



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

October 2023 Newsletter

From the Editor: Fall Festivities

Apologies for a second newsletter, but this is the real one due to a technical glitch on my part that was not fixable until today.

Chris Cotton can finally rest easy with the completion of the Fall Festival. That bookends the summer with the Run for the Hills and the 40-somethingth annual event. He's done the lion's share of keeping the event going this year especially with OSU kicking us off the campus for student move-in day...a first in the 40+ decades. Kudos, too, to Stacy and Lanny Braff for organizing all the volunteers for the start/finish and the two courses we designed.

A Fall Festival anecdote you should know is that Shirley Shaw, local running legend, ran this event in 1988 with her one-year old son, Chad, in a stroller. This year, Shirley ran with Chad again as he pushed his one-year old daughter in a stroller. That's pretty cool.

I'm in Southern California on mother in law duty/privilege and strolled into a Home Depot for some mother in law's home items. I was assaulted by both Halloween and Christmas decorations so I can safely say, "It's the most wonderful time of the year." And it is, for crisp mornings and cool afternoons and XC meets and bucolic trail runs. Hope you get to enjoy this most wonderful time of year. Check out the HOTV offerings below.

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...

NORTHWEST MIDDLE SCHOOL CROSS COUNTRY SHOWDOWN VOLUNTEERING, 10/12, 3-5

Almost a thousand middle school athletes descend on Avery Park for a classic XC race through the park: falling leaves, muddy terrain (sometimes), tight turns, starts and finishes on a huge grassy field. Coulter Rose, head coach at Linus Pauling MS and longtime HOTV member, could use help that day, especially with parking controls before the races start. Please consider contacting him at coulter.rose@corvallis.k12.or.us or volunteering at [volunteer sign-up](#).

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.

...UPCOMING IN OCTOBER, SO PLAN AHEAD....**CONDOR RUN, race or volunteer, 10/8/24 in The Mac**

[Check out the website](#) for details on the 10th annual event!

SILVER FALLS FIELD TRIP, 10/14/24 at the State Park

Contact Angie, angiekin97330@gmail.com for more info on rides, routes, and festivities after.

ADOPT A PATH CLEANUP, 10/29/24, Sunday.

Meet at the Bi-Mart on 53rd and Philomath Blvd. It's about an hour of trimming and picking up trash. It's another event in the service part of our mission. The first event went well with 6 volunteers. Join in. Coffee at Imagine afterwards, on the house!

.....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 September 10th. 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:**

[Two minute fartlek reps](#). I love this because the intervals keep coming in manageable bits.

- **Something fun to look at:**

[Goosebumps anyone?](#) It's about elite athlete and folks like us.

- **A quick homage to cross country season**

[More goosebumps?](#)

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