

Jan 15- Jan 21

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

Welcome to our newest member Eric Heinze

MPS AT THE RACES

Carlsbad 1/2 marathon (Carlsbad) - 5036 finishers

Chris Sullivan 1:51:13 (8:29 per mile) 591st overall 13th in age (60-64)
Mike Wilson 2:13:01 (10:09 per mile) 1809th overall 73rd in age (55-59)
Carol Turner 2:44:22 (12:33 per mile) 3468th overall 6th 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>

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

JANUARY

20 - [Coyote Hills 5K/10K/Half \(Fremont\)](#)

FEBRUARY

4 - [Kaiser Permanente 5K/Half Marathon \(San Francisco\)](#)

4 - [Super Guadalupe River Run 1K/5K/10K \(San Jose\)](#)

10 - [AVAC Super Sprint Triathlon \(San Jose\)](#)

10 - [Bay Breeze 5K/10K/Half Marathon \(San Leandro\)](#)

10 - [Campbell Valentine Fun Run 5K/10K \(Campbell\)](#)

17 - [Super Run \(San Jose\)](#)

24 - [Juana Run 1M, 5K, 8K \(Palo Alto\)](#)

25 - [Surfers Path 5K/10K \(Santa Cruz\)](#)

MARCH

3 - [Mountain View Fire Drill 5K/10K \(Mountain View\)](#)

4 - [Livermore Half Marathon \(Livermore\)](#)

4 - [408K \(San Jose\)](#)

4 - [Santa Cruz 5K/10K/Half Marathon \(Santa Cruz\)](#)

4 - [Stanford Treeathlon \(Redwood City\)](#)

11 - [Baylands 8K Double Adventure Run \(Palo Alto\)](#)

17 - [Badger Cove 5K/10K/Half Marathon \(Livermore\)](#)

17 - [Shamrock Shuffle 5K/10K \(San Jose\)](#)

17 - [She is Beautiful 5K/10K \(Santa Cruz\)](#)

18 - [Go Green St. Patrick's Day 5K/10K/Half Marathon \(Los Gatos\)](#)

18 - [Racing Hearts 5K/10K \(Palo Alto\)](#)

24 - [Heart & Soles 6K/10K \(Santa Clara\)](#)

25 - [Hellyer 5K/10K/Half Marathon \(San Jose\)](#)

25 - [Oakland Running Festival Half Marathon/Marathon \(Oakland\)](#)

31 - [Big Bunny 5K \(Cupertino\)](#)

31 - [San Jose Trail Run 12K/25K/50K \(San Jose\)](#)