

JULY 17 - JULY 23

Welcome to this weeks' MPS Newsletter.

WEEKLY RUNS

Group runs updated weekly.

Tuesday: Isherwood @ 6:00am (Coyote Hills Run Club event)

Wednesday: This Wednesday please check Facebook to see if there is an organized run.

Thursday: Isherwood @ 6:00am (Coyote Hills Run Club event)

Saturday run 4th Saturday of the month : (Alameda Creek Stables 8:00 AM) We meet at the Stables parking lot, Union City Blvd. at Lowry Rd., north side of creek

Sunday: Isherwood @ 8:00am

We meet in the parking lot on Isherwood Way, off of Paseo Padre (From Hwy 880 take the Decoto east exit. Once on Decoto, turn right (going south) on Paseo Padre Pkwy. Turn left at the first light (Isherwood). First right into the parking lot, after you cross the bridge/creek.)

NEWS and NOTES

Message received on MPS website.

I'm Sadi from RunRepeat.com. We're a team of running shoe geeks who do our best to help runners find the best pair of running shoes.

One of us ran around the world, one ran a marathon in 2:30 and one is a 1500m Olympic Games runner.

Our site is free to use and free of ads. We do not promote any brand above others.

Would you consider adding us to your list of resources

here: <http://www.mpstriders.com/resources.html>

It would honestly mean a lot to us.

Regards
Sadi Khan

MPS AT THE RACES

Rock n' Roll 5k (Chicago) - 2941 finishers

Chris Sullivan 22:47 (7:20 per mile) 113th overall 1st in age (60-64)

Carol Turner 33:24 (10:46 per mile) 1032nd over all 2nd in age (70-74)

Rock n' Roll 1/2 marathon (Chicago) - 9808 finishers

Chris Sullivan 1:52:05 (8:3 per mile) 1356th overall 11th in age (60-64)

Carol Turner 2:47:03 (12:45 per mile) 8049th overall 2nd in age (70-74)

Radical 80's 5k (San Jose) - 186 finishers

ML King 22:13 (7:10 per mile) 3rd overall 1st in age (50-54)

Napa to Sonoma Wine Country 1/2 marathon (Napa) - 3073 finishers

Gordon Gillmouth 3:03:15 (13:58 per mile) 2600rd overall 7th in age (70+)

AWESOME LINKS

[Bay Area Runners Meetup](#)

[Find Running Partners](#)

[Jogging Buddy.com](#)

[Red Power Divas](#)

[Running Addicts](#)

[Running Forums Website](#)

[Team In Training](#)

[TriValley Running Club](#)

[Go Far Run Group](#)

[JEMS Racing](#)

[Mermaid Series](#)

[Running In The USA](#)

[The Runners World Race Finder](#)

[Cool Running](#)

[Brazen Racing](#)

[First Wave Events](#)

[USA Productions](#)

[Ultra Signup](#)

[Bay Area Running Events](#)

[Threshold Racing](#)

[RunningWarehouse.com](#) (use code MPSTRIDERD for a 15% discount)

<http://www.mpstriders.com/resources.html>

[Empowered Race Series \(Aug 5 & 6\)](#) - Use the code "SPORTS" to save 20%

[Mission City VeteRun \(Aug 6\)](#) - Use the code "sweat4vets" to save 10%

[Race to End of Summer \(Sep 3\)](#) - Use the code "SB17-7" to save \$7 on the 5K or 10K and "SB17-10" to save \$10 on the Half Marathon

UPCOMING RACES

July

22 - [Bad Bass 5K/10K/Half Marathon](#) (Castro Valley)

22 - [Hip Hop Run 5K/10K](#) (Oakland)

22 - [Lighting the Way 3K/5K/10K](#) (Los Gatos)

23 - [San Francisco Marathon](#) (San Francisco)

23 - [Wharf to Wharf 6M](#) (Santa Cruz)

August

- 5 - [Dammit Run 5 Mile](#) (Los Gatos)
- 5 - [Empower Race Series 5K/10K](#) (San Francisco)
- 5 - [Summer Breeze 5K/10K/Half Marathon](#) (San Leandro)
- 6 - [Mission City VeteRun at Levi's Stadium 1.5 Mile Walk/5K/10K](#) (Santa Clara)
- 12 - [Town's Half Marathon](#) (Oakland)
- 20 - [Race thru the Redwoods 10K](#) (Felton)
- 26 - [Run for Great Schools 5K](#) (Cupertino)
- 27 - [San Francisco Giants Race 5K/10K/Half Marathon](#) (San Francisco)
- 27 - [Santa Rosa Marathon](#) (Santa Rosa)

September

- 3 - [Race to the End of Summer 5K/10K/Half Marathon](#) (San Jose)
- 7 - [JP Morgan Chase 3.5 Mile](#) (San Francisco)
- 9 - [Emerge 5K](#) (San Jose)
- 16/17 - [Alameda Running Festival 5K/10K/Half Marathon](#) (Alameda)
- 17 - [East Bay 510K](#) (Berkeley)
- 23 - [Hip Hop Run 5K/10K](#) (San Jose)
- 30 - [Sharks Fitness Faceoff 5K/10K](#) (San Jose)
- 30 - [HERS Keep Abreast 5K/10K](#) (Fremont)