

Hey there, UO Running Club - (Sunday, October 20, 2019)

Lots of new information today! Please glance through the bullets below, then see what applies to YOU...

- The travel roster for NIRCA Pacific Regionals is below.
- Magda will contact our Regionals runners about how to enter! 'Gotta be this week.
- "Run with the Duck" is next Friday at 4pm...a free 5km road race.
- We have medical trainers.
- No more Tuesday 7am sessions due to lack of attendance.
- Kilometer repeats this Tuesday afternoon...

Info...

- Eric Beyerle ran 26:00 for a challenging 8km course yesterday in Portland.
- 90 runners have shown up for at least one of our 3pm runs this fall.
- 21 of us went up the McKenzie on a day trip yesterday.
- Jess Otto has a pair of size 8 1/2 adidas shoes for you, lightly used. Free!
- The half-marathon is just FIVE weeks away...

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NIRCA REGIONAL TRAVEL ROSTERS

Here are our travel squads:

Women -

Savanna Salmons

Mia Yerton

Kirsten Meyer

Magda van Leeuwen

Anna Geffen

Marin Nagle

Marika Tammaru

Anna Maré

non-traveling alternate: Hannah Lewack

Men -

Eric Beyerle

Robert Pedersen

Blake Hayes

Owen Serricchio

Matt Salminen

Skyler Forman

Wolf Seifer

Ben Switzman

Bretten Farrell

Dylan Cuatt

Diven Naidu

Riley Farrell

non-traveling alternate: Vadim Pelavin

The two coordinators and I picked the squads based on season's performances, more men than women based on race attendance.

*Magda will contact the our entrants by email and explain the registration procedure which you must complete this week.

The NIRCA Pacific Regionals is in San Francisco. Trip is Friday, Nov 1 thru Sunday, Nov 3...in two vans.

It's a cross country race vs other Clubs like ours, on a challenging hilly course at Crystal Springs in Belmont CA. You MUST have paid the \$50 Club fee for the whole school year before the trip.

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"RUN WITH THE DUCK" FRIDAY AFTERNOON, OCT 25!

- Homecoming 5km road race right next to campus. 4pm start.
- Free entry until 10pm the day before...for everyone. \$15 on race day.
- Starts at Riverfront Park (just past the railroad trestle on Agate Street near the footbridge)
- Everyone's doing it! Wear your Club singlet if you have one!
- Last year it was short. This year, who knows?
- Enter at:

[https://urldefense.com/v3/__http://www.eclecticedgeracing.com/run-with-the-duck.html__;!5W9E9PnL_ac!Q4l4lMtszfpL6yW2GEucIjAb2bydeuhEXPx-2Uj07kKWpt9m43kOepdqxtam_PKf9w\\$](https://urldefense.com/v3/__http://www.eclecticedgeracing.com/run-with-the-duck.html__;!5W9E9PnL_ac!Q4l4lMtszfpL6yW2GEucIjAb2bydeuhEXPx-2Uj07kKWpt9m43kOepdqxtam_PKf9w$)

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MEDICAL TRAINERS

Club Sports provides athletic trainers, Mary-Grace Testa and Sydney Leverett. Free, no appointment needed. They are in the Student Rec Center in room #6. Enter through the front door of the rec on 15th Avenue, go past the desk, then turn right and go to the end of the hall, last door on the right.

Open hours-

Mondays: 2:00-3:45pm

Tuesdays: 2:15-4:00pm

Wednesdays: 2:00-4:30pm

Thursdays: 2:30-5:00pm

They're good!

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YOU MUST REGISTER BEFORE YOU RUN WITH US... (same as last week)

Do this before you show up to run with us:

1. Go to:

https://urldefense.com/v3/__https://orgsync.com/login/university-of-oregon__!5W9E9PnL_ac!Q4l4lMtszfpL6yW2GEucIjAb2bydeuhEXPx-2Uj07kKWpt9m43kQepdqxtYJDvuAPAS > and log in with your Duck ID

2. Search "Running Club" and go to the home page

3. Click "Join Now" in the right hand corner

4. Click the subtitle "Forms"

5. Select: REGISTRATION-Club Members 2019-2020

6. Begin form.

It's a very quick sign up. 'Gotta do it to run with the Club.

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CROSS COUNTRY SCHEDULE (same as last week)

Our schedule is a mess because of some late date changes...

Saturday, Nov 2, NIRCA Pacific Regional, Crystal Springs, Belmont CA

Friday, Nov 9, Beaver Classic, Crystal Lakes Sports Fields, Corvallis

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\$50 ALREADY?

Ten of our runners paid the Club yearly fee last week. Thank you! 34 runners have now paid:

Anna Maré, Riley Farrell, Bretten Farrell, Caela Fenton, Magda van Leeuwen, Kirsten Meyer, Champ Davis, Marika Tammaru, Abbigail Hepperle, Sophia Somerscales, Eden McCall, Benjamin Switzman, Zoey Bailey, Eric Beyerle, Diven Naidu, Jack Evans, Skyler Forman,

Ethan Hass, Paul Lord, Hannah Lewack, Abbie Luegers, Amelia Heckman, Spencer Page, Quentin Chou, Aaron Moskovitz, Lindsay Villano, Maryam Moghaddami, Savanna Salmons, Vadim Pelavin, Maia Elliot, Blake Evans, Dylan Cuatt, Evan Kwiecien, Chris Howard.

We accept cash, and checks made out to "UO Running Club". Online, you can go to our website <uorunning.com>, then click on "donate" in the upper right corner. It would be a donation through the UO Foundation...we are listed there as the Club Sports Running Fund. Tell me if you pay through the Foundation! It makes you a university donor!

Thanks to all thirty-four!

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FALL TERM WORKOUTS: WEEK #4...NO 7AM SESSION ON TUESDAY

*Monday, October 21: 3pm -- meet on Gerlinger field for aerobic run or field conditioning...plus abs, planks, barefoot strides.

*Tuesday, October 22: 3pm -- meet at Gerlinger field for a warmup jog to Amazon Trail and:

4-6 x 1000m (race pace) with 2:30 jog-walk recovery

*Wednesday, October 23: 3pm -- meet at Gerlinger field for aerobic run or field conditioning...plus strides, abs, planks.

*Thursday, October 24: 3pm -- meet at Gerlinger field for aerobic run or field conditioning...plus strides, abs, planks. How about a short tempo run, 10 minutes?

*Friday, October 25: 3pm -- meet at Gerlinger field for a relaxed, end-of-week run or field conditioning or a tempo run or hills in Hendricks Park to get ready for Crystal Springs. Or...

4pm -- Run with the Duck 5km road race!

*Saturday, October 26: On your own, do an exploring run.

*Sunday, October 27: Go long or take a nap, then consider studying. How about Eric's long run at 8am from the front of old Mac Court?

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WHERE IS GERLINGER?

Gerlinger Hall is the old brick building near the corner of 15th and University Street. We meet at the corner of the building closest to Gerlinger Annex which is a much newer building. Both are next to the grass field. You'll see us!

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END OF FALL HALF-MARATHON (same as last week)

There's a half-marathon in Eugene on Sunday, November 24. Many of our Club runners have used it as an end-of-the-term goal. There are also cheaper 10km and 5km road races the same day. There's a course change because of bike path re-routing...

Link is here:

[https://urldefense.com/v3/__https://runtostaywarm.com/__;!5W9E9PnL_ac!Q4l4lMtszfpL6yW2GEucIjAb2bydeuhEXPx-2Uj07kKWpt9m43kQepdqxtY6pVgzkg\\$](https://urldefense.com/v3/__https://runtostaywarm.com/__;!5W9E9PnL_ac!Q4l4lMtszfpL6yW2GEucIjAb2bydeuhEXPx-2Uj07kKWpt9m43kQepdqxtY6pVgzkg$)

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ROAD RACES HERE (same as last week)

Check this link to road races in our local area:

[https://urldefense.com/v3/__http://www.eclecticedgeracing.com/race-calendar.html__;!5W9E9PnL_ac!Q4l4lMtszfpL6yW2GEucIjAb2bydeuhEXPx-2Uj07kKWpt9m43kQepdqxtYCzMwoRg\\$](https://urldefense.com/v3/__http://www.eclecticedgeracing.com/race-calendar.html__;!5W9E9PnL_ac!Q4l4lMtszfpL6yW2GEucIjAb2bydeuhEXPx-2Uj07kKWpt9m43kQepdqxtYCzMwoRg$)

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`See you,
Tom Heinonen
coach
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