

What's Afoot

A Newsletter for the Stevens Creek Striders

October 1998

President's Message

by Doug White

Well, here we are, officially into the Fall season. It seems as if Summer only just began, and now it's but a host of memories. There are a few more events coming up in Fall, but soon we'll begin our more laid-back routine and prepare for next Spring and Summer.

The holiday season is rapidly approaching, and we'll be Turkey-Loading before you know it. With that thought in mind, I'd like to announce the date for our annual Holiday Party. This year, we will hold this festive event on **Saturday, December 19th**. We have reservations at the Mountain View YMCA for that evening. Last year's party was a big success, and we'd like to do even better this year. I encourage everyone to attend. Details will be available soon, but mark your calendars now.

Along that line, I'd like to remind you that the annual Striders' awards nominations will be due soon. Start thinking of people who have achieved noteworthy accomplishments or who have contributed to our club in a manner above and beyond the call of duty. Nomination forms will be available next month, so stay tuned for more on this.

I'd like to be able to report on all the good things that have been happening in

beautiful California. Alas, I have not been in California much of late. I've been on temporary duty in our nation's capitol since mid August, and I'll be here until mid October. These past few weeks in Washington, DC have been extraordinary. This place always seems a bit odd, but with recent events, it's been more different than usual. While on Capitol Hill for business the other day, I sensed the place was seething with a political tempest. The energy seemed almost palpable. My message to you: be thankful you are in California running through the mountains, hills, and valleys of the great West. Never take for granted the simple pleasures. On a lighter note, I've been told that the Clambake Run & Picnic was a big success. This has become one of our finest annual events. I'd like to thank those of you who made it possible and congratulate those who completed one of the runs. Fair winds...

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Clambake

by Christina Brownson

As in the past, this year's "Clambake" on September 13, was another great event. It began at Saratoga Gap at 6:30 am with **Tom Kaisersatt** leading 5 damsels in running shoes through the woods on their journey to the sea. How cavalier of Tom to take on such a great task! I ask you, what other man would want to be in his shoes? (Asics) **Mark & Gayla** began their journey about 30 minutes later. Around 8:00 am they went running past us on the trail. Mark was tapering for the Spartathlon, a 155-mile run in Greece, on September 25th & 26th.

(Check "Race Results" to see how well he did!)

Ramona Rose was our mobile aid station, she's the guardian angel of runners. Thank you Ramona, from all of us.

Around 10:30 the 18-milers met the 12-milers at Big Basin. We all posed for a Kodak moment, and off we went through the woods on our last section of the run to the sea. This is a particularly beautiful part of the course, running along side of creeks and Berry Creek Falls, this year there was a brilliant rainbow at the base of the falls.

Do any of you know who would do fartleks 26 to 27 miles into a 30-mile run??? I do! Our one and only Tom K. originator of our 30-mile Clambake run. This year's 30-milers were: **Mark Williams, Gayla Johnson, Tom Kaisersatt, Pat Koren, Judy Mays, Sophie Lewis & Christina Brownson.** Congratulations to Judy & Sophie for their first ultra! Our one and only 18-miler was **Emily Bologna**, congrats to her for her longest run! Emily is training for her 1st marathon, The Silicon Valley Marathon

on October 25th. The 12-milers were: **Rob Larson, Rob Greenlee, Mike Florence, Mike Shields, Anna Sarosiek, Peggy Alfred, Dave McLeod, Scott Flagg, Gregg Ferry, Susie Ferry, Charles Roberts, Larry Phelan, Bill Jones and Don Murdock.**

Meanwhile, during the run, our drivers and dedicated club members and friends headed for the beach to set up for the "Clambake". Our main course was **Janine Hernandez'** famous Salmon Chowder (recipe follows) and Dave McLeod's pepper soup. Everyone brought a dish to share, all of the food was super! This is truly a great Club Event with everyone participating to make it all possible.



Reminder: Colored labels on this newsletter indicate your membership has expired and this will be your last newsletter

Trail Stewardship Day

On Sunday, November 1, we will be replacing the safety rails which washed away in last winter's storms. Meet in the parking lot where we gather each Saturday morning at 8:00 am, wear long clothes and B.Y.O.W. (Bring Your Own Water) and snacks if you'll need them. Work will be completed around 12 noon. Tools and gloves will be provided. If you need more information, call **Carol Borders: 258-8933.**

Recipe Corner

Even if you couldn't make it to the Clambake, you can still enjoy some of the fine cuisine. This month's recipes are both courtesy of **Janine Hernandez**:

Salmon Chowder

1/2 pound boiling potatoes
1/2 teaspoon salt
2 1/2 cups milk
3/4 cup minced onion
2 tablespoons unsalted butter
1/2 pound salmon steak, skinned and boned
white pepper to taste
1 tablespoon fresh lemon juice
1 tablespoon all-purpose flour
2 ounces smoked salmon, chopped finely, if desired
2 tablespoons snipped fresh dill or 2 teaspoons dried dill

In a saucepan, combine the potatoes, peeled and cut into 1/4 inch cubes, 1/4 teaspoon salt, and the milk. Bring the liquid to a boil and simmer for about 10 minutes or until the potatoes are almost tender. In another saucepan, cook the onion in the butter over moderately low heat, stirring occasionally, until onions are softened. Put the salmon steak on the onion and sprinkle it with the remaining 1/4 teaspoon salt, a little white pepper and the lemon juice. Cook the salmon, its' surface covered with a buttered round of waxed paper, and the pan covered, for 8 to 10 minutes, turning it once about half way through. The salmon should be just firm to the touch. Transfer the salmon to a plate using a slotted spatula. Sprinkle the flour over the onion and cook the mixture, stirring, for 3 minutes. Add the milk mixture, whisking, then simmer the mixture, stirring occasionally, for 5

minutes. Add the salmon steak, breaking it into chunks, the smoked salmon, the dill and additional white pepper and salt to taste. Cook the chowder over moderate heat, stirring occasionally, until it is heated through. Serve with oyster crackers if desired.

Makes about 4 cups or 2 servings.

Cherries Jubilee Fruit Salad

1 16oz. can pitted dark sweet cherries
1 3oz. package cherry jello
1/2 cup sherry
1 16oz. can sliced pears, drained
1 3oz. package cream cheese, cut into small cubes
1/4 cup pecans, quartered

Drain cherries, reserving syrup. Cut cherries in half. Add water to syrup to total 1 1/2 cups liquid. In medium saucepan, combine jello and syrup mixture. Heat and stir until jello is dissolved. Remove from heat; stir in sherry. Chill until partially set. Fold in pears, cherries, cream cheese cubes and pecans. Turn into 4 1/2 cup mold and chill until completely set.

Makes 8 servings.

Striders On The Road

Email from **Bob Downs**:

This morning Sharon and I went running along the dirt roads leading up to Montalto in Tuscany. We ran in a preserve where all the flora, fauna and funghi are protected, at least from humans. We found lots of porcupine quills but no signs of their owner. No telling what dire end he or his attacker met. We are staying in a 1000-year old monastery surrounded by vineyards on

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rolling hills and paths lined with olive trees and rosemary bushes. Running is a great way to explore the local countryside and the only way to make up for all the "Mangia, mangia, mangia."

More reports later.

Bob Downs

Taken from an email from Dave McLeod:

I've actually already arrived in London, as of about 6:45 am on 28 Sep (London time). I will be here until 17 Dec 98.

The company I work for, Integral Development Corp, develops complex software for high-end players (investment banks primarily) in the financial services industry. A lot of this software has been written in a language called Smalltalk, but as of January 1998, we started re-writing our code in Java. However, we still need to support the original product, so in order to keep that part of the operation separate from our new development, we decided to move it to our London office. My assignment for the next 3 months is to help the folks here in London to set up the new support site. I will be responsible mostly for training some new people that are coming on board, but I will probably also have some "hands on" time doing bug fixes and the like. While I am here, I hope to do as many of the "touristy" things as possible - I promise to return with lots of pictures!

I will certainly miss the Striders. Take care and give all my best to all the Striders! Cheers,
Dave

Wedding Bells!

To prove this Club does more than just run together, two Strider-couples were recently married!!

Margaret Wagenet & Bryan Booher were married August 8 in Santa Cruz.

and

Congratulations to **Geri Speiler and Rick Kaplowitz**, who were married on September 18 at their home in Palo Alto.

Need a Break From Running? Try Inline

Running is the greatest activity on the planet, no doubt, but occasionally your legs need a break. When you feel achy or sluggish in the legs, try some inline skating. The reason: Researchers at the University of Massachusetts at Amherst recently found that inline skating causes significantly less impact shock to the body than does running. As reported in *Medicine and Science in Sports and Exercise* (August 1997) the study suggest the knees, hips and spine will benefit most from an occasional break from running. And it's fun!

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For Women Only

Things Every Woman Runner Should Know About Running

Running is a state of mind. The only think that determines your success or lack of success is the way you think about your running. If it works for you -- if it relieves stress, burns calories, gives you time to yourself, enhances your self-esteem--then it doesn't matter what any other person or any stop watch says about your running.

1. For female runners, controlled anaerobic training--intervals, hill repeats, fartlek training--may lead to gains in strength and speed similar to those produced by steroids but without the noxious side effects. Why? High-intensity anaerobic running is one of the most potent stimulators of natural human growth hormones--those that contribute to stronger muscles and, ultimately, enhanced performance.

2. In the United States, heart disease kills 10 times more women than breast cancer does each year. One of the best weapons for fighting heart disease is exercise. Exercise lowers your blood pressure and resting heart rate, raises your "good" HDL cholesterol levels and helps you maintain a healthy weight.

3. Running with headphones outdoors is a safety hazard in more ways than one. You won't be able to hear cars, cyclists or someone approaching who intends to do you harm. Attackers will always pick a victim who looks vulnerable. When you have headphones on, that means you.

4. Fast running burns more calories than slow running, but slow running burns more calories than just about any other

activity. In short, nothing will help you lose weight and keep it off the way running does. Besides, it's inexpensive, it's accessible, and, if necessary, it can be done while pushing a stroller.

5. We all have our strengths and weaknesses. One important study of running injuries shows that women are much more likely than men to suffer ankle sprains, shinsplints, stress fractures and hip problems. (Yet women are much less susceptible to Achilles tendinitis, plantar fasciitis and quadriceps injuries.) To help you avoid injuries, make cross-training--such as pool running, bicycling and weight lifting--part of your program.

About The Club

The Stevens Creek Striders meet from April to October every Tuesday and Thursday at 6:00 pm by the restrooms in the main parking lot at Rancho San Antonio County Park. This will be suspended beginning Oct. 25.

We also meet every Saturday morning at 8:30 at the first parking lot in Stevens Creek Canyon, up Foothill Drive. Saturday morning runs are followed by breakfast at Hobe's in the Oaks Shopping Center.

Runners and walkers at all levels of ability are welcome.

Board Members

President: Doug White

Vice President: Janine Hernandez

Secretary: Tom Kaisersatt

Treasurer: Gayla Johnson

Social Director: Geri Speiler

Newsletter Editor: Margaret Wagenet

Sergeant at Arms: Christina Brownson

Race Results

8/01/98 SKYLINE 50K

Mark Williams - 4:21:38 7th Overall, 6th in age group

Michael Florence - 5:50:36

Rich Seimens - 5:50:36

Randy Mahoney - 6:02:50 - His first Ultra run

Steve Reagan - 8:19:11



8/2/98 GREG & DELMAR'S ADVENTURE RUN 12/24 Hour Runs

Michael Florence 81.3 miles in 104 degree temps

9/05/98 RUN ON THE SLY 50K/50 Miles

Steve Regan 12:54:40 50 Miles

From the web, our **Mark Williams** ran the Spartathlon Ultra Marathon from Athens to Sparta Greece, 155 miles in 32:54 to finish 25th out of 163 starters and 81 finishers.

Please send your race results to Margaret Wagenet by email: mwagenet@aol.com or through USPS: 6044 Calle De Rico/San Jose, CA 95124. If you don't tell us, we can't put it in!

Upcoming Events



10/18	Weott	Humboldt Redwoods Marathon/Half Marathon (20th)	707-443-1220
10/18	Half Moon Bay	Pumpkin Festival/10K/2.4 M Run,Walk (also .5 mile kids race)	650-728-3149
10/24	Big Sur	Big Sur River Run 5K/10K Run/Walk	408-624-4112
10/25	All cities	DAYLIGHT SAVINGS ENDS	
10/25	San Jose	Silicon Valley Marathon/Nasdaq Relay/Half Marathon	408-354-0857
10/31	Calistoga	NapaWine Fall Country Classic Marathon/Half Marathon	415-868-1829
11/01	San Jose	Chevy's Fresh Mex 5K/10K Run/Walk	800-757-5275
11/07	Big Sur	Big Sur Trail Marathon/Half Marathon/5M	415-868-1829
11/21	Mtn. View	Toys For Tots Turkey Trot	408-286-6501
11/29	San Francisco	Run To the Far Side XII 5K/10K	415-759-2690
12/13	San Francisco	Christmas Relays	
12/19	Mtn. View	Strider's Holiday Party	

TEAM TYLER UPDATE

by Gregg Ferry

I had promised both the Steven's Creek Striders and the Mountain View Masters a story about RAAM. You know, the "story" isn't much. It was just as hard as you could possibly imagine it could be. Yeah, I did get a little spacey and "saw" some cupids. But that's not the story to tell.

What's really to tell is that everyone of us played a small part in a big miracle. All of your support for Team Tyler made it possible.

You see, Tyler (the son of George and Liz McKinnon--George was the captain of Team Tyler) was diagnosed with what looked like Cerebral Palsy. We all contributed to the United Cerebral Palsy via Team Tyler. Our total was close to a quarter million dollars! (OK, there were a couple of corporate sponsors, too.) Good Morning America picked this up and soon Team Tyler became the darlings of RAAM.

We had a least three spots on Good Morning America. Well, a woman watching thought, "Tyler's condition looks just like my granddaughter's". She got in touch with the McKinnons via Good Morning America and suggested that Tyler be tested.

So George and Liz, doubtful, but with hope in there hearts and had Tyler tested. Lo and behold! Zounds! Tyler makes the ninth person in the world to be diagnosed with this condition! I don't know much about the condition, but there is a therapy for it! There is a good chance that he may live a fairly normal life!

It's only been a short while since treatment has started and he is responding well. His vision is better, his muscle control is better, he's just getting better!

And the neat thing is, you played a part; your penny per mile, put Tyler just enough on the radar to be seen. You can feel good today. I do.

Thanks for helping out.
-Gregg