



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

September 2023 Newsletter

From the Editor: Group Effort

The title has so many applications. Stacy and Lanny Braff led the charge on the summer picnic at Willamette Park in August, but it was a group effort that pulled off the whole thing. Chris Cotton is leading the charge for the Fall Festival Runs, but it's going to take a group effort to pull off the whole thing. We have run leaders for M, T, W, Th, S, and some Sundays, but it's a group effort that pulls off these offerings.

There is also the group effort we experience at the track, on the roads, or up in the trails. Last week, I was either chasing Stephanie, or she was coming up from behind. I ran faster (and she did too). A few Saturdays ago, Parker nudged up the pace and I ran a negative split that morning. I bet we all have stories about a faster, smoother, or more satisfying run because of the group effort.

I hope you find a place where that happens for you.

READ THIS...Please

Stuff To Know and Stuff That You Can Do. Group Effort needs and opportunities

[...GETTING INVOLVED IN THE CLUB AND COMMUNITY...](#)

FALL FESTIVAL 10k, 5k, and 1k: September 24, VOLUNTEERING:

Contact Chris Cotton at racedirector@hotvrunners.com to get yourself involved. Or, go straight to the [volunteer sign-up page](#). This is a biggie, a required group effort to pull off all three races.

WEDNESDAY NIGHT TRACK WORKOUT LEADERS NEEDED:

Mitch and Shannon have a bundle of joy in their home, so they are going to need someone to take on a co-leadership role as they adapt to the joys of parenting and sleep deprivation. Contact Mitch at springer.mitch@gmail.com or Gerhard at info@hotvrunners.com with questions and/or your desire to help out.

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

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.

TYEE WINERY, fun run/walk AND tasting, 10/21/24

The October newsletter will have final details but plan for a beautiful fall afternoon at this historic farm, orchard, vineyard, and winery.

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.

FIFTH SATURDAY RUN ON SEPTEMBER 30th:

This one will be in town, so check in with Facebook for the location. It's usually meets at the Super 8, at the bike path, 7:30 am start.

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:**

Three is the Magic Number. Schoolhouse Rock, anyone? Check out this simple but effective workout for the track, roads, or trails.

- **Something about the mental aspect of running:**

Billy Mills winning, in a HUGE upset, the Olympic 10,000 m

- **Something fun to look at:**

This gave me some goosebumps Maybe you, too?

This clip is a longer version of the same race.

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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