

NRC Miles Make a Difference



NRC was at its best on Saturday, June 27 at the Nolensville Park. Megan Brazill said it best, “you all rock!” The third annual Miles for Amelia event combines the three passions of the Nolensville Running Club – running, fellowship, and giving back.

About 150 people showed up to walk, run or volunteer at this year’s event. By the end of the morning, the half-mile track around the park may have had a rut in the middle. Despite the humid summer morning, more than 800 miles were run by MFA participants.

There were also some tremendous achievements. Several runners set a new record for their longest distance run. Eric Waterman ran a full marathon! Gina Loyd ran 31 miles...in a circle! David Dye had spectators in awe – DD marked 40 miles on the white board before the end of the morning!



Miles for Amelia is named in honor of Nolensville’s own Amelia Fleming who was born with Spina Bifida. The event raises money for

Tucker’s House, which specializes in modifying homes to make life more comfortable for children with disabilities. Amelia and her family were the first to benefit from the event when it began in 2013.

A hardworking group of volunteers helped raise money and gather donations for the annual Silent Auction.

This year’s offering was tremendous! In addition to all of the individual winners, NRC came away with an awesome prize! Stay tuned for what will surely be a memorable party courtesy of Nolensville’s Mill Creek Brewing Company.



A HUGE thanks is owed to DJ Angelo for providing music throughout the morning. Angelo’s appearance was sponsored by Nolen’s Place, where you can often find him mixing tunes on Wednesday and Saturday nights. Angelo had a Friday night gig, and incredibly, he slept in his car so that he would be ready to set up in time for the 6a start!

The folks from Tucker’s House are calculating the final tally, but undoubtedly, NRC has helped raise thousands of dollars. What a morning! What a running club!

A Message from Scott



Although it’s hard to believe that the calendar has already turned to July, all you need to do is go for a run to realize that summer is definitely here!!

These next few months are always an interesting time for runners. Those who do their long runs on Saturday mornings will start long before the sun comes up and arrive back at Mama’s Java for breakfast before most of Nolensville is out of bed. Our Wednesday evening NRC runs will leave you drenched from

head to toe and desperately hoping that someone can give you the code to town hall when you get back so that you can change clothes before going to Campo for a margarita and a #12. Even with the hot weather upon us, there has never been a more exciting time to be a part of NRC!!

Before I get into what’s coming up, I want to congratulate all of our **Couch to 5k** participants. The program culminated with the Change for a Chance 5k on June 20th with many running or walking their very first 5k. Thanks so much to all of our mentors and coaches as this program could not be done without your support. Special thanks as well to Wendy Mucci. You not only lead this program, but you do it with a level of enthusiasm that is contagious for all who are involved.

The first annual **NRC Summer Grand Prix series**, sponsored by Rick Sears and Crye-Leike Realty, has been a popular topic since we introduced it a few weeks ago. If you haven’t heard about it, Amy Klotz has updated the website with all of the fun and exciting details so check it out!! I’ve talked to many NRCers who are attempting to run all 5 events, earning them one of the coveted NRC Grand Prix Streaker mugs. Others have set their sights on being crowned the 2015 Summer Grand Prix Champion when the final race is run on Labor Day.

Whatever your summer running goals, I hope to see you at the finish line at one, or all, of these races with my hand raised in the air with a celebratory NRC high five!!

Tips for the Trails

More and more NRCers are discovering the joy of trail running. Runners are venturing off road on Saturday mornings, signing up for races, and working muscles they never knew they had. Whether it's your first time trying the trail or you're an experienced trail traveler, here are 10 tips compiled from a number of online sources.

Start slowly. You may be in great shape and a pro on the road, but trail running is a different animal. You're used to the same foot plant with every strike on the road, but each step on the trail can be different. Take it easy, or you'll end up sore or injured.

Leave your ego at home. Running off road is exhausting at first, and it may take you twice as long as your normal run. Your pace will be slower, and you may find yourself walking. Focus on finding a new rhythm, and in a few weeks you'll notice the improvement.



NRC runners are hitting the trails with regularity and having a great time!

Build your muscles. When you're running on trails, your movement and gait are changing all the time. You must have strong ankles, a strong pivot point, a strong core, and strong hips to be able to navigate rocks and dance around obstacles. Try some lunges, single leg squats, pushups and dips. Use a wobble board to develop foot and ankle strength and stability.

Bring something to drink. There are no water fountains on the trail. Even if you're going out for just a short time, grab your water bottle.

You might fall down. Don't be embarrassed – falling is part of the fun (sort of). Don't tense up and stiffen your limbs, you might break something. Experts recommend rolling with the fall. You can get up and get going without too much damage. This is another reason why strong ankles are really important.



Trail shoes. If you're adding trail running to your routine, it's wise to invest in a pair. Trail shoes are lower to the ground and have rugged tread offering better traction. They should fit snug in the heel but have room in the toe box.

Use your arms. Keep your arms (elbows) a little wider for added balance on more technical trails with tree roots and rocks.

Be the hill. Take short, quick steps when going up hills, and use your arms. Some hills are meant to be walked. Many ultra runners walk the hills and run the downs and flats. For steep downhills, use a stair-stepping motion, keeping your torso tall and letting your legs do all the work.

Know the rules. Yield to other trail users (equestrian, hikers, mountain bikers). Uphill runners should yield to downhill runners. Leave no trace, and don't litter.

Run within your means. When in doubt, slow it down or walk through it. As you gain trail running fitness and skill, your ability to navigate more technical terrain will improve; until then, be cautious and run within your skill level.

Sources: Runner's World, 21 Quick Trail Running Tips, Jenny Hadfield; Active.com, 9 Trail Running Tips for Beginners, Marty Munson; competitor.com, 12 Expert Trail Running Tips, Brian Metzler

Get to Know Ken Moore



Age: 54

Occupation: General Manager and fixed operations Director for Beaman Automotive Group – I have worked there for 34 years.

Family: Married to Marybeth. Sons - Rusty (26) and Andy (22).

Hometown: I grew up in Nashville until I was 12, and then I moved to Brentwood.

Nickname: My nickname used to be Opie Taylor – I had very red hair and kind of looked like him.

Best known For: Talking a lot, and I'm known as a car guy.

Why do I like to run: The health benefits and the people I meet - and the fast looking shirts and shoes.

When I'm not running, you may find me: Working on an antique car.

My dream job: Race Car Driver

Other facts: I'm a Master Judge for the Antique Automobile Club of America. I am on the Board of Directors for the Better Business Bureau.

NRCers Stay Cool, Connected and Caffeinated at MJs

By: Amy Owsley

Whether you come sweaty to cool off with an iced coffee or all towed off, opting for a not-so-traditional cup of locally roasted joe, there is always a friendly face to make you feel like family at Mama's Java Café and Roasting Company (MJs).



Previously in Brittain Plaza, MJs stood with Martin's BBQ as one of the original meeting spots for NRC on Saturday mornings and Wednesdays in winter. Now in its new location behind Dollar General, it continues to be the go-to

NRC meeting spot for weekend runners.

Taste their food and you'll instantly know why! It is practically a post-run right of passage for all NRCers to indulge in their Famous Breakfast Roll-Up! Pick your choice of Peanut Butter, Nutella, or Mama-made Almond Butter, then either Yogurt or Local Honey, and then banana or Granny Smith apple topped off with your crunch option of organic granola or almonds on a special wheat tortilla!

I have on good authority the must-try omelet is the NRC 5K Trainer (Yep, NRC is on the menu!) Feel good about not wrecking your calorie burn as you savor each bite of herbed turkey breast, onions, tomatoes, organic baby spinach, feta and egg whites, but don't for-

get to take home one of their insanely yummy desserts every once and awhile.

At lunch, choose from flavorful salads, wraps and sandwiches, many with their signature Mediterranean spin and all with the freshest ingredients. They even have tasty food options for those who have food allergies.

The perfect blend of healthy food, friendly service and dedication to the community by this family-run eatery is a perfect fit for NRC. Owner, Melissa Hall wouldn't have it any other way! And while Scott Alexander is the father of NRC, rest assured an NRCer will always be at home when they're at Mama's Java!

NRC Recipe of the Month

READY IN: 40 MINS SERVES: 4

Kale, Quinoa, and Avocado Salad with Lemon Dijon Vinaigrette

Ingredients:

- 2/3 cup quinoa
- 1 1/3 cups water
- 1 bunch kale, torn into bite-sized pieces
- 1/2 avocado - peeled, pitted and diced



- 1/2 cup chopped cucumber
- 1/3 cup chopped red bell pepper
- 2 tablespoons chopped red onion
- 1 tablespoon crumbled feta cheese

Dressing:

- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 1/2 tablespoons Dijon mustard
- 3/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper

Directions:

1. Bring the quinoa and 1 1/3 cup water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
2. Place kale in a steamer basket over 1 inch of boiling water in a saucepan. Cover saucepan with a lid and steam kale until hot, about 45 seconds; transfer to a large plate. Top kale with quinoa, avocado, cucumber, bell pepper, red onion, and feta cheese.
3. Whisk olive oil, lemon juice, Dijon mustard, sea salt, and black pepper together in a bowl until the oil emulsifies into the dressing;

Quarterly Question??

“What do you like best about Running?”



Erin Beebe

“It's a great stress reliever and it keeps me healthy.”



Ron Beatty

“It's good for my health and helps me get in better shape.”



Gina Loyd

“It makes me feel euphoric. I run for the runner's high.”



Kim Bean

“I like to challenge myself.”

Race Report: Smyrna Parks 5K Challenge

Flat and Fast. That is the best way to describe the Smyrna Parks 5K Challenge on Saturday, August 1, 2015. This race has quickly become an important part of the Nolensville Running Club's summer season, and it is also included on the 2015 Summer Grand Prix.

The 2014 race was dominated by NRC runners who took home several awards and new PRs. This course is built for speed.

The race course is entirely within the boundaries of Smyrna's Sharp Springs Park off of Espey Drive. You can expect a fairly large turnout, featuring casual runners and some of Middle Tennessee's fastest athletes. The course follows a large loop within the park that is almost totally flat. You may detect a slight rise on a couple sections of the course, but it is hardly worth writing about. If you're looking for a new PR or training for a specific goal, you'll want this race on your calendar.

Smyrna organizers have done a great job with this event. You'll receive the usual swag bag and tech T-shirt with your \$25 registration. There's plenty of post-run food and drinks, and last year they were even handing out free snow cones after the race! On-site parking is free, and the loop course allows fans to easily

catch the action from several different spots along the route.

The only negative with this race is the inevitable August heat. Start crossing your fingers for an unusually cool morning, but it's best to plan for race temps between 75-85 degrees at 7:30am. The good news...the race will be over in 3.1 miles.



If you are truly adventurous, you can even run the 1 Mile race immediately following the 5K. In past years runners have been lured by the cash prizes that are awarded to the fastest 1 Mile finishers. Even if you're not running, it's pretty fun to watch and cheer for the competitors.

You know you want that Grand Prix mug! Time to sign up for this race! Registration is available on Active.com. Go NRC!

Race Calendar

- July 4, 2015 – Firecracker 5K, Brentwood, TN
- August 1, 2015 – Smyrna Parks 5K Challenge, Smyrna, TN
- August 16, 2015 – Nolensville Kids Triathlon
- September 7, 2015 – Franklin Classic 5K/10K, Franklin, TN
- October 10, 2015 – The Middle Half, Murfreesboro, TN
- October 11, 2015 – Iron Horse Half Marathon, Midway, KY
- October 24-25, 2015 – Ragnar Relay-Tennessee
- October 31, 2015 – Race 13.1 Nashville Half Marathon
- November 26, 2015 – Turkey Trot 5K, Franklin, TN
- December 12, 2015 – Rocket City Marathon, Huntsville, AL

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 – Grand Prix/Running Plans
- Megan Brazill – Philanthropy
- Amy Owsley – Runners of the Month
- Andrea Klint – Dining
- Rachel Eller – Social/Entertainment
- John Dunn – Publicity/Newsletter



Thanks to all those who contributed to this newsletter. The newsletter will return this fall. –John Dunn