



P.O. Box 323
San Martin, CA 95046
www.svrchome.org
March 2008

2008 Club Officers

New club officers for 2008 were voted on at the December 8th Christmas Cookie Social!

President

Allan Abrams.....allan@svrchome.org/782-1024

Vice President

Craig Lore.....craig@svrchome.org/686-1002

Secretary

Jimmy Forbis.....jimmy@svrchome.org/396-4717

Treasurer

Kim Moyano.....kim@svrchome.org/482-4918

RRCA Liaison

Gar Chan.....gar@svrchome.org/847-2065

Newsletter/Calendar

Maria Bruhns.....maria@svrchome.org/847-8827

Webmaster /Grand Prix Coordinator

Ken Oliver.....ken@svrchome.org/779-7939

Upcoming Races & Events

**For race applications & web links, visit www.svrchome.org*

April 3 Club Meeting/Social @ The Granary, MH 6pm

April 5 Susan Alves Scholarship 5/10k; San Jose

April 13 Wildflower 5/10k, Morgan Hill

Club meeting & dinner socials are held the 1st Thursday of each month at 6 PM at The Granary, 17500 Depot St (x 2nd St), downtown Morgan Hill. Potluck-pizza provided, please bring a side dish to share. Meeting/guest speaker following.

1st Marathon Milestones at Napa Valley Marathon

A BIG congratulations to Jennifer Moyano & Bernadette Simmons! They completed the Napa Valley Marathon on Sunday, March 2nd!

Bernadette said "I had the time of my life, and loved every mile of my 1st marathon." She even phoned her mom and siblings, who live overseas, from the course. They were thrilled to be part of her 1st marathon!

Said Kim, who accompanied Jennifer, "For the most part, we were keeping it under 9 minute miles. We were truly enjoying the beautiful vineyards along the Silverado Trail, this is definitely a very beautiful and low-key marathon.

And low key it is...they don't care to use chip timing, because after all, marathons have been run for centuries without it!

More Local Races

Note: These are not Grand Prix races, but ANY race may be used as a wildcard.

*4/5 Nutty Run 5k, Berkeley

web.mac.com/thenuttyrun

*4/6 Great Hwy 4 Miler, San Francisco
dserunners.com

*4/12 Santa Cruz half marathon & 10k
firstwave-events.com/sc_half/

*4/19 Slug Run 1, 5, & 10k, Santa Cruz
sctrunners.net

*4/27 Big Sur International Marathon, 21, 10.6, & 9 mile, relay, & 5k

bsim.org

Grand Prix

The latest Grand Prix race was “Emerald Nuts Across The Bay”, which began in Sausalito, crossed the Golden Gate Bridge, and finished in San Francisco. Although it was a chilly, breezy day, during the run the wind was at the runners

backs, making for a beautiful run into the city!



2008 Points To Date

- Total point leader (after 3 races) :
- 2277 points, Ken Oliver
- Highest single race total:
- 797, Jorn Jensen
- Best averages:
- Ken Oliver, 759 points after 3 races;
- Gar Chan, 682 points after 2 races

It's Way Too Cool to Run 50K

Kim Moyano, Craig Lore, Allan Abrams, Kevin Stuart, Lynn Alastos, and Julianne

Whitelaw have done the incredible. Each one of these SVRC members completed the Way Too Cool 50k on Saturday, March 8th. The course combined road and trail, and their plan began with 25 minute runs followed by 5 minute walks, evolving to running flat and downhill while conserving energy on uphill. Well-stocked aid stations (soda, anyone?) were 6 miles apart, breaking the run up into achievable goals. While the entire group did the amazing, Julianne went a step further in the team spirit department, not allowing any member of the group to fall back or finish alone!

“Are you kidding me? We just ran 30 miles...did we really need another hill?” -Lynn

“I loved the steep hills, the creek crossings, and all the running in between.” -Julianne

“To run an ultra is one thing, but to run it with such great friends is truly special.” -Kim

“The people who run ultras are great. They help each other out & offer encouragement.” -Craig

“We all survived and are ready to do battle another day.” -Kevin

“We ran 31 miles? This was just a training run for the AR 50? Are we crazy?????????????” -Allan

STAY TUNED, as our adventurous ultras set out on their next mission, the American River 50 miler on April 5th!

Run for the Stinkin' Roses 5/10k Training Group starting soon

If you are interested in joining the Stinkin Roses 5/10k training group, please contact Kim Moyano or Craig Lore. Training begins May 3rd for this race, which will be put on by SVRC on July 12 at Solarsano Middle School in Gilroy. Official sign ups will take place at the May club meeting!

Saturday Morning!

A great time to hook up with other runners is SVRC's Saturday morning runs! This is because there are multiple groups of runners doing a variety of speeds and distances.

Whatever you are running for, this is the run for you!

Donate to The Relay!

SVRCrazy is once again running The Relay from Calistoga to Napa on April 20. Besides having a great time, the goal is to raise money for organ donations. Want to help? Visit firstgiving.com/svrc today!