

Races

For more information visit the SVRC website: www.svrchome.org

April 4

[Skyline to the Sea Trail Run](#)

Marathon & 50K

Los Gatos, CA

April 10

[Tilden Park Trail Run](#)

5M, 11M, 16M, Marathon

Berkeley, CA

April 11

[Santa Cruz Half Marathon](#)

Marathon & 10K

Santa Cruz, CA

April 17

[Toro Park 10K/5K](#)

Salinas, CA

April 25

[Marin County Marathon](#)

Marathon, ½ Marathon, 10K/5K

San Rafael, CA

May 29

[Mushroom Mardi Gras 5K/10K:](#)

Morgan Hill

April Meeting

This month's club social takes place Thursday, April 8th, 6PM at the Community Cultural Center - 17000 Monterey Street, Morgan Hill. Room is TBD.

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.



Ultrarunning – It Isn't As Crazy As It Sounds

Many thoughts come to mind when one thinks about running farther than 26.2 miles and most of them are not good.

The focus of the April Club Social is on our ultrarunning members. Many people fear the distance but many others know that ultrarunning is much different than other types of distance running, providing experience and rewards not found at shorter distance. They'll also share the secret to ultrarunning – sometime they even walk!

At the Club Social to be held on Thursday, April 8th at 6:00 PM at the Morgan Hill Community Cultural Center will feature a panel discussion about the joys, rewards and potential for all club members to experience ultrarunning. Featured speakers include our 2009 Runner of the Year Julianne Whitelaw, Club VP Kim Moyano, and running club legen Craig Lore. Julianne will also be sharing her extensive running reading and video library. Chuck Kaekel has a short video presentation of the hit movie (well, for runners it was a hit) Running the Sahara.

Please come with your questions and learn a little about why so many of our members enjoy the challenge of long distances.

Morgan Hill Marathon

As many of you are now aware, the new Morgan Hill Marathon and Half Marathon make their debut on Sunday, November 7th.

The races are directed by Greg Richards of South Valley Endurance and will feature a grand tour of the surrounding Morgan Hill area including the Chesbro Dam. SVRC anticipates a large volunteer effort to support the race. As the race date draws nearer, more information will be provided.

For information about the new Morgan Hill Marathon or South Valley Endurance visit: www.svendurance.com

South Valley Endurance also directs races in local running spots including Harvey Bear County Park, Quicksilver, and Santa Theresa County Park. Club members receive a \$5 discount by registering online and entering SVRC in the promotion code.

President's Message

Hello everyone,

Now is as good a time as any to talk about some changes you'll be seeing in the club over the next few months. As many of you already know, we had last month's club social on Thursday, a change from the Wednesday evening you have been used to. Club Social attendance has been pretty inconsistent and we are hopeful that a change might do us good.

Our March speaker was Mr. Greg Richards, the Race Director of the Morgan Hill Marathon and also the Race Director for several events produced by local event management group South Valley Endurance. The event was hosted at the residence of Charles Weston.

The April Club Social will be held at the Cultural Community Center as noted above. The Board is looking to rotate the event through a few locations. If you have any suggestions or would like to open your residence for the social, please let us know.

On a different note, the question has been asked of the Board "what are we going to do with all of the money we have in the checking account?" Well, it is true that we do have about \$8,500 in the bank, but the Board has decided that is financially prudent to maintain a healthy balance in the bank account. As you may have seen in our monthly Board of Director Meeting Summary reports, we committed \$1,500 to the David Thoms Scholarship fund. Furthermore, there is great financial risk involved with conducting two races and the board wants to maintain our finances wisely. In the future, if the races continue to generate profits, then the Board would like to explore the option of increasing scholarship awards through the David Thoms Memorial Scholarship Fund.

Good luck to everyone running spring races. For many of you, April brings the Calistoga to Santa Cruz Relay and the Boston and Big Sur Marathons - some of our more enthusiastic members are actually running both.

NEWS ROUND-UP

- SVRC will once again host the **Run for the Stinkin' Roses 10K/5K**. The long-standing community run will take place Sunday, July 11 at Solorsano Middle School, 7121 Grenache Way, Gilroy, starting at 8 AM. See the flier on www.svrchome.org. **Register on active.com**. Contact Jimmy to volunteer or for more information.
- SVRC will also host the **35th Bill Flodberg 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 21st. **Registration is now open on active.com**. Want to volunteer or have questions? Contact Julianne.
- Our very own Charles Weston will once again direct the Freedom 5000 on July 4, 2010 in Morgan Hill.

Way Too Cool 50K, Craig Lore

The day had finally arrived for the Way Too Cool 50K (W2C 50K); well actually it was the day before the day. I met Julianne at 1PM in the Peet's parking lot on Friday, March 12, and we were on our way to pick up race packets at the Auburn Running Company in Auburn, CA. We would spend the night in Auburn before taking the short drive to Cool, CA the next morning for the 8 AM start time. Traveling separately were Kim and her daughter, Jennifer (riding shotgun and providing support), and in their own car Stacey and Barbi. This would be the second W2C for all of us. Julianne, Kim, and I ran our first in 2008, and Stacey and Barbi ran it for the first time in 2009.

The ride up with Julianne was terrific: I don't think you could have slid a piece of paper between the breaks in our conversation the whole way up. Rain and traffic were our companions on the trip, and the closer we got to Auburn on Hwy 80, the more rain and more traffic we hit. I knew that the forecast for Saturday was sunny and clear skies, but the rain was definitely going to make for wet and muddy conditions on the trails. Even leaving when we did, we were going to arrive at the running store with only a half hour to spare before the 5 PM pickup deadline.

The first time Kim called, she said she was running late, she was moving our dinner reservations for that night from 6 PM to 7 PM, and she asked us to pick up the race packets for her and Jen (although Jen wasn't running due to an injury, the race director wouldn't give them a refund or defer the race, so Jen was still on the books). The second time Kim called, she asked us to pick up the race packets for Stacey and Barbi. They were running late as well. At the Auburn Running Company, Julianne and I collected all the race packets, purchased a couple of last-minute items, and headed for the hotel where we rested until it was time to meet the others for dinner at La Fornaretta in Newcastle, CA, a tiny, tiny Italian restaurant.

We arrived at the restaurant in waves, Julianne and I, then Stacey and Barbi, then Kim, and finally, Cora, a friend of Barbi's who would be running as Jennifer Moyano. Cora, whom the rest of us met for the first time, cracked us all up when she announced that she had run the Big Sur Marathon a while back but "forgot to train." Somehow, she said, the race came up, but she hadn't been paying attention to the calendar. That can happen. The food and company were terrific.

Saturday morning, we caravanned to Cool, parked the car in this horrendously long queue, stressed out about what and how much to wear (it was

really cold) and walked to the start. I bumped into a "friend" from DailyMile that I had been emailing—Michael Connors from Sparks, NV. It was fun to meet someone in person that I had only "met" online. Then it was hit the bathrooms. Huddle around in the reg tent, and mill around in the pack at the start.

Julianne, Kim, Stacey, and I stayed close for much of the first third of the race while Barbi and Cora dropped back reaching their own cruising speed. Though the rains were steady the day before, there were clear blue skies on Saturday, and the first section of the run was dry, wide, and runnable.

Julianne and I wondered about the upcoming stream crossings, while Kim kept saying she didn't remember any stream crossings—I think she'll remember them now. Julianne showed early signs of leaving the rest of us, but the four of us managed to stay together until about mile 12. After that, Julianne said, "I'm feeling a little antsy," and she was gone. Soon, the muddy trails and stream crossings appeared, and attempting to avoid the water took more energy than it was worth, so we plunged through the mud and waded across the streams. Wet shoes, wet socks, wet feet; the only thing that wasn't damp was our spirits.

Many of the trails are single-track, so it's hard to pass another runner, and sometimes it's hard to know if you're really

going that much faster than the person ahead of you. But when it does become obvious, a polite “on your left,” or “when you can,” and the runner would step aside to let you go ahead.

In a race this long there are lots of position changes among runners of about the same ability, so it’s fun to run with the same people for miles and miles. Stacey dropped back a bit before the big hills, and later, I pulled ahead of Kim.

Like any race of any distance, if you’ve-paced yourself appropriately and not burned out much too early, there is a point where the challenge becomes as much mental as it is physical. For me, that point was at the twenty-mile mark. Twenty miles of anything is tough, but twenty miles of hilly, muddy, streams on a rocky trail is really tough, so at twenty miles, knowing you have a full one third to go, you have to find mental reserves as well as physical ones. And, as it turned out, the last eleven miles seemed to be the wettest.

Two years ago, when I ran this for the first time, I remember running with other people the whole time—random groups that formed spontaneously; this year, there were long stretches where I was running all by myself. Several times, in fact, though the trail was well marked, I got a bit paranoid when I didn’t see a pink-ribbon trail marker, but eventually, the next one appeared, and I was still on

course. The W2C website proudly displays the percentage of finishers, since 1994, from previous races, the lowest of which was 90% in 1998.

Curiously, they have not posted the finishing percentage for 2010, but if 575 people started in this year’s race, as they claim, then the 472 listed finishers marks a new low of 82%.

The 200 volunteers at W2C are an amazing bunch. The aid stations are well stocked, and everyone is willing to help. Along the course near aid stations, volunteers yell encouragement and urge you on. The encouragement is truly appreciated after long stretches between aid stations. At the last crossroads, with one and a half miles to go, the encouragement is especially welcome. I spent a minimal amount of time at this station because I was eager to get to the finish and be done. Cruelly and unfortunately, the longest half mile in the race is the uphill half mile just out of the last aid station. When you get to the “One Mile to Go” sign it’s almost worse than if the sign wasn’t there because you realize how hard you’ve worked to get to that point, but you’ve only covered a half mile. You manage, of course, to negotiate that last mile, and then crossing the finish line, the announcer says, “And here comes Craig Lore, from San Martin.”

Julianne had been waiting for about twenty-two minutes. Kim came in seven minutes after me and Stacey seven minutes

after her. So Kim, Stacey, and I were spaced only about half a mile apart. Cora (aka Jennifer Moyano) finished late in the race, but from what I hear she had a great time of it. Barbi was last from our group, but I admire her effort the most. From her own report of the race, she had a great time; in fact, she said in her email report, “Well, as for being the last of our group to come in. I finished faster and in better shape than last year despite the constant struggle with the mud. The rivers were refreshing and gratifying because they cleaned off my shoes occasionally. There were times when I really felt like picking up my pace and felt great, but got a bit frustrated with all the slipping and sliding. I did enjoy myself with the beautiful scenery I tried to take in along the way. I had my iPod but didn’t want to turn it on because the sound of the river was relaxing and awesome. Plus I was surrounded by some pretty “interesting” people that kept talking up a storm even if nobody was around to answer back. Long distance runners are funny that way. Beautiful run, awesome people and great friends. Couldn’t get any better! I’ll probably be back next year. But next, I’m doing the Skyline to Sea 50K in April. Anyone else?”

After the race, I walked stiff-legged to pick up my food and get back to the car. I’m still not sure why those “rabbits” Julianne and Kim just didn’t drive the car back to me, but I had one long stretch of walking

still do. After a quick shower, Julianne and I were back on the road headed for home, and we filled the travel-time talking all

the way. Overall, W2C 50K, 2010 was a great, challenging race. It was a very long, but very fulfilling day.

Upcoming USATF TV Schedule (All times Eastern)

Date	Time	Network	Broadcast
4/24/10	8:00 PM	ESPN2	USA vs. the World at the Penn Relays
5/8/10	7:00 AM	CBS	One America 500 Festival Mini-Marathon, 5K
6/12/10	4:30 PM	NBC	adidas Grand Prix
6/25/10	8:00 PM	ESPN	USA Outdoor Track & Field Championships
6/26/10	1:00 PM	ESPN2	USA Outdoor Track & Field Championships
6/26/10	3:00 PM	NBC	USA Outdoor Track & Field Championships
6/27/10	1:00 PM	ESPN	USA Outdoor Track & Field Championships
6/27/10	3:00 PM	NBC	USA Outdoor Track & Field Championships
7/3/10	4:30 PM	NBC	Nike Prefontaine Classic

Grand Prix Points (as of April, 2010)

- Total point leader (after 2 races): 1474, **Ken Oliver**
- Highest single race total: 802, **JT Jensen**
- Best average after 2 races: 737, **Ken Oliver**

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