



Cultivating relationships, fitness, service, and competition through running in our local community.

April 2024 Newsletter

From the Editor: Something for everyone

Sometimes the club is wrongly associated with being a group of fast runners. Note, I am nearly 65, shouldn't run more than four times a week, and am often DFL or close to it at the track and on a road run. Everyone is welcome at the track to work on their form and endurance and whatever speed you have. Everyone is welcome at a road run to work on form and endurance and whatever speed you want. Really, no one runs alone and everyone can be part of what we're doing: at a run or in the community.

The Monday Motivation run has a Reboot Run subsection for folks just starting out, or starting out again. At the track, you'll be given a workout that will meet your abilities and you are never left behind thanks to the oval! On a Thursday or Saturday Run, you'll find support and company for any distance and any pace you want to go.

We are also not leaving middle school and high school athletes behind. Our Sole Support Program, in conjunction with local races, gives free shoes to athletes from families who need extra help with the cost of high-quality shoes. Go to the website link to learn more and consider making a donation that goes beyond your dues.

We are not leaving the community behind. Check out the **MANY** ways you can volunteer by reading below: at a race, at an OSU event, at a middle/high school meet, picking up trash, maintaining forest trails, contributing a donation.

Check out how you can be involved by reading below.

**READ THIS...Please...TO STAY UP TO DATE
GREAT STUFF HAS HAPPENED AND MORE IS ON THE WAY**

The most recent social event was...

GAME NIGHT, March 23rd at Corvallis Community Center at Chintimini Park, 7:00 PM

Tons of fun. A crowd of 30+ showed up and played, chatted, ate, and drank. Kudos, as always to Lanny and Stacy for getting this going.

The most recent community event, besides Sole Support was

ADOPT A PATH CLEANUP on March 24th. Four club members scoured the multi-use paths and parking lots between Bi-Mart on 53rd and Sunset and Starker Parks. Maybe your regular group run members want to consider adopting one of these per year? We do one every 3 months.

The most recent local races was...

MAC FOREST 15K and 5K, March 16th. Great weather. Perfect trails. Lots of fun.

The next cool thing is...

TRAIL FILM FESTIVAL April 5, Whiteside Theater, 7:00 PM sharp. Doors open at 6:30.

Save the date for this second annual (for us) screening. [Tickets available on RunSignup](#), just like last year. Great images, poignant themes, a community event. It's gonna be good...again!

Big thanks to Madi Nones for taking on leadership.

Followed immediately by another cool thing...

CORVALLIS HALF MARATHON, April 6...HOTV DISCOUNT!

There is a 15% discount for HOTV runners in this year's edition of the classic race around town. Use HOTVCHM2024 to cash in. [Click here](#) for general info, registration, and a great pic of Craig.

Followed by a volunteer opportunity at...

CORVALLIS HIGH SCHOOL home TRACK AND FIELD MEETS, April 10 and April 17

A great way to give back to the facility that allows us to use the lights and the track for our exhilarating workouts. [Go to this link](#) to offer your support and watch local athleticism.

Followed by a GREAT volunteer event and GREAT running event...

OSU HIGH PERFORMANCE MEET, April 26-27 at the Whyte Track and Field Complex

Email Louie Quintana at louie.quintana@oregonstate.edu with VOLUNTEER in the subject line. Or write to Clint Morrison at morrc@peak.org for more info. Help is needed for the field events in particular. NO previous experience is required and NO high pressure situations involved. Spectator are encouraged as well. Fill the complex!

Followed by yet another longtime Corvallis and PNW tradition...

MAC FOREST 50K on May 4th

Got it in you to run or run/walk the distance? [Go here.](#)

Got it in you to volunteer to make this annual classic another success? Write the race directors: macforest50k@gmail.com

Followed by another longtime Corvallis event...

CARDV Mother Day Weekend 5K Run/Walk on May 11th. Support a great cause, run a fast time, get back into racing, enjoy the community atmosphere. [Go here!](#)

Followed by another volunteer opportunity at...

THE MIDDLE SCHOOL MEET OF CHAMPIONS on May 23rd

This is a national caliber event hosted by Linus Pauling Middle School at Corvallis High School. Want to be awestruck by the abilities of these young athletes? [Click here to sign up.](#)

Followed by yet another longtime Corvallis event...

RUN FOR THE HILLS, June 2nd, to benefit Greenbelt Land Trust.

It's not too early to sign up to help. Contact Chris Cotton at racedirector@hotvrunners.com
It's not too early [to register to run the 30K, or the half, or the 8K.](#) Always great fun.

Followed by another trail event to run or volunteer, which is the....

MARY'S PEAK 50 mile, 50K, and 25K on June 8th

HOTV is looking to host an aid station. Contact me at info@hotvrunners.com if interested or contact Andrew Miller at apmiller1996@gmail.com.

[The race](#) is part of the local trail series, so consider joining in on this beautiful/hard course.

Followed by a community/club event in June...

COMMUNITY TRACK MEETS, June 12th and 26th at Corvallis High School Track, 6:00 PM

Both evenings give the community a chance to experience the fun and friendly competition of a track meet. The 12th features an additional challenge to all HOTV members for exactly that, head to head fun and friendly competition for some bragging rights. Want to volunteer? Contact Gerhard at info@hotvrunners.com

Ongoing volunteer opportunity on our beloved trails...

TRAIL WORK OPPORTUNITIES, Mac Forest

Help out in your favorite neck of the woods. Each third Saturday of the month, OSU invites community members to help on the trails. Meet at Peavy Arboretum at 9:00 for 3-ish hours of work and play to keep the trails in shape. [Click this link](#) for details and contact information.

For those with more flexible schedules, contact Andrew Miller at apmiller1996@gmail.com for a regular Monday morning, 8 am to 12 noon work party.

Looking further ahead to the...

[CORVALLIS FALL FESTIVAL, September](#)

[CONDOR 25K TRAIL RACE, October](#)

.....ONGOING.....

REGULAR GROUP RUNS

Check out the [club website](#) for all the ways to connect with other runners, get faster, get stronger and have some fun. No one runs alone. Something's happening each M, T., W, Th, Sat.

Go the club website to sign a waiver for the group runs of your choice. The waiver is good for all of 2024 for that particular run.

SECOND SUNDAY TRAIL RUN:

Biz Stamm leads a trail run in the local hills. Distances and places vary, but no one runs alone.

Next one is on April 14th. Look for info on the Facebook group page, or contact Biz directly at secretary@hotvrunners.com.

And your reward for reading to the bottom...

- **Something to consider:**

The [4-2-2-4](#) On the road: One set = 4 min at 10K, 2 min recovery, 2 min at 5K, 4 min R.

On the track: One set = 800 at 10K, 200 R, 400 at 5K, 400 R

3, 4, or 5 sets based on your fitness and desire

- **Something fun to look at:**

[The 3 mile run, broken down into its physiological parts.](#) Kind of fascinating.

- **Always fun to watch fast runners who look just like us, and learn from them.**

[Go to minute 2 in this video.](#)

Heart of the Valley Runners

Corvallis, OR

The Board: Gerhard Behrens, President; Biz Stamm, Secretary; Miranda Funk, Treasurer. At large: Stacy Braff, Lanny Braff, Angie Gallagher, Meghan Canfield, Chris Cotton, Tony Franklin, Madi Nones, Edward Settles.
Get in touch at info@hotvrunners.com