

# Stevens Creek Striders

TAC #127

Since 1982

Presidents' letter

September 1995

I've been hearing some whining lately about how boring our Saturday run is, and how can we make it more interesting and fun for all of you. Since we all have different running goals, I am publishing a map of our usual run area so you can see a few variations that you might like to try. I've also listed some features about some of the legs, so you can evaluate where the best place is for you to run. Please look over the map carefully and note where there is parking, and the right trail conditions for your particular needs. I think this area offers some pretty good variety of the kinds of roads/trails that people like to run on. Keep your favorites in mind, because you may be asked to vote on making some changes to our running route at a later time.

## THE STANDARD RUN:

Start at Kennedy Jr. High School and run to Steven's Creek Dam and back.  
5 1/2 miles round trip, or about 6 miles if you go out Bubb Rd. to McClellan.

The run starts out on residential streets (flat) and winds up McClellan to Steven's Canyon Road, which takes you to the dam on very narrow shoulders where you must run single file to avoid traffic. Occasional cement trucks coming down from the quarry really help to get your heart rate up.

If returning across the dam and down through the woods, you get about 1/2 mile of shade paralleling the creek. (Cool, scenic, water stop and bathrooms at Villa Maria picnic area).

This is a fairly open run, which makes it nice and sunny in the winter, but it gets pretty warm on those hot summer days.

## TRAIL VARIATIONS:

There are a variety of trails surrounding the reservoir to challenge any runner. They range from the flat "loop" trail across the dam, turn right, and run to the loop and back, to the "forever uphill" Coyote Ridge trail, which goes through the Fremont Older Preserve and is used by many mountain bikers, including our own Al Morotti. There are too many to list here, so check the map, pick a new trail to explore, grab a friend and just do it!

That's how Tom Kaisersatt recently found a "new" trail through the Montebello Open Space Preserve that made his usual run more interesting. It even had a gentle downhill that led him back to Steven's Canyon Rd. just below the firehouse.

## EXTENSIONS TO ADD DISTANCE:

Dam to firehouse: About 1 mile.

Dam to the once purple bridge.  
(It's cement-white now) 3 miles

Count the bridges after you turn past the Mt. Eden Rd. split.

It's the 4th bridge.



Cupertino, CA

By the way this 2 1/4 mile section between Camp Costanoan and the once purple bridge is the most scenic. It follows Steven's Creek along a forested section of canyon on a little traveled backroad. It's nice and cool in the summer, but icy and cold in the winter.

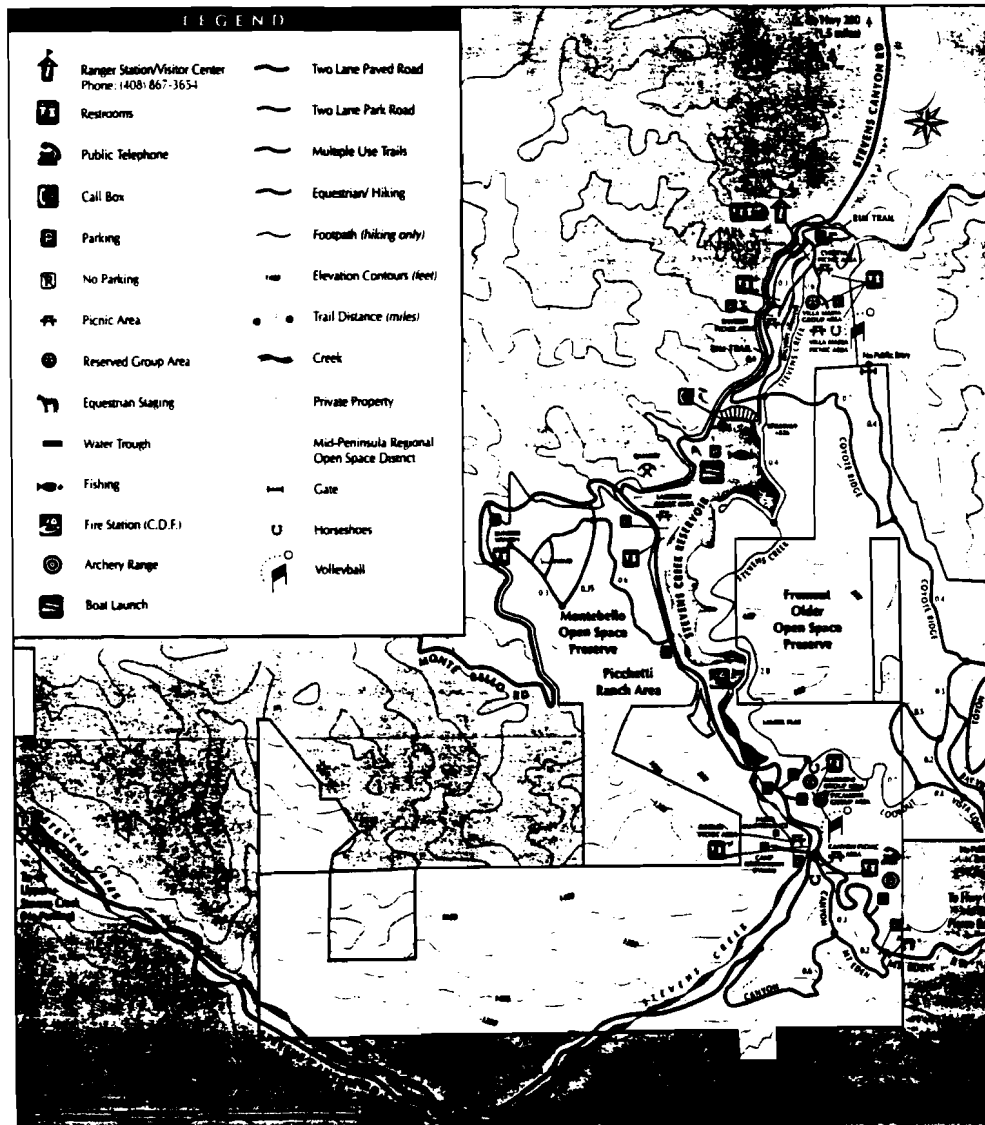
Camp Costanoan is an old girl scout camp which used to offer day camp in the days of my youth. I can't run past this section of creek without thinking of a warm summer day many years ago (never mind how many), when I was ten years old. My girl scout buddies and I were wading in the cool shallow water. There was one girl I didn't like very much. I was casually distracting her in the hopes that she would step directly on this huge yellow SLIMY banana slug. Guess what. She did! Of course, I would never do any such thing today. I have learned to respect my dear friend, the banana slug.

Still bored? Well, let's see, there's the track at De Anza, Rancho San Antonio trails, running races in other cities, taking up basket weaving or....O.K. you get the idea. Now get out there and find yourself a new trail. And please, no more whining.





Adidas,

Marsha

# Stevens Creek and Upper Stevens Creek



## ***Club Events***

	<i>Humboldt Marathon</i>	<i>Oct. 15</i>
	<i>Big Sur River Run</i> <i>See below for details</i>	<i>Oct. 28</i>
	<i>1st Annual Quicksilver Turkey Trot</i> <i>See below for details</i>	<i>Nov. 26</i>
	<i>SCS Annual Holiday Party</i>	<i>Dec. 2</i>

### **BIG SUR RIVER RUN**

The Big Sur River Run is coming! If running in a beautiful place with your friends is your idea of a good time, be sure to mark **Saturday, October 28th** on your calendar.

This 10K Run (or 5K walk) is a beautiful course, all flat, black-top road alongside the Big Sur River, through redwood and oak groves. The start time is 10:00 a.m. sharp, so you have plenty of time to get there in the morning. **OR**, if you're quick, we have some spots available for camping on Friday the 27th. If you want to camp with other Striders, you need to call Margaret Wagenet **NO LATER THAN SEPTEMBER 25th**. There are two campsites reserved for our Club, total campers allowed is 16. You can call Margaret at work **(408) 277-5208** or at home **(408) 269-6864**. The cost for each happy camper is only \$7. After the run, John Felde will be preparing his wonderful 5-grain pancakes to go along with some fruit and coffee or tea (donations of \$2-3 please, for breakfast).

Entries are limited to the first 1,000 forms received - contact Margaret for an entry form.

## *WANTED: By November 11th*

*The Stevens Creek Striders Board of Directors are searching for a few spirited Striders to participate in a talent show at this year's holiday party on December*

*2nd. If you can*

*sing, read poetry, act, play an instrument, do magic, juggle,*

*juggle while riding a unicycle,*

*dance, tell a story,*

*or whatever your imagination can imagine*

*you're wanted.*

*We must limit the number of acts, however, so sign up quickly as only the first 5 acts will be accepted. Grab one of your fellow Striders and do a skit! Acts should be limited to around 5 minutes, but that's not set in concrete!*

## **FIRST ANNUAL QUICK-SILVER TURKEY TROT RUN**

The First Annual Quicksilver Turkey Trot is scheduled for **SUNDAY, NOVEMBER 26th**. If you've never been to Almaden Quicksilver Park to hike or run, you're in for a treat. The park features over 50 miles of cross-country trails. You can choose either a 9 mile or a 5.5 mile hilly loop.

We'll be meeting at Margaret Wagenet's house at 8:30 a.m. If you choose the longer course, you'll be running from Margaret's house, 1.8 miles to the park along Camden Avenue, then a 5.5 mile loop, and back to her house. If you choose the shorter course, we'll drive to the park for an out and back run. After the run, you're invited for a light breakfast of breads, fruit, juice and coffee at Margaret's house.

Please RSVP to Margaret by **November 19**. Fliers with a map to the house have been prepared; call Margaret either at work: (408) 277-5208 or at home: (408) 269-6864.

Fliers will also be available on Saturday mornings.

# Striding to the Sea

By Peggy Alfred

"Please, please, just a couple more \*!\*%! turns and we'll be there!" I moaned to my turbulent, car-sick stomach as we approached Big Basin Headquarters (Janine - no reflection on your superb driving intended!). But as I wobbled out of the car and took a deep breath of rich, redwood forest, I quickly revived and was ready to hit the Skyline-to-the-Sea trail with my fellow ambitious Striders! (Actually, I blew chunks in the bathroom and felt a whole lot better.)

Our group of nine (Pete, Cara, Susie, Greg, Rob, Scott, Mike F., Charles and myself) only waited a few minutes until Tom and Gayla pranced up from some forbidden trail to join us after having run 18 miles, starting at Saratoga Gap at 6:30 that morning . . . and they were running 12 more with us to the beach to make it an even 30! (The really sick thing was they both looked eager to run more and had barely broken a sweat . . . both great athletes I admire much).

So as not to break with tradition from our usual start, we promptly proceeded down the wrong trail from the first turn (which would have tacked on a joyous extra 2, 3, 4 . . . Jerry? . . . miles to the already arduous trek) but quickly/mercifully re0directed ourselves to the right path and continued on and upwards (Tom and Gayla were bummed as the run was now again only 30 miles)! Tradition runs strong as we attempted twice more to "go where no Strider has gone before" and went down the wrong trail. Charles kept us in line and on course by hollering "That's number 2, that's number three!" and putting on the brakes . . . bless you Charles!

Pete "the Gazelle" Letchworth bounded up the steep trail (first 1 1/2 miles); the rest of us steadily ambling along to where we regrouped before beginning the long, descent to the coast. (Only one trail to follow from that point . . . Charles visibly relaxed!) The going was tricky as the trail was narrow, rocky and quick to catch a runner off guard but also serenely beautiful and a true pleasure to run. About five miles into our run we came upon Berry Creek Falls, dazzling with a 100 foot drop of cascading water. Here we waited to regroup, check in with each other, and hear some very bad and very funny jokes (ask Greg the

one about male birth control, Iowa style).

After catching a quick breather, "The Gazelle" sprinted off . . . heading for the cold one, I think! Rob and Scott joined him and we never saw their tails again until coastside. Good run, guys! I ran in the enjoyable company of Greg and Mike, at one point becoming particularly engrossed in a critical examination of the best flavor of ice cream. (Mike highly recommended "Chunky Monkey" by Ben and Jerry). Gayla then joined us, looking steady and very strong for having run a marathon at that point (I think she held back and didn't pass us out of humbleness). At ten miles into the run, I glanced over at Mike who looked like he was just warming up (this is a man who completes 24 hour runs and accomplishes that suicidal gesture they call the Western States) and made a gasping comment to that effect. Mike assured me this was a challenging run for him, too, what with "reduced training, the hill and all" . . . another humble, talented athlete and a real nice guy.

We reached the sunny, but thankfully cool coast and sent Gayla through the gate first, this being her first-ever attempt at 30 miles . . . Congrats Gayla! After wiping the sand from my lips and knees, we chugged up to our beach party site nestled on a beautiful bluff and porked out on scrumptious clam and salmon chowders (thanks Janine and Steve!) and shared munchies. Friends came to join in the feasting and various beachy activities . . . surf splashing, frisbee, kite flying, beach combing, beer drinking, snoozing in the sun, and "wham bat" (my 2-year old son, Cody's contribution).

Many thanks to all who helped make this year's annual Striders Clam Bake an enjoyable day - Diana who drove to the coast the day before to pick up the land-use permit, Steve and Janine for volunteering to cook their delicious chowders, those who helped set up and those who helped clean up afterwards, and the drivers who generously transported the runners to the start - thanks big!

Oh, yes, as for this year's recipient of the "Downs Award?" - Pete! Fortunately, it was not a bad injury, but an owee ankle twist during the last half of the run. He kept trying to get one of the women to kiss his "boo-boo" . . . hmmm! Thanks all for a fun time!

## *Race Results*

### July 1995, Tri for Fun

Margaret Wagenet            1:15    S = 800 meters, B = 15 mi., R = 3.5 mi.

### July 1995, Tri for Fun

Margaret Wagenet            1:12    S = 800 meters, B = 15 mi., R = 3.5 mi.

### August 6, 1995, Run For Your Heart, Palo Alto

#### 5K:

Jim Bordoni	17:34:7	1st in Men's 40-44
Bea McIntosh	23:07:9	1st in Women's 50-54
Mike Bordoni	23:09:9	1st in Boys 12 & under

#### 10K:

Steve Forman                46:39

### August 19, 1995, Dammit Run, Los Gatos, 4.9 M

Tony Grant	42:06	3rd in Big Dog*
Jannine Grant	44:06	9th in age group

\* Tony would humbly like to point out that he finished before Jannine!

### August 20, 1995, Glasgow, Scotland, 1/2 Marathon

Rob Larsen                 2:21

### August 27, 1995, Aberdeen, Scotland, 1/2 Marathon

Rob Larsen                 2:18                 PR

August 25, 1995, Florentine's T.G.I.F. Run, Palo Alto, 5K/10K  
5K:

Jim Bordoni	17:39	2nd in age group
Mike Bordoni	22:47	2nd in age group
Janine Hernandez	28:36	
Ileen Dranchak	30:19	

Florentine's T.G.I.F. Run  
10K:

Peggy Alfred	45:30	3rd in age group
Carol Borders	65:00	

September 3 1995, Run on the Sly 50K

RunThumper (J. Hill) 7:45 approx.

This race was a memorial to Barbara Schoener, the woman killed by the cougar in Cool/Aubran two years ago. This was also a fundraiser for the El Dorado County Search & Rescue. The event was held at Sly Park close to Pollack Pines and Placerville off Hwy 50. It was mostly an up-hill event at 4,000 ft. After getting lost for over 1/2 hour (Jerry, is this news??), I managed to finish in approximately 7 hours, 45 minutes. This makes my 56th Ultra along with over 111 marathons, so I don't do PRs anymore. (I should say not. Congratulations, Jerry!)

September 8, 1995, Moonlight Run, Palo Alto, 5K/10K

Rob Greenlee	43:22
Dick Wedge	49:18

September 10, 1995, Presidio, San Francisco, 3 mi.

Marsha Levy	28:XX
Carol Borders	??
Ed Mahler	??



**Board of Directors:**

President        Marcia Levy    415-941-2198  
Vice President   Peggy Alfred   415-252-4224  
Secretary        Bob Campbell   415-969-7738  
Treasurer        Jim Bordoni    415-968-5074  
Newsletter       Diana Schultz   408-733-5326  
Events            Margaret Wagenet 408-269-6864  
Sergeant at Arms Rob Greenlee   415-327-1527  
Internet Address   STVCRKSTRD@AOL.COM.

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

Next meeting:    September 19, 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 Hobees Restaurant in the Cupertino Oaks Plaza.

Stevens Creek Striders  
P. O. Box 1176  
Cupertino, CA 95015-1176

*Please note:  
If your label has  
6/95 on it, this will be  
the last news letter you  
receive, unless you pay  
your dues. Thank you!*

Carol Borders 6/96  
2425 Alvarado Drive  
Santa Clara, CA 95051