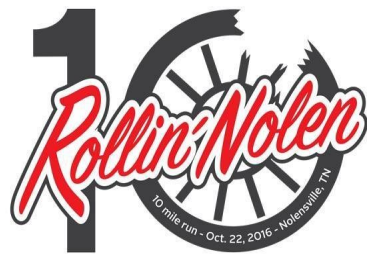


NRC is Ready to Roll

The Nolensville Running Club started with the hope that a small group of runners might gather every week to run a few miles. Now our ever-expanding club is gearing up to host its first racing event!



The Rollin' Nolen 10 mile run will be held at 7 a.m. on October 22, 2016, and judging by its "SOLD OUT" status, the racing community is ready!

"About three years ago Kelli and I started talking about doing a race," said NRC President Scott Alexander. "It's just something I thought could bring the community together."

Alexander, who also serves as the Rollin' Nolen Race Director, is looking forward to greeting all 150 runners outside Nolensville High School.

It's a fitting location. Nolensville schools will benefit from this year's race.

"All of the proceeds from the race will benefit the Nolensville High School, Mill Creek Middle, and Sunset Middle School track and cross country teams," said Alexander."

The 10.2 mile course will feature seven different hills. The last half of the race offers some of the most scenic views in Nolensville, but it also includes the most challenging terrain.

"If you're a runner in Nolensville, and you run with NRC on Wednesday nights, you'll be prepared. If you only run on flat routes, it's time to throw some hills into your workouts," said Alexander.

As with any event, Rollin' Nolen needs sponsors to ensure its success. Our amazing sponsors have been eager to provide support. Alexander said it has been a "no brainer" when he has told sponsors how the race is benefiting Nolensville-area schools.

"Really just one phone call, or one email, and they have

responded. The response from the community has been tremendous!," said Alexander.

This year's Title sponsor is Beaman Automotive. Beaman continues its long history of supporting NRC. They are also the Title sponsor for our annual Coach 2 5k program.

We can't tell you how excited we are about October 22! We're ready to Roll! And we're ready to hand out these awesome trophies!





Grand Prix Part II Concludes

Most of us who run with NRC also love the challenge of racing. It's one of the reasons we started the Summer Grand Prix in 2015.

This year the Grand Prix returned for part two, and this year's results are even more impressive.

34 runners (18 women and 16 men) can now claim to be 2016 Grand Prix Summer Streakers. That means they participated in all five events on this year's Grand Prix racing calendar.

Grand Prix runners are awarded points each time they participate in an event, and they can earn extra points when they place in their age group.

This year, out of a possible 42 points, Eric Waterman and Andrea Klint earned 42 out of 42. That makes them this year's overall winners!

The 2016 NRC Summer Grand Prix is only possible because of the continued support from our own Rick Sears from Crye-Leike Realty. If you're looking to buy or sell a home, Rick is your man!

A special thanks is also due to Steve Kraft who tracked and tabulated all of the points.

We hope you all are enjoying this new NRC tradition. It's another way to ensure we're staying fit through the sweltering summer and having fun competing with our friends.

Congratulations to all our STREAKERS!



**2016
Grand Prix
Summer
Streakers**



John Lovell is crafting unique medals for all Rollin' Nolen Finishers

Medals Await Rollin' Nolen Finishers

Any race that winds its way through 10 miles of Nolensville hills better include a reward for anyone strong enough to finish.

We're very privileged that NRC runner John Lovell is helping us craft a unique finisher's medal.

Lovell is using a laser wood engraving and cutting process to

make 150 medals that could double as works of art.

"Everything John Lovell does is first class, said Alexander.

"We're honored he is sharing his talent with us."

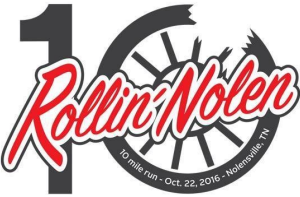
The only way to win a medal is to run...so we'll plan to see you on October 22nd!

Rollin' Nolen 10 Mile Run Sponsors

Title Sponsors



Gold Sponsors



This Race would not be possible without our amazing sponsors. We want to thank each of them for their generosity and support of NRC and Nolensville-area schools!

Continued



Rollin' Nolen 10 Mile Run Sponsors

Silver Sponsors

		
		
 <p>A Jesus centered church whose desire is to rescue joy back into church</p>	 <p>John R. Thompson M.D.</p>	

Bronze Sponsors

		 <p>KEEPING KITCHENS COOKING.®</p>
---	---	---

NRC Recipe: Apple-Cinnamon Oatmeal

Simple and delicious. The hardest part about this recipe is chopping an apple or two. Once that is done, just combine the ingredients, turn the slow cooker on and go to bed. Wake up to the smell of delicious apples and cinnamon!

Ingredients

1 cup steel-cut oats
 ½ cup apple cider
 ½ cup heavy cream (or any dairy-like product—works well with half-and-half, milk)
 3½ cups water
 ½ cup apple, grated
 ½ cup apple, chopped
 2 Tbsp maple syrup
 2 Tbsp dark brown sugar (lightly packed)
 ½ tsp cinnamon
 Pinch Kosher salt, or to taste

Instructions

Mix all ingredients in a slow cooker. Cook on low for eight to 10 hours. Serves 4.



Recipe courtesy of The Ravenous Runner.

Twitter: [@Ravenous_Runner](https://twitter.com/Ravenous_Runner).

Race Calendar

October 8, 2016 – The Middle Half, Murfreesboro, TN
 October 14-15, 2016 – The Bourbon Chase, Kentucky
 October 22, 2016 – **Rollin' Nolen 10 mile race**, Nolensville, TN
 October 29, 2016 – Race 13.1 Half, 10K, 5K, Nashville, TN
 November 5, 2016 – Nashville Ultra Marathon, Nashville, TN
 November 5, 2016 – JE Dunn Hammer Down 10K, 5K, SOBRO
 November 20, 2016 – The Flying Monkey Marathon, Nashville, TN
 November 24, 2016 – Turkey Trot 5K, Cool Springs, TN
 December 3, 2016 – St. Jude Memphis Marathon Weekend
 December 10, 2016 – Mt. Juliet Holiday Half Marathon and 5K

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

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 - Newsletter

