



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

November 2023 Newsletter

From the Editor: Warm running weather

For those of us who got out last weekend for morning runs, adopt-a-path clean up, or even taking out the trash, it was pretty darn cold. However, the company, camaraderie, conversations, cooperation, and courage of being on a group run or participating in a group workout make these outings warm occasions of good feelings and personal satisfaction. Thanks to all of you who make our weekly runs a joy.

READ THIS...Please

Stuff To Know and Stuff That You Can Do. It's the most wonderful time of year.

...GETTING INVOLVED IN THE CLUB AND COMMUNITY...

HOTV COMMUNITY GRANTS FALL 2023. Scott Leonard handled advertising and coordinating grant requests from the Corvallis area. The board voted to fund the following programs:

- *Adams Elementary's Adams in Motion run/walk program, now in its 15th year...to restock swag and supplies. AIM is spearheaded by Lynn Roylance, longtime club member
- *Bessie Coleman's run/walk program...to rebrand their swag due to the school's name change
- *Ashbrook Independent School...to kickstart their elementary run program and cross country team, and to begin a track program for the spring
- *Crescent Valley High School XC...to help re-establish a chip path on their campus for safer and more efficient cross country practice sessions.
- *Boys and Girls Club...to support their long-running track and field program in the spring
- *Corvallis High School...to join in the community fundraising for a new scoreboard (that will also accommodate track and field displays!)

As they say in the public works business, "Your tax dollars at work." We hope to be a positive force in the community for fitness and fun.

JOIN THE HOTV BOARD for 2024. Want to be part of HOTV's leadership cadre? We meet once a month on the second Monday at 6:00. Contact Gerhard at info@hotvrunners.com if you have questions. All board meetings are open to anyone interested.

ADOPT-A-PATH CLEANUP IN OCTOBER. A hearty group of ten club members braved a COLD Sunday morning (bad planning on my part) and gathered trash along the paths, streets, and parks from the 53rd Bi-Mart to Country Club Blvd to Starker Park. Next one in late January.

SATURDAY RUN LEADERS: HOTV Saturday outings are now about 2 years in the running! Gerhard Behrens, Judi Saam, Stacy and Lanny Braff, and Jennifer Ringo have been faithful leaders of each weekend's offering. However, life gets in the way and we can always use a few more folks who can be a run leader for a morning gathering. Duties entail greeting runners, reviewing the course, facilitating pace groups and partnering, and just making sure everything is copacetic. Speed is not a requirement, just a willingness to be a welcoming and informative leader. Contact Gerhard at info@hotvrunners.com

NORTHWEST MIDDLE SCHOOL CROSS COUNTRY SHOWDOWN VOLUNTEERING. Mike Hare and Clint Morrison helped wrangle traffic in this annual meeting of close to a 1000 Runners at Avery Park. HOTV is also helping Linus Pauling's off-season run program.

RESOLUTION RUN , 1/1/24, subcommittee volunteers needed

Help Gerhard organize this HOTV/Corvallis Community tradition: a free 5K and 2K to start the year with a fit and friendly event. Contact Gerhard at info@hotvrunners.com

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, to make this a group effort. Thanks to Angie for taking the lead on the October 14th running field trip to Silver Falls.

...UPCOMING IN NOVEMBER AND DECEMBER, SO PLAN AHEAD...

An informal event among many HOTV members has been the Preemptive Strike on Thanksgiving Calories, or the PSOTC. Folks gather at Peavy Arboretum at 7:30 for a jaunt on the trails. There are those going 4, 6, 8, or more miles. Show up and have a good time.

A more formal event is the city's Turkey Trot at Osborne Aquatic Center. Like most T-day events, this is a fun way to start the festive weekend AND to support the city's recreation budget. [Check out all the details here.](#)

.....ONGOING.....

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 November 12th. Look for info on the Facebook group page, or contact Biz directly at 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 the club website to make sure you [sign a waiver](#) for the group runs of your choice. The waiver is good for all of 2023 for that particular run.

And your reward for reading to the bottom...

- **Something to consider:**

[Fartlek ladders](#). I love this because you can do it anywhere without the intensity of a track workout and set distances. Maybe I've posted this before, but it's a good one.

- **Something fun to look at:**

A [highlight film of the 2018 NCAA XC races](#). Ancient history, but a great clip of running hard.

- **A quick view of a great 400 meter finish to a 4 X 400 event. Yowza**

[As my mother-in-law would say...strong, powerful, women.](#)

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.
Get in touch at info@hotvrunners.com