

Heart of the Valley Runners

Cultivating community and encouraging movement!

Whether you're an HOTV newbie or a well-established veteran, we are so happy to have you in our community. Heart of the Valley runners is a dynamic organization focused on strengthening social connections and giving back to local organizations and running groups. If you haven't checked out our website, please poke around a bit! You can find information on the community-based work we do as well as our weekly run schedules. [Check out the website here!](#)



Upcoming events: Spring Fling at Alsea Falls

Spring Fling, hosted by Oregon Trail runs, is the first race in the 2026 Corvallis Trail series. This year, the race takes place on Saturday, March 7. It offers a 5k, 10k, and half marathon distance. [You can register here.](#)

Mac 15k/5k

Ready to try back-to-back trail races? Registration is also open for the Mac 15k and 5k. Proceeds benefit local high school cross-country athletes and teams. This year's event is on Saturday, March 14. [You can register here.](#)

Corvallis Half Marathon

The Corvallis Half Marathon is a classic race that winds through the OSU campus and showcases our amazing city. This year's event will be held on Saturday, April 11. The race offers the half marathon, 5k, and 1k family course. [You can register here.](#)

The spring grant cycle is open!

HOTV grants support and encourage running as a way to improve community well-being. These small grants enable schools and other non-profit organizations to build their running programs.

Join us on the trails!

The trails may still be muddy, but that hasn't stopped HOTV from getting a head start on trail running season. We host trail runs every Sunday that accommodate runners of all levels and all paces. Check out the Discord for more info!



Corvallis Trail Series

Did you know our local trail races are all connected within the [Corvallis Trail Series](#)? This year's series has seven separate events! You can compete across events to win prizes and get to know our local trails.

Don't forget to renew your HOTV membership!

[Click here to renew.](#)



[Join our Discord](#) for information on daily events!