

## Races

For more information visit the SVRC website:  
[www.svrchome.org](http://www.svrchome.org)

June 6

[Calero and Rancho Del Oro Trail Run:](#)

2.8M, 13.3M, 17M, 34M, 50M  
 San Jose

June 6

[Forest of Nisene Marks](#)

Marathon, Half Marathon, 5K  
 Aptos, CA

June 7

[San Jose Muddy Buddy](#)

Run, Bike, Obstacle Course  
 San Jose

June 13

[Henry Coe - Hunting Hollow](#)

5K/10K Fun Run/Walk  
 Gilroy

June 20

[PCTR Angel Island Trail Run](#)

8K, 16K, 25K, 50K  
 Tiburon

### June Meeting

*This month's club social takes place  
**Wednesday the 10th, 6PM 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.



## SVRC Runs

### The Relay and Mushroom Mardi Gras

The annual **Mushroom Mardi Gras** tradition created an opportunity for SVRC to race and win! According to the Athlinks Results, in the 10K Mens Division, **Jorn Jensen**, **Cesar Acosta**, **Ken Oliver**, and **Walt Sasaki** took age group 1st, 3rd, 4th, and 5th respectively! Also coming in with an age group top ten were **Craig Lore** and **Jimmy Forbis**. In the 10K Female Division, **Marti Menz** did us proud as always with an age group 1st place. **Kim Moyano** and **Aida de la Torre** each scored an age group top ten and **Claudia Margozzi** came in just shy of that. In the 5K division, **Jacob McRoberts** earned his way to an age group 2nd place and **Andrea Hensler** continued her racing streak, breaking a 9-minute pace...yet again! Well done team!

SVRC members were represented in two teams at this year's **The Relay** 199-mile race. The club sponsored team, **SVRCrazy**, came in 96th out of 228 with a great time of 29:42:58. The *crazy* members were: **Gar Chan**, **Walt Sasaki**, **Matt Edgar**, **Barbi Ceballos**, **Stacey Thornburg**, **Ralphie Martinez**, **Jenna Fiorello**, **Carrie Dent**, **Rich Benner**, **Michelle Serbing**, and **Kim Moyano**. *The Chiropractic Racing Team*, which included our own **Dr. JT Jensen** and **Ken Oliver**, came in second place overall, with a time of 22:18:35! Amazing!

(more photos on the back page)



Allan Abrams gets serious



Carrie Dent and the SVRCrazy Van

**LETTER FROM OUR PRESIDENT - THE CYCLES OF RUNNING**

*"To know that you do not know is best. Who knows that he does not know is the highest. To know when one does not know is best." -- Tao Te Ching.*

The more I think that I know about running, the more I realize that I don't know very much. When I started running seriously in 2000, it seemed very straightforward: The more you run, the better you get, and each passing week, month, or year will bring improvement, insight, and wisdom. Of course, some of that does happen, but it's never easy to figure out whether you have developed the right formula for success. In fact, you can better rely on the fact that doing the same thing twice will not produce the same effect.

Several years ago, while trying to recruit new runners to the club at Starbucks, I was bragging about how my running had improved and how much training I was accomplishing. Then one of the women asked, "Are you having fun?" And I had to stop and think because, honestly, I wasn't having much fun. I was taking the whole thing too seriously and focusing on

accomplishments instead of on the experience.

And now I've come full circle. Running should be fun and achievement should be measured in the act of running itself for its own sake. I don't know that much about running, so now, maybe, I can learn a little something about it.

Please put your hands together for Julianne who is completing her last issue of the SVRC Newsletter before moving on to other tasks within the club. And let's have a shout-out for Maria Bruhns who will be taking the newsletter reins back for the next issue.



Gotta Run, Craig

**Recent Race Reports - May**

- PCTR Big Basin 50K - **Carrie Dent** came in an astounding seventh overall at her second ultra-marathon, taking second in the women's division and an age-group first place.
- Napa Valley Vintage Half Ironman - **Lynn Astalos** completed his second half-ironman, with a PR time of 5:57, including the time it took to change a flat tire. Apparently Lynn has a tire curse as he dealt with a flat during last year's half ironman too!
- Uvas Triathlon - **Kevin Stuart, Lynn Astalos** and **LaRene Green** completed the local Uvas Triathlon, a course that consistently brings out elites athletes from around the country. This was LaRene's first triathlon. Make sure to congratulate her next time you *run*. into her!
- Ohlone Wilderness 50K - **Kevin Stuart** beat the 8000' elevation of the Ohlone 50K Wilderness Run., considered one of the toughest ultra-marathons around, in under 7 hours. It was a stellar performance by all accounts.

**The Tale of 100,000 Miles**

Saturday, May 30th, beloved club member **Andy Froumis**, "Coach" to many, ran his 100,000th mile. Flanked by approximately 20 club members and his wife, Georgia, Andy reached the major milestone to cheers and whistles near the 2-mile marker on Coyote Creek. His club friends were adorned in shirts that read, "I ran 100,000 miles with Andy Froumis. And he told jokes the whole way." As Rich Benner pointed out, 100,000 miles is equal to 2500 miles a year for 40 years or >10K every day, 365 days a year, for 40 years.

**CONGRATULATIONS ANDY!**

**MEMBER SPOTLIGHT: CHARLES WESTON**

A runner for 40 years, Charles Weston has completed an unbelievable 84 marathons! He not only runs, he gives back to the running community. Charles has been the Chair of Morgan Hill Independence Day Inc. Freedom 5K Run and 1-Mile Walk for many years. He is also the reason we get to host club meetings at The Granary.

**How long have you been a runner?**

40 years next month, two years off for the service and another two years to ride my horse.

**How long have you been a member of SVRC?**

4 years

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

Giving back to the running community for all running has done for me.

**What is your proudest running accomplishment or moment?**

Accomplishment – still running.  
Moment – when I've felt I've done my best.

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

What ever feels right- do it until it doesn't anymore.

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

Fall marathon – nothing too specific right now. Work can influence the amount of time I can devote.

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

20-30 mile

**What or where is your favorite place to run?**

I like trail running and running in a different city.

**Do you have a favorite race? Do you have a favorite race distance? If so, what are they?**

Big Sur Marathon – by far

**Why are you drawn to the marathon distance?**

The reason changes with the ages but I like feeling like I'm an athletic and training for the Olympics. Satisfaction is the closest one word answer.

**What was your first marathon?**

1970 Palos Verdes – I ran track in my senior year in High school and at the end of the year the distance runners on the track team decided to do a marathon. None of us had run more than 10 miles at one time. We had no idea what we were doing. Pre, Shorter and Jack Bachelor were my inspiration.

**What is your marathon PR?**

2:36. when you are running 100 miles a week anything is possible.

**If you could only do one marathon, what would it be?**

Big Sur

**Have you done marathons outside of the USA? If so, name a few.**

Nothing. Just a few Boston marathons and the rest in California.

*Freedom 5-K Run & 1 Mile Walk - Saturday, July 4th*

*Starts @ P.A. Walsh School*

*1M children's run starts 7:45 am*

*5k run starts 8:15am*

*All participants receive a t-shirt.  
All children receive a wristband.  
Medals awarded for 1st-3rd place in every age group.*

*[Register today!](#)*

*Or let Charles know you want to volunteer.*

*[www.mhidi.com](http://www.mhidi.com)*



### NEWS ROUND-UP

- Never one to let down the community, SVRC will once again host the **Run for the Stinkin' Roses 10K/5K**. The long-standing community run will take place Sunday, July 12 at Solorsano Middle School, 7121 Grenache Way, Gilroy, starting at 8 AM. See the flier on [www.svrchome.org](http://www.svrchome.org). **Register on active.com**. Contact Craig to volunteer or for more information.
- SVRC will also host the **34th Mt. Madonna Challenge**, a "challenging" trail run that includes steep climbs and beautiful views. This year's event will see the addition of an 18K distance to the 6K and 12K. The race takes place August 22nd. **Registration now open on active.com**. Wanna volunteer or have questions? Contact Allan ([allan.abrams@fci.com](mailto:allan.abrams@fci.com)).
- SVRC has teamed up with the Silicon Valley Marathon and Road Runners Club of America to bring the **RRCA Road Running and Racing Coach Certification** classes to the Bay Area. The RRCA program focuses on issues specific to adult road running and racing, including coaching fundamentals, scientific background and the establishment of training schedules and goals to help athletes reach their running potential. The class is two days, running Oct. 23-24 at the San Jose Hilton. Cost is \$250. **Registration now open <http://www.rrca.org>, click on "Coaching Certification" on the right hand side.** Questions? Contact Julianne ([julianne\\_whitelaw@yahoo.com](mailto:julianne_whitelaw@yahoo.com)).
- **Running Fact:** Median Marathon Finish Time in the USA - 4:20:04 for Men, 4:49:48 for women. In 1980, the respective medians were 3:32:17 and 4:03:39. Source: Running USA RRIC

### Grand Prix Points

(as of May 30, 2009)

- Total point leader (after 2 races): 3865, **Cesar Acosta**
- Highest single race total: 822, **JT Jensen**
- Best average after 5 or more races: 773, **Cesar Acosta**

### Club Officers

#### PRESIDENT

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### More Photos from The Relay

