

Jul 12– Jul 18 2021!

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

We are back. Please keep your fellow runners in mind. If you have not been vaccinated please wear a mask.

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.

5th Saturday Run at Lake Chabot. Meeting at the boat house leaving no later than 8:30.

73 year old man sets age group record for 50K. Interesting story. Link from Fred Heinze
https://www.runnersworld.com/news/a36710609/gene-dykes-runs-age-group-50k-world-record/?utm_medium=social-media&utm_campaign=socialflowFBRW&utm_source=facebook

MPS AT THE RACES

Run San Ramon 5k (San Ramon) - 485 finishers

Chris Sullivan 24:37 (7:55 per mile) 110th overall 6th in age (60-64)

Fred Heinze 29:09 (9:22 per mile) 209th overall 8th in age (65-69)
Carol Turner 35:48 (11:31 per mile) 307th overall 1st in age (75-79)

AWESOME LINKS

[Bay Area Runners Meetup](#)

[Find Running Partners](#)

[Jogging Buddy.com](#)

[Red Power Divas](#)

[Running Addicts](#)

[Running Ahead Forums](#)

[Team In Training](#)

[TriValley Running Club](#)

[Go Far Run Group](#)

[Mermaid Series](#)

[Running In The USA](#)

[The Runners World Race Finder](#)

[Active Running](#)

[Brazen Racing](#)

[First Wave Events](#)

[USAP Events](#)

[Ultra Signup](#)

[Bay Area Running Events](#)

[RunningWarehouse.com](#) (use code MPSTRIDERD for a 15% discount)

[Mission Peak Striders Resources](#)