

Oct 15 - Oct 21

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):

We 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

MPS Party Wrap

Twenty nine MPS members and their guests enjoyed pizza and other goodies at the MPS Mileage Recognition party on a balmy afternoon last Sat. at the home of Gordon & Rita Gillmouth. Mileage Recognition Awards – renamed as The Doug Mileage Recognition Award – were presented to eight MPS members:

- 25,000 miles – Steve Wickland
- 35,000 miles – Regis Amann
- 40,000 miles – Mike Dunn, Fred Heinze, Joe Walter
- 45,000 miles – Chris Sullivan
- 55,000 miles – Mike King, J.R. Mintz

Julie Ward, Doug's widow, traveled from her home in Bend OR for the unveiling of the new Doug Ward mileage certificate. Julie was presented with an honorary mileage award.

Several members went home with running posters, donated by Julie from Doug's collection.

MPS AT THE RACES

Bizz Johnson 50k (Susanville) - 31 finishers

Lisa Hughey 4:06:16 (7:55 per mile) 2nd overall 1st in age (30-39)

Bizz Johnson Express 1/2 marathon (Susanville) - 195 finishers

Harris Mason 1:45:43 (8:04 per mile) 21st overall 3rd in age (30-39)

The Belmont Water Dog 10k (Belmont) - 190 finishers

J R Mintz 44:56 (7:14 per mile) 19th overall 2nd in age (50-59)

Wine Country 1/2 marathon (Healdsburg) - 352 finishers

Carol Turner 2:46:52 (12:45 per mile) 324th overall 2nd in age (70-79)

Maui Tacos 5k (Lahaina, HI) - 345 finishers

Joe Walter 32:38 (10:30 per mile) 36th overall 1st 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

- **October 27, 2018** - Costume 5K Fun Run | Use the code SPORTSBASE to save 20% off your registration
- **October 27, 2018** - San Jose Ice Cream Run | Use the code SBCAMPBELL to save 10% off your registration
- **November 3 & 4, 2018** - Marin Triathlon | Use the code BASEMENT to save 10% off your registration
- **November 11, 2018** - Concord 5000 | Use the code BASEMENT to save \$5 off your registration November 10 & 11, 2018 - Las Vegas Rock 'n' Roll 10K & Half Marathon | Use the code BASEMENTSJ10 to save \$10 off your registration
- **November 18** - 49ers Golden Heart Run | Use the code SPORTSBASEMENT to save 10% off your registration
- **March 24** Oakland Running Festival Use the code **PEOM2019** Marathon: \$15 off - Half: \$10 off - 5K: \$5 off - 4 person relay (team captain): \$25 off - Run The Town: \$15 off

UPCOMING RACES

October

- 20 - Hope for Crohn's 5K (Campbell)
- 20 - Oktoberfest 5K/10K (Campbell)
- 21 - Whistle Punk - The Deuce (San Mateo)
- 21 - Morgan Hill 5K/10K/Half Marathon/Marathon (Morgan Hill)
- 21 - Surfers Path Hang 5-Miler/10-Miler (Capitola)
- 28 - Oktober Run 5K/Half Marathon (Redwood City)
- 28 - Zombie Runner Halloween 5-Miler/Half Marathon/Marathon (Campbell)

November

- 2 - Ragnar Relay Napa Valley (Bay Area)
- 3 - Heroes Run (Cupertino)
- 4 - Down by the Bay 5K (Sunnyvale)
- 4 - Golden Gate 5K/Half Marathon (San Francisco)
- 4 - Race Against PH (Palo Alto)
- 10 - Race to the Flagpole 5K/10K (Livermore)
- 11 - Mermaid Run 5K/10K/10M (San Francisco)
- 17 - North Face Endurance Challenge (San Francisco)
- 18 - Berkeley Half Marathon (Berkeley)
- 18 - Golden Heart Run (Santa Clara)
- 22 - Applied Materials Silicon Valley Turkey Trot (San Jose)
- 24 - Quarry Turkey 5K/10K/Half Marathon (Fremont)

December

- 1 - Vista Verde Skyline Run (La Honda)
- 2 - Firehouse Run 5K/10K (Santa Clara)
- 8 - Summit Rock 5K/10K/Half Marathon (Saratoga)
- 8 - Walnut Creek 5K/Half Marathon (Walnut Creek)
- 9 - Girls on the Run 5K (San Francisco)
- 9 - Great Santa Run 1M/5K (San Francisco)
- 16 - Santa Run Silicon Valley (San Jose)
- 16 - Zombie Runner Quarry Lakes Run (Fremont)
- 22 - Great America Run & Ride (Santa Clara)
- 30 - Brazen New Years Eve 5K/10K/Half Marathon (Fremont)