



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

September 2024 Newsletter

From the Editor: The Classics

On the heels of an active summer, we head into some Fall Classics. Thanks again to Lanny and Stacy Braff for organizing the Sep 8 Family BBQ (info below). Thanks to Chris Cotton, Lanny Braff, and Tony Franklin for taking the lead for the Fall Festival. (info below). Thanks to Scott Leonard for heading up the Condor 25K Trail Run (info below). Thanks to Meaghan Canfield for taking on the responsibility for our very active Grant Program including the Sole Support effort, both of which support youth running in the greater Corvallis area ([check this link](#)). Thanks to run leaders who keep our 5-day-a-week group runs vibrant ([check this link](#)).

We have a dynamic club. We have energetic and motivated members. Send your ideas to the board at 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**

**Calling all members, families, and friends to the HOTV BBQ
Summer is not done yet.**

**Join in Sunday, Sep 8th between 1-5 PM at the Thompson Shelter in Avery Park.
HOTV will provide food to grill, beverages, music, and games for the kids.
If possible, bring a side dish to share.**

***Please RSVP as soon as possible to Stacy and Lanny via email at
social@hotvrunners.com so we can anticipate food and beverage purchases.
Please let us know if you have any dietary restrictions/preferto bring.
Please let us know what side dish you plan .***

[All the information is at this link](#)

The Fall Festival Races

A classic for 45 years. [EVERYTHING you need to know is at this link:](#)
Race registration for the 5k, 10k, and Kids 1k. Volunteer opportunities. Course maps. Put this on your running calendar in some way. You don't want to miss it!

The Condor Trail Run, another Fall Classic

The 11th annual running of the Condor 25K race will take place Sunday, Oct 6th at 9:00am in Peavy Arboretum. Early start at 8:00am for those expecting to finish the race over four hours. This is a community race with a very reasonable price of \$60, with no price increase before race day, with proceeds that benefit youth running. Prize money for overall M/F and master M/F winner.
[All info is right here.](#) The Condor is the final race in the Corvallis Trail Series.

Condor Trail Run Training Plan

[Here is the plan](#) from Biz on preparing yourself for this fall trail classic, still 5 weeks to get ready. There are opportunities to join others each weekend, so read carefully and pay attention to Facebook invitations to join in.

Ongoing volunteer opportunity 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 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 June 9th. Look for info on the Facebook group page, or contact Biz directly at secretary@hotvrunners.com.

And your reward for reading to the bottom...

- **Something to consider:**

On the road, on the trails, or on the track, after an appropriate warm up:

1 min hard, 30 seconds easy; 2 min hard, 1 minute easy; 4 min hard, 2 minutes easy. Try that sequence 3, 4, or 5 times based on your fitness and desire. Make sure to cool down.

- Here's a reminder of an amazing Olympic performance: [Cole Hocker in the 1500](#).
- Here's a reminder of getting out there on the trails: [Trail highlights](#).

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