

Races / Events

For more information visit the SVRC website:

www.svrchome.org

Aug. 23 (trail race) Mt. Madonna Challenge

6/12k, Mt. Madonna
County Park
SVRC Sponsored

Sept. 13 SVRC Challenge

5/10k, Morgan Hill
SVRC Sponsored
Grand Prix Event

Sept. 28 (trail race) Quicksilver Challenge

Half Marathon, 5/10k, Kid's
Run

Oct. 5 Rock N Roll Half

Marathon, San Jose
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!

Volunteers needed for Mt. Madonna Challenge. Call Craig Lore at 686-1002.

About SVRC

The South Valley Running Club consists of people of all running levels in the Morgan Hill, Gilroy, and San Martin area of Santa Clara County. Everyone is welcome!



Run for the Stinkin' Roses

Mother Nature was on our side. Not only did she put an end to the week's heat wave, she gave cool cloud cover to the runners and then gently shined her sun on the awards ceremony. It's as if Mother Nature was actually watching the 2008 *Run for the Stinkin' Roses* 5K/10K race.

Over one hundred and sixty athletes came to Gilroy the morning of July 12th to run and/or walk, compete, have fun, and raise some money for the Friends of the San Martin Animal Shelter (FOSMAS). Before and after, they enjoyed Naked juice, Robeks treats, massages, and a well stocked Raffle thanks to our in-kind donors such as Kirigin Cellars, Road ID, Gilroy Garlic Festival, Go Run Sports, Garden Accents.

This is the second year the club has directed Run for the Stinkin' Roses and by all accounts, the runners had a great time. In fact, not only was it organized, well marked, and a good course -- all things you would expect -- people reacted with pleasant surprise at the cool shirts (thanks Wild West Design) and well stuffed goodie bags. And with medals presented three deep in every category, the spirit after the race was lively and exciting.

Club members accelerate

South Valley Running Club members were everywhere -- volunteering, racing and winning! With a 7:34 pace, **Kelly Ramirez** was the second female to cross the 10K finish, and she took home the gold in her age group. **Jacob McRoberts**, at 14 the club's youngest member, scored a PR (25:32) and an age-group 5K silver. **Aida Delatorre** and **Tim Gallardo** both raced their way to an age-group 10K bronze.

Club member **Lynn Astalos** came in eleventh overall (10K) with a 7:05 pace and a time of 44:00. Rounding out the SVRC team were **Jody McRoberts**, **Andrea Hensler**, and **Chris Moniz**. (cont'd on page 2)

Start of 10K race

All 'Run for the Stinkin' Roses' photos by Mark Padron, 2008



Recent Race Reports

- **Jorn Jensen** placed 7th overall in the **Freedom 5000 5K** with a time of 17:12. His July race month also includes the **Los Gatos All Comer Meet** and the always-beautiful **Wharf to Wharf** from Santa Cruz to Capitola.
- **Kim Moyano**, **Julianne Whitelaw**, and **Ramesh Mantri** completed the challenging **PCTR Sequoia 20K** Oakland Hills trail run July 19th.

RUN FOR THE ROSES
(CONT'D FROM PAGE 1)

Runners as young as nine and as young-at-heart as 79 came out to participate. Going home with the overall female and male victory in the 5K were Tanya Ferreira and Austin Lamkin respectively. The female and male overall 10K winners were Ms. Deborah Flores and Mr. Jean Harris.

Founders make strong showing

This year's race pack included three of it's original founders: Lynn Lockhart, Richard Young and Bill Flodberg. A fourth former organizer, Dean Raymond, was an instrumental volunteer this year.

Volunteers answer call

In addition to our club runners, about 25 members helped out before, during and after the race. Many members both volunteered and ran. And some even recruited family and friends to join in and support the effort. Thank you!

Sponsors support effort

The run can't be put on without financial and in-kind support. A big thank you to sponsors St. Louise Hospital, Dr. AJ Matthews, Massage Envy, Naked Juice, Dr. Singh DDS, South Valley Animal Hospital, and Team in Training.



Jean Harris wins the 10K in 35:44. Two-time 5K female winner, Tanya Ferreira, finishes in 19:38.



By The Numbers

- Years the race has existed - ~30
- Number of 2008 finishers - 168
- Number of 2008 volunteers - 46
- Youngest runner - 9
- Oldest runner - 79
- Winning 10K Time - 35:44
- Winning 5K Time - 19:01



Club Members **Kevin Stuart** and **Lynn Astalos** completed a half marathon on July 20th...after swimming 1.2 miles and biking 56 miles, as participants in the **Vineman 70.3 Half Ironman**, which took place in Sonoma County. After months of hard core training by both men, Kevin scored a PR in 5:40:54.1. Lynn persevered to the finish after a flat tire and blown up spare (!). Congratulations!

Grand Prix Points
(as of July 15, 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**

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