



slocity sports

They'll be Racing Around the Mountain When They Come

By Kristin T. McNamara



Organizer and runner, Yisha Horowitz, will be taking part in the first San Luis Mountain Run on Nov. 12.

his love of exploration and San Luis Obispo County's beauty, and this promises to be no different. "I was out running what became the course and thought how amazing it would be to have a race there," he said.

Those who sign up have more of a challenge in store compared to most 10Ks. Horowitz describes those who will enjoy this race as "those who appreciate the technical aspects of trail running. It's much more of a challenge than running on flat ground—it uses different muscles. It's more of a head game: having to anticipate loose, uneven, or slick ground uphill and downhill."

Proceeds benefit the Special Olympics, an organization dedicated to bringing the

says he was inspired to establish the race through his work as a volunteer for the local chapter during his college years: "It was so beneficial to see people that you wouldn't normally expect to see running or playing sports. They were so dedicated—and fast!"

He says of his race production and its role in benefiting Special Olympics, "Sports are a lot more than just 'sports': They help people gain self confidence, healthy living habits and lifestyles, even camaraderie. I want to share that."

To join the fun, visit <http://www.ccadventure.com/mountainrun/index.htm> or call 541-0401 for more information. Early registration ends November 7. Entry fee is \$30, with student pre-registration for \$25. Day-of registration is \$35. ♣

10K races offer a lot to those interested in the running circuit: Beginners test their stamina, racers can really stretch their legs, and those aiming for longer races use a 10K as a milestone for training programs. 10Ks are running races of 6.2 miles (that's the English way of saying 10 kilometers

or "K"s), often on pavement. SLO residents and visitors have a variety of choices throughout the year when it comes to such races, but a 10k is a 10k unless it is the first San Luis Mountain Run.

On Sunday, November 12, ESPN Radio 1280 will sponsor a 10K like no other

in the area. Set on the rugged paths of Cerro San Luis (aka "Madonna Mountain" or "San Luis Mountain"), the course will require runners to circumnavigate the volcanic peak on challenging single track, fire road, and double track while gaining 1,556 feet in elevation.

The race is the brainchild

of Yishai Horowitz, a Cal Poly grad and local adventure-race developer who is fast gaining notoriety for events like the annual Central Coast Adventure Challenge held at Santa Margarita Lake each May. Horowitz disdains the typical asphalt runways in favor of capitalizing on racers' sense of adventure.

Respected race reviewer Barrie Adsett has hailed the Central Coast Adventure Challenge as "the best I have ever seen in course design." Similar accolades around the state for his efforts encouraged Horowitz to look for similar challenges close to home. He is always on the lookout for a way to share

