

# Stevens Creek Striders

President's Letter

May 1996

**ATTENTION ALL STRIDERS!! WE ARE MOVING OUR SATURDAY RUNS!!**

Yes, that's right, our Saturday runs are moving to a new location. True to our name, we will now meet at Stevens Creek Park at the chestnut parking area. As you drive up Stevens Canyon Rd., it's the first parking lot on the left after you get past the residential area. Look for a wide turnout with a small sign that says Stevens Creek Park. Drive **DOWN** the driveway and turn left into the parking lot. This is the same parking area we run past to get a drink of water and cross the footbridge into the park.

Meeting time will remain the same, 8:30 a.m. every Saturday. We'll start meeting at the new location on Saturday June 1st. **PLEASE** pass the word to members you know who don't come out often or haven't been running with us for awhile. Better yet, offer to carpool to the new location on June 1st. This will give you a chance to run up into the cooler canyon areas throughout the heat of summer. We are in the process of measuring trail distances and will let you know more about that on Saturday.

On another note, please join me in welcoming your 1996-97 board members. Since only seven people expressed an interest, we won't be holding elections this year. Your new board members are Emily Bologna, Jim Bordoni, Darryl Denton, Bob Downs, Rob Greenlee, Marsha Levy and Cara Oseland.

Adidas,

Marsha



Whether you prefer trails or pavement for your Saturday morning run, our new starting place is just right for you. The parking lot for the Chestnut picnic area at Stevens Creek Canyon Park is the place. The route up the canyon on the road was measured using a wheel and marked every half mile. The section beyond 2.5 miles is especially nice. Traffic is light. It is gentle uphill (out) and downhill (back). The creek runs alongside the road the whole way. Now you don't have to commit yourself to running all morning and be in condition to run more than 10 miles to experience it.

The trail was also measured but not marked. Distances to landmarks are listed below. For those of you who do not know the trail, it is well-worn, dirt, with varying degrees of hill. It is only wide enough for single-file running. It offers a very nice workout and vistas over the reservoir and canyon that are pretty even though scarred by the quarry.

Mileages on the road - edge of parking lot to:

CDF Fire Station	1.9 miles
Mt. Eden water stop	2.65 miles
Redwood Gulch Road	4.2 miles
Gate at end of the road	6.1 miles
Where the creek crosses the road	6.25 miles

Mileage Markers:

1	80-100 feet before the first quarry entrance
2	35 mph sign after CDF fire station
3	Parking space/turnout
4	Chain-link gate with brown slats
5	Utility pole #71
6	Dead tree at edge of road (go on to the gate and call it 6)

Trail Distances - (via footbridge to picnic area):

Gate below dam	0.6 miles
Foot of ridge trail	1.0 miles
End of loop along lake	1.25 miles
Foot bridge across creek	2.8 miles
Fire road gate	3.0 miles
Picnic area gate	3.3 miles
Mt. Eden water stop	3.6 miles

## Club Events

Western States 100	June 22
Tahoe Relays	June 8-9
Annual Father's Day Track Meet	June 16

### It's not too late to renew at a discount. . .

**Please remember to pay your dues before July 1.** The renewal rate is \$12 (that's up to July 1) and \$15 thereafter. Please send your renewal checks to Jim Bordoni, treasurer extraordinaire, c/o Stevens Creek Striders, P. O. Box 1176, Cupertino, CA 95014.

The Board would like to thank Susie Ferry for creating the wonderful new Striders T-shirt design. We've had so many requests for more T-shirts that the board decided to order three dozen more. If you missed out the first time or would like to have an extra Striders shirt, please send a check payable to Stevens Creek Striders to Diana Schultz, 588 Gresham Avenue, Sunnyvale, CA 94086. Because of the small quantity order this time, the prices are a little higher. Tanks and T-shirts are \$10 each and the long-sleeve shirt is \$16. Be sure to note your size on your check. We must have your order by June 15. Thanks!

Ring....Ring....Click

"Welcome to the Psychiatric Hotline.

If you are obsessive-compulsive, please press 1 repeatedly.

If you are co-dependent, please ask someone to press 2.

If you have multiple personalities, please press 3, 4, 5 and 6.

If you are paranoid-delusional, we know who you are and what you want, just stay on the line so we can trace the call.

If you are schizophrenic, listen carefully and a little voice will tell you which number to press.

If you are manic-depressive, it doesn't matter which number you press, no one will answer."

June "Run of the Month"

12th Annual  
Stevens Creek Striders  
Intrasquad

## TRACK MEET

Sunday, June 16, 1996  
9:00 a.m.  
De Anza College Track

*No Entry Fees*  
*Members Only*

Order of Events:

1 Mile  
100 Meters  
Kids' 100 (12 & under)  
400 Meters  
800 Meters  
200 Meters  
2 Mile

Meet Records:

100 M	12.0	Niels Petersen '95	14.8	Sue Knuckey '85
Kids' 100	15.9	Mike Bordoni '94	18.1	Alison Koren '95
200 M	25.2	Paul Armstrong '86	32.0	Ellen Allen '86
400 M	54.6	Des Knuckey '86	1:05.3	Susan Horr '85
800 M	2:06.9	Des Knuckey '87	2:26.7	Janet Smith '89
1 Mile	4:27.1	Mike Kriege '86	5:30.1	Janet Smith '89
2 Mile	10:08.9	John Novitsky '85	11:43.4	Janet Smith '91

Meet Director: Jim Bordoni  
For information, call (415) 968-5074

AGAIN THIS YEAR: ADULT AWARDS BASED ON AGE-GRADED PERFORMANCE  
(See Jim for details)

## BOSTON 1996

By Rob Greenlee

In Boston, there is a widely held myth that it never rains on Harvard's commencement. Whatever deity arranges weather for Harvard must be as favorably disposed toward another Boston institution, the Boston Marathon. Race day for the 100th anniversary edition this year was blessed with sunny 50-degree weather sandwiched between a 40-degree drizzle the day before and a 40-degree downpour the day after. One day either way with the weather and the medical tents would have been overwhelmed with hundreds (if not thousands) of hypothermia sufferers.

A rotten weather day was the only thing that could have spoiled this major world-class event, called by local TV "The Run of the Century." The organizers had every other detail under control. Eight hundred school buses ferried participants from downtown Boston to the starting line in Hopkinton. Every porta-potty in southern New England plus the world's longest urinal (350 feet) were situated at the start line to accommodate the calls of nature of 40,000 races plus spectators, volunteers, and support personnel. Roads into Hopkinton were closed at 6:00 a.m. (six hours before the start) to all bus buses. A huge cadre of volunteers, National Guardsmen and regular and auxiliary police worked to handle

crowd control and secure the race course. Along the course, water stops were set up every mile on both sides of the street. Twenty-six first aid stations dotted the course. Every town from Hopkinton to Boston closed major streets during the race.

The participants, too, did their part to make the event run smoothly. Everyone was already a winner just being at the starting line, so the general mood of the crowd was upbeat and relaxed. Efforts to push to the front of the field were minimal. We maintained our composure even when packed shoulder to shoulder for half an hour trying to move into the "Athlete's Village" to wait for the start. For all but about 100 elite runners the goal was to be a part of marathoning history and enjoy the experience. No one wanted to miss the events by focusing too hard on running a fast time.

What was running the race like? all the way to mile 24 where the street opened up to four lanes, we ran in a crowd. But the crowd moved at a good pace after the first mile. Organizing the start by qualifying time worked well. In fact, I believe that strict enforcement of starting position was the key to making the race runnable. Starting in the middle of the pack, I ran the first mile in 9:20 and the second in 8:15 - the pace

I had targeted for the early miles. Passing required careful timing and, sometimes, squeezing through tight spaces. Taking water required a skill similar to exiting the freeway at rush hour. The course topography is not too demanding. After a 400-foot descent in the first half mile at the start, it's nearly flat to another downhill at mile 16. This downhill is followed immediately by a gentle uphill for a quarter mile, then the fabled Newton hills. While they are not easy, coming at mile 18 to 21, they are short and not steep compared to any trail at Rancho San Antonio. And they are separated by flat and downhill stretches that allow for recovery (if you have any strength left to recover) between.

But the crowds of spectators! They are what really makes Boston special. Every intersection on the course was jammed with spectators. Except for the first five miles, most of the roadside between was also filled with people watching and cheering. The cheering, applause, support and encouragement really kept me pumped up. Through Framingham and Natick, my home for fifteen years, my scalp was tingling from a huge surge of adrenaline. Passing Wellesley College was another exhilarating experience. The women were only two or three deep along the barricades, but they produced a volume of screaming encouragement and displayed a youthful exuberance that was beyond inspiration. The official photographers really knew what

they were doing when they set up a camera position on gantries over the street just after the college. Every runner had to be wearing a huge smile for that photograph. I must mention that Boston College (located just after the crest of Heartbreak Hill) rivaled Wellesley for noise and enthusiasm. BC doesn't get the same attention because of its mixed gender student body.

Boston 100 was a unique event. Only once can there be a first 100th anniversary of a marathon. It could have been commercial, over-hyped and tacky, but the organizers got it just right. The BAA preserved the races' status as a sporting event and the major sponsor, John Hancock, was admirably restrained in using the event for corporate promotion. Together, they got the right balance between athletics and celebration. It was tremendous fun.

I didn't win a prize, but I won by being in the race. Thanks to the many of my fellow Striders whose advice, support and example helped me to qualify.

## AMERICAN RIVER 50

By Tom Kaisersatt

April 6, 1996

The race started with a clear sky at 6:00 a.m.; it looked as though it could get warm. All the Striders except Gayla "What do you mean, walk" Johnson, who was slow getting to the starting line (the only slow thing she did all day), gathered at one point before the race for a group photo by Ramona "Potatoes" Rose. There was Jerry "50 mile base" Hill, Frank "100 miler" Shuman, Pat "Don't look back, I'm gaining on you" Koren, Noel "This is a training run for the next race" Relyea, Darryl "Iron man" Denton, Dick "Cool Canyon Crawl" Wedge, and Tom "Rubber legs" Kaisersatt.

At the gun, "Training Run" took off like she could smell the finish line, "100 Miler" and "Iron Man" followed, "Cool," "Don't Look," "50 Mile Base" and "Rubber" were in a tough battle to determine who could actually run the slowest without walking, "What, Walk?," was gathering momentum.

For about 10 miles the "Who can go the slowest" group stayed together until "50 Mile Base's" jokes became unbearable. At 12 miles "Cool" lived up to his name when he made a comfort stop and found the stall door didn't latch and when he reached for the paper, it jumped off the holder and rolled under the partition. At this point he said, "I'm Cool". At 15 miles "Cool" started to get leg cramps and backed off the pace.

"Don't Look" and "Rubber" ran together for 40 miles doing a 15 minute run, 5 minute walk, slowest person leads. Just before Rattlesnake Bar they caught up to "100 Miler" and "Iron Man". At 35 miles "Don't Look" fortunately did, and stopped on the trail and waited for a 3 ft. rattlesnake to cross. It must have just come from its Bar.

"Potatoes" was handing out boiled potatoes

and keeping us posted on how far ahead our friends were. At one point "Training Run" and "What, Walk?" were 90 minutes ahead of "Don't Look" and "Rubber." "Training Run" was not having a good day, in spite of the lead. Unable to eat or drink anything but water and besieged by Montezuma's Revenge, she was quickly running out of fuel. "50 Mile Base" dialed in a 12 hour run at the start and executed it to perfection while suffering from blisters and no cheeseburgers.

"What, Walk?" didn't (inexperience) and finished 70 minutes ahead of "Rubber" who ran the last 4 miles with Gordon Ainsleigh, the first person to run Western States when his horse came up lame in 1974. "Don't Look" set a PR by 40 minutes. "Iron Man" finished looking like he could run back to his car in Sacramento. "100 Miler" ran without his Power Bars. "Cool" ran 10 miles further than ever before.

After finishing, Jim Magill ran back 5 miles to bring in a friend, giving him 60 miles for the day. Jim is attempting a Grand Slam this year, running Old Dominion, Western States, Wasatch, and Leadville, all 100 miles in under 24 hours.

### Results:

Gayla Johnson	8:45
Jim Magill	9:35
Tom Kaisersatt	9:53
Noel Relyea	10:02
Pat Koren	10:15
Darryl Denton	10:36
Frank Shuman	10:53
Jerry Hill	11:52
Dick Wedge	41 miles

For those of you who asked for Janine Hernandez' delicious salmon chowder recipe from last year's clam bake, you'll be glad to know that, with a little arm twisting, she's given us her recipe. But, you have to promise not to pass it on as it's an old family recipe. . . . Thanks, Janine

## SALMON CHOWDER

JANINE HERNANDZ

1/2 pound boiling potatoes  
1/2 teaspoon salt  
2 1/2 cups milk  
3/4 cup minced onion  
2 tablespoons unsalted butter  
1/2 pound salmon steak, skinned and boned  
white pepper to taste  
1 tablespoon fresh lemon juice  
1 tablespoon all-purpose flour  
2 ounces smoked salmon, chopped finely, if desired  
2 tablespoons snipped fresh dill or 2 teaspoons dried dill

In a saucepan, combine the potatoes, peeled and cut into 1/4-inch cubes, 1/4 teaspoon salt, and the milk. Bring the liquid to a boil and simmer for about 10 minutes or until the potatoes are almost tender. In another saucepan, cook the onion in the butter over moderately low heat, stirring occasionally, until onions are softened. Put the salmon steak on the onion and sprinkle it with the remaining 1/4 teaspoon salt, a little white pepper and the lemon juice. Cook the salmon, it's surface covered with a buttered round of waxed paper and the pan covered for 8 to 10 minutes, turning it once about half way through. The salmon should be just firm to the touch. Transfer the salmon to a plate using a slotted spatula. Sprinkle the flour over the onion and cook the mixture, stirring, for 3 minutes. Add the milk mixture, whisking, then simmer the mixture, stirring occasionally, for 5 minutes. Add the salmon steak, breaking it into chunks, the smoked salmon, the dill and additional white pepper and salt to taste. Cook the chowder over moderate heat, stirring occasionally, until it is heated through. Serve with oyster crackers if desired. Makes about 4 cups or 2 servings.

## *Race Results*

### March 2, 1996, Bidwell 1/2 Marathon

Carol Borders	2:11:40	
Marsha Levy	2:21:58	First 1/2 marathon

### April 6, 1996, American River 50

Darryl Denton	10:36	
Jerry Hill	11:52	
Gayla Johnson	8:45	
Tom K.	9:53	
Pat Koren	10:15	
Noel Relyea	10:02	
Frank Shuman	10:58	
Dick Wedge	41 miles	

### San Jose Mercury News10K

Bill Gough	42:51	
Emily Bologna	68:00	
Peggy Alfred		
Bob Downs	SDF	
Sharon Carroll		

### March 9, 1996, Girl Scout 5K, Palo Alto Baylands

Jim Bordoni	17:46	1st in age 40-49 (2nd overall)
Matt Bordoni	20:51	1st boys 4th-6th graders
Mike Bordoni	21:34	2nd boys 4th-6th graders

### Run for the Stars

#### 3K

Matt Bordoni	11:53	New course record, 1st age 8-10
Mike Bordoni	12:40	1st age 11-14
Glen Douglas	13:14	1st in age group

#### 8K

Jim Bordoni	29:43	1st in age 40-49
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**Board of Directors:**

<b>President</b>	<b>Marsha Levy</b>	<b>415-941-2198</b>
<b>Vice Pres.</b>	<b>Peggy Alfred</b>	<b>408-252-4224</b>
<b>Secretary</b>	<b>Bob Campbell</b>	<b>415-969-7738</b>
<b>Treasurer</b>	<b>Jim Bordon</b>	<b>415-968-5074</b>
<b>Newsletter</b>	<b>Diana Schultz</b>	<b>408-733-0133</b>
<b>Events</b>	<b>Margaret Wagenet</b>	<b>408-269-6864</b>
<b>Sergeant at Arms</b>	<b>Rob Greenlee</b>	<b>415-327-1572</b>

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

Next meeting: June 18, 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, we meet at Hobees Restaurant in the Cupertino Oaks Plaza.

<p><b>Stevens Creek Striders</b> P. O. Box 1176 Cupertino, CA 95015-1176</p>
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Carol Borders 6/96  
2425 Alvarado Drive  
Santa Clara, CA 95051