

# Stevens Creek Striders

President's Letter

February 1996

Here we are in a brand new year with all our New Years resolutions fresh in our minds, right? It's now time to start working on spring (winter?) training and thinking about some cross training to improve your overall fitness. Dust off that bicycle, those in-line skates, or your swim fins and start giving those OTHER muscles a workout. Many of us train better in cooler weather, while others prefer this time of year to do indoor workouts at the gym. Wherever your preference, get out there and DO IT!

Have you heard about the trace mineral that reduces fatigue, build lean muscle mass while burning fat more efficiently, and at the same time increases stamina, energy and endurance? Chromium is now being studied for these claims. It is a co-factor of insulin, helping the body to metabolize food more efficiently in the exercising adult. Ninety percent of Americans do not get enough chromium in their diet. Here's a list of foods highest in biologically active chromium:

Brewers Yeast  
Liver  
Shrimp  
Mushrooms

Beer  
Lobster Tail  
Whole Grains  
Black Pepper

I guess those Hash House Harriers have the right idea afterall. For more information, read "The Chromium Program" by Jeffrey A. Fisher, M.D.

Don't throw this newsletter away. There's a nomination ballot for the SCS Board inside. Elections are coming up soon with a new board taking over in June. If you know someone who would like to be on the board or if you would like to serve, please send in the ballot.

Remember to save this newsletter as it has the latest SCS roster.

Many thanks to all who helped us put on a great holiday party in December.

Adidas,

Marsha



Cupertino, CA

## Club Events

Napa Marathon	Mar. 3
TURN YOUR CLOCKS BACK	April 9
Western States 100	June 22
Annual Spring BBQ	May 19
Tahoe Relays	June 8
Annual Father's Day Track Meet	June 16

### Still the best deal around. . .

It had to happen sooner or later, and in this case, it's definitely later. For the first time in over ten years the Striders' Board of Directors have voted to increase membership dues. On July 1, 1996, annual dues will be \$15.

A couple of factors contributed to this decision. First, the club's overall expenses have increased to the point where we operated at a small loss for the past couple of years. Operating expenses include postage; the Striders' P. O. Box; the clam bake, spring BBQ and holiday party subsidies; Big L awards and newsletter production. Second, the board would like to support the creation of some new club events and/or make our annual holiday party a little more exciting.

But wait, there's more. . . As incentive for you to pay your membership dues before July 1, we're offering a renewal rate of \$12. After July 1, the \$15 rate will apply.

## NEW T-SHIRTS ARE COMING TO THE STRIDERS

Editor's rendition of  
a T-shirt

If the rain has kept you from coming out on Saturday mornings recently, you probably haven't seen the Striders' new T-shirt design. Susie Ferry has designed a beautiful new logo that captures the outdoor spirit of our Saturday morning runs. If you're interested in buying a tank (shirt, that is) or short-or long-sleeved T-shirt, please contact Susie, Gregg or one of your board members. Costs range from approximately \$11 to \$17. Exact costs will be determined based upon quantity ordered. So order NOW!

It's time once again to start thinking about volunteering or nominating someone to volunteer (??) for next year's board of directors. It's a great way to have some fun working closely with other Striders, organizing club events, influencing club decisions and getting fat from eating Jim Bordoni's hard-to-resist desserts. If you would like to serve as a board member or want to nominate someone, please let us know by completing the form below and giving it to a board member or telling a current board member of your interest. Positions include president, vice president, treasurer, sergeant at arms, secretary, newsletter editor and events.

Nomination: \_\_\_\_\_

Nomination: \_\_\_\_\_

## Mountain Masochist 50 Mile Trail Run

Submitted by Tom K.

Excerpt from "Running Wild,"  
March 1994

...The women's race was hotly contested. Sarah Fulcher of High Point, NC in her first ultra, took an early lead. Jo May was one minute behind Fulcher early in the race, followed by Lisa Shewchuk (Durham, NC). Noel Relyea (Neward DE), was 16 minutes behind. It didn't look like Relyea would be a factor, as she was tenth in the women's race at aid station 5.

Between stations 7 and 8, May picked up the pace and passed Fulcher to take the lead. Relyea was eighth at this point, a distant 19 minutes behind the leader. By aid station 12 (32.1 miles), Gwen Goss of Cleveland, OH, had moved into second place, seven minutes behind May. Fulcher and Relyea were close behind Goss, followed by Shewchuk.

At the beginning of the loop, Goss and Relyea had closed the gap to four minutes on May. Shewchuk and Fulcher began dropping back. As the runners exited the loop (38.6 miles) the

new women's leader was Noel Relyea, with May and Goss close behind.

By Forest Valley (43 miles) Relyea had taken complete control of the race, arriving 7 minutes ahead of Goss and May. Relyea continued to put the hammer down and finished in a time of 9:47:26, Goss finished second in 10:01:04, followed by May in third with 10:07:28. . . .

The NEXT DAY Noel Relyea ran a 3:40 Marine Corps Marathon.

## *Race Results*

### October 21, 1995, Big Basin 1/2 Marathon

Lisa Sagner	SDF
Lisa Reid	2:09

### November 25, 1995, Quadruple Dipsea, 28.4 miles

Noel Relyea	6:18:20	1st in age group
Tom K.	6:40:04	
Pat Koren	7:01:41	

### November 26, 1995, Run to the Far Side, 10K

Kevin Wilkinson	~39:00	
Randy VanderHeyden	~41:00	
Noel Relyea		3rd in age group

### January 1, 1996, Resolution Run, Los Gatos, 5 miles\*

Pat Koren  
Cara Oseland  
Mark G  
Carl Cull  
Vicki Cull  
Megan Thomas

### January 6, 1996, East-West Shrine, S. F., 10K

Bill Gough	39:30	PR
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January 28, 1996, San Francisco Half Marathon

Andy ?	1:23:56	
Mark Goldman	1:23:56	
Bill Gough	1:26:10	
Rob Greenlee	1:32:40	
Ron Weston	1:35:10	1st in age group
Eileen Goldman	1:37:58	
Noel Relyea	1:43	
Peggy Alfred	1:45:43	
Pat Koren	1:51:45	
Dick Wedge	1:59	
Carol Borders	2:13	
Rob Larson	2:14	
Susie Ferry	1:56	
Cara Oseland	*	
Randy VanderHeyden	*	

February 11, 1996, Together With Love, 10K

Marsha Levy	1:07	
Bob Schmiedeskamp	1:07	
Bill Gough	*	

\* Times were not submitted to editor at time of publication.

# CHRISTMAS RELAYS 1995

by JANINE HERNANDEZ

Team#1 - Ornaments (Women Open)      Team#3 - Rubber Legs (Men 50 Plus)

Place Over All - 236 Total Time - 2:37:03      Place Over All - 132 Total Time - 2:05:06

Pat Coren	- Time 31:58	Tom Kaisersatt	- Time 29:52
Marsha Levy	- Time 43:??	Tim Bailey	- Time 32:29
Emily Balonia	- Time 41:??	Bill Jones	- Time 30:20
Connie Garrett	- Time 39:19	Marv Kausch	- Time 32:26

Team#2 - Jingle Belles (Women Masters)      Team#4 - The Romantics (Couples)

Place Over All - 248 Total Time - 2:46:02      Place Over All - 249 Total Time - 2:50:50

Martha Landis	- Time 39:??	Sharon Carroll	- Time 41:??
Marilynn Mehew	- Time 46:??	Nancy Brown	- Time 47:??
Janine Hernandez	- Time 41:23	Harry Cook	- Time 38:??
Diana Schultz	- Time 37:52	Bob Downs	- Time 41:??

We had another beautiful day for the Christmas Relays this year. It was a little cooler than last year but, that was okay with me.

As you can see, we had four teams this year. Hopefully, we will continue the trend and fill even more teams next year.

A total of 252 teams ran in the relays this year. Once again, our Rubber Legged Men, led by Tom Kaisersatt, did quite well, coming in 13th in a field of 23. Next, Pat Coren got The Ornaments off to a great start, for 18th place in their category. Martha Landis headed up the Jingle Belles who came in 11th in the Women's Masters. And, new this year, was our Romantic couples coming in 21st in their new category led by Sharon Carroll.

After the race, our group ascended once again on Pete's Harbor in Redwood City for breakfast. (Another tradition I hope we continue.)

I would like to thank all of the runners that participated this year. I look forward to another fun race next year!

**Board of Directors:**

**President** Marsha Levy 415-941-2198  
**Vice Pres.** Peggy Alfred 408-252-4224  
**Secretary** Bob Campbell 415-969-7738  
**Treasurer** Jim Bordoni 415-968-5074  
**Newsletter** Diana Schultz 408-733-0133  
**Events** Margaret Wagenet 408-269-6864  
**Sergeant at Arms** Rob Greenlee 415-327-1572  
Internet Address STVCRKSTRD@AOL.COM.

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

Next meeting: March 19, 1995, 7:00 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.

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