

Oct 8 - Oct 14

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 2nd Saturday of the month (Isherwood 8:00 AM) We meet in the parking lot in Isherwood off from Paseo Padre (From 880s take the Decoto east exit once in Decoto make a right turn (going south) in Paseo Padre and slightly ahead you will find a light at Isherwood. Make a left turn and the parking lot, where we meet, is right after you cross the bridge/creek on your right).

Sunday: Isherwood @ 8:00am

We meet in the parking lot on Isherwood Way, off Paseo Padre (from Hwy 880 take the Decoto exist east. 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.

or

There will be secondary run at Mission Coffee on Sunday running loops starting at 8. This will be in addition to the Sunday Isherwood run.

NEWS and NOTES

Last chance to order you MPS logo gear. A separate e-mail has gone out for those who were on the fence about placing an order.

MPS Mileage Recognition Party

Only a few days until the MPS Mileage Recognition party – this Sat. Oct. 13 at the home of Gordon & Rita Gillmouth in Fremont, starting at 2 p.m. We will present “The Doug Ward Mileage Recognition Awards,” renamed for our club founder, the late Doug Ward. See the attached flyer for more details.

Additionally, we will be celebrating the “Just Watering Your Flowers, Ma’am” team from the 2018 Golden Gate Relay. The 2018 Gary Burt Award (given to the person who did the biggest dis-service to the team) will be presented.

If you haven't already done so, please RSVP for the party by Wed. Oct. 10 to Gordon Gillmouth at (510) 427-3526 or gillmouth@yahoo.com. We are expecting a turnout of 30+ individuals, including special guests Julie Ward (Doug's wife) and Christie (Doug's daughter).

Mileage Recognition Awards will be presented to club members who have logged 25,000 running miles lifetime or increments of 5K above the 25K level. The following eight individuals will receive mileage awards at the party:

25K – Steve Wickland

35K – Regis Amann

40K – Mike Dunn, Fred Heinze, Joe Walter

45K – Chris Sullivan

55K – Mike King, J.R. Mintz

We now have a total of 33 individuals in the MPS “25,000 Mile Club.” Quite impressive for a small running club!

See you at the party.

MPS AT THE RACES

Dick Collins 50 miler (Castro Valley) - 95 finishers

Kengo Kato 10:47.59 (12:57 per mile) 26th overall 6th in age (30-39)

Break a Sweat for Education® 5K Run & Walk (Walnut Creek) - 248 finishers

M L King 21:12 (6:50 per mile) 8th overall 1st I age (50-59)

Rock n Roll San Jose 5k (San Jose) - 1502 finishers

Chris Sullivan 27:48 (8:56 per mile) 203rd overall 5th in age (60-64)

Carol Turner 35:15 (11:20 per mile) 265th overall 2nd in age (70-74)

Rock n Roll San Jose 1/2 marathon (San Jose) - 7230 finishers

Brian Callejas 1:36:02 (7:19 per mile) 261st overall 35th in age (40-44)

Arnel Calamba 1:37:02 (7:24 per mile) 288th overall 32nd in age (45-49)

Chris Sullivan 1:57:37 (8:58 per mile) 1306th overall 21st in age (60-64)

Carol Turner 2:59:41 (13:42 per mile) 4706th overall 3rd 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>

RACE DISCOUNTS

October 27, 2018 - Costume 5K Fun Run | Use the code SPORTSBASE to save 20% off your registration

October 27, 2018 - San Jose Ice Cream Run | Use the code SBCAMPBELL to save 10% off your registration

November 3 & 4, 2018 - Marin Triathlon | Use the code BASEMENT to save 10% off your registration

November 11, 2018 - Concord 5000 | Use the code BASEMENT to save \$5 off your registration November 10 & 11, 2018
Las Vegas Rock 'n' Roll 10K & Half Marathon | Use the code BASEMENTSJ10 to save \$10 off your registration

November 18 - 49ers Golden Heart Run | Use the code SPORTSBASEMENT to save 10% off your registration

March 24 Oakland Running Festival Use the code **PEOM2019** Marathon: \$15 off - Half: \$10 off - 5K: \$5 off - 4 person relay (team captain): \$25 off - Run The Town: \$15 off

UPCOMING RACES

October

- 20 - Hope for Crohn's 5K (Campbell)
- 20 - Oktoberfest 5K/10K (Campbell)
- 21 - Whistle Punk - The Deuce (San Mateo)
- 21 - Morgan Hill 5K/10K/Half Marathon/Marathon (Morgan Hill)
- 21 - Surfers Path Hang 5-Miler/10-Miler (Capitola)
- 28 - Oktober Run 5K/Half Marathon (Redwood City)
- 28 - Zombie Runner Halloween 5-Miler/Half Marathon/Marathon (Campbell)

November

- 2 - Ragnar Relay Napa Valley (Bay Area)
- 3 - Heroes Run (Cupertino)
- 4 - Down by the Bay 5K (Sunnyvale)
- 4 - Golden Gate 5K/Half Marathon (San Francisco)
- 4 - Race Against PH (Palo Alto)
- 10 - Race to the Flagpole 5K/10K (Livermore)
- 11 - Mermaid Run 5K/10K/10M (San Francisco)
- 17 - North Face Endurance Challenge (San Francisco)
- 18 - Berkeley Half Marathon (Berkeley)
- 18 - Golden Heart Run (Santa Clara)
- 22 - Applied Materials Silicon Valley Turkey Trot (San Jose)
- 24 - Quarry Turkey 5K/10K/Half Marathon (Fremont)

December

- 1 - Vista Verde Skyline Run (La Honda)
- 2 - Firehouse Run 5K/10K (Santa Clara)
- 8 - Summit Rock 5K/10K/Half Marathon (Saratoga)
- 8 - Walnut Creek 5K/Half Marathon (Walnut Creek)
- 9 - Girls on the Run 5K (San Francisco)
- 9 - Great Santa Run 1M/5K (San Francisco)
- 16 - Santa Run Silicon Valley (San Jose)
- 16 - Zombie Runner Quarry Lakes Run (Fremont)
- 22 - Great America Run & Ride (Santa Clara)
- 30 - Brazen New Years Eve 5K/10K/Half Marathon (Fremont)