

Races / Events

For more information visit the SVRC website:
www.svrchome.org

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

Sept. 28 (trail race)
Quicksilver Challenge
 Half Marathon, 5/10k, Kid's Run
 San Jose

Oct. 5
Rock N Roll Half Marathon
 San Jose
 Grand Prix Event

Oct. 25
Halloween Run
 Gilroy
 Grand Prix Event

Oct. 26
Silicon Valley Marathon
 San Jose

Monthly Meetings

Club Meetings and Socials will resume in September and are now the second Wednesday of each month, 6PM, The Granary, 17500 Depot St., Morgan Hill.

SVRC Mission

South Valley Running Club is dedicated to running as a means to achieve a healthy mind and body. South Valley Running Club supports runners of every age, gender, and ability; promotes and supports local charities, high school athletes and running activities; and provides a social network for runners and their families. We are committed to running education, health and safety, and to encouraging and celebrating the accomplishments of every runner.



Mt. Madonna Challenge 6K/12K

It was surprisingly cool and foggy as the 2008 Mt. Madonna Challenge 6K/12K took off running. About 25 SVRC volunteers (thank you!) supported over 90 racers at the 33rd annual event, which took place August 23rd.

The mood was light and the laughter noticeable as runners made their way through easier-than-expected parking and a well organized registration. What lay ahead for those runners was not so easy.

With a 700 ft. climb in the 6K and an 1100 ft. in the 12K, Mt. Madonna is known as a challenging trail run (hence the name) for newbies and experienced runners alike. It is also known as beautiful, and today was no exception. With towering redwood, oak and manzanita trees, atop a view of hills and valleys, Mt. Madonna is a favorite site for local runners.

It is a favorite of the club's too. Club members **Julianne Whitelaw, Ramesh Mantri** and **Lynn Astalos**, each ran the 12K.

<u>12K Leaderboard (Top 3 M/F)</u>		<u>6K Leaderboard (Top 3 M/F)</u>	
1) Toshikazu Hosaka	52:45	1) Raymond Rodriguez	25:31
2) Larry Bartholomew	56:47	2) Andrew Taylor	26:06
3) Raymond Rodriguez	58:33	3) Cesar Acosta	26:21
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1) Erika Kikuchi	1:09:03	1) Leslie Sokol	32:26
2) Julianne Whitelaw	1:11:27	2) Kaitlin Dukelow	33:00
3) Jean Suyenaga	1:12:23	3) Raquel Freudenstein	37:14

Recent Race Reports



Claudia, Kathy and Bernadette

- **Kathy Scepura, Claudia Green, Bernadette Margozi, Rich Brenner, Jorn Jensen, and Denise Comacho** each made their way to July's *Wharf-to-Wharf* run in Santa Cruz. All their experiences were unique. Be sure to ask about them.

- **Lynn Astalos** continued his triathlon quest by earning a category first place at the *SandMan* race in Santa Cruz on August 3. He followed with the *AluminumMan*, just for fun, triathlon in Maui.

- **Jenna Fiorello** completed the *San Francisco Half-Marathon* on August 3. Her great write-up can be found on the Yahoo Group site.
- **Ramesh Mantri** completed yet another challenging trail run, the *EnviroSports 25K* on Angel Island.

MEMBER SPOTLIGHT

On August 11, 2008, SVRC members Kathy Sceपुरa and Rich LeBleu were married in Princeville, Kauai, Hawaii

Rich and Kathy have been runners and members of SVRC for two and a half years. Joining the club after the Wildflower Run of 2006, these active two are often found on Saturday club runs, at local races, and as volunteers at club-sponsored activities.

"It's great to be able to talk about a run, or training challenges, or runs we would like to do together. We usually run together when we travel – that is very cool!" Kathy Sceपुरa

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

Kathy - *The support of the wonderful friends we have made!*
Richard - *The people!*

What is your proudest running accomplishment or moment?

K - *The 2007 Rock n Roll ½ marathon in San Jose. I finished under my goal time and cannot ever remember finishing a race feeling so strong!*
R - *25K at Big Basin in September 2007*

What is one piece of advice you'd give a brand new runner?

K and R - *Join a club. Running and training with others is incredibly beneficial.*

Do you have a running goal this year? If so, what is it?

K - *I'm thinking about a new ½ marathon goal time.*
R - *Not this year. A marathon in 2009!*

On average, how many miles do you run per week?

K and R - *15 to 20 miles*

What or where is your favorite place to run?

K - *I'm becoming a big fan of trails – so beautiful and peaceful! We live in such a beautiful state and the trail runs really give you an opportunity to get in touch with nature.*

R - *Mt. Madonna and Harvey Bear. (Any trail run!)*

Do you have a favorite race distance? If so, what is it?

K and R - *½ marathon*

Just prior to their departure for Hawaii, about a dozen club members and friends came out to the Claddagh Irish Restaurant to celebrate the two. Ever-clever Craig brought enough Irish toasts for each person to raise a pint and sound poetic. A big congratulations to Rich and Kathy from the entire club!

Train for Life Open House

SVRC is invited to TFL on Saturday, October 18, 10:30 AM for a personally guided tour of the new facilities. 17680 Butterfield, Ste 200, Morgan Hill

"Our philosophy is simple. We tax the body through dynamic workouts that have functional benefits tailored to specific sports motions. This is not bodybuilding; it is performance enhancement."

Grand Prix Points
(as of August 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**

Club Officers

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Become a Club Officer

Annual elections take place for all officer positions in November. Now is the time to talk to current officers for insight on roles, commitment and the reward! Kim and Jimmy have both decided to pass the baton and will not be seeking re-election. For written details on each position, please visit the [SVRC webpage](#). Everyone is welcome and encouraged to run! Watch the Yahoo Group and this newsletter for more details.