

WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

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President's Message

Hi, everyone!

Lots of stuff going on in the next several weeks as we move closer to the holiday season. Big Sur River Run XVII was a successful event for the Striders this year with about 16 participants, all of whom were runners and almost all campers. We were lucky to have no fires, spectacular weather and 2 women club members placing. (See race results).

You should have received a nomination form for the Big "L" awards in the mail by now. Remember, these have to be in by Sunday, November 16th. Drop them in the ballot box on Saturday morning or send them to the Strider's P. O. Box. E-mailing me at JohnFelde@AOL.com is a third option to voice your opinion. See form for specifics.

I hope you have renewed your membership to take advantage of the discount to club members for the Holiday party December 6th. Don't miss this event and the opportunity to bring along a non-running spouse or partner to share the fun. Rumor has it "Stretch Strider" may be in town.

The 24th running of the Christmas Relays is scheduled for December 14th at Lake Merced.

Janine Hernandez will be coordinating the teams and car-pooling, so get yourself signed up soon.

I hope you all enjoy a happy and healthy Thanksgiving with your friends and family.

■ John Felde

Calendar of Events

Santa Cruz Turkey Trot	Nov. 23
Quadruple Dipsea	Nov. 29
Run to the Far Side	Nov. 30
Striders' Holiday Party	Dec. 6
California Int'l Marathon	Dec. 7
Christmas Relays	Dec. 14
Honolulu Marathon	Dec. 14
San Francisco Half Marathon	Jan. 25, 1998
Death Valley Trail Marathon	Feb. 7, 1998
The Great Race 4 mile	Feb. 22, 1998
Napa Valley Marathon	Mar. 1, 1998
Mercury News 10 K	Mar. 15, 1998

Awesome Performances

Ephraim Romesberg - Completed

Ultramarathoning's Grand Slam this summer by finishing four 100-mile races in a single season - Virginia Commonwealth, Western States, Leadville and Angeles Crest.

Christina Brownson - Ran the Silicon Valley Marathon in a Personal Best time of 4:40 one day after running eighteen miles of the Napa to Santa Cruz Relay - missing a full night's sleep in the process.

Susie Ferry - Completed the Santa Cruz Sentinel Triathlon with a time of three hours just two months after finishing a debilitating course of radiation and chemotherapy.

Doug White - In his first-ever ultra marathon event, ran the tough Firetrails 50 Mile course in 9:00:51.

Report From the Spartathlon

The following is excerpted from Mark Williams' e-mail report on this year's race.

The Spartathlon is run between Athens and Sparta in Greece, a distance of about 154 miles. Its origin is the legendary run by Pheidippides some 2500 years ago to fetch help from the Spartans to defend Athens from the invading Persian fleet. This year was my fifth time after four straight finishes.

At race check-in some medical types are doing body composition tests. They confirm my fears ... I try to not look when they weigh me, but I'm at least 12 pounds overweight (I'm having trouble doing the kg/lb conversion in my head, but I'm definitely heavier than I want to be). So what? I'm overweight, undertrained and jet lagged. I'm all set for a PR!

The race briefing is routine until pretty well the last announcement, "The closing times of all aid stations will be enforced." Past years only 5 of the 75 checkpoints have been actual elimination points. This worries me a little, particularly the 3rd point at 15.5 K, 1:25. I've never been through in less than 1:27.

Because of the cutoffs, I start the race harder than I want to and make the 3rd checkpoint in 1:23. At the 4th point, I have about 5 minutes in hand and I know from here I can't avoid making up time.

At 30K I notice my left foot starting to hurt. It feels like a flare-up of the injury from the 24-hour race. Well, that makes sense, I'm wearing the same shoes! (Don't ask!) The problem is pressure on the top of my foot. Pulling the tongue from under the laces feels much better. But an hour later, the laces are digging into the top of my foot. I slide a cigarette box under the laces. A little better, but not good. Finally I pull out the laces and wrap duct tape around my shoe. Perfect. Meanwhile I'm down to 12 minutes ahead of the cutoff at 40K.

At 93K I am still only 15 minutes ahead of the cutoff. People I passed earlier are now passing me back in droves. I just feel drained. I start to wonder what I'm doing here. What on earth made me want to come back? Somehow I'm feeling better at 97K and am able to keep up with other runners again. Three

hours later, I'm running along a narrow road down the middle of a valley between huge cliffs. There are monasteries (or something) built into the cliffs on either side and both are floodlit. It's an impressive sight. As I run easily along the valley bottom with the mountains all around, under a beautiful star-filled sky along the route that Pheidippides may very well have taken 2500 years ago I know the answer to my earlier question. "This is why I'm back. How could I be anywhere else when I can do this?" Then I think "Oh yeah? And what about when you are feeling like s**t twenty minutes from now?" It really doesn't matter. I feel great right now.

The 3000 foot ascent up the Sangas Pass to the 100-mile mark is when the real trouble starts. Shortly after beginning the climb I'm doubled up retching and for the whole climb I have to go very slowly to avoid a repeat performance. Near the top I come upon Spartathlon legend Bob Meadowcroft sitting on the trail. Bob finished the first 12 Spartathlons and now, at age 60, is back for number 13. He's had a couple of bad falls and is at a point where he can't decide which way to go (he's nearly blind in one eye and has very poor night vision in the other) so is waiting for someone who can see to lead him. We make it to the top and slog down into Sangas Village. The downhill leaves me feeling pretty sick and what I eat at the aid station comes back up 100 yards down the road. Time for drastic action. No more food for two hours.

I reach Nestani 80 minutes ahead of the cutoff. They have boiled potatoes that look very good. I try one. It stays down, so I have another (Yes, it's only been an hour.) Five minutes out of Nestani the potatoes are sitting by the roadside.

Three and a half hours later I'm into Tegea and can actually keep down some food. I'm feeling very weak. My blood sugar level is definitely low, but I can't eat enough to do anything about it. The finish is a mere 50K away. I'm not losing too much time against the cutoffs, but this is so unpleasant. Why not drop? I know that I always enter a race to finish, but I'm having trouble remembering why I feel that way. I battle with myself for a while but in the end it comes down to this: Right now dropping seems like

STEVEN'S CREEK STRIDER'S HOLIDAY PARTY
1997

DATE: *December 6, 1997*

TIME: *6:00pm*

PLACE: *Mountain View YMCA*
2400 Grant Road, Mountain View

PRICE: *\$25.00 for Members and \$30.00 for Guests*

You are cordially invited to attend the annual Steven's Creek Strider's Holiday Party. The Holiday Party Committee have been busy planning a wonderful event.

For our new members, the annual Holiday Party is the opportunity for the Striders to get together to celebrate and honor some of our members, by way of the "Big L" Awards, for outstanding athletic achievements and for special contributions to the club and it's membership.

There will be lots of food, drink, music and dancing. Rumor has it that Stretch Strider may be making an appearance this year.

Agenda

Cocktails: 6:00pm to 7:00pm

Dinner: 7:00pm to 8:00pm

Program: 8:00pm to 9:00 pm

Dancing: 9:00pm to Midnight



a good idea and trying to finish seems insane. In a week's time, and for a long time to come, the reverse will be true. The discomfort is just a temporary thing, so I'm going for the long-term benefit.

Bob Meadowcroft catches me with 30K to go. We agree to run together to the finish. Bob is legendary for his ability to talk, also. His constant chatter is just what I need. We reach the statue at somewhere around 35:40 - a personal worst by a long way and only twenty minutes ahead of the cutoff.

Was it worth it? Well, it took until the following morning, but the answer is a definite yes. I'll be back for next year. Anyone else for a pleasant stroll through the Greek countryside?

■ Mark Williams

The Relay

Five novices - Christina Brownson, Allison Aiello, Bill Gough, Doug White and Susan Tamburro joined returning runners Darryl Denton, Tom Kaisersatt, Peggy Alfred, Pete Letchworth, Gayla Johnson, Janine Hernandez and Rob Greenlee to make up this year's team "The Stevens Creek Streakers". (We're still working on a catchy name *a la* "Fine Whine" or "Reeking Havoc").

All the returnees ran a different leg from before to make it a new experience for everyone. While the weather was a little too warm for fast daytime legs, the warm night was a real pleasure for those of us running the upper end of the peninsula in the wee hours of the morning. There was no fog this year, so the nearly-full moon provided enough light that the required flashlights were not really needed.

This was a low-key year. Our plan was to do our best and enjoy the experience. We got caught by the poorly marked section leading to the bike trail in Mill Valley this time out and lost about 20 minutes with our runner off the course. Nevertheless, we turned in a respectable time of 27:34:30, about an hour and fifteen minutes slower than 1996, landing us right in the middle of our division.

Race Reviews by Richard

Sacramento Half Marathon: This year was my 5th time for this race. It turned out to be my worst time ever - slower even than my half-marathon splits running 20-mile training runs over the same course. This year's edition had more water available to the runners, better traffic control and a smaller field (shorter Porta-potty lines) than past years. As usual, the organization was excellent and the support was terrific. I don't recommend running the full marathon on this course. Although it is "flat," the second loop is always warm (over 65 degrees) and half the course is open to the sun. The free massages at the finish are outstanding. On the 1 - 5 scale, Sacramento gets a 4.

Pescadero Biathlon: I recommend this course for first-time duathletes (like me). Although I did one run/bike race fifteen years ago, it was not the current run-bike-run format. The running course is flat. The first half of the bike course is also flat. The second half is 90% up or down between Butano State Park and Highway 1. There was almost no traffic and the organizers were very inspiring. (I thought about giving them an extra entry fee for their cheering and encouragement.) It was fun all the way. I managed to lose six minutes in the bike section when I discovered that only one of sixteen gears worked and had to disassemble my aero bars to get the rest working. Even with lost time and lost bike parts, I loved the race and will run it again. I give it a 4 on the 1 - 5 scale.

■ Richard Schramm

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Race Results

Name	Time	Remarks
Santa Barbara Triathlon August 23		
Pat Koren	4:46	2 nd in the Athena division
Boot Hill 10K August 30		
Marty Freitas	47:05	
Ron's Wildlife Run September 14		
Christina Brownson	55:14	
Presidio 10-Mile September 14		
Marsha Levy	1:56	
Geri Spieler	1:58	
Carol Borders	1:59:23	
Emily Jones	2:01:04	
The Relay September 19 - 20 196.6 miles		
The Stevens Creek Streakers	27:34:30	
Great North Triathlon September 20		
Pat Koren	2:12	2 nd in age group
Silicon Valley Marathon September 21		
Andy Read	2:55:57	
Mike Florence	3:53	
Christina Brownson	4:40	PR
Tom Kaisersatt	5:05	
Carol Borders	5:45	
Santa Cruz Sentinel Triathlon October 5		
Pat Koren	2:52	4 th place women's Clydesdale
Susie Ferry	3:00	Welcome back, Susie!!
Sacramento Half-Marathon October 5		
Richard Schramm	1:41:55	
Quicksilver Half-Marathon		
Rick Siemens	1:39	
Dick Wedge	completed	
The Spartathlon September 26 154 miles - Athens to Sparta (Pheidippides' route)		
Mark Williams	35:40:00	
Fire Trails 50-Mile October 11		
Doug White	9:00:50	
Lake Tahoe Marathon October 12		
Mike Florence	4:19	
Jerry Hill	4:55	
Humboldt Half-Marathon October 19		
Al Weissberger	1:38	
Christina Brownson	1:59	PR by 12 min!
Janine Hernandez	2:10	
Geri Spieler	2:20	1 st half-marathon
Carol Borders	2:20:30	
Marsha Levy	2:30	
Bob Schmiedeskamp	2:30	PR by ~30 min!

Rob Larsen	2:25	PR
Hazel Donaldson	2:31	1 st half-marathon
Big Sur River Run 10K October 25		
Gregg Ferry	41:30	
Peggy Alfred	42:30	3 rd woman, 3r age group
Bill Jones	45:17	
Cara Oseland	47:15	
Pete Letchworth	47:00	
Gayla Johnson	47:20	
Mike Shields	49:02	
John Felde	61:00	
Darryl Denton	50:17	
Martha Landis	52:00	4 th in age group
Doug Sales	52:00	
Susie Ferry	54:00	
Pescadero Biathlon October 25		
Richard Schramm	1:42:30	3 rd in age group
Morgan Hill Half Marathon November 1		
Peggy Alfred	1:28:30	3 rd woman, 2 nd age group
Rich Poliak	1:35:30	
Dick Wedge	2:05	
Randy Mahony	3:30	Full marathon distance

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

The Christmas Relay is Sunday, December 14. This event is run on the paved bike trail around Lake Merced. Distance is 4.5 miles. Teams are four people. The course is fairly easy. The first half is downhill by about 100 feet, the second half is back up to close the loop. Last year the Striders fielded eight teams. Once again, Janine Hernandez is coordinating the entries and carpools. Contact her to sign up for this fun event.

Big L award nominations must be in the hands of a board member by Sunday, November 16th. Criteria for nomination include accomplishment worthy of recognition in running or in service to the club or the running community.

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).

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).

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

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