

July 16 - July 22

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 AT THE RACES

Wine Country 1/2 marathon (Napa) - 2620 finishers

Gordon Gillmouth, 3:10:11 (14:30 per mile) 2433rd overall 4th in age (75-79)

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

- **August 11, 2018 - [Radical 80's 5K/10K](#) | Use the code **SBRAD80S** to save 20% off your registration.**
- **September 1, 2018 - [SLO Ultra](#) | Use the code **RSA2018KORNITZ** to save 10% off your registration**
- **September 2, 2018 - [Race to the End of Summer 5K, 10K, Half Marathon](#) | Use the code **SB2018** to save \$7 off any distance.**
- **September 9, 2018 - [San Francisco Giant Race](#) | Use the code **BASEMENT18** to save \$10 off your registration.**
- **November 3 & 4, 2018 - [Marin Triathlon](#) | Use the code **BASEMENT** to save 10% off your registration.**

UPCOMING RACES

July

22 - [Wharf to Wharf 6 Mile \(Santa Cruz\)](#)

28 - [Bad Bass 5K/10K/Half Marathon \(Castro Valley\)](#)

29 - [The San Francisco Marathon \(San Francisco\)](#)

August

11 - [Radical 80's Run \(San Jose\)](#)

19 - [Race Thru the Redwoods 10K \(Felton\)](#)

19 - [ICC Sevathon 5K/10K/Half Marathon \(San Jose\)](#)

25 - [Run for Great Schools 5K \(Cupertino\)](#)

26 - [Animal Run 5K/10K/Half Marathon \(Fremont\)](#)

September

2 - [Race to the End of Summer 5K/10K/Half Marathon \(San Jose\)](#)

22 - [Trail Hog 5K/10K/Half Marathon \(San Jose\)](#)

29 - [HERS Keep Abreast 5K/10K \(Fremont\)](#)

29 - [Teal Run 5K \(Campbell\)](#)

30 - [Stevens Creek Trailblazer 5K/10K \(Mountain View\)](#)

October

6 & 7 - San Jose Rock 'n' Roll 5K/5 Mile/Half Marathon (San Jose)

20 - Hope for Crohn's 5K (Campbell)

20 - Oktoberfest 5K/10K (Campbell)

21 - Morgan Hill 5K/10K/Half Marathon/Marathon (Morgan Hill)

21 - Surfers Path Hang 5-Miler/10-Miler (Capitola)

28 - OktoberRun 5K/Half Marathon (Redwood City)

28 - ZombieRunner Halloween 5-Miler/Half Marathon/Marathon (Campbell)