



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

## July 2024 Newsletter

### From the Editor: STP

STP. If you're a certain age, it is an oil additive and the stickers were ubiquitous. If you're a cyclist, it means Seattle to Portland. If you're a disgruntled member of a Parent-Teacher group, it stands for the "Same Ten People;" the usual small group that gets things done.

For us, the STP acronym means a "Solid Thirty+ Posse." We have an incredible group of active members. In June alone, they helped the Run for the Hills go off smoothly, reorganized the storage basement which houses event materials, hosted two community track meets, and cleaned up the bike path between Starker Park and Bi-Mart. They regularly host 5 runs a week. They are doing trail work on a weekly basis. In July, they are offering Gentle Yoga for Runners and a weekend set of runs at Crescent Lake. In August, HOTV hosts wine tasting at Lumos.

In addition, if you'd like to be part of a group that heads to a race, like the Scandia Run in Junction City, or the Oktoberfest Run in Mt. Angel, or the Waldo 100K, or anything else you can think of....you can inform me at [info@hotvrunners.com](mailto:info@hotvrunners.com) or post on Facebook and work towards getting a group together. Click this link to see how [HOTV provides gas reimbursement](#) for a carload of 3 or more.

Check out how you can be involved next month, and more, by reading below.

And, a reminder about our [Sole Support Program](#), in conjunction with local races, that gives free shoes to athletes from families who need extra help with the cost of high-quality shoes. So far, coaches have referred 10 athletes to Five Star for high quality training gear. Go to the [website link](#) to learn more and consider making a donation that goes beyond your dues.

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

***Gentle Yoga for Runners July 9th at 16th at Willamette Park***

Bring a towel or mat and join in this rejuvenating practice at 6:00pm

It's led by a certified, OSU Rec Center instructor.

It's also FREE. Thanks to Biz for organizing.

Questions can go to her at [biz@hotvrunners.com](mailto:biz@hotvrunners.com)

***Join a fun and trail filled weekend at Crescent Lake, July 13th and 14th***

Board Member and leader of the Monday Motivation run, Tony Franklin, is offering his cabin at Crescent Lake for a running weekend with chances to hike, paddle, and just hang out in this idyllic spot. All the information about the trip, the trails, the logistics, the possibilities [can be found at this link.](#)

***From our board member Angie Gallagher on pelvic floor health***

***Cassie McDonald Ross shares wisdom as a PT and Pelvic Floor Specialist.***

The content here is for informational or educational purposes only.

***The return of the beloved...***

**BARREL TO KEG RELAY, from Harris Ranch to Newport's Rogue Brewery Oregon.**

**July 13th. Not too late to round up a team.**

**Get all the details about team size, distance, start times, course...[HERE](#)**

***We are hosting a wine tasting event at...***

**Lumos Winery on August 17th in the early afternoon. Save the date, and read the August newsletter and Facebook to see how runs and walks and just wine tasting are being organized by your social Stewards, Lanny and Stacy.**

***We are hosting a family BBQ event at***

**Avery Park's Thomson Shelter on September 8, in the early afternoon.**

**Save the date and kick off the fall with your running community.**

***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](mailto:apmiller1996@gmail.com) for a regular Friday, 8 am to 12 noon work party.**

***Looking further ahead to the...***

**SCANDIA RUN in Junction City, August**

**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 June 9th. Look for info on the Facebook group page, or contact Biz directly at [secretary@hotvrunners.com](mailto:secretary@hotvrunners.com).

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And your reward for reading to the bottom...

- **Something to consider:**

The Threes: 3 X 400 at 5K pace; 3 X 1000 at 10K pace (about 2-3 second per lap slower); 3 X 200 at mile pace (pretty darn hard). Take a leisurely 200 break in between each rep: jog it, walk/jog it, or walk it.

- Here's a pretty good article about mixing it up on the track, a great playground for improving speed, efficiency, and mental toughness. [It's from the Runner's World website.](#)

- **Some goose bump highlights from the Olympic Trials.**

[Go to this video for the amazing last lap of the women's 10K.](#)

- **Here's a look at June's other famous, slightly longer run. Of course, it's a longer video, too** [Go to this video for the 2023 highlights of the Western States 100 miles.](#) Ironically, it finishes on a track! A compilation of the race for 2024 isn't out yet.

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## 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](mailto:info@hotvrunners.com)