

(-; Summer, Butte, Hayward, run! ;-)

Hey there, UO Club runners — (Saturday, June 22, 2019)

We saw a half-dozen of our seniors last Monday morning at the graduates' parade on 13th Avenue. Congratulations, all! You've moved on from Club runners to Club alumni...you know what that means! You'll eventually be Donors!

Our summer running starts this Monday, June 24. 8:00am at my house!

We've started our list of newcomers too...five new members so far...more coming!

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HAYWARD FIELD UPDATE

The metal structure of the second deck is going up on the west side. You can see that there will be about eleven rows of seats above the 100m starting line, plus the nine rows in the lower deck. Four of the arched roof supports are up. They've started on the east side too.

The square track around the tennis courts is being resurfaced by Beynon, the company that's resurfaced the Hayward track several times. The IAAF must have approved the square track for warmups. Earlier it seemed that the square track and the tennis courts would be removed.

If you're out of town all summer, you'll be shocked by what Hayward looks like when you return in the fall!

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RUNS IN EUGENE?

Our summer runs begin on Monday, June 24, at 8am from my house at 1012 E. 21st Avenue on the corner of 21st and Harris. I'll ride my bike.

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ALL-COMERS TRACK MEETS: WORK, RUN?

The Oregon Track Club all-comers meets start this coming week at Lane CC, kids on Wednesday evenings and adults on Thursdays. I officiate the 7-8-9 year olds' long jump

on Wednesdays and I'll ask for your help if you are in town. It's fun! "No experience needed." Long jump starts at 5:30pm. There's an LTD bus which runs on Patterson/Hilyard to LCC every hour. It's free with UO ID card. You can take the bus which arrives right at 5:30pm, then come straight to the track! Let me know you're coming...text 541-954-0263 or email me at <heino@uoregon.edu>.

If you want to race, the adults' meet includes 800m, 1500m, a joggers' mile (any pace is okay!) and a distance race (usually 3000m and 5000m at the same time). Entry fee is \$5. Register at the meet.

First meets are this Wednesday, June 26, and Thursday, June 27.

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NEWCOMERS TO RUNNING CLUB

Here is our first list of five new Club members:

Torrey Platenberg
San Dieguito Academy, Encinitas CA
<torrey92024@icloud.com>

Justin Schmidt
Fountain Valley HS CA
Justin Schmidt <justinschmidt28@gmail.com>

Bretten Farrell
Chico HS CA
<brettenf@uoregon.edu>

Riley Farrell
Chico HS CA
<rfarrell@uoregon.edu>

Diven Naidu
Oak Hill HS, Eugene OR
Diven Naidu <diven.naidu@oakhillschool.net>

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REST? RUN? (same as last week)

If you had a full season of competition this spring, you might have already taken some time off. Complete rest is fine, but light, relaxed running is okay too. There is still time for some recreational running before you start a buildup for autumn. You can wait until July 1 before you start a progression for cross country.

I'll have some specific distance running ideas in July.

If you are a sprinter, look for some really fun activities to get you outside and busy this summer. There must be a team or group which meets often in your town. Join up!

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BUTTE-TO-BUTTE! (same as last week)

If you'll be in Eugene this summer, look into the Butte-to-Butte 10km road race on July Fourth! There's a 5km race too. As usual, go to <<http://www.eclecticedgeracing.com/>> for details. There a lots of "Toast and Jelly Days" races in nearby towns all summer too. Fun!

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CROSS COUNTRY! (same as last week)

Our first cross country meet DURING fall term is the Willamette Invitational in Salem on Saturday, October 5. We might use this meet to decide if we'll try to go to NIRCA Nationals or go to the USATF state meet in Portland instead.

The NIRCA pacific regional is in the San Francisco bay area on Saturday, November 2. We WILL go to regionals.

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Tom Heinonen
coach

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Respond to <heino@uoregon.edu>. My phone is 541-954-0263.