



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

## March 2024 Newsletter

### From the Editor: My name is...or...What's been going on?

HOTV has never been bigger. We've never had this many group runs. We've never been this involved in the community with presenting races, doing trail work, making community donations, volunteering at events, and hosting social gatherings. Stacy Braff is leading Motivation Mondays for beginners, or those returning from injuries or lay-offs. Andrew Miller leads a trail building session every Monday at 8 AM at Peavy. Local race directors and HOTV have coordinated a free shoe program at Five Star for teen runners at the schools who need financial assistance. Lanny and Stacy organized a game night for this month.

With so much going on, I think it's important to introduce or reintroduce yourself to a newcomer, or to someone you haven't chatted with in a while. At the track, on the roads, in the forest, or even around town...say hello, ask how they're doing, engage with each other on a personal level to make the most of what we've got going with each other. The relationships we foster and nurture are more important than any time you run or placing you achieve.

Got something on your mind about HOTV, or anything else, like world peace? Write to me at [info@hotvrunners.com](mailto:info@hotvrunners.com)

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### READ THIS...Please

**Stuff To Know and Stuff That You Can Do. Meet someone new, strengthen a bond.**

The next social event is

**GAME NIGHT**, March 23rd at Corvallis Community Center at Chintimini Park, 7:00 PM

Bring a game, or just bring your best game face. HOTV is providing snacks and beverages. Find some partners and your favorite game. Want to lose at Scrabble? Come find me!

**ADOPT A PATH CLEANUP** We're keeping the bike path on Country Club Drive and 53rd Streets spotless. The next cleanup will be March 24, 8:00 AM start. All the materials are provided. Meet at the Bi-Mart on 53rd about 7:50. HOTV is buying coffee and bagels afterwards.

**MAC FOREST 15K and 5K, March 2nd.** Not too late to join in!

For those who find 50K a bit daunting, explore the best of the Mac Forest trails in these races in our forest backyard. Proceeds help local youth running and trail maintenance.

For more general information and to register, [click here](#).

**TRAIL FILM FESTIVAL** April 5, Whiteside Theater

Save the date for this second annual (for us) screening. [Tickets available on RunSignup](#), just like last year. Great images, poignant themes, a community event. It's gonna be good...again!

Big thanks to Madi Nones for taking on leadership. Contact me at [info@hotvrunners.com](mailto:info@hotvrunners.com) if you'd be interested in preparing/donating a baked good for an intermission raffle prize. The evening will be a great way to be inspired for.....

**CORVALLIS HALF MARATHON,** April 6...**HOTV DISCOUNT!**

There is a 15% discount for HOTV runners in this year's edition of the classic race around town. Use HOTVCHM2024 to cash in. [Click here for general info, registration, and a great pic of Craig](#). Thanks to Tyler Childers for offering this discount.

[Prices go up March 1, so lucky you if you are reading this on Leap Day.](#)

If you want a training plan, check out the [HOTV workout page](#).

**RUN FOR THE HILLS** always the first Sunday in June.

It's not too early to sign up to help. Contact Chris Cotton at [racedirector@hotvrunners.com](mailto:racedirector@hotvrunners.com)

It's not too early [to register](#) to run the 30K, or the half, or the 8K. Always great fun.

**TRAIL WORK OPPORTUNITY,** 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 Monday morning, 8 am to 12 noon work party.

**VOLUNTEER FOR THE OSU PNW INVITE** March 16, at Whyte Stadium at OSU

Meet officials and volunteers are needed for the long jump event, from raking pits to helping with measurements to working the timing clock. No experience required. No one will be put in a

high pressure situation. Contact Clint Morrison at [morrc@peak.org](mailto:morrc@peak.org)

### **THINKING ABOUT HOOD TO COAST ALREADY? HERE'S AN OPPORTUNITY.**

A coed team needs three members, either 2F and 1M or 2M and 1F. Led by a veteran team captain. Call Laura King at 541-760-2109 for more details about the team and logistics and training.

### **.....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 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.

#### **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 March 10th. Look for info on the Facebook group page, or contact Biz directly at [biz@hotvrunners.com](mailto:biz@hotvrunners.com).

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

- **Something to consider:**

[The surging mile repeats](#). Make sure to adapt this to your fitness level, maybe only 2-3 instead of the recommended 4-6. Do you have to do them at the track? No way.

- **Something fun to look at:**

[Something inspirational](#). It's about elite athletes and folks like us.

- **Here's a really tender one. Also about us!**

[Check it out](#).

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## **Heart of the Valley Runners**

**Corvallis, OR**

The Board: Gerhard Behrens, President; Gina Cavanaugh Secretary; Miranda Funk, Treasurer. At large: Stacy Braff, Lanny Braff, Angie Gallagher, Meghan Canfield, Biz Stamm, Chris Cotton, Tony Franklin, Madi Nones, Edward Settles. Get in touch at [info@hotvrunners.com](mailto:info@hotvrunners.com)