

# (-; Gerlinger, Willamette, Dellinger, volley ;-)

Hey there, UO Running Club - (Saturday, September 21, 2019)

It's just one week now until fall term starts! Travel safely, we'll see you in Eugene soon! Come and run whenever it fits your schedule. We'll meet at the corner between Gerlinger Hall and Gerlinger Annex this week at 10am. That's up on the grass field near the corner of 15th Avenue and University Street.

We had a few people race this weekend. Diven Naidu ran 8km at the Sundowner Invitational in Monmouth in 30:54. He is first of our freshman newcomers to tackle an 8km cross country race!

At the Prefontaine Memorial 10km down in Coos Bay, Ben Switzman got 5th in 36:27, Dylan Cyatt got 10th in 37:27. Caela Fenton ran 44:42 for 50th (6th woman). There were 606 entrants.

I'm hoping to get a few spotters to help me announcing at the Dellinger Invitational next Saturday. And we have a volleyball match to work next Sunday. Details for both are below.

Willamette entries are due to me by 11am on Monday, September 30. That's the first day of classes before we meet the first time! It's up to YOU to tell me that you want to race! Details below.

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HAVE YOU SIGNED UP FOR RUNNING CLUB ONLINE?

Returning Club members, you received an email from the Club Sports office three weeks ago telling you to sign up for Running Club online for the coming 2019-2020 school year. Do it!

Newcomers, it's time for you to sign up too. Use these instructions from Taylor Howat:

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NEWCOMERS: HOW TO REGISTER FOR RUNNING CLUB ONLINE

Now is the time..

1. Go to:

[https://urldefense.com/v3/https://orgsync.com/login/university-of-oregon\\_!5W9E9Pn](https://urldefense.com/v3/https://orgsync.com/login/university-of-oregon_!5W9E9Pn)

[L\\_ac!XcVE\\_7N1eiJHti1AcVBz7Przk3lyMhEFUai5Ov5I9G39q2JCK8-wsEOD\\_7aAvlisDAS](https://www.duckid.com/registration-club-members-2019-2020) > 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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#### WILLAMETTE ENTRIES!

The first chance to run cross country for the Club is the Willamette Invitational in Salem on Saturday, October 5. Women run 5km, men run 8km.

Entry deadline is 11am, BEFORE our practice on Monday afternoon, Sept 30, the first day of school. You must tell me that you want to race by 11:00am on that Monday! Contact me by texting 541-954-0263 or email me at [heino@uoregon.edu](mailto:heino@uoregon.edu).

You must have signed up for the Club online by then!

The men's race is at 11am, women's race is at 11:50am. There is lots of pavement on the course, some hills and bark chips. Wear flats, not spikes. Your entry fee will be \$10 on race day. We provide van transportation.

The following Saturday we'll have a super low-key race, 5km for both men and women, on Amazon Trail with the OSU Running Club and a few local racers.

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#### DELLINGER HELP?

The Bill Dellinger Invitational is next Saturday morning, September 28, 10:30am, at Pine Ridge Golf Club (formerly Springfield Country Club). 10:30am men 8km, 11:30am women 6km.

Our Club is NOT invited to the meet which is all NCAA Division I teams.

However, I am the meet announcer and can use 3-4 spotters who will watch specific teams and give me info during the races. If you want to help, email me at [heino@uoregon.edu](mailto:heino@uoregon.edu) or text me at 541-954-0263.

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#### VOLLEYBALL FUND-RAISER AND YOU

Ball crew? The rest of the season for our volleyball crew volunteers will be single matches, usually two on a weekend. Newcomers and veterans are welcome!

It starts with a single match next week though, Sunday, September 29, vs Utah at 12:00 noon (11:15am arrival). As always, the first six people who want to work get the spots.

Email me <[heino@uoregon.edu](mailto:heino@uoregon.edu)> or text me at 541-954-0263.

We are the ball crew for the women's intercollegiate team for home matches at Matt Knight Arena. Each match is a \$100 fundraiser for our Club. We can use two newcomers and four veterans at each match. It's kinda crazy and really fun! We retrieve balls during warmup. During the match we roll balls along the sideline and toss a ball to the next server. It's loud.

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RUNS IN EUGENE THE WEEK BEFORE SCHOOL...

Let's meet at 10am Monday through Friday this week at Gerlinger. Steady runs most days, but if you want to do hard sessions, either here in Eugene or at home before you travel, try one or both of these:

Ladder at current XC race pace - 1:00, 2:00, 3:00, 4:00, 3:00, 2:00, 1:00 at race pace, with 1:00-2:00 jog-walk between. That's 16 minutes at race pace...if it's too much for you, eliminate the 4:00 run.

Two lactate threshold runs - how about two six-minute runs with 2:00 jog between? Lactate threshold runs are slower than XC race pace. Training theory says they are at the fastest pace at which you produce lactic acid in your working muscles and clear it at the same rate.

That should get you through until next week when we'll do hill reps on Tuesday in the Masonic Cemetery and 300m strides in the Pioneer Cemetery.

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MC KENZIE RIVER DAY TRIP

Our annual day trip up the McKenzie River is planned for Saturday, October 19. No competition, just a run and some exploring along the McKenzie. It's fun! No home football game that day. Details forthcoming. No sign-up yet. We'll take two 12-passenger vans.

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CROSS COUNTRY SCHEDULE (same as last week)

Saturday, Oct 5, Willamette Invitational, Bush Park, Salem

Saturday, Oct 12, Amazon Trail Open, Amazon Trail, Eugene (5km)

Saturday, Nov 2, NIRCA Pacific Regional, Crystal Springs, Belmont CA  
Friday, Nov 9, Beaver Classic, Crystal Lakes Sports Fields, Corvallis  
Saturday, Nov 16, NIRCA Nationals, Richmond VA  
Saturday, Nov 23, USATF Northwest Regional, Fernhill Park, Portland, 9am

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FALL WORKOUT TIMES (same as last week)

Our fall term workouts will be at 3pm Monday through Friday. Everything is optional.  
On Tuesdays (our "hard day"), there will be a morning time too, yet to be arranged.

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NEWCOMERS FOR THE FALL

We're up to twenty newcomers now. Welcome to Alexandra Bedingfield, Ashley Plummer, Jacob Matyas, and Courtney Sigloh!

Torrey Platenberg, San Dieguito Academy, Encinitas CA, <torrey92024@icloud.com>  
Justin Schmidt, Fountain Valley HS CA, <justinschmidt28@gmail.com>  
Bretten Farrell, Chico HS CA, <brettenf@uoregon.edu>

Riley Farrell, Chico HS CA, <rfarrell@uoregon.edu>  
Diven Naidu, Oakhill HS, Eugene OR, <diven.naidu@oakhillschool.net>  
Sarah Campbell, Lincoln HS, Portland, <campbellsarah26@gmail.com>

Prince Jones, Reynolds HS, Troutdale OR, <princej@uoregon.edu>  
Maia Elliott, Beaverton HS Oregon, <maiaelliott@gmail.com>  
Jaden Barnum, Gladstone HS OR, <jadenbarnum13@gmail.com>

Katrina Andaya, Brent International School, Philippines, kandaya <kandaya@uoregon.edu>  
Riley Chambers, Elmira HS, Oregon, <rchamb11@uoregon.edu>  
Ryan Heise, Livermore HS CA, <rwheise00@aol.com>

Abbigail L Hepperle, UO senior, <ahepperl@uoregon.edu>  
Zoey Bailey, Corvallis HS OR, <zoeybailey2000@icloud.com>  
Kevin Neri, Terra Nova HS, Pacifica, CA, <kevinneri7@gmail.com>

Ethan Rife, UO student, <erife@uoregon.edu>  
Alexandra Bedingfield Mira Costa HS CA, <alalalibee@gmail.com>  
Ashley Plummer, ashleystworld2020@yahoo.com

Jacob Matyas, Boulder CO, <jacob@matyasfamily.com>  
Courtney Sigloh, new grad student, <cysigloh5k@gmail.com>

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`See you,  
Tom Heinonen  
coach  
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Respond to <[heino@uoregon.edu](mailto:heino@uoregon.edu)>. My phone is 541-954-0263.