



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

December 2023 Newsletter

From the Editor: End of Year/Beginning of Year

My brother is a financial planner and he's always worried about his "year-end numbers," not that they really matter anymore at this stage of his career. Our year-end stuff looks good. Memberships are up a couple and member numbers are also up a couple. We doled out over \$5K in community grants this fall, provided thousands of dollars to Greenbelt, and either helped out/put on LOTS of events. But we are rolling into a new year, and as we like to say at the track on Tuesday, "No time like the present."

Evidence of that momentum is...

- Our preparation for the 15th Annual Resolution Run (thanks Jeff Tobin) , free to the community
- Support for the ever-vibrant Linus Pauling Off-Season Running Program that keeps kids in shape and in community between their XC and T/F seasons
- Plans for our HOTV Annual Meeting on January 20 at the Corvallis Community Center
- New board members up for election at that meeting
- Continued offerings of 5 group runs a week thanks to dedicated leaders
- New ideas being cooked up by your fellow members

So, please read on for what's happening in the short term and stay tuned for what's going to make the next year-end even better.

READ THIS...Please

Stuff To Know and Stuff That You Can Do. No time like the present.

...GETTING INVOLVED IN THE CLUB AND COMMUNITY...

RESOLUTION RUN , 1/1/24, volunteers needed

Help Gerhard organize this HOTV/Corvallis Community tradition: a free 5K and 2K to start the year with a fit and friendly event. Go to the [registration page](#) and hit the volunteer button, or get excited to run, and....please spread the word!

HOTV HEALTH FAIR, Winter 2024, Subcommittee volunteers needed

Angie Gallagher, board member, is spearheading a health fair for the winter/spring months and would love help coordinating speakers, a location, logistics. Contact Angie, angiekin97330@gmail.com, to make this a group effort.

HOTV ANNUAL MEETING, January 20, 12:00 to 2:00 PM, Corvallis Community Center.

Elect the 2024 board. Get a recap of 2023 and find out what's planned for the year ahead. Honor some awesome members. Mingle with club members you may have never met. Drink some of Jeff Tobin's Mazama brews. Gnosh on some fun finger food. Celebrate each other!

GRANT COORDINATOR NEEDED

Scott Leonard is stepping off the board after 10+ years of involvement, most notably as the grant coordinator. This is your chance to help spend HOTV money to support the fitness of our community. Contact Scott at grants@hotvrunners.com or Gerhard at info@hotvrunners.com if this position interests you. Being a board member is not a requirement. Scott will train!

SATURDAY RUN LEADERS NEEDED

For two years, the [HOTV Saturday Group Run and Coffee](#) has been going strong: good runs, great camaraderie, excellent coffee. Stacy and Lanny Braff, Judi Saam, Jennifer Ringo and Gerhard Behrens have been the backbone of the leadership group, but the runs happen because YOU show up to make it a satisfying morning. Leadership is simple: greeting folks, new and returning; making sure the route is clear to everyone; doing some minor matchmaking in terms of distances and paces; and checking that everyone is accounted for. Please contact Gerhard at info@hotvrunners.com or the Braffs at social@hotvrunners.com if you'd like to help as a once-a-month leader or as a substitute leader.

.....ONGOING.....

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 December 10th. Look for info on the Facebook group page, or contact Biz directly at biz@hotvrunners.com.

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, and Sat.

Go the club website to make sure you [sign a waiver](#) for the group runs of your choice. The waiver is good for all of 2023, and soon 2024, for that particular run.

BILLY RUNS BOSTON

This is a feature-length indie film that chronicles the numerous ups and downs of trying to qualify for Boston, while negotiating the sticky issues of real life for an every-man kind of guy.

<https://trovarefilms.vhx.tv/products/billy-runs-boston> It's \$7 to rent.

[Click here for a review](#) of the film from Running Magazine.

GOT A GOOD IDEA?

Something you want to see in the newsletter? Something the club should consider supporting?

Something you've written that we can include? Contact Gerhard at info@hotvrunners.com

And your reward for reading to the bottom...

- **Something to consider:**

Mile repeats. Nothing fancy here.

Do them at a track, do them on the roads, do them on the trails. Lots of options to challenge yourself or just do maintenance paces: a) just go faster than you were going; a change of leg speed is very helpful. b) match your 1/2 marathon pace to learn what "tempo pace" feels like and to get some speed, but also some rhythm. c) shoot for a 10K or 5K goal pace to simulate a race effort. d) Start moderately and aim for going faster with each mile repeat...negative splits. Make sure to take a 1/4 mile to 1/3 mile jogging break in between. Your choice: 2, 3, 4, or 5!

- **Something instructive to look at:**

[Five go-to runner-specific strength training exercises](#). A little goes a long way, from some legit DPTs.

- **A quick homage to trail running.**

[Pretty awesome views and efforts](#). The music is not great.

Heart of the Valley Runners

Corvallis, OR

The Board: Gerhard Behrens, President; Val Stanley, Secretary; Miranda Funk, Treasurer. At large: Stacy Braff, Lanny Braff, Angie Gallagher, Meghan Canfield, Gina Cavanaugh, Biz Stamm, Chris Cotton, Scott Leonard.
Get in touch at info@hotvrunners.com