

Feb 11 - Feb 17

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 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.

NEWS and NOTES

MPS AT THE RACES

Bay Breeze 10k (San Leandro) - 444 finishers

Kelly Rackham 59:26 (9:33 per mile) 128th over (45-49)

Sedona10k (Sedona, Az.) - 847 finishers

Mike Dunn 50:49 (8:11 per mile) 44th overall 4th in age (60-64)

Together with Love 10k (Pacific Grove) - 208 finishers

Chris Sullivan 51:50 (8:22 per mile) 41st overall 1st in age (60-64)

Carol Turner 1:17:01 (12:25 per mile) 171st overall 2nd in age (70-74)

Second place team in combined ages 120+

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

March 24, 2019 - Oakland Marathon | Use the code SPORTSBASEMENT to save 10% off your registration

April 28, 2019 - YMCA Presidio Trail Run 1.5Mile/5K/10K | Use the code SPORTSBASEMENT to save 15% off your registration

May 4 & 5, 2019 - Angel Island Adventure Race | Use the promo code AISB to save 15%.

UPCOMING RACES

Two options.

Link has a little story about each event or the more traditional listing.

<https://sweattracker.com/Find/Calendar>

February

- 16 - Chabot Trail Run 10K/Half Marathon/30K/50K (Castro Valley)
- 16 - The Super Run 5K (San Jose)
- 23 - Mt Umunhum Trail Run 12K/22K/33K/52K (San Jose)
- 23 - Victory 5K/10K/Half Marathon (Richmond)
- 24 - Surfers Path 5K/10K (Santa Cruz)

March

- 2 - Girls to Women Margaret Geis Wright Run (Mountain View)
- 2 - Mountain View Fire Drill 5K/10K (Mountain View)
- 3 - Chinese New Year Run (San Francisco)
- 3 - Livermore Valley Half Marathon (Livermore)
- 3 - Napa Valley 5K/Half Marathon/Marathon (Calistoga)
- 3 - Santa Cruz 5K/10K/Half Marathon (Santa Cruz)
- 9 - Healthy Hearts 5K (San Francisco)
- 10 - AJ Strong Memorial 6.5K (San Francisco)
- 10 - Palo Alto 5K/Double 8K/10K (Palo Alto)
- 16 - Badger Cove 5K/10K/Half Marathon (Livermore)
- 16 - Napa Valley Trail 10K/Half Marathon/Marathon (Calistoga)
- 17 - Go Green St. Patrick's Day 5K/10K/Half Marathon (San Jose)
- 23 - Heart & Soles 6K/10K (Santa Clara)
- 23 - Sunrise Marathon San Francisco/NorCal 5K/10K/Half Marathon (Novato)
- 24 - Napa Valley Women's Half Marathon (Napa)
- 24 - Oakland Running Festival 5K/Half Marathon/Marathon (Oakland)
- 24 - Racing Hearts 5K/10K (Palo Alto)
- 31 - Hellyer 5K/10K/Half Marathon (San Jose)
- 31 - Modesto 5K/Half Marathon, Marathon, (Modesto)
- 31 - Wildflower Run 5K/10K (Morgan Hill)