

WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

March, 1998

Tac # 127

Volume 16, Number 5

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President's Message

Hi!! Hope this newsletter finds you all high and dry from the recent rain. Sounds like we should have lots of reports of adventure runs in the canyons, pre-marathon training on muddy trails, altered courses on some ultras and newly discovered methods for cleaning shoes, shorts and muddy socks. I haven't seen rains or slide damage, flooding etc. like this since the winter of '82-83. (Sounds like old-timer talk).

Carol Borders reports that the REI trail has taken a pretty good beating from the rains and some of our work has been undone: bridges, culverts, slide removal, etc.; but nothing that can't be repaired with some effort after the rains go away.

In spite of all the weather, the spirits of runners in the club don't seem to be dampened (sorry). Lots of people showed up for the San Francisco 1/2 marathon, as well as the Jediah Smith

run, and many are allegedly well trained for the Napa marathon.

This newsletter is being put together haphazardly due to board members' absences. I was gone to Mexico for a few weeks, Rob is back east training for a new job for about a month, and Emily has left for Detroit. Tom K. has been collecting race results, I've been coordinating with Rob, and Bob Downs stepped in with some last minute help in formatting. So, hopefully it will not look too much the worse for wear when it arrives.

Looking forward to some drier weather.

• John Felde

Calendar of Events

Way to Cool (prev. Cool Canyon Crawl)	March 14
Mercury News 10k	March 15
Houlihan's to H's 12K	March 22
Los Angeles Marathon	March 29
American River	April 4
Daylight Savings (+1 hr)	April 5
Boston Marathon (102nd)	April 20
Big Sur Marathon	April 26
Wildflower Triathlon	May 2-3
Avenue of Giants Mar.	May 3

Race Results

(call Rob Greenlee: 650-327-1572 with results)

Nisene Marks 50k 1/24/98

Mark Williams 4:33
- 3rd out of 26

San Francisco 5k 1/25/98

Geri Fiedler :45
Rick Kaplowicz :45

San Francisco Half Marathon 1/25/98

Carol Borders	2:12	
Jean-Marie Bralick-Muller	2:01	
Christina Brownson	2:01	
Darryl Denton	2:03	
Susie Ferry	2:00	
Mike Florence	1:38	
Patti Hart	1:47	pr
Janine Hernandez	2:09	
Gayla Johnson	1:38	
Tom Kaisersatt	1:56	
Pat Koren	2:09	
Martha Landis	2:00	
Rob Larson	2:20	
Larry Phelan	2:05	
Jim Lehey	1:19	
Judy Mays	1:47	
Noel Relyea	1:45	3rd
Mike Shields	1:46	
Megan Thomas	2:00	
Robin Weber	1:39	
Dick Wedge	1:58	
Alan Weisenberger	1:36	
Ron Weston	1:41	5th
Mark Williams	1:38	

Jed Smith 50k 2/7/89

Frank Shuman	4:37	
Michael Florance	4:55	
Pat Koren	5:18	
Christina Brownson	6:08	first ultra
Tom Kaisersatt	6:08	
Jerry Hill	20 miles	

Janine Hernandez,(bandit) 20 miles

Napa Valley Marathon 3/1/98

Mark Williams	2:57:24	8th 50/1479 overall
Peggy Alfred	3:21:38	6th 27/598 women
Frank Shuman	3:27:16	second marathon
Randy Mahoney	3:27:36	pushed Tyler?
Sophia Lewis	3:35:17	first marathon
Ron Weston	3:46:17	6th
J "runthumper" Hill	4:04:14	pr???
Michael Shields	4:07:14	first marathon
Gayla Johnson	4:07:37	thought it was an out-and-back
Christina Brownson	4:34:16	always beats Tom K.
Patti Hart	4:34:35	first marathon
Robert Haynie	4:54:25	travel agent had him on hold
Harry Cook	4:54:26	couldn't find Nancy to drop
Pat Koren	5:15:12	pacers
Dick Wedge	5:18:16	too much birthday cake
Janine Hernandez	5:18:42	first marathon
Jean Muller	5:26:59	first marathon
Darryl Denton	5:27:18	pacers
Tom Kaisersatt	5:56:43	made EVERYONE else look good

Napa Valley Marathon:

Other notable finishers:

Ambrose Burfoot 4:00:05
 1968 Boston winner
 Shelley Black 4:19:33
 warmup for Cool Canyon
 Jeff Galloway 4:30:14
 walked 9 minutes out of 10
 Glenn Millar 4:56:17
 not in the mood

o Tom Kaisersatt

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

bob@downs.com

Striders Roster

Anyone wishing to have their e-mail address included in the club roster send it to Tom Kaisersatt at:

tom@rascal10.arc.nasa.gov

Board of Directors	
President	John Felde
Vice-president	Janine Hernandez
Secretary	Tom Kaisersatt
Treasurer	Emily Jones
Social Director	Peggy Alfred
Newsletter Editor	Rob Greenlee
Sergeant at Arms	Darryl Denton

Striders E-Mail

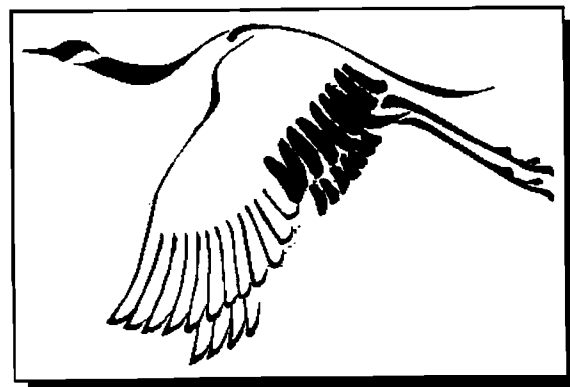
If you use e-mail, you can join the Striders e-mail list. If you join this list, you will automatically receive e-mail about items of interest to the Striders including notice of upcoming events, car-pooling, etc.

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.

The Board of Directors typically meets every second Tuesday of the month.



Club Meetings

Every Saturday at 8:30 a.m. at Stevens Creek Park, off of Stevens Canyon Dam Road below the dam, members meet to run, walk, bike and socialize. After each Saturday run, members meet for breakfast at Hobee's Restaurant in the Cupertino Oaks Plaza.

During daylight savings time members meet at 6:00 PM on Tuesday and Thursday in the lower main parking lot at Rancho San Antonio Park for trail runs and walks of 5 to 10 miles.

Track workouts led by Jim Bordoni continue every Thursday evening throughout the year. If you are interested, meet at Cupertino Junior High School on Homestead Avenue and Bernardo, next to Freeway 85 at 6:00 PM (or a little earlier to warm up).

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The Striders also have an 'outside' e-mail address that people can contact to find out who the Striders are. This address is:

STVCRKSTRD@AOL.COM

Quote:

We've all heard that a million monkeys banging on a million typewriters will eventually reproduce the entire works of Shakespeare. Now, thanks to the Internet, we know this is not true.

• Robert Wilensky, ILP 1996

Race Review - Davis Stampede

For the second year in a row, it rained for at least six straight hours before the race began. Again, the organization was great, but soggy. Standing in the rain for 30 minutes to get the porta potty was no fun, and those of us who knew where the indoor plumbing was located had a definite advantage.

When the 5k race started, the rain was still pouring, but during the 10 minutes before the 10k and Half Marathon started, the rain stopped. The rain stayed away for about 40 minutes, and then started again, just as I was finishing my last 10k mile.

I used my traditional technique, the "male chauvinist endorphin technique" to follow an excellent looking woman throughout the race to keep me focused on the end. In the last 400m, I prayed to the gods of Jim Bordoni, who answered by blessing my legs with sprint speed, and I passed 5 runners, including the excellent looking woman who had carried me since mile one.

I rate this race a 4 for organization, and 1 for weather (5 being the best). It was good duathlon training - Run/Swim
- Richard Schramm