

Stevens Creek Striders

TAC #127

Since 1982

PRESIDENTS LETTER

AUGUST 1995

Hi from your new president, Marsha Levy.

I've been running with the Striders about 8 years now, coming out sporadically on Saturday mornings and Tuesday evenings at Rancho San Antonio. I run for my health primarily and am not (gasp!) training for a marathon. I have no special qualifications to serve as your president, other than I do enjoy running with friends and I want to be a part of this organization.

I want you to know that I will listen to all your complaints and/or suggestions and take them to the board. I won't guarantee, however, that we will make a lot of changes. This club has run successfully for over ten years by keeping a "flexible consistency".

Now I know that many of you have all kinds of special talents that you use to support your fellow runners. Things like driving other runners to a race, sharing your water, pacing another runner, volunteering to work an aid station, loaning someone your gloves, hat, kleenex (dry, of course), cheering on a tired runner, giving injury advice, coaching a new (old?) runner, paying your dues, or even asking "how was your run?" All these things and more encourage your fellow runners. Thank you!! And please don't stop!

Adidas,

Marsha







Cupertino, CA



It's Al's Birthday, but don't tell him--it's a surprise! Tom and Hilary will be hosting this annual event at their home on Saturday, August 26th. Since Hilary is currently galavanting around Scotland, details on time, etc., will be announced on Saturday mornings!



Club Events

	<i>Clam Bake</i>	<i>Aug. 20</i>
	<i>Details to be announced Sat. mornings</i>	
	<i>Al Morrotti's 8th Annual</i>	
	<i>65th Surprise Birthday Party</i>	<i>Aug. 26</i>
	<i>Humboldt Marathon</i>	<i>Oct. 15</i>
	<i>Annual Christmas Party</i>	<i>Dec. 2</i>

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If you haven't paid your dues yet, it's time. . .In fact it's past time, so please give your check to any board member. Thanks!!

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NIELS PETERSEN BREAKS RECORD AT STRIDER TRACK MEET

Niels Petersen warmed up the track on an otherwise cool and overcast Father's Day morning at De Anza College. While proud mom Ann watched, Niels blasted the field in the 400, 200, and 100. In the latter event, his 12.0 broke the old meet record of 12.4 previously shared by Paul Armstrong and Doug Riggle.

Andy Read started the meet off with a win in the mile in the excellent time of 5:13.6. Michael Florence followed in 5:52.2, successfully accomplishing his goal of breaking six minutes.

Mike Bordoni defended his Kids' 100 title with a winning time of 16.0. Alison Koren lowered the girls' record to 18.1. A hearty welcome to new competitors Olivia Smith and Jack Bordoni, who both could use a little work staying in their lanes! Mike also won the 800 for the second year in a row with a time of 2:58.0.

Michael Florence doubled in the 2-mile, winning in 13:16.7. Matt Bordoni was his "rabbit", running the first mile in 6:24.3 (not bad for a 9 yr. old).

This year the efforts of the Strider runners were converted into "age graded" ratings, allowing participants to judge their performances in each event without bias to age or sex. For example, age grading pointed out the quality efforts of Darryl Denton and Paul Armstrong, which otherwise might have been lost in Niels' dust! Best ratings are listed below (a 100 rating would be the equivalent of a world record).

	RATING	EVENT	TIME
Niels Petersen	82.2	100	12.0
Matt Bordoni	74.7	Mile	6:24.3
Darryl Denton	73.6	100	14.6
Paul Armstrong	72.2	100	14.5
Andy Read	71.8	Mile	5:13.5
Mike Bordoni	70.9	100	16.0
Michael Florence	70.2	Mile	5:52.2
Alison Koren	70.2	100	18.1
Ann Petersen	70.1	100	17.8
Pat Koren	69.7	100	16.2
Irene Smith	65.7	2-mile	13:57.2
Woodchuck	63.9	100	17.5
Tim Koren	63.3	100	17.5
Bob Campbell	59.2	Mile	7:25.5

Anyone interested in pursuing their track performances on an age graded basis should see me about an age graded meet at Soquel High School on August 5th.

See you all next year for the 12th annual meet on Father's Day, June 16, 1996!

COMPLETE RESULTS

MILE

Andy Read	5:13.5	Pat Koren	6:45.9
Michael Florence	5:52.2	Irene Smith	6:48.5
Paul Armstrong	6:43.3		
Woodchuck	7:24.9		
Bob Campbell	7:25.5		

100 METERS

Niels Peterson	12.0	Pat Koren	16.2
Paul Armstrong	14.5	Ann Petersen	17.8
Darryl Denton	14.6	Irene Smith	21.3
Woodchuck	17.5		
Bob Campbell	19.7		

KIDS' 100

Mike Bordoni	16.0	Alison Koren	18.1
Matt Bordoni	16.8	Olivia Smith	40.7
Tim Koren	17.5		
Jack Bordoni	2:06.1		

400 METERS

Niels Petersen	0:58.4	Pat Koren	1:27.2
Paul Armstrong	1:14.4	Irene Smith	1:32.5
Darryl Denton	1:15.4		
Bob Campbell	1:35.2		
Woodchuck	1:43.2		

800 METERS

Mike Bordoni	2:58.0	Pat Koren	3:10.2
Paul Armstrong	3:02.7	Irene Smith	3:13.4
Woodchuck	3:39.8		
Bob Campbell	3:49.2		

200 METERS

Niels Petersen	26.4	Pat Koren	37.4
Paul Armstrong	31.3	Ann Petersen	38.8
Darryl Denton	31.9	Alison Koren	41.2
Mike Bordoni	35.9	Olivia Smith	1:36.1
Tim Koren	38.6		
Woodchuck	43.4		

2 MILE

Michael Forence	13:16.7	Irene Smith	13:57.2
Woodchuck	15:56.0		
Paul Armstrong	16:31.2		
(Matt Bordoni	6:24.3 -- only ran 1st mile)		

Special Recognition for Fried Brains: Paul Armstrong and Woodchuck J. Toejammer who ran all six events!

- Jim Bordoni



July 5

Dear Jerry,

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Once again, all I can say is thanks for the tremendous job that you and the Striders did at Lost Cove again this year. In spite of the snow and the intense heat, the race went extremely well, and we had no unusual problems. This can solely be attributed to the tremendous efforts of our volunteers. It is certainly reassuring for me as race director to know that you guys are out there.

Thanks again for all that you do for Western States, and being such a good friend to me. Please send me your receipts so that I can reimburse you for your expenses.

Sincerely,

Norm

WESTERN STATES ENDURANCE RUN FOUNDATION

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1995 Tahoe Relays

By John Felde

After several additions and deletions, we finally managed to compose a full team of seven runners for the June 10 Tahoe Relays. Not that the makeup of the team was in the right proportion for a mixed team, but that has never stopped us from running before.

We were joined by Marv and Janine about halfway through dinner and several margaritas when they arrived late evening in Marv's plane. Dinner was at Cantina los Tres Hombres and as luck would have it, we enjoyed 1977 prices on dinners and drinks in celebration of their anniversary. Back at the cabin, a brief orientation to the race, selection of legs and vehicle assignments, etc., and we were off to bed.

Race conditions and weather were absolutely perfect. The weather was clear as a bell--light winds, pleasant temperatures, lots of snow on the surrounding mountains--all combining for the spectacular scenery for which Lake Tahoe is known.

Marv led off the race with an impressive start of 1 hour, 18 minutes for 10.2 miles which put us actually in front of several teams.

Phil Darnall, a workmate of Margaret's and a last minute Phil-in, cruised through leg 2 at a 7:30 pace in spite of the hills.

Janine managed a very fast pace

early on and almost outdid herself, as well as her stomach contents, finishing looking rather pale, but with a fast recovery.

Jerry Hill ran his regular steady pace and still found time to intervene in a domestic dispute without getting run over and place a few bets at the Crystal Bay Club as well.

Margaret picked up the handoff for leg 5 and surprised herself by running steadily the 10.7 miles (longest run yet).

Pete, also a last minute addition, ran the hilly #6 without a hitch and finished strong in about 1:30.

I was the beneficiary of three support cars on the final leg and managed to run the whole way in spite of being out of shape from too much time on the beaches of Fiji.

Our total time was 11:25:53, which placed us #84 out of 92 teams. I think that's a place or two better than last year's slower team. Anyway, not bad when you consider the winning team averaged nearly a (6) six minute mile at 6,000 feet. Incidentally, Muscles Morrotti, accompanied by my friend, Laurie, rode around the whole lake in about seven and one-half hours. They went around clockwise for a better view of the lake and a safer ride.

We wrapped up the evening with the traditional lasagna, Morrotti

pesto, red wine, salad, french bread, berries and ice cream for dessert. Some of the more spirited of the group, predominantly the younger ones (who's that, John?), went into town for some light carousing, dancing, etc. All in all, everyone had a great time, even if we did forego brunch on Sunday at Harrah's this year.

Special thanks to Margaret for organizing and dealing with the accommodations, Al and John for shopping and meal planning and Brian, Margaret's friend, for driving the support vehicle for the race. Set your sights for next year and plan to join in the fun.



"It's a breeze running at altitude"
(John Felde after resting 3 months in Australia)

American River 50

By Pat Koren

This article was supposed to be about the Napa Valley Marathon. Since I had yet another unsuccessful attempt at qualifying for the Boston Marathon, I decided to write about a race that was a lot more fun, the American River 50.

When I first started running with the Striders 9 years ago, one of the first people I met was Jerry Hill. Jerry frequently wore a jacket with "American River 50" printed on it. Right then and there I decided that someday I was going to be wearing one of those jackets someday keeping in mind that it would be about three years before I ever ran a marathon.

Last summer I asked Jerry Hill if I could run with him at the AR 50 in 1995. He agreed to let me tag along.

My training push for the AR 50 began by doing the Quadruple Dipsea on Thanksgiving weekend with Tom K. Side note: I felt much worse during and after the QD than the AR 50. Three trail and one road marathon later came the AR 50. Tom, Noel, Ramona, and I drove up together and spent the night at Mary Young's (a former Strider) in Sacramento. Mary provided great food and excellent conversation.

The next morning I met Jerry at the start and wished Tom and Noel good luck because I surely wasn't going to see them again until the finish.

Jerry and I saw Ernie Flores at

the start and ran with him for about a mile. As the race started, the sky was overcast and the temperature cool, low 50s. At the major aid stations Jerry's wife, Carolyn, would be there along with Ramona. Ramona took some great pictures of all of us along the way.

The first 27 miles is run on a bike path with gravel along the sides. We tried to run as much as possible on the gravel to save our legs. When we got to Granite Bay (about 26.5 miles), my legs felt just like they do after a marathon, which made me wonder how they were going to feel about 40 miles. Jerry assured me that your legs get to a certain level of discomfort and they really don't get any worse. He was right. In fact, when we stopped at 31 miles for lunch my legs actually felt better.

The 31-mile mark is where the unknown started for me, because that is the furthest I had ever run at one time. Between 31 and 41 miles we went through a lot of mud. One thing I found interesting is that when Jerry and I stopped at the aid stations, people who were behind us would go through the station ahead of us. However, before we would get to the next aid station we would pass almost all of them.

Once we got to 41 miles I was confident that I could finish the race. I knew from talking to Jerry that the last three miles were tough. The worst part

was the first 300 yards of those last three miles. I was sweating profusely and lightheaded when we walked those 3,000 yards. Fortunately, the slope of the trail leveled off after that and there were a few flat spots.

About 1/2 mile from the end you can see the finish area. I really got excited at that point. Jerry and I finished together at 10:54, Tom finished in 9:47 and Noel finished in 9:00. I had an incredible psychological high after the race . . . and the jacket.

Race Results

• **May 27, 1995, Bruce Jenner Classic**
San Jose City College

100 meters - Men 40+	4th: Bernie Stevens	13:59
1500 meters - Men 40+	8th: Jim Bordoni	4:29:7

• **June 10, 1995, USA T&F Pacific Association Masters Meet**
Los Gatos High School

800 meters - Men 40-49	2nd: Jim Bordoni	2:08:6
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• **June 24, 1995, USA T&F Western Regional Masters Meet**
Los Gatos High School

800 meters - Men 40-44	3rd: Jim Bordoni	2:10:2
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• **June 24, 1995, Hershey Nor-Cal State Meet**
San Jose City College

400 meters - Boys 9-10	3rd: Matt Bordoni	1:14:1
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• **July 9, 1995, USA T&F Pacific Association Junior Olympic Championships**
San Jose City College

1500 meters - Boys 9-10	5th: Matt Bordoni	5:37:7
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• **July 9, 1995, San Francisco Marathon**

Gayla Johnson	3:38
Tom Kaisersatt	3:33
Carl Cull	3:17
Mark Goldman	3:33-3:38
Rob Larsen	5:29 PR

• **Lake Chabot, 1/2 Marathon**

Dick Wedge	2:19
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• **Foothill College 24-Hour Run**

Mike Florence	112 miles - 2nd overall	Is this possible??	Congratulations, Mike!
Tom Kaisersatt	Great Effort		

Board of Directors:

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The Stevens Creek Striders Board of Directors typically meets every second Tuesday of the month.

Next meeting: August 22, 1995, 7:30 p.m.

CLUB MEETINGS

The runners meet every Saturday at 8:30 a.m. at Kennedy Junior High School, on Bubb and Hyannisport in Cupertino. Members meet to run walk, bike and socialize. After each Saturday run, members meet at Hobeas Restaurant in the Cupertino Oaks Plaza.

Stevens Creek Striders
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Carol Borders 6/96
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