

Dec 11- Dec 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 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

MPS Holiday Dinner - recap

Twenty one MPS members and guests enjoyed a festive outing at the annual MPS Holiday Dinner last Friday evening at Jack's Brewing Company in Fremont. We dined on a variety of pub food and enjoyed cellar wines from Chuck Lee.

We enjoyed hearing about the running careers and accomplishments of three MPS members – Mike King, Carol Turner, and Mike Dunn -- who were interviewed following dinner. The raffle saw 10 attendees take home a bottle of wine, elegantly prepared by Carol Turner.

All in all, a great way to celebrate the spirit of the season.

MPS AT THE RACES

LA River 1/2 marathon (Los Angeles) - 330 finishers

Dan Harris 2:05:02 (9:35 per mile) 136th overall 8th in age (50-59)

Summit Rock 5k (Saratoga) - 167 finishers

J R Mintz 27:11 (per mile) 4th overall 1st in age (50-54)

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>

UPCOMING RACES

December

17 - [Santa Run Silicon Valley 5K](#) (San Jose) **Carol Turner, Chris Sullivan, Steve Wickland, Fred**

Heinze