

WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

May, 1997

Tac # 127

Volume 14, Number 6

Ballot Inside for Board of Directors! Due June 7.

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President's Message

'June's a Busy Month'

I hope everyone is having a healthy happy training season out there. Some hazards to watch out for are: 1) Poison oak - remember three leaves, 2) Ticks - they drop from overhanging brush, 3) rattlesnakes are rare, but one was recently spotted on the Zinfandel Trail and 4) mountain lions - not usually a threat unless food is scarce and mom needs to feed the cubs. There's plenty of deer around, so we humans should be okay....? Don't let this stop you from

running. Just be aware if your surroundings.

On another note, nominations for the board are closed and it's time to VOTE. Please see the ballot in this newsletter and mark your choices!. Mail your ballot to our election commissioner, Hilary Williams, by June 7th. Do it NOW and get it over with!

June promises to be a busy month for the Striders. We have our PICNIC on June 1st. (No charge except bring a dish to share, your own eating utensils and drinks.) Bar-be-que'd chicken will be provided by the club. (Yum!) Tahoe relays on June 7th have all teams ready for the high altitude adventure.

Don't forget the American Cancer Society Festival for Life on June 20th & 21st. Last but not least, the Western States 100 mile Endurance Run on June 28th and 29th. Not only do we have several members running this race, we have several more members working the aid station at mile 43 (called "Last Chance"). We still need more volunteers. Just be sure to ignore any rumors you've heard about the oversized mosquitoes.

Adidas,

Marsha

Calendar of Events

Bay-to-Breakers	May 18
Striders' Picnic	June 1
Alum Rock Run	June 1
Alcatraz Triathlon	June 28
Tahoe Relays	June 7
Cancer - 18 hour run	June 20-21
Western States 100	June 28-29
San Jose Triathlon	June 29
San Francisco Marathon	July 13
Dammit Run	August 10

Trail Maintenance

by Carol Borders

Recognition for 1996 Efforts

On Saturday March 22, Darryl Denton, Marsha Levy and I attended the Santa Clara County Parks and Recreation Outdoor Job Corps Recognition Day.

We learned that we are part of a volunteer group that has about 650 participants who contributed 24,500 hours last year to the Parks. This has enabled us to keep many programs and facilities open and available for usage in 1996. (The Stevens Creek Striders included 12 volunteers and 68 hours.)

I am conveying their Thanks to you for all your hard work and dedication to the park system. They consider you a valuable resource. I also have, for each of you who participated last year, a coffee mug from the Outdoor Job Corps. I would also like to add my personal thanks.

The Parks and Recreation Department also honored the Volunteer of the Year, The Park Liaison of the Year, the

Volunteer Group of 1996 and those individuals (since they started) who have completed 100, 250, 500, 750 and 1,000 hours of service the parks.

It was a very enjoyable afternoon at Vasona Park, complete with a delicious BBQ, entertainment, a ride on the Carousel, a tour of the calliope room and ride on the train that operates in the park.

Some of you have indicated that you cannot participate in the trail project due to poison oak allergies. We learned there are many projects like trail watch and trail patrol or gardening at Villa Montalvo which also need volunteer assistance and which do not expose the volunteers to poison oak. If you are interested in becoming a part of the Outdoor Job Corps I can put you in touch with the them.

1997 Trail Days

Sunday March 23 was the first of our 1997 Adopt-A-Trail program work days. Darryl Denton, Marsha Levy, Bob Schmiedeskamp, John Felde, Tom Marshall (not a Stevens Creek Strider) and I, with the assistance of park ranger Aniko, cleared all the current landslides on the REI trail, moved the tree off the trail and cut back a lot of brush all before noon.

Aniko felt it would take us a couple of work days to compete the first landslide. But, since she had such a dedicated, hard working, competent and in shape crew we had that job completed by 10 in the morning. Aniko said many of her volunteer groups would have completed

the project for the day and then stopped work -- but not the hearty souls on Sunday. The first question asked when she declared the first project complete was "What can we do now?" To everyone who participated, a big "thank you" from Aniko and myself on a job well done.

Trail Days: May 4, 1997

This Sunday found Bea McIntosh (our newest member of the poison oak club), Marsha Levy, Darryl Denton, Bob Schiedeskamp, Gayla Johnson and myself working on putting a culvert in the ditch about one mile from the trail head. We were very capably directed by Park Ranger Aniko Kannas-Millan

On this project we dug the ditch a bit deeper, then put the large pipe or culvert in, borrowed dirt from the hillside to fill in with, built a rock retainer at both ends to help direct the water through the culvert and built up the trail on top of the culvert. In the process we needed to cut back a lot of brush and borrow a lot of rock from the surrounding area. Cutting back the hillside and the brush has also opened up the area and widened the trail. Now it is easier to navigate the trail and you do not have to break your stride to jump the ditch. I did get 'before,' 'during' and 'after' pictures so we have a record of this project.

Again the great crew worked diligently and kept focused on the task at hand. With Darryl's moving anything in our way, this job was completed by noon.

In case any members of the crew missed it, our project received a standing

ovation from club members during the Saturday morning run. Also a big Thank You to everyone who assisted.

We will not be doing any work on the trail during the hot summer months but, in the fall, will once again be looking at completing our rock garden project and doing some more week whacking. Stay tuned for more details - Carol

Events of Note

Striders Dues of \$15.00 are due by July 1, and apply to the next twelve months. Give checks to any board member.

The Striders Picnic is planned for June 1 at the Villa Maria picnic area in Stevens Creek Park at one o'clock.

Al Morotti's Fourth of July Party is on again this year and Al expects to be there this time. It starts at one o'clock and directions will be available on Saturday mornings. The address is 1085 Lancer in San Jose. Lancer intersects Bollinger between Wolfe and Miller.

Editor's Farewell

I have enjoyed writing the newsletter this year and have 'put my stamp' on the format. However, I have decided to spend more time on other events (including running) and am resigning as editor. The new Board of Directors will select a new editor who will produce the next edition. It's been fun but it's time for someone else to get a chance.

Bob Downs

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Newsletter Submissions

Please send or give all notes, articles, race results, events of note, jokes, etc. to the Newsletter Editor.

Deadlines:

<u>Submission</u>	<u>Publication</u>
June 15	July 1
August 15	September 1
October 15	November 1
December 15	January 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).

The Striders also has an 'outside' e-mail address that people can contact to find more about the club. This address is

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

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Race Results

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

Name	Time	Remarks
<u>Chart House/Big Brothers of Maui (Lahaina)</u>	<u>5K</u>	<u>March 29, 1997</u>
Jim Bordoni	18:31	2 nd 40-49
Matt Bordoni	20:49	1 st 12 & under
Mike Bordoni	23:55	
Diane Bordoni	30:17	3 rd 40-49
<u>American River 50</u>	<u>50 Miles</u>	<u>April 5, 1997</u>
Mark Williams	8:14	
Gayla Johnson	8:37	5 th in age group
Noel Relyea	9:20	
Rob Greenlee	9:30	
Frank Shuman	9:43	
Peggy Alfred	10:11	
Tom Kaisersatt	10:11	
Jerry Hill	11:50	
<u>Paris</u>	<u>Marathon</u>	<u>April 6, 1997</u>
Mary Miller	SDF	
Robert Miller	SDF	
Megan Thomas	SDF	
Gene Seelbach	SDF	
Jeannie Seelbach	SDF	
<u>Tortoise & Hare</u>	<u>10K/5K</u>	<u>April 13, 1997</u>
Christina Brownson	?	
Dick Wedge	54	
<u>MBA Challenge 4 Charity</u>	<u>10K</u>	<u>April 20, 1997</u>
Ron Weston	49:13	3 rd in age group
Dick Wedge	57	
<u>Boston</u>	<u>Marathon</u>	<u>April 21, 1997</u>
Pat Koren	4:20	

<u>Big Sur</u>	<u>Marathon</u>	<u>April 27, 1997</u>
Bob Haney	4:02	
<u>Wildflower Triathlon</u>	<u>Sprint/Int'l</u>	<u>May 4, 1997</u>
Gregg Ferry	1:05	Sprint, 2 nd in age group
Gregg Ferry	2:40	Intl.?
Bob Downs	~3:19	
John Felde	~3:37	
<u>Quicksilver 50</u>	<u>50K/50M</u>	<u>May 10, 1997</u>
Peggy Alfred	6:15:02	50K
Harry Cook	7:36:26	50K
Dick Wedge	8:30	50K
Mark Williams	8:27:53	50M, 7 th , 3 rd in age group
Gayla Johnson	9:52:03	50M, 4 th in age group
Tom Kaisersatt	10:28	50M
Rob Greenlee	11:10	50M
Ephraim Romesberg	?	50M

SDF = Same Day Finish

Board of Directors Ballot

Please vote for one to seven people by placing a check mark next to each candidate selected. The seven nominees with the most votes will be elected as members of the board. In case of a tie, there will be a random selection.

(names in reverse alphabetical order - no preference shown)

Bob Schmiedeskamp	_____
Dave McLeod	_____
Marsha Levy	_____
Tom Kaisersatt	_____
Emily Jones	_____
Janine Hernandez	_____
Rob Greenlee	_____
John Felde	_____
Darryl Denton	_____
Carol Borders	_____
Peggy Alfred	_____

Please send this ballot to Hilary Williams at 111 Andre Court, Los Gatos, CA 95030 or put in the ballot box provided at the regular Saturday morning meeting place.

Deadline, **June 7, 1997.**

Club Meetings

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

T-Shirts

T-Shirts - To order send this coupon to Jim Bordon, 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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