

Races / Events

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

Jan. 11th
PCTR Angel Island
 8K, 16K, 25K, Tiburon

Jan. 14th
SVRC Monthly Meeting
 The Granary, Morgan Hill

Jan. 24th
Mission Ten 10M, 5K
 San Juan Bautista

Jan. 31st
SVRC Annual Banquet
 6:00 PM
 Mama Mia's, Gilroy

SAVE THE DATE
RRCA Annual Convention
 March 26-29, San Francisco
 See Yahoo Group message from Gar. SVRC discount available.
 Cost increases \$25 on January 15th.

Monthly Meetings

Club meetings and socials are the second Wednesday of each month at 6PM. They take place at The Granary, 17500 Depot Street, Morgan Hill.

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.



2008 Wraps-Up with Cookie Social and Holiday 5K/10K Challenge

An active 2008 was celebrated at the club's annual **Holiday Cookie Social**, which took place at the **Forbis family** home. Club members and their families talked running for hours while munching on an assortment of cookies, food and drink. The following morning at Coyote Creek trail, SVRC capped off the the Grand Prix season with the annual **Holiday 5K/10K Challenge**. This year was a big one for the club, with members achieving a number of goals from running their first race to running their first 50-mile race; from coming off injury to qualifying for Boston; from achieving individual PRs to running The Relay 200-mile team event. Happy New Year!



Recent Race Reports - December

The club was in great form at the 2008 **California International Marathon (CIM)**. Runners included **Allan Abrams, Jimmy Forbis, Jean Duarte, Luanne Giacalone, and LaRene Green**. Well done to all the runners and a special congrats to Allan and anyone else who qualified for Boston this year. Great stories can be found on the SVRC Yahoo group.

Trail runners **Kim Moyano, Lynn Astalos and Julianne Whitelaw** conquered the PCTR Muir Beach 33K this month. Fellow fan of the dirt, **Ramesh Mantri**, tackled PCTR Rodeo Beach the following weekend.

Submit your race reports and photos to Julianne_whitelaw@yahoo.com

ANNUAL BANQUET

January 31st, 6:00 PM
Mama Mia's, Gilroy

Celebrate 2008 by joining your fellow running club members at our annual **SVRC New Year's Banquet and Grand Prix Award Ceremony**. It will take place on January 31st, 6:00 p.m., the Mama Mia's in Gilroy, located at 1630 First Street (cross street is Westwood).

The cost is \$18 per person as SVRC is subsidizing the amount. For this great price, you get ice tea, soft drinks, salad, rolls and a variety of pasta dishes - including a vegetarian pasta dish - and yummy dessert. Wine and other alcoholic drinks are not included.

Pay by check or cash. All payments must be collected before the banquet. Make checks payable to South Valley Running Club and mail to Marti Menz, 15155 La Rocca Ct., Morgan Hill, CA 95037.

Family members welcome! (All attending guests, including children, must pay the \$18.

OFFICER ELECTIONS CONGRATULATIONS 2009 THANK YOU 2008

Elections were held during the annual Holiday Cookie Social. The club welcomes new officer **Walter Saski**, who will be our 2009 Secretary. **Craig Lore**, **Allan Abrams**, and **Jimmy Forbis** will all continue serving on the Board, but in a different capacity. Craig and Allan are our 2009 President and Vice President, respectively. Jimmy will take over the role of Treasurer, a position so excellently filled by **Kim Moyano** in 2008. Congratulations to all our officers and a sincere thank you for all the time and effort you put into the success of SVRC. (The non-elected positions of Newsletter, Website and RRCA Liaison remain the same.)

Running Facts

There were approximately 424,000 marathon finishers in the USA in 2008, 40.4% were females.

Source: marathonguide.com

Grand Prix Points

(as of Dec. 15, 2008)

- Total point leader: 7446, **Ken Oliver**
- Highest single race total: 829 (club record!), **Rich Benner**
- Best average after 5 or more races: 792, **Rich Benner**

Club Officers

PRESIDENT

Craig Lore
craig@svrhome.org, 686-1002

VICE PRESIDENT

Allan Abrams
allan@svrhome.org, 782-0014

SECRETARY

Walter Saski
wsaskir@yahoo.com, 799-4197

TREASURER

Jimmy Forbis
jimmy@svrhome.org, 396-4717

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 95046-0323

Ultra-Marathon, Boston Training Groups Form

Two training groups are in formation at SVRC. The first, which is being coordinated by Allan, is leading up to Way Too Cool 50K and focuses on ultra-marathons and trail runs. The second, which Craig is organizing, is focusing on Boston and other Spring marathons. SVRC has a number of members interested in each, and some are looking at both.

The Boston Marathon is of course the ultimate goal for many, and SVRC proudly has at least five racers entering this year with a number of runners planning other marathons. Contact Craig to get added to the email alias. As he has done in the past, Craig will be inviting all the local Boston entrants.

An ultra marathon is any distance greater than 26.2 miles. Typical ultras cover 50K, 50M, 100K and 100M. A quick Google of "50K" brings up hundreds of options. In fact SVRC has a very talented, accomplished ultra runner in its ranks, Jean Duarte. At least six SVRC members are planning Spring ultras. Contact Allan to be added to the email alias.