

WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

July 1996

Tac # 127

New Board of Directors

The new board members were selected without a contest. There was no vote since there are only seven seats and seven people applied or were nominated. The result is that the new board will consist of:

Marsha Levy - President
Rob Greenlee - Vice-president
Darryl Denton - Secretary
Jim Bordoni - Treasurer
Bob Downs - Newsletter
Emily Bologna - Events
Cara Oseland - Sergeant at Arms

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Presidents Message

by Marsha Levy

It's been about 3 weeks now that we've been meeting at the Chestnut parking area of Steven's Creek County Park and running up to, and around, the dam.

Most of the feed-back on this change has been positive, i.e. new trails to explore, fewer trucks and road hazards, more shade, and more scenery. The down side has been more hills, poison oak, and not knowing exactly how far you are running.

The board is in the process of teaming up with the County to clear one or more running trails in this park to have wider and safer trails for our (and other) peoples' use. Once we pick the weekend day of choice, we will be looking for volunteers anywhere we can get them (family members, neighbors, strangers off the street, etc.). Tools and protective clothing will be provided, along with instructions for poison oak proofing yourself. (*Ed: see inside for dates*)

I do not recommend the old Indian method of eating a leaf from the poison oak plant to immunize yourself. I'm sure the rangers will have better ideas. The trail cleaning day will be announced as soon we have it set up.

Distances from the parking lot have been marked on the ground in blue or green numbers. On the trails you may have to guess or time your distance.

Here's a suggestion for running with someone who does not run your pace. Agree to run the same course for a set amount of time, i.e. 20 minutes. The faster runner will turn around at 20 minutes and start running back. The slower runner will also turn around at 20 minutes, having not run as far. The faster runner is now behind and will slowly overtake the slower one. This is where the slowpoke may become

competitive and try to keep ahead. Both should finish at the same time if neither has altered their pace. This works best if its on a straight-away where both runners can see each other at the turnaround time. Keep fit, keep running!

Adidas,

Marsha

Calendar of Events

Western States 100	June 29-30
Al Morotti's Party	July 4
San Francisco Marathon	July 14
Board Meeting	July 23
Wharf-to-Wharf	July 28
Skyline 50K	August 4
Run For Your Heart	August 4
Newsletter Submissions:	August 15
Board Meeting	August 20
Board Meeting	September 17
Stvs Crk Trailblazers 10k	October 12
Napa Valley Classic Mar	October 26
Holiday Party	TBA

Hobees Protocol

As many of you know, Hobees sets aside a special table for the Striders every Saturday morning between about 10:15 and 11:45. This is a very busy time for Hobees and, hence, is a big favor to us. In return, we let Hobees put all Striders orders on a single bill and we manage the bill and tip ourselves. To help individual Striders figure out how much they owe, we have prepared a special Striders Menu which is kept at Hobees and has a price that includes the tax and tip.

The prices on this menu are approximately 25% more than the Hobees price (allowing for an 8.25% tax and a

15% tip). Because the demands put on our waitress or waiter are somewhat stressful with Striders arriving and leaving at random during this period and calling out requests when the waitress/waiter walks by, many of us try to tip a little higher than the Striders rate by rounding up to the next dollar. Also, remember that the coffee and tea need to be added to your tab.

Al Morotti keeps an envelope with any excess money that may be received and uses this to make up for any shortfalls on other occasions. This pot of money seems to be fairly stable but if it grows, we plan to use it for a special event.

Meeting of the Board

A meeting of the Striders Board of Directors was held on June 18. The old and new board members attended and elections were held for officer positions on the new board. In addition the following issue were discussed.

- Satisfaction with new location
- Club social and running events
- Trail repair (w Carol Borders)
- New newsletter format

Motorcycles and Mountain Lions: Life in the Canyon

by Peggy Alford

...or all you've ever wanted to know about the history of the Stevens Creek Damn [sic] area and then some... just stop to chat with Debbie, one of the several friendly, informative park rangers! That is what I did after finishing my first run from the new Striders meeting location, the Chestnut picnic area. Boy, did I get an earful! Just thought I'd pass on some of the interesting tid-bits to you all...

The sixth leg was next, starting at Homewood Ski Area and going on for 10.6 miles, mostly uphill, occurring in the heat of the afternoon. For some unknown reason John always volunteers for this leg year after year. I can understand Jim Azzola doing Leg Six, this was his first experience with the Tahoe Relay, and he didn't know what he was getting into. Still, Jim had a great run, handing off to Marty Freitas. John handed off to Laurie Hogan, who along with Marty, ran the treacherous hill around Emerald Bay, where there is absolutely no emergency lane to jump into when the 18-wheelers come by, but the view is breathtaking. Sure-footed as the Striders always are, Laurie and Marty survived the most dangerous part of the run. Marty was the last runner for his team, bringing Team Two in at number 84 (of 102 teams!), our best Strider finish ever. Laurie split her leg with Emily Bologna who came across the finish-line a few minutes after Marty, with a big smile to the cheers of the two other teams.

Meanwhile, two other stories were taking place: Tom Kaisersatt and Gayla Johnson got up at 4:00 am along with Saint Ramona, Our Lady Of Race Support, to see what it would be like to run the entire 72 miles around the lake! Accompanying them for the first 40-or-so miles was Noel Relyea. Several Striders reported "Tom and Gayla Sightings" throughout the day, they always looked good and were smiling. The dynamic duo walked in just as the rest of the Striders were starting dinner, to an uproarious applause from the group.

Another awesome feat for the day was the story of Al Morotti, who pedaled his bike the entire lake loop (72 miles), finishing in time for a nap before dinner.

Saturday night was topped off with delicious berry cobbler which Ramona had the foresight to bake the night before

with berries provided by John and Al's gardens. We spent a couple of hours singing whichever songs Bill and Dave could play on their guitars, while Darryl, Bryan (support for Team Two) and Margaret went out to the casinos. Sunday morning a few people went for a run before cleaning the cabins and heading home. Everyone had a lot of fun, and we are already talking about next year's Tahoe Relay weekend! How about a Women's team?!

Trail Repair

The Santa Clara County Parks and Recreation Department is responsible for maintaining the trails in Stevens Creek Park and Carol Borders has attended some of their meetings. In a meeting with the Striders Board, Carol presented her suggestion that the Striders have a cleanup day (or two) in conjunction with the P&R Dept. Two cleanup dates have been selected They are:

Sunday, July 21
Sunday, August 18

The P&R Department will provide the tools and the work sessions are typically less than four hours. Given the overgrown poison oak on many of the trails we use, this might be a very worthwhile way to spend a Sunday morning.

Striders Track Meet - Andy Read Runs 'em All

by Jim Bordoni

Andy Read led a small but enthusiastic group of competitors at the 12th (and probably final) Strider track meet at De Anza College on Sunday, June 16th. Andy began his energetic morning with a dazzling 4:58.5 in the mile, the fourth

fastest time ever at this meet (only bettered by his own 4:58.1 in '93, Jim Leney's '91 mile also in 4:58.1, and the meet record 4:27.1 by Mike Kriege in 1986). Jim Leney stayed close for three laps but couldn't keep up with Andy's fast final lap of 66 seconds! Ten year old Matt Bordoni had to pretty much run by himself most of the way but still turned in a credible 5:50.2. Diane and Megan chatted up a storm while pushing Evan in a stroller.

The kids ran with the big folks in the 100 this year, helping to stretch out Mike Bordoni to a new meet record for the Kids' 100 (12 and under). Andy just barely edged out Jim, both being clocked in 14.6. Jack Bordoni would have to get the "most improved" award, taking one minute and 18 seconds off his time from last year. Twelve months can make a big difference when you're only 29 months old (now). He stayed in his lane this year too!

Jim Leney won the 400, cruising in a strong 1:09.3. Jim ran five of the six events, keeping Andy honest in all but the 800. Andy took care of that one in 2:48.6. Bob Campbell also ran more than half of the events, running all but the mile and the 2-mile. Bill Jones ran one of the age-graded highlights in the 2-mile with a steady 12:38.9.

Again 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. Best performance ratings for each runner are listed below (a 100 rating would be the equivalent of a world record).

	rate	Event	Time
Matt Bordoni	78.6	Mile	5:50.2
Andy Read	76.0	Mile	4:58.5
Bill Jones	74.5	2-Mile	12:38.9
Mike Bordoni	73.3	100	15.1
Jim Leney	72.2	Mile	5:11.2

Bob Campbell	51.3	100	22.1
Diane Bordoni	43.3	Mile	9:18.2
Megan Thomas	40.3	Mile	9:18.2

See you at the Los Gatos All-Comer meets starting July 11th. Come discover the excitement of events that don't require a support crew!

Complete Results

MILE

Megan Thomas	9:18.2*
Diane Bordoni	9:18.2*
Andy Read	4:58.5
Jim Leney	5:11.0
Matt Bordoni	5:50.2

100 Meters

Andy Read	14.6
Jim Leney	14.6
Bob Campbell	22.1

Kids 100 Meters

Mike Bordoni	15.1
Matt Bordoni	16.3
Jack Bordoni	48.1

400 Meters

Diane Bordoni	2:21.4
Jim Leney	1:09.3
Andy Read	1:13.4
Bill Jones	1:24.1
Bob Campbell	1:42.8

800 Meters

Andy Read	2:48.6
Bob Campbell	4:10.0

200 Meters

Andy Read	29.6
Jim Leney	31.7
Mike Bordoni	31.9
Matt Bordoni	34.5
Bob Campbell	49.3

2 Mile

Megan Thomas	20:04.2*
Andy Read	11:45.7
Bill Jones	12:38.9
Jim Lency	19:27.6*

*Some times were "hindered" by having to push a baby stroller, or by accompanying someone doing so. I didn't notice any complaints from little Evan though.

Special thanks to Carol Borders and Gayla Johnson for their vocal support, and an extra special thanks to Carol for helping as official starter for the 100 and 200.

-Jim Bordoni

Race Results

(Editor's Note: Please give me your results for the next newsletter)

Quicksilver 50k: May 12, 1996

Tom Kaisersatt	43 mi	
Gayla Johnson	10:48	2nd - age gp
Jim McGill	?	

Bay-to-Breakers May 19, 1996

Emily Bologna	500,000/1,000,000
Bill Jones	500,001/1,000,000
Hensl Lise	500,002/1,000,000

Millbrae June 2, 1996

5k

Jim Bordoni	18:07	1st 40-44
Matt Bordoni	23:13	2nd 12 & under
Mike Bordoni	23:55	3rd 12 & under

10k

Peggy Alford	47:12	1st 35-39
Mark Ikemoto	47:12	-

Tahoe Relays: June 9, 1996

Team Two	84/102
Team One	91/102

Fujitsu 8k Run for Kids

Jim Azzola	30:37
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Triathlons

Wildflower 1/2 Ironman - May 4th

Andy Read	5:32
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Wildflower Sprint: - May 4th

Gregg Ferry	4th
Tony Grant	-

Wildflower International: - May 5th

Gregg Ferry	2:37	4th
Susie Ferry	3:15	4th
Tony Grant	3:11	-
Janine Grant	2:58	-
Bob Downs	3:09	4th

South Bay Triathlon: May 19, 1996

John Felde	3:22	12th
Susie Ferry	-	-
Gregg Ferry	-	-
Janine Grant	-	-
Tony Grant	-	-
Bob Downs	-	-

Vineman June 9, 1996

Gregg Ferry	-	3rd Big Dog
Susie Ferry	-	4th

Escape From Alcatraz: June 9, 1996

Pat Korn	4:56
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Events of Note

Al Morotti Rode his bike all the way around Lake Tahoe, a distance of 72 miles.

Mike Florence, has transferred his ultra-distance mind set to biking instead of running (due to back problems) and completed the Tour d'Garlique in Gilroy on June 9, a distance of 100 miles.

In completing the Alcatraz Triathlon, Pat Korn set another Striders record (unless someone wants to claim they have beat this), she threw up five times while swimming 1.5 miles, running 2 miles, biking 18 miles and then running 10 miles. But did that stop her? Oh no, not Pat! She continued the event, jettisoning unnecessary baggage as she went.

Al Morotti finally relented and let the surgeon perform some minor cleanup on one knee. He is recuperating at home and is expected to be biking the hills in a week or two.

Board of Directors

President	Marsha Levy
Vice-president	Rob Greenlee
Secretary	Darryl Denton
Treasurer	Jim Bordoni
Social Director	Emily Bologna
Newsletter Editor	Bob Downs
Sergeant at Arms	Cara Oseland

Newsletter Submissions

Please send or give all notes, articles, race results, events of note, jokes, etc. to Bob Downs (408-730-0664) (bob@downs.com).

Deadlines:

Submission	Publication
August 15	September 1
October 15	November 1
December 15	January 1
February 15	March 1
April 15	May 1

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