

## Miles With Meaning on June 25, 2016



Saturday, June 25 is shaping up to be a special day for the Nolensville Running Club. The 4<sup>th</sup> annual Miles for Amelia event returns to the Nolensville Park from 6 a.m.-Noon. This is Nolensville Running Club's biggest philanthropic event of the year. It's also an opportunity to enjoy a Saturday morning with our friends and neighbors.

Miles for Amelia is named for Nolensville's Amelia Fleming, who was born with Spina Bifida. Amelia's disability made areas of her home inaccessible, and her family needed help with renovations. That's



where Tucker's House comes in. Tucker's House is a non-profit organization that helps make homes more welcoming to children with disabilities.

Nolensville Running Club is proud to support Tucker's House by soliciting donations, holding a silent auction, and encouraging runners and walkers to join us on

June 25. Runners can individually sign up for \$25, or \$50 for a family. You're also encouraged to gather sponsors for each mile or lap you run around the Nolensville Park track. Any donation is welcome! NRC has raised more than \$41,000 for this cause over the last three years.

Although Miles for Amelia is six hours long, you can make it your own. Stay for as long as you want - you decide. Families are also encouraged to participate together. Take your kids around the track for a lap or two. You'll have a good time no matter if you're walking one mile or running 26.2 (that's right...some NRC runners have run a full marathon around the track - Yikes).

You'll also want to consider bringing a treat to share with your fellow runners and

walkers. Miles for Amelia also doubles as a potluck picnic. This event is so much more than just a time to run. As always, NRC has a lot of fun whenever we get together.

Megan Brazill and Blake Bivens have been busy organizing a terrific morning for all of us. Their committee has also been hard at work securing donations and sponsorships for our silent auction. Don't forget to bring your checkbook. This year's auction items are going to be great!



We're not sure which children will benefit from this year's Miles for Amelia, but rest assured, new families will soon see a major improvement to their quality of life. We can't wait to see you all on June 25! Let's run some Miles!!!



# NRC Summer Grand Prix Returns

Ladies and gentlemen, let's get ready to race! The NRC Summer Grand Prix is back by popular demand for a second year.

The grand prix is a simple concept. NRC is encouraging its runners to participate in five events beginning this month and continuing through September.

The races are short, and they are perfect for staying in shape during the hot Tennessee Summer months.

Runners will score points each time they participate. If you participate in all of the events, you'll be crowned a Summer Streaker!

Last year more than 30 NRC members were able to take home the coveted "Streaker" award. We'd love to give out even more prizes this year!

Our resident math guru Steve Kraft is coordinating this year's grand prix. He's working on the scoring system and promising to make the grand prix even better this year.

The 2016 NRC Summer Grand Prix is once again made possible by our own Rick Sears from Crye-Leike Realty. We're so glad to have Rick's support for

this fantastic NRC event. It's quickly becoming a tradition.

The first grand prix event is almost here. We hope to see all of you at the Change for a Chance race on Saturday, June 18 and Miles for Amelia on Saturday, June 25.



2015 Grand Prix Summer Streakers

## Grand Prix Events

Saturday, June 18  
**Change for a Chance 5K**  
Nolensville, TN

Saturday, June 25  
**Miles for Amelia**  
Nolensville, TN

Monday, July 4  
**Firecracker 5K or 10K**  
Brentwood, TN

Saturday, August 6  
**Smyrna Parks 5K Challenge**  
Smyrna, TN

Saturday, September 10  
**Heroes in Recovery 6K**  
Leiper's Fork, TN

## Hoggin' N Joggin' Raises \$15,000

The hot temperatures weren't enough to discourage NRC runners from turning out for the fourth annual Hoggin' N Joggin' on Saturday, June 11.

The eating/running event raises money for the Nolensville Food Pantry, and this year's H&J brought in \$15,000.

NRC also dominated the podium with several runners finishing on top in both the relay and "Iron Hogger" categories.

A special shout-out to Joe Singer who also seemed to win every *eating* contest. We never realized Joe had such talent!



NRC Helped Contribute to a Fantastic Donation to the Nolensville Food Pantry

# Message from the President

The month of June may go down as one of the busiest months ever for NRC!!



On June 4<sup>th</sup>, a lot of NRCers traveled to Leiper's Fork for the Hillbilly Half, while others made their way to Asheville, North Carolina to run Downhill at Dawn.

The second Saturday of the month found many of us eating breakfast wraps, fried macaroni and cheese balls, or chili cheese fries before running 2.5 miles at the 4<sup>th</sup> annual Hoggin' N Joggin'.

On June 18<sup>th</sup>, NRC will take over the streets of Nolensville when we run the Change For A Chance 5K.

Last, but certainly not least, Miles For Amelia will close out the month as we run laps around the Nolensville track while raising money to help families of children with disabilities retrofit their homes to make them more accessible, safer and therapy friendly.

NRC's 2<sup>nd</sup> Annual Grand Prix Series also kicks off in June with two events that I have already mentioned (Change For A Chance and Miles For Amelia), but you will need to run three other races to complete the season series and win the coveted 2016 Summer Streaker Award.

These three are the Firecracker 5K (July 4<sup>th</sup>), Smyrna Parks 5K Challenge (August 6<sup>th</sup>), and our newest race to the series, the Heroes in Recovery 6K in Leiper's Fork (September 10<sup>th</sup>).

A special thanks to Rick Sears and Crye-Leike Realty for sponsoring our Grand Prix for the second year.

With so much going on during the first half of 2016, what could possibly be in store for the latter part of the year? I am excited to announce that your NRC race committee has been hard at work over the last few months organizing and planning the very first race sponsored by the Nolensville Running Club. That's right, mark your calendars everyone because the 1<sup>st</sup> Annual **Rollin' Nolen 10 mile race** will take place on Saturday, October 22<sup>nd</sup>!!

This race, beginning and ending at the new Nolensville High School, will take you through some of the most beautiful parts of our town while, at the same time, leaving you to wonder if there was a hill in Nolensville that you didn't climb as you made your way to the finish line!!

Registration is set to open on June 25<sup>th</sup> with an entry fee of \$40.00. More details will be coming soon, but I hope that you are as excited as I am about what I hope to be the first of several races organized and sponsored by NRC.

It truly is an exciting time, and I want to thank you for all that you do to make NRC the special club that it is.

Every time that I put on one of my many NRC running shirts, I wear it with pride as I know that the people who make up this club truly are the best people around.

Thanks, NRC!!

-Scott

## Welcome the Newest NRCers

The Nolensville Running Club is always growing, and we'll soon have even more new people to welcome to our great group!

The 2016 Couch To 5K will culminate with the Change for a Chance race on June 18. All C25K participants will be encouraged to join our club for our Wednesday and Saturday morning group runs.

Many of our most dedicated members started as C25K participants. Welcome to all our new runners!



2016 Couch To 5K Participants and Mentors

# NRC Recipe: Basil Vinaigrette

PREP TIME: 10 MINS YIELD: ABOUT A CUP

## Ingredients

- 1 teaspoon Dijon mustard
- 1 shallot, chopped
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup roughly chopped basil leaves
- 1/4 cup white wine vinegar
- 3/4 cup olive oil

## Instructions

- 1) **Place the salt, sugar, mustard, shallot and basil in a blender or food processor. Pulse several times to combine. Scrape the sides down with a spatula. Add the vinegar and pulse again.**

- 2) **Turn the blender to low and slowly pour in the olive oil. Use your hand to minimize splashing.**
- 3) **Once the olive oil is added, turn off the blender and scrape the sides down again. Cover and blend for about two minutes.**

Store covered in the fridge for up to a week.

Recipe courtesy of [www.simplyrecipes.com](http://www.simplyrecipes.com)



## Race Calendar

- June 18, 2016 – Change for a Chance 5K, Nolensville, TN  
 June 25, 2016 – Miles for Amelia, Nolensville, TN  
 July 4, 2016 – Firecracker 5K and 10K, Brentwood, TN  
 August 6, 2016 – Smyrna Parks 5K Challenge, Smyrna, TN  
 August 13, 2016 – East Nashville Tomato 5K, Nashville, TN  
 September 10, 2016 – Heroes in Recovery 6K, Leiper's Fork, TN  
 October 8, 2016 – The Middle Half, Murfreesboro, TN  
 October 13-14, 2016 – The Bourbon Chase, Kentucky  
 October 22, 2016 – **Rollin' Nolen 10 mile race**, Nolensville, TN  
 November 20, 2016 – The Flying Monkey Marathon, Nashville, TN  
 November 24, 2016 – Turkey Trot 5K, Cool Springs, TN

Please let me know if you'd like to help with the newsletter. I'd love to have some writing help. -John Dunn

## NRC Board Members

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