

Races

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

Feb. 1st

[Kaiser Permanente San Francisco Half Marathon & 5K](#)
 San Francisco

Feb. 7th

[PCTR Woodside Trail Run](#)
 10K, 17K, 25K, 50K
 Woodside

Feb. 8th

[24th Annual Together with Love](#)
 10K, 5K, 1K Kids Run
 Pacific Grove

February 14th

[Campbell Valentine's Run](#)
 Campbell

February 28th

[PCTR Sequoia Trail Run](#)
 10K, 20K, 30K, 50K
 Oakland

March 1st

[Napa Valley Marathon](#)
 Napa

No February Meeting

Due to the Annual Banquet of January 31st, there will be no monthly meeting in February.

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.



2009 Off to a Running Start with Local Tradition

Saturday, January 24th, many SVRC runners were on hand for what has become an annual club tradition, the *Rotary Mission 10* in San Juan Bautista. The race, which is the only 10 miler in the South Valley, is a local favorite and kicks off the running season for many. It also includes a 5K and 1M kids' run.

The 26-year old event starts at the historic Old Mission San Juan Bautista and is relatively flat, with one section of slight hills. Club members of all levels and goals took part, most of whom then enjoyed the traditional group lunch at Jardines. Congratulations to all SVRC members who participated!



Recent Race Reports - January

The sixth annual [Rock N Roll Arizona Marathon and Half](#) took place January 18th. **Gar Chan** and **Kim Moyano** both ran strong on the warm course. Also running were Gar's son **Allan Chan** and Kim's daughter **Jennifer Moyano**, who completed the half marathon. New club member, **Matt Edgar**, joined the group with a stellar marathon debut of 3:29!

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

LETTER FROM OUR PRESIDENT - 2009 CLUB GOALS

We have two major goals for SVRC this year: (1) greater involvement from all of our 90 members, and (2) an increase in membership to 125.

We plan to have presentations at the monthly meetings on running, nutrition, stretching, injury prevention, or similar topics. We will also be giving monthly achievement awards and conduct a raffle.

At club runs, we plan to establish several pace groups so everyone will have someone to run with. We are considering holding no-cost or low-cost runs for children, with ribbons for awards. In addition, we want to start a Mileage Club, issuing certificates for achieving mileage goals—annual and lifetime; for example, we might have a 250 mile club, 500, 1000, 2500, and so on. Average 10 miles a week: that's 520 miles for the year. Forty miles a week: that's 2080 annual miles. At each new level, you will be listed in the newsletter and receive a certificate of achievement.

There will be an award for completing a Short Cycle—5K, 10K, Half Marathon, and/or a Long Cycle—5K, 10K, Half, and Full within a calendar year. You might even be able to complete a Double or Triple cycle during that time. If you're not ready for a cycle, three of anything is a Hat Trick and six of anything is a Six-of-One.

We are considering holding a Fourth-Sunday-Run of 5, 10, or 15K on the paved running path at Harvey Bear Park. This run would be free to club members and open to the public for a small fee. We want EVERYONE to don a club shirt for the Silicon Valley event in October—a 5K, Half,

or Marathon—and win the Most Club Members competition.

To reach our goal of 125 members, we are producing stickers with club information on them and placing them on magnetic strips or tongue depressors, and we'll ask you to hand them out to runners on the trail, to folks at the coffee shop, or to running coworkers.

I'm very excited about the SVRC growth in participation and membership in 2009; with your help, we can achieve and surpass these goals. Gotta Run. Craig



51ST ANNUAL RRCA CONVENTION TAKES PLACE IN SAN FRANCISCO

The [51st Annual RRCA convention](#) will take place in our own backyard this year! It is being held March 26-29, 2009 at the Hyatt Fisherman's Wharf North Point Prefunction area.

As RRCA members, we are entitled to an SVRC discounted price of \$200. Prices go up on February 6th. Register through [active.com](#) and enter code SVRC09 in the "other" field.

Highlights:

- Olympic Gold Medalist, Frank Shorter
- Local ultra-marathon legend, Dean Karnazes
- *Runner's World* Chief Running Officer, Bart Yasso
- Scenic group runs along the waterfront
- Presidio 10 Run, out and back on the Golden Gate Bridge

Seminar topics of interest include:

- Sports Nutrition for Peak Performance
- Intermediate Runner Program
- Basic Trail Running
- Advanced Trail Running: Novice to Experienced
- Healthy Training Tips for Runners
- "Feet Don't Fail Me Now"
- UltraRunning Training Tips and Race Trends



SPRING TRACK CLINIC RUNNING FEBRUARY 25-APRIL 22**From the Coaches:**

This track clinic is open to all South Valley Running Club members. The entire workout will last approximately 1½ hour. We want this to be fun, but we are also asking for your commitment! You will be grouped with others who run a similar pace and/or have similar goals. We want to foster a supportive environment and see you improve no matter what pace or distance you run. We are all athletes! Improvements will result with your commitment to this program.

Feeling the need for speed? Join club coaches Andy Froumis, Allan Abrams, Craig Lore and Marti Menz for a track program aimed at making you faster!

The Details:

- February 25- April 22
- Gilory High School
- Wednesdays 6:15-7:45PM
- \$10 for 6 weeks, \$15 for 9 weeks

Workout Specifics:

All “jogging” and warming up is done on the outside lanes, and timed interval work is done on the inside two lanes. Warm-ups and cool downs are done in the opposite direction of the timed running to alleviate knee stress. We will throw in some fun segments. Please remember that your effort counts for a lot and will reap benefits!

Workout Components:

- 10 – 15 min warm up
- 10 min stretching while workouts are discussed
- 10 min drill routine
- 40 min intervals/workout
- 10 – 15 min warm down

Register by Feb 20th:

Registration forms are available on the club website (www.svrchome.org). All forms need to be returned by Feb 20th. Makes checks payable to SVRC. All proceeds go to the club treasury.

Mail form and check to:
Andy Froumis, 1524
Kennebec Ct., Morgan Hill,
CA 95037

Correction

Ultrarunner Jean Suyenaga was misidentified as Jean Duarte in the January newsletter.

ESCRIP NOW AVAILABLE FOR SVRC

South Valley Running Club is now an official member of eScrip. Many of us already use eScrip for local schools and non-profit organizations. Now you can add SVRC to your list. eScrip is a fundraising program that allows participating merchants to contribute a percentage of your grocery loyalty cards, credit card, and debit/ATM card purchases to the organization of your choice

1. Go to www.escrip.com. Click “Sign Up - It’s Free” and enter South Valley Running Club under “Group Name”. You can sign up as many as three organizations.
2. You register any one or all of your existing grocery loyalty, debit and credit cards for use in the program.
3. Participating merchants will make contributions to SVRC, based on purchases made by you. Your purchases are tracked and available to you online, allowing you to see just how much you are contributing to SVRC.

MEMBER SPOTLIGHT**2008 Grand Prix Champion, Rich Benner**

“Muscle memory is key. Train fast, run fast. To keep things interesting, cross-train. Simple really.”

And that is some speed training advice we can all remember, from one of SVRC's fastest runners and this year's Grand Prix champion, Rich Benner.

Rich, an SVRC member for three years and counting, has been running on and off his whole life. His exercise plan is one full of cross training -- yoga, basketball, kickboxing, swimming, hiking, weights... -- and it really pays off.

Rich now holds the club record for fastest age/gender adjusted-race, resulting in 829 Grand Prix points. A Grand Prix score of 829 means that Rich ran that race at 82.9% of

the American record for his age and gender.

The club really wants to know how you are so fast! *I believe in cross-training, and intervals. Alternating fast, short days with longer, slower ones. I am not that fast – just fast for an old guy.*

What is your proudest running accomplishment? *15 years ago, I tried to run to the top of Mission Peak. It took me a month of training, but felt great when I could do it without stopping. When I finally made it, it was a foggy morning, but clear on top when I broke through the fog. Beautiful.*

How much success do you attribute to yoga and kickboxing? *I have done both for the last 5 years. The stretch and strength from all the yoga feels great. Kickboxing is kick-butt cardio. Both help overall conditioning.*

What is the one piece of advice you'd give a brand new runner? *Be determined and go gradually. Don't let 4 days go by without a run - it is hard to start up again.*

Running Facts

There were 3,423,000 5K finishers in 2007, which is 39% of the total racing population and the largest 'distance group' by over 2 million people.

Source: Running USA RRIC

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Congratulations 2008 Grand Prix Winners

The Grand Prix is a competition wherein club members get points for running pre-selected races. The points are based on each runner's time compared to the US record in that distance for their gender and age group. This series permits everyone in the club the opportunity to compete and it virtually handicaps the score based on gender and age group standards.

- Overall [Highest Average for Best 5 races] :
 - First Place - **Rich Benner** 792 points
 - Second Place - **Jorn Jensen** 788 points
 - Third Place - **Ken Oliver** 761 points
- Fastest Single Race: **Rich Benner** 829 points (a new club record!)