Heart of the Valley Runners

A place for community

Corvallis-based races fall a bit quiet during the summer when school is out and families are adventuring at the coast or in the mountains. In a blink of the eye, though, summer passes and we move into fall with eagerness for more activities. Running is central to Heart of the Valley Runners, but we also cultivate spaces outside of running that allow for community and connection! Additionally, as school begins and cross country teams start their practices, we seek out opportunities to give back to school programs. Our Fall Grant Cycle is currently open, and we continue to assist student athletes through our Sole Support Program. You can read more about these opportunities here.

Upcoming events:

HOTV Family and Friends BBQ

It's almost time for our annual family and friends BBQ. This year's BBQ will take place on Sunday, September 13 at the Rotary Shelter in Willamette Park from 1:00 - 5:00PM. If you're interested in attending, please RSVP here so we can plan accordingly. We are also looking for a few volunteers to help with set-up, grilling, and clean-up.

Fall Festival

The 47th Annual Fall Festival Run presented by Heart of the Valley Runners is around the corner! Join us for this local landmark running event, an old-school 5K & 10K through OSU's campus. It's a flat, fast, and fun course. Come for the run, stay for the Fall Festival! This year's race is taking place on Sunday, September 27. The 5k and 10k start at 9:00AM and the 1K kid's fun run starts at 10:30AM. You can get more details and register here. Early registration is $40 until September 7. We are also looking for Fall Festival volunteers! Head to this link to volunteer for the event.

The Condor

Registration is open for The Condor 25k. This year's race takes place on Sunday, October 4. It is also the last race in the Corvallis Trail Series. You can find more details and register here.

Paddle the Willamette

Next month, HOTV is hosting a group paddle of the Willamette River. You can bring your own stand-up paddle board, kayak, or canoe. Paddle boards will also be available to rent through OSU (including an eight-person party board!). The tentative date is September 20. Currently, we are gauging overall interest before finalizing the details. Check our discord page for more information and to RSVP.

Wednesday cross country nights!

This fall, Wednesday night track is turning up the heat with a few cross country events. These 'races' will take place on September 23 and October 7 at 6:00PM at the Crystal Lake Sport Fields. Each route will be about a 5k distance. No registration is necessary and **all are welcome**! You can get more details on the HOTV discord.

Join our Discord for information on daily events!

Join the HOTV board!

As summer turns to fall, HOTV is already thinking about the upcoming year. We are always looking for passionate individuals interested in joining the board. If you're interested, consider attending a fall board meeting. Reach out to president@hotvrunners.com with your interest!