

WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

May, 1998

Tac # 127

Volume 16, Number 5

What's In This Issue

Editor's Message

American River 50 mile

Calendar of Events

How to Tell if You're an Ultra Runner

Board of Directors

Race Results

Editor's Message

The President's message space is being usurped by the newsletter editor this month. It seems that John left town for a trip to Turkey before he had his message completed.

I am sorry to announce that this will be the last edition of the newsletter to be edited by yours truly. As most of you are aware, I have taken a new job that involves extensive travel. As a consequence I find it difficult to keep in touch to report on club events. On the positive side, I really enjoy my new job. I am happy to have served this short stint as your newsletter editor. I hope that you have enjoyed something in each of the five editions that I pulled together over the last year. We all owe a special thanks to Richard Schramm for his substantial assistance in producing "What's Afoot".

Newsletter Editor is only one of four officer positions that are open for next year. Volunteer to fill one of them! See the

nomination form on the back of this page for details on volunteering or nominating another member who you believe can add something to our club.

American River 50 Mile

This annual classic starts the build-up to the Northern California Super Bowl of Ultramarathoning, The Western States 100 mile. AR is the world's largest ultra. This year's field numbered well over 500, including eight long distance aficionados from the Stevens Creek Striders. All eight finished. Mark Williams took club honors - he finished 38th overall close behind the second female finisher. Mark's time was 7:21:33. Jerry Hill finished his 16th consecutive AR 50. Christina Brownson continues stretching out the miles - completing her first 50 miler in this race. (Could Western States be in her future?) Michael Florence continued his comeback from chronic injury with his best-ever AR 50 time. Darryl Denton demonstrated that even minimal training can get you to the end of this race. (See complete results page 5.)

Calendar of Events

Bay to Breakers	May 17
Spring Picnic	May 31
Lake Tahoe Relay	June 14
Western States 100 mile	June 27
San Francisco Marathon	July 12
Wharf-to-Wharf	July 26

Stevens Creek Striders Nomination Form

My nomination for a position on the Board of Directors is :

He/She is an excellent candidate because he/she:

- Did a wonderful job last time they were on the board.
- Runs on water.
- Knows how to have a good time and can help us all do the same.
- Knows how to run a shoe-string, not for profit organization.
- Is dedicated to public.
- Has never been indicted for misappropriation of funds.
- Other (please specify).

Return this form (or a copy if you don't want to spoil your complete set of "What's Afoot" newsletters) to the nomination box at the Saturday morning meeting or to any current member of the Board of Directors. **Multiple nominations on one form are not considered ballot box stuffing.**

You know you're an ultra-runner if:

You keep mistaking your boss for Norm Klein.

Your idea of a fun date is a 30-mile training run.

You don't even LOOK for Porta-potties anymore.

You know the location of every 7-11, public restroom and water fountain within a 25-mile radius of your house.

You run marathons for speed work.

You tried Hashing, but found the trails were too short and easy.

You drink from a water bottle at the dinner table.

Your wife tries to introduce you to your three children and you reply "Three?"

Jerry Hill

Officer Nominations Due

The term of the current members of the board of Directors expires after the June meeting. The election for next year's board will be conducted early in June. Nominations for candidates for these important positions may come from any member. All nominees will be contacted to assent to being a candidate and the election will be from among all candidates who have agreed to serve if elected. The facing page is a nomination form. Use it to nominate the person(s) who you believe will help to make Stevens Creek Striders the kind of organization you want it to be. You may also use the form to volunteer.

We need at least four new members for next year's board – there is a current vacancy and three of the current members have said they will not be able to serve another term. This means is plenty of opportunity to get involved.

Nomination forms must be returned to a current board member or the ballot box on Saturday morning prior to May 16. Ballots will be mailed to all members before Tuesday,

May 26. Instructions for casting your vote will accompany the ballot.

Spring Picnic

Following on last year's successful format, the annual spring picnic will be held at the Villa Maria picnic area of Stevens Creek County Park. The date is set for Sunday, May 31 – pending availability of the site – at 1:00. The site provides a spacious shaded picnic area with a barbecue pit, lawn space and a good area to set up the volleyball net.

The club will provide barbecued chicken and bread. You will provide a dish to share, utensils, your beverage and a fun-loving attitude. Activities will include a leisurely trail run beginning at 11:30 (for the sunstroke resistant), volleyball and perhaps some kids' games that adults can enjoy too. Cost will be \$5 for members, \$8 for nonmembers, free for children. Let events coordinator Peggy Alfred know if you plan to attend (408) 559-6974.

Stevens Creek Canyon Distances

Wheel-measured distances from our usual Saturday morning starting point - in miles:

Via the road -

CDF Fire Station	1.9
Mt. Eden water stop	2.6
Redwood Gulch Road	4.2
Gate at end of the road	6.1

Via the trail -

Lake entrance to REI trail	1.0
Fire road gate onto canyon road	3.0
Mt. Eden water stop	3.6

Mile markers on the road -

First gate to quarry	1
35 MPH sign past CDF	2
Parking turnout past water stop	3
Chain-link gate with brown slates	4
Utility pole # 71	5
Where road widens for driveways	6

✓ ✓ ✓ ✓ ✓

Race Results

Name	Time	Remarks
Way To Cool	March 14, 1998	(Formerly Cool Canyon Crawl)
Frank Shuman	5:30	
Noel Relyea	6:28	
Pat Koren	6:41	
50 Plus 8k	March 29, 1998	
Bob Hayne	39:35	Just behind Bill Rogers
Harry Cook	54:44	
American River 50 mile	April 4, 1998	509 finishers
Mark Williams	7:21:33	9 th in age group, 38 th overall
Noel Relyea	9:51:56	
Michael Florence	10:16:54	Course PR
Pat Koren	10:35:52	
Darryl Denton	11:03:36	
Christina Brownson	11:35:08	
Tom Kaisersatt	11:36:16	
Jerry Hill	12:01:05	16 th consecutive completion

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

bob@downs.com

Board of Directors

President	John Felde
Vice-president	Janine Hernandez
Secretary	Tom Kaisersatt
Social Director	Peggy Alfred
Newsletter Editor	Rob Greenlee
Treasurer	Darryl Denton

The Board of Directors will meet Tuesday, May 19 at 7:30.

Random News

Half Marathon-World Best Record: Antonio Pinto, 31 years old, of Portugal set a new world best for the half-marathon on March 16, when he won the Expo 98 Meia Maratona de Lisboa in Lisbon, Portugal. His half marathon time was 59:43, beating the previous world best and world record of 59:47 set by Moses Tanui in 1993.

Not to be outdone, Paul Tergat then smashed the world record and world best at the Stramilano Half-Marathon in Milan, Italy, on April 4 in a time of 59:17. At 10-K Tergat's time was 27:52, at 15-K (42:02) and at 20-K (56:37). These 15-K and 20-K times beat the current world records for those distances.

3000M American Record: On March 7, Vic Heckler, 55, of Chicago, broke the American 55-59 age-group record in the 3000M at the USA Track and Field Illinois Open State Championships. He ran 9:33.25, smashing the previous record of 9:51.8 from 1984.

Fastest Marathon: On March 8, Naoko Takahashi, in just the second marathon of her life, won the Nagoya Women's Marathon in 2:25:48, the fastest woman's time in 1998. The 25-year-old Takahashi also broke the former Japanese record of 2:25:52 set in 1994 and the Nagoya course record of 2:27:29.

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

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 Hobe'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).

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

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



Carol Borders
5154 Bela Drive
San Jose, CA 95129