



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

## November 2024 Newsletter

**From the Editor: Changes in the Air, and Wind, and Rain**

No doubt, we're all pulling out our tights, rain jackets, gloves, hats, and layers of tech shirts. Everyone's gonna get their headlamps charged up as well for the darker days ahead. Other changes include my departure from club leadership and this award-winning newsletter. Mary and I start our "grandparent sabbatical" in Ann Arbor, MI in January with May Mogen, cutest baby in the Northern Hemishpere. Madi Nones will take over the newsletter; Lanny Braff will lead the club and board as president. What will not change is the shared vision of the board and membership that is stated at the top of the page....read it again!

The club is looking for someone who has a marketing bent to give more life to our Facebook account, to revitalize an Instagram presence, and to work with Discord as a communication tool among members. Interested? Intrigued? Energized? Excited? Contact Lanny Braff at [social@hotvrunners.com](mailto:social@hotvrunners.com) for the social media work; and Biz Stamm at [bizstamm@gmail.com](mailto:bizstamm@gmail.com) about Discord; or come to the next board meeting on Dec 11th at 6pm. Contact [info@hotvrunners.com](mailto:info@hotvrunners.com) for the location. We also need a photographer for big club events like the Resolution Run, All Comers Meets, Run for the Hills, Fall Festival Runs, and social gatherings. Contact Stacy at [stacy@hotvrunners.com](mailto:stacy@hotvrunners.com)

Finally, another update on [Sole Support](#). We have now given out more than 50 pairs of shoes to local middle and high school athletes, as well individuals at a local residential therapy and drop-in centers. All that on top of another \$5k donated to local schools and the Boys and Girls Club during our [Fall Grant Cycle](#). And all that done without an increase in dues since our 2008 inception. With Giving Tuesday coming up on Dec 3rd, consider a donation to the Sole Support Fund.

We have a dynamic club. We have energetic and motivated members. Send ideas or comments to the board at [info@hotvrunners.com](mailto:info@hotvrunners.com) or talk to a board member at a group run. Thanks, everyone, and let's keep it up.

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

### **Adopt-a-Path Clean Up**

**Our ongoing help to the local paths was held on Sunday, Oct 20th. We met at the Bi-Mart on Philomath and 53rd and cleaned the paths on 53rd to Country Club, and Country Club down to Starker Park. Next clean up will be in February. HOTV buys coffee for all volunteers after. All tools provided.**

## An Amazing Film Festival Screening

The Corvallis Environmental Center is hosting the [2024 Wild and Scenic Film Festival](#) at the Whiteside Theater on Thursday, Nov. 14th (doors open at 6:30 pm, and films run from 7-10 pm). The Wild and Scenic Film Festival inspires environmental activism and a love for nature through film. This year's film program will share jaw-dropping footage of the Mt. St. Helen's explosion, introduce inspiring defenders of our planet, travel to Indonesia to ride an unforgettable wave, and feature imagery and stories from many other people and places from around the world.

[Tickets are available online](#) and at the door.

Block 15 beers, 2 Towns cider, and Wine will be available for purchase.

## 2025 Resolution Run

Start planning to spend your New Year's Day in a fun, friendly, family-oriented, fitness-filled way. It's our 16th Annual FREE 5K and 2K. Run, walk, or volunteer.

[Click here for all the details to run or volunteer.](#)

## Corvallis Half Marathon and HOTV

The CHM is offering a discount to all club runners for the April 2025 edition. When you [register at their website](#), use HOTVCHM2025 for the surprise discount! Consider volunteering if you won't be running this Corvallis classic.

## Girls on the Run

This program has been around in the valley for a long time, but Corvallis is now restarting the program for local girls and young women. [Go here to find out more about GOTR.](#) Interested in volunteering or have more questions?

Contact Emilee at [Emilee.Anderson@gotroregon.org](mailto:Emilee.Anderson@gotroregon.org)

## *Help out 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, 12 PM to 4 PM work party.

.....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. 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 November 10th. 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:**

After an appropriate warm up:

[The Mona Fartlek](#), used by world class and neighborhood runners alike. Do it on the roads or the trails. Break up your runs with these bouts of speed play.

- OK, OK. It's an add for ON running shoes, but [it's still a cool minute of running clips and motivation](#).
  - [Lot's of good clips here](#), road, track, and trail....and some ridiculous, over-enthusiastic soundtrack.
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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)