

Feb 12- Feb 18

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

From Kelly Rackham

Injury Prevention Clinic for Runners
Wed, February 28, 2018
7:00-8:00pm with time for Q&A until 8:30pm
Silver Creek Fitness and Physical Therapy
[5600 Mowry School Road, Ste. 305](#)
[Newark, CA 94560](#)

Space is limited so registration is required.
jennng@scfpt.com

MPS AT THE RACES

Sedona 10k (Sedona, AZ) - 749 finishers

Mike Dunn 53:10 (8:34 per mile) 44th overall 2nd in age (60-64)

Bay Breeze 1/2 marathon (San Leandro) - 409 finishers

Gordon Travis 1:39:18 (7:35 per mile) 31st overall 4th in age (50-59)

Bay Breeze 1/2 marathon (San Leandro) - 677 finishers

Joe Walter 32:20 (10:26 per mile) 165th overall 1st in age (75-79)

Together with Love 10k (Pacific Grove) - 305 finishers

Chris Sullivan 49:11 (7:56 per mile) 45th overall 2nd in age

Carol Turner 1:11:05 (11:28 per mile) 223rd overall 1st in age (70-99)

3rd place couples 120+ years combined age

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>

- **March 3, 2018** - [Fire Drill 5K/10K](#) | Use the code **SB5** to save \$5 off any distance.
- **May 20, 2018** - [Surfer's Path 5K/10K/Half/Full Marathon](#) | Use the code **SURFRUN** to save \$5 off any distance (valid only until January 31, 2018)
- **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

FEBRUARY

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 \(San Jose\)](#)