



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

May 2024 Newsletter

From the Editor: Pledge to Participate

Some of you may remember Sunny, a gifted runner, a strong triathlete, and an exuberant personality who was on a post-doc at OSU years ago. She crafted the "Sunny Rule:" Compete in 3 events, and then volunteer for an event. Laudable. I am asking you to consider taking on a version of the Sunny Ruler for yourself as HOTV gears up to present three events: the Run For the Hills on June 2nd, Community Track Meets on June 12th and 26th, and the Fall Festival Runs on September 29th. Each event needs a team of volunteers to help with everything from set-up, to registration, to race monitoring, to clean up. From our end, it's crucial to the success of the events. From your end, I can guarantee you will feel good about helping out.

Thank you to Maddi Nones for taking charge of the Film Festival and to those who helped out that night. Thank you to those who volunteered for the high school or OSU meets this month. Thanks to those who organized and who are helping out with tomorrow's Mac 50k.

A reminder that 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.

A reminder about 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.

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**

Tomorrow is the legendary.....

MAC FOREST 50K on May 4th

**Might be too late to jump into this race, but you could spectate and you can 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 time [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 May 12th. 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:**

1 min, 2 min, 3 min fartleks, each with a one minute recovery jog. If you're on the track, think 200, 400, 600 with a 100 m walk/jog or a one minute recovery. Take 2 minutes between sets.
Try 4 to 5 sets

- **Think running the trails, or competing in a road race is tough?**

[Go to 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