



# FUNRUNNER

January/February 2024

## Striders Milers Recipients 2023



Photo by Robin Bible

FOR MEMBERSHIP send \$20.00 to Nashville Striders, Inc, P.O. Box 917, Madison, TN 37116 (615) 985-2282

**[WWW.NASHVILLESTRIDERS.COM](http://WWW.NASHVILLESTRIDERS.COM)**

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Jerri Ann Head (615) 985-2282

**BOARD MEMBERS NOT LISTED ABOVE**

Kathy Bell  
Tami Greenwell  
Amanda Pedigo  
Becca Oberlander

The Nashville Striders, Inc. publish a bi-monthly newsletter, ***The Funrunner***. It contains articles on running, fitness, diet, and general club information. Included are detailed race results of Strider races both locally and in surrounding areas.

For information about the Nashville Striders, Inc. contact Jerri Ann Head (615) 985-2282.

**BOARD MEETINGS****WEEKLY FUN RUNS****NEWSLETTER****EQUIPMENT RENTAL****RACE CONTRACTS****NEWSLETTER ADVERTISING****MAILING LIST****CIRCULATION****USATF MEMBERSHIP****MEMBER DISCOUNTS**

The Nashville Striders Board of Directors meet monthly.

Wednesday mornings at 5:30 AM begin at McCabe Community Center

**Send your newsletter articles directly to *The Funrunner* editor, Peggy Stanfield, by the 1st of each month for the following month's issue. Please type the articles and email to [peggystanfield@comcast.net](mailto:peggystanfield@comcast.net) (615) 228-0552**

All race equipment rentals are to be reserved through the Strider office (615) 958-2282.

**Payment is required at time of pick up. Rates are as follows:**

**\$75.00—each timer**

(times electronically printed on a tape)

**\$175.00—digital clock**

(sits at finish line for runners to see).

To have the Nashville Striders, Inc. organize your race (administer finish line, provide equipment to time race, and help set up registration, package includes advertisement in one newsletter), contact a Striders' board member.

The Nashville Striders, Inc., a non-profit club, reserves the right to reject flyers and/or advertisements that are determined to be inconsistent with the public image of the Nashville Striders, Inc. DEADLINE for submission to the Striders' office is the 1st of the month prior to the month in which the ad is to appear. Payment is required in advance.

For advertising information contact Steve Tudor [SteveTudor@comcast.net](mailto:SteveTudor@comcast.net). Your race date must not conflict with a Striders managed race.

\$200.00 - list includes approximately 1000 members and non-members. (Sold only to Race Directors; disc for one-time use only.)

Approximately 1,000, Nashville and surrounding areas.

Caroline Tucker, (615) 255-5802  
[www.usatftn.org](http://www.usatftn.org)

**Please note: some items may be excluded.** Team Nashville (10%), New Balance – Cool Springs/Green Hills (10%), Sport Seasons (15%) Sun and Ski Sports (10%), Nashville Running Company (10%)



# THE FUNRUNNER

January/February 2024

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### East Nasty Weekly Run

**Wednesdays** at 6:00 PM

Meet at East End United Methodist Church  
at the park area next to the building  
<http://eastnastyforlife.com>

### Williamson County Rec Center

**Saturdays** at 7:00 AM

Meet at WCRC parking lot  
Call Gary Gosch (615) 599-9855

### Franklin

**Saturdays** at 6:00 AM

Meet at various locations, contact:  
Lisa Weber (615) 496-9039  
[lcweber@bellsouth.net](mailto:lcweber@bellsouth.net)

### Hendersonville

**Saturday**- 6:00 am, year round, distances  
vary, starting lines rotate.

**Sunday** 6@6 Meet at Just Love Coffee 117  
Sandersville Rd Also 3:30 pm Hendersonville  
Library, Intervals

**Wednesday** 6:30 pm RunSum from Fleet Feet  
For more info on all these runs contact Doug  
Tooley @ (615) 785-4454

### Sun & Ski Fun Run

**Tuesdays** at 6:00 PM

Sun & Ski Sports  
Thoroughbred Square - Cool Springs  
Andrew Stillwell (615) 628-0289

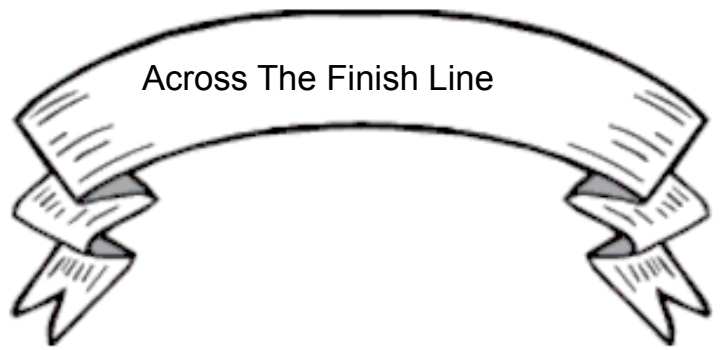
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## NEW MEMBERS

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Don Heinz  
Brett Selly  
James Cheek

Nashville  
Nashville  
Tuscumbia, AL



No one sent in any race results. Hopefully we will have more in our next issue! I know some of you run in this heat! Send us your times so we can celebrate your accomplishment.

Please submit your race times to be included in this section to:  
[peggystanfield@comcast.net](mailto:peggystanfield@comcast.net)



## Attention Photographers!

We want to see your race photos in the next Funrunner!

E-mail your photos to [RBible1@gmail.com](mailto:RBible1@gmail.com)

Be sure to include the name of the race, location, runner(s) in the photograph and the date)

Thanks!





# NOW IS THE TIME TO JOIN THE NASHVILLE STRIDERS

BE A MEMBER OF THE LARGEST AND OLDEST RUNNING CLUB IN MIDDLE TENNESSEE

## Member Benefits include:

- Nashville Striders Window/Car Decal
- Bi-Monthly digital issues of *Funrunner* Newsletter
- Social Events – including Annual Holiday Party and Summer 5K and Picnic
- Grand Prix Series Recognition and Awards
- Striders Milers – Annual Achievement Awards
- Discounts for pre-registration at specific Striders Races
- Receive email reminders of Striders happenings
- Earn **free race entries** and **free Striders apparel** by volunteering at Striders events through our **Volunteer Incentive Program [“VIP”]**



Check out our website at [www.nashvillestriders.com](http://www.nashvillestriders.com), for additional membership and club information.

*Take advantage of many of the benefits and your membership!*

## Nashville Striders Membership Application

Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ New: ☐ 1 yr ☐ 2 yr ☐ 3yr

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Renewal: ☐ 1 yr ☐ 2 yr ☐ 3 yr

Email \_\_\_\_\_

Primary Phone \_\_\_\_\_ Alt Phone \_\_\_\_\_

I am interested in: ☐ serving on Board ☐ serving on committee  
☐ helping at races ☐ walking program

### Couple

2<sup>nd</sup>

Name \_\_\_\_\_ Age \_\_\_\_\_

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex \_\_\_\_\_

Email Address \_\_\_\_\_

Phone number \_\_\_\_\_

### Dues structure:

Individual: \$20.00 / 1 year; \$38.00 / 2 years; \$54.00 / 3 years

Couples: \$30 / 1 year; \$55 / 2 years; \$80 / 3 years

Family: \$35 / 1 year; \$65 / 2 years; \$95 / 3 years

Dues payable to: *Nashville Striders, Inc.*,

P.O. Box 917, Madison, TN, 37116

### Family Membership Additional Family Members:

\_\_\_\_\_ Age \_\_\_\_\_

\_\_\_\_\_ Age \_\_\_\_\_

\_\_\_\_\_ Age \_\_\_\_\_

Additional information at: [www.nashvillestriders.com](http://www.nashvillestriders.com), or (615) 985-2282.

Recommended by: \_\_\_\_\_

I know running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club events unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I for myself and anyone entitled to act on my behalf, waive and release the Road Runners Clubs of America, the Nashville Striders, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/\_\_\_\_

(Parent's signature if under 18 years of age)





# President's Message



By Steve Tudor

Season's Greetings to all Nashville Striders members! New, current, and returning (yes, we've had some past members re-up after several years of not being a member). Thank you!

**A Word of Thanks-** I sincerely appreciate the members who attended our annual holiday dinner and general member meeting on December 17th at Cottonwood Clubhouse in Franklin. Special shoutout to Tami Greenwell for arranging the use of the facility. Thank You! All enjoyed fellowship, good food from Taziki's, a glass or two of wine, and generally a great time spent with club members. Additionally, a quorum was present and we elected 6 members to the board of directors Class of 2025. They are Dennis Falconberry, Peggy Stanfield, Robin Bible, Becca Oberlander, Jerry Lawless and Tami Greenwell. Thank you to those who participated and voted and congrats to our new board members!

**2023 Grand Prix Winners Recognized** – Our 2023 Grand Prix series had many participants, both running our races as well as volunteering. 6 members met the full requirement of participating in 6 races and volunteering for 3 events. Congratulations to Robin Bible, Tami Greenwell, Rosie Pollard, Amanda Pedigo, Dennis Falconberry, and Becca Oberlander. Winners were awarded a very nice handheld, rechargeable running light from Nathan Sports. Excellent job!

**Nashville Rescue Mission Donation** – As in the past couple years, at our holiday Party we collected donations to support the Nashville Rescue Mission. Attendees contributed \$500 and the Nashville Striders matched that amount for a net donation to the mission efforts of \$1000! A presentation to the Rescue Mission Leadership Team will be made in early 2024. Thank you for your generosity!

**Speaking of Generosity** – A Nashville Striders member who wishes to remain anonymous made a very generous donation for 2023 to the youth program. The donation was specifically earmarked to help further the club's efforts and expand the Tusculum Kids program to other schools. "Our future is in our youth" were the donor's words. Rest assured, the gift will be put to good use and the **Shoes+Tools4Schools** program is now soundly funded for years to come. Thank You!

**Races in the last two months that Nashville Striders hosted or race managed.** Many thanks to our volunteers and club race participants!

- Flying Monkey Half Marathon - November 5, 2023
- Flying Monkey Full Marathon - November 19, 2023
- Spring Hill Turkey Burn Half and 5K - November 25, 2023



All results can be found here- [Race Results](#)

**Striders Milers 2023 - Just a friendly reminder** - The long-standing program has recognized active, current members each year with Strider Milers personalized apparel. Costs for the monogrammed shirts, jackets, etc have ranged from \$25 to \$45 per participant. To be fully eligible in 2023, participants will continue to meet the mileage thresholds of 500/1000/1500 miles but are also encouraged to volunteer for at least 3 club events in order to receive the apparel gift free. Participants can opt out of volunteering but will then have the option to purchase the annual award at club cost. Volunteering points are concurrent with the volunteer guidelines for the Grand Prix Series. That is, Striders Milers and Grand Prix volunteering are interchangeable and one volunteer event counts towards both programs. Thank You **Jessica Johns** for keeping up with our statistics and Thank You runners for logging those miles! Keep up the good work!

**Please Note** - Registration is open for the **29<sup>th</sup> Tom King Classic Half and 5K** on Saturday, March 2, 2024 and early signups have been brisk and ahead of schedule. This event is capacity controlled so be sure to sign up now. Please make plans to attend, either as a participant or as a **much-needed volunteer**. Or perhaps you choose to do both! Looking forward to seeing everyone there. A club discount code will be sent to current Striders members via separate email. Tokens can also be used to register, just send required amount to Jerri Ann along with a race application. Tokens questions? Give her a call (615) 268-9419

[Sign Up Here!](#)

This is **YOUR CLUB** and your participation, not just as runners but also as event volunteers and volunteer leaders, will foster its growth! Thank you for your support of Middle Tennessee's best running club!

Happy New Year!



nashville  
**STRIDERS**  
— 1973 - 2023 —  
**50 YEARS RUNNING STRONG**



Please welcome our newest board member Dennis Falconberry. Dennis has been instrumental in keeping up with our Grand Prix results.



# YLD 20<sup>th</sup> Annual Disco Race Judicata



October 21, 2023



# YLD 20<sup>th</sup> Annual Disco Race Judicata



October 21, 2023



## **Nashville Striders Offer College Scholarships as a Member Benefit**

### **NASHVILLE STRIDERS OPEN COLLEGE SCHOLARSHIP APPLICATION PERIOD BEGINS ON JANUARY 15, 2024 AND ENDS ON MARCH 15, 2024 FOR THE 2024 - 2025 SCHOOL YEAR**

The Nashville Striders offer college scholarships as a member benefit in the form of our Nashville Striders Peter Pressman Scholarship Program. Ben Hattan and Hannah Greenwell, previous year winners, were winners of scholarship awards presented last May for the 2023-2024 school year. This was our eighth year offering scholarships. Current high school seniors as well as undergraduate students are eligible to apply for one of the scholarships to be awarded.

We are pleased to announce again that we will be offering scholarships for the 2024-2025 school year to qualified students! We have up to four \$1000 scholarships available. Current high school seniors as well as full-time (minimum 12 semester hours) undergraduates enrolled in a U.S. university, college, or technical school may apply. Former winners may reapply. The application period runs from January 15 through March 15, 2024. The electronic scholarship application form will be made available on the Nashville Striders website starting in early January (<http://www.nashvillestriders.com/scholarship>). Electronic submission of the application via email to [stridersscholarship@gmail.com](mailto:stridersscholarship@gmail.com) is preferred, but hard copies can be mailed to the Striders PO Box. All applications and supporting documents must be received by the Nashville Striders by March 15, 2024. A complete, sample application is at the end of this article for your information.



#### **ELIGIBILITY RULES AND APPLICATION REQUIREMENTS:**

1. The following are eligible:

- Individual or Family members of Nashville Striders in good standing for at least one calendar year.



- Students of parents or legal guardians who are members in good standing for at least one calendar year.
2. Signed endorsement on this form by a parent or legal guardian, if under 18 years old.
  3. Graduating High School seniors or undergraduates enrolled full-time (minimum 12 semester hours) in a U.S. university, college, or trade school. Former winners who still qualify are eligible to reapply.
  4. Evidence of involvement in or commitment to running/walking-related activities.
  5. Letters of recommendation or reference from coach, trainer, or someone familiar with your running/walking activities involvement or commitment.
  6. Application and all related documents must be received by the Nashville Striders Peter Pressman Scholarship Committee during the enrollment period **January 15th through March 15th** for the following school year. All application materials must be received by the Nashville Striders by the March 15<sup>th</sup> deadline.



The Striders Board of Directors has established a Scholarship Committee composed of Kathy Bell, Peggy Stanfield, and Bill Cohen. Non-Board of Directors members may be added to the committee. They will receive, review and evaluate all applications and recommend qualified candidates to the Board of Directors for awarding of the scholarships. We will issue scholarships of \$1000 each for the upcoming school year to the winning applicants. Criteria for qualifying applicants are listed below.

**EVALUATION CRITERIA (no particular priority):**

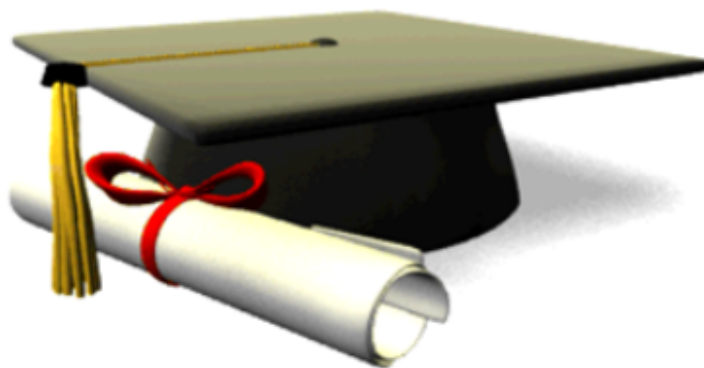
- Satisfactory academic achievement to be judged by Nashville Striders Peter Pressman Scholarship Committee
- Essay content
- The extent of volunteer participation in Nashville Striders events
- Coaches' and references' recommendations
- Participation in running/walking-related activities

- Participation in other extracurricular activities
- Progress toward a degree or certificate, as applicable
- Interviews may be requested at the discretion of the Scholarship Committee



**OTHER INFORMATION:** Scholarship winners will be announced the first part of May, 2024. Approved awards will be for the next university, college, or technical school year. If approved, a scholarship check will be issued in the applicant's name to the Bursar's Office of the university, college, or technical institution the applicant is accepted to attend. Family members of Nashville Striders Board members shall be eligible for scholarships; however, those Board members will recuse themselves from voting upon the scholarships being awarded.

If you have any questions and/or are interested in serving on the Nashville Striders Peter Pressman Scholarship Committee, please contact Kathy Bell, Peggy Stanfield or Bill Cohen or send an email to: [stridersscholarship@gmail.com](mailto:stridersscholarship@gmail.com).



# Nashville Striders Peter Pressman Scholarship Application

The Nashville Striders have established a scholarship fund and will issue up to four \$1000 scholarships as authorized by and reviewed annually by the Nashville Striders Board of Directors before the beginning of the application process. The scholarships will be awarded to eligible Nashville Striders club members, individual or family or students of member parents or legal guardians who are involved in running/walking related activities, and/or Nashville Striders club events. Recipients must be graduating High School seniors seeking to further their education at a university, college or technical school or undergraduate students currently enrolled fulltime (minimum 12 semester hours) in one of these institutions in the United States.

Please read and understand the complete Rules and Procedures for the Nashville Striders Peter Pressman Scholarship before applying – **Section E below**.

PLEASE COMPLETE ALL INFORMATION AND SUBMIT - Via email to: [stridersscholarship@gmail.com](mailto:stridersscholarship@gmail.com) (Preferred) or via USPS Mail to:  
Nashville Striders  
P.O. Box 917  
Madison, TN 37116-0917

## Section A – Personal Information

NAME \_\_\_\_\_  
GENDER (check one) – MALE ☐ FEMALE ☐  
AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
CITY/STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_  
PARENT/GUARDIAN NAME(S) \_\_\_\_\_ PHONE \_\_\_\_\_

## Section B – For Current High School Students

1. HIGH SCHOOL NAME \_\_\_\_\_  
CITY/STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
GPA \_\_\_\_\_ ON SCALE OF \_\_\_\_\_ GRADUATION DATE \_\_\_\_\_  
EXTRA CURRICULAR ACTIVITIES (Including running/walking related history)



## 2. UNIVERSITY, COLLEGE or TECHNICAL SCHOOL NAME(S) (Applied or Accepted)

CITY/STATE(S) \_\_\_\_\_ ZIP CODE(S) \_\_\_\_\_

ENROLLMENT DATE \_\_\_\_\_

MAJOR \_\_\_\_\_ MINOR \_\_\_\_\_

CURRENT UNIVERSITY/COLLEGE/TECHNICAL SCHOOL ACCEPTANCE STATUS (check one)

Yes ☐ No ☐ Pending ☐

EXPECTED GRADUATION DATE \_\_\_\_\_

ANTICIPATED EXTRA CURRICULAR ACTIVITIES (Including running/walking related plans)

**Section C – For Full-Time Undergraduate (minimum 12 semester hours) Students Currently Enrolled in U.S. University, College or Technical School**

UNIVERSITY, COLLEGE or TECHNICAL SCHOOL

NAME - \_\_\_\_\_

CITY/STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

ENROLLMENT DATE \_\_\_\_\_

MAJOR \_\_\_\_\_ MINOR \_\_\_\_\_

UNIVERSITY/COLLEGE/TECHNICAL SCHOOL YEAR in 2024-2025 (check one) Fr ☐ So ☐ Jr ☐ Sr ☐

GPA \_\_\_\_\_ ON SCALE OF \_\_\_\_\_ (and submit a recent transcript, see below)

EXPECTED GRADUATION DATE \_\_\_\_\_

EXTRA CURRICULAR ACTIVITIES (Including running/walking related history)

**Section D - Please Also Submit:**

1. ESSAY – Topic - How has running/walking affected your life and what are your future running/walking plans? Include your participation in Nashville Striders events and activities, as applicable. **Submit an electronic essay (MS Word document) no longer than 2 pages.**
2. PHOTOGRAPH - Provide a recent photograph of yourself. Include it with your essay file or send separately.
3. TRANSCRIPT – (Undergraduate Students - not required of high school applicants) - The most recent transcript of your grades from your school.

**REFERENCES** (Other than a relative) include 2 letters of recommendation with your application or send separately and notify the Striders Peter Pressman Scholarship Committee of their submission.

NAME \_\_\_\_\_ E-mail \_\_\_\_\_  
RELATIONSHIP \_\_\_\_\_ PHONE \_\_\_\_\_

NAME \_\_\_\_\_ E-mail \_\_\_\_\_  
RELATIONSHIP \_\_\_\_\_ PHONE \_\_\_\_\_

**APPLICANT STATEMENT**

I affirm that the information I have provided in this application is true. I also give authorization for the high school or university, college/technical schools named to release my transcript information to verify academic standing to the Nashville Striders Peter Pressman Scholarship Committee. I understand that all information on this form will be kept confidential. I understand that finalists may be interviewed. I understand that in the event I am a scholarship winner the Nashville Striders can use my name, image and scholarship amount for publicity and marketing purposes.

APPLICANT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

NAME (Please Print) \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (if student is under 18) \_\_\_\_\_

DATE \_\_\_\_\_

NAME (Please Print) \_\_\_\_\_

**Section E- RULES AND PROCEDURES FOR NASHVILLE STRIDERS PETER PRESSMAN SCHOLARSHIP APPLICATIONS****ELIGIBILITY RULES AND APPLICATION REQUIREMENTS:**

1. The following are eligible:
  - Individual or Family members of Nashville Striders in good standing for at least one calendar year.
  - Students of parents or legal guardians who are members in good standing for at least one calendar year.
2. Signed endorsement on this form by parent or legal guardian, if under 18 years old.
3. Graduating High School senior or undergraduates enrolled full-time (minimum 12 semester hours) in a U.S. university, college or trade school.
4. Evidence of involvement in or commitment to running/walking related activities.
5. Letters of recommendation or reference from coach, trainer or someone familiar with your running/walking activities involvement or commitment.
6. Application and all related documents must be received by Nashville Striders Peter Pressman Scholarship Committee during enrollment period **January 15th through March 15th** for the following school year. All application materials must be **received** by the Nashville Striders by the March 15<sup>th</sup> deadline.

**PROCEDURES:**

1. Read and understand this rules and procedures document.
2. Fill out Nashville Striders Peter Pressman Scholarship Application and submit all documents via e-mail to [stridersscholarship@gmail.com](mailto:stridersscholarship@gmail.com) (preferred) or by mail to the Nashville Striders. The Nashville Striders Peter Pressman Scholarship Committee will review the application and may recommend or require additional information via contact with the applicant, parent and/or reference as necessary. We will respond via e-mail that your application has been received.
3. Interviews may be requested at the discretion of the Scholarship Committee.
4. The Nashville Striders Peter Pressman Scholarship Committee will review and evaluate all applications. The committee will make scholarship recommendations to the Nashville Striders Board of Directors, which shall vote upon the award of scholarships.
5. Funding of this program will be reviewed annually. The number of scholarships awarded and scholarship amounts will depend on budgetary limits and the number of qualified applicants.
6. Approved awards will be for the next university, college or technical school year.
7. Scholarship winners will be announced by the first part of May.
8. If approved, a scholarship check will be issued in the applicant's name to the Bursar's Office of the university, college or technical institution applicant is attending or is accepted to attend.

**EVALUATION CRITERIA (no particular priority):**

- Satisfactory academic achievement to be judged by Nashville Striders Peter Pressman Scholarship Committee
- Essay content
- Extent of volunteer participation in Nashville Striders events
- Coach's and references' recommendations
- Participation in running/walking related activities
- Participation in other extracurricular activities
- Progress toward a degree or certificate, as applicable
- Interviews may be requested at the discretion of the Scholarship Committee

Revised 12/2023



# A Great Race, A Good Time, and...



## MOOSIC CITY DAIRY DASH

NASHVILLE, TENNESSEE



# A Worthy Cause!

FEATURING THESE RACES:

 **REGIONS Smitty15K**  
HONORING FRANK SCHMIDT

**5/10k Dairy Dash**

 **RJ Young Glenn Wunder Mighty Mile**

PLUS PERKS & SWAG:

- ★ COMMEMORATIVE FINISHERS MEDAL ★
- ★ COMMEMORATIVE TECH SHIRT WITH PRE-REGISTRATION ★
- ★ FREE POST RACE REFRESHMENTS ★



SCAN HERE  
TO REGISTER

**April 13, 2024**  
**METRO CENTER**  
NASHVILLE, TENNESSEE



BENEFITING  
**TENNESSEE**  
**KIDS BELONG™**



# **Funrunner Rewind: Treadmill Running**

## **Reprinted from May 2011 Funrunner**

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By Gary Cohen

*The author, Gary Cohen, was the 2010 Pasta Dinner speaker at Nashville's Gupton Dodge Tom King Classic Half Marathon. His website, [www.garycohenrunning.com](http://www.garycohenrunning.com) features monthly interviews with various runners of interest. He also has a Facebook page.*

Most runners who run regularly do little or none of their running on a treadmill. Those who run on treadmills are typically fitness enthusiasts or people who are trying to lose weight. They head to their local gym for a "cardio" workout that may include an elliptical trainer, stair climber, stationary bike or treadmill. But even for hard core runners there are times that using a treadmill should be considered.

When recovering from an injury it can be very beneficial to run on a treadmill. Pace, distance and incline can be carefully monitored. Also, the soft treadmill surface provides good cushioning. I did this twice in the past dozen years after a broken foot bone and a surgery with great success. Before starting stamina and speed training on the roads and track, I did these training sessions on the treadmill.

Weather conditions can also influence a decision to run inside. I'm usually like a mailman as "neither rain nor sleet nor snow" will prevent me from running, but lightning will. If violent thunderstorms appear, it is convenient to have the option of an indoor treadmill run. I also recall that Ingrid Kristiansen, former marathon world record holder, did much of her winter training in Norway inside on a treadmill due to extreme cold temperatures and frequent blizzard conditions. Additionally, it may be easier to run a long summer run in the air conditioning than outside in 90+ degree heat.

The only time I routinely plan to do treadmill running is when I visit my gym for a weight training session and do my warm up and warm down. I do get bored even though each run is only and and a half miles. To have something to do I start out slowly and then increase the pace every tenth of a mile. I also set the incline for 1% so I get some traction which stimulates running outdoors on a road.

In addition to reasons for running on a treadmill, there are also several benefits. First, your training session can be closely monitored as you have the settings for pace and incline at your fingertips. Speed training and hill training can be done exactly as planned. Second, you won't accidentally slow down due to distractions or fatigue as you may outside. Third, the surface is more cushioned than a road or sidewalk. Fourth, you can get the benefits of uphill running when you set a higher incline but without the pounding on your knees from the downhill stretches experienced outdoors. Finally, you can run with others who run at a vastly different pace than you by getting on treadmills next to each other.

So. Hopefully this is some food for thought that will help you incorporate some treadmill running into your training plan. Nothing beats being out on the trails when running, but there is a time and a place due to weather, injury recovery or monitoring your training to head indoors and onto a treadmill.



# YLD 20<sup>th</sup> Annual Disco Race Judicata



**October 21, 2023**



# YLD 20<sup>th</sup> Annual Disco Race Judicata



**October 21, 2023**



# YLD 20<sup>th</sup> Annual Disco Race Judicata



# October 21, 2023



# The Flying Monkey Half Marathon

By Bill Cohen

The morning of Sunday, November 5 dawned cool, crisp, and sunny. The roads in Percy Warner Park were dry and clear. It was a great day for a race and for the over 200 runners and walkers who participated in the Fifth Annual Flying Monkey Half Marathon in the park. Some ran or walked for fun, some for the challenge of competing a very hilly course, and some for a competitive race - the top male finisher was Callahan Fielder, with a time of 1:15:15, and the top female finisher was Caroline Kimble, with a time of 1:29:42. It was a unique experience for all.

Many thanks for the many volunteers who made the race proceed smoothly and efficiently. And special thanks to those participants who purchased charity slots, We raised over \$3,300 that will be used to promote the activities of the Striders Youth Fund and the Friends of Warner Park.

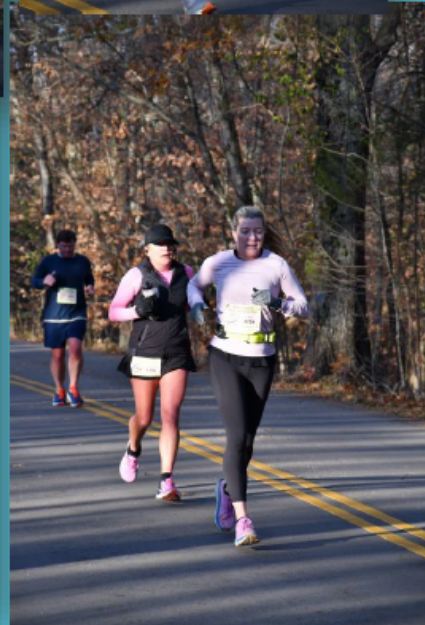


The Sixth Annual Flying Monkey Half Marathon is already being planned for the earlier part of November 2024. Hope to see you there.





# Harpeth Hills Flying Monkey Marathon



**November 19, 2023**



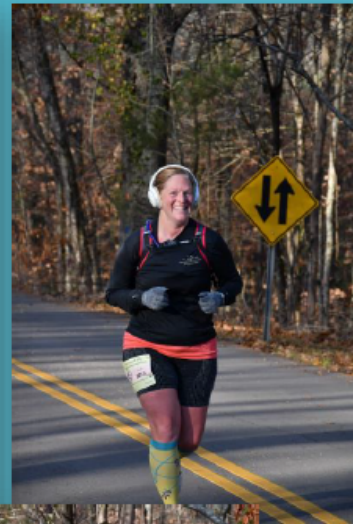
# Harpeth Hills Flying Monkey Marathon



**November 19, 2023**



# Harpeth Hills Flying Monkey Marathon



**November 19, 2023**



# Funrunner Rewind: Footsteps

Reprinted from November 1997 Funrunner

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By Heath Jones

The last time I started to run was almost twenty years ago now. I had run the mile in high school (rather unsuccessfully, but faithfully), but there were not track or cross country teams in the small college I attended. Running was not something anyone considered doing in those days, except as a competitive sport. On several occasions in the years following college graduation I started running, only to give it up. But the last time was the one that took, and its beginnings were the most secretive.

We had lived on South Wilson Boulevard in Nashville for several months, and the neighborhood was an inviting place to run, with quiet streets, a few moderate hills, and friendly dogs. I can't recall now what actually got me out the door the first few times — perhaps it was being in my early thirties and so out of shape — but I do remember that it happened well before dawn. I was determined to be out that early because I didn't want to be seen.

The first time out I tried running around the block, a route I later measured to be just over half a mile. I ran — I did *not* jog. And I didn't make it the whole way. Totally out of breath and with wobbly legs, I walked about the last quarter of the route. When I think back on it now, the preparations I made those first mornings, getting warm-ups, socks, and shoes ready, getting myself up and out, sweating for what seemed like hours afterward before taking a shower, all seem to be laughable for the less than half a mile I was able to cover.

After a few weeks of this routine, I increased my route to a bit over three-quarters of a mile. I was still walking parts of the route, running first up a small grade, then along a level, then enjoying a downhill before walking most of a slight upgrade until I got enough breath and guts back to try to bring it on home. I became comfortable with the routine until one day when I had just begun my walk on the uphill and looked up to see a human figure jogging toward me on the other side of the street. Until that moment I

had never encountered anyone else out on *my* route in *my* neighborhood *my* time of the morning. I just couldn't stand the embarrassment of being seen walking.

As the guy approached I could tell he was running slower than I usually ran, which of course, made me step even higher and run tougher, though every muscle was screaming to halt the insanity and torture. As the figure approached, he waved, and I waved back, two fellow runners, sharing a kinship understood only by those of our kind. In the play of the light from the street lamps I never saw him very clearly, but as we passed I was horrified to note that this guy was *really old*. As soon as we had passed, my entire frame relaxed and settled a notch or two. I kept running, though, until several glances over my shoulder assured me that Father Time had turned the corner and could no longer see me. At that point I not only stopped running, I stopped completely, bending over in someone's driveway until I recovered enough to walk home.

I thought of little else for twenty-four hours except this encounter. I was amazed and in awe that this older guy was out running (I never saw him walk, that day or any other day in those early mornings). At the same time I was terrified that he might catch me walking. The next morning's run and those thereafter were different. On the one hand, I was inspired and encouraged by the example set by this new colleague. I did feel a certain kinship and looked forward to our greeting, which soon became two raised arms instead of just a wave. On the other hand, I ran warily, neck craned so that I would be sure to spot him before he saw me. I wanted to make certain that I was not only running when we met but running strong.

Through the months I saw him frequently. I was eventually able to run my entire route, and then I mapped a somewhat longer route, and another, and another, until I was running three miles each morning, and running the entire distance without walking. At some point I went to

one of Nashville's first running stores and bought running shoes, then striped Dolphin shorts. I noticed my early friend always ran in sweats and Converse Chuck Taylors, the sneakers born on the basketball court, but the only sneakers of any kind available through the first decades of my life.

As the years passed and my distance and speed improved, my confidence did as well, and I began to look for my friend without the fear that he might see me walking. Eventually we met at a neighborhood party where we had some initial trouble recognizing each other because we weren't in running shorts, and we both wore glasses when we weren't running. He wore a

clerical collar, and I later found out that he was widely known as an astute scholar and a caring pastor. Through the years we continued to see each other on the road occasionally, even after I moved to a different part of town. But I'm sure he had no idea how deeply he affected my running early on, the threat of embarrassment prompting me to run parts of my route I'd rather have walked. Nor did he realize how seeing him at his age running early in the morning has continued to be an inspiration for me, even if his footsteps now echo only in my memory. We often think we run for ourselves, but there's a chance that our footsteps can affect someone else.

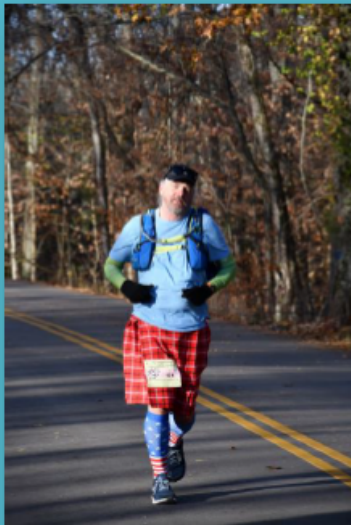


Race Judicata





# Harpeth Hills Flying Monkey Marathon



**November 19, 2023**



# Harpeth Hills Flying Monkey Marathon



**November 19, 2023**



# Harpeth Hills Flying Monkey Marathon



**November 19, 2023**

# STRIDERS MILLERS

# 2023

First Name	Last Name	Total
Kathy	Bell	617.40
David	Bender	418.80
Robin P.	Bible	1,411.63
James	Blaney	963.97
Maureen	Boling	528.40
Dave	Bordenkircher	559.50
Cheryl	Brown	581.90
Zane	Cantrell	1,228.00
Keith Sr.	Caruso	1,616.11
Gen	Celentano	64.60
Sabrina	Childers	993.99
Dennis	Christian	1,094.00
Bill	Cohen	469.00
Virginia	Dennis	552.00
Will	Dodd	233.72
Ida Franco	Dowdy	696.70
Heather	Dye	476.20
Dennis	Falconberry	1,023.99
Kevin	Fox	479.80
Brent	Fuqua	77.00
Tuffy	Gordon	500.52
Beth	Gottlieb	947.50
Christopher	Grant	475.30
Tami	Greenwell	767.09
Liz	Hancock	1,011.91
Beth	Hanson	1,621.95
Jerri Ann	Head	768.19
Don	Heintz	599.10
David	Holder	1,127.00
Janet	Jemigan	695.00
Jessica	Johns	648.50
Jennifer	Kimball	419.00
Deborah Burris	Kitchen	142.00
Terry	Long	68.20
Dolores	Lucas	789.80
Jennifer	McCormick	451.70
Will	McCormick	551.40
Don	Mersman	332.80
Gloria	Mersman	681.73
Nick	Nicholson	2,112.00
Shawna	Peace	926.00
Amanda	Pedigo	742.00
Roseanna	Pollard	1,438.00
Paul	Putnam	1,876.20
Michael	Renwick	506.90
Bridget	Rogers	2,041.20
S. Trent	Rosenbloom	1,014.50
Frank	Schmidt	1,174.00



STRIDERS

MILERS

Vicki	Schmidt	987.70
Kristi	Seehafer	752.56
Maria	Shircel	1,183.80
Charles	Sisk	1,122.00
Helen Shvak	Smith	873.00
Tamra	Smith	954.80
Eric	Stiles	593.00
David	Stock	1,923.19
Mickey	Sullivan	692.79
Nancy	Sullivan	717.00
Chris	Thompson	1,048.00
Felicia	Tollette	370.00
Lee Ellen	Trenner	1,230.70
Steve	Tudor	869.81
Michael	Ward	183.00

Report current through November 2023

**[www.nashvillestriders.com](http://www.nashvillestriders.com)**

Send your miles for 2022 to  
**[striders.milers@gmail.com](mailto:striders.milers@gmail.com)**

For a complete list of rules for the  
Striders Milers, visit  
**<http://www.nashvillestriders.com>**

Run & Walk tab

2023

nashville  
**STRIDERS**  
— 1973 - 2023 —  
**50 YEARS RUNNING STRONG**

## RACE CALENDAR

- This list comes from a variety of sources. Many have no race day registration. Call and confirm these
- races before traveling to an event. Send info and/or changes by the 1st of the month for the following
- month's issue to: [Peggystanfield@comcast.net](mailto:Peggystanfield@comcast.net)

### —March 2024—

#### Saturday March 2

##### Tom King Classic Half Marathon & 5K

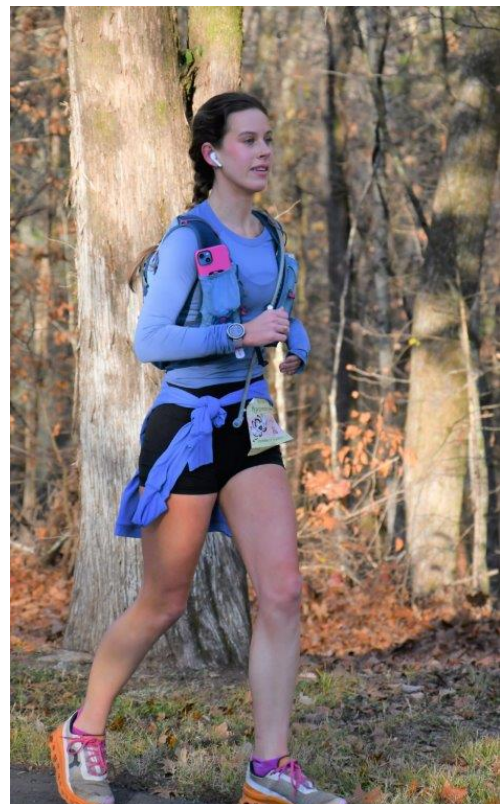
Nashville, Cornelia Fort Airpark, 1199 Shadow Ln, 8:00 Am Half Marathon, 8:15 5K, for more info visit: <https://runsignup.com/Race/TN/Nashville/TomKingClassicHalfMarathonand5Krunwalk>

### —April 2024—

#### Saturday, April 13

##### 24th Annual Moosic City Dairy Dash 5K, 10K, Regions Smitty 15K and R. J. Young Mighty Mile

7:00am R J Young Mighty Mile, 7:30am Dairy Dash 5K, 8:00am 10K and Regions Smitty 15k, Metro Center, 250 Athens Way, Nashville, TN Info: <https://moosiccitydairydash.raceroster.com/>







**CHANGE SERVICE REQUESTED**

**Nashville Striders, Inc.**  
**P.O. Box 917**  
**Madison, TN 37116**  
**(615) 985-2282**

**[www.nashvillestriders.com](http://www.nashvillestriders.com)**

