

JUNE 19 - JUNE 36

Welcome to this weeks' MPS Newsletter.

WEEKLY RUNS

Group runs updated weekly.

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

Wednesday: This Wednesday in honor of National running day we will be running up **Morrison Canyon**. Meet @6pm at Morrison and Mission Blvd. Food and drink to follow.

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

Remember the Niles Canyon Stroll & Roll two years ago? They are doing it again on Sept 30!

MPS AT THE RACES

Rock n Roll Seattle (Seattle) - 10774 finishers

Chris Sullivan 1:47:25 (8:12 per mile) 802nd overall 9th in age (60-64)

Carol Turner 2:39:58 (12:13 per mile) 7173rd overall 7th in age (70-74)

Father's Day Spirit Run 5k (Pleasanton) - 426 finishers

Joe Walter 30:56 (9:58 per mile) 109th overall 2nd in age (70-79)

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)

UPCOMING RACES

June

25 - [Lucile Packard Summer Scamper 5K/10K/Kids Fun Run](#) (Palo Alto)

July

1 - [Zoom Quarry Lakes 5K/10K/Half Marathon](#) (Fremont)

2 - [Oakland's Play Ball 5K](#) (Oakland)

4 - [Run San Ramon 5K/10K](#) (San Ramon)

4 - [Santa Cruz Firecracker 5K/10K](#) (Santa Cruz)

9 - [Across the Bay 12K & 5K](#) (San Francisco)

9 - [Sevathon 5K/10K/Half Marathon](#) (San Jose)

15 - [Color Fun Fest 5K](#) (San Jose)

15 - [Radical 80's 5K/10K](#) (San Jose)

15 - [Run4Recovery 5K/10K](#) (San Jose)

16 - [Fitter Summer 5K/10K](#) (San Mateo)

16 - [Napa to Sonoma Wine Country Half Marathon](#) (Sonoma)

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)