

Races

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

March 1
[Napa Valley Marathon](#)
 Napa

March 14
[Way Too Cool 50K](#)
 Cool, CA

March 15
[Emerald Nuts Across the Bay](#)
 12K
 Sausalito to San Francisco

March 21
[PCTR Pirates Cove Trail Run](#)
 8K, 20K, 30K, 50K
 Golden Gate Recreational Park

March 26-29
[RRCA Convention](#)
 San Francisco

March 29
[The Presidio 10](#)
 10K, 10M
 Crissy Field, San Francisco

March Meeting

March club meeting/social takes place Wednesday, March 11 at the Granary, Morgan Hill. 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.



Saturday Runs Build Momentum ...at the Right Pace

With a simple idea and a single weekly email, the SVRC Saturday Club run has become the place to be for members of all experience levels and goals.

Starting with last month's newsletter and continuing with a weekly request for mileage and pace goals, club President Craig Lore has successfully encouraged a recurring group of 15-20 runners for the past three weekends. Paces and distance range by many minutes and miles, but it seems as if pretty much everybody is finding a partner or group.

If you are a veteran of the club, but haven't joined us lately, come back out! Over the past few months we have had a series of new runners join who bring with them skill, enthusiasm, and a new energy.

Is 8:00 too late? A smaller group of runners consistently start at 7:00 (or even earlier) to rack up some mileage before joining the rest of the crew at 8:00. Let Craig know if you want to go early.

All Saturday runs start at 8:00 AM and the club alternates between Coyote Creek Trailhead (1st and 3rd Saturday) and Christmas Hill Park (2nd and 4th Saturday). Send Craig an email with your goal for the day and he will keep compiling and communicating to all members via the Yahoo group.

Recent Race Reports - February

Andrea Hensler ran the *Together with Love 10K* on February 8th. Perfect conditions and a history with the location, that includes her wedding, propelled Andrea to a 1:03:59 finish. Congratulations!

Kevin Stuart and **Lynn Astalos** completed the PCTR *Woodside 35K* (that's 21.75 miles) trail run, which includes an elevation gain of 2,990-ft., in under four hours. Well done!

Carrie Dent, **Julianne Whitelaw** and **Lynn Astalos** all PR'd at the *San Francisco Pamakids Half Marathon*, with times of 1:43, 1:41 and 1:36 respectively. Woo-hoo!

LETTER FROM OUR PRESIDENT - AWARDS, REWARDS, AND FOOD!

Hello, Runners. It's time to make good on some of the ideas that I spoke to you about in the last newsletter.

We are poised to begin our *Mileage Club Awards*. Jimmy Forbis, our treasurer, has kindly agreed to keep a running account (pun intended) of everyone's weekly mileage. Send your mileage to jim4b@hotmail.com. You can send him your weekly total, or add things up at the end of the month before you send your mileage. We are working on a form that we will place on the webpage so that you can apply for an award, or awards, when you reach the appropriate markers. You can keep track of your mileage on the kitchen calendar, in a blank notebook, a fancy Runner's Log, or you can open an account at www.runnersworld.com and click on Training Log where you can upload as much data as you want and get printed totals and bar charts.

If you are the racing type, don't forget to log your races and shoot for a *Hat Trick* (three races of the same length), a *Full House* (two races at one distance and three at another), or a *Six-of-One* (six races at the same distance). We also have a *Short Cycle*—5K, 10K, Half—and the *Long Cycle*—5K, 10K, Half, and Marathon.

The running club meeting/socials have suffered recently in food quality, so we're re-instituting an old practice: The club will provide a main dish, such as pizza, but we're asking for last names A-L to bring a side dish, and M-Z a salad or dessert. At each meeting, we will issue tickets for a raffle held that night. At the end of the night, we will collect the tickets and place them in a separate bin for a raffle to be held at the end of the year. If you come to one meeting this year, you will have one ticket for the year-end raffle, and if you make every meeting this year, you will have nine. We haven't decided on a Grand Prize yet, but someone suggested an iPod shuffle—I think that's a good place to start.

So strap on those shoes and get out—to the meetings.

Gotta
Run, Craig



NEW MARATHON - INAUGURAL MARIN COUNTY MARATHON GOES GREEN

The inaugural [Marin County Marathon](#) will be held Sunday, April 19, 2009.

The race begins at 7:00 am at McNear's Beach County Park in San Rafael. It will include a full, half, 10K and kids race.

It should not only be beautiful, but the event organizers are taking a stand on environmental sustainability.

According to their website, "We are trying for Zero Waste, Carbon Neutral."

- Power will be generated by solar energy.
- Apparel (sold and in race bags) will be 100% organic cotton.
- Paper products will be post-consumer recycled.
- Utensils and cookware will be corn-based compostable.
- We will not use regular plastic bottles of drinking water.
- Race packets will not be typical plastic bags.

[Marathon Course Map](#)



The following is an excerpt from a recent, and already classic, race report. The full text can be found on the SVRC Yahoo User Group.

THE 2009 HONG KONG MARATHON,

by Allan Abrams

(The Good, The Bad, and The Ugly)

Let me start this report with a warning. Do not, I repeat, do not even think about running this race. If you do somehow get the notion to run the HK Marathon call me first. No matter the time, day or night, I will dissuade you from entering.

History – It's Friday afternoon and I find myself on a plane from Singapore to Hong Kong. I have the upcoming weekend free and while browsing the Cathay Pacific in-flight magazine I happen upon an advertisement for the 2009 Hong Kong Marathon, Half Marathon and 10k. The race is scheduled for Sunday morning. Well I needed to get a long training run in this weekend and what better way to do it than a race...

Race Day – It's Hong Kong and kind of hot and humid. Saturday was sunny so I'm thinking the smart thing to do is start the marathon early. Smart to me is not smart to the race director. 8 AM start time...

Conditions – (The Good) The race starts on Nathan Road, just across the street from my hotel, next to the Peninsula Hotel and right in the heart of the hedonistic HK shopping district.

(The Bad) The streets are narrow and now very crowded with 7,000

runners. A large board near the start line announces the weather conditions for the start, 19°C, 68% humidity and something about an air quality index. In my sleep deprived brain 19 sounds like a real good temperature. Much better than say 68 or 70. And who knows what the smog index actually means? Not me thank God or I would have turned around that moment.

(The Ugly) Many of you know about the micro-climate phenomenon during a crowded race. It goes like this, take the air temperature add it to the humidity and multiply by 3. That's why by the time the start gun went off I was already soaked in sweat. I grabbed 2 bottles of water and drank like the great drought was upon us.

The Course – (The Good) Since the course did double back in many places I got to see the lead pack at the half way point which consisted of 4 Kenyan-esque gazelles who shot past in a blur of sinewy muscle. First time I have ever seen up close these world class runners in motion. Quite humbling.

(The Bad) Basically an out and back with 3 turn-around fingers. All run on a highway with multiple overpasses and underpasses, 3 tunnels and two bridges. The last 5 kilometers were especially nasty. I was wearing my iPod and thought I was whispering "not another f***'in hill", but it turns out I was shouting. Just another loud American!

(The Ugly) We had to run alongside traffic for many sections of the race. That means idling taxi cabs spewing some of Toyota's finest brown haze. Should have just watched the race on T.V. from my hotel room and smoked a few cigarettes. I would have ended up with cleaner lungs.

Oh and we run on the left here. After every turn in the course I wanted to drift to the right, but oh no the 10,000 course marshalls were there to set me straight.

KM vs. Miles – Although my life as a runner is relatively short, ~15 years, I have been thoroughly ingrained with the concept of minutes per mile, miles per hour, and 26 mile markers in a marathon. We do run 10k's and we know that's about 6 miles plus a skotch. But over here in HK it's all about kilometers. That means 42 distance markers along the course.

(The Good) The kilometer markers come up quickly.

(The Bad) There are 42 markers not 26.

(The Ugly) I spend ¼ of the race trying to convert miles to kilometers and for the life of me could not figure out where the wall was. Is it marker 26 or 30 or 35?...

For more on Allan's adventure, visit: Yahoo Group: <http://sports.groups.yahoo.com/group/southvalleyrunningclub/>

ROCK N ROLL MARATHON PHOENIX



SVRC MEMBERS
GAR, JENNIFER, KIM, MATT
AND FRIENDS
GET READY TO RUN

CALLING FOR RELAY RUNNERS

- two or three team members still needed -



A favorite club tradition is “The Relay”, an annual 12-person team event that crosses 199-miles from Calistoga to Santa Cruz.

Billed as “California’s Longest Party,” the weekend race takes place May 2-3, 2009. The course has 36 legs that vary in difficulty.

According to “The Relay” website, the run boasts the largest number of tourists destinations of any run. Teams cross 36 cities, including Calistoga, Napa, Sonoma, Marin, Sausalito, San Francisco, Palo Alto,

and across the Golden Gate Bridge to the beaches of Santa Cruz.

The Relay raises money for Organs ‘R’ Us. Founded in 1996, Organs ‘R’ Us (“ORU”) promotes the need for organ donors. Through walking and running, transplant recipients, candidates, organ donors, donor family members and others have generated \$25 million of publicity promoting organ donation.

SVRC needs two to three more runners to round out our 2009 team. Please contact Allan Abrams to join the experience!



2007 SVRC Relay Team

Local Nutrition Educator, Robin Nielsen to Speak at March 11th Monthly Meeting

Robin Nielsen is a Certified Nutrition Educator & Consultant who coaches her clients on making healthier nutrition and lifestyle choices for optimum wellness.

She is the founder of Juvenescence LLC, with offices in Morgan Hill and Palo Alto, California. In addition to her work with individual clients, she gives monthly nutrition talks, as well as cooking classes with Natural Chef Gisele Barber, to give people the information they need to live healthier lives. Robin is also the current President of the National Association of Nutrition Professionals.

For more information, visit <http://www.juvenescence.net>.

Running Facts

The name “Nike” came to the company’s third employee, Jeff Johnson, in a dream just hours before printing the first Nike shoe boxes. Founder Phil Knight had wanted to call the brand “Dimension Six”.

Source: *Bowerman and the Men of Oregon*, by Kenny Moore

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