

Races / Events

For more information visit the SVRC website:

www.svrchome.org

Dec. 6th

[PCTR Woodside Trail Run](#)

10K, 17k, 35K, 50K
Woodside

Dec. 7th

[California International Marathon](#)

from Folsom to Sacramento

Dec. 12th

[Cookie Social and Officer Elections](#)

Jimmy's House @ 7:00 p.m.
17010 Holiday Drive, MH

Dec. 13th

[SVRC Holiday Run 5K/10K](#)

Grand Prix Race, Morgan Hill

Dec. 13th

[PCTR Muir Beach Trail Run](#)

11K, 17K, 33K, 50K
Muir Beach, Marin County

Dec. 14th

[Santa Cruz Toy Run 5K](#)

Santa Cruz

Monthly Meetings

This month, the Cookie Social on December 12th replaces our standard monthly meeting.

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.



SVRC Turkey Trot 5/10K Breaks Records, Scores Big Points

With approximately 45 runners joining in the fun, the annual free SVRC Turkey Trot 5/10K -- and canned food fundraiser for Community Solutions -- was the most successful in club history! Not only did the runners donate bags of food, but they also scored huge Grand Prix points.

Finishing the 5K in a brilliant 18:49, winner **Rich Benner** achieved 829 points, a new club record! Points are based on each runner's time as compared to the U.S. record in that distance for their gender and age group. For more details on Grand Prix points, see the [SVRC website](#).

Other club runners participating included **Gar Chan, Maria Bruhns, Aida Delatorre, Jimmy Forbis, Andrea Hensler, Jorn Jensen, Michelle LaJeunesse, Richard LeBleu, Amanda McRoberts, Jacob McRoberts, Jody McRoberts, Ken Oliver, Walter Sasaki, Charles Weston, and Carlos Vasquez.**



Recent Race Reports

Ramesh Mantri, Lynn Astalos, and Julianne Whitelaw all competed in the PCTR Stinson Beach trail run (20k, 30k, 30k respectively) in early November. There was even a wooden ladder to climb from one part of the course to the other. Now that's a trail run!

The beautiful Big Sur Half Marathon took place November 9th in Monterey. **Aida** achieved a PR by 12 minutes! Other runners included **Kathy LeBleu, Kim Moyano, Jimmy, Raina Cordich, and Claudia Margozi.**



NOTE FROM THE PRESIDENT

Dear SVRC Members,

As we come to the end of the year I would like to thank every member of SVRC for their support. I've enjoyed my position leading the club in 2008. We can be proud as a group for the many accomplishments this year.

- Awarded two academic scholarships to graduating seniors at our local high schools
- Acquired a beautiful club canopy
- Put on two awesome races that helped earn money for the club and needy animals
- Fielded another fun team for The Relay
- Expanded the clubs exposure through advertising
- Significantly added to our balance sheet.
- Attracted many new members

I was so pleased to meet with many of you on the roads and trails during 2008 and to hear about your triumphs and tragedies. I've learned about your families, friends, aches and pains, work histories; gotten tips on local eateries,

heard about wonderful vacations to places near and far, and asked for and received advice on a whole host of issues and problems. We managed to discuss politics during a volatile election year and all remained friends well past Election Day.

I'm anxiously looking forward to 2009. It's going to be a great running year. The RRCA annual convention will be held in San Francisco in March. We have many races on the calendar and I hope to see every member sometime during the year on the road, trail or track well on their way to a healthier, happier life.



Best Wishes for the holidays!

Allan Abrams

IMPORTANT CLUB UPDATE

During a recent club social BBQ at Craig Lore's home the issue of whether or not SVRC would continue to manage the Run for the Stinkin' Roses race was discussed.

Since taking over the management of this event in 2007 we have raised more than \$10,000, shared evenly between our club and the **F**riends **O**f **S**an **M**artin **A**nimal **S**helter. While the event has been a great learning experience for everyone involved and successful beyond anyone's imagination, it does take a tremendous amount of time and effort. With so many demands on our individual lives and a limited amount of resources available to complete all those tasks, we have decided to withdraw from managing this race in 2009. We want to again thank everyone who volunteered in 2007 and 2008.

We will however continue as the race promoter for the Mt. Madonna Challenge and hope that more club members will choose to become involved as a volunteer on one of the many race committees or as a volunteer on race day.

The Board of SVRC looks toward the future as an opportunity to take all we have learned from the four races we successfully completed and make next year's event exciting, challenging and rewarding for everyone involved.

If you have any ideas, comments or suggestions we would love to hear from you. Contact any club officer.

MEMBER SPOTLIGHT GAR CHAN



Gar Chan is a friendly familiar face at the South Valley Running Club, frequently on Saturday runs, often hitting the track, and always supporting club events. He is as well regarded for his running talent and dedication as his ability to make conversation and provide great company on a long weekend run.

A local community dentist, Gar has been part of SVRC for four years. He is currently training for the Phoenix Marathon in January, which he will run with his son, Allan, who turns 21 on race day.

How long have you been a runner?

I started in college to get exercise.

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

25-30+ depending on what I'm training for

What is your favorite place to run?

Mount Madonna

What is your favorite race distance?

Half marathon

What is the greatest benefit of being part of SVRC?

Meeting great people and maintaining an incentive to keep running.

What is your proudest running accomplishment?

Finishing my first marathon, Big Sur, even when I had a big blister on each foot

What is your running goal for 2009?

Qualifying for the Boston Marathon

As you prepare to run your fourth marathon, do you have any training advice for new marathon runners?

Give yourself plenty of time to prepare. There are lots of training programs available. Pick one appropriate for your goals and be realistic about it.

And the question on everyone's mind, as a dentist, do you see any correlation between running and good teeth?

People who generally run or exercise regularly take better care of themselves. They have better diets, seek medical care when needed, have a more balanced lifestyle, and their dental health is usually good. It seems to be a package plan.

DECEMBER 5K/10K CHALLENGE

December 13th

8:00 AM

Coyote Creek Trail

It's Free! It's Timed!

Earn Grand Prix Points!

Grand Prix Points (as of Nov. 15, 2008)

- Total point leader (after 8 races): 5962, **Ken Oliver**
- Highest single race total: 829, **Rich Benner**
- Best average after 5 or more races: 792, **Rich Benner**

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Cookie Social and Officer Elections - Dec. 12th

Join your fellow runners on December 12th for the annual SVRC Holiday Cookie Social. As an added bonus this year, we will be holding officer elections at the event. Don't forget to bring your favorite cookies to share. Jimmy's House @ 7:00 p.m. 17010 Holiday Drive, Morgan Hill.