

Races / Events

For applications & web links, visit the SVRC website: www.svrchome.org

July 12
[Run for the Stinkin Roses](#)
 5/10k, Gilroy
 (SVRC Sponsored)

Aug. 23
[Mt. Madonna Challenge](#)
 6/12k, Mt. Madonna
 County Park
 (SVRC Sponsored)

Sept. 13
 SVRC Challenge
 5/10k, Morgan Hill
 (SVRC Sponsored,
 Grand Prix Event)

Club Meetings and Socials will resume in September and are now the second Wednesday of each month, 6PM, The Granary, Morgan Hill.

Be a Volunteer!

Support SVRC-sponsored events by contacting Craig Lore at 686-1002

About SVRC

The South Valley Running Club consists of people in the Morgan Hill, Gilroy, and San Martin area of Santa Clara County.

Formed in 2004 to promote running for health, fitness and fun, everyone is welcome!



VO2 Max Testing and What It Means

Recently, four members of SVRC participated in VO2 Max testing. Each participant left understanding their target heart rate zones (low, moderate, high, and peak), estimated calories burned per hour, fitness level, aerobic and anaerobic thresholds, and target recovery heart rate times. Club member Kevin Stuart, MD, is providing an in-depth write up on SVRC club website, but here is his synopsis of what VO2 max testing means.

VO2 max is the maximum amount of oxygen that the body can use during exercise - actually aerobic exercise, as opposed to anaerobic (meaning without oxygen), i.e., weight lifting, sprinting. The higher a person's VO2 max, the more oxygen they can utilize for exercise and thereby perform more work, i.e., run faster. More importantly, we also found out our maximum heart rate and anaerobic threshold (AT). The AT is the point where we switch to more anaerobic metabolism from aerobic, and once this happens we fatigue quickly and start to slow down. Exercising at or slightly above the AT is what makes us fitter and faster.

Run Saturdays with SVRC

Join your club mates on Saturday mornings. It is a great social run with participants at all running levels. Everyone is welcome! Check the calendar.

Recent Race Reports

- A number of club members volunteered at or ran the Morgan Hill Freedom 5000 July 4th Fun Run. Nice showing SVRC!
- Steve Lane placed 4th in his age group at the Hunting Hollow 10k at Henry Coe; Joe Green volunteered to stuff race packets with SVRC race promotions. Thanks for representing!
- Lynn Astalos and Kevin Stuart finished the San Jose International Triathlon in June and will be competing in the Vineman Half Ironman in July. Good Luck!
- Julianne Whitelaw, Alison Williams and Angie Young completed the San Diego Marathon in June. Well done!

MEMBER SPOTLIGHT

**Gretchen Yoder-Schrock**

Gretchen Yoder-Schrock has been an active member of SVRC since its inception. A runner since the fourth grade (!), she and her family will be moving to Mexico City in August. Staying for one year, Gretchen will teach English as a Second Language in a public junior high school.

Gretchen's adventure is part of the Fulbright Teaching Exchange, which is an international educational program sponsored by the U.S. government to foster mutual understanding among and between the US and other countries.

Q. What is your proudest running accomplishment or moment?

I'm proud of the Rock-n-Roll Half Marathon I did in San Jose last year. I set a goal to run a 7:30 pace and although each individual mile pace was all over the map, my overall time was right on target. I couldn't have done it without Gar Chan who helped me train and stayed with me the entire race.

Q. What is the one piece of advice you'd give to a new runner?

Choose a race to motivate your training.

Q. On average, how many miles a week do you run?

Since I don't have lots of time, I usually only run 3 or 4 times a week. My mileage is usually between 20 and 25 miles.

Q. Where is your favorite place to run?

Hands down – Mt. Madonna!

Q. What is your favorite running distance?

I'm enjoying the ½ marathon lately. I also really love the Mission 10 Miler. Both of these are challenging distances for me.

Q. What is the greatest benefit you receive from being part of SVRC?

You guys make me do cool things that I wouldn't do on my own: speed workouts, tempo runs, overnight relays and marathons!

Q. Will you be running in Mexico?

I'm hoping to run in Mexico City, but the pollution is pretty horrendous. I have found lots of 10ks and will try one out in September. Plan B is to swim and perhaps take a spinning class.

Keep up with Gretchen while she is gone. Drop her a line at kg.yoderschrock@gmail.com, or participate in her blogs/personal sites on MySpace and FaceBook.



Marti Menz and her daughters caught up with Derek Pesta, an inaugural recipient of the David Thoms Memorial Scholarship, at this year's Gilroy HS Awards night.

Emily Thoms, Derek Pesta (scholarship award winner), Marti Menz, and Elena Thoms

Grand Prix Points

(as of July 1, 2008)

- Total point leader (after 4 races): 2961, Ken Oliver
- Highest single race total: 797, Jorn Jensen
- Best average after 3 or more races: 740, Ken Oliver

Club Officers

PRESIDENT

Allan Abrams
allan@svrhome.org, 782-0014

VICE PRESIDENT

Craig Lore
craig@svrhome.org, 686-1002

SECRETARY

Jimmy Forbis
jimmy@svrhome.org, 396-4717

TREASURER

Kim Moyano
kim@svrhome.org, 482-4918

RRCA LIAISON

Gar Chan
gar@svrhome.org, 847-2065
NEWSLETTER/CALENDAR

Julianne Whitelaw
julianne@svrhome.org, 386-3146

WEBMASTER/GRAND PRIX COORDINATOR

Ken Oliver
ken@svrhome.org, 779-7939

- Website: <http://www.svrhome.org/>
- Yahoo Group: <http://sports.groups.yahoo.com/group/southvalleyrunningclub/>
- Mail: P.O. Box 323, San Martin, CA 95046