

Nov 13 - Nov 19

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(3rd Sat of the month) (Mission Peak @ 8am): Third Saturday: Mission Peak, (meet at the Park-N-Ride next to McDonalds on Mission Blvd. Mission San Jose area of Fremont. Right next to the 680 Freeway overpass

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

MPS Holiday Dinner

Friday Dec. 8 at 6:30 p.m. at

Jack's Brewing Company

Brewpub & Restaurant

[39176 Argonaut Way](#)

[Fremont, CA 94538-1304](#)

(at the Fremont Hub)

[\(510\) 796-2036](#)

Members, spouses, significant others, children, and guests are welcome.

We typically hold the Holiday Dinner on a Friday evening in early December on the weekend following the California International Marathon. This year, CIM -- an event popular with club members -- is on Sun. Dec. 3. So, the Holiday Dinner will be held the following Friday, Dec. 8.

Jack's brews their beer on site and has a wide selection available. (Dave Finck visited Jack's on Sunday and was smitten with the wheat beer.) The menu features a wide variety of choices -- appetizers, salads, burgers, sandwiches, tacos/burritos, pasta, fish, chicken, and steak. Entries range for \$9 to \$16. Check out their menu online. Separate checks per couple/individual.

Beer (obviously) & wine are available for individual purchase. And there's a rumor that Santa Lee may bring his home made wine; a \$10 corkage fee, per bottle, will apply for those who partake in Chuck's handicraft.

Please advise Gordon Gillmouth by e-mail (gillmouth@yahoo.com) if you will attend and how many in your party. Please let Gordon know by Wednesday, Dec. 6, so we can give the restaurant an advance head count.

We hope to see you there.

MPS AT THE RACES

Monterey Bay 1/2 marathon (Monterey) - 6871 finishers

Chris Sullivan 1:45:39 (8:03 per mile) 612th overall 10th in age (60-64)
Karl Schultz 2:00:03 (9:09 per mile) 1601st overall 27th in age (06-65)
Ellen Schultz 2:13:32 (10:11 per mile) 2604th overall 18th in age (60-64)
Carol Turner 2:37:46 (12:02 per mile) 4143rd overall 4th in age (70-74)

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>

UPCOMING RACES

November

19 - [Berkeley Half Marathon](#) (Berkeley)

23 - [Silicon Valley Turkey Trot 5K/10K](#) (San Jose) **Carol Turner, Chris Sullivan, Steve Wickland**

25 - [Quarry Turkey 5K/10K/Half Marathon](#) (Fremont)

December

2 - [Blacklight Run](#) (San Jose)

9 - [Run & Ride California's Great America 5K/10K](#) (Santa Clara)

9 - [Summit Rock 5K/10K/Half Marathon](#) (Saratoga)

9 - [Walnut Creek 5K/Half Marathon](#) (Walnut Creek)

10 - [Firehouse Run 5K/10K](#) (Santa Clara)

17 - [Santa Run Silicon Valley 5K](#) (San Jose) **Carol Turner, Chris Sullivan, Steve Wickland**