



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

## January 2024 Newsletter

### From the Editor: Moving Ahead

Personally, 2024 is going to bring lots of big changes, Medicare being a notable milestone! The club is also looking to have a notable 2024. It started yesterday, with our 15th Annual Resolution Run/Walk 5K and 2K. We hit 300 participants (a record), with another two dozen volunteers (maybe a record). We served up coffee, cocoa, bagels, granola bars, fruit, and a warm atmosphere on a chilly (but not too cold) and overcast (but not foggy) morning. In three weeks, we have our annual meeting and potluck. The youth runners at Linus Pauling Middle School are averaging 44 athletes per workout during their off-season, which continues through February. Another adopt-a-path clean up is scheduled for the last Sunday of this month. In April, it'll be year two of hosting a trail film festival. A spring social is in the works. Then...Run for the Hills, Community track meets, Fall Festival, and then another Resolution Run! And...all that amidst the ongoing opportunities of 5 group workouts a week.

A quick reminder that [you can renew all your group run waivers with a few clicks of the mouse by going to the workout page on our website](#). It's an RRCA guideline that we like to follow. And since it's resolution time, you can recommit to attending a workout that suits your schedule. Remember, it's not about how fast you are when you join in, it's just about joining in.

An initiative that will start mid-month is the Sole Support program. Because of your membership dues, the profitability of Run for the Hills and Fall Festival (thank you Chris Cotton, race director), and the inspiration of Corvallis running leaders, we are poised to partner with Five Start Sports, local road and trail races, and the schools in Benton County. Together, HOTV will coordinate the purchase of training shoes to any running athlete referred to us by their athletic director and coach due to financial need. With most models hovering between \$100 and \$150, we want to help.

Thanks for reading and keep reading to be in the know about what's ahead

## 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**

A success, except that not enough bagels got eaten! It was another great morning. Pictures are coming to the website soon!

If you have, or are near a Resolution Run sign, bring it to any group workout and it'll get back to me so we can store it away for next year.

#### **HOTV HEALTH FAIR, Winter 2024, Subcommittee volunteers needed**

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

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

Return of the potluck! Bring something fun share. Elect the 2024 board. Get a recap of 2023 and find out what's planned for the year ahead. Meet the Member of the Year. Mingle with club members you may have never met. Drink some of Jeff Tobin's Mazama brews or something else sparkly. Gnosh on some fun food. Celebrate each other! Family friendly event!

#### **ADOPT-A-PATH CLEAN UP, January 28th, 8:00-9:00 (tentatively...depends on weather)**

Join in as we keep the bike path and streets along 53rd, Country Club Drive, and Starker Park tidy and neat. HOTV is buying coffee and bagels afterwards. Tools and gloves provided. It was VERY COLD last time, so look for an email blast and Facebook announcement if the time changes. Contact Gerhard at [info@hotvrunners.com](mailto:info@hotvrunners.com) with any questions.

#### **GRANT COORDINATORS FOUND**

Scott Leonard is stepping off the board after 10+ years of involvement, most notably as the grant coordinator and voice of reason. Angie Gallagher and Meghan Canfield are stepping up to coordinate donations that support local running and fitness. They'll be spearheading the Sole Support program and helping to keep our donation pipeline running smoothly. Pun intended.

#### **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 means 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](mailto:info@hotvrunners.com) or the Braffs at [social@hotvrunners.com](mailto:social@hotvrunners.com) if you'd like to help as a once-a-month leader or as a substitute leader. We need one for January 13th if you're available.

### **INTERESTED IN BEING A MEET OFFICIAL?**

The USATF is hosting a variety of training sessions for those interested in providing quality athlete experiences at spring track and field events. [Click on both in person and virtual training.](#) Dates are Jan 13 through Feb 10. Have questions of any kind? Contact local guru Clint Morrison at [morrc@peak.org](mailto:morrc@peak.org).

### **.....ONGOING.....**

#### **SECOND SUNDAY TRAIL RUN:**

Biz Stamm leads a trail run in the local hills. Edward Settles has been helping out. Distances and places vary, but no one runs alone. Next one is on January 14th. Look for info on the Facebook group page, or contact Biz directly at [biz@hotvrunners.com](mailto: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 to the club website to make sure you [sign a waiver](#) for the group runs of your choice. The waiver is good for all of 2024, for that particular run.

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

- **Some things to consider:**

First, this is a pretty comprehensive running related site. I can't suggest a particular podcast or article because I don't want to presume you have a ton of time in your lives to indulge, but you might. [Check out The Morning Shakeout.](#)

- Consider this as well, directly from the Shakeout. [The 4 X 4.](#) After a careful warm-up of easy running, drills, and strides, you put it four, 4 min efforts at the pace of your choice, with a 2, 3, or 4 minute jog recovery, depending on your fitness. Track, road, or trail works. [More details here.](#)

- [Here are a dozen body weight exercises to improve running and overall fitness.](#) A little goes a long way. Pick a couple, add more, mix them up. But they will help! Sorry for the pop-up ads, but the meat of the piece is worth it.
- A shameless ad for ON, but not that shameless. [Here's a quick video and reflection on getting out there.](#)

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## 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.

**Anyone is invited to attend a board meeting, always the second Monday of the month at 6 PM.**

Get in touch for the location by emailing [info@hotvrunners.com](mailto:info@hotvrunners.com)