

# WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

July, 1997

Tac # 127

Volume 15, Number 1

## What's In This Issue

President's Message  
Calendar of Events  
The Great Trans Koolau Trek  
Lake Tahoe Relays  
Western States 100  
ACS 18-Hour Relay  
American River 50-mile Endurance Run  
Race Results  
Club Meetings

## President's Message

First off, I'd like to thank all those members who offered their names in nomination for election to the board. It was refreshing to see more than average interest in the affairs of the club. We were blessed with eleven volunteers this go-round. This is a big improvement from just trying to round up a minimum of seven through coercion, bribery, etc.

I'm delighted to have several enthusiastic peers on the board and have already experienced excellent cooperation with individuals willingly taking on the tasks at hand. Janine Hernandez will serve as our Vice President, Emily Jones as Treasurer, Tom Kaisersatt as Secretary, Peggy Alfred continues as Events Coordinator, Rob Greenlee handling the Newsletter Editor job and Darryl Denton as Sergeant at Arms.

We had our first meeting June 18<sup>th</sup> and will be meeting in the future on the third Tuesday of the month at 7:30 PM, with the location rotated among the board members. All members are welcome to attend. Specialty desserts not anticipated (boo hoo). Ask for the location if you want to attend.

Rumor has it we will end the fiscal year (June 30) financially solvent pending some receipts from membership dues. Please renew as soon as possible if your membership has expired. I'm looking forward to

another successful and fulfilling year of challenges, accomplishments, fun-filled events and camaraderie for everyone.

Thanks to the outgoing board and those members continuing this year. A special thanks to Bob Campbell for several years of service as our Secretary and to Jim Bordoni for several years service as our Treasurer as well as providing a meeting place during that time. (Not to mention the fancy desserts). Hope to see you soon on Saturday mornings.

■ John Felde

## Calendar of Events

Wharf to Wharf (25 <sup>th</sup> Annual)	July 27
Dammit Run	August 16
Garden Court Breakfast 5M	August 17
Striders Clambake Run	August 24
Point Reyes 50K	Sept. 6
Presidio 10M	Sept. 14
The Relay	Sept. 19-20
Silicon Valley Marathon	Sept. 21
Portland Marathon	Sept. 28
Lake Tahoe Marathon	Oct. 12
Big Sur River Run	Oct. 25

## Superstition Or Coincidence? H-3 Day

The Great Trans-Koolau Trek, on May 11, 1997, a.k.a. the H-3 Run was the dream of Jack Scaff, founder of the Honolulu Marathon, to be the world's largest foot race with an estimate of 100,000 runners. Unfortunately, the race only drew 15,000. This was partly due to a lack of prize money to attract elite runners. Also the run received negative press for months prior to the event with protests by some of the native Hawaiians for the construction of the H-3 freeway through their ancestors' sacred sites - the Haiku and Halawa valleys on the island of Oahu.

The morning of the race I left my hotel at 5:30 AM to catch the shuttle at Kapiolani Park to the staging point. En route I ran into Ed, an old Strider, now President of the Dolphins Running Club in San Francisco. We boarded the bus and were taken to the staging area where we were confronted with protesters holding signs and shouting at us to turn back and not be a part of the celebration which was trespassing on their ancestors' sacred sites. After encountering this, we were met with the challenge of a two-mile uphill walk to reach the start line. Although there were State Police, motorcycle cops and the National Guard in their combat fatigues, the two-mile walk was easier to cope with than the protesters.

Finally, the start line...

The run was in four waves. Each start had a Hawaiian blessing and a blast from the Hawaii National Guard howitzer.

I'm in the second wave at 7:45. The cannon sounds and we're off. The sun is out, not a cloud in the sky. Temperature and humidity are both in the 80's. We have a spectacular view of Kaheohe Bay and the valley. The first 3.5 miles of the 10-mile trek is a 6% grade. The crest is in the middle of the mile-long Trans-Koolau tunnel. Six miles into the run we hear the blowing of a conch shell; also the sounds of drums beating, natives chanting and shouting at us from under a bridge...keep on running.

The sounds are behind me now. The sun is beating down on the freeway. There is no shade to be found. Finally!! I can see the Aloha Stadium!! I've finished! It's over. Or is it? I have mixed emotions.

When I returned to the hotel, I told my mother the events of the run. I went to take a shower. While I was in there the power went off and it was pitch black. I went out onto the balcony. The sky had clouded over and it began to rain. There was nothing by silence. Minutes later drums started beating ...

Superstition? Or coincidence?  
Aloha.

■ Christina Brownson

*This year's clambake date is August 24. Mark your calendar now to keep the date open!*

## Big Winners at Lake Tahoe

Okay, we didn't win the race, but all of us attending were sure winners of a great weekend in the mountains. We were blessed with great weather, twenty-four very compatible participants and two great running teams. Not to mention a couple of very nice cabins complete with a hot tub and a sauna in each.

We ran as the Stevens Creek Striders a.k.a Darryl Denton, Pete Letchworth, Margaret Waganet, Harry Cook, Rob Greenlee, John Felde, and Janine Hernandez/Laurie Hogan (shared leg) each running our legs in fine form and pretty decent times. Support vehicles were provided by Al Morotti and John Felde with driving services provided by Brian Booher.

The "Other Striders Team" was made up of Diana Schultz, Peggy Alfred, Ellen and Jim Wrona, Mike Shields, Bill Gough and Rich Seimens. Vehicles were provided by Diana's friend Bob (as well as driving) and Harry.

There were reports of average paces from seven-minute miles to ten-minute miles and cries and moans about sore feet, upset stomachs, sore hamstrings, shortness of breath and most of the other well-used excuses with which we're all familiar. Nevertheless, we managed to finish 75<sup>th</sup> (The Other Striders) and 82<sup>nd</sup>, a substantial improvement over last year. Give us another 20 years and we'll win. Without a doubt.

Tom Kaisersatt and Gayla Johnson ran plus or minus three legs as a warm-up for Western States and Al Morotti finished his bike tour around the lake one more time; this time accompanied by Dave McLeod and a fancy new Soft-Ride bicycle.

We all enjoyed some great food, wine, Morotti's pesto and the traditional berry cobbler prepared courtesy of Romona Rose. A special thanks to Margaret Waganet for arranging some great cabins, to all and Laurie for assistance with the shopping and to everyone for their help with clean-up. Your cooperation also made the leg assignments a lot simpler this year. This turned out to be our best trip ever. Don't miss out next year.

■ John Felde

*Ask for your Striders discount at MetroSport. It applies to all purchases.*

## Western States 100 Mile

This year's Striders trip to Last Chance to support runners in the Western States 100 trail race was memorable for relative freedom from mosquitoes. Blame it on the weather - cool over that weekend and a very dry spring, but the hungry little bloodsuckers were hardly a factor this year.

Once again aid station captain Jerry Hill recruited and organized a competent and enthusiastic crew to support the 375 runners through the second major medical checkpoint at mile 43. Two dozen Striders, Striders' friends and Striders' family were present to man the food table, fill water bottles, locate and retrieve drop bags and generally encourage the runners as they passed through our temporary home.

Despite the Wee Chateau delivery person's throwing us a curve ball by parking the portable toilet in the usual spot for the food table and the broken dead tree looming over the podiatrists' usual spot, our station was ready well before the first runner appeared at 11:30 AM. The first runner, Mike Morton, defied the conventional wisdom that the leader at Last Chance never wins and went on to set a new course record at 15:40.

Excitement mounted as 2:00 PM approached and we all anticipated Gayla's arrival if she was on pace for a 24-hour finish. She arrived at 2:15 looking strong but with her expectations scaled back from a 24-hour finish. Through the afternoon we greeted several other San Jose area runners and the recognizably famous among the field. Exactly on schedule at 4:00 Tom ran confidently and smoothly into the aid station. After a brief stop to mend a raised toe nail he was off on his quest of a sub-30-hour finish.

Demonstrating the difficulty of this event, five hours later Tom dragged into Michigan Bluff, 12.4 miles further along the course totally spent and dropped out. Gayla went on to complete the 100 miles in 28:13. Western States veterans Jim Magill, 29:18 and Ephraim Romesberg, 29:45 also represented our club.

■ **Rob Greenlee**

## Festival for Life 18-hour Relay

On June 20th and 21st, the Steven's Creek Striders teamed up with the Quick Silver Running Club to fight cancer by running an 18-hour relay. The event

was sponsored and organized by the American Cancer Society to raise money for the cause.

Mary Miller and I co-captained our team, which we dubbed the "Quick Striders". These people were awesome! Martha Landis did the most laps (37). Bill Meinhart from the Quick Silver group kept the lowest average pace of 6 minutes 50 seconds per mile, and tied Jim Magill for the second most laps run (34). Mike Florence had to run in for the group picture and then continue on with his laps, (hardly breaking his 8 minute 12 second stride). Our team finished second only to Measorex in the number of laps we did (507). Not to mention that several participants went on to run the Western States 100-mile Endurance Run exactly one week later.

Many thanks to all eighteen team members who ran, those of you who contributed to the cause, supporting members and spouses, and the Quick Silver Club who put up the registration fee for our team. I have no idea how much money we raised, but we sure had a lot of fun.

I also had a chance to talk with John MacDonald, a 71-year-old cancer survivor from Guerneville. This man was a one-man team. He walked the entire eighteen hours by himself! He said he gave up running because he got too slow. He had endurance though, so he started walking long distances. I guess when you've looked death in the face, you've just got to thumb your nose at him somehow.

■ **Marsha Levy**

## A Funny Thing Happened on My Way to the Fifty

Run a lot of miles and things are bound to happen to you! Training for the American River 50 Endurance Run (April 5<sup>th</sup>) and competing in the race was full of adventure and the stuff life is made of ... the unexpected and weird!

During one training run of the oh-so-easy power pole route at Rancho San Antonio park, Tom K., Gayla and I encountered the notorious turkey gang as we descended the last hill. These birds have earned a deserved reputation for their aggressive tactics while protecting their territory. As we approached the feathered fellows, a particularly big tom fanned his tail wide and strutted his stuff, warning the sweaty human invaders to stay off his turf or else (it was the "or else" I was

afraid of!) Tom rose to the challenge and met him head on ... waving his "feathers" and gobbling madly! I don't know what was communicated that day on the hill but it apparently was not to the turkey's liking for he made quick tracks for our Tom with a Clint Eastwood gleam in his eye and a loaded beak! I helped out by panicking and squirting a "fowl repellent" mixture of Gatorade and water at him from my bottle. I think the big guy was so shocked and incensed he dashed off, indignantly gobbling to his snickering comrades, "Just wait 'til I see that blonde again! She'll be turkey chow!" Tom appropriately dubbed this adventure "The Battle of the Two Toms"

Another memorable training event occurred during a run back down off Black Mountain above Rancho (a steep son-of-a-gun). Unfortunately, Tom injured a quad on the descent and was forced to slow down to a painful limp. In our efforts to be helpful, Mark Williams, Gayla and I offered words of support and encouragement and a few Advil tablets from Gayla's pack. Later Tom commented that surprisingly he hadn't felt any relief from the Advil which usually works for him, but his breath was remarkably fresher! Turns out TicTacs look a lot like a certain brand of Ibuprofen ... hmm, a new training aid perhaps?!

The actual AR 50 run brought its own challenges and thrills. Rob Greenlee and I joked we needed a support vehicle just for carrying all the chemicals needed during the all-day event ... mosquito repellent, poison oak prevention lotion and after-wash creme, suntan lotion, Ibuprofen tablets (translate: unbearable pain blockers), my asthma inhaler, Metabolol (translate: "used gym-sock-flavored replacement drink), etc. Our incredible, always cheerful (they weren't running!) support crew consisted of Romona Rose, Pete Letchworth, and my non-running but good-sport husband, Bud (funny - he just kept smiling and shaking his head the whole race). Bud got a kick out of watching a devoted all-male crew quickly abandon their buddy who was running in favor of enthusiastically assisting a rather "finely muscled", long-legged, French braided young runner of a distinct gender. Ah, the fickle loyalties of an endurance crew.

In addition to our great crew, I was incredibly grateful to my running partner the entire race, Tom Kaisersatt. He was supportive, motivating and gracious and truly helped me to keep going when I was struggling. (Unbeknownst to me on race day I had bronchitis - later upgraded to walking pneumonia. The fifty was harder

than it needed to be!) Tom, Rob and I ran together for the first 30 miles at which point Rob, running very strong, picked up the pace (as I slowed down!) and went confidently ahead. Pete joined Tom and I for the last 9 miles, pacing me in my "Peggy-cough-hack-spit" death shuffle.

Apparently, it was a good thing to have this extra support for the race became a little, uh, "interesting" about mile 42. Reportedly at this point I was heard to exclaim "Oh look! There's Bill Clinton hobbling along on his crutches. What a trooper and he's keeping such a good pace, too!" Tom and Pete exchanged puzzled glances. At mile 44 I marveled aloud "Wow! Mae West sure fills out a Jogga-bra doesn't she?" The guys looked a little concerned. When I asked Mahatma Ghandi for his autograph at the next aid station, (a wiry, dark-skinned bald man graciously obliged me by signing my baseball cap ... I now suspect he had just crewed his own trail-weary runner a few minutes earlier and knew to placate us runners to keep us going!), I heard Pete and Tom mention something about "bonking" and "Metabolol fix" and soon I was back on planet Earth, chugging my way to the finish.

Ah, the finish was glorious! I blubbered all over Tom and Bud, had a wonderful massage, and danced mvelation in the finish area (translate: "crawled over to some grass and expired"). The scenery along the course was beautiful, the aid stations well-organized and helpful, our crew absolutely wonderful (extreme thanks to Ramona, Pete and Bud!), the weather ideal (low 70's) and the day incredible and soul-fulfilling! Tom and Rob, thanks my running buddies!

Ask me and I'll show you my baseball cap - signed, "Happy trails, Mahat!"

Really!

■ Peggy Alfred

RICHARD D. SCHRAMM  
ATTORNEY AT LAW

EMPLOYMENT RIGHTS ATTORNEYS  
111 NORTH MARKET STREET, SUITE 900  
SAN JOSE, CALIFORNIA 95113  
Tel: (408) 971-9993  
Fax: (408) 295-5008  
era@aol.com

## Race Results

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

Name	Time	Remarks
<b>SPCAL League Meet</b>		
<b>April 25-26</b>		
800 meters - Mike Bordoni	2:31.25	1 <sup>st</sup> and PR
1200 meters - Mike Bordoni	4:08.09	1 <sup>st</sup> and PR
<b>Hershey Track Meet</b>		
<b>May 4</b>		
800 meters - Matt Bordoni	2:32.04	1 <sup>st</sup>
<b>Run for the Cranes 5K</b>		
<b>May 17</b>		
Jim Bordoni	18:07	7 <sup>th</sup> , 1 <sup>st</sup> in age group
Matt Bordoni	20:34	23 <sup>rd</sup> , 1 <sup>st</sup> in age group
<b>Lake Tahoe Relay</b>		
<b>June 7</b>		
The Other Striders Team	11:07:51	75 <sup>th</sup> overall, 29 <sup>th</sup> mixed
The Striders Team	11:31:05	82 <sup>nd</sup> overall, 33 <sup>rd</sup> mixed
<b>Western States 100 Mile</b>		
<b>June 28-9</b>		
Gayla Johnson	28:13	
Jim Magill	29:18	
Ephraim Romesburg	29:45	
Tom Kaisersatt		55.7 miles
<b>San Francisco Marathon</b>		
<b>July 13</b>		
Rich Seimens	3:31	
Al Weissberger	3:37	PR
Ron Weston	3:48:26	
Christina Brownson	4:59	PR
Bob Hayne	SDF	
Rob Larsen	SDF	

SDF = Same Day Finish

### Board of Directors

President	John Felde
Vice-president	Janine Hernandez
Secretary	Tom Kaisersatt
Treasurer	Emily Jones
Social Director	Peggy Alfred
Newsletter Editor	Rob Greenlee (phone (415) 327-1572 with race results)
Sergeant at Arms	Darryl Denton

**Club Meetings** 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. During daylight savings time a group meets at 6:00 PM on Tuesday and Thursday in the lower parking lot at Rancho San Antonio County Park for trail runs of 5 to 10 miles

**Striders E-mail:** 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).

After you have joined the list, you can send mail to the list 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).

---

**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

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

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