

Races

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

April 4
[American River 50](#)
 Sacramento to Auburn

April 5
[Wildflower Run 10K/5K/Kids](#)
 Run
 Morgan Hill

April 19
[Santa Cruz Half Marathon](#)
 Santa Cruz

April 20
[Boston Marathon](#)
 Boston

April 25
[Pat's Run 4.2](#)
 Los Gatos

April 26
[Skyline to the Sea 50K](#)
 Trail Run
 Santa Cruz

Change to April Meeting
*April club social takes place
 Thursday, April 9 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.



Here Comes Boston.....

Club Members **Allan Abrams, Bob Miller, Kim Moyano, Carrie Dent, Luanne Giacalone, Craig Lore, and Kevin Stuart** will all be on their way to the 113th Boston Marathon, which takes place April 20, 2009.

The Boston Marathon is the world's oldest annual marathon and by far its most prestigious. All athletes who participate in Boston ran a qualifying time based on age and gender at an earlier marathon. There are no first-timers at Boston.

Boston is run on Patriot's Day, which typically falls on a Monday. It is the second largest single day sporting event, after the Super Bowl. More than 1100 media members cover the race and 500,000 spectators line the course.

On behalf of everyone at SVRC, congratulations to all qualifying runners! May you savor the moment and enjoy the wind at your back. Please let us all know how it goes!



NEWS ROUND-UP

- "The Relay" team is now full! Look for a full report in the June issue.
- We are adding a club trail run at Harvey Bear on May 16th. Distances will be 10K, 12K, and 21K. Look for details soon!
- Latest Track Masters Champions: On March 18th **Marcos** was our overall winner and on March 25th, **Claudia** earned the title! Way to go!
- Monthly Meeting Guest Speaker - Barb Voss, a local marathoner, triathlete, and certified Yoga instructor will talk about and demonstrate yoga for runners. Learn more before you go at: <http://www.gilroyacupuncture.com/yoga.htm>
- Running Fact: After running 50 marathons in 50 days, Dean Karnazes choose to run home to California from New York instead of taking a plane. Source: *50/50*, by Dean Karnazes.

LETTER FROM OUR PRESIDENT - MARCH MADNESS...RUNNER'S STYLE

March has had many club highlights. The Saturday club runs have had 10, 12, 14 runners at every level. Our Wednesday-Night Track Clinic swelled to twenty-eight participants. Despite being told how far to run, how often to run, and how fast to run, these people keep coming back for more—I guess they want to get their whole ten dollars worth.

The March 12, club social included a well-stocked pot luck, featuring Little Cesar's Pizza. Our guest speaker was Robin Nielsen, NC, Certified Nutrition Counselor, (juvenescence.net). Lots of good advice. She kindly did not mention the pizza.

In the raffle, Gar won a shoe wallet: Jimmy, a pair of reflective, Velcro blinking thingys; and Jacob McRoberts an ear warmer with a slot for a ponytail, which he wore later that night, sans ponytail.

On a more somber note, a good friend and long-time advocate for running, **Bill Flodberg**,

75, died on March 16th. In addition to his many accomplishments as a runner and race director, Bill was a backpacker, and a avid supporter of the music community. In lieu of flowers, please consider a donation in Bill's name to: South Valley Symphony, P.O. Box 1347, Gilroy, CA 95021-1347 or to the Loma Prieta Chapter of the Sierra Club, 3921 East Bayshore Rd., Suite 204, Palo Alto, CA 94303.

On March 27-28, Gar Chan and I will attend the RRCA convention in San Francisco. We are going to know so much when we get back, you won't be able to stand us.

Gotta run, Craig



Recent Race Reports - March

(So many races, we had to move this section of the newsletter for more space! Go team!)

- Napa Valley Marathon. **Charles Weston** completed his 83rd marathon. **Lynn Astalos**—a PR 3:38:40! Check out his blog <http://iswimbikerun.wordpress.com/>. **Bernadette Simmonds** finished another marathon, and **Alan**, her husband, finished his first! Way to go Alan.
- Four members of the club ran the Way Too Cool 50K. **Allan Abrams** for the second year in a row—ultra total: three. First-time ultrarunners included: **Carrie Dent**, **Barbi Ceballos**, and **LaRene Green**—Welcome to the growing list of SVRC Ultra-Freaks. Carrie placed 2nd in her age group!
- Speaking of Ultra-Freaks, **Julianne Whitelaw** proudly accomplished her second ultramarathon (50K) at PCTR Sequoia, placing 2nd in her age group. **Kathy and Richard LeBleu**, **Kim Moyano**, **Allan Abrams**, **Matt Edgar**, **Carrie Dent**, **Gar Chan**, **Kevin Stuart**, and **Craig Lore** also ran, completing the challenging 20K / 30K courses.
- Several club members enjoyed running the Emerald Across the Bay 12K, in San Francisco.
- **Jacob McRoberts** ran the Jenny's Light 5K in Vasona Park, achieving a PR of 21:18, which knocked a whopping 2 minutes and 25 seconds off his prior record!
- Back in February, **Cesar Acosta** and **Carlos Vasquez** ran Together with Love 5K, coming in at 19:34 and 19:41 respectively! Wow!

MEMBER SPOTLIGHT: ANDREA HENSLER

A strong club voice for the 9-10 minute miler, Andrea Hensler encourages and inspires dedication to the sport we all love.

How long have you been a runner?

Off and on for about 14 years

Why did you start running?

I thought it was an inexpensive way to get some exercise

Why do you think you stick with running?

While I am not that athletic, I have developed a competitive nature against myself; either that, or I love to cook and enjoy eating what I cook, running gives me the ability to do so.

How long have you been a member of SVRC?

About a year and a half.

What is the greatest benefit you receive from being part of SVRC?

Friendships. Sometimes I lack the motivation necessary to continue running. With running friends, one receives tons of motivation and support.

What is your proudest running accomplishment or moment?

Training for and completing a marathon after being told that I would never run again.

Have you ever had an injury that sidelined you? If so, how did you recover?

In 2006 I tore my hamstring. After a misdiagnosis and nearly a year to recover, I didn't properly cross train in preparation for a half marathon and pulled my IT band half way through the race.

What is one piece of advice you'd give a brand new runner?

Just one? "Achieve the impossible," which can mean so many things.

Do you have a running goal this year? If so, what is it?

Actually, two. Run a race every month and complete a 10K in under an hour.

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

10-15 generally, but with the track clinic that number has increased to 15-20.

What is your favorite race?

Big Sur Half Marathon

What is your favorite running shoe?

Saucony ProGrid Hurricane

Have you ever volunteered at a race? If so, which one(s) and what was your role?

Run for the Stinkin' Roses and Mt Madonna Challenge, race day check-in for both.

SPECIAL NOTE FROM OUR VICE PRESIDENT

I am sad to announce my resignation from the Board effective March 24th, 2009. My sincere thanks goes out to every member for your support these 2+ years. I can't tell you how much I enjoyed serving as a board member. I look forward to running with each of you during the coming months.

Best regards,
Allan

QUOTES FROM WAY TOO COOL 50K

"...Way Too Cool was grueling, mind and body challenging, and totally AWESOME! It was the toughest thing I've ever had to accomplish." Barbi Ceballos



"Just another wonderful day to romp in the woods." Allan Abrams

"WWWOOOOOOOWWWWWW" LaRene Green

Jacob McRoberts Joins the Wolfpak



SVRC's very own 14-year old Jacob McRoberts joined the WolfPak in mid-December 2008 and is already seeing the fruits of his training.

The WolfPak is a triathlon training group that

trains specifically in the south Bay Area. They are also quite adept runners and train frequently for 5K and 10K races.

Jacob joined the WolfPak after seeing them at local races. So far he has seen improvement in all areas of running: speed, endurance, and mental toughness.

"I wasn't fast enough to keep up with them, and as the saying goes, if you can't beat 'em join 'em!"

Jacob now has a 21:15 5K PR (noted in this month's race report) and a 6:30-ish mile. His next goal, "To get into the low 18's and get the Club record, which are synonymous with each other."

Congratulations and keep up the good work! If you want to find out more visit: www.wolfpak.biz

Grand Prix Points (as of March 15, 2009)

- Total point leader (after 2 races): 1052, **Andrea Hensler**
- Highest single race total: 802, **JT Jensen**
- Best average after 2 or more races: 802, **JT Jensen**

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Changes to Newsletter: Going Green, Call for New Writer

Starting with the May addition, the **SVRC newsletter and calendar will be going green and will no longer be mailed.** This will save resources, money and time. We will alert members each month via the Yahoo group that the newsletter and calendar have been posted.

We also **need someone to take over the newsletter.** Completing a year as newsletter writer, Julianne will be stepping down after the next issue. She will focus on other volunteer opportunities such as the Mt. Madonna Race and working with RRCA and the Silicon Valley Marathon to bring a certified coaching clinic to the South Bay.

Writing the newsletter takes about 4 hours a month and it's fun!! You also create all the race fliers for SVRC events, and manage the calendar. If you are interested in taking over the newsletter / calendar, please contact Julianne_Whitelaw@yahoo.com.