

Races / Events

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

Oct. 5

Rock N Roll Half Marathon

San Jose
 Grand Prix Event

Oct. 11

TransAccess 5K Fun Run/ Walk/Roll

San Jose

Oct. 19th

Nike Women's Marathon

San Francisco

Oct. 26

Silicon Valley Marathon

San Jose

Nov. 15th

SVRC Turkey Trot 5K/10K

Morgan Hill

Dec. 7th

California International Marathon

Sacramento

Monthly Meetings

Club Meetings and Socials-second Wednesday of each month, 6PM, The Granary, 17500 Depot St., Morgan Hill. Guest speakers often.

SVRC Mission

SVRC is dedicated to running as a means to achieve a healthy mind and body. SVRC 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.



Participating in RRCA

SVRC has been a member of the Road Runners Club of America (RRCA) since 2005. RRCA is the national association of running clubs, running events, and runners dedicated to promoting long distance running. RRCA's mission is to represent and promote the common interest of its member clubs, events, and individual runners through education, leadership, programs and other services.

For the club, RRCA provides tools and expertise for important activities such as obtaining non-profit status and liability insurance, as well as running successful race events. For club members, RRCA connects us with other clubs and experts from around the country through its website, news feed (which is linked to the SVRC website), and annual convention. There are also educational programs and a coaching certification program. Our own Craig Lore is an RRCA Certified Running Coach.

For more information, please contact Gar Chan, our RRCA liaison or visit the website at www.rrca.org. Of note, the 2009 Convention is in San Francisco.

Save the Date: Annual Turkey Trot 5/10K

The November 15th SVRC Turkey Trot benefits our local community by asking each participant to donate two non-perishable food items such as canned goods. In doing so, our club can make a substantial donation to Community Solutions. Community Solutions is a local organization for people in need. This organization has been very appreciative of our efforts in the past and they can use our help again this holiday season.

Recent Race Reports



- **Jody, Jacob and Shannon McRoberts** (photo to left) achieved a family Grand Slam, as each scored a PR at the SVRC 5K Challenge. Check out Jody's inspiring "Story from the Back of the Pack" on the SVRC Yahoo group.
- Also running the SVRC Challenge were **Ken Oliver, Steve Lane, Ramesh Mantri, Julianne Whitelaw, Gar Chan, and Raina Cordich**. Thanks to **Allan, Craig and Andy** for doing the work.
- Another month, another trail run for **Ramesh Mantri** who finished the Redwood Trail Run in Oakland. His nice write-up is on the SVRC Yahoo group.

THE L-O-N-G SEASON HAS ARRIVED

It's the season to run long! Marathons and half marathons have arrived and SVRC is in full swing.

A big benefit to being a part of a running club is training together, especially when those training runs are extra long.

Club members are preparing for a myriad of races over the next few months.

Watch the Yahoo newsgroup for training updates, partner requests and race reports. Start your own thread if you are looking for a partner, a car pool, or just some advice.

Each race is known for something different. *The Rock N Roll Half* in downtown San Jose is an incredibly well organized, fun race with a celebratory atmosphere. It's flat and fast with 20 bands and thousands of runners. It is a great one for a first try at the 13.1 distance. There are at least eight club members attempting to run this year.

The Silicon Valley Marathon and Half Marathon is much smaller and low-key. It too starts downtown and then winds it way through Willow Glen and along Los Gatos creek trail. To date, at least two club members plan to run the full, with others thinking about the half.

December kicks off with the famous *CIM Marathon*. Known for its net-decline, which many runners report does not actually benefit their overall time, CIM is considered one of the country's premier Boston qualifiers. At this point, a handful of SVRC runners are considering 2008 entry.

And finally, *PF Chang's Arizona Marathon and Half* takes place in January. It may be a family event this season as Kim and her daughter, along with Gar and his son, plan to participate, along with at least a few others from SVRC.

IMPORTANT NOTES

Annual SVRC Officer Elections take place in November. Contact Allan for more information or to nominate a candidate!

The Halloween Run has sadly been cancelled this year.

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



Club Members Enjoy BBQ at Craig's House



Club Members Prep for a Recent Fun Saturday Run

It Pays to Be a SVRC Member. Carry the Card.

- Go Run Sports, Morgan Hill, offers a 20% discount on select items
- The Running Revolution, Campbell, offers a 20% discount on select items
- Cathy Levine, Certified Sports Therapist, offers 10% off first massage
- Robeks Juice, Morgan Hill, offers 10% off select items

Grand Prix Points

(as of Sept. 15, 2008)

- Total point leader (after 6 races): 4471, **Ken Oliver**
- Highest single race total: 808, **Rich Benner**
- Best average after 3 or more races: 769, **Rich Benner**

Club Officers

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