

# Sept 18 - Sept 25

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

### September 30th Saturday Event

**Niles Canyon Stroll & Roll: Saturday, September 30**

Niles Canyon Road will be closed to traffic from 7am - 2pm, so we are invited to run (and bike) the Canyon. Meet at Niles Depot parking lot. You can run the entire route (approximately 13 miles), or run halfway and then turn around. BYOB: there will most likely be water stations and restrooms along the way. Meet for coffee afterwards at The Nile Cafe on I Street.

## MPS AT THE RACES

**Alameda Running Festival 1/2 marathon (Alameda) - 484 finishers**

Rida Chow 1:49:50 (8:23 per mile) 92nd overall 8th in age (30-39)

Nami Kato 1:54:27 (8:44 per mile) 123rd overall 15th in age (30-39)

**Sequoia Stampede 5k (Redwood City) - 187 finishers**

Joe Walter 31:24 (10:07 per mile) 75th overall 1st in age (70-79)

**Newark Days mile 4k - 2.5 miles (Newark) - 220 finishers**

Dan Harris 16:34 (6:38 per mile) 17th overall 2nd in age (56-65)

M L King 16:55 (6:46 per mile) 21st overall 1st in age (46-55)

Ron Kiyono 18:06 (7:14 per mile) 33rd overall 1st in age (66+)

Jarvis Leung 18:12 (7:17 per mile) 36th overall 3rd in age (46-55)

Mike Dunn 23:58 (9:35 per mile) 100th overall 8th in age (56-65)

## Clo-Cow 1/2 marathon (Petaluma) - 301 finishers

Chris Sullivan 1:53:26 (8:39 per mile) 71st overall 4th in age (60-64)

Carol Turner 2:48:11 (12:50 per mile) 268th overall 1st I 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>

## UPCOMING RACES

### September

23 - [Hip Hop Run 5K/10K](#) (San Jose)

30 - [Sharks Fitness Faceoff 5K/10K](#) (San Jose) **Carol Turner**

30 - [HERS Keep Abreast 5K/10K](#) (Fremont)

### October

1 - [Bridge to Bridge 5K/12K](#) (San Francisco)

1 - [Montclair 5K/1M](#) (Los Altos)

1 - [Run for Education](#) (San Ramon)

7 - [Halloween Hustle 5K](#) (San Jose)

7/8 - [San Jose Rock n Roll](#) (San Jose) **Carol Turner, Chris Sullivan**

8 - [Healdsburg Half Marathon](#) (Healdsburg)

14 - [Hoofin & Woofin 5K/9](#) (San Jose)

14 - [Halloween Hustle 5K](#) (San Francisco)

14 - [Pace for Peace 5K/10K/15K](#) (Livermore)

14 - [Warrior Family 5K](#) (Fremont)

15 - [Omar's Dream Run](#) (San Jose)

21 - [Do it for Delaney](#) (Fremont)

21 - [Oktoberfest Fun Run 5K/10K](#) (Campbell)

- 22 - [Fremont Run 4 Education](#) (Fremont)
- 22 - [Morgan Hill Marathon](#) (Morgan Hill)
- 22 - [Surfer's Path Hang 10M/5M](#) (Santa Cruz)
- 22 - [Whiskey Hill Redwood Run 10K](#) (Woodside)
- 28 - [Gladiator Rock' N Run](#) (Hollister)
- 28 - [Run with the Zombies 5K](#) (San Jose)
- 28 - [Zombie Runner Halloween Run](#) (Campbell)

### **November**

- 4 - [Heroes Run 5K](#) (Cupertino)
- 4 - [Purple Stride Silicon Valley 5K](#) (San Jose)
- 5 - [Golden Gate Half Marathon](#) (San Francisco)
- 11 - [Night Nation Run](#) (Santa Clara)
- 12 - [Down by the Bay 5K](#) (Sunnyvale)
- 12 - [Mermaid Run 5K/10K/10M](#) (San Francisco)
- 19 - [Berkeley Half Marathon](#) (Berkeley)
- 23 - [Silicon Valley Turkey Trot 5K/10K](#) (San Jose)
- 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)