

WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

January, 1997

Tac # 127

Volume 14, Number 4

MEMBERSHIP ROSTER INSIDE!

- Be sure to remove and save the roster for future reference.

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Presidents Message

Take a look back to 1996, where the shortest day of the year became the longest day of the year, if you happened to be shopping on that day. (I'm sure it was just such a day that inspired Tim Burton to title his animation classic Nightmare Before Christmas.) It was the year the first wave of the Baby Boomer generation turned 50. Several of those 'Baby Boomers' run and socialize with

the Stevens Creek Striders. If you attended our holiday party on December 7th, you saw a few of them get Big 'L' awards for their outstanding contributions to the club.

Hats off to our STRIDER OF THE YEAR: CAROL BORDERS. Carol has been running with us for many years. She is the club historian, and was the coordinator of this year's trail cleaning activities. She is also our liaison with the Stevens Creek County Park rangers regarding the REI trail. The club adopted this portion of the Stevens Creek Trail for a year so that we can maintain it in good condition. Our main duty is to report the condition of the trail every month to the rangers. They will cut down fallen trees, shore up landslides and do the major repairs needed throughout the winter months. If you encounter ANY problem running the trails, please report it to the rangers directly, or to Carol or me.

CONGRATULATIONS BIG 'L' AWARD WINNERS: SUZY FERRY, RAMONA ROSE, ROB GREENLEE, TOM KAISERSATT, AND GAYLA JOHNSON!!

It's time to start training for those spring races and marathons. Happy running in '97!
- Adidas, Marsha

Calendar of Events

San Francisco Half	January 26
Santa Cruz Mt. Half	February 22
Bidwell Classic Half	March 1
Napa Marathon	March 2
Los Angeles Marathon	March 2
Mercury News 10K	March 9
American River 50M	April 5
Boston Marathon	April 21
Big Sur Marathon	April 27

Holiday Party

Intimate atmosphere, magical time

This year's holiday party was held on Saturday December 7 at a new location, the recreation room at Margaret Wagenet's condo. It was a perfect location, warm and cozy with a fire in the fireplace. About 45 Striders and guests attended and were entertained by a strolling magician during the cocktail hour. The magician removed assorted items from behind ears, in pockets and from other's hands without the least effort.

The dinner was excellent as usual, provided by the Four Seasons caterers. We sat on couches, chairs, the hearth or wherever we could in an informal setting. This led to an intimate atmosphere and cozy fireside chats. There was a cheery decor with decorations of bronzed running shoes and many people sporting bright red Christmas dresses, ties, vests, etc.

After the awards ceremony (see Marsha's letter for more details), we had some entertainment from a trio of

accomplished guitarists and singers: Bill Jones, Dave McLeod, and Dave Reyes. They went through a repertoire of Christmas Carols and were joined later by Peggy Alfred. It was a very pleasant social evening, which is what the Striders is all about.

Carol Borders brought her albums of Strider history and many of us thought back on past years of running and parties.

Thanks to the people who helped put on the party. Peggy Alfred was chief organizer, assisted by Darryl Denton and Bob Campbell. Thanks to Margaret Wagenet for providing the facilities, to Bea Macintosh for the decorations, to Marsha Levy for arranging the magician and to every one else who helped out. The party was a perfect celebration of the holiday period.

Christmas Relays

by Janine Hernandez

Striders Field 8 Teams

Well, as usual, it was another bright and sunny day for the Christmas Relays this year. The wind picked up a little towards the end (at least that's as good an excuse as any for my time) but without it, it probably would have been too hot.

What a turn out we had this year! **Eight Teams! Thirty One runners!** Thank goodness for Tom Kaisersatt who agreed to run two legs. He ran a 29:50 on the Rubber Legs team and then a 31:20 on

the Toys in Babe Land Team, and as if that wasn't enough, he and Gayla came out and paced Martha and me on our legs. Tom is truly a team player! Thank you again Tom!

The day started, for some of us, at 7:00am with warm bagels and hot coffee at my house. We carpoled to Lake Merced by 8:30am for a 9:00am race start time.

There were 252 Teams over all. The fastest team over all finished in 1:35:04 with an average pace of 5:19 and the slowest team over all finished in 3:00:42 with an average pace of 10:07.

Our Men's 50+, Rubber Legs were our speed demons this year, led by Bill Jones who completed his leg in 28:34 (a 6:24 pace) to become our fastest runner. The Rubber Legs came in 9th place in their age category out of 23 teams and 87th over all with a total time of 1:59:33 and an average pace of 6:41. WOW! Next was our first Couples Team, The Missile Toes who came in 107th over all and 8th in their category out of 36 teams with a total time of 2:02:56 and an average pace of 6:53. Way to go! Our Men's Masters, Toys in Babe Land came in next, 135th over all and 11th in their age category of 17 teams with a total time of 2:07:45 and an average pace of 7:09. Great Job Guys! After that was our first Women's Masters Team, The Ornaments who came in 234th over all and 9th in their age category with a total time of 2:34:41 and an average pace of 8:39. Good Job Ladies! The Stretch Striders were next, coming in 57th in the VERY competitive Open category (the first place team was in the Open

category) and 236th over all with a total time of 2:37:08 and an average pace of 8:48. Our Romantic Couples Team came in 246th over all, 35th in their category with a total time of 2:49:25 and an average pace of 9:29. Our Women's 50+ Team, Babes in Toy Land were actually 3rd in their age category, 248th over all with a total time of 2:53:22 and an average pace of 9:42. Last of our teams but not last over all or in their age category was our second Women's Masters Team, The Jingle Belles who came in 250th over all, 10th in their age category with a total time of 2:55:17 and an average pace of 9:48. Darn we're good!

After the race, as has become our tradition, a large number of us (25+ people) stopped off at Pete's Harbor in Redwood City for a nice breakfast on the way home.

I would like to thank all of our wonderful runners and everyone who helped by carpooling. I would also like to extend a special thanks to Bill Gough who ran around after finishing his leg to get everyone's times, Jerry Hill (The Second) who filled in at the last minute and one of our new members, Charles Read who ran a leg to help out another team and still ran a VERY respectable 31:17 on our Stretch Striders Team. Thanks again everyone. I am already looking forward to doing this again next year!

CHRISTMAS RELAYS 1996

The Ornamentals - Women Masters:

Official Time: 2:34:41 - Place: 9th

Emily Jones	46:43
Pat Koren	33:58
Susan Bremond	36:15
Diana Schultz	38:05

The Romantics - Couples:

Official Time: 2:49:25 - Place: 35th

Ellen Wrona	45:50
Jim Wrona	35:10
Margaret Wagenet	42:15
Brian Booher	46:20

Babes In Toy Land - Women 50+:

Official Time: 2:53:22 - Place: 3rd

Marsha Levy	45:11
Marilynn Mehew	44:42
Laurie Hogan	44:59
Martha Landis	38:30

Jingle Belles - Women Masters:

Official Time: 2:55:17 - Place: 10th

Christina Brownson	39:10
Nancy Brown	49:33
Gretchen Hartsook	45:58
Janine Hernandez	40:36

The Stretch Striders - Open:

Official Time: 2:37:08 - Place: 57th

Jerry Hill II	44:41
Harry Cook	37:30
Bob Schmiedeskamp	43:40
Charles Read	31:17

Toys In Babe Land - Men Masters:

Official Time: 2:07:45 - Place: 11th

Darryl Denton	32:32
Dave McLeod	30:37
Mike Shields	33:16
Tom Kaisersatt	31:20

The Missile Toes - Couples:

Official Time: 2:02:56 - Place 8th

Bill Gough	28:50
Peggy Alfred	32:13
Gayla Johnson	31:10
Ravi Satrawada	29:43

Rubber Legs - Men 50+:

Official Time: 1:59:33 - Place: 9th

Bill Jones	28:34
Tom Kaisersatt	29:49
Pete Letchworth	31:01
Rob Greenlee	30:09

Safety

Tips for running the roads

One of the reasons that our club decided to move their Saturday morning meeting place to the Stevens Creek Park from Kennedy Junior High, was to provide a safer place to run. When we ran from Kennedy, we had to run up Stevens Canyon Road, a narrow road with many 18-wheel gravel trucks driving up and down. By starting our runs at Stevens Creek Park, we can either run trails or run only a short section of the road where the trucks frequently operate. This has definitely led to a safer running environment though it is not without some risk.

Last November, a cyclist was struck and killed on Stevens Canyon Road by one of the gravel trucks. The driver of the truck was not aware that his truck had struck the cyclist at the time. As someone who has been running and biking regularly on this road for many years, this accident is especially troubling to me, as I am sure it is to many others. I didn't know the cyclist but I feel a lot of sympathy for him and his family; he left a wife and two children. I realize that it could easily have been me or someone close to me and I have spent some time thinking about the safety procedures that I follow in running and biking on the roads. I don't intend to preach but I would like to provoke some thought and discussion. If anyone else has some suggestions, I would be glad to publish them.

When biking I am constantly watching for traffic from both directions. Watching for traffic from the rear

requires frequent quick glances without losing balance or veering into the road, whether biking or running. It is not enough to listen for the noise.

Sometimes the traffic is a bicyclist or a quiet or fast car. When running, it is usually advisable to run towards on-coming traffic. This allows one to see the traffic without turning around and to leap out of the way if necessary.

One situation that I am particularly alert for is the presence of traffic from both directions that will pass me at the same time. This forces the traffic on my side to stay away from the center line and much closer to my edge of the road. When I sense this situation coming, I will sometimes pull over and stop biking or running.

In Stevens Canyon there are many sharp corners and it is not safe to run on the inside of these corners. On-coming traffic is often moving fast and not expecting to see a runner. This situation does not give the vehicle or the runner time to react and is very dangerous. This requires runners to cross over several times while running up the canyon. I usually plan my cross-overs and check several times before crossing. When I do cross, I make sure that all runners in my group are crossing together.

I also watch where other runners are running, either in my group or not. When there are runners on both sides of the road and traffic going by, there is a much greater danger of an accident. I know of at least one case where two cars collided because there were runners on both sides of the road running in opposite directions.

Unfortunately, there are some drivers who deliberately drive close to runners or cyclists. I have experienced this on Mt. Eden Rd. and in Stevens Canyon and I know others have also. While this makes me very angry, I try to remember the 'law of greater mass.' The greater mass generally wins. I always vow to get the license number next time but never do.

Even though we have a safer place to run now, it is not completely safe. So please, BE CAREFUL!

Trails

Striders discover new paths

Now that we have been running from Stevens Creek Park for over six months, it might be useful to comment on the trails that we have discovered and used.

The trail that I usually run and that, I think, most others use, is the REI trail. The Striders have 'adopted' this trail through the coordination of Carol Borders. That is, we have agreed to do maintenance on this trail for the next year.

This trail starts near the dam on the spillway side of the reservoir and ends at a picnic ground near the Mt. Eden Rd. fork. (When you come to a fork in the road, take it.) This trail climbs about 400' and then traverses along the hillside on the south side of Stevens Creek Reservoir. There are a few narrow and slightly treacherous places but the trail is not very affected by rain and mud and I would call it an all-weather trail.

On the other side of the reservoir and road is a collection of trails and dirt roads that is generally called the Zinfandel Trail. I have run two versions, one coming out on Montebello Road and the other coming out on Stevens Canyon. This trail is somewhat muddier after a rain. Also, I would recommend following someone who has run it before if you are not familiar with the trail.

Running the REI trail out and coming back on the road is probably five or six miles. Running the REI trail and the Zinfandel trail is probably closer to eight miles. If someone has measured these trails or has some new trails to recommend, I would like to publish their suggestions in a later newsletter.

Tips for the Month:

Safety is a major concern at anytime, but especially during winter. Weather, darkness and traffic are significant factors. Several common sense rules apply.

- Wear reflective clothing and/or reflectors and carry a light at night
- Run with someone else, especially when you will be in remote areas
- Use gloves and a hat to keep warm, in addition to warm shirts, pants, etc.
- Be especially careful of traffic and assume that they cannot see you or do not see you. People are very distracted at this time of year.

Have a safe and exciting running year.

Events of Note

Emily Bologna has returned! Emily had gone back to Michigan to care for an ailing son who is now doing well. Her fiancée, Bill Jones, thoughtfully flew back to Michigan and helped Emily load up a truck with her belongings, attached her car and they headed west. On their way through Reno, they parked in a 15 minute parking area (truck and car) and visited a justice of the peace long enough to tie the knot.

Congratulations, Bill and Emily!!!

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
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).

Board of Directors

President	Marsha Levy
Vice-president	Rob Greenlee
Secretary	Darryl Denton
Treasurer	Jim Bordon
Social Director	Peggy Alfred
Newsletter Editor	Bob Downs
Sergeant at Arms	Bob Campbell

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

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Race Results

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

Name	Time	Remarks
<u>Humboldt</u>	<u>M&½</u>	<u>October 20</u>
Carol Borders	5:29	1 st marathon
Tom Kaisersatt	5:38	Pacing Charlene ? (blind)
Marsha Levy	??	½ marathon
Bob Schmiedskamp	??	½ marathon
Rob Larson	2:12	½ marathon, P.R.
Hazel Donaldson	2:15	½ marathon
<u>Wildcard 8 at Foster City</u>	<u>8K</u>	<u>October 20</u>
Jim Bordoni	38:31.8	1 st in 40-44, 3 rd overall
Matt Bordoni	34:54.7	2 nd 12 and under, 35 th overall
Peggy Alfred	37:10.4	3 rd in 35-39, 48 th overall
Mike Bordoni	38:15.5	4 th 12 and under, 52 nd overall
Susan Bremond	40:34.6	2 nd 45-49, 63 rd overall
<u>Miracle Mile</u>	<u>Downhili Mile</u>	<u>December 8</u>
Jim Bordoni	4:34.4	1 st age, 7 th overall
Matt Bordoni	5:18.8	4 th age, 33 rd overall
Mike Bordoni	5:31.7	3 rd age, 41 st overall
<u>Death Valley</u>	<u>Marathon & 25K</u>	<u>December 15</u>
Dick Wedge	??	25K
<u>East-West</u>	<u>10K</u>	<u>Jan 5</u>
Christina Brownson	55:38	2 min P.R.

To: Fellow Striders

I will be running the Boston Marathon on behalf of a Leukemia patient named Kim Tolnar. Kim is 30 years old, married, and she works in the sales department at a television station. The type of Leukemia that Kim suffers from is Chronic (chronic leukemia occurs most frequently in adults and progresses slowly, often over a period of many years) Myelogenous (effects white cells formed in the bone marrow).

If you are interested in helping please contact me and I will send you information about making a donation to the Leukemia Society. All the funds collected will be used for further research and individual patient aid.

Sincerely,

**Pat Koren
10439 Glencoe Dr.
Cupertino, CA 95014
Phone: 408-257-6717
E Mail: PSKOREN@JELLS.ORG**

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
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