

(-; Running? Volleyball. ;-)

Hey there, UO Club runners – (Monday, July 15, 2019)

I just flew back from Missoula, Montana, yesterday after attending the wedding of former Club member Lindsay Thane. Fun!

'Hope you're running regularly now if you plan to do some cross country this fall. I'll put our cross country schedule in order next week. 'Still several unknowns...

The UO volleyball schedule is published now. (Newcomers, we are the ball crew for all the home matches.) There is just one pre-season tournament, August 30-31, then ten single matches at home against Pac-12 teams. For the whole season we can earn \$1500 for the Running Club, and it's exciting too!

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FALL WORKOUT TIMES (same as last week)

A reminder for newcomers who will register for classes during IntroDucktion: 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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INTRODUCKTION AND YOU (same as last week)

If you are a newcomer and you'll be on campus for IntroDucktion this summer, I'd be happy to meet with you. Usually, the best time is on the second day you're here. Email me at <heino@uoregon.edu> or text me at 5410-954-0263. In Running Club we're all on first name basis, so I'm "Tom".

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BUILDUP TIME! (same as last week)

July is the time to start your training buildup if you plan to run cross country in the fall. There is lots of time, so there is no rush. Most of you already have been running recreationally for several weeks.

Do you know how many miles or minutes you've run this week? Try to run five miles farther in the coming week...that's 6-9 minutes more most days. Or, you can do a week that feels about the same, but add one more run sometime during the week.

I'd like all of you to do gradual increases in volume during July and August. Each week doesn't need to be more than the previous. You can increase for two or three weeks, then take a light week for recovery.

Don't try to run faster. Just run a little farther, but not everyday. Build your aerobic base. I'll suggest some faster running for you later this summer.

If you want to do relaxed strides on a soft surface occasionally after a run, that's fine. Not hard strides...relaxed strides...flowing, feeling good. If you have a good, grassy surface, run some of them barefooted. Synthetic fields are great for summertime barefoot strides! Five or six is just right for now.

If you have access to your high school team or any club, feel free to run with them! They might be trying to get ready for a season which starts several weeks before ours, though, so be thoughtful. Just tag along and enjoy their company. If you run with your high school team, maybe you can add wisdom as a returning alum.

Our cross country schedule is still only partially set, but we know that the big Willamette Invitational is at the end of the first week of fall term, on Saturday, October 5.

It is 12 weeks until that meet...a long time! So, start your buildup slowly.

More later.

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RUNS IN EUGENE THIS WEEK, M-F

There are VERY few Club members in Eugene this summer. We're trying 8am runs from my house for now. I live at 1012 E. 21st Avenue, on the corner of 21st and Harris. You run, I ride my bike.

This week we will meet on Monday through Friday at 8am.

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ALL-COMERS TRACK MEETS THIS WEEK

(Racing? Distance race this week is a combined 3000m and 5000m)

Oregon Track Club's all-comers meets continue at Lane CC begin this Wednesday-Thursday, July 17-18. Kids on Wednesday evenings and adults on Thursday.

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. 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 (July 18 it's a combined 3000m and 5000m). Entry fee is \$5. Register at the meet.

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NEWCOMERS!

We added Sarah Campbell from Lincoln HS in Portland to our list of newcomers.
Welcome!

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

Sarah Campbell
Lincoln HS, Portland
Sarah Campbell <campbellsarah26@gmail.com>

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CROSS COUNTRY! (same as last week)

If you live in Portland and you want to race in early September, Portland State is hosting their "rustbuster" on Saturday, September 7, at Blue Lake Park out near Gresham. I'll be announcing a high school meet at Western Oregon that day.

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.

The Dellinger meet at Springfield Country Club is pretty high-powered this fall, including teams from four US time zones. 'Not sure we can enter anyone. It's on Saturday, September 28.

Colleges are starting to post their XC schedules:

NEW:

Fri, Sept 20, Sundowner Invitational Ash Creek Preserve in Monmouth OR

Sat, Oct 19 Lewis & Clark Invitational McIver Park in Estacada, OR.

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