

# WHAT'S AFOOT

a Newsletter for the Stevens Creek Striders

August 1998

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## President's Message

by Doug White

Summer is officially here, and with the new season comes a changing of the guard for the Strider's Board. Five new members have volunteered their time to help carry out club business. And back by popular demand (and sheer dedication) are two members from last year's board, Janine Hernandez and Tom Kaisersatt. The new lineup of positions is as follows:

**President:** Doug White  
**Vice President:** Janine Hernandez  
**Secretary:** Tom Kaisersatt  
**Treasurer:** Gayla Johnson  
**Newsletter Editor:** Bill Jones  
**Sergeant at Arms:** Christina Brownson

On behalf of the whole club, I want to thank our outgoing board members. John Felde, Emily Jones, Peggy Alfred, Rob Greenlee, and Darryl Denton all contributed a great deal of time and effort for the greater benefit of us all. Of course, Tom Kaisersatt and Janine Hernandez made equally important contributions, and they both chose to continue their service. Needless to say, we owe all these people a debt of gratitude. Please take a moment to

thank them as you see them running about.

Turning to recent events, the 1998 Western States 100 was just completed. Once again, the Stevens Creek Striders made an exemplary showing at this prestigious event. In keeping with our proud tradition, the Striders staffed the Last Chance aid station, and it was a great success. Many thanks to all who showed up to help. This is the kind of thing that makes our group stand out among running clubs. A special thanks goes to our aid station captain, Jerry Hill, for coordinating this effort. Year after year Jerry puts forth the hard work and planning necessary to make it happen, and he deserves our recognition for a job well done. Thanks, Jerry, for your leadership and commitment.

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## President's Message - continued

Two of our club members successfully completed the WS100 race this year. Having successfully run the race back in 1993, **Frank Shuman** achieved his second success the year with a time of 27:06:58. And in her second straight successful year, **Gayla Johnson** finished the run in 27:55:26.

A few other Striders had an opportunity to participate in a portion of the run as pacers. **Mark "Barkley" Williams** paced Frank from Foresthill to the finish, and **Rob Greenlee** and **Tom Kaisersatt** shared pacing duties for Gayla. As it turned out, **Susan Tamburro** and I had an unexpected opportunity to participate. We split the assignment of pacing our friend from Utah, **Debbie Morse**, to a finish of 29:19:12.

What you all should know about the finish times this year is that they reflect an even greater achievement than you might think. With the heavy snow at high elevation sections, the conditions for this year's race were far less than optimal. In general, all the times were considerably slower than last year. Congratulations to Frank and Gayla for outstanding performances!

On to future events, I'd like to say a word about the upcoming Clambake Run and Picnic. this year, The Clambake will be held on Sunday, September 13th. The Clambake has three flavors of run followed by a picnic at Waddell Beach. Runners may choose between distances of 30, 18 and 12 miles. The 30 and 18 mile runners begin at Saratoga Gap and run to Big Basin where the 18 mile runners finish. At Big Basin, the 12 mile runners join the

30 miler folks and complete the trek to Waddell Beach. The run is then followed by a great picnic, and you need not run to participate in that. This is one of our classic club functions, and I encourage all of you to consider participating. Our Social Director, **Gerl Spieler**, has more details on the event further in the newsletter, so read on!

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## Tahoe Relays in The Year of El Niño

by Janine Hernandez

El Niño was finally good to us! there was no rain, sleet or snow but, the weather was much cooler than in years past. We were quite concerned, Friday evening, because we had all seen snow on the summit during the trip and, according to John and Laurie, it had been raining for the past several days.

As usual, the Striders had 2 teams. This year however, we had a fast team and a "fun" team. "The Stevens Creek Striders" which consisted of **Pat Koren, Gayla Johnson, Charles Roberts, Rich Siemens, Bill Jones, Peggy Alfred** and **Dave McLeod** (obviously the fast team) came in 25th overall and 7th in the "Mixed" category, with an overall time of 9:25:48. That's the best ANY Strider's team has done in recent history! The Strider's other team was simply the, "The Strider's Other Team" which consisted of **Scott Flagg, John Felde, Laurie Hogan, Janine Hernandez, Pat superwoman Koren** (running her second leg of the day), **Mike Shields, Rob Greenlee** and **Darryl Denton** who, with an overall time of 11:38:23, didn't come in last again!

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It was downright chilly during the first couple legs of the race. We didn't really see blue sky until well into the third leg (on the "fun" team). There was a little wading required, due to flooding during the 6th leg, which is probably the most difficult leg of the race already. Pat Koren's eldest son, Trig helped with the interesting logistics of having Pat in the right place at the right time to run on both teams. All Strider team members were present at the finish line to cheer in the last of our brave runners.

That evening, back at the cabin, all of our conquering heroes and non-conquering heroes had a wonderful dinner of lasagna, salad, garlic bread and strawberry shortcake followed by several friendly hands of poker (Scott and Pat's kids cleaned everybody out) and music provided by Bill, Peggy and Dave.

All in all, I think it was a very successful and fun-filled weekend for everyone!

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## Team Tyler

by Gregg Ferry

By now, most of you have heard a little about Team Tyler (hot link to <http://home.dwave.net/teamtyler/>). We're riding in Race Across America (RAAM) (hot link to <http://www.raamonline.com/>) for United Cerebral Palsy (UCP) (hot link to <http://www.UCPA.org/>).

I feel compelled to point out how lucky we are. Just being able to be a member of Stevens Creek Striders puts us in a special class: we are healthy, fit and motivated. You say you're "average". Yes, you are, compared to the people with whom you associate. But those associates are in the top to 1% of the population.

There is another 1% of the population with Cerebral Palsy. They are no less motivated, but will never be healthy or fit. Not unless we do something about it.

How can I help, I'm not a geneticist; I don't even know the difference between a liver and a kidney. But, somebody out there does and that somebody can help. No matter how dedicated that somebody is, he or she needs to eat, have a home and raise a family; in short, needs a salary. I can't pay that salary and maintain my own dreams, but with many of us sharing the burden, we can easily.

I was very impressed by the immediate outpouring last Saturday! More than \$0.30 per mile!

I failed to mention that all of the money you give goes to UCP; no money is used to defray the expenses of Team Tyler (~\$20,000). Your donation is tax deductible.

I'll do a story for the next newsletter on how it went.

So who's Tyler? You can link to the Team Tyler Web page

<http://home.dwave.net/teamtyler/>

Thanks for your support.

-Gregg

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## Running Risks

by Bob Downs

Whenever someone asks if I'm a runner and I tell them yes, and I tell them how often or how far I run, I find myself making excuses for not running enough. I have all kinds of excuses, such as: my knees are acting up, the air isn't fit to breathe lately, or the bears think any running animal is prey and give chase.

I used this last excuse on a recent trip to Alaska. On this trip, **Bob Haney** and me and our wives visited the Katmai National Park on the Alaska Peninsula. This park gets a lot of rain, at least in the summertime, which causes many lakes and rivers, which encourages salmon to swim, which in turn encourages bears, Grizzly Bears, to live there. There are a lot of salmon and a lot of bears there.

Visitors to the park are required to attend 'bear school' immediately upon arrival, after stepping off a six passenger float plane at the edge of a beautiful lake. At this school, we were told very emphatically not to run, particularly if a bear is in sight. In fact, whenever we were moving about, we were to talk loudly and watch for bears. The bears would rather not bother with people, what with all the salmon, we just didn't want to surprise them.

The bears are actually Alaskan brown bears, but they are the same as the grizzly bears in Yellowstone Park, where people seldom get closer than a quarter mile to the bears and then keep their distance, or at least they should. Grizzly bears weigh up to 1200 pounds and can run up to 30 miles an hour, or 44 feet per second as Harry has told me. That

means outrunning them is out of the question. In bear school, we were told not to get closer than 50 yards to a single bear, or 100 yards to two bears, such as a mother and cub. The bears could cover that 50 yards in about 3 seconds so we considered this distance the MINIMUM.

We were camped next to the lake and hiked on trails to a lodge and to a couple of observation decks where we could watch the bears in action. Since the bears were more interested in salmon than in people, we were relatively safe, provided that we didn't do anything to distract the bears, such as having any food smells on our clothing or in our tents. There was a bear building where we put all foodstuffs, toothpaste, cosmetics, and foodstained clothing, so we didn't have any attractive odors in our tents.

We spent a lot of time with our cameras at an observation deck about a mile from camp where we could view a falls where the bears liked to fish. We watched about a half dozen different bears using various individual techniques catch quite a few salmon, and the salmon run wasn't even in full swing yet. These bears sat on rocks, leaned over the falls, roamed the pools below the falls probing with their feet, and one bear named Diver 'swam' down river with his head underwater watching for the large fish to swim nearby.

Every technique worked once in a while and the bears seemed pretty well fed. We felt fairly safe on this platform because there was a sign with a picture of a bear, and a red circle around it and a line drawn through it - NO BEARS

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ALLOWED. Evidently, this is a fairly universal symbol.

One evening on our way back to camp after dinner and after watching bears for a while - the sun was up until after 11 PM - we met a bear coming the other way on the trail. This bear was ambling toward us a little faster than we were walking and seemed oblivious to us, though he must have smelled us. We reversed direction and, WITHOUT RUNNING, moved along rather quickly. Coming to a fork we took the trail less traveled. This turned out to be the right thing to do since the bear continued on the other trail without seeming to notice us and I've got the pictures to show it. After waiting for a few minutes to be sure he was gone and to let our pulse rates get back to normal - can I count this elevated pulse time in my training log? - we continued to our tents and after a long time we were able to get some sleep in the short Alaskan twilight called night, before it was light again and the bears were back fishing and we were back with our cameras.

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## Clambake

by Geri Spieler

The Strider's annual Clambake will take place at Big Basin on **Sunday, September 13**. Be sure to save the date so you can participate in this great event. There is something here for all members, friends and family, too!

this year we are planning ahead so that there will be plenty of food, equipment and logistical support for everyone. In addition, non members that volunteer to drive will be our guests at the

Clambake. That means they come to the event for free.

We need everyone to bring a lunch dish to share and you supply your own plates, utensils and something to sit on. We also need Coleman stoves, a shovel, card tables and folks to drive and shuttle runners and equipment from the parking lot to the site.

More information will be delivered on the exact logistics of the runs. For now, we can't stress enough how much we need shuttle support. We are taking sign up names now for everything. Please call Geri Spieler at 650.960.8517 or email at [geri.spieler@gartner.com](mailto:geri.spieler@gartner.com).

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## RECIPE CORNER

We had a request to include some healthy recipes in the newsletter. Please submit your favorites to **Biii Jones** or **Margaret Wagenet** for inclusion in a future edition of "What's Afoot".

### GREAT GAZPACHO

For toppings, provide some diced avocado and extra chopped cilantro.

4 cups tomato juice  
1 pint purchased fresh mild salsa  
2 red bell peppers, seeded, chopped  
1 cucumber, peeled, seeded, chopped  
1 cup onion-and garlic-seasoned croutons  
1/2 cup low-salt canned chicken broth  
1/3 cup chopped fresh cilantro  
4 large garlic cloves  
2 tablespoons balsamic or red wine vinegar  
1 tablespoon olive oil  
1 teaspoon ground cumin  
Hot pepper sauce (such as Tabasco)

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Working in batches, blend all ingredients except hot sauce in processor to coarse puree. Transfer gazpacho to large bowl.

Season to taste with hot sauce, salt and pepper.

Refrigerate until well chilled, about 2 hours. (Can be prepared 1 day ahead.)

Ladle into bowls and serve.

8 to 10 Servings

Race Results		
Name/Race	Time	Remarks
<b>Firecracker 4 miler</b>		
Rich Siemens	?	1st in Age Group
<b>Chabot Lake Half Marathon</b>		
Dick Wedge	2:31	
<b>San Francisco Marathon</b>		
Relay Team: Susan Tamburro,		
Marsha Levy, Carol Borders,		
Sarah Westley, Judy Mays	4:28	
Rob Larson	5:52	
Christina Brownson	4:40	PR
Pat Koren	4:40	Paced Christina
Bob Haney	?	
<b>Silver Creek Track Club</b>		
<b>Half mile - July 8</b>		
Jim Bordoni	2:15	Won Masters
<b>Two miles - July 8</b>		
Bill Jones	12:49	Won Masters

Give Race Results to Bill Jones: email: [mostynj@earthlink.net](mailto:mostynj@earthlink.net) or 408.445.0745

Upcoming Events			
8/01/98	Los Gatos	Summit Challenge 10K/5K/2M walk	408.353.2834
8/01/98	San Fran	Alcatraz Challenge Biathlon (1.3mS-12kR)	650.359.3773
8/09/98	Aptos	Sandman Triathlon (.5mS-15mB-4.5mR)	408.476.4992
8/15/98	Pleasanton	Tri For Fun (400ydS-11mB-3mR)	209.795.7832
8/15/98	San Fran	Alcatraz XVIII Triathlon-The Ultimate Escape (1.5mS-2mR-18mB-10mR)	415.868.1829
8/16/98	Felton	Race Through The Redwoods 10K	408.335.3542
8/22/98	Los Gatos	Dammit Run 5M	408.354.7365
9/13/98	Big Basin	Strider's Clambake	

## ATTENTION ALL STRIDERS!! PLEASE READ

**Your Membership Dues are due now!**  
Please send \$15 (such a deal) payable to:  
**"Stevens Creek Striders"**  
**P.O. Box 1176**  
**Cupertino, CA 95015**

### ALSO -

We will be updating the Roster soon.

If you have moved or are new to the club since the last roster printing, (approx. January 1997) please give the new information to either Bill Jones (email: [mostynj@earthlink.net](mailto:mostynj@earthlink.net)) or Margaret Wagenet (email: [mwagenet@aol.com](mailto:mwagenet@aol.com)).

**S.O.S. - or Save Our Stamps** - if you would like to receive the newsletter via email rather than USPS, please give your email address to Margaret Wagenet (see address above)

We will be taking orders for more T-shirts soon. Bill Jones is trying to get a good price for Cool Max, which will be a bit higher in price, but something many of you have expressed an interest in having.  
Stay tuned for more information.

### New Running Records - Odds and Ends

submitted by Richard Schramm

Jay Larson, at the Rancho Bernardo Inn in the Taylor Made Speed Golf Open Championships on June 28th, shot a new world best in the history of Speed Golf. He shot his par 72 in just 39:55 which made his final score 111.55 when his golf score was added to his total time.

Nick Anastasi of Atkinson, New Hampshire, is on his way to breaking his claimed "world record" of 225 races when, halfway through 1998, he has already run 137 races.

Maybe someone in our club can set a new world record for the most number of different running shoes used for running during 1998?

**Correction; Geri Spieler's name was accidentally left off the list of new Board Members, She is the new Social Director. Sorry for any problems this may have caused.**