



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

## August 2024 Newsletter

### From the Editor: Thanks for the activities

Biz Stamm put together two Yoga for Runners evenings in bucolic Willamette Park last month. She's also put together a training program for the Condor 25K and is leading some regular Saturday trail runs to inspire preparation. Lanny and Stacy Braff have coordinated an August wine tasting and run at Lumos AND the Family and Friends BBQ in September. Tony Franklin hosted a weekend of run and fun at Crescent Lake. HOTV put together some teams for the local Barrel to Keg Relay. Other teams of members are out on the trails doing summer upkeep led by Andrew Miller. There is the regular hosting of our five group runs each week (too many regulars to thank for that service). Chris Cotton, and Lanny Braff have already begun work to present the annual Corvallis classic: the Fall Festival Runs. And all that was just July.

We have a dynamic club. We have energetic and motivated members.

Thanks, and let's keep it up.

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

***HOTV is hosting a wine tasting event at...***

**Looking for something fun to do? Join us on Saturday, August 17th for HOTV's Run, Wine, & Dine @ Lumos Winery. We are organizing a group trail run starting around 10:30 AM with different distances (all paces welcome). Then, kick back and enjoy some wine, food, and music at Lumos Winery in Philomath (24000 Cardwell Hill Dr.)**

**Don't feel like running?! Just join us at the winery for food and drinks. Festivities will be from noon to 5 PM. HOTV will be providing one drink ticket per participant**

as well as snacks. Feel free to bring a picnic lunch and bring a chair. We will have tables set up on the lawn under our canopies. We will also be providing transportation between the Fairgrounds and Lumos for those that do not want to drive all the way to Philomath. Carpooling is also encouraged (and reimbursable if you have 3 or more HOTV members in your car).

Please RSVP no later than Tuesday, August 13th by emailing us at [social@hotvrunners.com](mailto:social@hotvrunners.com)

**HOTV is also hosting a family BBQ event at Avery Park's Thomson Shelter on September 8, in the early afternoon. Save the date and kick off the fall with your running community.**

### **Condor Trail Run Training Plan**

**Here is the plan form Biz on preparing yourself for this fall trail classic. There are opportunities to join others each weekend, so read carefully and pay attention to Facebook invitations to join in.**

### **Fall Festival volunteers needed**

**Contact Lanny, [social@hotvrunners.com](mailto:social@hotvrunners.com) if you can help with pre-race day prep or with day of race volunteering. Let's continue to make this a great event.**

### ***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](mailto:apmiller1996@gmail.com) for a regular Friday, 8 am to 12 noon work party.**

### ***Looking further ahead to the...***

**[SCANDIA RUN in Junction City, this August 10](#)**

**[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 June 9th. Look for info on the Facebook group page, or contact Biz directly at [secretary@hotvrunners.com](mailto:secretary@hotvrunners.com).**

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**And your reward for reading to the bottom...**

- **Something to consider:**

400, 800, 400, a broken mile. Run the first 4 and the 8 at 10K pace then run the last 4 faster. Take a 200m recovery between the reps and a 400m recovery after each set. How about three times? Maybe four?

- **Here's a pretty good article about mixing it up on the track**, a great playground for improving speed, efficiency, and mental toughness. [It's from the Runner's World website.](#)

- **Who gets nervous before a race? Here's some advice**  
[Here it is, with British accents, so you know it's reliable](#)

- **Here's a take on the social run. But not HOTV's!**  
[It's a lot of tongue in cheek.](#)

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## **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](mailto:info@hotvrunners.com)