

# Apr 16 - Apr 22

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)

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 **Saturday run(3rd Sat of the month ( Mission Peak @ 8am )** ):

**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

Congratulations to Kelly Poe and Brian Callejas for surviving brutal conditions and finishing the Boston Marathon. Cold, wet and windy. 95.5% of all runners who started, crossed the finish line.

American women finished first and second. Des Linden and Sarah Sellers. First American woman winner in 33 years.

## MPS AT THE RACES

**Silicon Valley 5k (San Jose) - 781 finishers**

J R Mintz 21:39 (6:5 per mile) 23rd overall 2nd in age (50-59)

Joe Walter 31:19 (10:06 per mile) 217th overall 1st in age (70-99)

**Silicon Valley 1/2 marathon (San Jose) - 1475 finishers**

J R Mintz 1:35:17 (7:17 per mile) 59th overall 4th in age (50-59)

Chris Sullivan 1:48:43 (8:17 per mile) 192nd overall 4th in age (60-69)

Carol Turner 2:47:29 (12:47 per mile) 1060th overall 1st in age (70-99)

**Boston Marathon (Boston, Ma.) - 25746 finishers**

Kelly Poe 4:08:07 (9:28 per mile) 17338th overall 938th in age (45-49)

Brian Callejas 5:24:08 (12:22 per mile) 24205th overall 1839th in age (40-49)

## 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>

- **April 29, 2018** - [SLO Half & Full Marathon](#) | Use the code **RSA2018KORNITZ** to save 10% off your registration
- **May 12, 2018** - [Lone Coyote 8 Mile Dash](#) | Use the code **SPORTSBASEMENT** to save 10% off any distance.
- **June 30, 2018** - [Devil's Slide Run](#) | Use the code **DSRSBRCTR** to save 10% off your registration.
- **September 1, 2018** - [SLO Ultra](#) | Use the code **RSA2018KORNITZ** to save 10% off your registration
- **September 9, 2018** - [Race to the End of Summer 5K, 10K, Half Marathon](#) | Use the code **SB2018** to save \$7 off any distance.

## UPCOMING RACES

### APRIL

- 21 - [St. Lawrence Fun Run 5K/10K \(Sunnyvale\)](#)
- 28 - [Night Nation Run 5K \(San Jose\)](#)
- 28 - [Western Pacific 5K/10K/Half/Full Marathon \(Fremont\)](#)
- 29 - [Los Gatos Rotary Club Great Race 4M/8M \(Los Gatos\)](#)

### May

- 5 - [Mermaid Run East Bay 5K/10K/Half/18M \(Fremont\)](#)
- 5 - [Los Altos Hills Pathways Run 1M/5K/10K \(Los Altos\)](#)
- 6 - [OM Run 5K/10K/Half Marathon \(Los Gatos\)](#)
- 12 - [Jenny's Light 5K/10K \(Los Gatos\)](#)
- 12 - [Lone Coyote 8 Mile Dash \(Marin\)](#)
- 12 - [Willow Glen 5K \(San Jose\)](#)

- 12 - [Quicksilver 50K/100K \(San Jose\)](#)
- 19 - [Blacklight Run \(San Jose\)](#)
- 19 - [Girls on the Run Silicon Valley 5K \(Los Gatos\)](#)
- 20 - [Bay to Breakers 12K \(San Francisco\)](#)
- 20 - [Surfers Path Half/Full Marathon \(Santa Cruz\)](#)
- 26 - [The Color Run 5K \(San Jose\)](#)

**June**

- 30 - [Devil's Slide Run 4K/11K/Half/30K \(Pacifica\)](#)