

# WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

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## President's Message

Well, here we are in September already and the summer is just about gone. Fortunately for us Californians, we'll continue to enjoy some great weather and daylight savings time through most of October. Summer went by really fast for us. I suppose being gone for six weeks does tend to put a major dent in it.

Anyway, I'm sure all of you have been busy as well and training hard for upcoming events. There certainly is lots going on. The clam bake was a huge success. Approximately twenty-four (24) people ran the event, with about eight (8) people running the entire 30 miles from Saratoga Gap. About thirty-five (35) total for a great turnout. Congratulations to all of you and particularly Christina on her first ultra. We had a great salmon chowder courtesy of Janine Hernandez, even though she didn't attend, and a great clam chowder prepared by Emily Jones. Thanks to both of you. We had so many desserts that even I could not sample all of them, but I put forth a yeoman's effort. The weather was great, warm and sunny with a gentle breeze to keep us cool. Thanks to the drivers, support car, cooks and general helpers for making this a fun event again. Most of you may know this property was provided to us for free by the Big Creek Lumber Co. this year as well as for

several past years. Thank them or their employees if you have the opportunity.

I understand the relay team, many of whom participated last year, is all trained up and ready to hit the road for the Napa to Santa Cruz Relay on Sept. 19<sup>th</sup>. Twelve (12) members will run 194 miles, with each member running 3 legs. Good luck!!!

I hear there are lots of folks heading up north for the Humboldt Redwoods Marathon and Half-Marathon. That was my first marathon several years ago and it was a great venue for the first. Flat and cool with good support.

Also, keep in mind the Big Sur River Run/Campout October 25<sup>th</sup> in Big Sur State Park. It's a fun 10K with a big pancake breakfast hosted by yours truly after the race. I'll have to reserve campsites soon, so let me know if you plan to attend for my head count. Keep running, fast, slow, long or short, just keep going!!!

■ John Felde

## Calendar of Events

Presidio 10M	Sept. 14
Board Meeting	Sept. 16
The Relay	Sept. 19-20
Silicon Valley Marathon	Sept. 21
Portland Marathon	Sept. 28
Trail Stewardship Day	Oct. 5
Bake-Tahoe Marathons	Oct. 12
Big Sur River Run	Oct. 25
Marine Corps Marathon	Oct. 26
Morgan Hill Marathon	Nov. 1
New York City Marathon	Nov. 2
Clarksburg County Run	Nov. 16
Run to the Bar Side	Nov. 30
Striders' Holiday Party	Dec. 6
California International Marathon	Dec. 7
Christmas Relays	Dec. 14

## Just Another Day

"Boy! Do my feet hurt!" "Why did I do this?" "Maybe I should have taken another week off." "OK. We're going to stop at 100 miles - if we make it that far."

Saturday morning was just like every other Saturday morning except for the fact that Mark and I entered the 24 hour run again this year. I entered with the sole purpose of running my buddy Tom through the threshold of pain of running 100 miles. However, due to extreme circumstances, Tom was not able to run. Well, that was OK. In the back of my mind I wanted to run this again because it was there. What a dumb reason! Just before the race I e-mailed Mark and found he'd entered too - just to keep me on my toes. Well, well. I don't feel any pressure.

Race day was warm, but not as hot as last year. The first time I looked at the clock and thirty-something minutes had passed I knew I was in trouble. Mark seemed to be focused early on with the plan to walk often while I tried to run as much as possible. My plan soon changed.

Time went on. And on. And on. At about 2 AM I sat down to have some hot soup and convinced myself that I could just go home and go to bed. It didn't take long for me to cool down. My body was shivering so bad I had to put on a dry shirt, long-sleeved shirt, sweatshirt and Robert's winter parka to keep warm.

"Hey Mark. I think I'm going to quit" I said. Mark's response was "You can't. Just walk." "Well", I thought to myself, "that might work." I decided to take his advice and soon warmed up again. It was about 4 AM when I joined Mark in a fast walk around and around ...and around. We were both walking and trying to rationalize why we were still there. Mark had bruised his foot early on and had Stan Jensen go and bring him his other shoes, but it was too late. The damage was already done. He was also suffering with broken blisters. I had had a blister early Saturday afternoon, but a change of shoes solved the problem. I was just suffering from being tired. Mark had, just one week prior, finished the Hardrock 100 miler (elevation up to 14,000 feet). I had finished the Western States 100 three weeks prior.

Mark and I decided to do 100 miles and call it a day. We estimated that would take us until about 10 AM Sunday morning. Mark is one tough guy. I know his foot was hurting, but he wasn't going to give up. To me, it

was an honor to walk with the Barclay's King. Mark had to sit awhile, so I tried to run a bit and was able to finish 100 miles at 10:02. Mark finished right behind me. We sat down for about two hours and got back up to do one more lap right before 12 Noon to make it an official 24-hour run (Stan Jensen's rule).

Thanks to all of you who came out to support us and all who stayed the whole night. (Robert again pulled an all-nighter with his sleeping bag and portable computer.)

Mark is still recovering from a sore foot while I struggle with trying to keep up with my running buddies. See ya next year!

■ Gayla Johnson

## Clambake Run a Huge Hit!

Twenty-five runners and ten drivers trekked to the Big Creek Lumber Company property at Waddell Beach for the annual beach party/clambake/chowder fest. This year's fare included salmon chowder (prepared by Janine Hernandez) and clam chowder (prepared by Emily Jones). Either chowder was worth the twelve-mile run from Big Basin State Park. An absolutely wonderful beach day added enough pleasure that the extra distance of Saratoga Gap to Big Basin was worthwhile for the nine ultra distance runners who did Tom Kaisersatt's thirty-mile version of the Clambake Run.

Once again the logistics of moving a large group of people, their equipment and food to the right place at the right time worked out. Everyone made it to the beach in time to eat. No cars were left stranded at any of the stopping points. There were rides for everyone to get home. Overall a very successful and enjoyable day.

Congratulations to Doug White, Christina Brownson and Allison Aiello who all set personal endurance records on the 30-mile run.

Special thanks to the organizers, Tom Kaisersatt, Peggy Alfred and Emily Jones; and to the cooks, Emily and Janine.

## Trail Stewardship Day

The next day for working on our adopted trail, The REI Trail, is Sunday, October 5. Carol Borders, our volunteer leader for this public service, asks that anyone who wants to help with trail maintenance on this day contact her in advance. Call Carol at (408) 343-0957. The current project is building a rock garden to stabilize the trail at a switchback. After one year of volunteer work by our club, the trail is in very good shape. Your volunteer efforts have really made a difference.

## Another View of Western States

It is 4:00 AM. I am in the back of a pickup under a pile of blankets that were probably last used to warm a stable of horses. Dawn is beginning to brighten the horizon. It is cold. Not cold like January 5<sup>th</sup>, but cold for being dressed in shorts and a long-sleeve T-shirt. I think I should have my head examined when I get back to Palo Alto (if I ever get back to Palo Alto!). I should certainly not be allowed to handle sharp implements. I have to be crazy to have wound up out here in the wilderness completely cut off from everyone I know. How did I get here anyway?

Just when Tom, who I had agreed to pace through 20 miles of the Western States 100, dropped out of the race, Rudiger Binsch from Germany happened along looking for a pacer. His running partner had also decided to drop out. I was primed to run. I was prepared. Let's go!

Rudy speaks understandable English. He had done the training miles. He still felt strong at Michigan Bluff, mile 55. Prospects for an enjoyable run looked good. We set off on the trail for the next major aid station at Forest Hill. The first downhill revealed a big problem. Rudy had trained around his home in northern Germany near the Baltic Sea - no hills. His footing on the downhill was painfully tentative. After the first hour of getting to know each other, Rudy's comprehension of American idiom and my complete ignorance of German made communicating as difficult as the downhill running. And, after a time, I realized I had nothing much to tell him. I was no more familiar with the trail than he. I was only another pair of eyes and some assurance that he was still on the trail. Well before we reached Forest Hill - two hours later - I was figuring a way to drop out there. Maybe we'd miss the cutoff.

Maybe someone else would be there to take over from me.

Neither happened. So we left Forest Hill thirty minutes ahead of the cutoff with a full night's work ahead of us and the prospect of reaching Placer High School sometime around noon the next day. The California Street loop - following Forest Hill - starts with about two miles of downhill. We reached the Dardanelles aid station (3.7 miles) in one hour and 45 minutes with only one hour and 15 minutes to beat the cut-off at Peachstone, five miles further. In the clearest English I could put together I told Rudy he had to run the downhill and run faster on the flat to have any hope of making the cut-off. Though he made a valiant effort, we were twenty minutes late.

Any remaining exhilaration turned to gloom as I surveyed the six exhausted souls who had reached the aid station before us and not been allowed to continue. The bare-bulb generator-powered lighting gave everyone a sickly gray tone. All the good food was gone. The party was over. We just needed to wait for transport out from wherever in the world Peachstone is located.

The wait soon became very long. Transport was a single four-wheel drive pickup that held six people. Rudy and I had to wait for the second trip. When we finally got onto the truck and started the trip out, I understood why the earlier round trip had taken an hour. The trail was worse than any I've run except the Manzanita section of the trail up Black Mountain - steep, rutted and narrow. By this time I was completely chilled, sleep-deprived and wondering whether I'd come down with triple-quadruple pneumonia.

Watching the dawn develop on the horizon was the only joyful experience of the night. The rest was, shall we say, "Learning." The lesson was one Boy Scouts learn early - "Be prepared" - for any task you undertake and for what you don't expect.

■ Rob Greenlee

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## Race Results

Name	Time	Remarks
<b>Lake Chabot Trail Challenge Half Marathon July 13</b>		
Dick Wedge		Completed
<b>Bay Area Endurance Runners 24-Hour Race July 26</b>		
Gayla Johnson	101 miles	
Mark Williams	100.75 miles	
<b>Hard Rock 100-Mile July 19</b>		
Mark Williams	39:30:00	
<b>Badwater Endurance Run</b>		
Jim Magill	35:56:00	2 <sup>nd</sup> overall
<b>World Police and Fire Games - Triathlon</b>		
John Felde		Age group silver medal
<b>Wharf-to-Wharf July 27</b>		
Christina Brownson	54:00	
Marty Freitas	54:00	
Jerry Hill	SDF	
Mary Miller	SDF	
Rob Larsen	SDF	
<b>The Dammit Run August 16</b>		
Christina Brownson	51:00	
Martv Freitas	47:15	
<b>Tri For Fun - Pleasanton July 19</b> 400 yard swim, 12 mile bike, 3 mile run		
Margaret Waganet	1:12:00	PR
<b>Point Reyes 50 K Endurance Run September 6</b> (33.1 miles)		
Peggy Alfred	6:13:52	
Rob Greenlee	6:13:53	

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 650/ 327-1572 with race results)
Sergeant at Arms	Darryl Denton

## IMPORTANT ANNOUNCEMENTS

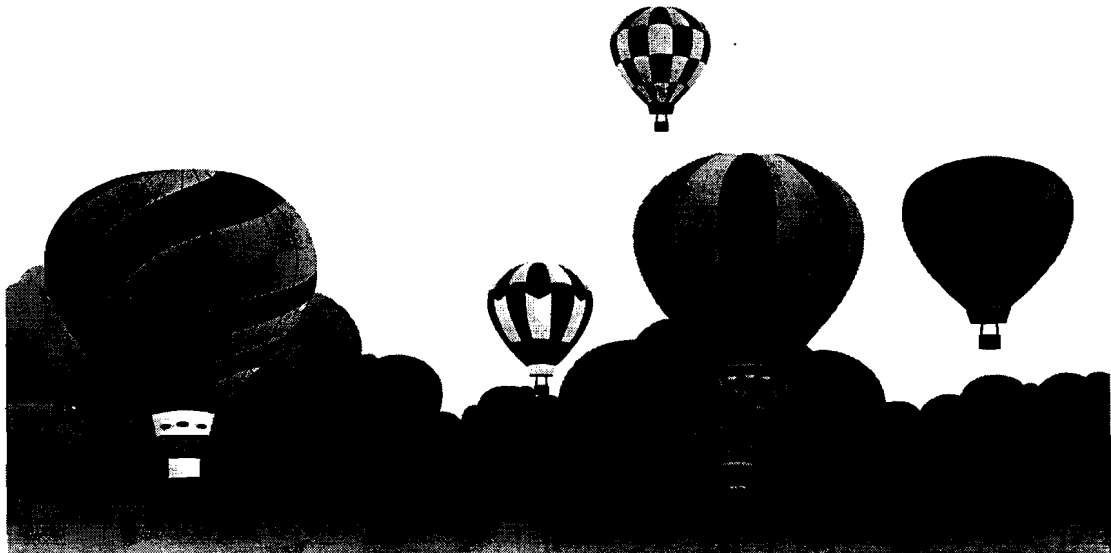
If your newsletter has a colored address label, your membership has expired and this will be your last issue of "What's Afoot". To continue receiving this entertaining and informative newsletter, either pay your dues to one of the board members (listed on the preceding page) or send a \$15 check payable to "Stevens Creek Striders" to P.O. Box 1176, Cupertino, CA 95015-1176.

Included with this issue of "What's Afoot" is the current list of members' addresses and phone numbers. All 415 area codes have been changed to 650. If your area code should remain at 415 or if your address or phone number is not correct, please notify Tom Kaisersatt, club Secretary.

Plans for the annual Holiday Party are not yet complete, but reserve Saturday, December 6 on your calendar. This date is subject to availability of the YMCA in Mountain View, but looks good at the moment. Further and final details will appear in later issues of this newsletter.

Our next Trail Stewardship Day is Sunday, October 5. Contact Carol Borders for more details.

Track workouts led by Jim Bordoni continue every Thursday evening throughout the year. If you are interested, be at Cupertino Junior High School on Homestead Avenue and Route 85 at 6:00 PM (or a little earlier to warm up). Many distance runners have seen their 10K and Marathon times improve significantly after several weeks of these workouts. If your goal is to improve a little (or a lot) track work should be a part of your training.



**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 Bob Downs at

bob@downs.com

or call Bob at (408-730-0664).

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**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

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