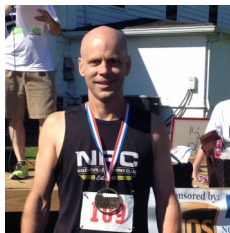


## Get Ready to Hog and Jog!



Eating and running - I can hardly think of a better combination. It is the perfect recipe for a fantastic event, and it's exactly what is offered at the 3<sup>rd</sup> annual Hoggin' N Joggin' at 7:30a on Saturday May 16, 2015.

Co-Race Director Travis Blunt says the 12K relay is designed to be an experience for runners and walkers looking to have fun from the word Go! Each member of a three-person team competes by



## A Message from Scott

It happens about this time every year. I begin thinking back to the very first NRC Wednesday night five years ago. Kelli, myself, and three others met at Martin's and ran several miles through the neighborhood. I remember driving home that night, questioning this idea of a running club in Nolensville.

Five years later, here we are. Needless to say, a lot of miles have been logged and some amazing goals accomplished since that first Wednesday night run. However, it's the friendships that have been formed

during these last 5 years that make NRC not only a special running club, but a running family. All one needs to do to see this first hand is to show up at a race and see all of the support and encouragement that is offered to our closest friends, as well as anyone else proudly wearing a NRC shirt. It is a truly amazing and heartwarming experience.

As we head into year six of NRC, I want to take a moment to say "thank you" to each and every one of you. Thank you for making the idea of a running club in Nolensville a reality. Thank you for making those who show up at our runs

all about the Nolensville Food Pantry. We want to raise enough funds so that they have all the tools necessary to ensure every family gets all the help that they need," said co-race director Travis Blunt.

The Nolensville Running Club plays an important role in Hoggin' N Joggin's success. We all love to run - and a runner has to eat! **NRC's goal is to field at least 20 three-person teams this year.** Be sure to sign up today at [www.hogginjoggin.com](http://www.hogginjoggin.com)!

Hoggin' N Joggin' also has an impact on our local community. The relay has raised more than \$8,600 for the Nolensville Food Pantry over the last two years. This year's goal is \$10,000. "It's



*Nolensville Running Club teams are a critical part of Hoggin' N Joggin's success*

feel so welcome and eager to come back. Thank you for being at the finish line long after your race is finished to cheer on your NRC family. Thank you for creating the best high five lines ever. Thank you for helping others achieve goals that they once thought impossible.

I could go on and on, but as this is our first newsletter and I want to save some room for other fun NRC stuff, I will end by saying thank you for all that you do to make the Nolensville Running Club a group that so many are proud to be a part of.

# Couch 2 5K Returns

Three years into our Couch 2 5K program have taught seasoned runners and newbies one big lesson over and over: Never say never.

The empowerment found in a gradual approach to running or walking around Nolensville with the goal of completing a 5K has changed the Nolensville Running Club and dare we say, changed our town.

The free C25K program opens up the running world to new runners, former runners and walkers with an interval running program. For so many, new friendships have been just as beneficial as the physical gains.

This year's program starts with an information session at 6:30 p.m. April 23 at the Nolensville Town Hall.

Melanie Staudt, a C25K graduate, completed her first half marathon last fall at age 63. Staudt remembers stating out loud that no, there's no way she would ever do a half-marathon. She only went to the first Couch 2 5K meeting to take notes for her daughter, Elizabeth. And, now, here they both are, going strong week in and week out.

For Staudt and many others, mentoring in the C25K became a way to pay it forward.

"I never ran before and was not an athlete at all," says Staudt, who is also a cancer survivor. "This was such a positive change for me that I want to bring more people in."

The week-to-week successes in the program surprised many new runners.

"I played basketball in high school and quit because I didn't like to run," laughs Mary Beth Moore. She's training for her first half in a few weeks.

NRC president Scott Alexander almost gave up running after hating his first mile seven years ago, but co-workers encouraged him. After he finished his first 5K with them, he was hooked. Alexander will run his second Boston Marathon this month.

Wendy Mucci, an educator to the core, has run for about 10 years and joined in with NRC about 4 years ago. That's when she

trained more consistently, completing her first marathon.

She jumped in to help lead the first C25K and has since joined the NRC board as director of education.

"People used to tell me all the time that they wanted to come out," says Alexander. "But, then they would say, 'I'm not a runner.'"

Because of C25K, the NRC has grown and, every Wednesday, new folks can expect to find a pace group that fits their level. The all-levels-welcome atmosphere changed NRC, making it easier for new runners.

"We've created a place for everyone," says Mucci.

The first C25K in 2013 busted expectations when 200 or so signed up. "We had hoped to get 20," Mucci says. About 200 also participated last year.

Mucci sheds tears every year (OK, so does Alexander) as new runners and walkers cross the finish line at the Change for a Chance 5K in June.

"It's life-changing," she says. "I cry every year."



*The Couch 2 5K culminates in the annual Change for a Chance 5K*

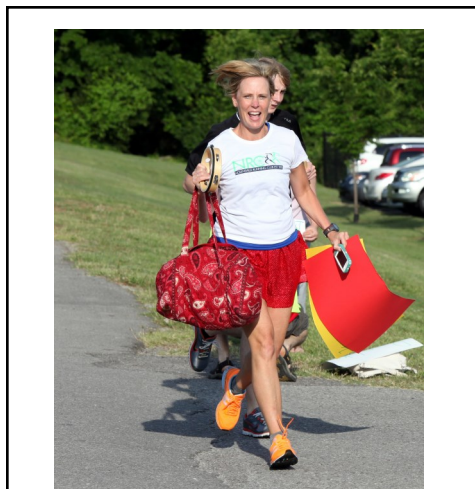
## Couch 2 5K Details

**What:** Program is a six-week running/walking interval approach to build up to completing the Change for a Chance 5K in Nolensville.

**When:** April 23-mid-June. Info meeting will be 6:30 p.m. April 23 at Nolensville Town Hall. Training sessions will be 6:15 p.m. Mondays and Thursdays starting at Nolensville Elementary School.

**Who:** Open to people age 12 and older at all levels from social walkers to runners looking to improve.

**Cost:** Program is free! Good running shoes are encouraged (more about that during info meeting) Sign up at [www.nolensvillerunningclub.com](http://www.nolensvillerunningclub.com)



*Wendy Mucci encourages runners at the 2013 Change for a Chance Race*

# Top 10 C25K Discoveries

10 No-guilt eating (and drinking)

9 Awesome neighbors

8 Dang, Rolling Hills really is a hill.

7 A new favorite Facebook group

6 Hmm, didn't know I had that muscle.

5 New words (pace? IT band?)

4 A simplified Christmas list (Fleet Feet gift card)

3 That "runner's high" (hint: when you're done!)

2 WORLD DOMINATION

**And the No. 1 C25K discovery:**

**It's cheaper than therapy!!!**

## Quarterly Question??

**"What is your favorite piece of running gear?"**



**Geoffrey Mason**

*"My Garmin Forerunner 305 watch."*



**Vicki Victory**

*"My Superfeet Inserts!"*



**Rick Sears**

*"My Garmin 220 watch."*



**Dena Lloyd**

*"My NRC Visor."*

## NRC Recipe: No Bake Energy Bites

PREP: 10 MINS TOTAL: 10 MINS

### Ingredients:

- 1 cup (dry) oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips or cacao nibs (optional)
- 1/3 cup honey or agave nectar
- 1 tablespoon chia seeds (optional)

- 1 teaspoon vanilla extract

### Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in fridge for half an hour.
2. Once chilled, roll into balls of whatever size you like (suggested 1 inch in diameter). Store in an airtight container and keep refrigerated for up to 1 week.
3. Makes about 20-25 balls.



**These delicious little no bake energy bites are the perfect healthy snack!**

Submitted by Amy Klotz

# NRC Invades Carmel

## 5 Things You May Not Know About Carmel

You don't have to run very long with NRC to hear about Carmel. In fact, odds are that some NRCer was already recruiting you to sign-up for it on one of your very first NRC outings. So, you probably went online and did some research to find that it's a small, relatively flat course within a reasonable travel distance up I-65N, about a week before the Country Music Marathon & Half.

Then, you might have wondered, "So, why is it such a big deal?" Well, there are a lot of reasons that this race has become our home away from home. Most of them take the form of special memories, like stories of NRCers helping strangers to the finish line and long months of training paying off in first marathons, half marathons, and Boston qualifying times. Regardless of the distance or pace, these memories of



huge achievements never thought possible, mixed with the celebrations with friends coming down the chute to the finish, have made Carmel an NRC family tradition.

Still, with all the talk about Carmel, there may be a few things you've never heard about this event. Here are some things you may not know:

1) Carmel Marathon Weekend is not just a marathon and half marathon. They also offer a marathon relay, 8k and 5k for those who prefer other dis-

tances. According to the Carmel website, each course is slightly rolling but fast and scenic with less than 200 foot elevation change over the entire distance. Often touted as flat, some will vehemently deny this fact, especially after tackling the stretch of road approaching the finish chute. Be forewarned.

2) Carmel is celebrating its 5<sup>th</sup> birthday just like NRC, and we've been there every year! Scott Alexander, NRC founder, remembers, "In 2011, [NRCer] Ray Whitford came back to Nolensville after running a small race in Indiana and suggested that a few of us should do it the following year. Several of us agreed and then, before we knew it, we had a group of 20 or so who headed to Carmel in 2012." Every year since, NRC has caravaned north in April to invade Carmel and our numbers are still growing.

3) Carmel is the birthplace of the NRC High Five Line! This started in 2012 when John Pryor established our current cheering location. When our runners were approaching the finish line, our small but vocal group of NRCers held our hands out and gave them a high five!!

The tradition has become one of the things that we are known for now.

4) NRC = VIP! Yep, Todd Oliver, the amazing and gracious Carmel Race Director, recognized that our club was bringing in lots of registrations and supporting Carmel early on, so as a thank you he extended VIP access to NRC! This has been a perk we have enjoyed for a few years now and will have again in 2015.



*The whole NRC crew running in with our final racers in 2014*

Many NRCers are also psyched that the new Official Beer for 2015 is Leinenkugel's Summer Shandy!

5) Ok, so you probably do know this, but there will be tears at this event! With a group of close to 85 or so NRCers all taking on their own personal goals (including our very own Mayor Alexander in his first marathon), and so many great friends (new and old) crossing the finish line it will be impossible for Scott and other softies to keep it together.

"That's what makes this weekend and this race so special," Scott explained. "Watching people achieve something that they never thought was possible is one of the most gratifying and rewarding feelings in the world."

It's good to know that in addition to photos taken by our club, all official race photos will be FREE through the Carmel Facebook page this year, because whether you are racing, dancing (read: photo ops and boogie breaks), or spectating this year, it is sure to be a photo worthy weekend! Get ready Carmel... here we come!

## RACE DETAILS

**What:** Carmel Marathon Weekend

**When:** April 18, 2015, 7:30 a.m.

**Where:** Carmel, IN

**Why:** It's a tradition

**How:** With a little help from your NRC friends

# Prepare to Run in the Sun

There's no escaping it. The often punishing Tennessee summer is soon to return, bringing with it higher temperatures and suffocating humidity. Some runners bask under the summer sun, but many of us dread the sweltering agony of a long run in sauna-like conditions.


Most runners know the basics of staying hydrated and wearing the right gear, but you may not realize the significant effect that summer heat can have on your performance.

According to running coach Matt Johnson, the most ideal conditions for running are about 50°F, with low humidity, a light wind and overcast/cloudy skies. When any of these factors change, your performance will begin to suffer.

As you run your body generates heat. The ability of heat to escape your body is reduced in higher temperatures and severely curtailed in humid conditions that prevent sweat evaporation to cool the body. This translates to you feeling fatigued and slowing your pace as the threat of overheating presents itself.

The table below is a guide to the performance impact on your

running pace as the temperature increases:



**Impact of Temperature on Pace**

Air Temp	Pace Per Mile	Impact
50°F / 10°C	8:00 min/mi	None
60°F / 16°C	8:12 min/mi	2-3% increase
70°F / 21°C	8:31 min/mi	6-7% increase
80°F / 27°C	9:06 min/mi	12-15% increase
85°F / 29°C	9:31 min/mi	18-20% increase

*Above 85°F / 29°C listen to your body, use extreme caution.*

Example: Runner at 8:00 min/mi pace

Your body needs two weeks to fully acclimate to the heat. Even though you may feel that you are slow in those first few days, valuable adaptations are being made by your body during this process.

And here's the best part – when the cool weather returns you will be surprised at how much better and faster you have become!

## Race Calendar

- April 18, 2015 – Carmel Marathon and Half Marathon, Carmel, IN
- April 25, 2015 – St. Jude Country Music Marathon, Nashville, TN
- May 16, 2015 – Hoggin' N Joggin', Nolensville, TN
- May 25, 2015 – Memorial Day Dash 5K, Nashville, TN
- June 20, 2015 – Change for a Chance 5K, Nolensville, TN
- July 4, 2015 – Firecracker 5K, Brentwood, TN
- September 7, 2015 – Franklin Classic 5K/10K, Franklin, TN
- October 2015 – The Middle Half, Murfreesboro, TN
- October 24-25, 2015 – Ragnar Relay-Tennessee
- November 26, 2015 – Turkey Trot 5K, Franklin, TN
- December 12, 2015 – Rocket City Marathon, Huntsville, AL

Thanks to all those who contributed to this newsletter. A special thanks to Amy Owsley and Vicky Travis who helped write articles. The newsletter will return this summer. –John Dunn

## NRC Board Members

- Scott Alexander – President
- Amy Klotz – Vice President/Website
- Kelli Alexander - NRC Bling
- John Pryor – Secretary
- Allison Teague – Treasurer
- Wendy Mucci – Couch 2 5K/Education
- Steve Kraft – Running Plans
- Megan Brazill – Philanthropy
- Amy Owsley – Runners of the Month
- Andrea Klint – Dining
- Rachel Eller – Social/Entertainment
- John Dunn - Publicity

