

NRC: We Run and Have Fun

This month promises to be one of the greatest in the history of our running club. The weather is getting better, the race season is returning and the Nolensville Running Club is celebrating its 6th birthday!

NRC is marking the occasion in style this year. We're planning two back-to-back nights that each pay tribute to our club's strengths – running and having fun!

It all begins on Wednesday, March 23rd with our very first prediction run. The idea is simple – try to predict exactly how long it will take for you to run 3.1 miles. No watches allowed for this run. The Ancient Greek aphorism “know thyself” is what it takes to be successful. The winning prediction runner will be able to know thine own pace (probably within a second or two).

The beauty of the prediction run is that it doesn't matter how quickly you run. Perhaps your race pace is unpredictable, but your easy pace is reliable. You can choose to run fast or slow; the idea is to guess your finishing time.



The celebration continues the next night on Thursday, March 24th with an evening that many of us are already looking forward to. NRC is hosting a family-friendly *members only* party at the Mill Creek Brewing Co at 2008 Johnson Industrial Blvd.

As long as your family has paid its \$6 annual membership fee, you'll be welcomed at our party from 6-9pm.

Party planning is in full swing. You can expect a true “Taste of Nolensville” with beer from Mill Creek Brewing Co, music from Snyder Entertainment, and food from 2 Girls N' A Hot Dog. Danielle Zopf will also have a wine and popcorn pairing table for you to sample.

The only expense for the evening will be your food. NRC is providing the rest!

It's enough to make any family cancel its Spring Break plans! Don't miss our biggest birthday celebration ever!

Less Than Two Pennies a Day for a Great Year with NRC

There may be no better deal on the planet than the cost of an NRC membership. \$6 a year. That's it. We're not kidding.

Most NRC runners older than Michael Teague will remember the 1980's Sally Struthers commercials for the Christian Children's Fund. She would convince people to help starving children for just 70 cents a day.

While we can't promise to feed the world's hungry, we can promise you an amazing experience with the world's best running club for less than two cents a day.



Your NRC membership fee serves an important purpose. Our running club carries a liability insurance policy through the Road Runners Club of America (RRCA). Each year we are required to renew our policy, and your membership fee covers that cost.

The Nolensville Running Club operates on a very lean budget. We are primarily supported by our merchandise sales (which we sell at a discount), and we use our proceeds to support charities and host social events for our members.

One \$6 membership covers an entire family, so technically you and your spouse are running with NRC for less than one cent per day. Now that's what I call a bargain!

Be sure to go to the NRC Store and sign up today. We LOVE our NRC members!



Couch 2 5K Begins in April

There are many reasons why we love our running club. We feel inspired, motivated and healthy. We meet great friends and feel connected to our community. There's no better showcase for all of these qualities than our annual Couch 2 5K program.

This year marks the 4th annual program that's designed for new runners or walkers who



are ready to get moving! The Nolensville Running Club places a high value on empowering others. We want our town to be healthy, and we want others to experience all that NRC has to offer.

Some of our most dedicated members first started as C25K participants. We've watched couch potatoes become marathoners. We've seen out of breath walkers transform into medal winners. Participants lose weight and gain friendships. It's easy to understand why we care so much about this program!

Wendy Mucci has already started recruiting mentors and coaches for 2016. Volunteers must be willing to commit to Monday evening training sessions beginning on April 25th. As in previous years, we'll be gathering at Nolensville Elementary School from 6:15pm – 7:00pm.

Wendy is also looking for help in spreading

the word about the program, and planning for the C25K party.

C25K is free and childcare is being arranged by gracious babysitters for a small fee.



If you know someone who is interested in participating in the program, please encourage them to show up for the C25k information meeting on Thursday, April 21st. More details to follow on our facebook page.

We can't wait to meet this year's group of new runners and walkers, and hopefully they'll discover all that we love about the Nolensville Running Club.

C25K Details

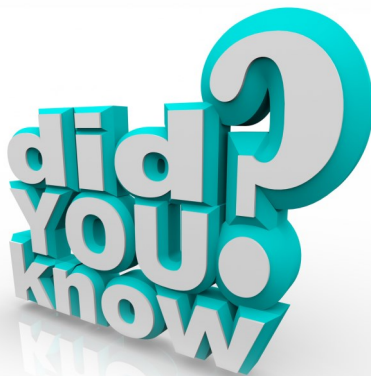
Begins: April 25, 2016

When: Monday Nights, 6:15-7p
Where: Nolensville Elementary
Who: All are Welcome
Cost: FREE

An information meeting will be held on Thursday, April 21, 2016. Watch NRC's facebook page for more details.



2015 Couch 2 5K participants get ready for the Change for a Chance 5K Race.



- ◆ The Nolensville Running Club was founded in 2010 by Scott and Kelli Alexander.
- ◆ NRC was originally called "The Hog Drivers Running Club" - that is not a typo.
- ◆ The purpose of NRC is to promote community among local runners. One of our main goals is to encourage others while, at the same time, develop long-lasting friendships.
- ◆ NRC has a great website! Check it out at nolensvillerunningclub.com
- ◆ The Nolensville Running Club is a 501(c)3 nonprofit organization. NRC can receive tax-deductible donations. Does your company match charitable contributions? Please consider making a gift.



Quarterly Question?? Featuring the NRC Board!

We asked NRC Board Members to complete the following phrase, "NRC makes me..."



Scott Alexander

"...proud when I see so many runners achieve goals that they once thought were impossible."



Steve Kraft

"...determined to improve."



Amy Klotz

"...motivated to aspire to greater goals."



Megan Brazill

"...driven to succeed like I would never be on my own."



Kelli Alexander

"...so glad that Scott's crazy idea to start a running club in a little town has resulted in an amazing group of runners and friends."



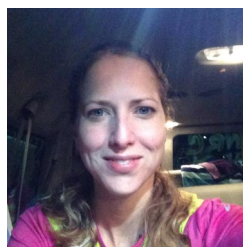
Blake Bivens

"...makes me see the unachievable as something achievable with hard work."



Tara Underwood

"...a better person overall!"



Amy Owsley

"...look forward to running even on those tough days."



Allison Teague

"...feel like a rockstar for every accomplishment no matter how small it may seem. I love how we celebrate everyone at every step of their journey!"



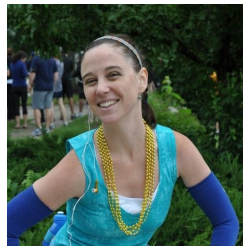
Andrea Klint

"...motivated to try to accomplish things I never thought I could. Thankful for amazing friends that accept me on my best and worst days."



Wendy Mucci

"...cry when I see people reach goals they never thought possible, laugh all the time because this group is freaking hilarious and want to bang a tambourine and shout about how this not so little group of runners is so amazing."



Rachel Eller

"...feel like I'm at Cheers every single Wednesday where everybody knows my name."

NRC Recipe: Cheesy Veggie Enchilada Skillet

Ingredients

2 cups cooked rice
 1TBSP Olive Oil
 1 15oz can black beans
 1/2 onion, chopped
 1 red or green bell pepper, chopped
 1tsp chili powder
 1/2 tsp cumin
 1/2 tsp black pepper
 Salt to taste
 1 cup green enchilada sauce
 1 cup red enchilada sauce
 8 oz Mexican blend cheese, shredded
 Cilantro, for garnish



Instructions

- 1) Place olive oil into large skillet and add onion and bell pepper, cooking for two minutes over medium heat.
- 2) Add chili powder, cumin, black pepper. Stir in enchilada sauce, 1 cup cheese, black beans, and rice. Combine well.
- 3) Season with salt and pepper to taste and heat for 5 minutes, simmering.
- 4) Top with remaining cheese and cilantro (optional). Allow cheese to melt and serve.

You can garnish with additional items if desired; green onions, sour cream, greek yogurt, jalapenos, and salsa would all be great toppings!

Recipe courtesy of domesticsuperhero.com

Race Calendar

April 2, 2016 – Oak Barrel Half Marathon, Lynchburg, TN
 April 16, 2016 – Carmel Marathon, Carmel, IN
 April 16, 2016 – Purity Dairy Dash 5K/10K, Nashville, TN
 April 18, 2016 – Boston Marathon, Boston, MA
 April 30, 2016 – St. Jude Rock ‘n’ Roll Marathon, Nashville, TN
 May 13-14, 2016 – Ragnar Relay Tennessee
 May 21, 2016 – Hoggin N Joggin Relay, Nolensville, TN
 May 30, 2016 – Memorial Day Dash 5K, Nashville, TN
 June 4, 2016 – Hillbilly Half Marathon, Leiper’s Fork, TN
 June 18, 2016 – Change for a Chance 5K, Nolensville, TN

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

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

