

Jan 14- Jan 20

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

I just wanted to share my two REI talks with MPS - since striders like Deanna and Vinh helped me with the journey in 2016. There is one presentation in Dublin and Fremont. I hope some striders can join me in Fremont.

Hiking the Bay Area Ridge Trail

Tuesday, March 5, 2019 at Dublin REI from 7:00pm - 8:30pm

- Register at <https://www.rei.com/event/hiking-the-bay-area-ridge-trail/dublin/228413>

Tuesday, March 12, 2019 at Fremont REI from 7:00pm - 8:30 pm

- <https://www.rei.com/event/hiking-the-bay-area-ridge-trail/fremont/228414>

Overview

Join the Bay Area Ridge Trail Council's Luana Espana to discover your next adventure on the Ridge Trail. Follow Luana on her journey to cover 375 miles of ridgeline trail above the San Francisco Bay Area, and learn about new trails that are currently open for hikers, cyclists and equestrians. Luana will speak about resources used to plan hikes and recommendations for favorite hikes with spectacular views. Luana will also share tips on gear and opportunities to get involved with the Bay Area Ridge Trail Council

Best,
Luana

MPS AT THE RACES

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

February 3, 2019 - Kaiser Permanent San Francisco Half Marathon | Use the code KPSFSB5OFF to save \$5 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>

January

20 - Redding Marathon (Redding)
26 - China Camp Challenge 5K/10K/Half Marathon (San Rafael)
26 - Coyote Hills 5K/10K/Half Marathon (Fremont)

February

- 2 - Super Guadalupe River Run 1K/5K/10K (San Jose)
- 3 - San Francisco 5K/Half Marathon (San Francisco)
- 3 - 408K Race to the Row (San Jose)
- 9 - Bay Breeze 5K/10K/Half Marathon (San Leandro)
- 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)