

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

Hello, UO Running Club - (Sunday, October 6, 2019)

We had 68 runners show up in the first week of fall term! Welcome, all! Glance through the bullets below and the topic headings below that to see what's to know about the coming week:

- Tuesday is "hard day". We have a 7am alternative.
- Being a Running Club member costs \$50 per school year after you've tried us for a week.
- You must fill out the online registration form before you run with us.
- We have a 5km XC run with OSU's Club this Saturday. 10am on Amazon Trail. Fun!
- Sunday morning runs with Eric Beyerle?
- Chicago Marathon next weekend ...Robert Pedersen, Justin Gallegos. Matt Salminen?

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LOW KEY XC ON OCTOBER 12

Next Saturday we have a 5km 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. 10am start.

And breakfast afterward with the Beavers! Wanna run? Tell me at practice.

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VOLLEYBALL THANK YOU!

Two volleyball matches down, \$200 in our bank... Thank you to our veterans Vadim Pelavin, Rebecca Lee, and Anna Maré. And thank you to our new volunteers who now have all worked the corner and are on the "A team": Bretten Farrell, Riley Farrell, Sophia Somerscales, Riley Chambers and Zoey Bailey!

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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_ac!VCr1YN3Bjr9mSw0pPBXk9Xxaxyauoyzy8uS0HMekoOK1OwASexE6LKME96_kTO66A\\$](https://urldefense.com/v3/_https://orgsync.com/login/university-of-oregon_!5W9E9PnL_ac!VCr1YN3Bjr9mSw0pPBXk9Xxaxyauoyzy8uS0HMekoOK1OwASexE6LKME96_kTO66A$)> 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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WILLAMETTE RESULTS

Our men finished fifth in a field of 16 complete teams at Willamette yesterday. Jack Evans got 12th and Eric Beyerle was 14th. We had just four women race including our top newcomer Savanna Salmons who got 40th.

Men (161 finishers) -

- 12. Jack Evans, 25:12
- 14. Eric Beyerle, 25:20 (46 seconds faster than last yr)
- 69. Blake Hayes, 27:05
- 71. Josh Gordon, 27:07
- 78. Matt Salminen, 27:33
- 91. Ben Switzman, 28:00 (2:16 faster than last yr)
- 109. Wolf Seifer, 28:47
- 125. Devin Naidu, 29:48 (1:04 faster than at the Sundowner two wks ago)
- 127. Riley Farrell, 29:51
- 132. Champ Davis, 30:09 (1:39 faster than last yr)
- 135. Vadim Pelavin, 30:16
- 141. Prince Jones, 30:44

Women (133 finishers) -

- 40. Savanna Salmons, 20:07
- 55. Callista Hunt, 20:37 (8 seconds faster than last yr)
- 60. Kirsten Meyer, 20:48
- 76. Marika Tamaru, 21:32

Complete results at:

[https://urldefense.com/v3/__https://www.wubearcats.com/sports/xc/2019-20/releases/20191005pxiyvf__!5W9E9PnL_ac!VCr1YN3Bjr9mSw0pPBXk9Xxaxyauoyzy8uS0HMekoOK1OwASexE6LKME96ymHOkFg\\$](https://urldefense.com/v3/__https://www.wubearcats.com/sports/xc/2019-20/releases/20191005pxiyvf__!5W9E9PnL_ac!VCr1YN3Bjr9mSw0pPBXk9Xxaxyauoyzy8uS0HMekoOK1OwASexE6LKME96ymHOkFg$)

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CROSS COUNTRY SCHEDULE (same as last week)

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

Saturday, Oct 12, Amazon Trail Open, Amazon Trail, Eugene (5km) 10am start

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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\$50 ALREADY?

Eight runners already: Anna Maré, Riley Farrell, Bretten Farrell, Caela Fenton, Magda van Leeuwen, Kirsten Meyer, Champ Davis, Marika Tammaru.

We accept cash, 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!

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FALL TERM WORKOUTS: WEEK #2...7AM ON TUESDAY?

*Monday, OCTOBER 7, 3pm -- meet on Gerlinger field for aerobic run or field conditioning...plus abs, planks, barefoot strides.

*Tuesday, October 8: 3pm -- meet at Gerlinger field for jog to the Autzen Canal footbridge for 14-20 x 1:00 (cross country race pace) with :30 jog recovery...if you can't jog the recovery, you've run too fast.

WHERE? The Autzen Canal footbridge is next to the dog park and the football stadium. From campus, jog across Franklin Blvd on Agate Street. Go under the railroad trestle, then cross the river. Continue straight off the bridge onto the bikepath toward Autzen Stadium. The canal footbridge is next to the dogpark, just before Autzen stadium at the Pre's Trail crossing.

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

*Wednesday, October 9: 3pm -- meet on the intramural field for aerobic run or field conditioning...plus strides, abs, planks.

*Thursday, October 10: 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 11: 3pm – meet on the intramural field for choice:

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 12: 10am – Race our Open 5km on Amazon Trail, or...on your own, go for an exploring run.

*Sunday, October 13: Go long or take a nap, then consider studying. Eric's long run at 8am? Or, run Chicago Marathon!

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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!VCr1YN3Bjr9mSw0pPBXk9Xxaxyauoyzy8uS0HMekoOK1OwASexE6LKME96XDwdliAS

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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.electicedgeracing.com/race-calendar.html___!5W9E9PnL_ac!VCr1YN3Bjr9mSw0pPBXk9Xxaxyauoyzy8uS0HMekoOK1OwASexE6LKME95MkL5DOgS

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`See you,
Tom Heinonen

