

# WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

March, 1997

Tac # 127

Volume 14, Number 5

Nominations for the new board are due now.

Contact a board member if you are interested.

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## **Presidents Message**

**S**pring Has Sprung!!

Yes, the mornings are crisp and the afternoons are usually warm until the sun goes down. This time of year is great running weather. Check out the wildflowers in the park, unless you have hay-fever, in which case your nose may be running faster than your feet.

## **APRIL 6TH IS THE START OF DAYLIGHT SAVINGS TIME**

You know what that means? We can start meeting at Rancho San Antonio at 6:00 p.m. to run on Tuesday and Thursday evenings. Meet for dinner afterwards at the Country Gourmet in Sunnyvale on Tuesdays and Apollo Pizza on Stevens Creek Road on Thursdays.

## **CALLING ALL VOLUNTEERS**

Our next trail clean-ups are scheduled for March 23rd and April 27th, starting at 8:00 a.m.. (See Carol Border's article inside for details.)

Here's a chance for all you closet gardeners to play in the mud with someone else's tools. Bring water, food, gardening gloves, and long sleeves/pants for poison oak protection. Bring your friends; the more the merrier. Call Carol Borders for more information.

See you on the trails,

Adidas, Marsha

**Calendar of Events**

Houlihan's to Houlihan's	March 23
American River 50M	April 5
Paris Marathon	April 6
Tierra Bella Bike Ride	April 12
Tandem 10k	April 20
Boston Marathon	April 21
Big Sur Marathon	April 27
Angel Island	May 3
Wildflower Triathlon	May 3-4
Quicksilver 50k/50m	May 10
Board Nominations Due	May 15
Bay-to-Breakers	May 18
Striders' Picnic	June 1
Western States 100	June 28
Alcatraz Triathlon	June 28
San Jose Triathlon	June 29
San Francisco Marathon	July 13
Dammit Run	August 10

**Other Upcoming Events****by Bob Downs**

**A**s I sit here writing this newsletter it is a beautiful warm spring day and I wish I were doing something outdoors instead. However, the newsletter is already late and it needs a bit more editing.

In light of all this sun, I looked down at my white and winterized body (with a slight winter pelt) and realized that I need to plan my tan. For me, it is very important not to get too much sun at once. I am just starting to get a hint of tan (a faint blush that I like to call brown) and I better not get any more sun today. So back to the newsletter.

In looking through the Schedule for coming events, I found a long list of races, triathlons, bike rides, relays, ultraruns, etc. that are scheduled for this spring. Some examples that caught my eye:

- Corralitos Duathlon on April 5: 10K run and a 45K bike ride
- Lake Berryessa Quadrathlon on April 26: lake swim, 'rolling' bike, flat run, flat bike.
- Death Valley to Mt. Whitney Road Race on May 10-11: 100 miles, point to point stage race
- Great Trans Ko'lolau Trek on May 10: 10 miles from windward to leeward side of Oahu
- Golden Gate Headlands Marathon/Half-Marathon on April 5: "hilly loop trails, scenic with views."
- Alcatraz Sharkfest Swim on June 15: 1.5 mile swim from Alcatraz to Aquatic Park (go for it Gregg, they'll never catch you).
- Markleeville "Death Ride" on July 12: 128.6 miles, "THE bike ride," up 5 passes, "very mountainous."
- Tour de Marin 100k/50k on June 19: hilly, rolling and flat.
- Fifty Plus Generation Celebration on April 6: run, walk, bike, skate, swim; kids, young adults and others invited.
- Mojave 250 Mile Death Race on June 7: 2 days, 12 person teams, 21 legs, run/bike various distances, large loop course.
- Forest of Niscene Marks Marathon & Half-Marathon on June 7: "lots of trees" (they don't mention poison oak).

- Bay Area Corporate Relays on June 7: contact Kaye Donnelly (a past Strider).
- Donner Lake 7M/14M on May 10: Once or twice around the lake at 6000'.
- Los Cabos Int. Marathon on May 17: run along Sea of Cortez.
- Mt. Rainier to Pacific Relay on June 21: 115 miles, 7/10/11 person teams, very scenic, lakes, farms, forests, beaches, 'relaxing' atmosphere.
- Bill Francis Memorial 5k/10k on May 17: Al Morotti and I knew Bill but I was surprised to see this race announcement. I didn't know Bill was a runner.

So many races, so little time. This is a great time of year to be outside and running.

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## REI Adopt-A-Trail

by Carol Borders

**O**n February 8<sup>th</sup> Marsha Levy, Darryl Denton and I walked the REI trail with Santa Clara County Park Ranger Aniko. We discussed various projects that need attention to help preserve and maintain the trail. We exchanged a lot of ideas and information on what needed to be done, how much people power it would take to complete, and which projects were the most needed. We felt the following projects would be ones where we would like to concentrate our efforts:

There is a small landslide about half way down the trail. This project will consist of: 1) rangers building a retaining wall, 2) volunteers moving the dirt behind the wall, 3) volunteers clearing part of the hillside and re-contouring the hillside.

Where the river (OK, small creek) runs through the trail we will dig down 6 inches below the trail surface in the river bed and put in a culvert to channel the water, then we will build a rock entry and exit to the culvert and rebuild the trail over the culvert. This will make the water run under the trail and preserve the trail. The county parks department will provide the culvert materials for this project.

The third project we looked at is a switchback about ½ mile in on the trail. Due to improper usage of this switchback the trail integrity is being abused and eventually there will be water damage to this section of the trail. What we would like to do is use rocks in the area and build a rock garden around the switchback. This will encourage trail users to stay on the trail and not break down the edges. It will also keep the water channeled properly. There is also some resurfacing work to be done.

Since each of these projects is in a confined area we are looking at having small crews on each project. As time and people power permit we will also look at taking a crew and doing minor resurfacing of the trail, moving brush back about 4 feet (so snakes cannot hide close to the trail) and redesigning to channel water. In addition, there is a need for more resurfacing to be done on one section of the trail that has some water damage.

We are looking at two dates for work on the trail. Sunday March 23 and Sunday April 27, The latter date is also Trail Day in California. If anyone cannot help on the REI Trail there are other projects (with no poison oak) that can be done on Trail Day. Friends and family of club members are welcome to join us. We have had scout troops with scouts as young as 8 years old doing their community service projects as part of the trail crews.

It is necessary for us to get sign ups for the trail days so we can coordinate with the Park Service for use of tools and rangers to assist as needed.

If you can assist us on any of these days please see me at the club meetings or call me at (408) 343-0957.

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### Events of Note

At the Board of Directors Meeting in January, it was decided that the Striders entry into the Western States 100 Mile Race would be given to Tom Kaisersatt. I'm not sure this is a favor to Tom but he seems to want it, so... Good luck Tom.

The Striders Picnic is planned for June 1 and will tentatively be at the Villa Maria Picnic Area in Stevens Creek Park. This picnic area is a beautiful grassy area very close to our Saturday morning meeting place. It also has a group BBQ. See Peggy Alfred for details.

There is a web page where you can view maps and determine the actual lengths of the various trails at Rancho San Antonio. The web address is:

WWW.STEVENS CREEK.COM

When you get to this page, click on "The Athletes Calculator" and then click on "Rancho Runner."

Spring is just around the corner. Beginning right after daylight savings time starts, the Striders will start meeting at Rancho San Antonio at 6 pm on Tuesdays and Thursdays.

It's also time to start thinking about nominations for the Striders Board of Directors. The next newsletter will contain a ballot. We are looking for nominations now. Please contact any board member with your suggestions. It's fun to go to board meetings. Deadline is May 1.

One unpublicized perk to being on the Board is that you get some of Jim Bordoni's fabulous deserts at each meeting. (I am assuming that Jim will be on the board and that he will host future meetings at his house.) I shouldn't have let the secret out but...

### 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:

<u>Submission</u>	<u>Publication</u>
April 15	May 1
June 15	July 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](mailto: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](mailto:striders@lists.alink.net)

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

[bob@downs.com](mailto:bob@downs.com)

or call me (408-730-0664).

**T**he Striders also has an 'outside' e-mail address that people can contact to find more about the club. This address is

[STVCRKSTRD@AOL.COM](mailto:STVCRKSTRD@AOL.COM)

## Board of Directors

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

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

RICHARD D. SCHRAMM  
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## Race Results

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

### San Francisco Half Marathon, January 26, 1997

#### Women

<u>Rank</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Age Group</u>	<u>Group Ranking</u>
91	Cara Oseland	32	1:43:35	30-34	23
182	Susan Ferry	47	1:49:50	45-49	8
226	Martha Landis	50	1:52:28	50-54	6
275	Noel Relyea	51	1:54:59	50-54	8
490	Christina Brownson	46	2:12:44	45-49	27
525	Mary A Miller	50	2:17:07	50-54	22
529	Megan Thomas	34	2:17:28	30-34	125

#### Men

<u>Rank</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Age Group</u>	<u>Group Ranking</u>
96	Bill Gough	32	1:26:29	30-34	31
254	Robert Greenlee	50	1:34:35	50-54	14
363	David McLeod	43	1:39:47	40-44	51
388	Robin Weber	49	1:40:38	45-49	42
526	Ron Weston	61	1:46:34	60-64	7
875	Cyrus Khoshnevisan	30	2:14:57	30-34	177
705	Michael Shields	48	1:55:40	45-49	90
917	Rob Larson	52	2:47:27	50-54	78

<u>Name</u>	<u>Time</u>	<u>Remarks</u>
<u>Missions Ten Miler</u>	<u>10 miles</u>	<u>February 2, 1997</u>
Pat Koren	1:20	
Al Boleda	1:14:50	
<u>Davis Stampede</u>	<u>½ Mar</u>	<u>February 2, 1997</u>
Richard Schramm	1:40:21	178 out of 635

<u>Las Vegas Marathon</u>	<u>Marathon</u>	<u>February 9, 1997</u>
Gayla Johnson	3:49:30	
<u>Escape From Marin</u>	<u>Marathon</u>	<u>February 15, 1997</u>
Pat Koren	5:14	
<u>Los Gatos All-Comer's</u>	<u>800 meters</u>	<u>February 15, 1997</u>
Jim Bordoni	2:07.5	2:08 Master's Qualifier
<u>Cal Ten-Miler</u>	<u>10 miles</u>	<u>February 23, 1997</u>
Carol Borders	1:40:42	
<u>Bidwell Classic</u>	<u>½ Marathon</u>	<u>March 1, 1997</u>
Richard Schramm	1:39:27	
Carol Borders	2:15:16	
<u>Bidwell Classic</u>	<u>3 miles</u>	<u>March 1, 1997</u>
Marsha Levy	30:47	
Bob Schmiedescamp	30:56	feeling ill
<u>Napa Marathon</u>		<u>March 2</u>
Bill Goff	3:01	
Mark Williams	3:17	
Dave McLeod	3:27	
Ron Weston	3:44	
Gayla Johnson	3:45	
Rob Greenlee	3:46	
Peggy Alfred	3:48	
Tom Kaisersatt	3:55	
Pat Koren	4:08	
Bob Haney	4:05	
Megan Thomas	4:20	
Harry Cook	4:30	
Noel Duryea	SDF	
Robert Miller	SDF	
Mary Belknap	SDF	
Jeannie Seelbach	SDF	

SDF = Same Day Finish

**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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 Cupertino, CA 95015-1176

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 5154 Bela Drive  
 San Jose, CA 95129