

Thank You All



Weekly Meetings Will Continue

2:30pm Fridays on Zoom

April 17 **Des Linden** (2018 Boston Marathon Champion; London and Rio Olympic Teams)

April 24 **Angela Duckworth** (U Penn Professor, Author of *Grit*)

May 1 **Josh Cox** (USA 50km record holder, 2:13 marathoner, 4x Olympic Trials)

May 8 **Rob Bartlett** (Head Coach, cross country/track & field, Occidental College)

May 15 **Stephanie Brown Trafton** (Olympic gold medalist, discus, Beijing)

May 22 **Josh Kerr / David Ribich** (Sit & Kick podcast, Brooks Beast, 3:53/3:58 milers)

Follow us on mvrunning.com

(it's for alumni too—we are in this together—you are MVTF/MVXC as long as you want to be)

We Can All Be Cross Runners

Running is a sport where the only thing specialized is shoes.

- Any shorts
- Any shirt
- Any socks
- If you can't find a teammate it's OK
- If you are travelling it's OK

We Can Be Connected While Apart

New shoes!

Chris Schenone, Owner
Running Revolution
Text 408-807-5677

Tell him you are from
Monta Vista and what you need

Be Safe and Stay Connected

We still made, and can make,
memories.

Good night! And our last
video...