

Races

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

June 5

[Diablo](#)

8KM, 25KM & 50KM
Clayton, CA

June 5

[Nisene Marks](#)

5KM, ½ Mar & Marathon
Aptos, CA

June 12

[Lake Merritt Half Day](#)

6 & 12 Hour
Oakland, CA

June 12

[AT&T Giant Race](#)

5K and ½ Mar
San Francisco, CA

June 13

[San Lorenzo River](#)

10KM, ½ Mar, Marathon & 50KM
Santa Cruz, CA

June 19

[Angel Island](#)

8KM, 16KM, 25KM & 50KM
Tiburon, CA

[June Meeting](#)

This month's club social takes place Thursday, June 12th, 6PM at the Kirigin Winery – 11550 Watsonville Road.

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.



David Thoms Memorial Scholarship Winners

The Board of Directors selected Sobrato High School student-athletes Rachel and Ashley Sandberg as the recipients of the 2010 David Thoms Memorial Scholarship. Each winner received \$750 and will go to college at West Valley Community College in the fall.

The ladies were presented their awards by Board Members Jimmy Forbis and Chuck Kaekel during the Senior Awards Night on May 26th at Sobrato High School.

The David Thoms Memorial Fund was created as a way to invest back into the local community of Morgan Hill, San Martin and Gilroy. It is also a way to reward, encourage, and recognize our local running youth who achieve not only athletic excellence but academic success as well.

Selection for the award is subjective. Recipients are selected based on several factors including but not limited to: athletic ability, community service, and financial need.



Pictured are Ashley Sandberg, Jimmy Forbis – SVRC President, Marti Menz-Toms and Rachel Sandberg.

President's Message

Hello everyone,

It is hard to believe that it is already June. As a club we will have an active summer with a full race schedule, putting on two events, and many of us have begun training for fall marathons. There are also our daily lives that include job and family commitments. With all of this going on, it can be easy to forget some of the finer things that running does for us.

At the Mushroom Mardi Gras 5K/10K on May 29 I decided to run without looking at the watch. I've been running for about 20 years and have been obsessed with my times for just as long. After a marathon in December, I took a long break and resumed training at the beginning of May so I wasn't expecting a good time. I decided to measure my success completely on my effort. During the race I suffered as one would expect, but I didn't look at my watch one time during the race and although I was fatigued during the last mile, I was happy with the effort.

I can't promise myself that I'll run many races that way, but it is a nice reminder to turn off the watch every once in awhile and embrace the finer things in running – most of which do not include a Garmin.

Switching gears a bit, the June club social will be held at the Kirigin Winery at 11550 Watsonville Road on Thursday, June 10 at 6:00 PM. This is a unique location for the social and made possible by club member Maria Bruhns. We'll have food and oh yes, wine.

For those of you that are track fans, I've included the summer schedule as provided by USATF. The new "Diamond League" brings two premier events to the United States – New York and Eugene. Track has a much larger following in Europe but with the addition of these two events, we'll have good opportunities to watch world class track and field here in the U.S.

Happy running.

NEWS ROUND-UP

The Highest Single Race score previously held by Rich Benner was broken by Jørn Jensen at the Mushroom Mardi Gras 5K. Jørn ran the 5K in 17:00 good enough for 2nd place overall, but more importantly a score of 836.

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.

Date	Time	Network	Broadcast
6/12/10	4:30 PM	NBC	IAAF Diamond League - New York
6/25/10	8:00 PM	ESPN	USA Outdoor Track & Field Championships
6/26/10	1:00 PM	ESPN	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	Prefontaine Classic-IAAF Diamond League

Grand Prix Update

(after 4 events)

Overall (highest average - min 3 races)

Jørn Jensen 813 points

Fastest Single Race

Jørn Jensen 836 points

Total Grand Prix Points

Ken Oliver 2970 points

Club Officers

PRESIDENT

Jimmy Forbis
jimmy@svrhome.org

VICE PRESIDENT

Kim Moyano
kim@svrhome.org

SECRETARY

Chuck Kaekel
chuck@svrhome.org

TREASURER

Andrea Hensler
andrea@svrhome.org

WEBMASTER/

GRAND PRIX COORDINATOR

Ken Oliver
ken@svrhome.org