

# WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

September 1996

Tac # 127

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## Presidents Message

by *Marsha Levy*

Have you missed getting to the beach this summer? Now is your chance.

On Sunday, SEPTEMBER 8TH is our annual CLAM-BAKE. We have reserved Waddell Beach on that date for picnicking and bar-b-cue lunch. If you sign up ahead of time, you can be in the adventurous group that will carpool to Big Basin and run the eleven plus ankle twisting miles down to the beach. Be sure to carpool, as there is no all day parking at Big Basin and we do not return there anyway. Here's the plan: Meet at Kennedy Jr. High School at 8:00a.m. and form car caravan. Drive to Big Basin and drop off runners. Drive all cars to Waddell Beach and set up the area for the bar-b-cue. (We need help cooking). Relax, sunbathe, or take a dip in the

warm (hah!) California surf. If you are not carpooling you can show up anytime and park along the highway. We plan to eat about 1:00 or 1:30pm. Please bring your own plate, bowl, eating utensils and drinks. Due to uncertainty of cooking utensils, we may or may not have chowder this year. We plan to bar-b-cue clam chowder, corn, and potatoes. Bring a dish to share. See you at the beach, and don't forget the sunscreen!

THANK YOU and cudos to all the brave souls who came out to help us clean up the trails in July and August. We did an awesome job and the County of Santa Clara and your fellow runners and hikers are exceedingly grateful. Special thanks to Carol Borders for organizing this new form of cross training. The Board has decided to adopt a trail to continue the maintenance and insure that we have a clear trail throughout the year.

MORE THANKS to Tom and Hillary Williams for hosting Al Morotti's 9th Annual Surprise party under duress of an impending vacation. Next time we're going to get Al on the dance floor. We had some great food, and great line dancing lessons!

Adidas, Marsha

## Calendar of Events

Clam Bake	September 8
Board Meeting	September 17
Stvs Crk Trailblazers 10k	October 12
Humboldt Mar/1/2 Mar	October 20
Napa Valley Classic Mar	October 26
Holiday Party	TBA

## Western States 100

*I'd rather be a could be if I could not be  
an are,  
For a could be is a maybe with a chance  
of reaching par.  
I'd rather be a has been than a might  
have been by far,  
For a might have been has never been,  
but a has been was once an are.*

(author unknown)

My sincere thanks to the members of the Stevens Creek Striders, whose Board of Directors, on your behalf, gave me the Striders entry into Western States. I also want to thank Noel Relyea for relinquishing her contention for the Striders' entry. My regret is that I did not get to the finish line.

### Highlights:

Arriving at Last Chance, I was greeted like the race leader!

The pristine wilderness from the start to Robinson Flat, mile 30, that I can not begin to describe.

Walking and talking with Ken 'Cowman' Shirk on the climb to Devil's Thumb.

Flying down the canyon at better than an 8 minute pace into El Dorado Creek aid station, mile 53, believing that I can finish this race, after literally dragging my bottom up to Devil's Thumb, mile 48, and wanting to drop out there.

### Lowlights:

Leaving Michigan Bluff, mile 55, and not able to run any more.

Disappointing my pacers who were looking forward to running with me.

### Second thoughts:

What went wrong? Not enough training miles, not enough strength in the quads.

Would I try it again? My feelings swing back and forth like a clock pendulum.

Thank you for all your encouraging words.

Tom Kaisersatt

### *Editor's Note:*

I had a chance to talk to Tom about his experiences before and during the race so I thought I would add a few notes. As most of you know, Tom is quite modest about his achievements so I wanted to add to his very thoughtful description.

Tom continued running and walking well after his legs and body were telling him that he couldn't continue any further. He went past Forest Hill and started out on the California loop. This is over 62 miles into the course. At times he was unable to get one foot ahead of the other and he knew he had more than a marathon yet to go if he wanted to complete the race.

Listening to Tom, I realized the immense amount of time and energy he put into preparing for and training for this race. He ran training runs on the course; he ran around Lake Tahoe (72 miles) in training; he planned his water intake and food intake and all the other incidental things that are necessary to run for 30 hours without rest.

Tom's weight loss was only 3 pounds, indicating that he had kept up his water intake quite well. His cramping quadriceps may indicate a lack of food or potassium but Tom had taken in as much food as his stomach would handle.

Many people start out well prepared for this race and don't finish it, especially on their first attempt. I think 35 to 40% don't finish. Tom is clearly well suited to running ultra distances and has the mental tenacity to finish. After hearing from Tom how important this event is to him, I

If you can lube your car with it, don't eat it.

Never store Vaseline upside down in a hot car trunk.

When running with your spouse, never comment about the pace, the course, or the seeming lack of good running partners.

Inspirational Note: When John Stephen Akhwari of Tanzania hobbled across the finish line at the 1968 marathon he was an hour behind the leader and his leg was bloody and bandaged. When asked why he continued he said, "I don't think you understand. My country did not send me to Mexico City to start the race. They sent me to finish the race."

### **Phartless Phacts**

(Well, MAYBE they're true.)

At this year's Olympics there were 5 security people for each athlete. Who protects all those security people?

Dorando Pietri's famous collapse at the end of the 1908 marathon was not due to exhaustion, it was due to people giving him glasses of Chantilly along the course. He was drunk!

Minimum standard length for European condoms is 17 cm (6.7 in).

At the SF boutique, Hello Gorgeous!!, they are selling a Barbara Striesand prosthetic nose for \$79.

### **Letter From Mother**

Dear Son:

Your dad read in the paper that most accidents happen within 20 miles of home, so we've moved.

Your sister had a baby this morning but I don't know if it was a boy or a girl, so I don't know if you are an uncle or an aunt.

I was going to send you some money, but the envelope was already sealed.

Love, Your Mother

PS, Hope you get this letter. If you don't, let me know.

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### **Weed Whackers**

*by Carol Borders*

[Editor: The corporate sponsor for the trail that most of us run on Saturday mornings was the backpacking store REI and the trail is referred to as the REI trail.]

Did those Waskely Weeds wip your wegs on the Saturday morning run down the REI trail?

Well, no more! By the time you read this the club will have participated in the clean up of the REI trail.

Seven members of the club met on a hot Sunday morning at Stevens Canyon Park. After a short briefing by Ranger Bernie, I presented a safety talk and explained the finer points of Weed Whacking and Trail Clearing. We then took a short hike into the trail head and set to work widding the trail of those waskely weg whipping weeds. Since the temperature was on the rise and we had completed about the first mile of the trail, the work day was over at 11:00 am. As we walked off, the trail crew was heard to exclaim, "Wow, look at all the work we got done. Look at the difference this makes. I didn't know the trail was so wide. Good job everyone." (A little well deserved back patting.)

The crew consisted of Lee Brownston, Emily Bologna, Darryl Denton, Rob Greenlee, Tom Kaisersatt and Marsha Levy. They did a great job and Emily gets the award of the day for the most aggressive weed whacker. This was by far the best crew I have ever worked with. They knew how to pace themselves, to eat and drink to replenish themselves and stay focused on the task at hand. I would like to personally thank the crew and pass on to you the appreciation of the Santa Clara County. "You did a great job."

By the time you read this, we will have had our second work day on the trail and, if all goes well, we should finish the rest of the REI Trail weed whacking.

I have also spoken to the county concerning their "Adopt-A-Trail" program and the REI Trail is available for adoption. This would mean the club would make a six month to one year commitment to check the trail once a month for any damage or problems (does someone run that trail once a month?) and put together work crews to repair damage as needed. I do not at this time feel this would be an overwhelming project and will be making a recommendation to the Board of Directors that we adopt the trail. If you have any questions or concerns, please contact either myself or a board member so we can have your input.

**Events of Note**

Emily Bologna is moving back to Michigan. She says she will miss the Striders but will remain a member and read the newsletter. (At least someone will read it.)

Al Morotti had a setback in his recovery from knee surgery and returned to the hospital for a few days. I hear there was this Maui-Waui nurse there...

Al's 9th annual 65th birthday party (he's 73) was hosted by Tom and Hilary Williams on August 10, 1996. Al was looking great. He received many bottles of red wine, which he gratefully appreciates.

The Steven Creek Striders managed the Last Chance Aid Station for the Western States 100 Mile Run on Saturday June 29.

**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
October 15	November 1
December 15	January 1
February 15	March 1
April 15	May 1

**Striders E-Mail**

If you use e-mail, you can join the Striders e-mail list. If you join this list, you will automatically receive e-mail about items of interest to the Striders including notice of upcoming events, car-pooling, etc.

To 'join' the list, send an e-mail message to the address

majordomo@alink.net

with any subject but with the main body of the message containing only the words 'subscribe striders' (without the quotes). When you do this you will receive a reply message telling you about the list. All e-mail will automatically be sent to the address from which you sent your request.

After you have joined the list, you can also send mail to the list (e.g. asking if

anyone knows when a particular race occurs). You do this by sending your message to

striders@lists.alink.net

If you have any questions or problems, please send mail to me at

bob@downs.com

or call me (408-730-0664).

Newsletter Editor Bob Downs  
Sergeant at Arms Cara Oseland

The Board of Directors typically meets every second Tuesday of the month at Jim Bordoni's house.

Next Meeting: September 17, 1996, 7:30 p.m.

The Striders also have an 'outside' e-mail address that people can contact to find out who the Striders are. This address is:

STVCRKSTRD@AOL.COM

**Board of Directors**

President Marsha Levy  
Vice-president Rob Greenlee  
Secretary Darryl Denton  
Treasurer Jim Bordoni  
Social Director Emily Bologna

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

Name	Time	Remarks
<u>Western States</u>		
Tom Kaisersatt	63 mi	<u>June 29-30</u>
<u>Santa Cruz</u>		
<u>Firecracker</u>		
Diana Schulz	57:12	<u>July 4</u>
<u>Bay 2 Breakfast</u>		
Peggy Alfred	46:45	<u>July 14</u> 2nd age grp
<u>Wharf 2 Wharf</u>		
Bill Goff	38:44	<u>July 21</u>
Emily Bologna	68	
Bill Jones	68	
Peter Cuperman	37	
<u>24 Hour Run</u>		
Gayla Johnson	114.5 mi	3rd overall, 2nd female
<u>Colorado 1/2</u>		
<u>Ironman</u>		
Jim Geis	6:23	<u>above 7500'</u>
<u>Vineman 1/2</u>		
<u>Ironman</u>		
Jim Wrona	5:53	<u>July 28</u>

<u>Run 4 Heart</u>		
Peggy Alfred	46:22	<u>August 4</u> 3rd age grp
<u>Idaho Springs</u>		
<u>1/2 Marathon</u>		
Bev Walter	2:18	<u>August 11</u> <u>above 7500'</u>
Jim Geis	1:39	
<u>Dammit Run</u>		
Pete	39:00	<u>August 17</u> 4th 55-59
Letchworth		
Gretchen	SDF	
Hartsook		
<u>TGIF 5K/10K</u>		
Peggy Alfred	47:48	<u>August 23</u> 3rd age grp
Jim Bordoni	17:39	1st 40-44
Matt Bordoni	20:04	1st, <12
Matt Bordoni	21:27	2nd, <12
Ann Petersen	25:06	placed(?)

**Club Meetings**

The runners meet every Saturday at 8:30 a.m. at Stevens Creek Park, off of Stevens Canyon Dam below the dam. Members meet to run, walk, bike and socialize. After each Saturday run, members meet at Hobees Restaurant in the Cupertino Oaks Plaza.

**T-Shirts**

T-Shirts - To order send this coupon to Jim Bordoni, 478 Sequoia Way, Los Altos, CA 94024. Include check to Stevens Creek Striders.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_

	<u>Number</u>	<u>Size (M, L, XL)</u>	<u>Amount</u>
Tank Tops (\$11)	_____	_____	_____
T-Shirts (\$11)	_____	_____	_____
Long Sleeves (\$17)	_____	_____	_____
Total:			_____

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

Reminder: Dues of \$15.00 are due now. You will not receive the next newsletter if you do not pay dues!

Carol Borders 6/97  
 5154 Bela Drive  
 San Jose, CA 95129