



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

## October 2024 Newsletter

### From the Editor: The Run Year ends for HOTV

CFOs have a fiscal year. There is the calendar year. Gardeners think of the growing year. HOTV just finished the Run Year: Resolution Run, Run for the Hills, Community Track Meets, and the Fall Festival Runs. Kudos to the race directors, volunteers, and runners who make all these possible. Our most recent effort was magical: a big crowd, great weather, an energetic team of volunteers, and supreme organization from Chris Cotton and Tony Franklin. Within the year, we've also launched Sole Support, HOTV's effort to provide free shoes to middle and high school athletes who need some help. Over 30 shoes have been given away. The Fall Grant Program also helped local youth from elementary to high school. ([check this link](#)). A continued thanks to run leaders who keep our 5-day-a-week group runs vibrant ([check this link](#)). Stacy and Lanny organized a delightful Family BBQ at the beginning of the month, and have more social events on the horizon.

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**

**The Fall Festival Races**  
**Another fabulous events. THANKS to runners and volunteers.**

**The Condor Trail Run, another Fall Classic**  
**Registration is closed, but you can still volunteer.**  
**All info is right here. The Condor is the final race in the Corvallis Trail Series.**

## 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)

## Adopt-a-Path Clean Up

Our ongoing help to the local paths resumes on Sunday, Oct 20th. We meet at the Bi-Mart on Philomath and 53rd and clean the paths on 53rd to Country Club, and Country Club down to Starker Park. Let's meet at 8:00 AM. Clean-up takes about 90 minutes and HOTV buys coffee for all volunteers after. All tools provided.

## *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, 8 am to 12 noon 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. 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 October 13th. 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:

On the track, 600, 400, 200 with a short 1 minute break between each interval. Four sets with a 400m rest jog.

On the roads: 3 minute, 2 minute, 1 minute with 1 minute rest between the intervals and 3 minutes between the sets. 5K pace or better. Make sure to cool down.

- Here's a reminder to beginners and elites alike to keep your running peppered with some speed, some hills, some easy stuff...plus the British accent proves it's legit. [Click here.](#)
- Here's a reminder about drills you can do to become more efficient. [Click here.](#)
- Here's a short doc about NALA, a Kenyan women's running team. [Click here](#)

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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)