



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

December 2024 Newsletter

From the Editor: Happy Holidays and here's to 2024!

It's my last newsletter. I thought long and hard about what to say that would be pithy, emotional, heart-warming, inspirational, blah, blah, blah. All I'm going to say is that you should reread the mission statement at the top of this page. It's brilliant. It's what we are all about, from group runs to free shoes, to PRs, to community runs. Keep your wagon hitched to HOTV. And, read the monthly newsletters put together by Maddy.

Now for Maddy's first segment. I'm a current HOTV board member and a Public Health PhD student at OSU. Unsurprisingly, I'm also an avid runner, but I usually spend my time on the trails of the Mac. I also love baking, banana slugs and orange cats! I'm excited to be carrying on the newsletter tradition and keeping HOTV members up-to-date on the latest news and events.

If you're interested in a club leadership position, **there's an opening on the HOTV board**. If you want to learn more about this opportunity, contact Lanny at info@hotvrunners.com, talk to a current board member, or consider coming to our next board meeting on December 9th at 6PM.

The club is looking for someone who has a marketing bent to give more life to our Facebook account, to revitalize an Instagram presence, and to work with Discord as a communication tool among members. Interested? Intrigued? Energized? Excited? Contact Lanny Braff at social@hotvrunners.com for the social media work; and Biz Stamm at bizstamm@gmail.com about Discord. We also need a **photographer** for big club events like the Resolution Run, All Comers Meets, Run for the Hills, Fall Festival Runs, and social gatherings. Contact Stacy at stacy@hotvrunners.com. Finally, if you're interested in leading a Saturday morning run, reach out to info@hotvrunners.com.

We have a dynamic club. We have energetic and motivated members. Thanks, everyone, and let's keep it up.

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

2025 Resolution Run

HOTV Runners is excited to continue our tradition of providing a FREE 5k and 2k run/walk! We hope you'll join us for some community, fun and motivation to stay active in 2025. Stick around after for a warm beverage and snack. Coffee Culture supplied coffee and Kinetic Bagel provided bagels!

Quit Smoking Save Money Eat Healthy Food Less Screen Time Be More Active Help Others

Keep a Journal Spend time with family Reduce Stress Get More Sleep

Play More Learn Something New Stop Procrastinating Meditate

HOTV RUNNERS **You CAN Do It!!!** **HOTV RUNNERS**

Join Us For the 16th Annual
Resolution Run/Walk 5K/2K



When: January 1st, 2025
 What: 5K/2K Community Run/Walk
 Where: Avery Park/Thompson Picnic Shelter
 Time: 10:00 am
 Cost: **FREE!**

Register: online @ hotvrunners.com or
 Day of race between 9:00—9:45 am

What will your Resolutions be? Visit us at www.hotvrunners.com
 or on Facebook:
<https://www.facebook.com/groups/hotvrunners/>

Get Outdoors Read More Learn a New Skill Be Kinder to Yourself No Texting While Running

If you are not planning on running or walking the 5K or 2K, please think about helping us out as a volunteer. [Click here for all the details to run or volunteer.](#)

Corvallis Half Marathon and HOTV

The CHM is offering a discount to all club runners for the April 2025 edition. When you [register at their website](#), use **HOTVCHM2025** for the surprise discount! Consider volunteering if you won't be running this Corvallis classic.

HOTV Annual Meeting

Don't miss out on HOTV's annual meeting! This is your opportunity help shape the future of the club. We will vote on new board members, amendments to the by-laws, and award the Member of the Year. The club will provide refreshments and social engagement. The meeting will take place the last weekend of January - stay tuned for more details.

Cascade Half Marathon & 10k

This mid-valley classic is noted for its flat course, great organization, and horrible weather. What a challenge and a treat. [Click here for more information.](#)

Help out 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 Friday, 12 PM to 4 PM work party.

.....**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 December 8th. 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 days are cold and there's limited sunlight, which means it's the perfect time of year to bust out short, speedy workouts! Here's what we have for this month:

- Warm-up sufficiently (this may take a bit longer in these brisk December days):
- Repeat five times: 3 minutes (2 minute rest), 90 seconds (60 second rest), 45 seconds (30 second rest). Take an easy 3 minutes between each set.
- If you're *really* looking for that edge, finish the workout with 10 minutes at a moderate effort. Then, feel like a rockstar.

As we close out 2024, it's nice to reflect upon the amazing running accomplishments of the past year. [This article](#) provides highlights from this year's Paris Olympics. In the world of trail and ultra running, I have been thinking a lot about [this video](#) showcasing Jasmin Paris as she touches the yellow gate and becomes the *first* woman to finish the Barkley Marathon.

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, Maddy Nones, Edward Settles.
Get in touch at info@hotvrunners.com