



Mt. Madonna Challenge

Thanks to everybody who came out to help make the 2009 Mt. Madonna Challenge a successful event! The feedback from runners was outstanding. Originally put on by the late great Bill Flodberg, SVRC took over management of the race 3 years ago. The race will be re-named next year to remember Bill.

Upcoming Races & Events

September 13: Quicksilver Trail Half Marathon & 10k, Almaden Quicksilver Park
www.quicksilver-running.com

September 13: Rock n Run, Aromas Quarry
www.finishlineproductions.com

September 20th: Jan's 5K, Campbell
www.a-successful-event.com

September 20: Bubba Gump's Run Forrest Run, Great America
www.bubbagump.com

September 27: Almaden Times Classic @ Leland High School;
www.avcounseling.org

Races and places...

On August 2nd, Carrie Dent, Lynn Astalos, and Julianne Whitelaw ran the Skyline 50k at Lake Chabot. They crossed the finish line together in a PR for all of 5:36. Total elevation gain over the course was 4750, with more rolling hills than steep climbs. This makes it unique for an ultra course, as not having the steep climbs makes it a "fast" course. This was Lynn's second 50k in 2 weeks.

At the Nisene Marks Dirt Inspires Women's Half Marathon, a big congrats to Kim Moyano, Raina Cordich, and Kathy LeBlieu, who crossed the finish line together!

Kevin Stuart & Lynn Astalos did the TransRockies Run! The course is 113 miles, but runners don't do more than 24 in a single day. Despite injuries, they finished in 30 hours, 57 minutes. Views along the way were, of course, stunning!

Lucky 13 discount...if you register on the 13th of the month, enter LUCKY13 as the coupon code and receive \$13 off registration fees!

If you want a part of the Big Sur action but running 1 or 2 full marathons isn't in the plans this year, try the Big Sur relay! Past SVRC relay teams have had a blast! If you are interested, please contact Andrea Hensler (ahhensler@yahoo.com)

As you know, next spring is the 25th running of Big Sur. It's only a week after Boston, and event organizers are marking the anniversary with the Boston to Big Sur Challenge. No, it doesn't involve running from Boston TO Big Sur, (although we have a few club members who probably wish it did!), it's to recognize runners finishing both races. Good luck to those signing up. We'll keep our ears open for how the taper & week between goes!

Who says 13 is unlucky? Each month, Rock & Roll San Jose is offering a

A word from our president...



Clubmates: This summer seems to have flown by, but many amazing things have happened within the club. We managed to organize and put on The Run for the Stinkin' Roses, directed by Jimmy Forbis, in a mere six weeks and did an incredible job of it. The 34th Mt Madonna Challenge, directed by Allan Abrams, was equally successful, drawing 216 finishers, a record number of runners under our three years of management.

I can't remember all of the runs people have done over the summer, but the one that has left me with the most profound impression is the TransRockies race that Kevin and Lynn recently completed at the end of August. They competed for six days straight at over 10,000 foot elevation a total distance of 113 miles. And Kevin finished the entire event though his knee began to hurt from the very first day. As I followed their progress through texts, phone calls and websites, it became increasingly difficult for me to flake on my own training knowing that these two were getting up five straight days to hit the trails once again.

Now, the fall running season is rapidly approaching. I know that a number of us will be running in one or more of the several half marathons coming up in San Jose and Big Sur. In addition, I'm aware of at least three people who plan to tackle their first marathon. And there are many others who have races to run and marathons to complete. So far, nine club members have signed up to attempt the Boston 2 Big Sur Challenge—running the Boston Marathon and Big Sur Marathon six days apart.

Sometimes it feels as if our club is similar to the description used for Hemingway's writing: it's like an iceberg with nine-tenths under the water. Though I often see the same people at the track, on Saturday long runs, and at club meetings, I know that many of you are out there observing. When I have seen you on the trails, you have told me that you are following the emails and that you are interested in running a new race. I also receive emails from some people who are seeking advice about training or other running issues.

This month's club meeting is Club Appreciation Day where we will celebrate all of our club members including the race organizers for the Mt Madonna Challenge and Kevin and Lynn, who will brief us on their Trans Rockies experience. Don't stay at home cradling your treadmill and running log, come to the meeting and meet your clubmates. The best source of inspiration for your running is surrounding yourselves with other runners who want to help you and encourage you to be the best runner that you can be.

GRAND PRIX POINTS

Total point leader:
Cesar Acosta, 3865 points

Highest single race total:
822, Jorri Jensen

Best Average: Jorri Jensen,
812