



P.O. Box 323  
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[www.svrchome.org](http://www.svrchome.org)  
June 2008

## 2008 Club Officers

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## In Memory of...

Two years ago, SVRC lost a dear friend, David Thoms. On May 3rd, Gar Chan, Gretchen Yoder-Schrock, and Bob Miller, placed a wreath in David's memory at Mt. Madonna. SVRC has also started the David Thoms Memorial Scholarship, which is in part funded by the annual Mt. Madonna

## Volunteer Opportunities

July 4: Freedom 5000: Contact Charles Weston at 778-6037.

July 12: Run for the Stinkin Roses: Contact Craig Lore at 686-1002

August 23: Mt. Madonna Challenge: Contact Craig Lore at 686-1002

## Recycle Your Shoes!

Have you old, worn running shoes in your closet? Bring them down to Go Run Sports! They are collecting running shoes to be recycled. Go Run is located 17015 Walnut Grove Dr. in Morgan Hill (near Scrablz & Trader Joe's).

## Upcoming Races & Events

*\*For race applications & web links, visit [www.svrchome.org](http://www.svrchome.org)*

June 5 Club Meeting/Social @ The Granary,

July 4 Freedom 5000, MH

July 12 Run for the Stinkin Roses 5/10k

Aug. 23 Mt. Madonna Challenge

*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. Pizza provided, please bring a side dish to share. Meeting/guest speaker following.*

### More Local Races

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

\*6/7 Hunting Hollow 5/10k, Gilroy

[Coepark.org/hh-10k.html](http://Coepark.org/hh-10k.html)

\*6/8 Aptos Women's 5 miler

[Sctc.runners.com](http://Sctc.runners.com)

\*6/8 Muddy Buddy Ride/Run, Mt. Hamilton  
[Yelp.com](http://Yelp.com)

\*6/15 CRY walk run, Mountain View  
[Community.america.cry.org/bayarea](http://Community.america.cry.org/bayarea)

\*6/21 Lynch Canyon Trail Run, Vallejo  
[Lynchcanyontrailrun.blogspot.com](http://Lynchcanyontrailrun.blogspot.com)

\*6/21 Stadium to Stadium 10k, SF  
[Stadiumtostadium.com](http://Stadiumtostadium.com)

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## Grand Prix

The latest Grand Prix race was the Mushroom Mardi Gras 5 & 10k on May 24th in Morgan Hill. It was good running weather-cool & pleasant, and luckily, not smoky. It was great to see so many SVRC runners out there participating in this great local race that supports



Live Oak sports programs!

*The McRoberts family celebrates a great run, with a 27:32 PR from Jacob!*

## 2008 Points To Date

- Total point leader (after 5 races) : Ken Oliver, 2961 Points
- Highest single race total: 797, Jorn Jensen
- Best Averages: Jimmy Forbis, 2051 points; Gar Chan, 1364 points, Mike Bergkamp, 1289 points, Allan Abrams, 1136 points.

*\*due to it's lateness in the month, these do not include Mushroom Mardi Gras, as the results are not posted yet!*

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## Tri something different!

Sometimes, the run just has to wait...until after the swim and the bike! On May 18, Lynn Alastos and Kevin Stuart participated in the Uvas Triathlon, a 3/4 mile swim in Uvas Reservoir, a 16 mile bike ride circling Uvas, Oak Glen, Sycamore, and Watsonville Rd, topped off with a 5 mile run. Lynn finished in 2:02:58, and Kevin in a PR-setting 1:46, 12th in his age division! Way to go!

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## Medals 4 Meddle

Chicago physician Stephen Isenberg started Medals for Mettle in 2005, when he gave his marathon finishers medal to a patient. Since then it's grown into a non-profit through which marathon finishers can give their medal to someone going through their own marathon illness.

When runners donate, they also pass along information such as where the medal was earned and their history. Medals for Mettle switches the original ribbon with one of their own before presenting it to someone else.

For more information, please visit [medals4mettle.org](http://medals4mettle.org). Are you interested in volunteering? SVRC is looking for someone to set up a booth at races to solicit medals. If interested, please contact Craig Lore at 686-1002.

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## David Thoms Memorial Scholarship

2008 marks the first year of SVRC awarding the David Thoms Memorial Scholarship. Two recipients were chosen, and each will receive \$1000 to pay for college. They are Amanda Kreuger, who will be attending UC Santa Barbara, and Derek Pesta, who will be running cross country and track at Pepperdine. We tried to catch up with Derek, who trains with Wolfpak Triathlon Club, at the Mushroom Mardi Gras race, but couldn't, as he ran a blistering 35:53, overall winner of the 10k.



*Recipient Derek Pesta hangs with SVRC members at the 2008 Mushroom Mardi Gras run.*

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## 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!