



## SVRC Hosted Races

Thanks to everybody who came out to help make the 2009 Run For The Stinkin Roses a successful event!

SVRC will again be hosting the Mt. Madonna Challenge on August 22nd. This 6k & 12k trail run is so popular that some runners do both courses. In response to this, an 18k distance will be added this year that covers both courses.

## Upcoming Races & Events

August 8: Dammit Run, Los Gatos

August 8: Midnight half marathon & 2 mile fun run, Modesto

August 16: Race through the redwoods, Felton

August 16: Cows to coast, Pescadero

August 22: Mt. Madonna Challenge, Gilroy

August 30: Dirt Inspires Womens trail 1/2 marathon, Aptos

## Races and places...

WELCOME HOME GRETCHEN! She's back home after her year of teaching in Mexico City!

Despite having back problems, Jenna Fiorello ran the San Francisco Marathon on July 26th!

Jorn Jensen ran the "5k on the Track" July 11th in a speedy 17:10. The bi-annual run is put on by West Valley Joggers & Striders.

Planning on running Boston or Big Sur next year? How about both? To commemorate the \_\_\_ running of Big Sur, runners who complete both in 2010 will get a Boston 2 Big Sur training shirt, jacket & medal, & bib. Oh, and the races are only a week apart! Club members Carrie Dent, Craig Lore, and LaRene Green have done this in the past, even without the special fanfare!

Aida De La Torre, Andrea Hensler, Claudia Margozi, and Kathy LeBleu ran the wharf to wharf on July 26th. The weather was perfect, and there were more bands AND people this year!

Want a finishers medal but don't want to race? The Dean Karnazes Silicon Valley Marathon will be the world's 1st virtual marathon! Learn more at [www.mapmyrun.com/virtual\\_event/silicon\\_valley](http://www.mapmyrun.com/virtual_event/silicon_valley).

From the Ultrafreaks: Kevin, Lynn, Kim, and Craig ran the Tahoe Rim Trail 50K on July 18th. As the event also includes 50/100 milers, this was the "fun run." Heat and elevation were a major factor, but all finished (Kevin & Lynn approx. 8:26, Kim & Craig approx. 9:01). Kevin and Lynn were using this as a training run for a multi-day Trans-Rockes run in August.

At the Livestrong Challenge 5k on July 12, Julianne Whitelaw finished 2nd female overall, in 21:39, with PR splits of 6:56, 7:00, and 7:01! Way to go!!



*Julianne's in the groove at the Livestrong Challenge 5k!*



## Member Spotlight: Allan Abrams

As Global Strategic Accounts Manager for an International Electronics Manufacturer, Allan Abrams spends an astonishing amount of time traveling the globe, but still finds the time to train for ultras. Here's how he does it-

How long have you been a runner? [I've been running since 1995](#)

What is the greatest benefit to being part of SVRC? [Companionship while running and taping the broad and deep knowledge base from the many veteran runners in the club](#)

How many marathons and ultras have you done? [25+ Marathons, 3 relays and 3 Ultra-Marathons](#)

How do you fit running into your travels? [It's a real challenge. With the time differences, up to 16 hours, and jet lag I have to force myself to run the first morning after arriving. However I find this the best way to adjust to the new time zone. There is no better way to see a new city or discover a new corner in a familiar city than running in the early hours of the morning.](#)

Do you ever have problems running related to sitting on airplanes too long? [Being immobile for up to 18 hours at a time can be dangerous. I make a point of getting up every hour and walking the aisles for 10 minutes. While up I stretch in the galley area. Of course on the rare flight where I am bumped up to business class a sleeping pill and glass of wine will take care any problem for 8 or 9 hours.](#)

What are some of the interesting places you've run? [The gardens of the Versailles Palace in France , the hills above Hong Kong Harbour , crisscrossing around the canals of Amsterdam , over the Penang Bridge in Malaysia , but the most interesting place I've run was on the Great Wall of China .](#)

What overseas marathons have you done? [Great Wall Marathon and Hong Kong Marathon](#)

### GRAND PRIX POINTS (5 races)

Total point leader:  
Cesar Acosta, 3865 points

Highest single race total:  
822, Jorn Jensen

Best Average: Jorn Jensen,  
812



Allan with his  
new friends at  
the Great Wall  
Marathon,  
China

## Running while traveling

Travel can be extra-special for runners—it's a time to run in a different place than the usual home favorites, and runners get to experience a place in a way most travelers don't. Here's what some SVRC members had to say about great runs around the world:

Running while traveling is a must. Because of the run I get to see and do other things during the day. A run can take me around to places that otherwise would be scratched off the vacation agenda due to a lack of time or difficult access. If you have a good running routine it's helpful for the body to maintain that routine if you have travelled across multiple time zones. The body finds a new circadian rhythm when it's exposed to the new day light, but the body will also be delighted by the rhythmic impact of a running stride, the light breeze across the cheeks, the droplet of sweat on the forehead. These stimuli are registered by the brain, which in turn will tell the body: "it's *that* time of day". -Jorn Jensen

The London Marathon is the most exciting marathon I have ever had the pleasure of running. I believe the field is about 40,000. The BBC covers the run live and the entire course is lined in crowds 10 to 20 people deep...the whole time. People high-five you, they call your name and yell out, "Pain is temporary". It is a HUGE deal. And it is London by foot: Tower Bridge, Tower of London, the Cutty Sark, Parliament, Big Bend, you cross the Thames and you literally finish at Buckingham Palace. If I had to recommend one marathon, it would be this one. -Julianne Whitelaw



I love to run in the desert in the winter. I find the desert to be very rejuvenating. A few years ago I was camping with my dad in the Alabama Hills, which are some amazing granite formations between Lone Pine and Whitney Portal. A lot of dirt roads wind through them, and one morning just as the sun was coming up, I went for a run. I don't know how far I went; I just kept going. A very light rain started to fall, and the sun was peeking through the clouds and illuminating the Sierras in that famous orange glow. It's make even better because I could see my beloved Mt. Whitney the entire time! -Maria Bruhns



Veronica and I started out to run the loop trail (National Scenic Trail) around Pinecrest Lake up at 5600' elevation just off Hwy. 108. Mid-July in the high Sierras is springtime and the wildflowers were in full bloom. It was gorgeous! I counted 29 different species of flowers. Anyway, the trail from the beach area starts out relatively flat and partly paved, partly soft Sequoia needles. It's narrow, sort of crowded and has lots of tricky footing going over rocks and along the lake. At about 2 miles in on the south side of the lake, there's an intersection that we missed and we headed up what it said was the Main Trail. It heads up to Cleo's Bath (a series of bowls carved out of the granite by glaciers with the middle fork of the Stanislaus River bubbling through them.) and is a soft, scenic trail through a canyon under craggy

cliffs. Absolutely awe inspiring! -Steve Lane

*Running Brings out  
the best!*

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## And what vacation is complete without an “are we having fun yet?” story?

The Maunawili Demonstration Trail glides along the base of the Ko'olau Mountain Range on the island's windward side, offering spectacular views of the ocean and valley below. It's just shy of 10 miles point-to-point and I was going round trip. There is even a wonderful side trip to a small waterfall that adds another 1.5.

I learned later the trail is frequent training ground for H.U.R.T., Hawaii's Ultra Racing Team... It was drizzling, but I assumed that would end. I was in Hawaii. It rains and stops, and rains and stops, all day long.

Ahhhh... everyone knows what happens when you assume. The trail kicks your a\*\*%. Deceptive with it's simple rolling hills, Maunawili is a technical course on a good day. On this day it was a train wreck...

Three hours after starting, the rain was still falling. Maunawili was one muddy mess. Slippery rocks of all sizes covered the course. Because it was very wet, I had to be diligent about watching my step, which meant looking down. I clearly invited the trees overhead to smack me in the face. I think they enjoyed it. Combine that with a mountain ridge and you are heading for disaster. I slipped three times, falling once. I had to duck and swoop and figure out how to look up, down and side-ways all at once. Ugh!

Ohhhhhh... I almost forgot about the tree roots! They covered complete sections of the trail. Can I tell you how much that sucked?! A lot!

I really tried to embrace and enjoy. My boss calls me the “eternal optimist.” Well, Ms. Sunnyside of Life is not ashamed to tell you that I started swearing at mile 3.56 and again around 8.25. I saw lots of runners and we all shared that look of, “I want to love this, but I do not.” Ha ha. One young man simply looked at me in dismay, “It's really, really, really muddy.”

I hit the waterfall on the way back and jumped in for a swim. At that point I was so dirty and tired, what was another couple miles, I think I surprised the family that was there. They were carefully tiptoeing over rocks and lamenting dry places to sit. In full running gear I walked straight through the creeks, took off my Garmin and Mizunos, and dove in. I came, swam, and left without a word all while they negotiated with the wilderness. Bless them.

The whole episode took me so long that my husband was actually concerned. This had never happened before. Simple text: “Worried. Call me when you get this.

I went back a few days later with my twins. I wanted to take photos and see how bad it really was. Had I overblown it in my mind? Although it was an easy hike, elevation gain is almost non-existent, I think even in good weather the course would be tough. The roots still wrap the dirt. The big and small rocks are still everywhere. The trees still umbrella the runner.

Of course, as is true to the nature of a trail runner, I want to go back and tackle it again... just without the rain next time. I even think the HURT 100 might be in my future. Because when you step back and forget about the mud and the rain, it really was quite beautiful.

