

South Valley Running Club

Utah becoming a top Marathon destination for SVRC runners

Upcoming Races:

- Oct. 5: Rock & Roll 1/2 marathon, San Jose
- Oct. 4: Ballpark 5k, San Francisco
- 10/11: Wine County Marathon, Healdsburg
- 10/12 Superkid Triathlon, Santa Cruz
- 10/17 Morgan Hill CRC Get Fit 5k
- 10/18 Carmel Valley Trail Run, Carmel
- 10/18 Saywer Camp Trail Run, San Mateo
- 10/25 Dean Karnazes Silicon Valley Half Marathon, San Jose

A year ago, we all read in our Yahoo group about the beautiful St. George Marathon This year, Jimmy Forbis & Craig Lore will be back to run it



in early October. It's been listed as one of the most scenic race courses by Runners World magazine.

Grand Prix

SVRC's annual Grand Prix is a fun way to challenge yourself! Runners earn points based on their finish times. There are 4

As a place of unique scenery, spanning red rock deserts and high alpine places, Utah is a top travel destination, and a popular place to run a marathon.

On September 19th, Kim Moyano and Julianne Whitelaw ran the Top of Utah Marathon in Logan. It started in a canyon at 4500 ft. elevation, and ran down to 3500 ft. over the first 14 miles. The rest of the race is basically flat, with a few iny inclines. Julianne ran a 3:44:55, qualifying her for Boston.

Kim reports: "It was an



Julianne Whitelaw

absolutely BEAUTIFUL marathon! I highly recommend this marathon to anyone interested in doing a fast, beautiful, well organized and extremely friendly marathon!"

races left this year (plus wildcard), so there's still time to earn some 2009 points!

Current standings: Leader

after 5 races, Cesar Acosta, 781 points; best single race, Jorn Jensen, 822 points; best average, Jorn Jensen, 811 points.

Member profile: Gretchen Yoder-Schrok

Club member Gretchen Yoder-Schrok recently arrived back home from Mexico after living there for a 1 year. The entire family moved to Mexico City, where Gretchen participated in a 1 year teacher exchange program.

"Every day I ran there was like a smallish 10K in our area because of the sheer number of people running"

My running was definitely on the back burner while I was living on my teacher exchange in Mexico City, but I did run to maintain my fitness. I ran in a park named "Viveros" which means "nursery". It is the place where many of the city's trees are propagated and raised until they are transplanted around the city. It had a nice packed gravel path of 2 kilometers per loop. Every day I ran there was like a smallish 10K in our area because of the sheer number of people running. A city of 24 million equals LOTS of runners!! Hundreds of people, from serious runners to the guy I would see in dress shoes and slacks, did loops around this park, all headed in the same direction. I made a few friends - a woman who trained runners and traveled all over the world to run races, a guy who I stretched out with every time, and an overly-friendly older man who stopped me nearly every loop to chat and get a much too close hug from me! Also at this park one could participate in an outdoor yoga class at the amphitheater or an outdoor step aerobics class with awesome 80's music. Many men would work out on various bars that from a distance looked like a playground. There were fresh juice stands where people would buy their post workout juices, often containing the very nutritious cactus paddles (nopales). Needless to say, those juices were VERY green!! I was also intrigued by the outdoor stand that a guy set up every morning to sell new running clothes and shoes out on the sidewalk in front of the park. He'd often have more than 30 pairs of new shoes propped up on their shoeboxes lined up along the sidewalk.

I didn't run any races while I was there, since most weekends we headed out of the city to do tourism or we had other commitments. When I first arrived, and was a bit unawares of the running scene, I did cross with a 10k. I found it curious that the water was served at the pitstops in plastic bags that the runners bit open and then sucked down the contents.

Outside of the city when we traveled, I would find pockets of places that people would run. In the beautiful town of Cholula, near Puebla, I found that every weekend many people come out to train together on a loop in the fields near the Spanish Catholic church that was built over the indigenous temple. I ran on many cobbled streets in the lovely colonial cities we visited, always early in the morning before the traffic would pick up. In the smaller, less visited areas, I would definitely get some looks. It is rare to see a tall, white woman running through the provinces so I can understand the second and third glances I'd get!!

Next Grand Prix race: Halloween XVII, October 24th, at Christmas Hill Park. Prizes will be given for best costume! Visit active.com to register.



President's Message

Wow, it's October already. So much has happened in 2009; and the fall season is just kicking into high gear. Marathons and half marathons are coming up, and cross country season is upon us. Soon cooler weather—wind and rain—will bring out the long-sleeved shirts and windbreakers and running will become more challenging and, to some extent, less inviting. If your running/racing season is extending into the fall season, then you will be running regardless of the brisk conditions. The cold and wet won't actually reduce our immune system by themselves, but overall, they put more demands on us, so strive to eat healthy and get plenty of rest. If you have access to a treadmill, at least some of your workouts can be done indoors, but if you don't, you should watch the weather and continue to run when the weather is nice so that your hard-earned conditioning doesn't disappear.

In November,

look for the club's Turkey Trot 5/10K where the entry fee is non-perishable food to donate to local charity. We will announce the date soon. In December we will have another club-scheduled Challenge 5/10K to fill in the gap for the meager run schedule during that month. In addition, the annual Cookie Social will allow everyone to gather for the holidays, celebrate the year's running accomplishments, vote for the 2010 officers, and make some plans for next year's running calendar.

More and more club members have expressed an interest in trail running, so get prepared to join others when we announce runs or races as they come up. Trail running takes place in beautiful places, requires a reasonable pace, and comes in distances that nearly everyone can accommodate. The atmosphere for trail runs is low-key, accepting, non-competitive, and the food is great!

Good luck to everyone preparing for

fall races. Keep us up to date on your progress and your accomplishments because the success of every individual helps propel the rest of us out the door and onto the running paths.

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