

# Oct 16 - Oct 24

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

Oakland Running Festival (March 25, 2018)

Here's my discount code – **PORF18**

Marathon: \$15 off

Half: \$10 off

4 person relay (team captain): \$25 off

5K: \$5 off

Run The Town: \$15 off

thanks

peter chan

## MPS AT THE RACES

**Rock n Roll St. Louis 5k (St. Louis) - 1135 finishers**

Chris Sullivan 23:11 (7:28 per mile) 39th overall 1st in age (60-64)

Carol Turner 33:39(10:50 per mile) 426th overall 1st in age (70-74)

**Rock n Roll St. Louis 1/2 marathon (St. Louis) - 3385 finishers**

Chris Sullivan 1:46:28 (8:08 per mile) 244th overall 3rd in age (60-64)

Carol Turner 2:44:37 (12:34 per mile) 2681st overall 2nd in age (70-74)

**Theta Breakers 5k (Stanford) - 124 finishers**

Joe Walter 30:54 ( per mile) 27th overall 1st in age (60-99)

## 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>

### October

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)