

(-; Sundowner, Gerlinger, Orgsync ;-)

Hey there, UO Club runners - (Sunday, September 15, 2019)

We'll meet at my house at 8am Monday through Friday for one more week. The following week we'll start at Gerlinger Hall at 10am, then when school starts we'll meet on weekdays at 3pm at Gerlinger.

Our student leaders, Magda Van Leeuwen and Eric Beyerle, and I decided on Gerlinger instead of our previous spot next to the rec center because of easy access to the grass field plus the indoor option on the sunporch.

`Just two weeks left until school starts!

If you want to race at the Sundowner, you'll have to enter on your own, pay the fee online and run unattached. Details below.

Next volleyball gig is Sunday, September 29, a noon match with Utah at Matt Knight Arena.

The Dellinger Invitational XC meet is Saturday, September 28, in Springfield. We are not invited (it's NCAA Division I only) but I am the announcer and will need a few spotters. Fun!

Robert Pedersen will run the Chicago Marathon on Sunday, October 13!

Club member Peter Stice won the OTC's monthly race last Thursday, running 5km in 17:19 in Alton Baker Park. Renee Gordon was fourth woman in 21:14.

Have you signed up for Club online yet? Shawn Rabino emailed our returners a link to the orgsync sign-up page. Get it done now! Newcomers, your sign-up procedure is in this email below.

We're up to 16 newcomers for fall term.

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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_!5W9E9PnL_ac!RldPURFcqgC9nK06FAYpqlsgYSi-k5FAhtimWSv2Ibc8dhKWyzTyEE0Hh07KIKusmw\\$](https://urldefense.com/v3/https://orgsync.com/login/university-of-oregon_!5W9E9PnL_ac!RldPURFcqgC9nK06FAYpqlsgYSi-k5FAhtimWSv2Ibc8dhKWyzTyEE0Hh07KIKusmw$) 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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SUNDOWNER ENTRY

To enter the Sundowner Invitational which is next Friday, September 20, at Western Oregon U. in Monmouth, you must create an account on <athletic.net> and enter yourself unattached. Your cost is \$25 online. It's twice as expensive per person to enter a team!

Entry deadline is Tuesday, September 17, at 7pm.

Women run 6km at 5pm. Men run 8km at 5:45pm.

I am the announcer and will drive up and back on Friday and need to be there by 3:45pm. You're welcome to ride with me.

So far these intercollegiate teams are on the entry list: Alaska-Fairbanks, Simon Fraser, Biola, Portland, Lane, Humboldt State, San Francisco State, Willamette, WOU, Concordia.

There is also a "Red Lizard" race in Portland on Saturday, September 21. It's 5km XC at Lents Park. Good race!

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FIVE RUNS IN EUGENE AGAIN THIS WEEK

We'll have summer runs this week Monday through Friday (September 16 through 20) at 8am from my house at 1012 E. 21st Avenue, on the corner of 21st and Harris.

You run and I'll ride my bike.

From campus, go south on Agate to 21st Avenue, turn right and go five blocks to Harris.

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CROSS COUNTRY SCHEDULE (same as last week)

Friday, Sept 20, Sundowner Invitational Ash Creek Preserve, Monmouth

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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WEEK #8 OF CROSS COUNTRY PREPARATION

We now have just two weeks until school starts and seven until NIRCA regionals in cross country. Here is Week #8, beginning September 16:

Minute runs -- These are race-paced reps of one minute with just 30 seconds of jogging between. No walking. Do at least 12 one-minute runs, no more than 18. It's a short workout, which gets intense, and is very effective.

Tempo run -- 14:00-20:00 at lactate threshold. This is slower than your XC race tempo, but faster than your steady run. Physiologically, it is the fastest pace at which you produce lactate in your working muscles and clear it at the same rate. It starts off feeling brisk and easy, then is more difficult to sustain, but doesn't feel like a race effort.

Long run -- You can add a mile if you wish.

Everything else is recovery running.

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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 sixteen newcomers now... Welcome to Kevin Neri and Ethan Rife!

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>

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