

# (-; Entries now, Monday holiday 10am, more! ;-)

Hello, UO Running Club - (Saturday, September 28, 2019)

Welcome, all! Classes begin Tuesday! Here are some things to know before it finally starts.

- This Monday, a school holiday, we will meet at 10am, not 3pm, at the Gerlinger field.
- If you want to race the Willamette cross country meet next Saturday, I must know Monday morning!
- Tuesday is a "hard day" workout at 3pm (the hard part is optional). We will have an alternate time...7am!
- We have race shirts for \$25.
- Two volleyball matches for our crews to cover, next Friday night and Sunday afternoon.
- Being a Running Club member costs \$50 per school year.
- You must fill out the online registration form before you run with us.

Details on all...below:

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ENTRIES: WILLAMETTE NOW, PRONTO, REALLY

We have the Willamette Invitational cross country meet in Salem on Saturday, October 5. Entries are due to me by our practice on Monday morning, Sept 30 (before the first day of school). You must have signed up for the Club online by then!

Tell me at Monday morning's run or email <[heino@uoregon.edu](mailto:heino@uoregon.edu)> or text me at 541-954-0263 by 11am. You are not entered until I confirm it!

At Willamette, women run 5km, men run 8km. There is lots of pavement, some hills and bark chips. We run in the "Gold" races, men at 11:00am, women at 11:50am. "The clock for men's races will stop at 40:00 and women's races will stop at 24:00. Finishers after these times will not be in the results." It's competition against NAIA teams, junior colleges, plus club and unattached athletes including redshirting NCAA runners.

It is the highest level of competition we face all season! And guys run 8km.

Entry fee will be \$10 on race day. We have two 12-passenger vans for transportation. A stop at Burger Basket after the race is optional...one or both vans can go straight back to campus! Cal football game is at 5pm so there will be traffic!

These people are already entered:

Eric Beyerle, Jack Evans, Riley Farrell, Josh Gordon, Blake Hayes, Callista Hunt, Kirsten Meyer, Diven Naidu, Vadim Pelavin, Ben Switzman, Marika Tammaru.

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LOW KEY XC ON OCTOBER 12

A week after Willamette we have a 3-mile race with the OSU Running Club here in Eugene on Amazon Trail. No entry fee. It's a good place to start your season or your college career. It'll be late-morning.

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VOLLEYBALL AND YOU

Our Club earns \$100 per match for working as the "ball crew" at UO volleyball matches in Matt Knight Arena. 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.

Next weekend there are two Pac-12 matches:

- Friday, October 4, vs Stanford at 7pm (6:15pm our arrival).
- Sunday, October 6, vs Cal at 1pm, (12:15pm our 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 can use two newcomers and four veterans at each match.

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YOU MUST REGISTER BEFORE YOU RUN WITH US!

Now is the time for both newcomers and returnees...

1. Go to:  
<[https://urldefense.com/v3/\\_\\_https://orgsync.com/login/university-of-oregon\\_\\_!5W9E9PnL\\_ac1Xo\\_aWo4QssH\\_zJ1kLXPD89jW7QVH65SgC8YZzLFsS8x2jJc4CSCPCQiVZzFixbXSKA\\$](https://urldefense.com/v3/__https://orgsync.com/login/university-of-oregon__!5W9E9PnL_ac1Xo_aWo4QssH_zJ1kLXPD89jW7QVH65SgC8YZzLFsS8x2jJc4CSCPCQiVZzFixbXSKA$)> 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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MC KENZIE RIVER DAY TRIP (same as last week)

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)

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

Saturday, Oct 5,	Willamette Invitational,	Bush Park, Salem
Saturday, Oct 12,	Amazon Trail Open,	Amazon Trail, Eugene (3 miles)
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 TERM WORKOUTS: WEEK #1 ...10AM ON MONDAY

\*Monday, September 30, Rosh Hashanah holiday: 10am -- meet on Gerlinger field for aerobic run or field conditioning...plus abs, planks, barefoot strides.

Tell me then if you want to race at Willamette!

\*Tuesday, October 1: 3pm -- meet at Gerlinger field for jog to Masonic Cemetery at 25th and University Street (straight south from the EMU ten blocks to the end of University Street)...and hill workout:

4-6 runs to the top of the Masonic Cemetery hill. Then a jog to the other cemetery, Pioneer Cemetery across from McArthur Court, for 4 x 300m grass strides.

NOTE: alternative workout time on Tuesday is 7:00am at the Masonic Cemetery with your warmup run done! I'll be there...

\*Wednesday, October 2: 3pm -- meet on the intramural field for aerobic run or field conditioning...plus strides, abs, planks.

\*Thursday, October 3: 3pm -- meet at Gerlinger field for aerobic run or field conditioning...plus strides, abs, planks. How about a short tempo run, 10 minutes if you are racing Saturday, longer if you are not?

\*Friday, October 4: 3pm – meet on the intramural field for choice:

- a) pre-race warmup
- b) relaxed, end-of-week run...strides, abs, planks?
- c) field conditioning
- d) tempo run or cruise intervals on Pre's if you didn't do it yesterday.

\*Saturday, October 5: Race at the Willamette Invitational, or...on your own, go for an exploring run.

\*Sunday, October 6: Go long or take a nap, then consider studying. Someone might organize long runs.

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WHERE IS GERLINGER?

Gerlinger Hall is an old 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!Xo\\_aWo4QssH\\_zJ1kLXPD89jW7QVH65SgC8YZzLFsS8x2jJc4CSCPCQiVZzFB60YWdQ\\$](https://urldefense.com/v3/__https://runtostaywarm.com/_;!5W9E9PnL_ac!Xo_aWo4QssH_zJ1kLXPD89jW7QVH65SgC8YZzLFsS8x2jJc4CSCPCQiVZzFB60YWdQ$)

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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!Xo\\_aWo4QssH\\_zJ1kLXPD89jW7QVH65SgC8YZzLFsS8x2jJc4CSCPCQiVZzENhfSuDQ\\$](https://urldefense.com/v3/__http://www.eclecticedgeracing.com/race-calendar.html__;!5W9E9PnL_ac!Xo_aWo4QssH_zJ1kLXPD89jW7QVH65SgC8YZzLFsS8x2jJc4CSCPCQiVZzENhfSuDQ$)

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'See you,  
Tom Heinonen  
coach