

## Races

For more information visit the SVRC website:

[www.svrchome.org](http://www.svrchome.org)

May 10

[PCTR Redwood Park](#) Trail Run  
10K, 20K, 30K, 50K

May 16

[SVRC Harvey Bear Challenge](#)  
12K, 22K

May 17

[PCTR Big Basin](#) Trail Run  
9K, 17K, 25K, 50K

May 23

[Mushroom Mardi Gras](#)  
Morgan Hill, Grand Prix Event  
10K/5K Fun Run/Walk

May 31

[Ohlone Wilderness 50K](#)  
Trail Run

### May Meeting/Social

May club meeting/social takes place Wednesday, May 13 at the Granary, Morgan Hill. 17500 Depot Street, Morgan Hill.

Speaker: our own **Craig Lore**, who is also a **certified RRCA Running Coach**. Fresh from the latest RRCA coaching classes, Craig will speak about the **Biomechanics of Running**.

## 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.



### Inaugural SVRC Harvey Bear Unofficial Trail Run May 16th - San Martin Ave entrance.

Start Times: 22K @ 8:30AM & 12K @ 8:45AM

Rain or Shine No T-Shirts No Awards Lots of Fun  
\$2.00 Entry Fee (helps cover refreshments)



[Harvey Bear State Park](#) offers miles and miles of lovely trail running, good climbs and rolling hills. Look out for cows, wild boar, deer, bobcats and more. How to get there: From U.S. Highway 101 in San Martin, take the San Martin Ave. exit. Proceed east on San Martin Ave. for 2 miles. The entrance to the park is on the left, one-quarter mile east of Foothill Avenue.

## Recent Race Reports - Amazing April

- A special shout-out to **Craig Lore** and **Carrie Dent** both of whom completed back-to-back marathons Boston and Big Sur. Carrie then went on to kick off May with The Relay...more on that next month!
- In addition to Craig and Carrie...
- American River 50 - **Julianne Whitelaw** ran the American River 50 Mile Endurance Run from Sacramento to Auburn in 10:59:30
- Boston Marathon. - **Allan Abrams, Kevin Stuart, Bob Miller, Kim Moyano, Libbey Michelini**, and **Luanne Giacalone** battled head-winds and hills to successfully complete the mother of all marathons.
- Big Sur International Marathon - **LaRene Green** and **Jimmy Forbis** finished the stunning Big Sur Marathon. This was Jimmy's 19th Marathon!
- Santa Cruz Half-Marathon - Over the same weekend as Big Sur, **Kathy LaBleu, Claudia Magozzi**, and **Lynn Astalos** enjoyed the always gorgeous Santa Cruz Half Marathon.

## LETTER FROM OUR PRESIDENT

April showers, bring May flowers. I'm incredibly impressed by the hard work performed by all of the participants who attended our Track Clinic in March and April, as well as the energy and effort put forth by the coaching staff: principally, Andy Froumis and Marti Menz. In addition, Allan Abrams cheered and supported his runners; Joe Green filled in admirably with much enthusiasm; Georgia, Richard LeBleu, and others also volunteered their time. Thanks to all the coaches.

The benefits from the coaching clinic were many: individual improvements, team spirit, and club solidarity. We are looking forward to hearing race results from each of you in the coming months that demonstrate the benefits that the track clinic has provided.

April was a busy and productive month for runners throughout the club from Wildflower, to Pat's Run, to the Santa Cruz Half, to Boston and Big Sur marathons, to the American River 50. We have an amazing collection of people who shower support and encouragement on each other in our personal quest to

improve, to go farther, and to achieve more. No one forces us to get off the couch, lace up those shoes, and hit the roads and trails, yet we continue to do so.

The poet, John Donne said, "No man is an island unto himself." Of course, no "man or woman" is more appropriate in this century, but in essence, Donne was correct. Being a part of a running club, each of us benefits from the effort and success of every other member. I'm proud of every one of you; I'm inspired by every one of you; and I'm proud to be a member of this club.

Gotta run,  
Craig



### Tracking the Track Clinic

The 2009 SVRC track clinic had 28 participants and was a huge success. Head coach **Andy Froumis**, along with his supporting coaches of **Craig Lore, Alan Abrams, Marti Menz** with help from **Richard LaBleu, Joe Green and Georgia Froumis**, ran a challenging but fun track clinic for a total of nine weeks.

We were able to draw some new members into the club and (hopefully) re-energize some "old" members. In addition to the progressively difficult workouts, there were some fun activities, including the "Track Master" competition where members **Kathy LaBleu, Claudia Magozzi, Greg Phipps, Andrea Hensler**, and **Marcos** beat the rest of the field.

On behalf of the coaches, we would like to thank the runners for their level of effort, dedication and their support for each other during the clinic.

## Grand Prix Points (as of April 30, 2009)

- Total point leader (after 3 races): 2292, **Cesar Acosta**
- Highest single race total: 802, **JT Jensen**
- Best average after 2 or more races: 802, **JT Jensen**

## Club Officers

### PRESIDENT

Craig Lore  
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### SECRETARY

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### NEWSLETTER/CALENDAR

Call for newsletter/calendar writer. Contact Julianne.

### WEBMASTER/GRAND PRIX COORDINATOR

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