – Oak Barrel Half Marathon, Lynchburg, TN
- April 17, 2017 – Boston Marathon, Boston, MA
- April 22, 2017 – Carmel Marathon, Carmel, IN
- April 29, 2017 – St. Jude Rock 'n' Roll Nashville Marathon
- May 20, 2017 – Viola Valley Half Marathon, Viola, TN
- May 29, 2017 – Memorial Day Dash 5K, Nashville, TN
- June 17, 2017 – Nolensville 5K, Nolensville, TN
- June 24, 2017 – Miles for Amelia, Nolensville, TN
- July 4, 2017 – Firecracker 5K or 10K, Brentwood, TN
- August 5, 2017 – Smyrna Parks 5K, Smyrna, TN

Please let me know if you'd like to help with the newsletter. -John Dunn

Miles for Amelia

Mark your calendars for June 24, 2017. That's the day of our 5th annual Miles for Amelia event.

Miles for Amelia will once again take place at the Nolensville Park and will benefit Tucker's House. Tucker's House is a non-profit that helps make homes more welcoming for children with disabilities.

Each year, NRC runners help raise thousands of dollars through race entry fees, donations, and an amazing silent auction.

Stay tuned for more information on how you can get involved!



NRC Board Members

- Scott Alexander – President
- Amy Klotz – Vice President/Website
- Kelli Alexander - NRC Bling
- Tara Underwood – Secretary
- Allison Teague – Treasurer
- Wendy Mucci – Couch to 5K/Education
- Steve Kraft – Running Plans and Grand Prix
- Megan Brazill – Philanthropy
- Blake Bivens – Philanthropy
- Amy Owsley – Runners of the Month
- Andrea Klint – Dining
- Rachel Eller – Social/Entertainment
- John Dunn - Publicity and Newsletter

