



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

## June 2024 Newsletter

### From the Editor: We all make a difference

Chris Cotton took on the lion's share of making this year's Run For the Hills a complete success, including holding the atmospheric river at bay for quite a while. But, plenty of others made this event happen. Lanny Braff organized the small army of volunteers, and those volunteers did all kinds of things to make these 4 races and the after-party go off smoothly: aid stations, course monitors, registration folks, packet pickup, serving food, setting up the course, pouring drinks, moving stuff...A glorious day of enjoying running and the running community.

The Middle School Meet of Champions, similarly, went off as professionally due to the volunteers from around the community that kept EVERYTHING running smoothly.

We need a similar "all hands on deck" for this month's [Community Track Meets](#) on June 12 and 26th. Timers, measurers, long jump pit rakers, keeping kids in line, registration....are all necessary to ensure this is a fun and family friendly and somewhat competitive event. AND, we want HOTV runners to get out there and challenge themselves and each other on the track! Run the mile, sprint the 400, do a long jump attempt or two, join in a relay. At worst, you will be sore the next day. At best, you get bragging rights. For sure, it will be fun.

A reminder that the Monday Motivation run has a Reboot Run subsection for folks just starting out, or starting out again. At the track, you'll be given a workout that will meet your abilities and you are never left behind thanks to the oval! On a Thursday or Saturday Run, you'll find support and company for any distance and any pace you want to go. Join in.

A reminder about our [Sole Support Program](#), in conjunction with local races, that gives free shoes to athletes from families who need extra help with the cost of high-quality shoes. So far, coaches have referred 8 athletes to Five Star for high quality training gear. Go to the [website link](#) to learn more and consider making a donation that goes beyond your dues. a

Finally, 16 individuals participated in a high level Wilderness First Aid training class, partially underwritten by HOTV, and organized by Chris Cotton. These folks learned how to take care of a mishap if help is not readily nearby.

Check out how you can be involved by reading below.

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

*Our next community/club event in June...*

**COMMUNITY TRACK MEETS, June 12th and 26th at Corvallis High School Track,  
6:00 PM**

Both evenings give the community a chance to experience the fun and friendly competition of a track meet. The 12th features an additional challenge to all HOTV members for exactly that, head to head fun and friendly competition for some bragging rights. Want to volunteer? Contact Gerhard at [info@hotvrunners.com](mailto:info@hotvrunners.com) or just show up and offer your help.

*Fifth Saturday Group Run will be at ....*

Lebanon's Santiam River Trail and Cheadle Lake Trails.  
That's June 29th, meeting at Hazella Bakery in Lebanon, for a 7:30 start.  
It's also ending at the bakery for INCREDIBLE baked goods.  
Contact Miranda at [treasurer@hotvrunners.com](mailto:treasurer@hotvrunners.com) with questions.

*Adopt a Path Clean-up on....*

Sunday, June 30th, meeting at the Bi-Mart on 53rd and Philomath Blvd.  
We start at 7:30 and finish about 9:00.  
HOTV springs for coffee and a bagel after our hard work.

*Join a fun and trail filled weekend at Crescent Lake, July 13th and 14th*

Board Member and leader of the Monday Motivation run, Tony Franklin, is offering his cabin at Crescent Lake for a running weekend with chances to hike, paddle, and just hang out in this idyllic spot. All the information about the trip, the trails, the logistics, the possibilities [can be found at this link](#).

*The return of the beloved....*

**BARREL TO KEG RELAY, from Harris Ranch to Newport Oregon.  
July 13th**

**Get all the details about team size, distance, start times, course...[HERE](#)**

*We are hoping to host a running-related activity at...*

**Open Streets, July 21st**, our city's efforts to get folks moving in a friendly and safe environment. Look for info about getting involved in the next newsletter.

*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.

*Looking further ahead to the...*

**SCANDIA RUN in Junction City**

**CORVALLIS FALL FESTIVAL, September**

**CONDOR 25K TRAIL RACE, October**

.....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:**

Straight up 1000s. Run these at the track (2.5 laps) or think of your realistic 10K time and divide by 10 for an interval. Take 2 minutes between each 1000. Try 4 to 6 sets

- **Get excited to run at the Community Track meets.**

[Go to this video for the men's mile at the Prefontaine Classic.](#)

[Go to this video for the women's electric 800m.](#)

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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)