

It's the Most Wonderful Time...

Are you ready for a NRC Party? The answer goes without saying. The only thing better than running with our friends is celebrating with them!

This year's NRC Christmas Party may be the best yet! Thanks to our friends at Mill Creek Brewing Co., NRC will be christening the new brewery on Johnson Industrial Boulevard before it's open to the public!



Over the years, NRC has become known for many things. Whether it's forming a high five line at the end of a race, coaching and encouraging participants in our Couch to 5k program, or pushing others to do things that they once thought impossible, this club has positively impacted many lives.

However, what I am most proud of is our desire to give back to others. This year has been no exception, with our annual Miles For Amelia fundraiser raising over \$10,000 to help local families make their homes more handicap accessible. It is also great to see our NRC NextGen joining in as well, as

The party will be held on December 5th from 6-10p. It's time to save the date and book a babysitter for that Saturday night.

Now for a few details. Mill Creek will allow us to purchase several kegs of its signature brews. We know there will be plenty of Lil Darlin' on hand, and we're still deciding on which of the other varieties to drink.

Non beer drinkers need not fear. You can still bring your own liquor, wine, and mixers. Please leave the beer at home. Let's experience what Mill Creek has to offer. We want everyone to have a safe and memorable good time!

Tickets for the party will be \$20 per

person which you can purchase in the NRC online store (the same place you buy your NRC clothing).

The dress code is dressy casual. I'm not really sure what that means, but you can probably figure it out. Just don't show up in running shorts. We want to see your snazzy side.

And finally, the food. Your \$20 ticket will help us supply great food and fantastic beer for the evening.

All you have to do is show up ready to have a great night! You don't want to miss out on NRC's biggest party of the year! Let's celebrate another great year!



Since this is the last newsletter of the year, I want to thank everyone for all that you have done this year to make NRC the most encouraging and giving running club around. When people ask me about NRC, somewhere in the conversation I will use the word "family." It may sound strange to those who have never been around on a Wednesday night or been at the finish line of a race to see all of the hugs and high fives, but it's true. I look forward to the next couple of months with my NRC family, and watching the difference that we make in the lives of other families in our community.

A Message from Scott

they raised over \$200 with their Wednesday night lemonade stand to assist the Smalley family.

As we enter the last couple months of the year, NRC will be given more opportunities to make an impact in our community. Our annual NRC Turkey Challenge has already begun, where we will attempt to raise \$1,200 that will be used by the Nolensville Food Pantry to provide meals for needy families during the holiday season. Megan Brazill and Blake Bivens are also working on a couple of other neat projects for November and December that will give everyone an opportunity to help others.



Calling all Turkeys...and Hams!



Thanksgiving is a time for gathering with loved ones and counting our blessings, but for the Nolensville Running Club, it is another chance to help our community.

Once again, NRC's philanthropy team will be organizing an effort to buy food for the Nolensville Food Pantry. The goal is to buy as many Thanksgiving turkeys and Christmas hams for those in need within the Nolensville area.



Last year NRC helped pack a fridge with turkeys at the Nolensville Food Pantry

Getting involved is as simple as going on your weekly long run! For every mile that you run on Saturday, November 7 or Sunday, November 8 we challenge you to donate \$1 to the NRC Turkey Challenge. Blake Bivens will be collecting money on Wednesday. You can also drop off your donation at Nolensville's First Tennessee Bank.

100% of the money will go toward buying food and supplies for needy families.

In 2013, NRC raised more than \$600. Last year you helped bring in more than \$1,000. We'd love to raise at least \$1,200 this year!

This "challenge" has even been known to inspire Scott Alexander to put on a turkey costume and run a Turkey Trot 5K.



NRC's Big Turkey...Scott Alexander

Regardless if you run, walk, skip or jump please consider being a part of this important project.

Can't You Smell That?

Time to get real for a second. Old running clothes stink. Your favorite shirt that you've worn for years may be your running partner's worst enemy.

I recently found a helpful blog entry at saltyrunning.com that can help you get the stink out of running clothes. Here's the process:

First, the "before the wash" steps:

1. After a run, if you can, hang the clothes to dry. This can be outside (that is best), on a drying rack or even just on the sides of the laundry basket.
2. Never, ever, ever combine two (or more) peoples' stinky clothes. If Neither person's clothes will end up smelling clean. And...you don't want to smell like your spouse's sweat. Ewww.

Continued below...



Stinky clothes continued...with the actual washing steps:

3. Try out a vinegar pre-wash. Load your stinky clothes into the washer and set the washer on a "quick wash" cycle, or a "rinse only" cycle. Then put 1 cup of plain white vinegar into the liquid detergent dispenser (for quick wash) or just into the washer with the clothes (for rinse only). Set the temperature to cold and let the washer do its work.
4. Once the first round is done, set the washer to a regular cycle, or even a heavy duty wash cycle if you prefer. **Keep the water temperature set on cold.** Add 1 cup of baking soda to the clothes and put your regular detergent into the proper receptacle. Once again, just let the washer do the job!
5. Ideally, hang your clothes dry. We have a drying rack in our soaking tub in the master bath (we don't take baths. Ever.) which is convenient and can always stay set up. If you cannot air dry your clothes, put them in the dryer on the lowest temperature setting possible.

Ta Da! Clean, neutral-smelling clothes are now yours! Thanks to the ladies at saltyrunning.com for allowing us to use this info!

Gift Ideas for Runners

Time to start dropping hints to your loved ones. Here are a few ideas!

- 1) Socks
- 2) Reflective Stuff
- 3) Foot Massager, Foam Roller, Rolling Sticks
- 4) Books about Running and Runners
- 5) Hand and Foot Warmers
- 6) A subscription to a Running magazine
- 7) Running Rain Jacket
- 8) Umm...Bodyglide
- 9) A Box of Your Favorite Energy Gel/Fuel
- 10) Head Bands, Hats and Visors
- 11) Race Entry Fee
- 12) A Gift Card to your favorite Running Store

Merry Christmas!!!

Quarterly Question??

“What is on your running bucket list?”



Kyle Prince

“I’d like to run in the Boston Marathon.”



Kathy Sorenson

“The Chicago Ragnar Relay.”



Jay Huff

“Ragnars in other states.”



Terry Bickel

“Any Ragnar will do.”

Listen While You Run

Do you listen to music while you run? I love listening to podcasts. Lately I’ve been listening to the Runners Connect Run to the Top podcast hosted by elite runner Tina Muir.

Tina hosts a weekly podcast all about running. She interviews well known coaches, runners, dietitians, and scientific experts about a wide range of running issues. I’ve learned a lot of valuable tips!

You can find the Run to the Top podcast online at runnersconnect.net or on iTunes or any other podcast service. Check it out!



Tina Muir hosts the Run to the Top podcast.



NRC Recipe: Quinoa Chili

PREP: 10 MINS TOTAL: 45 MINS

Ingredients

1 cup quinoa
 1 tablespoon olive oil
 3 cloves garlic, minced
 1 onion, diced
 2 (14.5-ounce) cans diced tomatoes
 1 (15-ounce) can tomato sauce
 1 (4.5-ounce) can diced green chiles
 1 1/2 tablespoons chili powder, or more, to taste
 2 teaspoons ground cumin
 1 1/2 teaspoons paprika
 1/2 teaspoon cayenne pepper
 Kosher salt and freshly ground black pepper, to taste
 1 (15-ounce) can kidney beans, drained and rinsed
 1 (15-ounce) can black beans, drained and rinsed
 1 1/2 cups corn kernels, frozen, canned or roasted
 3 tablespoons chopped fresh cilantro leaves
 Juice of 1 lime, optional
 1 avocado, halved, seeded, peeled and diced



This vegetarian, protein-packed chili is the perfect bowl of comfort food that you can eat guilt-free!

Instructions

In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside. Heat olive oil in a Dutch oven or large pot over medium high heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes.

Stir in quinoa, diced tomatoes, tomato sauce, green chiles, chili powder, cumin, paprika, cayenne pepper and 1-2 cups water, making sure to cover most of the ingredients; season with salt and pepper, to taste.

Reduce heat to low; simmer, covered, until thickened, about 30 minutes. Stir in beans, corn, cilantro and lime juice, if using, until heated through, about 2 minutes. Serve immediately with avocado, if desired.

Race Calendar

November 21, 2015 – Hammer Down 1K, 5K, 10K Nashville, TN
 November 22, 2015 – Flying Monkey Marathon, Nashville, TN
 November 26, 2015 – Turkey Trot 5K, Franklin, TN
 December 12, 2015 – Rocket City Marathon, Huntsville, AL
 February 6, 2016 – Cedars Frostbite Half Marathon, Lebanon, TN
 February 13, 2016 – Hot Chocolate 15K/5K, Nashville, TN
 March 5, 2016 – Tom King Half Marathon, Nashville, TN
 April 2, 2016 – Oak Barrel Half Marathon, Lynchburg, TN
 April 16, 2016 – Carmel Marathon, Carmel, IN
 April 18, 2016 – Boston Marathon, Boston, MA
 May 13-14, 2016 – Ragnar Relay Tennessee

A special thanks to Andrea Klint for submitting the recipe. Please let me know if you'd like to help with the newsletter. -John Dunn

NRC Board Members

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 Blake Bivens – Philanthropy
 Amy Owsley – Runners of the Month
 Andrea Klint – Dining
 Rachel Eller – Social/Entertainment
 John Dunn - Publicity and Newsletter

